

We are on the Web!!!
www.kthcmcloud.com



Kickapoo Tribe partnering with Indian Health Service to bring medical care to the community

Kickapoo Tribal Health Center
 PO Box 1360
 McCloud, OK 74851

Our Mission:
 "To provide access to quality healthcare to Native Americans living in our tribal community. In partnership we will help each person achieve their best physical, mental, social, and spiritual health, thereby increasing longevity and wellness."

Kickapoo Tribal Health Center

An entity of the Kickapoo Tribe of Oklahoma

June 2017 Volume 1, Issue 1

Healthy News
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KTHC is OPEN EVERY WEDNESDAY AFTERNOON

Let's begin with introducing the Provider of the Kickapoo Tribal Health Center. Our Medical Director, Kickapoo Tribal Member Dr. John Okemah, is an internal medicine provider. Dr. Krista Singleton, provides care for children birth to 18 years old, as a Board Certified Pediatrician. Dr. Singleton attended the University of Oklahoma School of Medicine. Dr. Singleton spent 8 years practicing at the University of New Mexico before returning home to Oklahoma. Dr. Monika Keller is a Family Practice Physician. Dr. Keller attended the University of Oklahoma for both undergraduate and post-graduate education. Dr. Keller enjoys working with the patients and tribal members here at KTHC. Dr. Gary Kindell is also a Family Practice providers. Dr. Kindell attended Medical School at the University of Oklahoma. After medical school, Dr. Kindell practiced medicine in several different areas including Fort Worth, TX, Cleveland, OK, Stillwater, OK, Fairbanks, AK, and Palmer, AK. Prior to employment at KTHC, Dr. Kindell practiced medicine at the Black Hawk Health Center for 2 years. Amber Davis is employed as a Family Practice Physician Assistant. Mrs. Davis is a member of the Muscogee-Creek Nation Tribe who received her Masters Degree from the University of Oklahoma Health Science Center in 2002. Mrs. Davis is board certified by the National Commission on Certification of Physician Assistants. They each see patients with chronic illnesses as well as urgent care appointments. Dr. Jack Beller is a Board Certified Orthopedic Surgeon who has been practicing at KTHC since 2006. Dr. Beller graduated from the University of Oklahoma school of Medicine and completed Orthopedic Surgery residency at OU also. Dr. Beller practiced medicine in the United States Air Force, as well as in Norman, OK. Dr. Beller offers Orthopedic consultation on Tuesday, Wednesday and Thursday mornings from 8am-12pm for general orthopedic practice including most bone, joint, ligament, tendon, and spine evaluation and treatment. Dr. Jana Karim, is a Board Certified OB/GYN who has been practicing at KTHC since 2007. Dr. Karim specializes in Women's Health with emphasis in contraception, prenatal care, abnormal pap evaluation, and menopause. All Dr. Karim's appointments are scheduled Mondays and Thursdays from 8am-5pm. Dr. Jon Humphers is a Podiatrist who attend East Central University. Dr. Humphers earned a Doctor of Podiatric Medicine degree at the Des Moines University. Dr. Humphers focuses on adult reconstruction of the foot and ankle, trauma, pediatrics, diabetic wound care, limb salvage and sports injuries. Dr. Humphers sees patients the first and third Friday of each month.

We have 4 Licensed Practical Nurses and 2 Registered Nurses that assist these providers. They all have years of experience in several different nursing fields; Intensive Care Unit, Emergency Room, Surgery, Internal Medicine, OB/Gyn, Family Medicine, Pediatric Home Health, Heart Hospital, Dialysis, Urgent Care, Pediatrics, Perspective Payment System case manager and skilled Minimum Data Set coordinator.

To schedule an appointment with a provider please call (405) 964-2081, #5 for the nurses station.

Pharmacy Service Hours:

7:00A.M. — 5:30 P.M.

Open through

Lunch Hour

Laboratory Service Hours:

7:30 A.M. — 5:00 P.M.

Closed for Lunch
12:00 P.M. -1:00 P.M.

Dental Service Hours:

7:45 A.M. — 4:45 P.M.

Closed for Lunch
12:00 P.M. -1:00 P.M.

Medical Service Hours:

MONDAY-FRIDAY

8:00A.M. — 5:00 P.M.

