

Mountains of Hope

Final Summary of Projects 2012-2013

Group/Organization Implementing Project: Cabell Huntington Hospital/Edwards Comprehensive Cancer Center

Name of Project: Annual Breast Cancer Basics and Beyond conference

Project Coordinator: Lisa Muto, DNP, RN, WHNP-BC, OCN

- **Project** – Provide a one-day breast cancer nursing symposium to provide evidence-based education to nurses and other health care providers.
- **Goal(s) addressed:** Goal 10: Educate the public, health professionals, and decision makers about the risk factors, symptoms, key clinical advances, and policy changes for cancers including ovarian, prostate, head and neck, and lung. Goal 11: Educate the public, health professionals, and decision makers about evidence-based comprehensive cancer screening guidelines. Goal 15: Educate health care professionals and students about cancer survivorship.
- **How many people were reached:** 60
- **Evaluation method:** Number of people reached/post conference evaluation
- **Evaluation results:** Evaluations were overwhelmingly positive for the program. Comments included: wonderful conference, excellent variety of topics, and very informative.
- **How will evaluation results be used in the future:** Comments from participants will be taken into account when planning the next conference.

Group/Organization Implementing Project: Grant County Health Department

Name of Project: Grant County Health Dept Mountains of Hope Mini Grant

Project Coordinator: Sandria L. Glasscock, RN

- **Project** – The Grant County Health Department (GCHD) provided financial travel assistance for Grant County residents to attend their cancer treatment appointments.
- **Goal addressed:** Goal 14: Coordinate a statewide effort to address major needs of WV's cancer patients and survivors, especially those who are under- or uninsured, addressing concerns such as increased access to quality care, improved economic assistance, and transportation options.

- **How many people were reached:** 4
- **Evaluation method:** Pre and post surveys
- **Evaluation results:** People that have cancer appreciate assistance no matter how little. Many in the community do not have the resources to pay for travel and must rely on community assistance such as fund raisers.
- **How will evaluation results be used in the future:** GCHD will continue to see funding to assist with cancer care, especially for travel.

Group/Organization Implementing Project: Lewis County Senior Citizens Center, Inc.

Name of Project: Wheels of Hope Program

Project Coordinator: LouEllen Blake

- **Project** – The program provided transportation for cancer patients, irrespective of age, to approved cancer programs in Harrison and Monongalia counties.
- **Goal addressed:** Goal 14: Coordinate a statewide effort to address major needs of WV’s cancer patients and survivors, especially those who are under- or uninsured, addressing concerns such as increased access to quality care, improved economic assistance, and transportation options.
- **How many people were reached:** 3
- **Evaluation method:** Number of people reached and survey of the program
- **Evaluation results:** Participants felt relieved to have a reliable mode of transportation to take them to treatments. They indicated that they often experienced anxiety after treatment about being able to ambulate and function until they are home safe and this program helped lessen their fears. Providing this service also helped staff at the Lewis County Senior Center gain a better understanding of cancer patients’ needs based on their expressed feelings, emotions, and candid conversations.
- **How will evaluation results be used in the future:** The staff has been sensitized to the challenges faced by cancer patients and are better equipped to provide quality services to others who are diagnosed with cancer.

Group/Organization Implementing Project: Life Community Development Corporation

Name of Project: Healthy Member Month

Project Coordinator: Stephen Dalton

- **Project** – The Life Community Development Corporation (LCD) and Abundant Life Ministries educated and raised awareness to the public about the importance of

- undergoing evidence-based cancer-screenings as well as how health living such as exercise and proper nutrition can aid in cancer prevention. The “Healthy Member Month” offered education, community outreach, and prevention services all in one venue through 5 sessions held on different days/times to reach the most people.
- **Goal addressed:** Goal 8: Improve access to and utilization of evidence-based and guideline-specific cancer screening and diagnostic follow-up services for all West Virginians, including those who are under- or uninsured. Objective 8.6: Increase percentage of men aged 50 and older who have had a PSA in the past year to at least 50%. Goal 11: Educate the public, health professionals, and decision makers about evidence-based comprehensive cancer screening guidelines. Objective 11.2: Educate and raise awareness of the public about the importance of undergoing evidence-based cancer screenings.
 - **How many people were reached:** 695
 - **Evaluation method:** # of people reached
 - **Evaluation results:** Most people attended “Healthy Member Month” because they wanted to become aware of the risk factors associated with different cancers. It was expressed that they came wanting more information on how to prevent different types of cancers as well as to find out what tools are available to them for cancer screening.
 - **How will evaluation results be used in the future:** LCD and Abundant Life Ministries can use this information in the future to provide the information and materials desperately wanted and needed in the community and surrounding areas on a regular basis. By continuing education on cancer prevention and awareness on a regular basis we can provide the community with the knowledge they need and want.

