

**Ambulatory Services** 

## How We Care

Upstate Nappi Wellness Institute

Created: 4/2023 Naquia Lacey



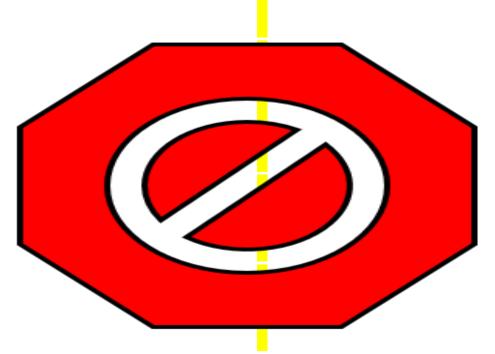
## Course Introduction and Objectives

- How We Care goes beyond what we do, it's about who we are. It's about how we treat our patients, families, guests and each other in a way that makes everyone feel welcomed, valued, and that they Belong at Upstate.
- The Culture of Ambulatory Services is in our hands...and language...and behaviors...and in How We Care!
- The information contained in this presentation is intended to identify the clinical services offered in the Nappi Wellness Institute and basic information about the population(s) served there, including:
  - Key Terminology
  - How to Help



"Empathy: The Human Connection" Video

Click here to watch "Empathy: The Human Connection" video before proceeding.



The link to this video is embed within the NWI How We Care Training Brightspace course.



A COMMITMENT TO DIVERSITY IS ESSENTIAL for Upstate Medical University to fulfill its mission.



UPSTATE'S MISSION: To improve the health of the communities we serve through education, biomedical research, health care and service.



WE ARE UPSTATT: We embrace diversity and inclusion.

# WE ARE UPSTATE

WE ARE UPSTATE: We drive innovation and discovery.





To improve the health of the communities we serve through education, biomedical research, and patient care.



## **UPSTATE**MEDICAL UNIVERSITY

#### **OUR VALUES**

We drive innovation and discovery by empowering our university family to bring forth new ideas and to ensure quality.

We respect people by treating all with grace and dignity.

We serve our community by living our mission.

We value integrity by being open and honest to build trust and teamwork

We embrace diversity and inclusion to state that all are welcome here.

# The Building Blocks for Culture at Upstate



## Upstate Medical University Strategic Plan



Excellence and
Access are the key
goals of the
institution

The Nappi
Wellness Institute
directly aligns with
both of these goals

January 2023



# Office of Diversity, Equity & Inclusion (ODEI)

We appreciate and value the diversity of our patient populations we serve at Upstate.

We recognize OUR diverse and inclusive workforce challenges each of us to contribute within our collective workplace in creative and innovative new ways.

**Embracing diversity** and **supporting inclusivity** brings out the **best** in **everyone** as we work **together** to achieve our **mission** to provide excellent education, research, healthcare and outreach.





## Key Terminology: DEI

**<u>Diversity</u>**: Recognition and appreciation of uniqueness of each individual person.

**Equity**: Constantly and consistently recognizing and redistributing power.

**Inclusion**: Thoughts, ideas, and perspectives of all individuals matter.

**Belonging**: An organization that engages full potential of the individual, where innovation thrives, and views, beliefs and values are integrated.



#### D.E.I.

## <u>IN</u>

#### Action

#### **DEI** message:

- Create an environment of belonging for all patients and care team members.
- Treat all people with dignity and respect.
- Welcome new ideas, perspectives, talents and abilities.
- Embrace diversity of all patients and care team members including gender, ethnicity, race, national origin, age, religion, marital status, disability status, veteran status, sexual orientation.
- Bring out the best in everyone.
- When in doubt treat others the THEY want to be treated.





