

THE

Health

Wagon



Bringing Healthcare To The Mountains Of Appalachia



Tim C. Cox

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Mission

The Health Wagon provides compassionate quality health care to the medically underserved people in the mountains of Appalachia.



Innovative Model for Healthcare Delivery

- Mobile Clinical Health Services
- Unit Base clinic in Clinchco VA (Dickenson Co.)
- Provide dedicated care to eight sites in Buchanan, Dickenson, Russell and Wise counties on a weekly to biweekly basis.
- Through the use of its innovative mobile health unit, HW opens health care doors that would otherwise remain closed



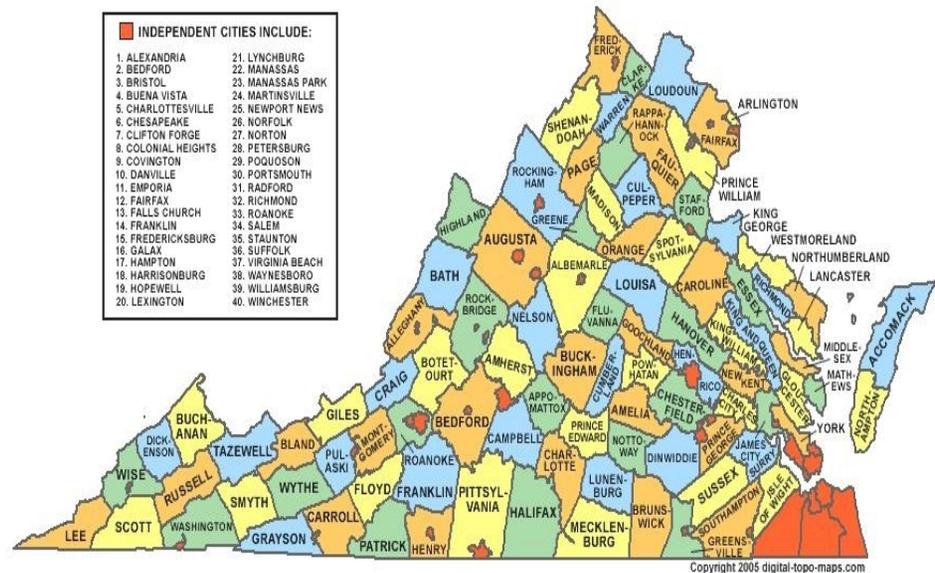
Innovative Model for Healthcare Delivery

- Health Wagon is committed to serving the health care needs of the uninsured, underinsured, and disadvantaged populations.
- Services are rendered free of charge; however, patient donations are encouraged and accepted.
- Health Wagon is able to provide an innovative and comprehensive solution addressing the health care of those in need.
- Nurse managed clinic



SERVICE AREA

- The areas served by the Health Wagon lie deep within the heart of Central Appalachia.
- Counties of Dickenson, Buchanan, Wise, and Russell (combined population of 110,854).
- The terrain is mountainous, covering 1,715 square miles, with numerous locations being geographically isolated.
- In Dickenson County, distances are great, as there are no four-lane roads and no public transportation.
- For many residents, this lack of adequate transportation means they cannot access health care.
- For others, these factors can lead to missed appointments, fragmentation of care, and increased anxiety about meeting health care needs.



Components of the Health Care Outreach

- Acute Disease Management
- Chronic Disease Management
- Low Cost Lab Services
- Medication Assistance and Pharmacy Connect
- Telemedicine
- Physical Assessments
- Health Teaching Components
- Immunization Program
- Referrals and Follow-up Systems
- Specialty Clinics (Cardiac, Pulmonology, Endocrinology and Nephrology)
- Mobile Chest X-Ray Unit
- Women's Health & Mobile Mammography (UVA)
- Loan Closet for Medical Supplies
- Dental Services (limited)

CHALLENGES

- **Rural Appalachia-located in Central Appalachia-in Southwest Virginia-west of Shenandoah Valley, north of Abingdon, VA and Bristol TN/VA**
- **Appalachian culture typified as independent, proud, and reclusive**
- **Significant Economic Disparity**
- **Geographical Isolation, Secluded, Limited to No Public Transportation**
- **Mining industry declined**
- **Lack of sub-specialist and specialist**
- **Tremendous need for primary and preventive health care**



