



HEALTHY PEOPLE 2010

**Mission Statement:**

*To promote physical, mental and social wellness of the community, population groups, families and individuals by providing leadership to assure a planned approach to coordinated community interventions which enhance health.*

# Public Health Nursing

⌘ **EPIDEMIOLOGY**

⌘ **PUBLIC HEALTH NURSING**

⌘ **ANIMAL CONTROL**

⌘ **HEALTH PROMOTION & OUTREACH**

⌘ **DENTAL HEALTH**

⌘ **ENVIRONMENTAL HEALTH**

1997-98  
Annual Report



HEALTHY PEOPLE 2010

# Public Health Nursing

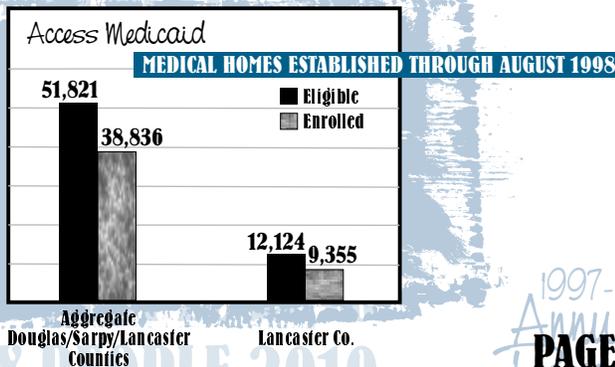
## Access To Health Care

Assisting, informing and educating ourselves and neighbors on how to access health care appropriately remains a goal. The point of access or a face to face interaction continues to involve many facets of Public Health Nursing.

*Residents of Lancaster County will have increased access to health care.*

## Access Medicaid - Enrollment & Education Services

Access Medicaid is a family/client and physician-centered service delivery system utilizing technology and public health principles to foster improved health outcomes through access, coordination of care, and outreach activities.



- During the first full year of operation, Access Medicaid has shown substantial success in achieving its goals of improved access, coordination of care and outreach to the clients receiving care through Nebraska Health Connection, the Medicaid Managed Care Program. Consistent with the Year 2000 objective of increasing access to health care for the Medicaid population, Access Medicaid has assisted approximately 9,355 Medicaid clients to establish a permanent medical home and health plan to better meet the health and social needs of the family.



*"The creative new approaches to enrollment and outreach that have resulted from our partnership with the Lincoln-Lancaster County Health Department have received national attention."*

*Deb Thomas  
Policy Secretary,  
NHS*

- By successfully incorporating an extensive outreach plan with Client Resource Specialists, the program has achieved a client response rate of 70% or greater as compared to a previous client response rate of 30 to 40%. The success means clients/families are actively engaging in the education and enrollment process. This process is facilitated by a Public Health Nurse and incorporates health assessment, risk identification, education and care coordination in conjunction with selection of a doctor and health plan. Due to the outreach and individualized selection process, the number of clients requesting a change in medical home has decreased.
- To facilitate the client/family and physician partnership, a Provider Specialist from the Lancaster County Medical Society meets with physicians and their office staff to identify barriers to care and potential solutions. This component of the program has resulted in increased options for clients in selecting a medical home and greater support for the physicians in service delivery.

## Primary Care Clinics

To assure access to health care is provided for the uninsured and under-insured, the volunteer physician network was formed in collaboration with the Lancaster County Medical Society.

In conjunction with Lincoln Medical Education Foundation, volunteer physicians provided health services to 2,663 low-income individuals for minor acute health concerns through the Primary Care Clinics. This represents a 22 percent increase over last year.



*"The partnership of the Lincoln-Lancaster County Health Department, Lincoln Medical Education Foundation physicians and retired physicians assures that low income citizens receive health care through the Primary Care Clinic."*

*Bruce Gfeller, M.D.*

## Information & Referral Triage

Over 25,000 phone calls to Public Health Nurses were received this year. The nurses provided information on health and disease related topics and assisted individuals in accessing health care and resources in the Lincoln-Lancaster County community. The system received 6,147 calls related to medical care access, processed 6,949 transportation requests and established 893 medical homes for individuals and families on Medicaid. In addition, through a one stop process, 740 pregnant women with low incomes received Presumptive Eligibility services for Medicaid, and accessed ongoing prenatal care and services to promote positive pregnancy outcomes.

## Early Intervention Services Coordination

**OBJECTIVE:** Children who have disabilities or concerns about development will be referred to services earlier.

### Children Referred to the Early Intervention Program

AGE	1995-96	1997-98	INCREASE
*Less than 1 year	49	69	40%
*1-2 years	54	79	46%
2-3 years	104	106	stable

*\*Note: These are two age groups targeted for early referral.*

**OBJECTIVE:** Parents served in the Early Intervention Services Coordination Program will gain knowledge needed to best care for their children and families and to be more aware of services available within the community.

