PRACTICUM: FALL 2016

Emily Elkind
Work with my placement supervisor to put together a plan for a first-floor consumer health resources center for patients and families

- Project proposal
- Gantt Chart, with projects listed
- List of print and digital patient education materials
- List of web resources and information related to mental health, obesity, exercise, healthy eating, substance abuse
- List of local community agencies for Lexington
- 6 brochures about different relevant topics for our community
- Updated resource list for patients and families
- Literature searches
Attended monthly meetings related to construction of the consumer health resource center

Toured the consumer health resource center at UK to get a different perspective

Attended the regional Mid-Continental/Midwest MLA conference in Des Moines, IA on October 21-25.

- Networking
- Learning about new topics in the field
  - Predatory publishing, building relationships with faculty, clinicians and other stakeholders, the use of health apps in hospitals, the cost of a health librarian, and re-cataloging MeSH.
  - Identified a potential grant funding source for the consumer health resource center through the NNLM in Iowa City, IA. This person is the liaison between NNLM and the state medical library association.
Community Resource Center Proposal

Cecilia Railey, MLS, AHIP
Emily Elkind, MLIS (2017)
Rose Patrick MSN, RN-BC

August 30, 2016

The Saint Joseph Hospital Medical Library is pleased to submit this proposal for relocation and reconfiguration of services to make way for a new Community Resource Center. Since 1932, Saint Joseph Hospital has had a medical library that has provided authoritative, evidence-based research assistance to its vast community of healthcare providers and staff. Today, more so than ever, patients are expected to participate in their care from diagnosis to discharge. To this point, recent input from nursing leaders in the Shared Governance Council have expressed concern with the quality and branding of patient teaching and discharge materials at Saint Joseph Hospital. The Community Resource Center will empower patients and families by providing access to credible health information. The Center can link visitors to local organizations that provide specialized services for a particular health concern, as well as communicate current outreach programs and services sponsored by KentuckyOne Health. The Resource Center would provide a centralized approach to aggregate and maintain information materials regarding our diverse services. With a continued promise of service excellence to healthcare providers, the Community Resource Center will become an all-encompassing resource for KentuckyOne Health.

Objectives

- Establish patient access to credible health information
- Increase visibility of library services through marketing efforts
- Maximize use of technology to provide health information seeking opportunities for patients and families
- Establish an audiobook collection for the visually impaired
- Creation of a calm, comfortable environment
Services/Resources
• Provision of print and digital health literature (including a small selection of books)
• Monthly display for health awareness (i.e., Breast Cancer Month, Diabetes Month, Water Safety Month)
• Provide access to computers and video stations
• Deliver training on the use of Internet resources and library databases (librarian, intern)
• Identify local resources/agencies for additional health information

Needs for Consumer Resource Center
• Small sitting/reading area for families
• Desk space for library staff (kiosk-type arrangement)
• Color print/copy/scan/fax services
• Lockable storage for office supplies
• Minimal number of keys to access space
• Desktop computers (4-6) ["“All-in-one” model to reduce possibility of theft"]
• Disposable headsets/ear buds
• Comfortable seating that can be sanitized
• TV displays to facilitate viewing of digital brochures and videos
• KentuckyOne Health marketing materials (pens, notepads, mouse pads, hand sanitizers)

Needs for current Medical Library space
• Installation of 3-4 separate conference rooms with moveable soundproofed walls to facilitate creation of a larger conference room
• Provisions for video teleconferencing:
  - Video conference equipment (TV/computer screens, projector, phones)
  - Seating
  - Conference table(s)
• SMART Board

Recommendations
• Full time Master-degreed librarian on staff to assist patients and their families and continue research services for the Virtual Library
• Maintain internship collaboration with the University of Kentucky School of Library & Information Sciences (Note: this will help with staffing of new space)
• Volunteer services collaboration to allow for 8:00am-8:00pm opening hours Monday-Friday — or — flexibility considered to have one late night shift during the week with hours on remaining business days from 9:00am-5:30pm.
• Addition of the librarian’s business card to all discharge information packets for families to arrange appointment with librarian
• Collaborate with nursing leaders to overhaul discharge instructions to achieve a more uniform, up-to-date set of patient education materials