# RESOURCES DIVERSITY, EQUITY, AND INCLUSION

Upstate Office of Diversity, Equity, and Inclusion

**Upstate's Commitment to Diversity** 

Equal Opportunity and Non-Discrimination policy # UW E-01

The Upstate Code of Conduct policy # UW C-02

New York State Executive Law Article 15- Human Rights Law





Kaushal B. Nanavati, MD FAAFP, ABOM, ABIHM - Upstate Medical University - Assistant Dean of Wellness; Director, Integrative Medicine and Survivorship at Upstate Cancer Center; Assistant Professor, Family Medicine





<u>Ambulatory Care Service Sites</u>



## **INTRODUCING:**

Nappi Wellness

Institute at Upstate

University Hospital





# What is the Nappi Wellness Institute

- New, innovative, WELL certified outpatient services building
- Five floors, 200,000 sq. foot
- Medical Practices within Nappi:
  - Adult Medicine
  - Connect Care
  - Family Medicine
  - Geriatrics
  - Inclusive Health Services (IHS)
  - Integrative Behavioral Health
  - Internal Medicine
  - Joslin Diabetes Center, Endocrinology, and Osteoporosis: Adult & Pediatrics
  - Pathology
  - Radiology
  - Upstate Center for International Health
  - Upstate Pediatric and Adolescent Center (UPAC)
  - Upstate Outpatient Pharmacy









# Environment of Nappi Wellness Institute

Designed with the wellness of our patients, their families, and our providers and staff in mind.

#### **Designed to prioritize and improve:**

- Patient experience
- Providers' efficiency
- Everyone's wellness

#### **Dedication to wellness:**

 Design elements align with WELL Building Standards, developed by the International WELL Building Institute.

First WELL Certified building in CNY
Optimization of health and wellbeing in seven areas:
air, comfort, fitness, light, mind, nourishment and water.



## Wellness and Well-Being

- <u>Wellness</u>: Think of this as what a system provides/offers to help optimize the user experience. Systemic wellness is the foundation for individual well-being.
- <u>Well-being</u>: Think of this as what people do for themselves to optimize their own health in multiple domains (financial, emotional, physical, spiritual, social, sexual, environmental, intellectual, occupational).
- <u>Well-being</u>: Broader concept than moment to moment happiness. It includes happiness and:
  - How satisfied people are with their lives
  - Autonomy (a sense of control over your life)
  - Purpose (having a sense of purpose in life)



# The Five Ways of Well-Being: EvidenceBased Principles

#### Connect

• Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting well-being.

#### Be Active

 Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.

#### Give

 Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

#### Take Notice

 Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

#### **Keep Learning**

 Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.



# The Diverse Communities We Serve









**Belong** at Upstate



## **CENTER FOR INTERNATIONAL HEALTH (CIH)**

# UPSTATE

NAPPI WELLNESS INSTITUTE

Center for International Health



# WHAT IS CENTER FOR INTERNATIONAL HEALTH (CIH)?

Provides Primary Care to Refugee families (Adults & Children)

Patient referrals come through Community Resettlement Agencies

Community involvement through Catholic Charities, Interfaith Works, and RISE- Refugee Immigrant Self-Empowerment



New York State was #3 in the nation, after California and Texas, for resettling 1,775 refugees that came to America in 2022.

# DID YOU KNOW?

IN 2022

Onondaga County is #2 in the state, resettling 407 (almost 25%) of the refugees coming to New York State in 2022.

#### Local health care facilities that care for refugees:

- Upstate University Medical
- St. Joseph's Hospital
- SCHC
- Compassionate Family Medicine
- Liberty Resources

#### **Most Refugees come from:**

- Sudan
- Ukraine
- Guatemala
- Burma
- Afghanistan
- Syria
- Dem. Rep. Congo



### **KEY TERMINOLOGY:**

#### Refugee population

#### Choice

**Immigrant:** is a person living in a country other than that of his or her birth.

International migrant: is someone who changes his or her country of usual residence, irrespective of the reason for migration or legal status.

#### **No Choice**

Asylum-seeker: An individual who is seeking international protection. "Seeking" because the claim has not yet been finally decided on by the country in which the claim is submitted.

**Refugees:** are people who have fled war, violence, conflict or persecution and have crossed an international border to find safety in another country.



## Special Considerations for the Refugee Population

#### Language barriers

Need for interpreter services

#### **Low Health Literacy**

 May experience difficulties navigating through health care system Social and economic struggles

**Cultural** differences

Fled TRAUMA



1

Use language line/interpreters

2

Understand your "norm" may be very different from their "norm".

3

Pause to ensure YOU understand the patient's perception of the medical encounter and plan 4

Kindness, patience, and empathy can be felt through our mannerisms and actions.