LEADING CAUSES OF AREA DEATHS

- Cardiovascular Disease (CVD)
- Cancer (malignant neoplasms)
- Accidents
- Lung Disease (COPD)
- Pneumonia and Influenza
- Suicide
- Diabetes Mellitus



DEATH RATES from Common Causes are higher in our service area than in Virginia overall-

People in the service area are:

- 25% more likely to die from heart disease
- 46% more likely to die from chronic obstructive pulmonary disease
- 47% more likely to die from pneumonia or influenza
- 34% more likely to die from diabetes
- 62% more likely to die from chronic liver disease
- 61% more likely to die from unintentional injuries and
- 72% more likely to commit suicide.

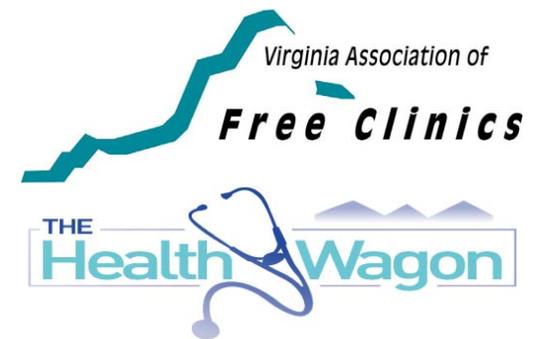
Data source: *Virginia Health Statistics, Volume I, 1999 – 2003*. These are averages based on *age-adjusted death* rates for the years 1999, 2000, 2001, 2002, and 2003.

HIGHER DEATH RATES

- The age-adjusted death rate in Southwest Virginia is 18% higher than the age-adjusted death rate for Virginia overall.
- Adults aged 25-44 in the SW VA region die 60% faster than the same age group in Virginia.
- Adults aged 45-64 in the service area die 30% faster than their Virginia peers.

Crisis Health Wagon is Facing

- Sustainability-Continued Funding
- Increasing number of patients with multiple complex illnesses due to delay in health care
- Limited resources
- Current legislation limits NP practice
 - NP needs expanded reimbursement and scope of practice