Closed for Lunch
12:00 P.M. -1:00 P.M

Diabetes/HPDP (Health Promotion Disease Prevention)

Alison Taylor,
Admin Assistant, ext. 288

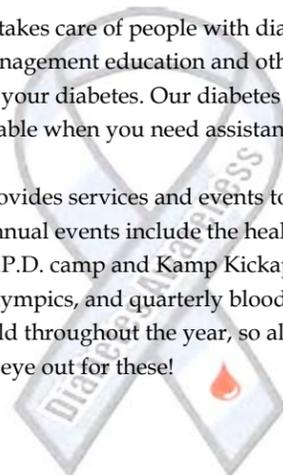
Amanda Upshaw,
Health Promotion Program Specialist, ext. 332

Carissa Jones, RN
Educator, ext. 330

Cynthia Seger, RD CDE
Program Director, Certified Diabetes Educator
ext. 265

The **Diabetes Program** takes care of people with diabetes. We provide diabetes self-management education and other services to help you take care of your diabetes. Our diabetes educators are always available when you need assistance.

The **HPDP Program** provides services and events to promote wellness. Some of our annual events include the health fair and H.A.W.K. walk, N.Y.P.D. camp and Kamp Kickapoo for children, the Elder Olympics, and quarterly blood drives. Programs/events are held throughout the year, so always keep an eye out for these!



Laboratory

KTHC Laboratory is staffed with Medical Technologists, a Medical Laboratory Technician, and Phlebotomists. The Laboratory performs many tests in house and also contracts with DLO for reference lab testing.

Patients coming to the clinic for lab tests should verify with the nurses if they will need to be fasting for their lab appointment. If fasting lab tests are required the patient should not eat or drink caloric beverages for 8-10 hours prior to having their blood drawn. Patients can still drink water and take their medication as needed and it will not affect their lab tests.

Patients should always register at the front desk with registration before coming to the lab waiting area.

To obtain copies of laboratory test results the Health Information Management Department will need to have a Medical Release Form completed. If there are any questions regarding lab testing patients can call the lab at ext. 229.

Radiology

The Radiology Department of the Kickapoo Health Center performs Diagnostic General Radiology Examinations, Ultrasounds and Electrocardiograms.

The department is staffed with two (ARRT) Registered Radiologic Technologists. There are two contract (ARDMS) Registered Sonographers that perform all ultrasound exams.

All Radiologic exams and Ultrasounds are read by a Board Certified Radiologist. All echocardiograms are read by a Board Certified Cardiologist.

All images are stored on a (PACS) picture archiving and communications system. Patients needing copies of an imaging procedure will need to sign a release of information in order to obtain these images.



Oklahomans Should Be Aware of Ticks, Diseases

A warm spring means Oklahomans are already enjoying outdoor activities, but a bite from a tick could quickly put a damper on the fun. The Oklahoma State Department of Health (OSDH) advises anyone who participates in outdoor activities, such as hiking, camping, bicycle trail riding, yard work and gardening, to follow tick bite prevention precautions.

Ticks can carry many diseases which can cause illness, and even death, in both children and adults of all ages. Oklahoma continues to rank among those states with the highest rate of three types of tick-borne illness in the U.S. each year. These diseases include Rocky Mountain spotted fever (RMSF), ehrlichiosis and tularemia. Oklahomans are at highest risk of tick-borne illness from May to August when ticks are most active.

Since 2012, there have been approximately 2,000 cases of RMSF, ehrlichiosis, and tularemia among Oklahoma residents. Cases have ranged from 2 to 92 years of age; 11 percent of cases were hospitalized due to their illness. It is important to recognize the early symptoms and seek care as these diseases can be fatal if not diagnosed and treated early. In the past five years, four Oklahomans (two adults and two children) died due to tick-borne diseases.

The symptoms of a tick-borne illness may include fever, chills, muscle aches, vomiting and fatigue. Other symptoms may include a skin rash or painful swelling of lymph nodes near the bite. Symptoms of illness typically occur 3-14 days following a tick bite. Most tick-borne diseases can be treated successfully with early diagnosis and appropriate antibiotics, so it is important to seek medical attention if a fever and other signs of illness are noticed within 14 days of a bite or being in an area where ticks are lurking.

