



UHA Connection

Monthly Provider Newsletter: October 2023

PRACTICE TACTICS

CHANGES TO THE PRIORITIZED LIST

Effective October 1, there is an updated Prioritized List of Health Services (PLHS) which has some significant changes. One of the major changes is the elimination of Guideline A4 that required smoking cessation for approval of Outpatient and Inpatient surgical procedures. Although A4 will not be applied to elective surgeries/procedures, smoking cessation will still be required with certain surgical procedures such as spinal fusions, bariatric surgeries, solid organ transplants, and lung volume reduction surgeries. Please refer to the PHLS if you have additional questions about this or any other changes that have occurred.

The latest version of the Prioritized List can be found here:

<https://www.oregon.gov/oha/HPA/DSI-HERC/PrioritizedList/10-1-2023%20Prioritized%20List%20of%20Health%20Services.pdf>

PHTECH EMAIL VERIFICATION REQUIRED

In 2023 all users who login locally to PHTech | id will be required to enter an email validation code or have Multi Factor Authentication (MFA) setup within their account. Local logins are those users that login using a username and a password.

Enabling MFA greatly increases security by requiring a user to provide

two types of authentication. An attacker would need access to a user's email, password, and phone in order to gain access to the system.

If the user does NOT have MFA setup then they will be required to login using Email Verification which emails a 7 digit code to the user. This code is valid for 5 minutes and will be sent when the user logs in.

EMAIL VERIFICATION REQUIRED (MFA IS NOT SETUP)

The "Remember this device (30 days)" checkbox option will allow the user to skip Email Verification if they are signing in from the same IP address. Email Verification will be required if the user signs in from a new/different IP address.

Email Verification Required

Please check your inbox for the verification code.

Enter Code Below

☐ Remember this device (30 days)

VALIDATE

RESEND CODE

Can't find the email? Check your spam folder.

BEHAVIORAL HEALTH (BH) CARE COORDINATION PROCESS

Behavioral health care coordination is designed to oversee the care of UHA members with complex behavioral health needs. Support is provided by two adult BH case managers, one youth BH case manager, one BH

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BEHAVIORAL HEALTH CARE COORDINATION PROCESS



case manager focusing on members receiving behavioral focused Long-Term Services and Supports (LTSS) and Community Health Workers (CHW). The team assists members by:

- Identifying members' behavioral health care needs and developing care plans to reach member goals.
- Coordinating referrals with community partners, providers, and case managers.
- Providing assistance with reintegration back into the community and stabilization after transitions.
- Providing support for developmental disabilities and those accessing specialty care.
- Advocating for members navigating the behavioral healthcare system.

To refer an UHA member call (541) 229-4842 and ask for care coordination, email your request to CaseManagement@umpquahealth.com or submit a request though Unite Us, <https://app.auth.uniteus.io/>.

CONS PROCESS UPDATE

UHA implemented a new process, effective 10/3/23, to track and monitor the Certificate of Need (CONs) for youth referred to Subacute or Psychiatric Residential Treatment Services. As the Community Mental Health Provider, Adapt Integrated Health Care is responsible for preparing CONs packets, which serve as an attestation that youth meet this level of care, as outlined in Oregon Administrative Rule 410-172-0690. If you would like to read more about this requirement see [OHA Published Guidance](#). If you

would like to learn more about documentation required for a CONs packet, please see the [Certificate of Need checklist published on our website](#).

BODY ACCEPTANCE WEEK (OCTOBER 23-27, 2023)

The conversation around body image has become more of a discussion within the eating disorders community, especially as we are seeing the negative and harmful effects that living in a diet culture has created. Messages about our bodies and what we should be doing to change them, how they should look, and how we should feel about them are flooding our media. Body Acceptance Week is an opportunity to look at how these messages affect us and how we can change the conversations and relationships we have with our own body image.

Research shows that an individual's body dissatisfaction is one of the main leading risk factors in developing an eating disorder. During Body Acceptance Week, there are opportunities for providers to educate, support each other, and share resources with those that currently experience body dissatisfaction. Research has also found that self-compassion and a positive body image are linked with greater psychological well-being and engagement in healthy behaviors (McCallum, M., et.al, 2021).

There are a number of resources available online, National Eating Disorder Association (NEDA) offers an online course for physician assistants. Eating Disorders: Presentation

& Diagnosis, is designed to provide skills around clinical assessments for eating disorders screening. According to <https://www.nationaleatingdisorders.org/>, it is estimated that 20 million women and 10 million men in America will have an eating disorder some time in their lives. Eating disorders have the second highest mortality rate of all mental health disorders, with opioid addiction holding the highest mortality rate.