Serving Patients of all Ages



Pulmonology Clinic with Dr. Smiddy

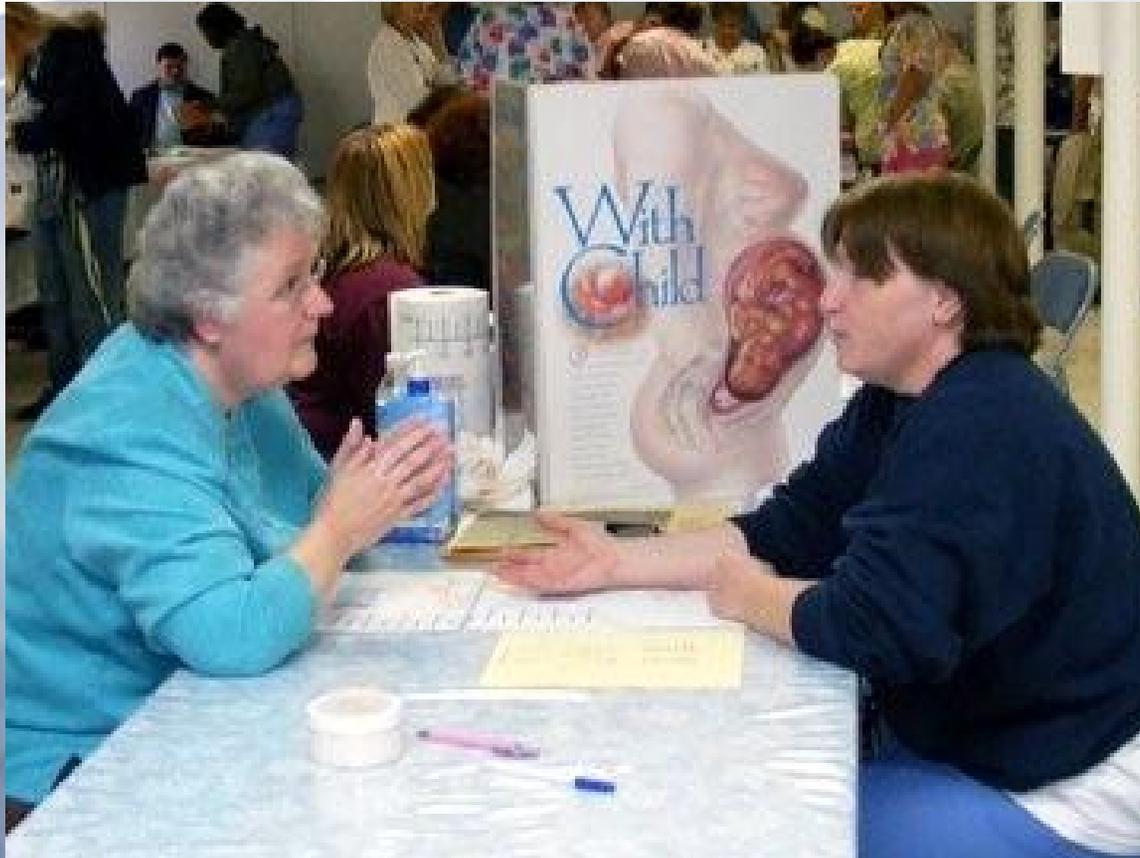


Endocrinology Team from UVA

COMMUNITY HEALTH FAIRS

- Individuals are also served through community health fairs that are spearheaded by the Health Wagon.
- The Health Wagon works in collaboration with various community organizations to sponsor several local health fairs.
- Third year medical students from the James H. Quillen Dishner College of Medicine participate yearly in this valuable community event as part of their rural health care practicum





2009 Clintwood Health Fair



Our patients are our friends and family

REMOTE AREA MEDICAL (RAM) Health Expedition

- In addition to HW's regular rotations, the Health Wagon staff spearheads the annual Remote Area Medical (RAM) Expedition.
- Held annually in Wise, Virginia at Wise Co. Fairgrounds
- FREE three day event
- Volunteer physicians, nurse practitioners, dentists, nurses, opticians, ophthalmologists, dental hygienists, etc.
- The primary focus is eye, dental and medical care.

REMOTE AREA MEDICAL (RAM) Health Expedition

- Eye- exam and prescription glasses made
- Dental- cleanings, fillings, extractions, and dentures
- Medical-
 - Specialist Exams- endocrinology, cardiology, nephrology, ENT, pulmonology, dermatology, etc
 - Labs
 - Digital Mammograms
 - Pap Smears
 - Chest X-Ray, Pulmonary Function Testing
 - Sigmoidoscopy
 - Women's Health Procedures- LEEPs, colposcopies
 - Ultrasounds
 - Hearing Exam and Hearing Aids
 - Bone Density
 - Echocardiograms and EKGs
 - Skin Biopsies
 - Onsite Pharmacy



RAM

- 1,640 Patient Encounters
- \$300,000 Value of Care



RAM 2009

- This event is the largest event of its kind in the nation.
- Provided over 5,598 patient encounters.
- Provided in excess of \$1.9 million dollars in free care
- 1,700 plus volunteers.



RAM Collaboration Across the State and Beyond

- Virginia Dept. of Health- Lenowisco Health Dept.
- Virginia Dental Association
- UVA Health Systems
- Lions Clubs of Virginia and International
- Volunteer Optometric Services to Humanity (VOSH)
- American Breast Cancer Foundation
- University of Appalachia College of Pharmacy
- Women's Cancer Advocacy Network
- Logisticare
- Many hospitals, colleges, universities, civic groups, churches, businesses, local governments, and individuals make the event possible



Remote Area Medical (07-20-07) Wise, VA

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Teresa Gardner, Dr. Joe Smiddy,
Sr. Bernadette Kenny