Goals (Immediate)
• Relocate within 6 months (includes installation of glass enclosures, new furniture, computers, etc.)
<table>
<thead>
<tr>
<th>Project Title: Consumer Resource Center</th>
<th>Updated: x/x at 00:00 a.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Decommission of Current Library</strong></td>
<td></td>
</tr>
<tr>
<td>Remove journals from shelves for discard</td>
<td></td>
</tr>
<tr>
<td>Dismantle and remove shelves (put in storage, discard?)</td>
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<tr>
<td>Remove furniture pieces not remaining for current reconfigured space.</td>
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</tr>
<tr>
<td>*Removed furniture marked with a green x in masking tape</td>
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</tr>
<tr>
<td><strong>Current library reconfiguration</strong></td>
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<tr>
<td>Stakeholders reconfigure current space to their needs</td>
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<tr>
<td>Grand Opening</td>
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<tr>
<td><strong>New Library</strong></td>
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<tr>
<td>Break down/relocate donor wall</td>
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<tr>
<td>Confirm pricing for glass wall</td>
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<tr>
<td>Order glass wall</td>
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</tr>
<tr>
<td>Install glass wall</td>
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</tr>
<tr>
<td>Select furniture (staff area and user area)</td>
<td></td>
</tr>
<tr>
<td>Select storage</td>
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<table>
<thead>
<tr>
<th>2016</th>
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<tr>
<td>Jul</td>
<td>Aug</td>
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**Targeted Date of Completion**
<table>
<thead>
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<th>GANTT CHART CONT.</th>
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| Carpet cleaning |
| Install furniture |
| Select IT equipment |
| Purchase IT equipment and power strips |
| Install IT equipment |
| Grand opening |

<table>
<thead>
<tr>
<th>Resource Selection</th>
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<tbody>
<tr>
<td>Select resources (books, brochures, etc)</td>
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<td>Purchase resources</td>
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<tr>
<td>Shelve resources</td>
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</table>

<table>
<thead>
<tr>
<th>Electrical and inspections</th>
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<tbody>
<tr>
<td>Wiring (wall outlets, grounded outlets)</td>
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<tr>
<td>Make sure new library is up to code</td>
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<table>
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</tbody>
</table>
Alcohol Abuse and Tips on Quitting

Also called Alcohol Use Disorder, with the following symptoms:

- Drinking more than you meant to?
- Spent longer recovering from the drinking?
- Spent lots of time drinking?
- Unable to take care of family, friends, household responsibilities because of drinking?
- Sacrificed other pleasurable activities or relationships to drink?
- Continued to drink after becoming depressed or sick?
- Placed yourself in dangerous situations while drinking (driving, using machinery, swimming, etc.)?
- Experienced withdrawal symptoms after drinking alcohol?
- Drank much more alcohol to experience the same effects as when drinking much less?

Source: National Institute on Alcohol Abuse and Alcoholism
Defining Alcohol Levels
According to the National Institute on Alcohol and Alcoholism:

Binge Drinking: 4 drinks for women, 5 drinks for men

Women who drink 3 drinks per day and no more than 7 drinks in one week are at a low risk for developing an Alcohol Use Disorder.

Men who drink 4 drinks in one day and 14 drinks in one week are less likely to develop an Alcohol Use Disorder.

Tips on how to quit drinking:

- Look in your area for local support groups.
- Reach out through social media to find support if you cannot find local groups.
- National Drug and Alcohol Treatment Referral Routing Service:
  1-800-662-HELP (4357)
- Join other non-alcohol related activities in your area.
- Find people who do not use alcohol to hang out with.
- Stay away from areas where you are more likely to drink.
- Do not bring alcohol into the home.
- Come up with a polite, firm reply for those who offer you a drink.

Source: MedlinePlus and National Institute of Alcohol Abuse and Alcoholism

Image source: chalkthoughts.com
Common distracting activities
Reading
Grooming/Makeup
Texting/talking on the phone
Arguing/talking with passengers
Eating

Why these activities are dangerous
It's unfair and disrespectful to do the activities above while driving because it poses a safety hazard to everyone on the road.

Pedestrians and fellow drivers expect you to be focused on driving ONLY.

If pedestrians and fellow drivers are following the rules of the road, you should also abide by the same rules because it is THE LAW.

Laws in Kentucky:
It is against the law to be texting, emailing, and otherwise surfing the internet on the phone while driving.

Talking on the phone while driving is not against the law.

Teen drivers may not use a cell phone at all while driving.

