



Improving Health Care and Outcomes for Residents of Lincoln Parish

Initiative: Healthier Living & Access to Healthcare Services
Project Names:

- Student STI Education & Awareness Initiative
- Access to Hypertension Testing & Monitoring Initiative

Funding Period: August 1, 2015 – July 30, 2016
Project Coordinator: Patrice Outley
Project Administration: Grambling State University
Total Funding Approved: \$7,500.

Initiative #1- Sexually Transmitted Disease Education and Awareness

Background:

The Centers for Disease Control and Prevention report that young people aged 15 - 24 account for more than half of the new Sexually Transmitted Disease (STD) diagnoses each year, although they represent only 25% of the sexually active population. 1 in 4 college students have an STD according to Stanford University's Sexual Health Peer Resource Center. The reason for this high number is thought to be the lack of education and awareness regarding Sexually Transmitted Infections (STI's) among this population group.

Currently, Foster-Johnson health center offers STI testing to over 4,000 students enrolled at Grambling State University (GSU) and yearly STI classes at Grambling High school to approximately 40 freshman and sophomores.

Some testing supplies are supplied by the State of Louisiana STI program and the remaining supplies are funded through the health center budget. The students are seen by the health center nurse practitioner upon request or if symptoms of an STI are present. On average 15-20 students are tested each week. The results of testing take about 7- 10 days to return from the state testing lab in Baton Rouge. STI counseling is performed at each visit by the health center staff. If medications are needed, the students are given a prescription by the nurse practitioner and required to present to a local pharmacy to have it filled.

Objective:

To increase STI awareness among students at Grambling State University, Grambling High School, and the community through community and campus-wide activities sponsored by Grambling State University School of nursing, as well as Foster-Johnson health center staff.

The Director of the Foster-Johnson Health center seeks to purchase informational pamphlets, DVD's and interactive products for the purpose of educating the campus and surrounding community concerning Sexually Transmitted Infections. Information will be disseminated by Foster-Johnson health center staff and the GSU school of Nursing students.

The staff will use the educational materials to create displays in heavily occupied student areas on campus and at health fairs, enhance STI counseling during testing visits and STI awareness classes for Grambling high school students at times designated by school principal.

Total Funding Approved: \$2,500.

Initiative #2- Increase Student Access to Hypertension Testing and Monitoring

Background:

Foster-Johnson Health center nurse practitioners manage and monitor chronic illnesses such as hypertension. On average, the center assists 5 students a year with managing their hypertension. In addition, the clinic sees over 30 students who are considered in the pre-hypertension range.

Students diagnosed with hypertension are seen every 3-4 months by the nurse practitioner who provides medication adjustments as needed. Once a year, lab work is ordered for these patients to assess target organ damage. The lab work is ordered by the nurse practitioner but is performed by an outside entity such as Green Clinic. The Nurse practitioners write prescriptions for medications that are on the \$4 prescription list at Wal-Mart, if feasible, in light of the number of students without health coverage.

Pre-hypertensive students are counseled by the Foster-Johnson Health center staff on lifestyle modifications to try to prevent a future diagnosis of hypertension. A nutritionist is a component missing in the access to healthcare for students and the community. Effective meal plans play a vital role in delaying the onset of hypertension and also the management of a patient diagnosed with hypertension. A nutritionist would benefit the students of the university and surrounding community.

The Director of the Foster-Johnson Health Center seeks funding to assist patients diagnosed with hypertension and cannot obtain lab work and diagnostic testing ordered by family nurse practitioners at Foster-Johnson student health center. Diagnostic testing is needed upon diagnosis and yearly to assess target organ damage for individuals diagnosed with hypertension. This funding would also provide a nutritionist part-time that would counsel patients on suitable meal plans for a hypertension diagnosis. A nutritionist would be utilized 1-2 hours a week and patients would be scheduled a 15 minute sessions as needed with a nutritionist. Appointments for the nutritionist would be offered to students and residents in the community.

Objective:

To provide access to care for Grambling State University Students and members of the surrounding community who are unable to afford the diagnostic testing associated with a chronic diagnosis of hypertension and to a nutritionist to counsel on lifestyle modifications regarding diet.

This goal will be accomplished by checking the insurance status of patients diagnosed with hypertension and offering funding to those individuals who cannot afford testing. Testing cost per patient is approximately \$275.00. To offer testing for approximately 10 students who meet the requirement over a time period of one year would cost \$2,750.00. A nutritionist would have a designated day each week in clinic for about 1-2 hours. Students and residents of the community who have a diagnosis of hypertension or are considered pre-hypertensive will be referred to a nutritionist for meal plans.

Residents of the community will be identified as hypertensive by medication checks and pre-hypertensive by blood pressure checks. The estimated cost for a nutritionist once a week for 1-2 hours when classes are in session would be \$2,250.00. This would pay a nutritionist an average of \$25 .00/hour for 47 weeks at 2 hours per week.

Total Funds Approved: \$5,000.