



Bringing Healthcare To The Mountains Of Appalachia



Tim C. Cox

Mission

The Health Wagon provides compassionate quality health care to the medically underserved people in the mountains of Appalachia.



Innovative Model for Healthcare Delivery

- Mobile Clinical Health Services
- Unit Base clinic in Clinchco VA (Dickenson Co.)
- Provide dedicated care to eight sites in Buchanan, Dickenson, Russell and Wise counties on a weekly to biweekly basis.
- Through the use of its innovative mobile health unit, HW opens health care doors that would otherwise remain closed



Innovative Model for Healthcare Delivery

- **Sr. Bernie Kenny is a pioneer in nurse managed healthcare**
- **In late 1970s began delivering healthcare out of a Volkswagen Beetle (hence the name “Health Wagon”)**
- **Originally from Boston Mass came here at request of Richmond diocese and made the Southwest VA mountains her home and mission**
- **Innovative primary and preventive care practice that provides health care to the Southwest Virginia’s uninsured and vulnerable population**



S
Sr. Bernadette Kenny, FNP-BC
Founder of Health Wagon

Innovative Model for Healthcare Delivery

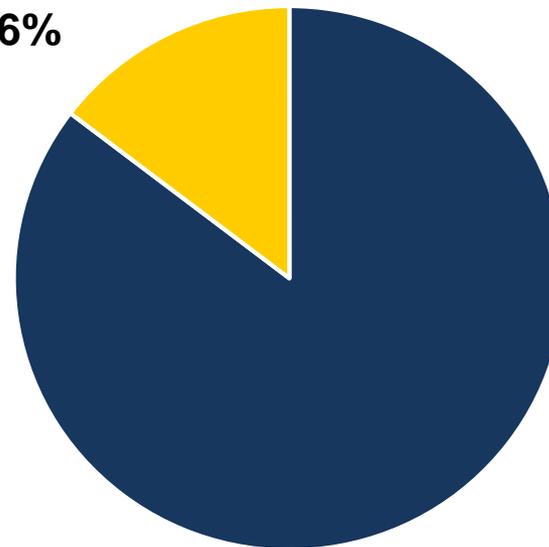
- Health Wagon is committed to serving the health care needs of the uninsured, underinsured, and disadvantaged populations.
- Services are rendered free of charge; however, patient donations are encouraged and accepted.
- Health Wagon is a nurse managed health clinic.



