



# UHA Connection

Monthly Provider Newsletter: February 2022



## WELCOME

Thank you for reading our Monthly Provider Newsletter, the UHA Connection. We hope this new format will allow you to easily access content and print it out if you would rather read it that way. In this PDF, you can still click on the links provided throughout the newsletter.

Flip through to learn more on topical information related to:

- Practice Tactics
- Clinical Corner
- Better Health For All
- On the Lookout
- CME for Thee
- Network News

Your success is critical to our member's health, behavioral and physical. Use this newsletter as a tool to succeed as a provider of Umpqua Health Alliance and resource for important updates.

If you have questions or would like to see information on a specific topic in the newsletter please reach out to:

- Dr. Douglas Carr at [dcarr@umpquahealth.com](mailto:dcarr@umpquahealth.com)
- Nicole Chandler at [nchandler@umpquahealth.com](mailto:nchandler@umpquahealth.com)

Thank you for all that you do to keep our members and patients safe and healthy!



## GET CONNECTED

If you're seeking information regarding your patient's benefits, Umpqua Health Alliance is here to help you get the answers you need. Call us today, we're happy to assist you.

- Phone: (541) 229-4842
- TTY: (541) 440-6304 | Toll Free: (866) 672-1551
- Email: [UHAMemberServices@umpquahealth.com](mailto:UHAMemberServices@umpquahealth.com)

Umpqua Health Alliance has adopted the definition of cultural competence that appears on the Oregon Administrative Rules for Cultural Competence Continuing Education for Health Care Professionals (OAR 943-090-0010).



# ON THE LOOKOUT

## COVID-19 Update

**Douglas Public Health Network** staff are working to address COVID-19 in Douglas County. Click <http://douglaspublichealthnetwork.org/> for information on how to keep up with the latest local news related to coronavirus and be sure to request their expanded daily report of COVID-19 related news to be sent to your inbox.

**With the Omicron surge, encourage your staff and patients to receive the mRNA booster!**

# PRACTICE TACTICS

## *Interpretive Services: House Bill 2359*

Umpqua Health Alliance (UHA) would like to share important information regarding House Bill 2359. Below you will find several links to resources regarding the **requirements for health care providers to provide interpretation services**. The **Oregon Medicaid General Rules** (Chapter 410, Division 20) is updated to conform with **House Bill 2359** (2021), which requires health care providers to provide interpretation services to patients **using qualified and certified health care interpreters on the Oregon Health Authority (OHA) Health Care Interpreter Registry**. The draft rule requires Medicaid providers to follow this requirement and reimburse interpreters for their services.

UHA members have a right to receive healthcare services and information in a way they can understand. UHA is fully committed to support its provider network to meet this requirement by providing reliable and readily available interpretation services. To ensure language access and further improve health outcomes of our members, UHA has partnered up with Certified Languages International (CLI) and Linguava Interpreters Services. UHA will cover the cost for the use of language services for all eligible members. Please visit UHA's **Language Access Plan** to learn more about CLI and Linguava Interpreters Service.

# CLINICAL CORNER

## *Treatment Options for Omicron Variant: One-pager*

This **link** is a clinical resource (1/18/22) developed by OHA's Dr. Andrew Gibler, in response to community request. It pulls together information on the various pharmacotherapeutics currently available for treating non-hospitalized patients with the omicron variant.

# BETTER HEALTH FOR ALL

## *CME Opportunity:*

### *Learning About Health Equity, Where to Start*

Earn CME credit while learning about the basics of health equity and why physicians must move upstream to improve patient outcomes. Using a hypothetical case of a family living in Flint, Michigan, the American Medical Association's Ed Hub™ module explains how racism works at various levels and details, and why doctors must move upstream to head off the forces that so often affect their patients' health.

The free online CME module, "**Basics of Health Equity**," is designated by the AMA for a maximum of .25 AMA PRA Category 1 Credit™. It is part of a series of CME courses on health equity from the AMA that is an outgrowth of the AMA's **strategic plan** to embed racial justice and advance health equity.



# CME FOR THEE

## Tobacco Cessation and COVID-19 Risk for Smokers

With cigarette smokers at higher risk for COVID-19, this **short online course** will improve your care teams' ability to help patients quit tobacco. The course focuses on brief tobacco intervention and motivational interviewing techniques, and is available at no cost.

- **Who:** Members of a care team committed to supporting patients quitting tobacco.
- **When:** The course is self-paced and takes approximately 45 minutes. The course can be started, paused and resumed as needed.

CME: This training has been reviewed and is accepted for up to 1.0 prescribed credit from the American Academy of Family Physicians (AAFP). For other licensing boards that may not pre-approve continuing education credits (for example, the Board of Licensed Professional Counselors and Therapists), please submit the certificate of participation to your accrediting body.

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## Uplift by Youth Era – Refer your adolescent patients!

With funding from OHA, two-thousand youth, ages 14-21, across Oregon will have the opportunity to attend Uplift, a virtual mental health summit created by Youth Era and the University of Oxford.

### Upcoming UPLIFT:

- March 21-24, 2022 (Virtual)
- May 27-30, 2022 (Virtual)
- June 27-30, 2022 (Virtual)

Registration is free and youth across Oregon can sign up [here](#).

### More About the Training from Youth ERA:

Young people will gain easy-to-understand tools and skills to help themselves, their friends, and their family. This all happens in a fast-paced, interactive environment designed to engage, empower, and inspire. From rapid rapport building to FBI-level communication techniques, Uplift participants are guaranteed a life-changing experience. Uplift admissions will be covered 100% for two-thousand qualified young Oregonians through OHA's generous support. Researchers have found that training students directly is most effective in preventing suicide and suicide attempts. In fact, Mental Health America's latest report shares that students are actively seeking training on how to support their peers. With the surgeon general's recent report on a national lack of mental health clinicians, training youth to support their friends is not just effective, it's imperative.

Please pass on the information to any young people that you think would enjoy this training! Our goal is to have young people from every school district participate!

### Key Skills Learned (continued on next page):

- Quickly and effectively engage others - youth will learn how to quickly build rapport with peers that deepens relationships and builds trust



- Listening skills - youth will learn about active listening skills, validating, and asking open-ended questions to better understand peers they are working with
- Self-care - youth will learn about the importance of self-care, and how to teach others the importance of prioritizing their own wellness
- Strengths - youth will learn how to identify strengths in themselves and in other people to help them reach their full potential
- Coping - youth will learn about important coping skills to use during COVID and brainstorm activities for themselves and their peers to utilize in the future

Above all, youth will learn about themselves, their mission, their strengths, and ways to support and build their community during COVID and beyond.