**INDICATOR:** Program evaluation conducted by Gadberry & Associates (1998) found 93% of parents served agreed with the statement, "I feel I now have more of the knowledge I need to best care for my child and family."

**INDICATOR:** The same evaluation found 96% of parents served agreed with the statement, "I am now more aware of services available within the community."

**OBJECTIVE:** Parents served in the Early Intervention Services Coordination Program will learn how to ask for services their children need.

**INDICATOR:** The evaluation found 93% of parents served agreed with the statement, "Since being part of this program, I have learned how to ask for services that my child needs."



"They saved me.  
Christopher is doing very  
well. It makes me very  
happy."

Imelda Rosales,  
Christopher Monje,  
& Jennifer Monje

## Child Care

**OBJECTIVE:** To increase the availability of quality, affordable, licensed child care for children with special needs.

**INDICATOR:**

- ☞ 14 child care centers and 14 home providers are participating in grant activities to better serve children with special needs. This represents approximately 4% of licensed providers in Lincoln.
- ☞ The participating 14 home providers, licensed to serve a total of 118 children, served 20 children with special needs (17%) during the 1997-1998 grant year.
- ☞ The 14 participating centers, licensed to serve a total of 1,159 children, served 117 children with special need (10%) during the 1997-1998 grant year.



## HOME & COMMUNITY SERVICES

**OBJECTIVE:** Prenatal care will be accessible to all and well coordinated among health, social and human service providers.

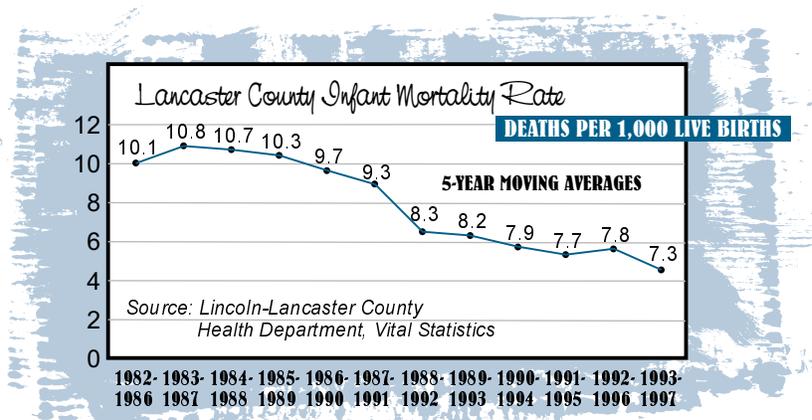
- ☞ Home visitation and case management services will be available to women and children at greatest risk.
- ☞ Home services were provided to 989 pregnant women and 504 infants at risk under age three. Services include case management, pregnancy and infant care teaching and assistance with development of parenting skills.



*"Thank you so much for your help during one of the most critical times in our lives. All that you have done for us & our baby is appreciated very much & will be remembered forever!"*

*Public Health  
Nursing Client*

- ☛ Nearly 16% of teen mothers in Lancaster County experience a second pregnancy in their teen years, but that rate drops to 7% for those teen mothers in the follow-up program.
- ☛ Nearly 84% of mothers in Lancaster County and in Nebraska received first trimester prenatal care. Of the 989 women who were identified as having significant risk factors in their pregnancies, 75% initiated prenatal care in the first trimester. In daily interaction with clients, we continue to strive for our Healthy People 2000 goal of having 95 percent of all pregnant women accessing prenatal care in the first trimester.
- ☛ The 1997 teen pregnancy rate for Lancaster County is estimated to be 47 pregnancies per 1,000 females ages 15 through 19. The teen birth rate has increased to 31.3 births per 1,000 females. The percentage of babies born to teen mothers in Lancaster County has been stable during the past decade, averaging 9.6 percent of all births. Teen mothers have a greater risk of pregnancy-related health problems than older mothers.
- ☛ Of the at-risk infants who are tracked by Public Health Nursing, 83% are fully immunized by age two, compared to 75% in the community at large.
- ☛ Infant mortality has been tracked by five-year averages since 1986 due to the small annual numbers of deaths. The graph shows the progress made in reducing infant mortality in Lancaster County during the past several years. This rate declined steadily to 7 deaths per 1,000 in 1994, meeting the Year 2000 Health Objective. The rate dropped sharply to 5.6 deaths per 1,000 in 1997, the lowest rate ever reported in Lancaster County.



*Our Community Needs:*

A community wide effort to promote healthy mothers and babies.

Continued emphasis on addressing minority health issues.