If you are interested in helping address this complex, but treatable illness please review the resources from this article as well as the following training opportunities from OHA Child and Family Behavioral Health program. On demand Eating Disorder Treatment Series. <https://www.oregon.gov/oha/hsd/bh-child-family/pages/training.aspx>

- Therese Waterhous PhD, RDN, FAED: Eating Disorder Training for Community Providers
- Whitney Trotter RDN, RN: Next Steps After Screening and Diagnosis: Effective Treatment +Concepts & Levels of Care
- Therese Waterhous: Measurement Tools, Involving Supportive Others & How to Talk to a Person you Think May Have an Eating Disorder
- Melissa Grossman: Working with LGBTQIA+ Clients
- Melissa Grossman MS, LPC: Doing to Work: How Clinicians Can Be of Best Service to our Clients
- Therese Waterhous: Impacts of Weight Stigma, Weight Bias & the Food System

(McCallum, M., Ho, A. S., May, C. N., Behr, H., Mitchell, E. S., & Michealides, A. (2021). *Body Positivity and Self-Compassion on a Publicly Available Behavior Change Weight Management Program*. *International journal of environmental*

research and public health, 18(24), 13358. <https://doi.org/10.3390/ijerph182413358>)

BEHAVIORAL HEALTH RESOURCES

- **The National Maternal Mental Health Hotline (1-833-TLC-MAMA | 1-833-852-6262).** Remind new parents to add the hotline to their contacts list. The Hotline is free, confidential, and available 24/7 to help new parents and loved ones. You can text or call the number. Remind parents that, “You’ll never know when you might need to call.” If you provide information packets for expecting and new parents, be sure to include magnets and wallet cards in them. [National Maternal Mental Health Hotline FAQ | Help With Ordering Hotline Promotional Materials](#)

BEHAVIORAL HEALTH POLICY UPDATES & OPPORTUNITIES

- **New Resources to Understand and Use Z-Codes.** The Centers for Medicare & Medicaid Services Office of Minority Health (CMS OMH) released this new infographic to assist providers with understanding Z codes as a tool to improve the quality and collection of health equity data. Z codes are the diagnosis codes that document Social Determinants of Health (SDOH), e.g., housing, food insecurity, transportation, etc. CMS OMH also created a [Journey Map with step-by-step details](#) on how healthcare professionals can use these codes to enhance quality improvement activities, track factors that influence people’s health, and provide further insight into existing health inequities. One participant in FORHP’s Small Rural Hospital Improvement Program (SHIP) has found collecting Z codes to be [an important step to encouraging community healthiness](#).

CLINICAL CORNER

UPDATED COPD GUIDELINES 2023

The UHA Pharmacy Department has updated our **Asthma and COPD Provider Guidance** in alignment with the **2023 GOLD Update**. See below for highlights from the **2023 GOLD guidelines**.

Definition:

The 2023 Gold guidelines propose a more inclusive definition of COPD. There is more focus on respiratory symptoms, anatomic abnormalities, and airflow obstruction. Along with this, a new definition for COPD exacerbations was also introduced, considering worsening cough, sputum production, and associated airway inflammation.

Risk Factors:

Cigarette smoking remains a primary cause of COPD. However, the updated guidelines emphasize the role of exposure to indoor biomass smoke and air pollution in low- and middle-income countries as significant risk factors as well.

Diagnostic Advances:

The guidelines recommend considering chest computed tomography for patients with persistent exacerbations, symptoms disproportionate to airflow obstruction, or evidence of air trapping/hyperinflation. This can help alternate diagnoses or target specific therapies.

Treatment Strategies:

Treatment decisions are now based on the degree of airflow obstruction, current symptoms, history of exacerbations, and co-morbidities. Categories C and D have been combined into a

new category named E (for exacerbations). The following initial therapy recommendations are provided.

- Category A: Long-acting β -agonist (LABA) or long-acting muscarinic antagonist (LAMA)
- Category B: LABA + LAMA (change from monotherapy)
- Category E: LABA + LAMA; if blood eosinophils ≥ 300 cells/ μ L, consider adding inhaled corticosteroids (ICS). ICS without combined LABA + LAMA is not recommended at any eosinophil level.
- For patient with persistent exacerbations despite LABA+ LAMA +ICS or those with eosinophils > 100 μ L, roflumilast or azithromycin can be considered.