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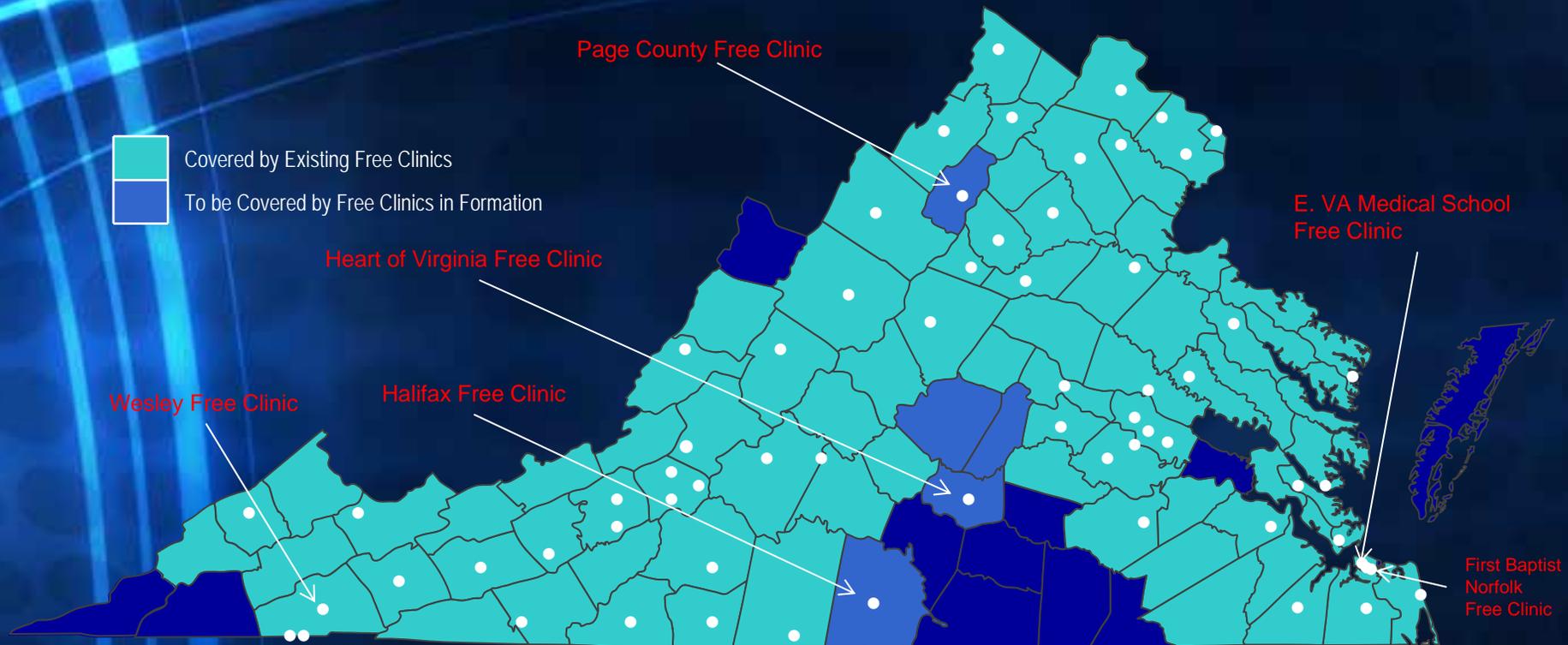


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Virginia's Free Clinics -2010



Access Now

Alleghany Highlands Free Clinic
 Amer. Red Cross Adult Dental Clinic
 Arlington Free Clinic
 Augusta Regional Free Clinic
 Beach Health Clinic
 Bedford Christian Free Clinic
 Bradley Free Clinic
 Brock Hughes Free Clinic
 Caring Hearts FC of Patrick County

Charlottesville Free Clinic
 Chesapeake Care Free Clinic
 Christian Free Clinic in Botetourt
 Cross Over Ministry
 Crossroads Medical Mission
 Culmore Clinic
 Dr. Richard F. Clark HELP Free Clinic
 Fan Free Clinic
 Fauquier Free Clinic

