

ADENA HEALTH

# FOCUS

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MOBILE CLINIC

On the road  
advancing  
school-based  
health



# On the road advancing school-based health



An important key to a child's success in school is good health. Research from the CDC shows a direct link between good physical and mental health and a child's academic performance. But for many children in southern Ohio, they are not receiving the regular care they need.

That lack of access to care for many led Adena Health to partner with area school districts to launch a school-based wellness initiative. Through this program, Adena works with school leaders on a comprehensive assessment that identifies opportunities to improve the health of its students and staff. One of the outcomes of these assessments is bringing Adena services directly to the school districts through the Adena Mobile Health Clinic.

"There are still too many children not getting to a health care provider," says Audrey Barker, manager, school-based wellness at Adena Health. "The mobile health clinic removes barriers like access and transportation issues."

Launched in 2023, the mobile clinic delivers preventative and primary care to students and staff in school districts in Chillicothe, Greenfield, Frankfort, Washington Court House, Wellston, and Waverly. With their parent's or guardian's permission, students can receive a variety of health and wellness services at the school in a convenient mobile setting. Services include treatment of minor illnesses like ear or sinus infection, cold, and flu; management of diabetes, asthma and other chronic diseases; treatment for behavioral health issues; and immunizations. Having the mobile clinic on site helps to reduce missed hours of learning.

"Being located in a rural area without medical facilities close by, the mobile clinic provides convenient and accessible medical care to our community," says Heidi Gray, director of special programs for Huntington Local Schools. "The mobile clinic also gives our district an avenue to connect community members to other community resources. The collaboration of organizations during this process has been tremendous."

"It's exciting being able to bring Adena Health's great primary care directly to the students and staff," says Lynsey Chapman, clinic staff and operations manager for the mobile clinic. "Not only are they addressing the student's and staff's immediate needs, it also allows us the chance to connect them with a primary care provider for their long-term needs."

A major benefit of the mobile clinic is the flexibility that it gives parents. "A parent who can't take the time off work can know that the school and Adena



Kelli Stiles, MA and Holly Tackett, CNP

Health are taking good care of their child." Barker says. "The parent is kept in the loop both during and after the visit so they can continue to be a part of their child's care. It has allowed a real weight to be lifted off parents' shoulders," she says.

"There have been instances where a student would come to our school nurse and after being assessed, the nurse was able to contact the parents and take the child to the mobile clinic to be seen by the nurse practitioner," Gray says. "The nurse practitioner was able to diagnose and prescribe what the student needed and parents were very thankful for the service."

Gray cites an example of a student with an elevated heart rate being able to get the care they needed more quickly because of the mobile clinic.

"The parent was able to meet the nurse practitioner at the mobile clinic, get information and take the child immediately for more assessment," Gray says. "The mobile clinic on site gave the parent increased information and peace of mind."

This past summer, the mobile clinic continued to visit schools, but also added YMCAs in Fayette, Pike and Ross counties to partner with their children's

summer programs. Many of the mobile clinic's summer visits were also open to adults.

Through the Appalachian Community Grant Program, administered through the Governor's Office of Appalachia, Adena will expand its program in partnership with area schools and construct on site health clinics which will provide care to students, staff, and in many cases, the community. The brick-and-mortar clinics will allow the mobile clinic to expand to other areas

"It's all about meeting people where they are," Barker says. "The mobile clinic allows us to really connect with our communities and sub communities."

"Partnering with Adena has allowed us another opportunity to connect and create relationships with the families we serve," says Gray.

Parents or guardians in participating school districts can schedule an appointment for their child by contacting the school nurse or calling the mobile clinic at 740-672-1646. Walk-ins are also welcome. The mobile clinic's schedule is available online at [Adena.org/mobileclinic](https://Adena.org/mobileclinic).

# Providing wellness on wheels



Holly Tackett, CNP

For former school nurse Holly Tackett, now a certified nurse practitioner with Adena Health, providing care to local students onboard the Adena Mobile Clinic is her dream job.

"I love being in collaboration with the schools and community and seeing the difference you can make," Tackett says. "I love knowing what we're doing is going to make a difference. Ultimately, that's what we're here for."

Being from a small community in Pike County, rural health has a special place in Tackett's heart.

"I definitely enjoy caring for a rural population and empowering people in those areas with knowledge to get them to a higher level of health," she says.

Tackett says that many parents have reservations at first about the mobile clinic as they are unsure

what it is, so it's important to her to involve the parent or guardian in their child's care as much as possible. During an initial call before Tackett sees a child, parents are given the option to meet their child at the mobile clinic or be on the phone or FaceTime during their child's visit. Parents also receive a personal call after the visit.

"I always personally call the parent or guardian after the appointment to share the plan of care," Tackett says. "If I don't get them the first time, I call back. It's important to reassure the families and answer all of their questions."

Tackett is looking forward to forging even more community connections with the mobile clinic in the future.

"It's awesome to see it change people's lives," she says.



## Mobile Clinic by the numbers

7,300+ miles traveled

950+ patient visits

200+ immunizations given

9 school districts visited

6 counties visited

77% of patients under the age of 18



# Doctor's orders

## Tips for a healthy return to school

The experts at Adena Pediatrics understand how challenging the transition for children can be as they prepare for a new school year.