Pulmonary Rehabilitation:

The guidelines highlight the importance of pulmonary rehabilitation for patients in treatment groups B and E. Pulmonary rehabilitation programs have shown benefits in improving symptoms, exercise capacity, and quality of life.

Other Treatment Options:

Recommendations for oxygen therapy, ventilatory support, and lung volume reduction surgery remain unchanged. The guidelines do include endobronchial valve and endoscopic lung volume reduction surgery as potential options.

Exacerbation Management:

Exacerbations should be treated with bronchodilators and a short course of prednisone. Antibiotics may also be appropriate for patients with increased sputum volume and purulence or those on mechanical ventilation.



Find us on Facebook **@umpquahealthalliance**

CME FOR THEE

REGISTRATION FOR FALL ECHO PROGRAMS IS OPEN

Registration is now open for the fall ECHO programs offered by the Oregon ECHO Network. Continuing education credits are available, and each program is offered at no cost to you or your workplace. ECHO programs fill quickly. Details and registration for general ECHO programs, addiction medicine ECHO programs, and mental and behavioral health ECHO programs are available at <https://www.oregonechonetwork.org/>.



Highlighted topics include the following (see ECHO site for full list):

- **Public Health Preceptor** – This 6-session program will help develop more confident public health preceptors who are better equipped to support public health students.
- **Colorectal Cancer (CRC) Screening Outreach for Rural Communities** – This 6-session ECHO program will share evidenced-based approaches for clinical practices or regional health care organizations to improve colorectal cancer screening rates.
- **Long COVID ECHO for Oregon Clinicians** – This 12-session ECHO series will support clinicians, staff, and other health care professionals working with patients who are living with Long COVID.
- **Integrated Behavioral Health for Pediatric Populations** – This 12-session program will build the capacity of pediatric care practices to provide high-quality integrated behavioral and developmental health services for younger children and adolescents.
- **Substance Use Disorder Leadership** – This 8-session program is for SUD leaders across Oregon to share and discuss emerging resources, best practices, and policy updates; support partnerships across interdisciplinary and regional agencies; and provide a learning community and idea incubator

CLAS Standards and UHA - October 18, 2023 | 6pm

- In this one hour CME course you will learn about the National CLAS Standards along with an overview of UHA's approach to implementing CLAS and how we can support you in providing culturally and linguistically appropriate services. To register for this event, go to: <https://www.eventbrite.com/e/718527764887/>

Culturally Competent SUD Care - November 15, 2023 | 6pm

- In this one hour CME course you will learn about cultural competency and cultural humility in SUD care, the impact of culture on addiction, and how to implement culturally competent care into evidence-based care. To register for this event, go to: <https://www.eventbrite.com/e/718549760677/>

Child Physical Abuse Training for Primary Care Providers,

Four Sessions from Sept. - Dec. 2023, 6.5 AMA PRA Category 1 Credits
For more information or to sign up, [click here](#).

Implementing the Talking Postpartum Depression Campaign in Your Community

- The U.S. Department of Health and Human Services' (HHS) Office on Women's Health (OWH)

launched the Talking Postpartum Depression campaign to encourage women to seek help for postpartum depression (PPD). This campaign aims to destigmatize PPD through increased 1) awareness of PPD symptoms, 2) visibility of reliable resources, and 3) understanding of ways to access care. Join us on October 26th at 1pm ET to learn more about the campaign, preview the ready-to-use toolkit, and discuss ways you can leverage campaign resources to reach and support the women and families in your community. To learn more about the campaign and how

you can use the toolkit in your work, please join us for a webinar on October 26th at 10:00 pm PST titled, "Implementing the Talking Postpartum Depression Campaign in Your Community". Registration is required and be completed [here](#).

- [Click here](#) to view the webpage of PPD resources.
- [Click here](#) to download Supporting Someone with Postpartum Depression for more tips on how you can support someone experiencing PPD.

NETWORK NEWS

DOUGLAS COUNTY PROVIDER SUMMIT

The Douglas County Provider Summit is a collaborative effort to provide a venue for medical providers to have peer-to-peer discussions of meaningful topics and challenges in our community. Please sign up for our event scheduled Oct 19, 2023, at the Wildlife Safari, Cheryl Ford Center. Pending approval, CMEs will be offered on the following topics:

- Post Care of Patients with Breast Cancer
- Management of Pulmonary Nodules
- Mental Health Panel-A Framework for Managing Mental Health Conditions

The free event will start at 5:30 p.m. providing an hour for networking followed by 10–15-minute presentation and discussion through our featured specialist: Cythnia Kusler, FNP; Mohammed Halabiya, MD; Cora Hart, PhD; Skyler Meyer, DNP; & Brian Yates, MD.