Source: Kentucky Transportation Cabinet.

Additional Sources
Teens Against Distracted Driving: http://teensagainstdistracteddriving.com/
Distraction.gov: http://www.distraction.gov/
Governors Highway Safety Association

Distracted Driving....Don't Do It!!!
Pets in the Car: Tips

Crate or harness your pet in the back seat.

Keep the temperature in the car at a good temperature

Provide a toy to keep the pet busy.

Stop frequently on longer trips for bathroom breaks and stretches.

Children in the car: Tips

According to the Kentucky Transportation Cabinet:

Make sure each child has something to do in the car (toys, books, etc)

Make sure that each child is restrained.

If the child refuses to stay buckled in their seat, pull over, stop the car, and do not continue driving until they stay restrained in their seat.

Praise the child for staying restrained in their seat.

Stop often to allow children to run around and stretch.

Tips on avoiding distracted driving

Pull over to a secure area if you must make a call

Turn your phone off and put it away

Leave a voice message for callers that states you will return your call once you are off the road

If you use a GPS, enter the destination before you leave so you are not distracted while driving

Cage pets or harness them with pet harnesses

If a conflict with children arises, pull over to address the problem. DO NOT attempt to address it while driving.

Source: American Family Insurance
BROCHURE 3: HEALTHY EATING

Make small changes:
- Half of your plate is fruits and veggies
- Half of your grains are whole grains
- Lowfat or no fat dairy products

Controlling Portion Size:
- Use smaller plates
- Eat slowly
- Pay attention to how hungry and full you feel, and listen to those cues
- Eat more fruits, veggies, whole grains, and decrease the amount of sugar, salt and fat in your diet.
- Eat fruit for dessert instead of cookies or cakes
- Drink more water
- Make certain foods treats

All of these tips should help you retrain your brain to enjoy the healthier foods you need.

Here are additional resources for making healthy recipes:
- https://www.choosemyplate.gov/recipes-cookbooks-and-menus
- Eating on a budget
  https://www.choosemyplate.gov/budget

Why is healthy eating important?

EAT THE RAINBOW
FOOD MATTERS

Source: Huffington Post
Source: Socialized info

Source: ChooseMyPlate.gov
According to ChooseMyPlate.gov:

Vegetables: contain many healthy vitamins that help maintain blood pressure, healthy cholesterol, and Vitamin A keeps teeth and gums healthy, while Vitamin C helps cuts heal quickly

Fruits: Low in fat, salt, calories, and have no cholesterol. Fiber lowers cholesterol and blood pressure, and helps with bowel functions. Also reduces risk of heart disease.

Grains: Contains fiber, and B vitamins also help with metabolism. Energy from the carbs and sugars help with creation of protein. Iron oxygenates the blood and other vitamins help keep the immune system healthy.

Protein: Low amounts of saturated fat (often found in red meat, such as steak, beef, and lamb) can decrease bad cholesterol. Protein is the builder of many parts and chemicals needed for proper body functions. Eating small amounts of some nuts and lean meat help

Healthy eating (in addition to other positive choices) prevents the following:

- Cancers
- Heart disease
- High Cholesterol
- Diabetes
- High blood pressure
- Obesity
- Bone disease

Healthy eating influences the following:

- Positive mood
- Decreases body weight
- Increases overall energy
- Encourages restful sleep
- Increases your overall life expectancy
Other groups to look into:
- Your local parks, recreation centers (rec centers)
- Local YMCA
- Employee workout programs funded by employers
- Local health department
- Churches

For more information:
- CDC: Physical Activity and Health
  https://www.cdc.gov/physicalactivity/
  basics/pa-health/
- American Heart Association
  http://www.heart.org/HEARTORG/
  HealthyLiving/PhysicalActivity/PhysicalActivity_UCM_001630_SubHomePage.jsp

Reasons why exercise is important:
- According to ChooseMyPlate.gov, physical activity helps with the following:
- Increases your likelihood of living longer
- Helps increase positive feelings about yourself.
- Decreases chances of depression
- Sleep well at night
- Meet people, have fun
- Helps you stay at a good weight
- Helps you move around easier.