Over 1 Million Virginians Uninsured in 2010

Total Nonelderly

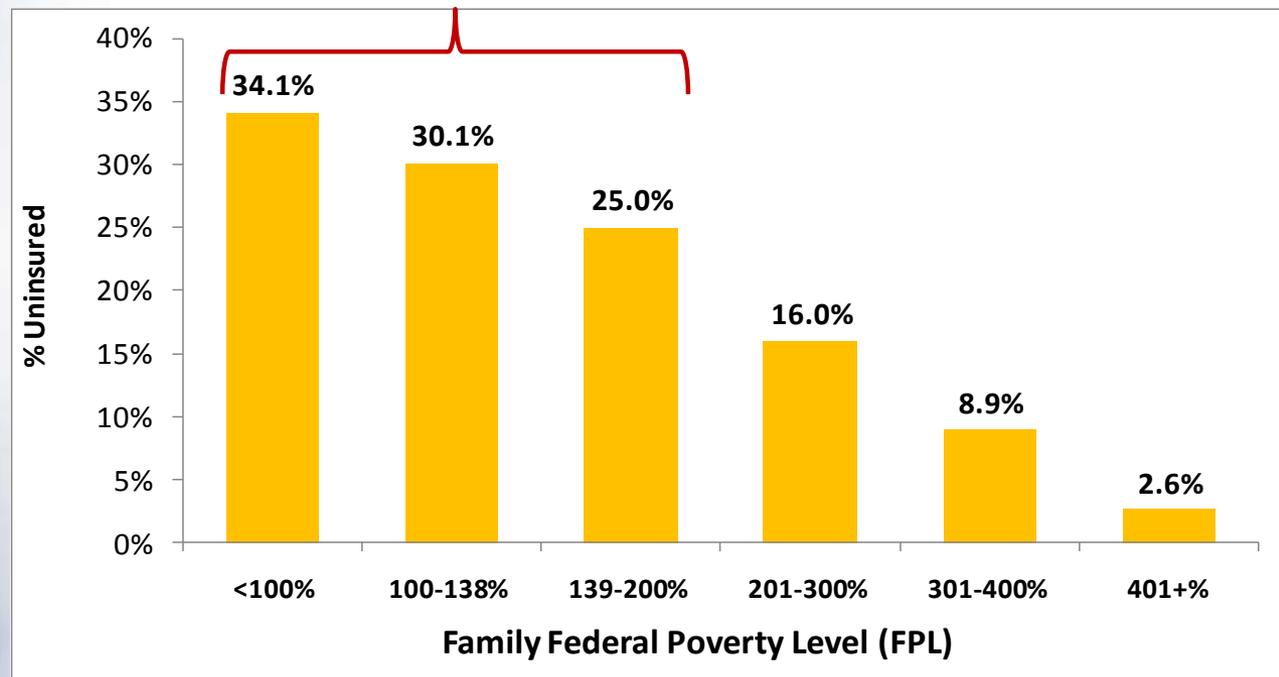
**Uninsured,
14.6%**



**Insured,
85.4%**

1,004,000 uninsured nonelderly

A Vast Majority (89.2%) Of Uninsured Virginians Lived At Or Below 200 Percent Of FPL In 2010



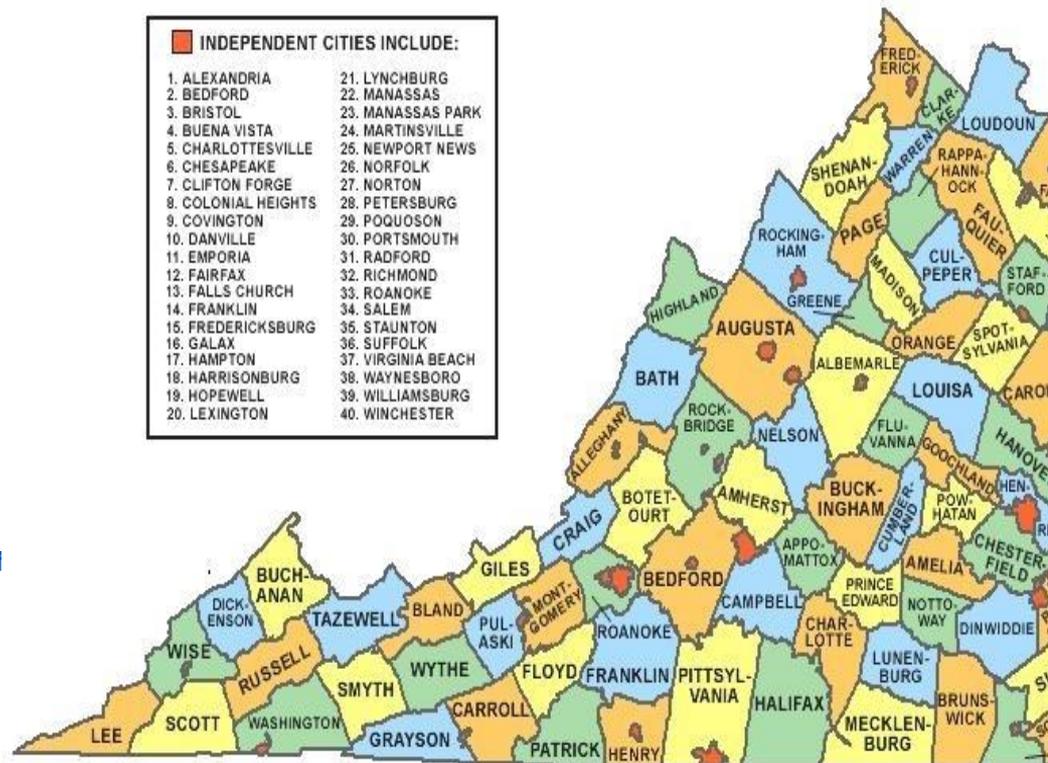
Notes: Family poverty level estimates are based on health insurance unit gross income and use the 2010 Federal Poverty Levels (FPLs) defined by the U.S. Census Bureau.