Group/Organization Implementing Project: Ohio County Family Resource Network

Name of Project: Sun-protection for our Generation!

Project Coordinator: Claudia Raymer

- **Project** – The Ohio County Family Resource Network (FRN) used three activities in their project;
 - 1 – have at least 8-% of the current membership of the American Cancer Society Youth Board at Wheeling Park High School (WPHS) score at least 90% on a test of knowledge of skin cancer facts and sun-protective behaviors
 - 2 – increase WPHS student and parent knowledge on topics related to ultraviolet radiation exposure and risk for melanoma and sun-protective behaviors

- 3 – increase the intent to practice sun-protective behaviors of at least 20% of the student population over their recall of their behavior during the past 12 months
- **Goal addressed:** Goal 5: Reduce incidence of melanoma among West Virginians.
- **How many people were reached:** 1,978
- **Evaluation method:** Pre and post tests
- **Evaluation results:** WPHS seemed to notice posters and while it appears to have made an impact, the DermaScan machine has a more lasting impact on the students. The posters did an excellent job in getting the information out and started the students thinking about sun safety whereas the DermaScan seemed to have made more of an impact on changing the behaviors of the students.
- **How will evaluation results be used in the future:** The ACS Youth Board at WPHSD will be able to use the sun safety posters and materials in the future in conjunction with promoting the use of the DermaScan machine.

Group/Organization Implementing Project: PATCH of Taylor County

Name of Project: Compassionate Warriors Cancer Survivor Group

Project Coordinator: Kathleen Conner

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Group/Organization Implementing Project: Webster County Memorial Hospital

Name of Project: Webster County Free Women's Clinics

Project Coordinator: Angel Green

- **Project** – This project will provide free breast and cervical cancer screening services for Webster County women at two screening events in the Spring/Summer 2013
- **Goal addressed:** Goal 8: Improve access to evidence-based and guidelines-specific cancer screening and follow-up services for all West Virginias, including those who are under- or uninsured.
- **How many people were reached:** 22
- **Evaluation method:** Survey
- **Evaluation results:** 17 out of 22 patients had no insurance and therefore they didn't seek health care unless it was an emergency. Because of the free clinic half of the patients have their exams every year and the other half has been over 2 years or never. The patients rate the clinical staff as excellent and very professional. The survey also indicated that most people won't see a doctor if they have no insurance or they have insurance but their deductible is too high.

Group/Organization Implementing Project: WVU Tech Student Health Clinic

Name of Project: Mission Montgomery: Montgomery Health Initiative

Project Coordinator: Dr. Peggy Lambert Fink

- **Project** – Mission Montgomery: Montgomery Health Initiative will provide:
 - 1 – education on portion control, food banks, information on diet and nutrition as they relate to cancer, promotion of drinking water instead of soda, and promoting healthy choices using fresh, frozen, or canned fruits and vegetables
 - 2 – promotion of community walking and exercise campaigns and events; exploration of the development of a walking trail in the greater Montgomery area, working with the West Virginia State Trails Coordinator.
- **Goal addressed:** Goal 3: Reduce the prevalence of obese and overweight West Virginians. Goal 4: Promote physical activity among West Virginias to decrease sedentary behavior and lifestyles.
- **How many people were reached:** 125 from 3 locations
- **Evaluation method:** Pre and post tests
- **Evaluation results:** Overall pre/post-test results indicated learning was effective. At Montgomery General Hospital, the weekly program was designed to cover the pre-test topics as well as questions from the participants (i.e. glycemic index, calorie/label

reading, addressing why participants had a hard time losing weight, etc.). Post-test results averaged 90%; pre-test results were 70%. At WVU Teach, a pre/post-test was given and scores were improved at the end by 20%. Numbers of participants was used to evaluate the program with approximately 50 students, faculty, and staff participated in the program. At Rivermont, evaluation was better viewed from numbers of participants. With varying reading and educational levels, the pre/post-test was inconsistent and a challenge for the participants at the Rivermont apartments.

- **How will evaluation results be used in the future:** At Rivermont – future programs will be offered more frequently with more educational topics provided. At Montgomery General Hospital – the employees were very impressed with the program and comments were made to the administration. A weight loss program will be provided to hospital employees beginning in September and a weight loss program will be offered to the community following the same format as the efforts used before. At WVU Teach – future programs will be offered two days/week to accommodate different schedules. More nursing students will be recruited, offering community service hours for assisting.