

Charter Oak Health Center, Hartford

\$3,500 – Diabetes Self-Management Education Program

The center will expand the capacity of its current Diabetes Self-Management Education program by adding a Medication Therapy Management component. According to the American Pharmacists Association, Medication Therapy Management (MTM) is “a partnership of the pharmacist, the patient or their caregiver, and other health professionals that promotes the safe and effective use of medications and helps patients achieve the targeted outcomes from medication therapy.” At COHC, MTM services will be provided by a post-doctorally trained pharmacist who completed a one-year residency in therapeutically managing medications prescribed by licensed independent practitioners for in- and outpatient populations. COHC patients will experience improved health outcomes through individualized health education and treatment plans and service coordination assistance of MTM. COHC embraces an emphasis on the importance of pharmacy services being an integral part of primary health care.

Cornell Scott- Hill Health Corporation, New Haven

\$3,500 – Weight Management Program

The center will increase their health education and health promotion efforts related to weight management. Two of the top ten reasons for a primary care visit to the health center are hypertension and diabetes. Obesity, diet and lack of exercise are significant contributors to these conditions. The health center will offer a weight management group for patients on a regular basis. They will offer a series of once a week groups for six weeks followed by a once monthly follow up with weigh-in. The health center will provide educational materials and healthy snacks, as well as incentives for participation. NCES offers dishwasher safe melamine portion plates for both children and adults that will be utilized as a tool to reinforce healthy eating. Also, nutrition place mats will be utilized in weight management education. In addition, they will expand upon their current library of resources for weight management and purchase additional exercise videos. The health center will also have two registered dietitians trained in Adult Weight Management, as well as in Pediatric and Adolescent Weight Management through the American Dietetic Association Certificate of Training Program. Follow up sessions will include weigh-ins, sharing of experiences, questions and answers, and the award of certificates and incentive items.

**Fair Haven Community Health Center, New Haven
\$3,500 – Reducing Anxiety and Pain in the Pediatric Setting During
Painful Procedures**

The purpose of this project is to reduce anxiety, pain and fear in the pediatric outpatient setting during painful procedures such as giving immunizations, removing sutures or drawing blood on our young patients. During pediatric visits, the health center will introduce various distraction techniques with the goal of reducing both parental and patient anxiety and fears of the procedures. They will target pediatric patients from newborns to 18 year olds and their parents who go to Fair Haven Community Health Center for medical care. The health center estimates that the target population will be 75 percent Latino, 15 percent African American and 10 percent White. In order to achieve their goals, they will conduct a number of activities including pain relief measures, distraction techniques, parent education and clinical staff training. It is well documented that painful procedures cause a high amount of anxiety among children and parents, leading to significant amounts of stress both during the visit and for subsequent visits. The effect of these experiences can be long lasting. Through this project, they will be able to reduce the psychological and physiologic responses and improve perceptions, thus giving parents skills to use in their own future medical care, as well as in the future medical care of their children.

**Generations Health Center, Willimantic
\$2,800 – Rebranding Campaign for Across the Smiles, Northeast
Mobile Van; and Across the Smiles, Windham Cargo Van**

Generations purchased a 45-foot mobile dental van in 2002, known as Across the Smiles. The Across the Smiles Northeast dental van visits more than 35 schools and community sites across the northeast corner of the state, providing more than 3,000 annual van visits. In January 2008, Generations started its newest program to provide preventive oral health services in the town of Windham with the Across the Smiles Windham program. Generations utilizes portable equipment to provide preventive dental care in Windham schools, Head Start, Migratory and Early Childhood Education programs in the town of Windham, as well as community sites. From January 2010, through June 2010, 894 visits were provided by Generations' Across the Smiles Windham program at Windham Public Schools and community sites. Rebranding with new signage on both the Across the Smiles Northeast and the Across the Smiles Windham will serve as a method of letting people know about the oral health services and provide the center with a place and the equipment to provide oral health services to medically underserved individuals in rural eastern Connecticut.

Optimus Health Care, Inc., Stamford

\$3,500 – Patient Education to Facilitate Health Care Access

The health center will develop a series of videotapes to be produced and aired in four waiting rooms at Optimus Health Care, Inc.'s Stamford Community Health Center located in Stamford. This series will be taped primarily in English and Spanish, and CDs will be translated in Haitian, Creole and Polish. Translated copies will also be provided at no cost to patients. The goal of the proposed project is to improve the delivery of care by providing patient education on the appropriate manner to access care. The tapes will focus on teaching patients how to access health care at the health center and how to access specialty care at Stamford Hospital. The patient education will provide basic information that will facilitate access to care, but will also educate patients on the important concepts of continuity of care, informed consent, and having a medical home. The tapes will also discuss how to prepare patients for their medical visit.

Southwest Community Health Center, Bridgeport

\$3,500 – Improvement of UDS Measures in Internal Medicine

The health center will provide eight in-service programs – four on diabetes and four on hypertension – which will be presented by a medical provider, nutritionist and nurse on a quarterly basis over the next year. Patients who now fall below the expected clinical measures are eligible for participation in these group sessions. Since many patients do not acknowledge the consequences of non-compliance, the focus of the educational sessions will be to reinforce the importance of taking medication, proper nutrition and healthy life habits, including regular follow up with their provider. Southwest will distribute portable BP analyzers so that hypertensive patients, who participate in the in-service groups, can monitor their blood pressures at home and keep a diary to bring to their next appointment. Another step to improve HgbA1c rates is to provide A1C testing in the Internal Medicine departments at the time of the clinical visit. This funding will also go toward the costly test strips to perform this CLIA waived test in the departments. It is Southwest's plan to achieve an increase in the percentage of adult patients 18 years and older with diagnosed hypertension whose most recent blood pressure was less than 140/90 to 75 percent and increase the percentage of adult patients with type 1 or 2 diabetes whose most recent HBA1c is < = 9 percent to 86 percent.

Staywell Health Center, Waterbury

\$3,481 – Prenatal Program

StayWell Health Center is currently the primary prenatal care provider for uninsured pregnant patients. They provide these services for patients on a sliding fee scale based on their income. There is a schedule that would reduce to a percent of the full fee. However, most patients are unable to pay even the lowest amount. These patients are provided all of their prenatal care on-site regardless of their payment history. The health center plans to serve a minimum of 25 patients with these funds. The number will depend on a patient's ability to pay a portion of the total \$139.25 fee for both services. Ultrasounds will be provided by Naugatuck Valley OB-Gyn and Specialists in Women's Health. Prenatal lab work will be completed by Clinical Laboratory Partners. The results will be documented in the medical record and shared with the necessary providers for appropriate medical care