Source: Urban Institute, February 2012. Based on the 2010 American Community Survey (ACS) data from the Integrated Public Use Microdata Series (IPUMS). Estimates reflect additional Urban Institute adjustments for the underreporting of Medicaid/CHIP and the overreporting of private nongroup coverage (See Lynch et al, 2011). Coverage estimates were developed under a grant from the Robert Wood Johnson Foundation.

SERVICE AREA

- The areas served by the Health Wagon lie deep within the heart of Central Appalachia.
- Counties of Dickenson, Buchanan, Wise, and Russell (combined population of 110,854).
- The terrain is mountainous, covering 1,715 square miles, with numerous locations being geographically isolated.
- In Dickenson County, distances are great, as there are no four-lane roads and no public transportation.
- For many residents, this lack of adequate transportation means they cannot access health care.
- For others, these factors can lead to missed appointments, fragmentation of care, and increased anxiety about meeting health care needs.

INDEPENDENT CITIES INCLUDE:	
1. ALEXANDRIA	21. LYNCHBURG
2. BEDFORD	22. MANASSAS
3. BRISTOL	23. MANASSAS PARK
4. BUENA VISTA	24. MARTINSVILLE
5. CHARLOTTESVILLE	25. NEWPORT NEWS
6. CHESAPEAKE	26. NORFOLK
7. CLIFTON FORGE	27. NORTON
8. COLONIAL HEIGHTS	28. PETERSBURG
9. COVINGTON	29. POQUOSON
10. DANVILLE	30. PORTSMOUTH
11. EMPORIA	31. RADFORD
12. FAIRFAX	32. RICHMOND
13. FALLS CHURCH	33. ROANOKE
14. FRANKLIN	34. SALEM
15. FREDERICKSBURG	35. STAUNTON
16. GALAX	36. SUFFOLK
17. HAMPTON	37. VIRGINIA BEACH
18. HARRISONBURG	38. WAYNESBORO
19. HOPEWELL	39. WILLIAMSBURG
20. LEXINGTON	40. WINCHESTER



Economic and Social Conditions

- 18.2% of the people live on incomes less than the federal poverty rate (in Virginia – 10.5%)*
- 43.4% live on incomes less than 200% of the federal poverty rate (Virginia –27.1%)*
- Per capita income in Southwest Virginia (\$18,706) is only 67% as high as Virginia's per capita income (\$28,063)*
- 11.8% of population is enrolled in Medicaid (Virginia – 7.1%)*



Economic and Social Conditions

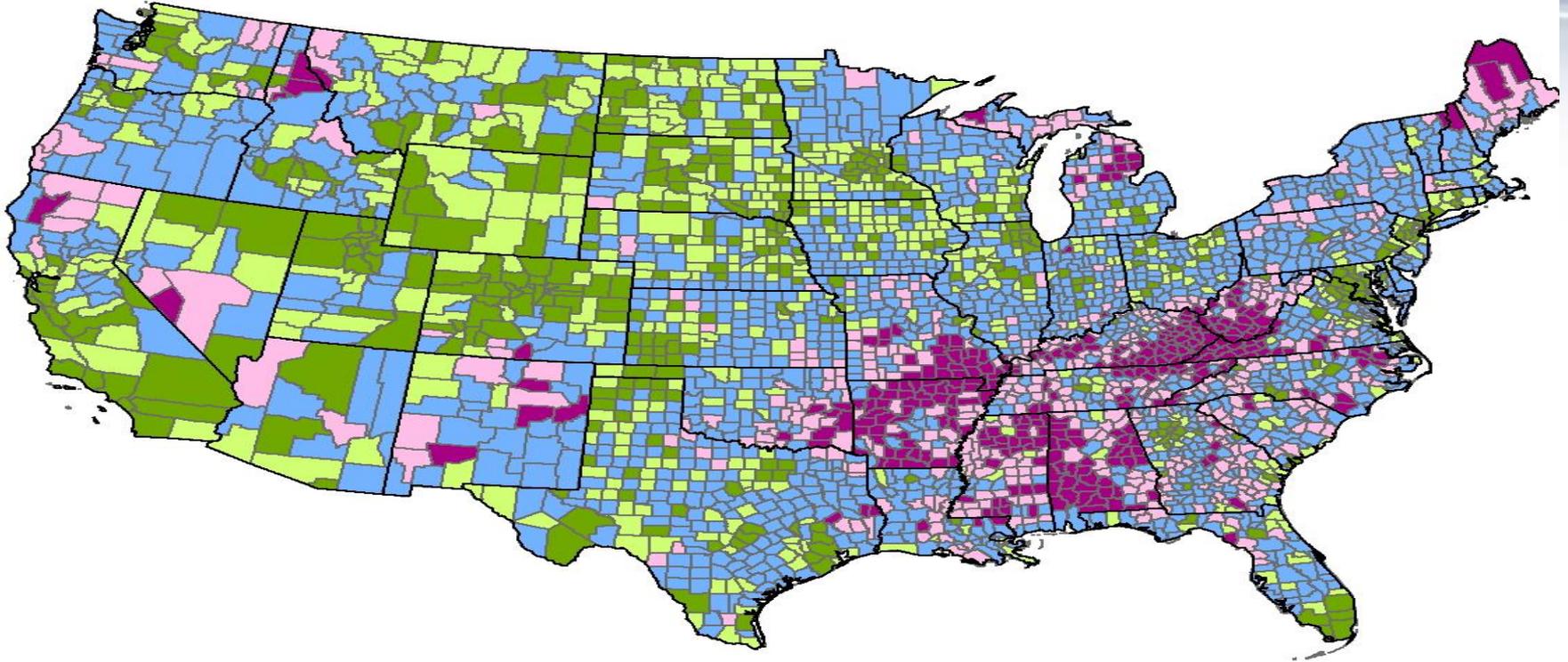
- **49.3% of the population over the age 25 has no high school diploma (Virginia –24.8%)***
- **15.6% of the people in our area are over the age of 65 (Virginia – 11.2%)***
- **Of the 100 poorest counties in the United States, 37 are located in central Appalachia****