The OSDH advises those who participate in hiking, camping, bicycle trail riding, yard work, gardening and other outdoor activities to prevent tick bites by following the tips below:

- Wear light-colored clothing to make ticks easier to see.
- Wear long-sleeved shirts and long pants tucked into socks to prevent ticks from attaching.
- Wear closed-toe shoes, not sandals.
- Hikers and bikers should stay in the center of trails to avoid grass and brush.
- Check for ticks at least once per day, particularly along waistbands, the hairline and back of the neck, in the armpits and in the groin area.
- Remove attached ticks as soon as possible using tweezers or fingers covered with a tissue.
- Use an insect repellent containing 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection which lasts several hours.
 - Use products containing 0.5 percent permethrin only on clothing and gear, such as boots, pants and tents. Permethrin should not be used on the body.
 - Check with a veterinarian about tick control for pets. Dogs and cats can get tick-borne illnesses too, and they are a vehicle for bringing ticks into a home if not on a tick-preventive regimen.



For more information, visit <https://go.usa.gov>

Heat Exhaustion



It's really important to keep yourself and your kids hydrated in the heat because dehydration can contribute to a more serious condition – heat exhaustion.

Common Heat Exhaustion Symptoms: Rapid pulse, Muscle or stomach cramps, Excessive sweating, Weakness and fatigue, Clammy and pale skin, Nausea or vomiting, Fainting

Make sure to get to a cooler location, rest, and rehydrate if you or your little one start to experience any of these symptoms. Left untreated, heat exhaustion can become heat stroke – a much more serious condition that may require hospitalization.

KTHC Health Director David James

I would like to take a moment to welcome everyone to the Kickapoo Tribal Health Center! We are very honored that you have chosen us to be the provider over your health care needs. We have a very dedicated staff, that strives to provide quality and compassionate care to you and your loved ones. I appreciate the warm welcome that you have shown me and enjoy visiting with each and every one of you. The discussions and ideas of how we can make our Kickapoo Tribal Health Center the preferred choice. I am also very excited about the possibility of adding new service programs to help enhance the needs of our community in the near future. For those improvements to become successful there are two intricate departments that are very behind the scene. Procurement reviews the supplies needed throughout the facility. Evaluates pricing and contracts to ensure the best product and services. The IT department maintains the web page, software support for all the various programs throughout the facility. And developing enhancements, improvements of current and future programs.

Should I be of any assistance to you, please feel free to contact me.

Thank you!

All Nations Fitness Center

All Nations Wellness and Fitness Center encourages community voluntary participants. We also have fitness based classes during the week, such as: Zumba, Stretch and Tone, and R.I.P.P.E.D. All staff members are trained and certified in personal fitness for both low and high impact training. State of the art Precor Elliptical and Treadmills, rowing machines, stationary bikes, spinner bikes, various weight machines, upper body machines, free weights and stretching tables.

So come on join ANFC and before you know it you'll be getting fit.

Hours of Operation

****New Hours****

Monday - Friday, 5:30 a.m. - 9 p.m.

Saturday 8 a.m. - 2 p.m.

Sunday CLOSED

House Keeping

KTHC Housekeeping strives to maintain a clean, safe, healthy, clinic and workplace. Our housekeeping staff has been trained in proper sanitation, a quality ambulatory health care facility environment that is safe, sanitary, and aesthetically pleasant for all patients, staff, and visitors.

Our house keeping staff consist of 6 daytime staff who work hours vary from 5:00 a.m. to 5:00 p.m. and 3 floor persons, who begin work at 5:00 p.m.

Eagle Pass

The Eagle Pass field office provides medical service and other services that are available to the KTO enrolled tribal members that reside in the Eagle Pass area.

2230 North Veterans' Blvd. Suite 260

Eagle Pass, Texas 78853

Phone: (830)757-4431

Fax: (830) 757-0640

Hours of Operation

Monday-Friday

8:00 a.m. to 5:00 p.m.

Douglas

The Douglas field office provides medical service and other services that are available to the KTO enrolled tribal members that reside in the Douglas.

1645 N. H Avenue

Douglas, AZ 85607

Phone: (520) 364-6111

Fax (520) 364-6166

Hours of Operation

Monday-Friday

8:00 a.m. to 5:00 p.m.



Pharmacy Services

For Call-In Refill Request:
(405) 964-2081 press 6 or dial ext. 256 for the pharmacy refill line.

Or may also *Email* refill request to:
refills@kthcmcloud.com

Please Allow a 48 hour turn around time to process refills (this does not include weekends or holidays).

IMPORTANT NOTICE

All CONTROLLED medications require a valid identification for pick-up. These include: current drivers license, state issued ID, passport, or military ID.