## What Can WE Do To Help?



## RESOURCES

#### **Upstate University Hospital Interpreters**

**Video Remote Interpreting** 

Phone interpreters

**In-person interpreters** 

Upstate Interpreter Line: 315-464-1454

for 24/7 assistance

Click here for: <u>UH Interpreter Contact Information</u>

Click here to review: Policy # I-07- Interpreter Services for Patients with Limited-English Proficiency (LEP), Deaf/Hard of Hearing, or Speech Impairments



## INCLUSIVE HEALTH SERVICES (IHS)





# WHAT IS INCLUSIVE HEALTH SERVICES (IHS)?

#### Population served:

- Folks within the LBGTQ+ community
- People living with:
  - HIV/Aids
  - Hep C

#### Examples of care provided:

- HIV Care
- Hep C treatment
- Pre & Post Exposure Prophylaxis
- Primary Care
- Hormone Replacement Therapy.

#### Community involvement:

 Outreach and education to Upstate and the community regarding the populations served.





## <u>DID YOU</u> KNOW?

Gender Expression Non-Discrimination Act

#### Covers discrimination based on gender identity or expression.

 Employment, housing, places of public accommodation (hospitals), and schools.

## Prohibits unlawful discrimination on the grounds of gender identify or expression by a hospital and other identified locations.

- Denying equal access to services based on gender identity or expression.
- Refusing to refer to an individual by stated name and/or pronouns.
- Denying an individual access to rest rooms or other facilities that are consistent with the individual's gender identity or expression.
- Teasing, name-calling or bullying based on a person's gender identity or expression.
- Refusing to treat an individual because they have made a discrimination complaint.
- Complaints can be made to the Division of Human Rights (DHR).
- For more information, visit: <a href="https://dhr.ny.gov/genda">https://dhr.ny.gov/genda</a>.



## **KEY TERMINOLOGY- IHS**

Gender Expression:	External appearance of one's gender identity, usually expressed through behavior, clothing, body characteristics or voice.	Sex Assigned at Birth:	The sex, male, female or intersex, that a doctor or midwife uses to describe a child at birth based on their external anatomy.
	May or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.		
Gender Identity:	One's innermost concept of self as male, female, a blend of both or neither –		
		Sexual Orientation:	An inherent emotional, romantic or
	How individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.	One mation.	sexual attraction to other people.  Note: an individual's sexual  orientation is independent of their
Outing:	Exposing someone's lesbian, gay, bisexual transgender or gender non-binary identity to others without their permission.	Queer:	gender identity.
	Outing someone can have serious repercussions on		
	employment, economic stability, personal safety or religious or family situations.		A term people often use to express a spectrum of identities and orientations that are counter to the mainstream
U=U	Undetectable= untransmittable.		
	Patients cannot transmit the virus if they are undetectable.		This term was previously used as a slur and should only be used when someone explicitly states that they identify as queer.
	90% of our HIV positive patients are suppressed, which surpassed NYS's goal		



#### **KEY TERMINOLOGY- IHS (continued)**

## Asexual

• A person who has a complete or partial lack of sexual attraction or lack of interest in sexual activity with others.

### Bisexual

 A person who is attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree.

## Cisgender

• A person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

### Non-Binary:

- A person who does not identify exclusively as a man or a woman.
- Non-binary can also be used as an umbrella term encompassing identities such as agender, bigender, genderqueer or gender-fluid.

## Transgender

• A person whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation.



## Special Considerations for Public Health Law, 27-F:

Protects confidentiality and privacy for persons that have been:

- Tested for HV
- Exposed to HIV
- Diagnosed as living with HIV or HIV/Aids related or
- Treated for HIV

No person who obtains confidential HIV-related information may disclose or be compelled to disclose such information.

Requires a signed release from the protected individual or legal representative for disclosure of HIV-related information.

Requires all individuals 13 and older to be offered HIV testing at least once during routine care.

Familiarize self with Article 27-F before disclosing any HIV-related information. For more information, Click Here: Article 27-F legislation



1

#### Protect:

 Sensitive information for ALL patients/clients/gues ts. 2

#### **Impact vs Intent:**

•Acknowledge the offense, apologize, & MOVE ON!!

3

#### Be Inclusive.

 Be positive and nonjudgmental. 4

#### Mirror Language:

•ALWAYS follow the lead of the patient.

5

#### **Update forms** and policies:

 Forms should reflect consistent, gender inclusive language. 6

## Additional Education Opportunities:

 Contact Inclusive Health Services.