A community wide initiative to address the rapidly increasing numbers of women who are smoking during pregnancy.

*Women, Infants & Children (WIC)*

**OBJECTIVE:** Services will be available to women and children at a greater risk due to poor health and nutrition. Goals for WIC include the promotion of community wide awareness of program services and the development of a smoking cessation program for pregnant women.

- ☛ Due to an unexpected funding increase, the Special Supplemental Food Program for WIC was able to begin recouping the losses brought on by a waiting list. The addition of staff allowed for an increase in services and the participation increased to 674 women and 1,330 infants and children per month.

"I like WIC because it provides education and gives foods when they are needed."

Bertha Gonzalez,  
WIC Client



- ☛ A large proportion (67%) of WIC clients are considered "high risk" in terms of health or nutrition. Racial and ethnic minorities comprise approximately 35% of the population.
- ☛ WIC continues to collaborate with many organizations throughout the community including Family Services, Head Start, Lincoln Medical Education Foundation, and others. The Lancaster County WIC Community Advisory Committee developed an extensive three-year outreach plan and is in the early stages of implementation.
- ☛ WIC gives all pregnant program participants breast-feeding education and support, which has led to an initial breast-feeding rate of 54.5%, exceeding the national average of 47%.

### *School Health Achievements 1997-98*

**OBJECTIVE:** The physical and emotional health of students and staff will be promoted to maximize the educational process.

- ☛ In 1997, seven school health inservices were held. Topics included issues related to comprehensive school health, environmental health, communicable diseases and dental health. Additional topics were mental health, attention deficit, screenings, nutrition, teen pregnancy, drugs and alcohol and special needs issues of children. Last year, approximately 200 teachers, volunteer nurses and parents attended these inservices representing Lancaster County schools (and three people from other counties.)



*"Working together, we have been able to promote health through screenings and health education to enhance learning in the school setting."*

*Mary Volkmer &  
Mari Detterman*

- ☛ A School Health Network Advisory Committee of 13 members was formed to advocate for children's issues. Representatives from rural, private, parochial and public schools networked together to solve school health problems and share information.
- ☛ Topics to promote comprehensive school health were emphasized during the past year, focusing on ways health topics could be included in school curriculum.
- ☛ School health data was assessed to identify population needs. Nursing students assisted in doing a needs assessment for a specific school and geographic area as a basis for program development in working with children at increased risk for asthma and hypertension.



*School health education & services are provided to public, parochial & rural schools in Lincoln & Lancaster County.*

- ☛ Community networking on cardiovascular projects was a major focus this past year. Through school health inservices, 359 American Heart Association "Heart Power Kits" were distributed. Working cooperatively with The American Heart Association, Lincoln Public Schools, Comprehensive School Health Initiative, Nebraska Department of Health and Human Services, parents and children, comprehensive school health activities were identified for inclusion in a special book. Through a donation from Christian Printing, all 50,000 school age children in Lancaster County will receive a copy of this book which focuses on tobacco, nutrition, physical education and stress reduction.
- ☛ Through a network of volunteers and school personnel, approximately 7,500 students were screened for height and weight, hearing and vision. Approximately 2,500 students had scoliosis screening and 500 students had blood pressure screening.



## Public Health Nursing home and community services

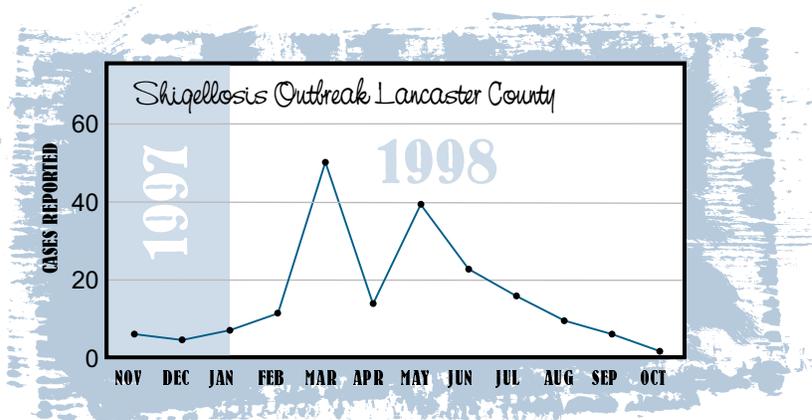
**OBJECTIVE:** Premature death, disability, and economic costs due to chronic diseases, especially cardiovascular disease, cancer and diabetes will be reduced.