Free Clinic of Central Virginia
 Free Clinic of Culpeper
 Free Clinic of Danville
 Free Clinic of Franklin County
 Free Clinic of Powhatan
 Free Clinic of Pulaski County
 Free Clinic of the New River Valley
 Free Clinic of the Twin Counties
 Free Med. Clinic of Martinsville -Henry Co.
 Free Med. Clinic of No.. Shenandoah Val.
 Gloucester-Mathews Free Clinic

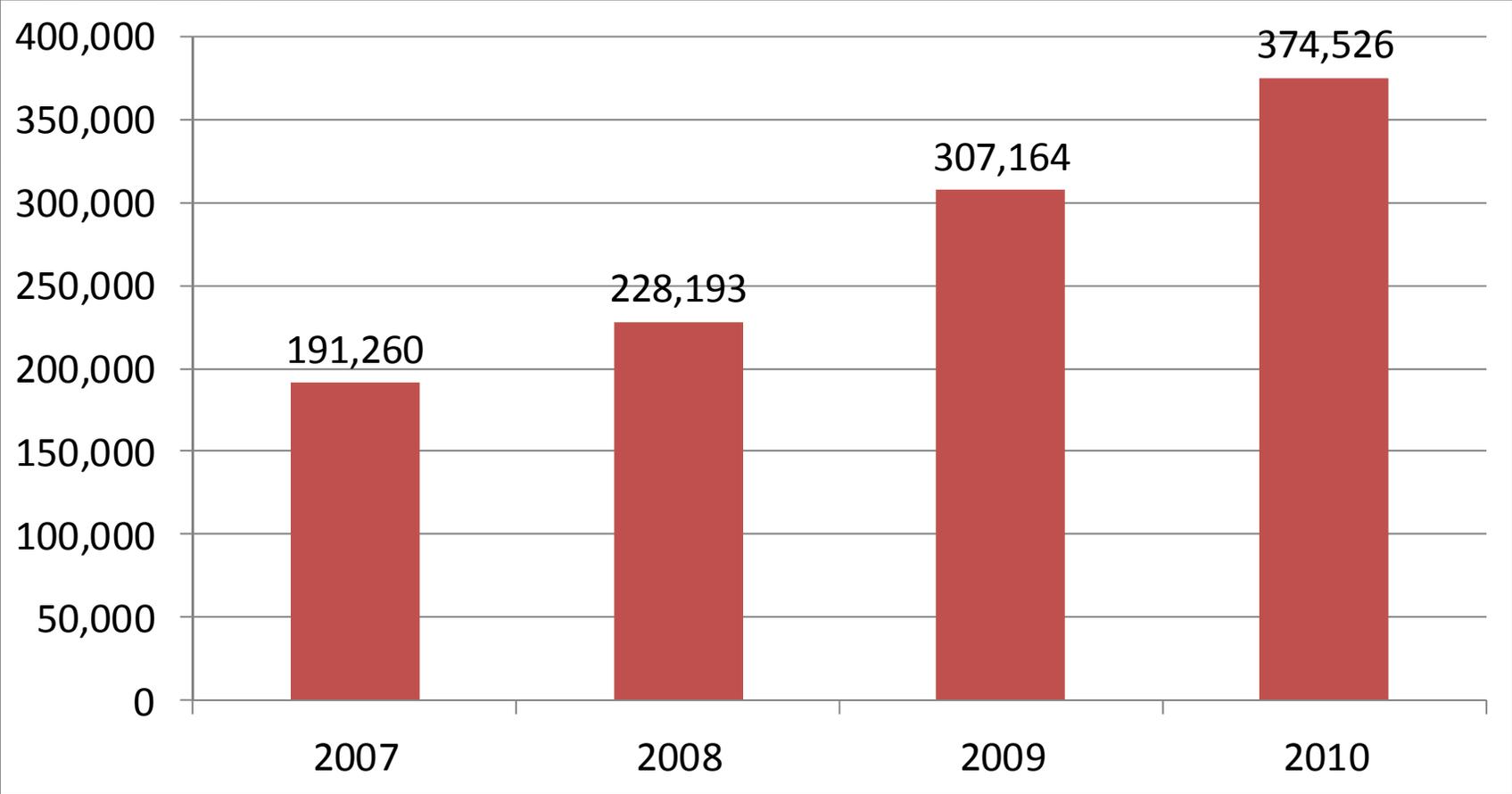
Goochland Free Clinic & Family Ser
 Greene Care Clinic
 Hanover Interfaith Free Clinics
 Harrisonburg-Rockingham Free Clinic
 Healing Hands Health Center
 Health Wagon
 Jeanie Schmidt Free Clinic
 Lackey Free Family Medicine Clinic
 Lloyd F. Moss Free Clinic
 Loudoun Free Clinic

