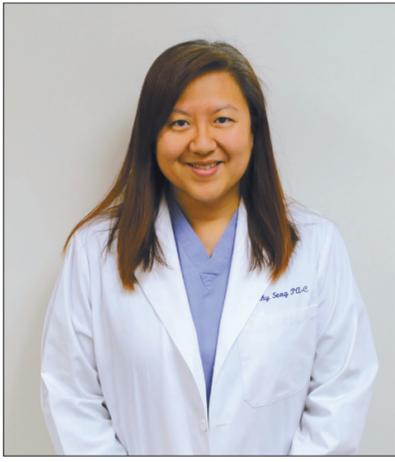


What is a PA?

by Kathy Song, PA, BHHC



Kathy Song, PA, BHHC

What is a PA? Occasionally, I have been asked this question.

PAs (also known as physician assistants) are nationally certified licensed medical professionals trained to practice medicine under the supervision of physicians. PAs are “midlevel providers or physician extenders” who render diagnostic and therapeutic patient care in practically all medical specialties and settings. They take patient histories, perform physical examinations, order laboratory and diagnostic studies, interpret tests, diagnose injuries and illnesses, develop treatment plans, and counsel on preventive health care. PAs have the authority to write prescriptions in all states. PAs also perform procedures including assisting in surgeries.

The PA profession was created to improve and expand healthcare.

A bit of history...

In the early 1960s, physicians and educators recognized there was a shortage of primary care physicians as well as a need to meet the growing demands for patient care services due to an increasing population. To help remedy this, Dr. Eugene Stead at Duke University Medical Center, assembled the first class of PAs in 1965. He selected four Navy Hospital Corpsmen who had received considerable medical training during their military service. Dr. Stead based the curriculum of the PA program on his knowledge of the fast-track training of doctors during World War II.

Physician assistants are trained in the medical model similar to that of physicians. PAs must complete their education at a PA program that is accredited by the ARC-PA (Accreditation Review Commission on Education for the Physician Assistant). According to the ARC-PA, “accreditation is a process of quality assurance that determines whether the program meets established standards for function, structure and performance.” Mostly all prospective candidates are required to hold a bachelor’s degree for admission. The PA programs usually are 24-36 months in length and comprise of didactics (classroom based lectures) and a year-long clinical training (rotations or

preceptorships). Rotations are required in the following areas of specialties including (but not limited to): Internal Medicine, Surgery, Pediatrics, Obstetrics and Gynecology, Behavioral Health, Family Medicine, and Emergency Medicine. The completed training leads to a master’s degree. Currently, PAs are required to be board certified by passing an examination governed through NCCPA (National Commission on Certification of Physician Assistants), and all states require physician assistants to be licensed in order to practice.

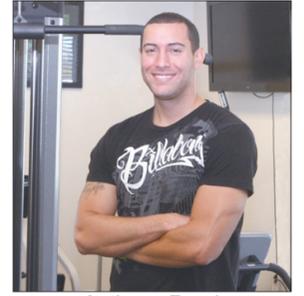
How do we differ from nurse practitioners?

Although both midlevel professionals are alike in many aspects such as assessing, diagnosing and treating patients, the difference mainly lies in the education and training. While PAs tend to act more as clinicians, entering the field directly out of school, NPs (nurse practitioners) usually have years of nursing experience before entering their clerkships (similar to rotations). Like PAs, nurse practitioners are required to earn at least a master’s degree from an accredited program before they can practice. These programs typically require at least two years of full-time postgraduate study in addition to time spent earning undergraduate degrees (usually bachelor’s degree) or accruing professional experience in the field. PAs can choose to tailor their training to one (or more) specific areas of medicine. NPs have specialized training in one particular area (family practice, pediatrics, women’s health, psychiatry, etc.), which usually complements the area of their prior nursing experience. Nurse practitioners do not typically rotate in surgery during their clinical year; therefore, additional certification is required to work in surgery. Because PAs are trained in all specialties, they are called the “jack of all trades.” NPs do not have the lateral mobility as PAs, who are able to change specialties whenever they want in their career.

A few figures...

According to the AAPA (American Academy of Physician Assistants), there are more than 100,000 PAs in the U.S and more than 1,200 PAs in Oklahoma as of September 2014. Approximately 35% are in Primary Care (primary care includes Family Medicine with and without Urgent Care, General Internal Medicine, General Pediatrics and OB/GYN). Of that, almost 27% are in Family Medicine. A report from the National Governors Association found that “PAs will continue to play an important role in healthcare delivery in the future, particularly in light of new, integrated models of care.”