- Heavy appetizers, along with beverages (some local wines) will be included as well as a surprise visit from the Wildlife Safari family. We hope to see you at this bi-annual event. Please check out [this flyer](#) for more info.

NETWORK UPDATES

- Retina Care and Research, LLC., will be opening five new practices in early October with Ophthalmologist Peter Karth, MD, providing care in Bandon, Gold Beach, North Bend, Coquille and Salem. Phone number for all practices is (541) 873-8462, website www.retinacareoregon.com. Please consult our Provider Directory for more information.
- Kids First is Lane County's Children's Advocacy Center, providing intervention and advocacy for children who are victims of, or witnesses to, crime. The clinic is located at 299 E. 18th Ave. in Eugene, (541) 682-3938, www.kidsfirstcenter.net.
- LGBTQ Telepsychiatry, dba Neuropsychiatryx, has joined the Umpqua Health Network, offering telepsychiatry and in-person services, and can be reached at (888) 468-9669, or at www.neuropsychiatrytx.com. Their office is located at 1755 Coburg Rd, Ste. 502 in Eugene.
- F. Luke Herscher, DO, has retired, and Sutherlin Health Clinic closed on August 31, 2023.
- Hope Mental Wellness, LLC., has moved to 632 W. Anderson Ave. Suite B in Coos Bay, and can be reached at (541) 236-2086.

ON THE LOOKOUT



Although the Covid pandemic has ended, Covid disease continues to be a threat worldwide and here in Douglas County. We continue to see a moderate number of cases of Covid and outbreaks in our long term care facilities. Over the past weeks, we have had between 2 and 10 people hospitalized for Covid and have seen several deaths due to Covid. Strikingly, although the great majority of seniors have received two or more doses of vaccine, the majority of those hospitalized have no history of Covid vaccination, suggesting that even the original vaccines still provide some protection against hospitalization.

There is a new monovalent Covid booster, based on the XBB variant that was predominant this spring. Although further mutations have occurred, most of the circulating strains are close enough to the XBB strain that this new vaccine should provide good protection. This vaccine has been approved by the FDA and the CDC recommends the vaccine for all people beyond 6 months of age. As Covid disease is most serious and deadly among seniors and those with underlying conditions, the vaccine is highly recommended

for these groups. Pfizer, Moderna and Novavax will all make the new booster vaccine, although the dates of availability are still uncertain.

The vaccine is currently available at some of the larger pharmacy chains, including CVS, Walgreens and Rite Aid and may soon be coming to other smaller pharmacy chains. The vaccine can and has been ordered by clinics, but the arrival date is uncertain.

The vaccine should be covered by insurances, including Medicare and Medicaid. There are programs for the uninsured to receive the vaccine at no cost through various pharmacies, including Walgreen's in Roseburg.

The Covid booster can be given at the same time as the flu vaccine. I strongly recommend that seniors and those at high risk get both vaccines this fall. You can help by reminding your patients to get the vaccines.

-Dr. Bob Dannenhoffer

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.

- Phone: (541) 229-4842
- TTY: (541) 440-6304 | Toll Free: (866) 672-1551
- Email: UHCustomerCare@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).

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 or Camille Sorensen at csorensen@umpquahealth.com.

IMPROVE YOUR ORAL HEALTH NATURALLY

Oral health is a key factor and one of the most underrated aspects of overall full-body health. Clogged arteries, diabetes and difficulties during pregnancy are just some of the complications that poor oral health can lead to.

Brushing, flossing and visiting your dentist regularly are recommended habits to maintain a healthy mouth, but there are other simple and natural ways you can improve your oral health. Did you know that a simple change in your diet can have a profound affect on your oral health?

Keep your smile healthy for a lifetime. Small changes in diet are an easy and natural way to support good oral health as well as overall full-body health. All of these foods should be consumed and used in moderation. Anything in excess has the potential to damage teeth or other parts of your body. In addition to any of the suggested natural ways to improve your oral health, always remember to brush your teeth twice a day with fluoride toothpaste, floss between your teeth once a day, and visit your dentist regularly for professional cleanings and checkups.

Incorporate the [foods listed here](#) into your diet to help support a healthy mouth (and body), reduce the risk of tooth decay and brighten up those pearly whites.

For more information about naturally improving your oral health, [click here](#).