Love of Jesus Health Clinic
 Madison Free Clinic
 Northern Neck Free Health Clinic
 Orange County Free Clinic
 Pathways
 Free Clinic of Powhatan County
 Prince William Area Free Clinic
 Pro Bono Counseling Program
 Reddy Tri-County Health Clinic
 Rescue Mission Health Care Center

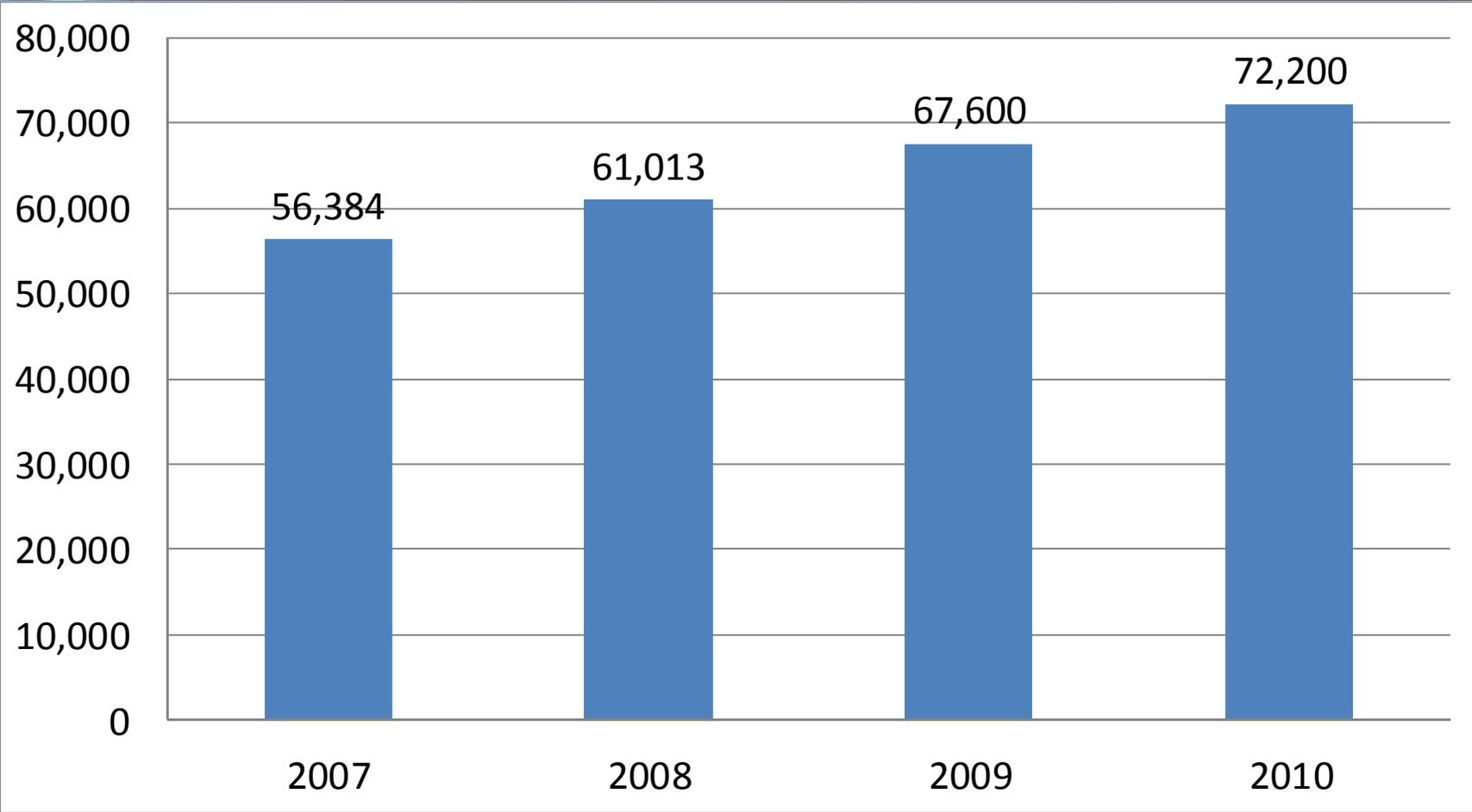
Richmond Area High Blood Pressure Ctr.
 Roanoke Valley Mental Health Care Collab.
 Rockbridge Area Free Clinic
 Shenandoah Co. Free Clinic
 Smyth County Free Clinic
 St. David's Free Health Clinic
 St. Luke Community Clinic
 Surry Area Free Clinic
 Western Tidewater Free Clinic



