



Health Care Provider Examiner

- A newsletter for health care professionals serving North Dakota women -

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May 2000

Local Coordinators

JuLann Wiseman, RN

- Burleigh, Kidder, Emmons, Wells

Robin Izler, RN

- Stutsman, Foster, LaMoure, Logan, McIntosh

Joyce Sayler, RN

- Morton, Grant, Mercer, Oliver, Sioux

Ruth Bachmeier, RN

- Cass, Steele, Traill, Barnes

Paula Kummer, RN

- Ward, Bottineau, Burke, McHenry, McLean, Renville, Rolette, Sheridan

Kim Adams, RN

- Grand Forks, Cavalier, Griggs, Nelson, Pembina, Walsh

Deb Schiff, RN

- Ramsey, Benson, Eddy, Pierce, Towner

Betty Zimmerman, NP

- Richland, Sargent, Dickey, Ransom

Peggy Piehl, RN

- Stark, Adams, Billings, Golden Valley, Bowman, Slope, Dunn, Hettinger

Randa Eldred, RN

- Williams, Divide, McKenzie, Mountrail

Call 1.800.44WOMEN

www.womensway.net

Coordinator's Corner

By Danielle Kenneweg, Program Coordinator

The year 2000 is one-third complete and it appears that spring is definitely here. What an enjoyable time of year – a good time to bring some reminders from the *Women's Way* state office. Cooperative efforts of state and local agencies, both public and private, have provided breast and cervical cancer screening services to more than 2,300 women in North Dakota. See page 5 for a more detailed report.

Over the course of this past winter, *Women's Way* converted to a new data management system that allows us to manage the program more effectively. At the same time, we developed and launched our new website at www.womensway.net.

In honor of Secretary's Day, we'd like introduce the program secretary, Sandra Bush. Sandra has been with *Women's Way* for five years. Her assistance and support is crucial to smooth operations of the program. Thanks, Sandra, for all you do for women of North Dakota.

Local coordinators tell us that there may be some confusion about eligibility for women who currently have health insurance. *Women's Way* is able to provide services to women who have health insurance with a high deductible or co-pay and women who have health insurance that does not provide Pap smear and/or mammogram coverage. If you have ques-

tions or need more information, call your local coordinator at 1.800.44WOMEN.

We encourage you to continue to



Sandra Bush, program secretary, assists with program operations.

refer patients to *Women's Way* if you believe they may be eligible for and benefit from the services we provide. Research shows that women wait for their providers to recommend services. Don't hesitate to take advantage of that fact.

Finally, according to CDC, *Women's Way* and the Provider Cooperative Agreement signed by each enrolled facility, women are not to be billed for services covered by the program. Many enrolled women report receiving bills for services. We encourage your facilities to use internal systems to "flag" files of *Women's Way* enrollees so that billing can be avoided. Please call upon your local coordinator for clarification.

Enjoy the coming good weather. In good health!

National Program Celebrates 10 Years

By Mary Ann Foss, Nurse Consultant

For more than a decade, the Centers for Disease Control and Prevention (CDC) has supported the development and implementation of breast and cervical cancer screening programs in all 50 states, six U.S. territories, the District of Columbia, and 12 American Indian/Alaska Native organizations. The year 2000 marks the 10th anniversary of the National Breast and Cervical Cancer Early Detection Program (NBCCEDP).

In 1990, Congress passed the Breast and Cervical Cancer Mortality Prevention Act, which authorized the CDC to provide critical breast and cervical cancer screening services to medically underserved women, including older women, women with low incomes, and women of racial and ethnic minority groups.

Since 1990, more than two million breast and cervical screening tests have been provided. The NBCCEDP has provided nearly one million mammograms. More than 5,000 cases of breast cancer have been diagnosed. More than one million Pap tests have been performed and 31,000 cases of treatable, precancerous cervical lesions were detected. More than 500 cases of invasive cervical cancer have been identified.

Women's Way, the North Dakota Breast and Cervical Cancer Early Detection Program, provides breast and cervical cancer screening to women who are uninsured, underinsured, or medically underserved and who do not have the means to pay for these necessary screening services. Limited dia-

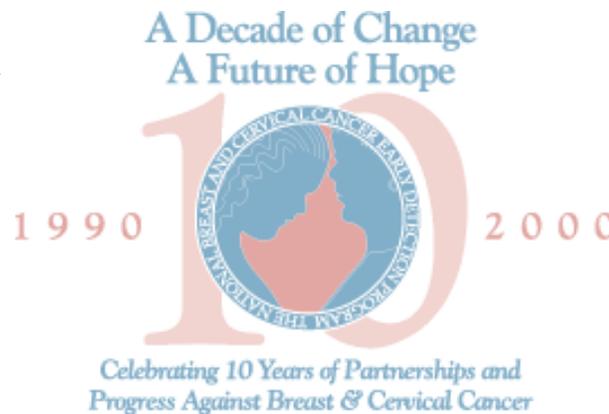
gnostic services also are provided for *Women's Way* clients who have received abnormal screening results.