**Importance of Physical Activity**

![Image of person swimming](dietreview.com)

*Source: kingoffitness.co.uk*
Types of exercise: 
- Walking/Running
- Swimming
- Yoga
- Bicycling/stationary bike
- Lifting weights
- Soccer
- Basketball
- And many sports

Adult exercise recommendations
Adults want to do at least 2 hours and 30 minutes of moderate exercise in a week OR 1 hour and 15 minutes of intense exercise each week.

Exercise at least 3 times a week
Exercising 5 or more hours a week can also be beneficial
Lift weights, do push-ups and strength activities twice a week.

How to get started with exercise:
- Make use of the local transit system if there is one, and drive less
- Walk more places, drive less
- Clean the house
- Walk the dog
- Join a workout/walking group in your area
- Exercise to a workout video
- Involve the whole family
- Play with the kids

Source: ChooseMyPlate.gov

Tips for everyone:
- Start slowly, and work toward a goal.
- Choose activities that go with your fitness level.
- Use the correct safety gear for the activity
- Choose a safe place to do your activity

Source: npr.org
How does tobacco affect the body?
According to the National Institute on Drug Abuse, when tobacco is inhaled, it causes the heart to beat faster, the lungs to work harder, and blood pressure increases.

If the user smokes 25 cigarettes in one day, they receive 250 hits of nicotine in one day.

After repeated exposure to nicotine, the user may become addicted to the pleasure that smoking provides, and it will become more difficult to quit later.

Users are more likely to develop the following health problems:
- Lung Cancer
- Heart disease/Heart attack
- Stroke
- Pneumonia
- Vascular diseases
- And other health problems
Additional Resources:

Withdrawal:
https://smokefree.gov/challenges-when-quitting/managing-withdrawal/
understanding-withdrawal

What prompts smoking for you?
https://smokefree.gov/challenges-when-quitting/cravings-triggers/know-
your-smoking-triggers

Stress and Smoking

Source for this information: National Institute on Drug Abuse.
https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products

Quitting smoking can be challenging, but with the help of supportive family, friends, and support groups, it may be successful.

Nicotine Replacement Therapies approved by the FDA in patch, spray and other forms.

Here are some helpful resources for support:

Local health departments may be able to provide low-cost or free resources within your community.

Social Media: Facebook groups connected with the National Institute on Drug Abuse.

Support groups in the community

Helpline: 800-QUIT-NOW

More Information on how to quit:
https://smokefree.gov/

Image sources: breadforthecity.org & hccfl.edu
What about the FDA?

The Food and Drug Administration has begun to regulate e-cigarettes in 2016, but they have much more to learn about the effects of e-cigarettes and other electronic smoking devices. The FDA has also taken jurisdiction over the promotion, packaging, manufacturing, marketing and additional areas related to electronic smoking devices. However, the FDA has no jurisdiction over accessories for the electronic smoking devices.

Additional Resources:

Food and Drug Administration
www.fda.gov/tobacco/products/labeling/productingredientscomponents/ucm466010.htm

American Lung Association

National Association on Drug Abuse

Don’t Think E-cigarettes are dangerous? Think again.

Don’t Think E-cigarettes are dangerous? Think again.

Source: wired.com

Source: Kentucky Department of Agriculture

Source: smcque.net

Source: http://www.fda.gov
What about secondhand smoke?

E-cigarettes and the smoke coming from them are not shown to be any safer to inhale than traditional cigarette smoke.

Because e-cigarettes still contain cancer-causing chemicals, it is best not to smoke in non-smoking areas out of courtesy for others.

Source: American Lung Association

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Myths and Realities about E-Cigarettes

 Myth 1: E-cigarettes are not addictive.
 Reality: E-cigarettes contain nicotine and other chemicals which make them addictive to the user.

 Myth 2: E-Cigarettes are safer than other cigarettes.
 Reality: The government has not collected enough information about the safety of e-cigarettes.

 Myth 3: E-Cigarettes can help you quit smoking.
 Reality: E-cigarettes have not been looked at closely enough to determine if users can quit smoking by decreasing nicotine dependence on E-cigarettes.

Source: American Institute on Drug Abuse

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What are e-cigarettes?

E-cigarettes, along with e-cigs, e-hookahs, and other electronic smoking devices are known together as Electronic Nicotine Delivery Systems (ENDS).

Users often inhale flavored vapors in an aerosol form through a refillable filter.

Like traditional cigarettes, e-cigarettes contain nicotine and other harmful chemicals.

Additionally, flavored chemicals are another reason why many users become addicted to e-cigarettes.