* Health and Resource Data Guide 2000, Virginia Department of Health – Center for Primary Care and Rural Health

** North American Mission Board

Americans Receiving Disability

The percentage of people 15-64 receiving Social Security disability payments varies widely from county to county



In U.S., 4.6% of those 15 to 64 qualify for Social Security disability payments



Service Area 4 of top 15 counties in US

Counties With Highest Percentage of Working Age Disabled, 2009

Rank	State	County	County Type: Rural, Small City or Urban	2009 Working Age Population (15-64)	Number Receiving Social Security Disability (2009)	Percent of Working Age Population Disabled
1	Virginia	Buchanan	Rural	15,974	4,405	27.6%
2	Virginia	Dickenson	Rural	10,791	2,550	23.6%
3	West Virginia	Mingo	Rural	17,760	3,770	21.2%
4	Kentucky	Pike	Rural	44,926	9,215	20.5%
5	West Virginia	McDowell	Rural	14,832	3,025	20.4%
6	West Virginia	Wyoming	Rural	15,801	3,170	20.1%
7	Kentucky	Floyd	Rural	28,684	5,635	19.6%
8	Virginia	Russell	Rural	19,568	3,775	19.3%
9	Idaho	Lewis	Rural	2,216	420	19.0%
10	Kentucky	Leslie	Rural	7,810	1,465	18.8%
11	Kentucky	Wolfe	Rural	4,446	805	18.1%
12	Kentucky	Martin	Rural	9,367	1,660	17.7%
13	Kentucky	Harlan	Rural	20,715	3,650	17.6%
14	West Virginia	Logan	Rural	23,876	4,185	17.5%
15	Virginia	Wise+Norton	Rural	31,014	5,410	17.4%
16	Kentucky	Letcher	Rural	16,006	2,775	17.3%
17	Mississippi	Webster	Rural	6,128	1,025	16.7%
18	Virginia	Lee	Rural	17,341	2,890	16.7%
19	Arkansas	Sharp	Rural	10,483	1,740	16.6%
20	Kentucky	Magoffin	Rural	8,863	1,460	16.5%
21	Kentucky	Clinton	Rural	5,964	970	16.3%
22	Kentucky	Johnson	Rural	16,108	2,605	16.2%
23	Missouri	Wayne	Rural	7,548	1,220	16.2%
24	Alabama	Wilcox	Rural	7,763	1,240	16.0%
25	Arkansas	Searcy	Rural	4,912	780	15.9%
26	Alabama	Greene	Urban	5,620	890	15.8%
27	Alabama	Cosa	Rural	7,029	1,105	15.7%

