

# *Iñuuniagniq* The Art of Living

ARCTIC SLOPE NATIVE ASSOCIATION

**Winter 2011**

## **Mark Your Calendar!** 2012 UPCOMING EVENTS

### ■ **Dental in the Villages**

Kaktovik: January 22-27

Nuiqsut: January 23-28

Wainwright: February 13-18

Point Lay: February 20-25

Atqasuk: March 5-10

Wainwright: March 5-10

Call 852 9221 to schedule your appointment.

### ■ **Annual Diabetes Clinic**

January 17-20

Call 852 9372 for more information.

### ■ **Screening for Life**

#### ■ *Colonoscopy Clinic*

January 25-27

February 29-March 2

#### ■ *Mammogram Clinic*

February 13-17

Call 852 5881 for more information.

### ■ **Domestic Violence Prevention and Sexual Assault Training**

Feb 28-March 1

If you are interested in attending this training, please call us at 907 852 2762.



*Construction of the new hospital, Winter 2011*

# Iñuuniagniq

Winter 2011 ARCTIC SLOPE NATIVE ASSOCIATION

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## A Note from Marie

Paġlagivsi!

December 18, 2011 marked the 40th year of the Alaska Native Claims Settlement Act (ANCSA). Arctic Slope Native Association, Limited (ASNA) is proud to have been a part of this historic legislation. ASNA founders, Joseph Upicksoun, Eben Hopson Sr., Charles Edwardsen Jr., Guy Okakok and Samuel Simmonds, alongside many others, played a vital role in representing our North Slope Iñupiat interests in Washington D.C. as ANCSA was being developed.

ANCSA created nine Native corporations in our region, including the Arctic Slope Regional Corporation and the Ukpeaġvik Iñupiat Corporation. Both corporations are now working with ASNA in a joint venture to construct our new regional hospital for the North Slope; their cooperative effort is providing local jobs for this phase of the project. Their collaborative effort demonstrates our Iñupiaq value of cooperation, 'Paammaaġigniq' and is in the spirit of ANCSA.



In remembrance of ANCSA, we encourage people across the North Slope to work together to achieve their goals. On behalf of all of us at ASNA and SSMH, we wish you the very best this holiday season and in the New Year.

Warm Greetings!

**Marie Carroll, President/CEO**

## The Importance of Screening for Life

### *Colorectal Cancer is Preventable*

Did you know colorectal cancer is the second leading cause of cancer death among Alaska Natives? Did you also know that colorectal cancer is preventable through screening and early detection?

Colorectal cancer is cancer that grows in the colon (large intestine) or the rectum. Oftentimes, people who have colorectal cancer do not have any signs or symptoms. This is why screening is important as it can help detect small growths called polyps that can be removed by a doctor before they turn cancerous.

It is recommended that all people age 50 or older should be screened for colorectal cancer. If a close family member has had colorectal cancer consider getting screened earlier. Call us at 852 5881 to schedule your Screening for Life appointment today.



## Making Use of Contract Health Services

### *What is Contract Health Services (CHS)?*

CHS provides funding for referred medical services not available at the Alaska Native Medical Center (ANMC).

#### **Who is Eligible?**

- Alaska Native and American Indians who are Alaska residents for 180 days prior to the date of service and intend to remain in Alaska indefinitely.
- Alaska Native and American Indians who meet ANMC's eligibility requirements.
- Non-Alaska Native and American women pregnant with an eligible Alaska Native and American Indian child.
- Children of an eligible Alaska Native and American Indian, including non-Alaska Native and American Indian foster children, adopted children, stepchildren, legal wards or orphans, until age 19.

#### **What is the referral process for routine scheduled care?**

- Visit your primary care provider and if necessary, they will refer you to ANMC.
- An ANMC physician initiates all referrals.
- All patients are screened for Medicaid, Medicare or private health insurance. If eligible, CHS will help patients apply.