## What Can WE Do To Help?



## **RESOURCES**

#### **Inclusive Health Services**

Patient Identification- UH policy I-02

NYS Confidentiality Law & HIV: Public Health Law, Article 27-F

**NYS Section 2782** 

**NYS GENDA Law** 

TransStudent Educational Resources-Gender Pronouns

**LGBTQIA Resource Center- Pronouns and Inclusive Language** 

**Human Rights Campaign-Glossary of Terms** 

**UCSF- General Definitions** 

Ten Strategies fo Creating Inclusive Healthcare Environments for LGBTQIA+ People (2021)

HIV Undetectable=Untransmittable (U=U), or Treatment as Prevention





## Joslin Diabetes

Affiliate at SUNY Upstate Medical University

Joslin Diabetes Center, Endocrinology, and Osteoporosis



### WHAT IS JOSLIN DIABETES CENTER?

## Adult and Pediatric Endocrinology practices:

 Cares for the patient from birth to end of life. Provides multidisciplinary Endocrinology care for complex diagnoses:

- Diabetes
- Osteoporosis
- Transgender care
- Other endocrine

#### **Community Involvement:**

- School Nurse Teach Day
- Peds Off to College Education Event
- Peds Off to Work Education Event (launching Fall '23)
- Peds Channel on Joslin website with Education Videos
- Adult Education Videos and Heathlinks Podcasts on Joslin website.



# DID YOU KNOW?



Joslin Diabetes Center Endocrinology and Osteoporosis is an affiliate to Joslin Diabetes Center in Boston, MA.

Provides educational services for Peds and Adult patients:

- RN Diabetes Care and Education Specialists (DCES)
- RD DCES
- Pharmacist DCES
- · Endocrine RNs (injection teaches)

Provides support services:

- Peds and Adult Social Workers
- Child Life Specialist
- Peds and Adult Behavioral Health Providers

Provides access to multiple services for the convenience of our patients:

- Podiatry
- DEXA Imaging
- Ultrasounds and Fine Needle Aspirations of the thyroid

Infusions, injections, and other endocrine testing



#### **KEY TERMINOLOGY:**

People Living with Diabetes

Patients are NO LONGER referred to as:

Patients are NOW referred to as:

Diabetics



People living with Diabetes

Non-compliant



Patients that have difficulties with adherence



## <u>Special Considerations for</u> <u>Patients Living with Diabetes:</u>

Patients are NOT their diagnosis; they are a person FIRST!

Persons living with
Diabetes may be on
several life-saving devices
(i.e. Continuous insulin
infusion pump).



1

#### Aim

 Aim to meet the patients where they are currently at. 2

#### Know signs of hypoglycemia

- Irritability/Confusion
  - Shaking
  - Sweating
  - Nervousness or anxiety
  - Dizziness
  - Hunger

3

#### Use

 Use preferred names and pronouns to promote inclusivity.

### What Can WE Do To Help?



## Nappi Wellness Institute Primary Medicine Clinics

## UPSTATE

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**Adult Medicine** 

### **UPSTATE**

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Family Medicine

### **UPSTATE**

NAPPI WELLNESS INSTITUTE

**Internal Medicine** 

### UPSTATE

NAPPI WELLNESS INSTITUTE

**Pediatrics** 



#### **KEY TERMINOLOGY:**

#### Caring for the Adult & Pediatric Patient

Residents	Doctors in training
Multidisciplinary Team	Our goal is to treat the whole patient by providing support from pharmacy, case managers, care managers, and social workers
Continuity of care	Scheduling patients with their Resident – leads to better patient care and optimal learning for the Resident.
PCMH Accreditation	Patient Centered Medical Home- (we have met certain quality driven criteria)
Primary Care Provider	Provider who is trained to comprehensively prevent, diagnose, and treat a broad array of illnesses; both chronic and acute.



## WHAT ARE THE ADULT & INTERNAL MEDICINE CLINICS?

Primary Care Services Providing Care to the Adult Population

Most patients reside in Onondaga County



Adult Medicine Clinic is a <u>Resident</u> Based Clinic! We have over 100 Residents that rotate once a week every month for 3 years in our clinic.

# DID YOU KNOW?

UPSTATE
NAPPI WELLNESS INSTITUTE
Adult Medicine

#### We are a

PCMH (Patient Centered Medical Home) and have obtained accreditation for the past several years!