CHALLENGES

- **Appalachian culture typified as independent, proud and reclusive**
- **Significant Economic, Social and Health Disparities**
- **Geographical Isolation, Secluded, Limited to No Public Transportation**
- **Mining industry is no longer viable**
- **Lack of sub-specialist and specialist**
- **Tremendous need for primary and preventive health care**



CRISIS OUR PATIENTS FACE

- **Poverty is a fact of life for many residents.**
- **Compared to the state as a whole, Southwest Virginia's coal counties are characterized by two-thirds more poverty and even greater unemployment, underemployment, and under-education.**
- **Dickenson and Buchanan counties are particularly disadvantaged- 25.9% and 21.9% of county residents live below the poverty level, respectively.**
- **Chronic unemployment rates that are five times higher than the state average**



Future of Healthcare and Free Clinics

“Although we are challenging the Patient Protection and Affordable Care Act, it is currently the law of the land and it would be irresponsible not to prepare for its implementation.”

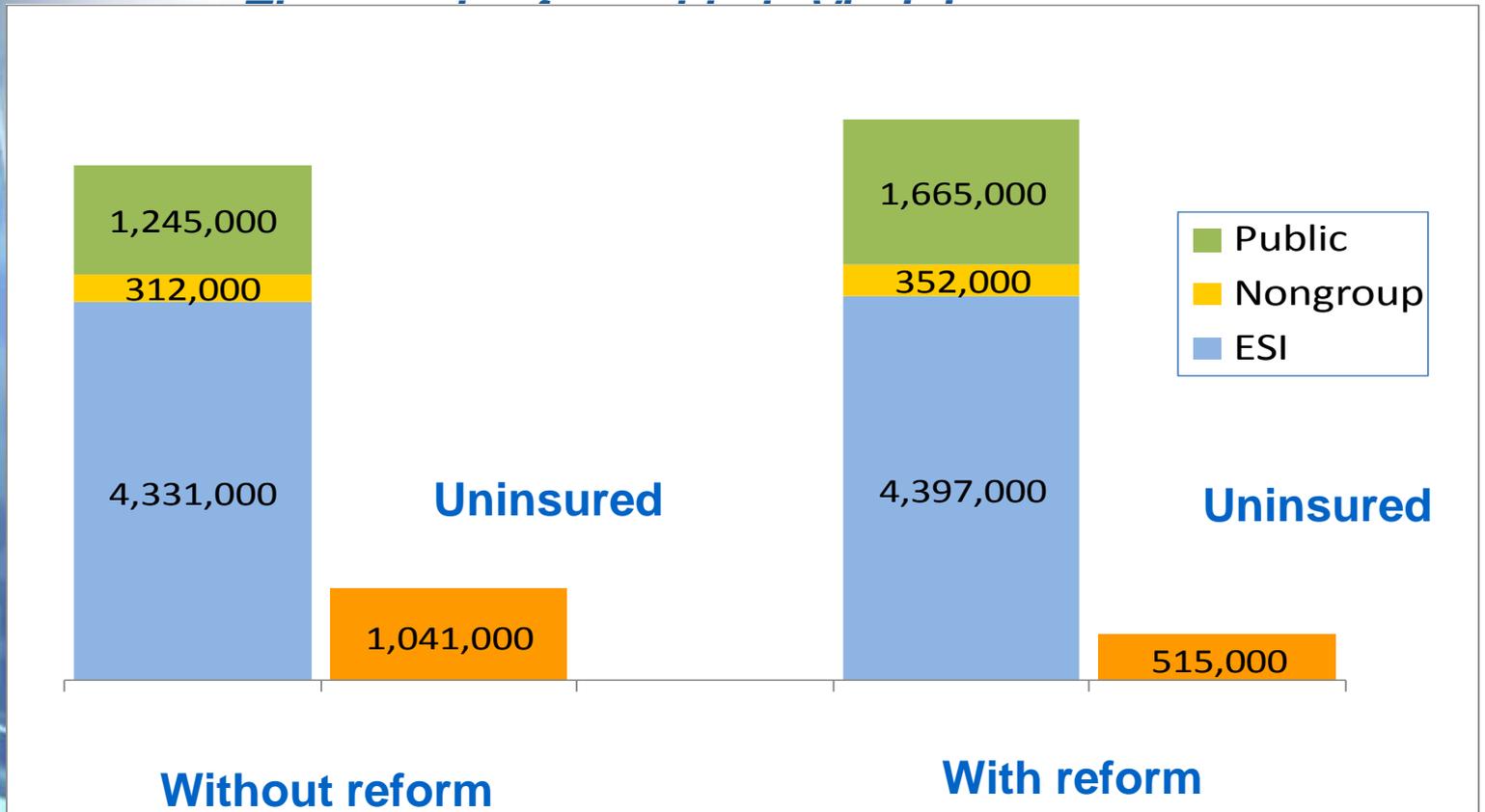
**--Governor Bob McDonnell
via
Virginia Secretary of Health and
Human Resources Bill Hazel
(August 2010)**