A FRIENDLY REMINDER

Please remember to pick up your refills.

Medications are held for 10 DAYS after filling. At that time these medications are returned to stock.

Environmental

The KDEP is funded by grants from various federal agencies, such as the Environmental Protection Agency (EPA).

Because most of our funding comes from EPA, the majority of projects we undertake benefit the community as a whole. Community-wide projects include surface water monitoring, providing roll-offs for annual community cleanup events, and educational opportunities for children.

We also offer indoor air assessments and radon testing to individuals, and provide information on a variety of environmental topics including testing and disinfecting residential wells, proper handling and disposal of pesticides, water conservation, and indoor air quality.

Additional duties we also provide to the Health Center is establishing a safety program and emergency management to protect patients and staff. Safety/Infection Control meetings with emergency drills are held quarterly. Please visit our website located on www.kto-env.com and learn about Spring weather tips and training videos on fire extinguisher

Please contact our office at (405) 964-5967 for information on environmental topics or with environmental complaints or concerns.

Dental

The dental clinic has 2 full-time dentists, Dr. Reed and Dr. Williams.

Dr. Reed is a proud member of the Citizen Potawatomi Nation who has served as the Dental Director here at KTHC for almost 7 years. Dr. Reed is a graduate from the University of Oklahoma College of Dentistry in 2010.

Dr. Williams graduated with a Bachelors in Biomedical Sciences from the University of Oklahoma in 2008, and received his Doctor of Dental Surgery Degree from the University of OU College of Dentistry in 2013. The dental clinic also consists of 1 hygienist, 4 assistants and office personnel. Treatment and services provided include extractions, fillings, root canals, crowns and exams.

Please call 964-2081 ext. 258 for questions or to make/cancel appointments. A 24 hour cancellation notice is required to not be considered a broken appointment.

Abscess, swelling, or pain during the night are considered emergencies. If you should have such emergency, the emergency walk in hours are 7:45 a.m. and 1:00 p.m., although we do ask if you please call in advance for possible openings.

Business Office/Third Party Billing

Third Party Revenue Helps Build and Meet Your Health Needs!!!!

The revenue generated from Third Party collections play a major role in the health care services that are provided to the AI/AN community.

The Indian Health Care Act of 1976, amended, authorizes IHS and Tribal facilities to collect reimbursement for services provided at IHS and Tribal health centers from Third Party insurers, including Medicare, Medicaid and Private Health Insurers. When we bill for services provided at the clinic, all the money collected comes back to our community in the form of additional programs and services.

Please be sure to supply your Medicare, Medicaid, Private Insurance, Pharmacy and Dental cards to the Patient Registration at every visit.

Forgot your insurance card??
you can fax your insurance card to the Business Office at (405) 964-2053

Behavioral Health

Our Behavioral Health Department provides a variety of services. We have five behavioral health providers who provide counseling services to Native Americans with a CDIB card. We have recently added a tele-psychiatrist who provides medication assistance to adults.

Services included are: individual therapy, group substance abuse therapy, Parent Child Interaction Therapy, Anger Management, and Relapse Prevention Groups. Also, offered at our office, is Alcoholics Anonymous Support Groups on Tuesdays at 6:00p.m. We contract for Sweat Lodge services as well. We have contracts in place to provide residential substance abuse services and crisis intervention hospitalization.

Our department currently has five grants that have been awarded for prevention, planning and implementation of additional substance abuse services. We also have a Good Health and Wellness grant. These grants include: MSPI, SYTP, SYTI, and Native Connections. Behavioral Health also provides case management, transportation for behavioral health clients, QPR training, Adult Mental Health First Aid Training, and court-approved Anger Management services.

Upcoming grant events:

MSPI: Lifeline Training: June 6-9, More details to come.

MSPI & Good Health & Wellness: Kickapoo Summer Kids Camp. This camp is free for 13-15 year olds with a CDIB card and an active chart at the KTHC. Camp will be held June 13 through the end of July on Tuesdays and Thursday each week.

SYTP: *Through the Diamond Threshold* Conference by Dr. Rocky Robbins. This conference will address cultural competencies and best practices while working with Native Americans and substance misuse. This conference will be held at Rose State College. Free 5.5 CEUs available for licensed professionals.

SYTP: *Treating the Traumatized Child* by Scott Sells. This conference will be held on August 23rd at Heartland Conference Center from 9am to 4pm.

