

Health Disparities Advisory Meeting | MINUTES

March 21, 2024, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 61 ppl.
Type of meeting:	Weekly Health Disparities Advisory Group Meeting	
Facilitator:	LaShan Dixon, Director Office of Faith-Based and Community Engagement	

Motivational Quote: (LaShan Dixon) “On this World Water Day, let us pledge to make every drop of water count and reduce our wastage of this precious resource.” - Unknown

(LaShan Dixon)

- **World Water Day** is observed on **March 22**, this year’s World Water Day is about accelerating change to solve the water and sanitation crisis globally. And accelerating change is something we can all be a part of. We’ve collected the best good news about and for water — we hope it inspires you to act on this World Water Day and beyond to protect and advocate for access to clean water. There are various activities you can participate in to raise awareness about water conservation and the importance of freshwater resources. Here are some engaging ideas:
 - **Conserve Water:** Brainstorm with your kids and create a list of ways to personally conserve water. Some ideas include turning off faucets, taking shorter showers, checking for leaks, and avoiding water wastage at home or school.
 - **Go Green:** Encourage your parents to adopt eco-friendly practices. They can buy energy-efficient appliances, install faucet aerators and low-flow showerheads, and plant native flowers that require less watering.
 - **Raise Funds for Charity:** Consider raising money for organizations that provide clean water to those in need. You can organize fundraisers or donate to reputable charities working globally to improve water access.
 - **Go Meatless:** Grains and veggies require less water than animal products. Encourage your parents to go vegetarian once a week to help conserve water.
 - **Learn and Play:** Explore educational games and activities related to water conservation. You can learn about the water cycle, estimate water usage for different foods, and understand the impact of water scarcity.
- **Deep Vein Thrombosis (DVT) Prevention Awareness Month** is observed in the month of March to raise awareness of D.V.T. D.V.T. refers to a blood clot or thrombus that forms in one or more veins deep inside a person’s body, which usually develops in the leg, but it can occur elsewhere. It blocks normal blood circulation in the body. Blood clots in the deep veins can break off and travel through the bloodstream. They can become lodged in one of the blood vessels in the lungs. This is called a pulmonary embolism. It requires emergency treatment as it can

have fatal consequences. Some D.V.T. symptoms can include:

- Swelling
- Pain
- Discoloration and
- Abnormally hot skin in the affected area

Almost half of D.V.T. cases have minimal symptoms. Some conditions such as muscle strain, skin inflection, and vein inflammation have similar symptoms. D.V.T. is most accurately diagnosed through venous ultrasound and venography. Blood clots above the knee can break off and travel up the bloodstream.

Other consequences of D.V.T. include damaged blood vessels, which lead to blood pooling, swelling and pain in the leg, and death in the most severe cases. People with prior D.V.T., stroke, pregnancy, obesity, undergoing major surgery, over the age of 65, and those confined to long periods of immobility such as travel, or bed rest are more at risk for deep-vein thrombosis than others.

If you would like more information, please contact North American Thrombosis Forum phone 617.730.4120 or via website at <http://thrombosis.org>.

TOPICS OF DISCUSSION

Focus: A Novel Training Program for Tennessee Clinicians Passionate about Caring for Adults with Intellectual and Development Disabilities

Presenter: Dr. Beth Malow

Summary: The Vanderbilt Wellpoint IDD ECHO is a project about improving the health care of people with intellectual and developmental disabilities in Tennessee. This is also for clinicians that are caring for intellectual and developmental disabilities such as physicians, practitioners or physician assistant psychologist, licensed clinical social worker, this is a way we can support each other as well as serve the person with the disability and their families. Project Echo stands for Extension for Community Healthcare Outcomes.

The idea to this project is folks can get healthcare wherever they are because it's being done on zoom. Folks are getting people educated on zoom and echo isn't just for intellectual and developmental disabilities, it's worldwide if you go to their website, you'll see projects in Africa and within 50 states. Traditionally, it's been Telemedicine where there's one provider and one patient, which is very limited. The Tele ECHO project is an expert hub team and learners no more than 20 individuals such as primary care doctors or nurse practitioners, etc. Each of them is serving a group of patients, so folks can see where the knowledge is amplified with the multiple people, everyone can get on the echo at the same time.

As everyone connects, they are also reminded of the protected health information and not to share details because that would be a violation of the HIPAA. Cases are then presented which is a patient from their practice, this is one of the healthcare providers on the echo. After the case has been presented, folks ask clarifying questions. Then other healthcare providers in the Community get an opportunity and our expert hub team will make recommendations and then at the end we do a short echo lesson.

If you seek to receive more information regarding the ECHO Project, please contact Dr. Beth Malow at projectECHO@vumc.org.

Member Comments: Announcements and Upcoming Events

- Brain Blast Event, Saturday, March 23 from 10AM – 2PM at Downtown Nashville Public Library, 615 Church Street, Nashville, TN – Flyer noted below.

Resources mentioned during call:

- **Recorded Webinar**, potentially of interest to some in this group: Supporting Vaccine Confidence in Black Communities Advancing Better Health Through Better Understanding – Community Narratives, Visions and Actions Webinar <https://www.youtube.com/watch?v=DA-wjz6S-qg>

Chat Box – links / website / events:

- If you need more information, please visit our website at www.healthdisparitiestn.com

Next Meeting: March 28, 2024, from 1pm-2pm via Microsoft Teams.

Microsoft Teams Meeting details are as follows:

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+1 629-209-4396](tel:+16292094396), [641975577#](tel:+1641975577) United States, Nashville

Phone Conference ID: 641 975 577#



BRAIN BLAST

FOR KIDS K-8TH GRADE!

FUN SCIENCE ACTIVITIES!

10AM-2PM

SATURDAY, MARCH 23, 2024

DOWNTOWN NASHVILLE PUBLIC LIBRARY

615 CHURCH ST. NASHVILLE, TN

LEARN FROM THE EXPERTS!

PLAY BRAIN GAMES!

MORE INFO HERE:





