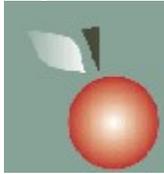


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## News from the Foundation for Healthy Communities

February 21, 2013

Visit our new website at [www.healthynh.com](http://www.healthynh.com)

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### CALENDAR

**SAVE THE DATE**  
**March 15**  
**Partnership for  
Patients: Preventing  
Adverse Drug Events**  
Holiday Inn, Concord,  
NH  
8 am - 4 pm  
**March 20**  
**NH CCC Annual**



Presenters at the 'Preventing Falls' Workshop included, from left, Peggy Gagne, Nursing Administration Project Manager from Wentworth-Douglass Hospital and from Androscoggin Valley Hospital, Vice President of Nursing Services Clare Vallee, and Director of Quality and Patient Safety Jean Wolf.

### Preventing Falls is Topic of Partnership for Patients Forum

"Preventing Patient Falls" was the focus when nearly 200 healthcare providers took part in day-long forum sponsored by the Partnership for Patients and the Foundation for Healthy Communities (FHC).

Among the facts set forth during the forum: Up to 50 percent of hospitalized patients are at risk for falls, and almost half of those who fall suffer an injury. While falls have a tremendous impact on the patient - the average hospital stay for patients who fall is 12.3 days longer - they also directly affect a healthcare organization's cost per case.

"Evidence shows that the most effective falls-prevention programs for healthcare organizations are multifactorial and interdisciplinary," said keynote speaker Patricia Quigley, whose call for inclusion was reinforced by the presence of healthcare providers from hospitals, home health agencies, long-term care settings, Visiting Nurses Associations and Emergency Medical Services.

"There will be falls. We know that," said Anne Diefendorf, Associate Executive Director/Vice President for Quality & Patient Safety with the FHC, "but as Pat demonstrated with state-of-the-science examples, and as shown with our peer-to-peer coaching panels, we can reduce the number of falls and the injuries that result from them."

To view handouts, PowerPoint presentations and videos from the program, [click here...](#)

### [Conference](#)

Grappone Conference Center, Concord, NH  
8 am - 4 pm

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## NH CCC 8th Annual Conference to be held March 20 in Concord

The New Hampshire Comprehensive Cancer Collaboration will hold its 8th Annual Conference, "Navigating Turbulent Waters: Reducing the Burden of Cancer in Individuals and Communities," on March 20.

Among the presenters are:

- Tracy Battaglia, MD, MPH, who serves as Director of the Women'sHealth Unit, Section of General Internal Medicine at Boston Medical Center and Associate Professor of Medicine and Epidemiology at Boston University Schools of Medicine and Public Health.
- Sarah Singer, LICSW, who currently serves as Manager of Patient and Family Access and Resources at the Dana-Farber Cancer Institute, Boston, MA, where she is responsible for overseeing the patient navigator and resource specialist program.
- Tom Bunnell, Esq., Consultant Policy Analyst for NH Voices for Health, who previously served as health policy advisor to the Governor of New Hampshire, and public policy director for New Hampshire's statewide network of community health centers.



Tracy Battaglia

The program will run from 8 am-4 pm at the Grappone Conference Center in Concord. The registration deadline is March 8. To view the conference brochure and registration form, [click here](#).

For more information on the NH CCC and its initiatives, visit its new website at [www.nhcancerplan.org](http://www.nhcancerplan.org)



Those taking part in the first POLST training session in NH included, from left, Brent Richardson, APRN, from Concord Hospital, Lisa Leinau, MD, from Cheshire Medical Center and Don McDonah, MD, from St. Joseph's Hospital.

## POLST Training Begins in NH

"What outcome would you expect from CPR? What would be an unacceptable outcome?" These are just two of the many questions studied and practiced by

20 participants in the first POLST/Advance Care Planning Facilitation course offered in NH last month.

Sanders Burstein, MD, from Dartmouth-Hitchcock in Nashua is the certified POLST Faculty leader in NH and he launched the statewide education program in partnership with the Foundation for Healthy Communities (FHC). Eight participants returned for a second day of training to be certified as Instructors who can teach the Facilitator course.

Provider Orders for Life Sustaining Treatment (POLST) is a system for portable medical orders for patients whose doctor or nurse practitioner think might die within the next 12 months. It is a voluntary program. A key objective is to improve the understanding and communication of a patient's medical care choices when patients move among different care settings (e.g. nursing home to hospital, hospital to hospice, etc.).

"We want to emphasize the quality of the interaction between patients and health professionals in establishing POLST as a standard of practice and this education is a key element in our statewide implementation strategy," said Shawn LaFrance, executive director of the FHC.

The POLST training was developed by Gunderson-Lutheran Medical Foundation in Wisconsin. It is the same organization that created the "Respecting Choices" program to improve conversations related to advance care planning. More than 500 people have completed that training in NH since the FHC introduced it in 1999.

The development of POLST in New Hampshire is being guided by the NH Healthcare Decisions Coalition, a multi-disciplinary statewide group that continuously seeks to improve health decision-making processes. To learn more, visit the [POLST page](#) on the Foundation's website.

## Don't Forget to Check Your Bookmark...



The Foundation for Healthy Communities has a new website, and if you haven't updated the bookmarks on your computer - also known as "Favorites" - you may be missing out on the latest news regarding the Foundation and its many initiatives.

It only takes a minute.

Just click on [this hyperlink](#) and save the new URL to your bookmarks and you'll be able to keep up with the latest developments with HEAL, CATCH Kids Club, the Partnership for Patients and all of the programs that fall under the umbrella of the Foundation for Healthy Communities.



Beth Gustafson-Wheeler leads participants in one of five group exercises that will help make Laconia a healthier community.

## **HEAL Gains Momentum in Laconia's South End Neighborhood**

Laconia HEAL community partners and residents are fully committed to making it easier for people living in the city's South End neighborhood to eat healthier and be physically active.

Many residents, including youth and adults, turned out for a recent community forum to have their voices heard.

The forum was facilitated by the HEAL NH team, including Foundation for Healthy Communities staff and staff from the NH Department of Health and Human Services Obesity Prevention Program. The City of Laconia is a HEAL community grant recipient, and to read more about the on-going project, [click here](#).

Key funders for HEAL include the HNH Foundation, Anthem Blue Cross and Blue Shield Foundation, Endowment for Health, NH Charitable Foundation, and the NH Department of Health and Human Services.

## **NH Health & Equity Partnership Awaits Feb. 22 Public Policy Report**

The New Hampshire Center for Public Policy will issue the state's first Healthy & Equity Report Card during a presentation on Feb. 22 at the Manchester Health Department.

This report explores racial, ethnic, and language (REaL) data to measure key health and equity disparities among the state's minority populations. The goal is to provoke questions, illustrate trends and patterns, and generate more interest in collecting and analyzing data to understand disparities between these groups in order to advance health and equity in New Hampshire. Speakers at the program will include Dottie Morris, Chief Officer of Diversity and Multiculturalism, Keene State College, and NH H&EP Awareness & Promotion Committee Chair, and Dennis Delay, Economist, NH Center for Public Policy Studies.

To view the program agenda, [click here...](#)