Source: American Lung Association
<table>
<thead>
<tr>
<th>Print materials: Diseases and the body</th>
<th>English</th>
<th>Publisher</th>
<th>Seller</th>
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<tr>
<td>Merriam-Webster's Medical Desk Dictionary</td>
<td>Innovative Knowledge</td>
<td>Amazon.com</td>
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<td>The Human Body Book</td>
<td>DK Publishing</td>
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<td>Mayo Clinic A to Z Health Guide</td>
<td>The Mayo Clinic</td>
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<td>American Medical Association Family Medical Guide 4th edition</td>
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<td>Human Body: Human Anatomy for Kids</td>
<td>Amazon.com</td>
<td>Jon Haws, BSN, RN</td>
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<td>The Human Brain Book</td>
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<tr>
<td>Why do I hurt? The Neuroscience of Pain</td>
<td>Rittenhouse</td>
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<td>100 Questions and Answers about.....series</td>
<td>Rittenhouse</td>
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<td>Rittenhouse.com</td>
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<td>Wiley</td>
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<td>100 Questions and Answers about Stroke: A Lehy Clinic Guide</td>
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<td>Kinan K. Hreib</td>
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<td>Elsevier</td>
<td>Rittenhouse.com</td>
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<tr>
<td>Journeyworks brochures on many topics</td>
<td>Spanish</td>
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**LIST OF PRINT RESOURCES FOR NEW SPACE**
<table>
<thead>
<tr>
<th>Models</th>
<th>URL</th>
<th>Price</th>
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<tbody>
<tr>
<td>Vat of Fat</td>
<td>a3bs.com</td>
<td>$79.00</td>
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<tr>
<td>1lb and 5lb fat globs</td>
<td>a3bs.com</td>
<td>$120.00</td>
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<td>Smokey Sue</td>
<td>a3bs.com</td>
<td>$144.00</td>
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<td>Smokey Sue smokes for two</td>
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<td>Tobacco Mouth</td>
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<td>$146.00</td>
</tr>
<tr>
<td>A Year's worth of tar</td>
<td>a3bs.com</td>
<td>$72.00</td>
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<tr>
<td>Clem's Phlegm display</td>
<td>a3bs.com</td>
<td>$76.00</td>
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<td>Classic Heart with bypass 2 part</td>
<td>a3bs.com</td>
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<td>Goggles for simulating drunk driving</td>
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<td>Deluxe functional knee joint</td>
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<tr>
<td>Deluxe functional hip joint</td>
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Cancer resources

100 Questions and Answers about cancer
100 Questions and Answers about Leukemia
100 Questions and Answers about Myeloma
100 Questions and Answers about Kidney Cancer
100 Questions and Answers about Lymphoma
100 Questions and Answers about lung cancer
100 Questions and Answers about pancreatic cancer
100 Questions and Answers about Melanoma and Other Skin Cancer
100 Questions and Answers about Esophageal Cancer
100 Questions and Answers about Colorectal Cancer
100 Questions and Answers about cancer symptoms and cancer side effects
100 Questions and Answers about Metastic breast cancer
100 Questions and Answers about Bladder cancer
100 Questions and Answers about Brain Tumors
100 Questions and Answers about Uterine Cancer
100 Questions about Gastric Cancer
100 Questions and Answers about Breast Cancer
100 Questions and Answers about Prostate Cancer
100 Questions and Answers about life after breast cancer: sensuality, sexuality, intimacy
100 Questions and Answers about caring for family and friends with cancer
100 Questions and Answers about Triple Negative Breast cancer
100 Questions and Answers about life after cancer: a survivors' guide
100 Questions and Answers about Gastrointestinal Stomal Tumor (GIST)
100 Questions and Answers about Biliary Cancer
100 Questions and Answers about Ovarian Cancer
100 Questions and Answers about Head and Neck Cancer
100 Questions and Answers about vulvular cancer and other cancers of the vulvula and vagina
100 Questions and Answers about Liver Cancer
100 Questions and Answers for women living with Cancer
Related to:

- Substance abuse treatment (accredited organizations by SAMSHA.gov)
- Local gyms and classes
- Nutrition information and healthy recipes
- Weight management
- Information with names, addresses, phone numbers, websites and emails

