



HEALTH EDUCATION ADVISORY BOARD LEE'S SUMMIT

HEALTH EDUCATION ADVISORY BOARD ACTION LETTER

Thursday, August 23, 2018

I. Call meeting to order

The Health Education Advisory Board (HEAB) meeting was called to order at 6:33 p.m. by Dr. Ed Kraemer in the Administration Board Room at John Knox Village.

Members Present

Dr. Edwin Kraemer
Dr. Steve Salanski
Tammy Landrum
Dr. Merle Nunemaker
Rodney McBride
Lori Rodgers
Monica Meeks
Dr. Doug Herriott
Katie Murphy
Karna Stuchlik
Cheryl Orr

Staff

Nick Edwards
Colene Roberts

Guests

Dana Spruell
Beth Dowty

II. Public comments

None.

III. Approval of June 28, 2018 meeting summary

The meeting summary was approved.

IV. Schedule Hands Only CPR event for fall

Dr. Salanski said that the available September dates are probably too soon. The Board will share possible October dates via email. The last Saturday in October should be avoided because there is a Halloween event downtown.

V. Media articles

Dr. Kraemer reviewed recent articles. Ms. Rodgers provided an article on COPD for June. Dr. Kramer reused Ms. Orr's article on summer safety from last year for July. Ms. Rodgers provided an article written by a staff member, on breastfeeding for August. Ms. Meeks will provide an article on suicide prevention for September. Dr. Kraemer is planning an article on the risks of marijuana for October. He also suggested that if one of the ballot measures passes, an article on marijuana education may be good for November.

VI. Future continuing education topics

Dr. Salanski reviewed some topics discussed at previous meetings: opioids or Narcan, trauma informed care, Alive and Well Lee's Summit. Ms. Meeks said that a presentation on Alive and Well Lee's Summit would tie to trauma informed care and the Youth Mental Health Task Force.

A presentation would be a little premature right now. Dr. Salanski suggested pursuing the opioid or Narcan topic for the next meeting. Ms. Meeks suggested the Jackson County PDMP Director and/or someone local to present.

VII. Healthy Lee's Summit next steps

Dr. Kraemer and Dr. Salanski would like to meet with the Mayor to discuss the campaign and the Board. There are new City Councilmembers and a new mayor. It may be a good time to reexamine vaping and indoor air quality. Ms. Meeks said that LS Cares will have a presentation on vaping at LSHS parent night on Oct. 3. The topic was requested by parents. LS Cares also has a presentation on vaping scheduled for students at St. Michael's.

Dr. Salanski said that the Missouri State Medical Association has released a statement against all of the ballot initiatives related to marijuana. The Kansas City Medical Society will look at an official statement. The MSMA statement also included a push to have the FDA and DEA revise marijuana's status as a Class I substance. This would allow more research. Dr. Kraemer added that the Kansas City Academy of Family Physicians is looking at a statement as well.

VIII. Stop the Bleed presentation

Beth Spruell and Dana Dowty from Research Medical Center Trauma Team gave a presentation on how to stop bleeding. Stop the Bleed is trademarked by the Department of Justice. The goal is to save lives by training lay people on how to stop bleeding much like lay people are trained to perform CPR. More information is available on BleedingControl.org. The training provides the basics on how to apply pressure and how to apply a tourniquet. The Lee's Summit school district provides the training to staff. Ms. Spruell said that it's important to have an immediate response to bleeding and be able to recognize life threatening bleeding whether the situation is extreme like a mass shooting or bombing, or it is a home injury, car accident or construction site incident. She introduced the ABCs of bleeding. Alert: call 911. Bleeding: find the bleeding injury. Compress: cover with a clean cloth and apply pressure or a tourniquet. It is important to protect yourself from blood borne infections (by wearing gloves), if possible. You should look for and identify life threatening bleeding. Different types of wounds should have a different response. Arm and leg wounds can cause life threatening bleeding but these deaths are preventable. A tourniquet on the limb may be necessary. Torso junctional wounds are also serious but a tourniquet cannot be applied. Chest and abdominal injuries require a trauma center response. All bleeding injuries need steady, direct pressure with 2 hands, if possible. The injured person should be lying on a flat, firm surface. Stuff a clean cloth down into a large wound. Tourniquets should be placed 2 to 3 inches above the wound on a limb. The tourniquet should not be on a joint. A tight seal is important. The tourniquet will stop blood flow and limit blood loss. The tourniquet should be tightened until the bleeding stops. A tourniquet should not be on for more than 2 hours. Writing the time on the tourniquet will help paramedics. Tourniquets hurt a lot so the injured person will likely have an extreme response. Common mistakes with tourniquets are: not using a tourniquet when needed; waiting too long; loosening and retightening after applied. Except for infants, the same tourniquets can be used for children. Hemostatic gauze (bleeding control gauze) applied to a wound will help the blood clot. Bleeding control kits are available in a personal size and a wall mounted, on site size. The goal is to have bleeding control kits in every school, mall, etc. much like AEDs. Ms. Spruell and Ms. Dowty demonstrated tourniquet application. Medical professionals who have been trained can sign up to be instructors. Training kits are available for loan. The kits are expensive to purchase but they are

available on the website.

IX. Roundtable

Dr. Nunemaker said that he is still looking at the fluoride issue but it will be a long process. He had an opportunity to speak with Representative Emanuel Cleaver about providing funding for medically necessary dental treatment.

Ms. Orr attended a session on human trafficking at a recent school nursing conference. The information was shocking. Kansas City is a hub for human trafficking. The session speaker was from Children's Mercy Hospital. Board members expressed interest in hearing the presentation. Ms. Orr also mentioned that the school district is providing training on the signs and symptoms of suicide.

Ms. Rodgers stated that St. Luke's East will have their Health Screening Festival on Oct. 13 from 9 a.m. to noon. She will share the information via email.

Dr. Kraemer has been spending more time at the UMKC School of Medicine. He is directing their PA program.

Ms. Meeks said that a free youth mental health first aid class is being hosted by LS Cares with ReDiscover. The class is 8 hours and there are only 30 seats available. It will be held on Sept. 13. The class is designed for lay people who work with youth. She will share the information via email.

Ms. Landrum shared a sample proclamation for two observances in September: Child Passenger Safety Week and National Seat Check Saturday. Board members agreed to take a proclamation to the City Council. Ms. Landrum also stated that there are already 55 flu shot clinics scheduled so workplaces should get on the schedule as soon as possible. Ms. Murphy added that they have had 2 cases of the flu already.

Ms. Orr recently heard about a program at the Jackson County Health Department that provides cribs for mothers in need.

X. Adjournment – 8:17 p.m.

MISSION STATEMENT:

In collaboration with the City of Lee's Summit we will promote and advocate personal and community health by assessing health issues and resources, educating the public and appropriate government agencies, developing plans to address health issues, encouraging public/private partnerships and evaluating our outcomes.