To ensure a smooth return to the classroom, pediatricians Angela Moore, DO, and Cassie Rice, MD, offer up some wise words of advice for a healthy return to the classroom.

"Developing a consistent bedtime routine and turning off all electronic devices well before bedtime will promote good sleep," Dr. Moore says. She also emphasizes the need for proper nutrition.

"Studies show that eating breakfast positively affects how children perform in school. Running fully fueled versus running on empty gives children more energy and a better ability to concentrate," she says.

One of the most important health concerns for going back to school is making sure a child has their required vaccinations. Dr. Rice says there are three stages in a child's life when they need their vaccinations: before kindergarten, as the child hits puberty, and when they're ready to get their driver's license.

It's also important not to overlook a child's emotions.

"A lot of times, there's a lot of anxiety and nerves just about the unknown," Dr. Rice says. "Let them know it's OK to be a little nervous."

Dr. Rice adds something as simple as asking about a child's day or sharing stories about when you were in school can go a long way toward soothing worried minds.



Cassie Rice, MD



Angela Moore, DO



Seeing patients in Circleville, Chillicothe, Greenfield, and Jackson, the pediatric care team at Adena Health provides expert, compassionate care from infancy to adolescence.

To schedule an appointment, call 740-779-4300



# Health care in action

◀ Sports medicine physician Oludare Ogunsola, DO

As summer winds down, Adena Health's athletic trainers are ramping up their planning for a safe and successful 2024-25 high school sports season.

The team of licensed professionals serving 12 area high schools free of charge will be ensuring the health and safety of all student-athletes. From practices to games, these athletic trainers are on hand with the student-athletes' health as top priority.

"We work with a lot of student-athletes on preventing injuries, but if someone does get injured, we are here to get students the immediate care they need," says Shane Wells, an Adena athletic trainer for 22 years who currently is providing services to Wellston High School.

Adena athletic trainer Phillip Hughes, who serves Unioto High School, agrees and emphasizes that one of the key responsibilities of an athletic trainer is keeping the players, family members, and coaches informed and on the same page with the right care plan to safely return the athlete to action.

Tyler Guillon, head football coach at Piketon High School, says Adena's athletic training program has offered a huge advantage to his players.

"When I first started coaching we did not have access to an athletic trainer," Guillon says. "It was difficult to provide the proper treatment for our players. Adena's program is such a blessing and helps keep our children safe."

For many injuries, the athletic trainer will help the athlete manage the injury directly and ensure a safe path back to their sport. For more complex injuries or those that aren't improving, the athletic trainers can call on their Adena sports medicine colleagues at Adena Orthopedic and Spine Institute for timely diagnosis, treatment, and coordination of care.

Wells says that as part of the agreement with the schools, and as a best practice nationwide, Adena's athletic trainers have the final word on whether an athlete is ready to get back in the game or will require further treatment or rehabilitation.

"This allows the coaches to focus on coaching and leaves the medical decisions to Adena's clinical professionals," he says.

## Adena Health licensed athletic trainers

<b>Melissa Richendollar</b>	Adena High School
<b>Luke Watson</b>	Chillicothe High School
<b>Bailee Deaver</b>	Huntington High School
<b>Megan Montgomery</b>	McClain High School
<b>Taylor Priest</b>	Miami Trace High School
<b>Amanda Keeton</b>	Piketon High School
<b>Trina Owings</b>	Southeastern High School
<b>Philip Hughes</b>	Unioto High School
<b>Ashley Cassidy</b>	Washington High School
<b>Alison Hall</b>	Waverly High School
<b>Shane Wells</b>	Wellston High School
<b>Lisa Chaffin</b>	Zane Trace High School



## A Winning Team

Adena Health sports medicine physician lead Clinton Hartz, MD, loves the collaboration the team at the Adena Orthopedic and Spine Institute has with the health system's athletic training program.

Athletic trainers are linked with sports medicine physicians, who stand ready to assist in the care and treatment of student-athletes whether on the sidelines or helping to tackle more serious injuries that might require an in-office visit.

"Our athletic trainers are amazing," Dr. Hartz says. "They truly make our job a lot easier and we could not do it without them. We have a great relationship between physicians and athletic trainers with the same goal: to keep our athletes healthy and allow for a safe, quick return to athletics."

◀ Clinton Hartz, MD

# Being sick isn't convenient. But we are.



Adena Health offers six urgent care and same-day service locations open seven days a week to fit your busy schedule. Walk-in appointments are available or schedule online.

**Scan the QR code to find a location close to you.**  
**[Adena.org/urgentcare](https://Adena.org/urgentcare)**





# Ache, Pain or Pull?

Visit our  
Express Clinic.

Whether on the job or on the field, the Express Clinic at Adena Orthopedic and Spine Institute has you covered.

A sudden injury or new pain does not have to be an inconvenience to your busy schedule. Our Express Clinic provides treatment and support so you can get back to doing what you love.

**Services include:**

- Recent bone, joint or muscle injury
- Broken bones (excluding hip and face)
- Sprains and strains
- Injured, painful or swollen joints (including arthritis flare-up)
- Sports related injuries and concussions
- Acute back and neck pain
- Finger dislocations

Walk-ins welcome, and no appointment is necessary.

Call 740-779-4598 or  
scan here for more information



**Monday-Friday  
8 a.m. – 3 p.m.**

**Adena Orthopedic  
and Spine Institute  
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