SYTP: Conducting Focus Groups in McLoud, Jones, Harrah, Shawnee, Meeker, Wellston, and Choctaw

Native Connections: We will be continuing efforts towards data collection in above listed locations. **Native Connections:** Conference September 27th. More details to come.

Contact Behavioral Health at 964-2618



Health Information Management and Registration

The Health Information Management and Registrations Departments are here to help the patients who need to receive services or assistance. Patient Registration is open from 7:30 am to 5:00 pm Monday-Friday. All patients needing to be seen or receive services must register at Patient Registration, with the exception of diabetes education and KTHC Anticoagulation Clinic.

The Health Information Management Department is here to coordinate requesting and receiving records as well as coordinating with Contract Health Services to better serve our patients. Patients needing to request records can reach the Health Information Management Department at 405-964-2081 ext. 271.

Accounting

Contact Us

105365 S. Hwy 102
PO Box 1059
McLoud, OK 74851

Phone:
(405) 964-2081

The Kickapoo Tribal Health Center Accounting department provides all aspects of accounting including accounts payable, accounts receivable, cash management, payroll, grant management, budgeting and preparation of financial statements and monthly reporting. The department staff is responsible for managing the Federal and State Funds allocated to the Health Center. It is this department's responsibility to ensure that these funds are accurate and in compliance with Federal specifications and regulations.

The department maintains its mission to build the financial strength and effectively follow the best accounting practices and to provide accurate, reliable and regular financial information. The staff continue to look for ways to be fiscally conservative to provide services and meet the needs of the health programs.

Contract Health Services

The Kickapoo Contract Health Services is a resource used for referral and emergency services. The intent of the Contract Health Services is to support direct care services provided at the Kickapoo Tribal Health Center. Patients are required to use the Kickapoo Tribal Health Center if services are available at the Health Center. Contract Health is utilized only when direct care services are not available and the medical services required fall within the current medical priorities of the Contract Health Program.

Eligibility requirements:

Member of Kickapoo Tribe of Oklahoma or member of a Native American Tribe.

Members of the Sac & Fox, Citizen Potawatomie Nation, Absentee Shawnee (1/4 or more degree) and Iowa those respective tribes are responsible for your contract health service needs and referrals.

You must reside in Kickapoo Tribal Health Center Contract Health Service Areas:

Cities: Shawnee, McLoud, Harrah, Luther, and Wellston Areas.

Boundaries: West of Kickapoo Street, East of Indian Meridian, North of North Canadian River, and South of Deep Fork River.

5 Counties: Oklahoma, Pottawatomie, Lincoln, Cleveland, Logan

Documents that must be provided:

Proof of adequate current Residency.

Apply or submit a current Sooner Care Determination Letter.

Patients are responsible for updating all information for accurate contact to be informed of their status of referrals or for other services of Contract Health.

All eligibility and documents must be submitted before a referral can be processed. Referrals will be deferred until all required documents have been submitted; only High Emergency Medical Priorities will be processed immediately. A letter will be mailed to the patient if any documents are needed with a deadline. Deadlines for patients 65 or over are 30 days, and 64 and under is 10 days. This does not include weekend and holidays.

When a patient's referral or for other services has been denied the patient is notified by letter with the reason for denial. If a patient wants to appeal the denial they are given a time frame of when to submit an appeal letter for another review from Health Director for a final decision.

Contract Health Referrals are obligated for payment according to the alternative resource for the patient at the time of service. Facilities Services are (inpatient-outpatient) are estimated by Medicare Rate (MLR). Claims are sent to Contract Health to be paid after the insurance Explanation of Benefits (EOB) and Medical Records have been provided.

Contract Health Services can be reached directly at 405-964-5824



Community Health Representatives & Elder Care Representatives

Services offered include the following:

Home visits to check on our Elders, to check vital signs and do well-being checks.

Interpret as needed- We have 5-traditional speakers.

Our Elder's Care Representatives - assist KTO elders to the Social Security office and DHS as needed.

Will assist to grocery store and to pay bills. (Not to exceed a three-hour time limit in a week)

Transportation - KTO Elders have priority if they have a referral. All other KTO members will be assisted as staff is available.

For medication deliveries- please allow 24-48 hours for delivery.

Please, call 24-48 hours in advance for transportation requests.

Office number: 405-964-2081 ext. 297 Fax: 405-964-2218

The CHR/ECR department staff operating hours are Monday - Friday, 8:00 AM - 5:00 PM.