LIST OF LOCAL AGENCIES IN LEXINGTON
LIST OF LEXINGTON COMMUNITY AGENCIES

SAMHSA.gov
Veterans
Lexington Veterans Association Medical Center
1101 Veterans Dr.
Lexington KY 40502
859-233-4511
Treatment provided: Inpatient and Outpatient Mental Health treatment
Operated by: US Department of Veterans Affairs
Special programs:
- HIV/AIDS programs
- LGBT programs
- Co-Occurring mental health and substance abuse disorders
- Traumatic Brain Injury
- Eating disorders

Substance abuse and mental health
Shepherd’s House Inc.
154 Bonnie Brae Dr.
Lexington KY 40508
859-252-1939
For young adult and adult men
Type of care:
- Substance abuse care
- Do Not use Opioids for drug addiction
Treatment approaches:
- Cognitive Behavioral Therapy
- Rational Emotive Behavioral Therapy
Service setting: residential, long term residential.
Additional services:
- Individual counseling
- Group counseling
- Family counseling
- Marital/couples counseling
- Anger management
- Motivational counseling
Substance Abuse, Cont.
New Life Counseling Services
1099 South Broadway, Ste. 200
Lexington KY 40504
859-309-2384

Type(s) of care provided: substance abuse and mental health
Treatment approaches: substance abuse counseling, cognitive behavioral therapy, trauma based counseling
Treatments: Outpatient, intensive outpatient, regular outpatient treatment
Special support programs offered:
- LGBT support
- Veterans support
- Active duty military
- Referred clients from the court system
- Military families
- Seniors/older adults
- Adolescents, young adults
- HIV/AIDS patients
- Pregnant/postpartum women
- People experiencing domestic violence/intimate partner violence

Age groups served:
Children, teens, young adults, adults, older adults

Exclusive services: DUI/DWI clients

Additional accredited programs in Lexington at
https://findtreatment.samhsa.gov/locator?sAddr=Lexington%2C+KY%2C+United+States&submit=Go
Nutrition and exercise classes/contacts

Contact your local doctor or the health department for recommendations if you need to see a nutritionist. Nutritionists at the Health Department may be contacted at the following number: 859-288-2473.

Dieticians also lead classes twice a month called “Eat, Move, Lose” weight loss support group” from Noon-1 on the first and third Tuesday of each month. Location: WIC clinic South 2433 Regency Rd.

Exercise classes are also offered at the William Wells Brown Community Center, located on East Sixth St. Classes are open to adults ages 18 and up. Childcare provided to children ages 5 and up.

Every Tuesday through December:
Low Impact aerobics: 6-7 pm

Specialty fitness classes from 7-8 pm
Yoga, healthy cooking classes, weight management support groups, boot camp, line dancing)

Every Thursday through December:
6-7p: Zumba
7-8p: yoga, line dancing, boot camp, weight loss support group, healthy cooking

Contact Jill Chenault-Wilson for more information at 859-389-6678. A calendar is located on the William Wells Brown webpage.

Additional classes can be found on the Lexington-Fayette County Health Department Website: http://www.lexingtonhealthdepartment.org/Home/tabid/38/Default.aspx under “programs”.

NUTRITION AND EXERCISE CLASSES
Other organizations that may offer fitness classes:

Y of Central Kentucky
CM Gatton Beaumont YMCA
3251 Beaumont Center Cir.
Lexington KY 40513
859-219-9622

Pilates reformer tower and chair
Outdoor pool
Lap pool
Warm water pool
Whirlpool
Group classes included in membership
Martial arts
Youth arcade
Childcare (free while using the Y)
Special needs locker room
Locker rooms
Steam room/sauna

High Street YMCA
239 E. High St.
Lexington KY 40507
859-254-9622
Hours: M-F: 5:30am-10pm
Sat.:6am-6pm
Sun:10am-8pm
Additional hours located at: http://www.ymcacky.org/locations/ymca-location/high-street-ymca/

Cardio equipment
Weight rooms
Cycling area
60 group classes included in membership
Free getting started appointments, assessments
Heated indoor pool
Free towel service
Childcare while at the Y
Raquetball/handball courts
Full size gym
Indoor running/walking track
Locker rooms with sauna/steam room
Pilates studio
North Lexington Family YMCA
381 West Loudon Ave.
Lexington KY 40508
859-258-9622
Mon-Fri: 5:30 am-10pm
Sat: 6am-6pm
Sun: 10am-6pm
For more hours and information visit: http://www.ymcacky.org/locations/ymca-location/north-lexington-family-ymca/