As a PA, I am truly honored to be able to help improve health outcomes for my patients and hope to provide quality of care in this rapidly changing healthcare environment.

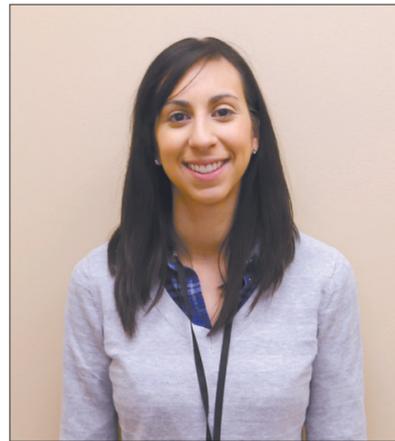


Anthony Ramirez
Exercise Specialist MBC

The exercise room and locker rooms will be open at 7AM on Mondays, Wednesdays and Fridays only
This is for the exercise room **only**, no other services at the MBC will begin at 7AM

March is National Nutrition Month!

By Elizabeth Burgess MS, RD



Elizabeth Burgess MS, RD

Make March your healthiest month! Try to make your plate and portion sizes look just like MyPlate. Let’s look at some examples of each food group on MyPlate:

Grains: Foods such as rice, fry-bread, bread (white or wheat), pasta, potatoes (sweet or white), corn, peas, cereal

Dairy: Yogurt, milk, cheese, sour cream, almond/soy milk

Protein: Eggs, chicken, venison, beef, bison, fish, turkey, pork

Vegetables: Includes food like carrots, artichokes, tomatoes, cucumber, mushrooms, broccoli, leafy greens

Fruits: Includes foods like raspberries, apples, bananas, peach, pineapple, oranges, strawberries

When going to the grocery store, pick one fruit or vegetable that you have never tried before and buy it. Remember canned or frozen fruits and vegetables are just as nutritious as fresh produce!

Oklahoma Tobacco Helpline

1
800
QUIT
NOW

Sac and Fox Transportation Program

Criteria You Must Meet Before Being Eligible for Transportation:

- You must have an established chart at BHHC
- You must have no other means of transportation
- You must have an active referral from a BHHC provider to the facility where being transported

If you have Medicaid, *please* utilize SoonerRide
SoonerRide’s toll free phone number is
(877) 404-4500

Tax Exemption for American Indians and Alaska Natives

Don Whitehead, Health Services Director

Starting in 2014, every person needs to have health coverage or make a payment on their federal income tax return called the “shared responsibility payment.” Some people are exempt from making this payment. As a member of an Indian tribe, you can ask the Internal Revenue Service (IRS) for this exemption before you file your federal income tax return. You don’t need to ask for an exemption if you’re not going to file a federal income tax return because your income is below the filing threshold. If you’re not sure, you may want to ask for an exemption.

If you get this exemption, you can keep it for future years without submitting another application if your membership or eligibility for services from an Indian health care provider remains unchanged. You can use one application to apply for this exemption for more than one person in your tax household.

You will need documents showing tribal membership or eligibility for services from the Indian Health Service, a tribal health care provider, or a urban Indian health care provider, your Social Security numbers (SSNs), if you have them, and Information about people in your tax household. We ask for Social Security number and other information to make sure your exemption is counted when you file your federal income tax return. All the information you give will be kept private and secure, as required by law.

Your documentation, completed and signed application must be sent to the address below. They will follow-up with you within 1-2 weeks and let you know if they need additional information. If you get this exemption, they will give you an Exemption Certificate Number that you’ll put on your federal income tax return. If you don’t hear from them, visit HealthCare.gov, or call the Health Insurance Marketplace Help Center at **1-800-318-2596**.

Health Insurance Marketplace – Exemption Processing
465 Industrial Blvd.
London, KY 40741

Black Hawk Health Center can assist you in filing for an exemption.

If you should need copies of the application with instructions, help with filling out the application, or a letter of eligibility for services from the Indian Health Service please contact the Black Hawk Health Center at (918) 968-9531. We will be happy to assist you in completing the forms.

March Cooking Class Featuring **Juicing**



Juicing has become one of the biggest health trends. Participants will create 2 types of juices and learn how to incorporate juicing into their healthy lifestyle.

New Location!! Sac and Fox Nation Learning Center

Tuesday, March 24 - 11am

Friday, March 27 - 12pm

To sign up:

Contact the Dietitian, Elizabeth Burgess at 918-968-9531 ext. 3042
or email - Elizabeth.burgess@ihs.gov