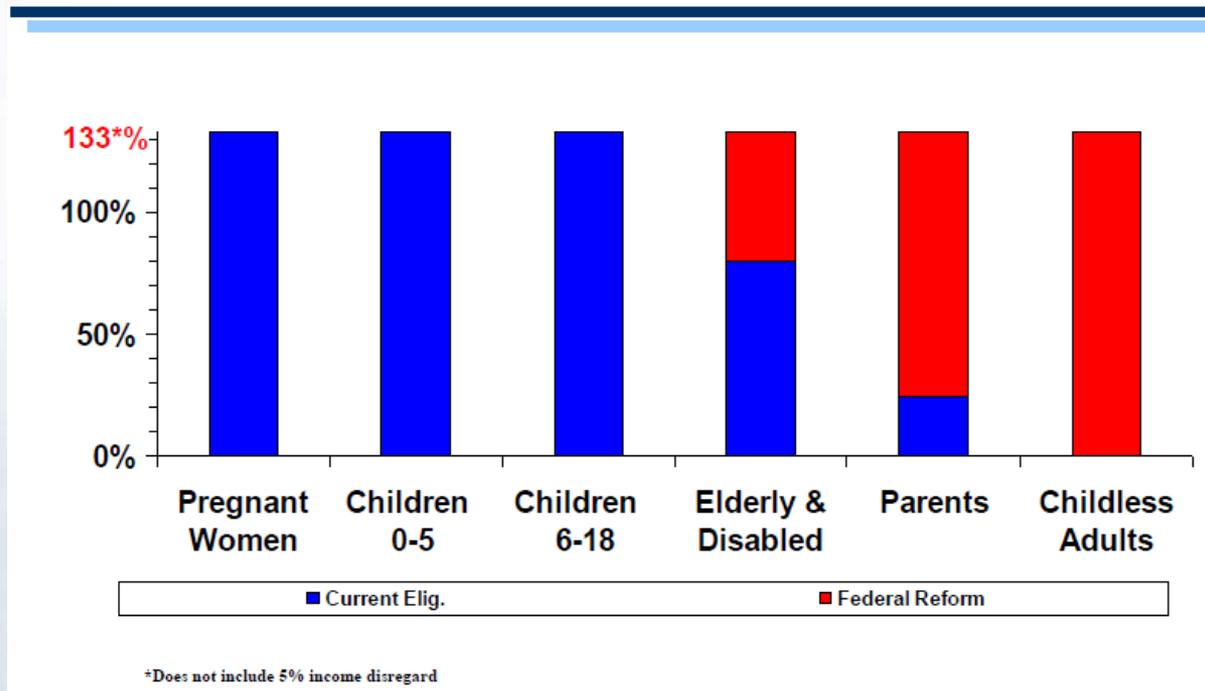
Change in Health Insurance Coverage with Affordable Care Act

Insured
5,888,000

Insured
6,414,000



Major Medicaid Provisions of Federal Health Reform



Components of the Health Care Outreach

- Acute Disease Management
- Chronic Disease Management
- Low Cost Lab Services
- Medication Assistance and Pharmacy Connect
- Telemedicine
- Physical Assessments
- Health Teaching Components
- Immunization Program
- Referrals and Follow-up Systems
- Specialty Clinics (Cardiac, Pulmonology, Endocrinology and Nephrology)
- Mobile Chest X-Ray Unit
- Women's Health & Mobile Mammography (UVA)
- Loan Closet for Medical Supplies
- Dental Services (limited)