**Approx 60%** of our patients are of diverse backgrounds.

We provide a multidisciplinary approach
to care for our patients including a
Pharmacy Team, Care Managers, Social Workers
and Case Managers, Registered Dieticians and
Bridge Therapists.



## Special Considerations for Adult Medicine patients:

#### We screen for SDOH (Social Determinants of Health)

 Many of our patients struggle with social, personal, economic and environmental factors which influence their health status.

#### Food insecurities

 We screen our patients for "food insecurities" and connect them with food resources both in our clinic and with the community to assist with meeting this basic need.

#### **Transportation**

 Many of our patients rely on public transportation to get to their appointments.

### Medication management

 Many of our patients require one on one care from our pharmacy team to oversee their medications and provide education.

### Diverse patient population

 Use of interpreter services is ideal as we do care for many Non-Englishspeaking patients.



# DID YOU KNOW?

UPSTATE
NAPPI WELLNESS INSTITUTE
Internal Medicine

We are a PCMH (Patient
Centered Medical Home) and
have obtained accreditation for the past
several years!

Internal Medicine does outreach for patients that have been seen in the Emergency Department and/ or have been admitted to hospital.

Our doctors work with the Residents in Adult Medicine and rotations in Upstate University Hospital.

We are proponents of "Health
Maintenance" meaning we
encourage preventative treatment (vaccines,
cancer screening, yearly physicals, etc.).



### <u>Special Considerations for</u> <u>Internal Medicine patients:</u>

#### **Health Literacy**

 We care for a wide range of patients – from various educational backgrounds.

#### Age of population

 Over half of the patients, we care for are over the age of 50.

#### New setting for long standing patients

 Many of our patients have been coming to Internal Medicine at 550 Harrison for many years, they may need additional guidance when coming to Nappi Wellness Center.

#### **Technology Struggles**

 Some patients may struggle with the changes that come with newer technology and the impact to their care.



#### WHAT IS FAMILY MEDICINE CLINIC?

Primary Care Services

Providing Care across the spectrum of life (birth to end of life).

Cares for a variety of groups:

- Refugee
- LGBTQ+
- Geriatrics



## Special Considerations for Geriatric Patients:

We are sensitive to those who may appear:

- Confused
- Lost
- Agitated
- Hard of hearing

May have **difficulty with** ambulation.

May have assistive devices such as walkers, canes, and wheelchairs.



## WHAT IS UPSTATE PEDIATRIC & ADOLESCENT CENTER (UPAC)?

**Primary Care Services** 

Providing care from birth to 21 years old

Cares for a variety of pediatric patients:

- Refugee/Immigrant
- LGBTQ+
- Children in foster care services



## We have an in-office diaper bank allowing us to supply free diapers to our patients in need

# DID YOU KNOW?

UPSTATE
NAPPI WELLNESS INSTITUTE
Pediatrics

#### We are a Reach out and Read site

All patients get a book at their well visit through age 5

We offer Integrated Behavioral Health Services

We provide specialty services
ENHANCE primary care for children in
foster care
Adolescent Medicine Consultation Clinic
serving 19 counties



## <u>Special Considerations for Pediatric Patients:</u>

Patients and families may experience:

Diverse family structures

Low health literacy

Difficulty accessing care & resources

Language Barriers

Seeking care for stigmatized conditions

All Pediatric patients are:





1

Have patience with our patients!

2

Treat everyone with common courtesy and respect.

3

**Don't make assumptions** of what the patient knows or doesn't know. 4

Uphold the "Patient's Bill of Rights".

5

If you see a patient that appears to need assistance, please offer help.

### What Can WE Do To Help?



### RESOURCES

#### **Primary Care Services**

Medication Management and Assistance Program from our Upstate Outpatient Pharmacy Team

pharmacymapp@upstate.edu

Care Managers/Case Managers/Social Workers/Bridge Therapy/Registered Dietician on site for support

Click here to visit the: **UH Interpreter Services Website** 



## Key Points to Remember When Caring for Our Patients





### Final Thoughts

'...people will forget what you said, people will forget what you did, but people will never forget how you made them feel.' ~ Maya Angelou

Thank YOU for how you provide care <u>and</u> care about our patients, families, guests, and each other!