- ☛ Nearly 1,400 home visits were made to persons over the age of 64. Services are provided under medical direction to provide assessment, health education, monitoring of health status and case management to promote client independence and safety while remaining in their home setting.
- ☛ About 300 home visits were provided to persons aged 45 through 64 to assure compliance with medical direction to promote healthy lifestyles.
- ☛ Health stations throughout the city and county provided 1,881 health screening and educational sessions to persons over 45 years of age. These services facilitate early detection of chronic disease and management of identified disease.

### **DISEASE CONTROL**

**OBJECTIVE:** The Communicable Disease Program provides surveillance and follow-up on reportable diseases and implements control measures to prevent the further spread of disease in the community.

- ☛ During this past year, the Department was actively involved in tracking, follow-up and prevention activities in disease outbreaks in Lincoln and Lancaster County. These included Shigella and Pertussis.



- ☛ The communicable disease program is actively involved in disease surveillance throughout the year. In addition, the program does weekly monitoring of school illness reports and influenza monitoring of physician offices during the flu season to be able to alert the public and health care providers when increased disease activity begins to occur.
- ☛ This past year, the Department expanded its Hepatitis B immunization program to include adolescents through 18 years of age. Over time, this will have a dramatic impact on the incidence of Hepatitis B within our community.



"Hepatitis B immunizations are important for the health of my children."

Public Health  
Nursing Client

- ☛ The Hepatitis B Perinatal Program has been actively reaching out to high risk populations promoting Hepatitis B immunizations among children and early screening and follow-up for females at high risk for Hepatitis B infections to prevent perinatal transmission. In addition, the program promotes Hepatitis B screening among individuals who are from highly endemic areas.
- ☛ Tuberculosis, a low incidence disease in Lincoln and Lancaster County, is nevertheless monitored and follow-up is done on all potential or suspect cases and contacts of known cases in our community. Those undergoing treatment or preventive therapy for TB are able to access the services of the Department's TB program for assistance with carrying out their treatment plan.
- ☛ The Communicable Disease Program received 1,489 disease reports last year and did 373 epidemiologic follow-up investigations.
- ☛ A total of 21,851 immunizations were provided to school age children this past year by Department staff. This reflects an approximate increase of 2,000 immunizations from the previous year.
- ☛ This past year, The Department provided 6,280 influenza immunizations to those at high risk.
- ☛ The Lincoln-Lancaster Immunization & Vaccination Effort (LIVE), a new immunization coalition sponsored by LLCHD, has been active in the community to increase child and adolescent immunization rates.

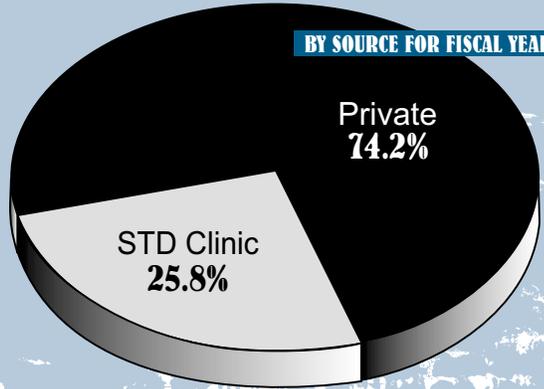


**TAKE YOUR BABY FOR SHOTS**



☞ The incidence of AIDS in Lancaster County is 5.1 cases per 100,000 people. A decline in the number of new AIDS cases this past year, from 20 to 12, reflects the impact new therapies for treating HIV are having on reducing the incidence of AIDS and AIDS deaths.

*% of Reported Lancaster County  
Gonorrhea & Chlamydia Cases*



☞ The incidence of Gonorrhea and Chlamydia in Lancaster County for 1997 was 122 and 215 cases per 100,000 people respectively. Gonorrhea incidence was up from 88 cases per 100,000 people in 1996. Chlamydia was down from 239 cases per 100,000 people in 1996.

## **GRANTS & AWARDS**

### *Nebraska Health & Human Services System*

1.	HIV/STD	\$ 86,800
2.	Diabetes Education	\$ 5,000
3.	Innovations	\$ 15,000
4.	Early Intervention Service Coordination	\$278,500
5.	Developmental Disabilities	\$ 7,750
6.	Hepatitis B	\$ 20,400
7.	High Risk Maternal/Infant Follow-up Program	\$ 89,144
8.	NE Immunization Action Plan	\$101,800
9.	Medical Access Coordination	\$ 29,900
10.	Tuberculosis Management	\$ 23,500
11.	Women, Infants and Children (WIC)	\$263,000
12.	Access Medicaid/Health Connection	\$1,680,000

### *Lancaster County*

1.	General Assistance	\$141,500
2.	Jennie B. Harrell Attention Center	\$ 44,200

### *Other*

1.	Reach Out America (RWJ)	\$ 4,500
2.	Katie Beckett	\$ 10,800