Multi-use swimming pool
Full size gym
Dry sauna, steam room, whirlpool
Health and wellness center with cardio equipment, weights, free weights
Group exercise studio
Multipurpose room
Free childcare room while at the Y
Free group exercise classes including pilates and yoga, included in your membership
Free Getting Started appointments, fitness assessments, and equipment orientations
Outdoor Basketball courts
T-Ball and soccer fields

Whitaker Family YMCA
2681 Old Rosebud Rd.
Lexington KY 40509
859-543-9622

Cardio, strength, weight equipment room
Lap and recreation pool (including slides and splash features)
Child care room, free to use while at the Y
Outdoor splash pool
Adult locker rooms, express changing rooms, family locker rooms with easy access to pool area
Three exercise studio areas for group classes including Yoga, Zumba, and others (100+ classes a week)
Large performance room for training
Full size gym
Three lane indoor track
Entrance with free wifi and inviting seating area
Jessamine Aquatics Center (swimming)
220 East Maple St.
Nicholasville, KY 40356
859-367-7356
Mon-Fri: 11am-7pm
Sat: 11am-7pm
Sun: Noon-7pm

Scott County YMCA (Summer camps/ Sports leagues)
160 East Main St.
East Georgetown KY 40324
Open Mon-Fri 8-4:30 PM
Questions about programs: Call Pat LeVeque: 502-863-4841
Additional questions:

Includes Horseback riding, soccer leagues, T-Ball, Lego Camp

For more information about summer camps and sports leagues:
http://www.ymcakky.org/main/scott-county/

Questions about Membership and the YMCA?
See: http://www.ymcakky.org/main/frequently-asked-questions/
Weight management

St. Joseph Lifestyle Medicine classes, membership based
Focuses on the following:

Exercise and instruction
Individual nutrition counseling
Group and one-on-one classes teaching healthy behaviors
Weekly Stress management classes
Relaxation and meditation instruction
Emotional and behavioral health coaching
Cooking classes

Contact information:
Lexington: 859-313-4793
Email: lexingtonhealthylifestyle@kentuckyonehealth.org

To find additional information about assessing diet and nutrition needs, visit the link below:
http://kentuckyone.adam.com/content.aspx?productId=146&pid=36&gid=3&cmd=create
Tobacco Use Cessation and Prevention

Lexington-Fayette County Health Department
Angela Brumley-Shelton
Ph: 859-288-2446

In addition to methods on how to quit smoking, the program also provides information on the following:

- Cigarettes and littering
- Asthma in children and smoking
- Dental health and smoking
- Pregnancy and smoking
- Risks of secondhand smoke
- Secondhand smoke and childhood illness
- Sudden Infant Death and Smoking
- Teens and tobacco
- Children and tobacco

For additional information: visit:
Lexington-Fayette County Health Department
650 Newtown Pike
Lexington KY
859-288-2483

*The health department no longer provides adult physical exams or adult vaccinations at their Newtown Pike location.
*As of May 20, 2014, childhood vaccinations and childhood physical exams are provided at the Newtown location, if you are either underinsured or uninsured.
*Limited appointments are available from Monday to Friday, and the appointments can be made up to a week in advance.

For more information about the local health department, visit: http://www.lexingtonhealthdepartment.org/

Also available at the 620 Newtown Pike location beginning on Sept. 21 for $30, and no appointment needed.
All of the following payment methods accepted: credit card, check, cash, Medicare/Medicaid, and some insurance
Updated digital resources list for patients, families and caregivers.

Topics covered:

- Healthy eating
- Weight management
- Mental health
- Substance abuse treatment
- Smoking cessation
The overall experience was really enjoyable

Learned about conducting literature searches, collecting relevant resources for populations, and collaborating on projects.

But...

The hospital politics were a challenge.

- Differing opinions and visions, reluctance to compromise
- Patient brochures were generic, with very little useful information for beginning users.
- My concern that patients and their needs are not coming first (I’m trying to be polite and not disrespectful).

That all being said, I want to highlight the amount of knowledge I gained as a result of this experience.

As far as the Gantt chart, we would like to decommission the library, but the group cannot decide whether to decommission the library or how to use the space.

Our ideas were not heard, and were unable to agree on a timeline for the project.