PARTNERS IN TELEHEALTH & Others

- Utilizes an advanced computer system and broadband telecommunications that provides specialty services to patients
- Enables real time communication between local providers and medical specialist at the University of Virginia
- Provided by the Southwest VA Alliance for Telemedicine in collaboration with UVA Health System
- Allows patients in secluded rural areas to go to local facilities, increases convenience and lowers cost of care for people with serious acute and chronic illnesses
- AstraZeneca Health Care Foundation

PARTNERS IN TELEHEALTH

Specialty	Quantity
Mobile Mammography	406
Psychiatry	189
Nephrology	117
Dermatology	32
Endocrinology	28
Hepatology	9
Cardiology	4
Orthopedics	3
Neurology	1
Surgery	1
Total	790

United Breast Cancer Foundation



Serving Patients of all Ages



Endocrinology Team from UVA



Our patients are our friends and family

REMOTE AREA MEDICAL (RAM) Health Expedition

- **In addition to HW's regular rotations, the Health Wagon staff spearheads the annual Remote Area Medical (RAM) Expedition.**
- **Held annually in Wise, Virginia at Wise Co. Fairgrounds**
- **FREE three day event**
- **The primary focus is eye, dental and medical care.**
- **Telehealth is available on Site**

REMOTE AREA MEDICAL (RAM) Health Expedition

- **Eye-** exam and prescription glasses made
- **Dental-** cleanings, fillings, extractions, and dentures
- **Medical-**
 - Specialist Exams- endocrinology, cardiology, nephrology, ENT, pulmonology, dermatology, etc
 - Labs
 - Digital Mammograms
 - Pap Smears
 - Chest X-Ray, Pulmonary Function Testing
 - Sigmoidoscopy
 - Women's Health Procedures- LEEPs, colposcopies
 - Ultrasounds
 - Hearing Exam and Hearing Aids
 - Bone Density
 - Echocardiograms and EKGs
 - Skin Biopsies
 - Onsite Pharmacy



RAM 2012: July 21-23





Remote Area Medical (07-20-07) Wise, VA

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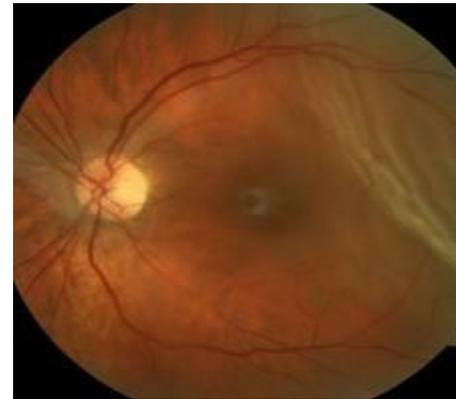




**Teresa Gardner, Dr. Joe Smiddy,
Sr. Bernadette Kenny**

FUTURE PLANS FOR TELEHEALTH

- ✓ New clinic site for Telehealth: Wise Clinic
 - ✓ VA Health Care Foundation, 2 PT NP
- ✓ Colposcopy using Telehealth
- ✓ Retinal Ophthalmic Screening
- ✓ Counseling Mental Health and Substance Abuse



FUTURE PLANS FOR TELEHEALTH



Crisis for Health Wagon

- **Sustainability-Continued Funding**
- **Current Economic Conditions:** increasing need for services, continued lack of access for patients in need of dental and vision care, lack of specialty services
- **Lack of professional volunteers; lack of skilled volunteers**
- **HRSA Federal Grant Funding:** received latest federal grant for development of Nurse Managed Clinic (the only free non-educational based clinic in the nation to receive).
- **Our goal is to be completely self-reliant**





New Wise Clinic, Wise VA



Vision for the Future

- **Blessed Past**
- **Expansion-Wise County Specialty Clinics**
- **Expansion of Technology which is essential to addressing the healthcare crisis delivery**

Institute of Medicine Report, Future of Nursing, Leading Change, Advancing Health

- **Nurses Practice Full Extent of Ed/Training**
- **Achieve Higher Levels of Education**
- **Be Full Partners, with Physicians & Other Health Professionals in redesigning health care**
- **Effective workforce planning and policy making require better data collection & information infrastructure**