#### **What is the referral process for emergency medical care outside of Alaska?**

In an emergency seek medical attention first, then notify CHS as soon as possible, ideally within three (3) days. Anyone acting on behalf of the patient can make the call. Coverage for those traveling outside of Alaska is limited to emergency medical care. Emergency medical coverage is provided for\*:

- People moving outside of Alaska (up to 180 days)
- Travelers temporarily outside of Alaska
- Full-time students and legal dependents

\*Other than residents of Tanana Chiefs Conference, Ketchikan Indian Community, Metlakatla Indian Community or SouthEast Alaska Regional Health Consortium.

#### **What is not covered?**

- Medical services (including follow-up appointments) provided by a non-ANMC health care provider that has not been referred by an ANMC physician and authorized by CHS
- Obstetric deliveries at private hospitals not referred by an ANMC physician and authorized by CHS
- Inpatient or outpatient mental health services
- Inpatient or outpatient substance abuse programs
- Second opinions
- Medical care considered investigational or experimental
- Nursing home or long-term care facilities
- Routine and emergent dental services
- Services from non-ANMC facilities if an IHS facility or tribal health facility was open and available to provide the needed care
- Medical services received in other Alaska CHS service areas, such as Fairbanks, Juneau, Sitka, Kenai, Homer, Kodiak Seward, Ketchikan, Valdez, Palmer, Wasilla, etc., unless authorized by ANMC CHS. Contact the respective CHS program for that area for assistance.

More information can be found at:  
[www.anthc.org/ps/contracthealthsvc](http://www.anthc.org/ps/contracthealthsvc).

### HOSPITAL REPLACEMENT PROJECT UPDATE



**As of November 1:  
70% Complete**

**In-patient area drywall:  
100%**

**Building is fully enclosed**

**Siding: 70%**

**Permanent gas and  
electric on track for  
January completion**

*In each issue of Iñuuniagniq, we will be giving updates on the progress of the Hospital Replacement Project in this space. Stay tuned!*

## Diabetes Education

### *Diabetes Standards of Care*

The SSMH Diabetes Program is working diligently to improve diabetes care on the North Slope. Diabetes is a chronic illness that requires continuing medical care and patient self-management education to prevent acute complications and to reduce the risk of long-term complications.

We have instituted a new practice of having diabetes-specific appointments available, with the intent to improve patient understanding of their role in diabetes management. During diabetes-specific appointments, providers will review the Diabetes Standards of Care with patients. This is not a new practice, but we have moved it out of the back office and into the exam room. At your next appointment, expect your provider or visiting specialists to tell you what is up to date and what is due.

The Indian Health Service has developed Diabetes Standards of Care specifically for Alaska Native and American Indian populations. These standards have been adapted by the American Diabetes Association and provide detailed steps to help prevent or delay diabetes complications. The standards also address the provider's role to order routine lab tests, administer immunizations, provide education, foot care, and eye and oral exams.

The Diabetes Standards of Care are intended to provide clinicians, patients, researchers and other interested individuals with the components of diabetes care, general treatment goals and tools to evaluate the quality of care. The standards also include guidelines for patients to help them improve their disease management. With diabetes, as with most chronic conditions, the patient's responsibility for disease management is very important.

At SSMH, we want all those diagnosed with diabetes to understand that diabetes management requires cooperation between the healthcare team and the patient.

## Our People

### *Meet our new Hospital Administrator.*



We are proud to announce Stephen Gryn as the new Hospital Administrator. Stephen joins us from Rochester, New York, where he served as the management and clinical services administrator for the Rochester Veterans Affairs Outpatient Clinic, which was part of a 3-campus health care system.

Stephen began his career as an officer with the US Army. While stationed in Oklahoma, Stephen began cultivating his healthcare administration skills working with the Physical Therapy and Rehabilitation program. After

leaving the military, he went on to serve in a civilian capacity with the US Navy as the Information and Referral Specialist at the Fleet and Family Support Center based in Saratoga Springs, New York. Among his many tasks, Stephen helped connect military service members with licensed counseling services.

Stephen joined the ASNA and SSMH team on December 5. Please help us in welcoming Stephen and his wife Erin as they begin their new journey with us on the North Slope.