PATIENT VISITS

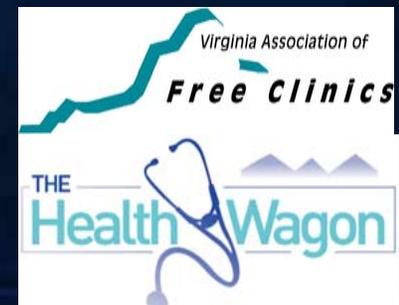


UNDUPLICATED VISITS



What is A Free Clinic?

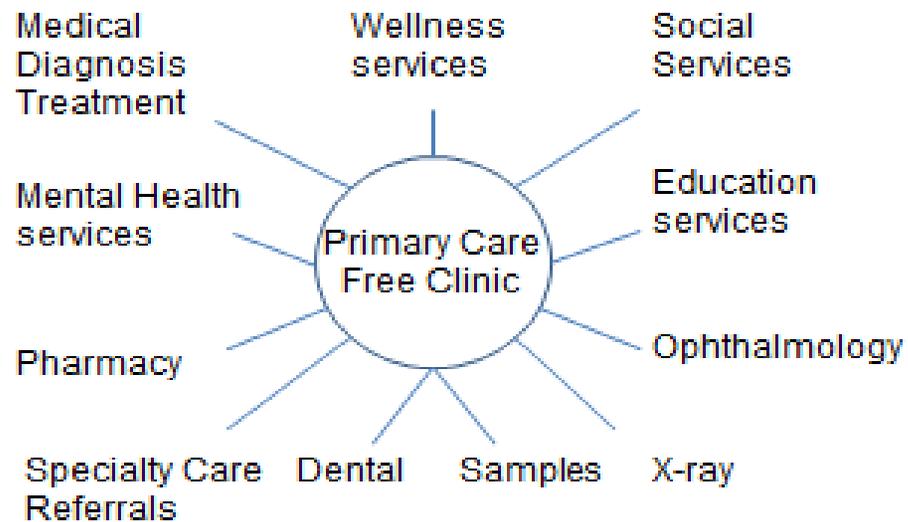
- “ a private, nonprofit, community or faith-based organization whose primary mission is to provide health care services free”
- “ a facility that provides diagnosis and treatment of patients and maintains patients’ records. Volunteer health professionals provide a significant portion of health care services”



Primary Care Model



Free Clinic Model



Health Care Reform

- Health Care Information Technology
- Federal Recognition as an “Essential Provider”
- Maintaining a viable volunteer base
- Recognition: Health Safety Net will be needed far beyond 2020
- Health Care Workforce Inadequate

Grim Reality

- Free Clinics are safety net
- If we not here, someone is going to die

Contact Information

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Virginia Free Clinic Association

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