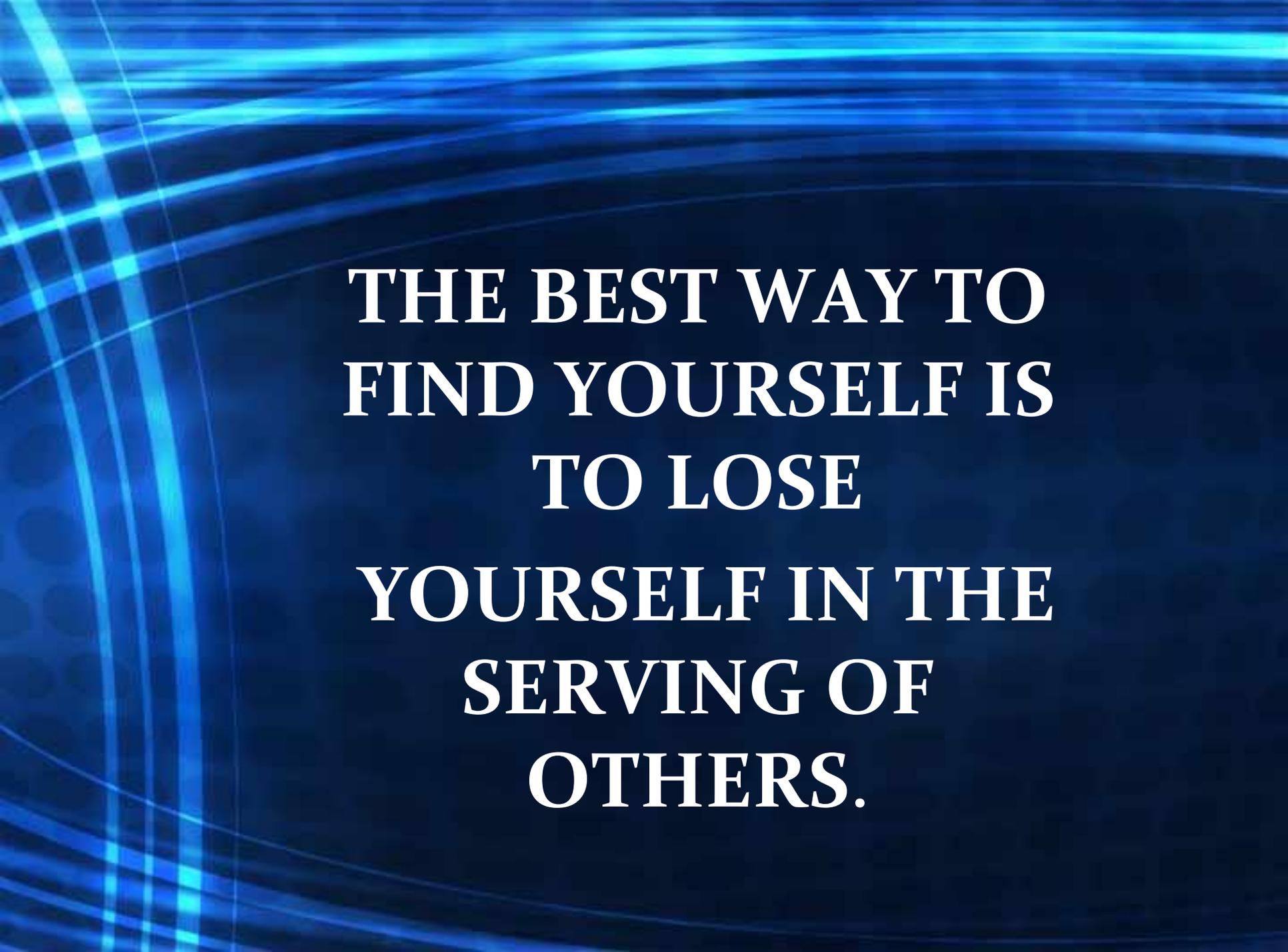
Leading Change Recommendations

- **Increased Scope of Practice
Barriers/Remove Barriers**
- **Take Lead in Multidisciplinary
Collaborative to Improve Health Care**
- **Expanded Leadership Role**
- **Support/Encourage Life Long Learning**
- **Support Entry Level BSN**
 - **Ensure nurses are leaders in health care changes**



Life Support: Rural Health Care in America

**Lack of insurance does not mean lack of
quality health care**



**THE BEST WAY TO
FIND YOURSELF IS
TO LOSE
YOURSELF IN THE
SERVING OF
OTHERS.**

Contact Information

The Health Wagon

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