



## Message from Dr. Sanford



Colleagues,

As we look ahead to 2021 many significant events have occurred. We have had a national election, two COVID-19 vaccinations approved for emergency use, and an unfortunate spike in cases both nationally and in Arkansas. Now, two vaccines are being administered at UAMS. The team at IDHI continues to support the state's response to COVID-19

while protecting themselves and their co-workers through remote working and appropriate use of PPE and physical distancing. Our digital services growth continues. In particular, please join me in congratulating the HealthNow team for adding monoclonal antibody infusion assessment and referral to their responsibilities. The Clinical and Technical teams worked with our UAMS IT and Family Medicine partners to create infusion bays with remote monitoring. Thanks to their hard work COVID positive patients can now receive this therapy while minimizing the risk of exposure to our frontline workers.

In the previous quarter, the POWER team closed out the year with their fall conference where 40 attendees from 15 different facilities learned about ethnic and racial

disparities in healthcare. The South Central Telehealth Resource Center continued their monthly Telehealth Roundup webinar series, the most recent one focusing on virtual physical education in the time of COVID-19. Our grants team has been busy with several grants totaling millions funding many major and worthwhile projects, and we're very proud of our Stroke Program promoting awareness through their mask campaign. The UAMS eLink program has kept busy with the rural broadband grant as well as helping those working remotely with their workflow by utilizing Monday.com.

For those that celebrated the holidays, I hope that they were filled with peace and joy. As we look ahead to the Winter and Spring while the vaccination process is in its early stages please keep practicing the good habits we've learned over the last several months.

Sincerely,

**Joseph Sanford, M.D.**

Chief Clinical Informatics Officer  
Director, Institute for Digital Health & Innovation  
Associate Professor, Department of Anesthesiology &  
Department of Biomedical Informatics  
University of Arkansas for Medical Sciences

## IDHI Grants Team Update

The IDHI grants team has been busy this year with multiple projects, including grant proposals and publications. One manuscript highlighting the IDHI High-Risk Pregnancy Program's telemedicine initiative was accepted for publication in the Journal of Perinatology, and the Obstetrics and Gynecology Clinics of North America published a full journal edition managed by IDHI titled "Telemedicine and Connected

Health in Obstetrics and Gynecology." A huge accomplishment, IDHI was recently awarded \$3.8 million for designation as the HRSA Telehealth-Focused Rural Health Research Center and was also awarded an additional \$1 million from USDA to create greater access to professional telehealth training in the Arkansas Delta through the Delta Health Care Services Grant. Recently, IDHI's STAR (School Telehealth in Arkansas) program

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# HOW CAN I SPEAK UP AGAINST RACISM?

## Set limits

Allow only racially respectful speech and actions in your work space. #NotOnMyWatch

## Practice and prepare

Plan how to act and to disrupt conversations and behaviors that are disrespectful, racist, or dehumanizing.

## Express your concerns

Be bold, clear, and straightforward. Discuss why you are concerned.

## Apologize

Say you're sorry, change your behavior, and ensure reconciliation if you said or did something that perpetuates racism.

## Keep Improving

Be courageous. Become aware of your implicit and explicit biases. Seek feedback and collect data so you can keep learning and improving.

## Uncover and learn

Be curious, mindful, and open to new perspectives as you deepen your understanding of racism and its harmful impact.

## Persuade others

Spread the word and encourage others to **#SpeakUpAgainstRacism!**

## IDHI Grants Team Update

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was also awarded a \$1 million grant through the DOJ to support an anti-bullying initiative in Arkansas' schools. Other active awards include the HUD grant for COVID-19 education (\$500,000), an intramural research grant through UAMS TRI and extramural awards for the administration of a telemedicine sexual assault program (HRSA) and programs that are specific to COVID-19, including one from the FCC at approximately \$940,000.

# Fall 2020 POWER Conference

By Shari Drakes BSN, RNC-OB

**The year 2020** will be one that none of us will soon forget. COVID-19, social distancing, quarantine, and face masks—words that were rarely, if ever, spoken just one year ago. The world looks very different than it did several months ago.

The year 2020 not only brought us fears for our health and the health of our loved ones, but it also brought us civil and racial unrest. From George Floyd, Black Lives Matter, “defund the police,” protests, and in some areas riots, the world around us was (and still is) unsettled. Sometimes, everything going on around us seems distant and disconnected from our daily lives. Sometimes, it walks right in and sits down at our table. When the POWER team was brainstorming about our fall virtual workshop and what our topic should be, there was no question; The Reduction of Ethnic and Racial Disparities in Healthcare was the clear topic of choice. On November 19th from 10 am until noon, the IDHI POWER team was able to join 40 attendees from 15 different facilities together to learn what our part is in the reduction of ethnic and racial disparities within healthcare.

Dr. Debra Bingham, DrPH, RN, FAAN, an associate professor for Healthcare Quality and Safety at the University of Maryland School of Nursing and the Founder and Executive Director of the Institute for Perinatal Quality Improvement, was the keynote speaker. She delivered an amazing presentation that empowered all those in attendance with the knowledge needed to be able to make a difference in their work environments. Dr. Bingham's discussion was enlightening and opened our eyes to the role we each play in reducing racial and ethnic disparities within the healthcare setting. Each member of the POWER team—Dawn Brown, BSN, RNC-ONQS; Tina Pennington, MNSc, RNC-NIC; and Shari Drakes, BSN, RNC-OB—also presented a portion of the Four Rs (Readiness, Recognition, Response, and Reporting) from the safety bundle on reducing peripartum ethnic and racial disparities. The POWER team was able to reinforce Dr. Bingham's information and bring home the message that we can ALL make a difference.



# South Central Telehealth Resource Center

## Virtual Health and Physical Education in the Time of COVID-19

**Before the pandemic**, school-based telehealth was surging of its own accord. Being able to access so many children in one place, especially the high-risk populations, was an easy target for an array of specialties: dentistry, nutrition, behavioral health, and physical education (to name a few). Arkansas has plenty of school-based physical education programs (e.g. the UAMS Public Schools Program where the physical and emotional well-being of students is promoted through digital technology), but the state is also home to CDC Cooperative Agreement Program Manager, Audra Walters. Walters works for SHAPE (Society of Health and Physical Educators) America, an organization that represents over 200,000 health and physical education professionals across the U.S. Their website defines the group as an “extensive community includes a diverse membership of health and physical educators, as well as advocates, supporters, and 50+ state affiliate organizations.” She works virtually from Northwest Arkansas and supports health and physical educators

across the nation. The South Central Telehealth Resource Center invited Walters to present on virtual health education in our most recent Telehealth Roundup webinar series.

So what does remote/virtual health and P.E. look like? It’s all about “creative strategies,” says Walters. “Health and P.E. are suffering right now in the pandemic, but it’s more important than ever,” and she’s doing her best to support health and PE teachers so they can provide quality health and physical education instruction to their students, whether that’s in-person, virtually, or a mix of the two. She assists these professionals remotely by providing training and resources that support standards-based instruction. During her presentation, she said that it’s the physical education standards that “put the ‘E’ in P.E.” She went further to state how physical education and physical activity are vitally important to social-emotional learning. Walters holds a bachelor’s degree in Exercise Science and a Master of Science degree in Health Science.

# High-Risk Pregnancy Program

## OB Emergency Simulation

**With travel being shut down** during the first six months of the year, the POWER team had quite a task in front of it once they were allowed to travel again. A large portion of what they do is the “boots on the ground” work. They conduct site visits to each of the 39 delivering hospitals and insure each hospital has implemented the national maternal safety bundles, they teach NRP, Intermediate and Advanced Fetal Monitoring, and provide OB emergency simulation training. During the second quarter, the POWER team was able to present 144 attendees at 5 different facilities a COVID-friendly version of the OB simulation drills. Each participant completed an online lecture on OB emergencies before attending the in-person session. At the in-person simulation, class participants were able to practice several OB emergencies such as preeclampsia/eclampsia, shoulder dystocia, and postpartum hemorrhage. The importance of practicing these situations is vital to improving our patient outcomes. The POWER team is happy to be back to doing what it does best; masking up, getting boots on the ground, and improving maternal outcomes in the state of Arkansas.

# POWER Spring Conference

**SAVE THE DATE:**  
APRIL 19-20, 2021  
SPRING POWER  
Stay tuned for further details



## UAMS e-Link Updates

### ARC and Broadband Grant

**Program Update:** This quarter, many IDHI team members have been working hard reviewing and awarding grant applications. So far, 61 Arkansas Rural Connect (ARC) grants have been awarded and five Rural Broadband I.D. Expenses Trust Fund grants have been awarded. “Our team has done an amazing job managing these grants. From onboarding to reviewing and awarding, everyone stepped up, quickly learned what was needed and did an excellent job,” said Roy Kitchen, e-Link executive director.

**Monday.com Update:** There were a number of changes that IDHI team members had to adapt to with the transition to working remotely earlier this year. While countless spare bedrooms and dining room tables have been converted into makeshift workstations and new routines have surely been established, there are some aspects of operations that have remained constant: the necessity for successful monitoring and completion of projects, open lines of communication between departments and the ability to collaborate effectively with co-workers who we no longer share an office space with. The institute-wide implementation of Monday.com at the beginning of 2020 has proven

to be a monumental success in achieving these demands. “Learning something new, especially a software that can be as complex as this one, can be very intimidating,” said e-Link Program Manager Nathan King, “but members of IDHI were so willing to learn and take the time to practice using the product. I truly believe that it was this overall willingness and optimism of the institute’s staff to embrace change that has made this product such a success.” From creating individual boards for tracking weekly tasks and assignments to carrying out projects as complex and large in scope as the Arkansas Rural Connect (ARC) Grant, Monday.com continues to be used in new and innovative ways within IDHI.”

At this time, all departments of IDHI are utilizing Monday.com in some capacity, with the exception of the translating department (they use Epic for their charting).

### Usage stats from January through November 2020:

- 827 boards created since implementing Monday.com
- 86% of users are writing updates within Monday.com (YTD)
- 504 weekly tasks are marked as “Done” (YTD average)



## Stroke Program Arkansas Communities Mask Up for Stroke Awareness

Have you seen these masks around your town? If not, you will very soon! Hospitals all across Arkansas have come together to distribute these BE FAST masks throughout their communities, and in just two weeks almost 20,000 masks have been handed out! These masks are being used not only to prevent the spread of COVID-19, but also as an educational tool for stroke awareness. Each mask has the message “Is it a stroke? Call 9-1-1!”, and the acronym for stroke symptoms, “BE FAST”. Each letter in BE FAST contains a picture to help identify each symptom. The consistent messaging of BE FAST, in combination with masking up for COVID-19, has helped to raise stroke awareness in communities all over Arkansas in the midst of a pandemic.