During the past 10 years, the national program has set the standard for quality care and efficient program monitoring. Continuing with its emphasis on providing quality screening services to the underserved populations, the CDC plans to enhance the program through the following efforts: devel-

opment of effective strategies to improve rescreening rates among women enrolled in the program; creation of effective education and outreach strategies for reaching women who have been rarely or never screened; expansion of case management services to ensure that women enrolled in the program receive timely and appropri-

ate rescreening, diagnostic and treatment services; and continued efforts to link with key partners for the prevention and early detection of breast and cervical cancers.

Legislation for the national program does not authorize the CDC to pay for treating breast and cervical cancer. However, participating state programs, such as *Women's Way* in North Dakota, have been determined and creative in ensuring that treatment services are available for women with breast cancer or cervical abnormalities. The availability of treatment resources reflects the extent of state and local support, the generosity of medical providers, and the commitment of communities to their citizens.



WOMEN'S WAY IS ONLINE!

Check out our new website at www.womensway.net

Clarification of Pap Test Results

By Mary Ann Foss, Nurse Consultant

When reporting Pap test results on the *Women's Way* Intake and Visit Summary form, it is important to clarify the results before reporting them as "other."

The "other" category appears to be used as a catch-all category when the Pap report does not clearly state the final diagnosis or there is some question that the Pap specimen was adequate. Some commonly used responses include atypical, chronic cervicitis, atrophy, squamous metaplasia, VAIN, VIN, no ecc and Trichomonas. Most of

these responses are not appropriate for the "other" category and should be placed in another Bethesda category. Responses such as no show, abnormal not done, and unsatisfactory or benign are not acceptable due to national program data submission requirements.

It is important for Pap results to be clear so *Women's Way* can continue to have quality data and make valid comparisons, not only between North Dakota clinics, but also with other states.

Women's Way Medical Advisory Board

By Mary Ann Foss, Nurse Consultant

The Medical Advisory Board assists *Women's Way* by offering their knowledge and experience related to breast or cervical cancer screening and related issues. Specifically, members are involved in the review and recommendation of clinical service changes and/or expansion; review of program-developed clinical protocols; provision of recommendations related to other clinical and client-related issues; input related to quality assurance issues; and review of program screening and diagnostic data.

Members of the advisory board are:

- Dr. Stephen McDonough, medical director, North Dakota Department of Health, who serves as chair of the board
- Paulette Benson, family nurse practitioner, Wishek Community Hospital & Clinic, Wishek
- Dr. Jan Bury, Mid Dakota Clinic, Bismarck
- Dr. Catherine Fisher, Q & R Clinic, Bismarck
- Dr. Mark Kristy, West River Regional Health System, Hettinger
- Dr. Louise Murphy, St. Alexius Mandan Family Center, Mandan
- Dr. Michelle R. Tincher, Standing Rock IHS Hospital, Fort Yates

- Dr. Jeanette M. Viney, Q & R Clinic, Bismarck.

Advisory Board members from *Women's Way* state program staff include:

- Sandra D. Adams, director, Division of Health Promotion
- Danielle Kenneweg, program coordinator Cancer Prevention & Control Program
- Mary Ann Foss, nurse consultant
- Lisa Muftic', data manager
- Sandra Bush, program secretary.

The first meeting was held Oct. 28, 1999, at the Seven Seas Inn, Mandan.

Matters discussed at this meeting included appropriate program policy regarding breast ultrasound, Pap smear after hysterectomy, cervical cancer screening, RNs performing clinical breast examination, and appropriate documentation for going against medical advice. The next meeting was held on May 16, 2000, at Minervas in the Kelly Inn, Bismarck.

If you have any clinical/practice issues for the board to address, or would like to volunteer to serve on the Medical Advisory Board, please contact Danielle Kenneweg or Mary Ann Foss at 1.800.280.5512.

Screening Guidelines

Women's Way recommends using the American Cancer Society screening guidelines.

Cervix

All women who are or have been sexually active or who are age 18 and older should have an annual Pap test and pelvic examination. After three or more consecutive satisfactory examinations with normal findings, the Pap test may be performed less frequently. This choice should be discussed by the woman and her health care provider.

Women's Way covered services:

Eligible women ages 18 through 49 are eligible for clinical breast exams, Pap smears and pelvic exams.

Eligible women ages 50 through 64 can receive mammograms, clinical breast exams, Pap smears and pelvic exams.

Cervical Diagnostic services paid by Women's Way include:

- Colposcopy without biopsy
- Colposcopy with biopsy
- Endocervical curettage

Breast

Women ages 40 and older should have an annual mammogram and an annual clinical breast examination (CBE) by a health care professional, and should perform monthly breast self-examination. The CBE should be conducted before but close to the scheduled mammogram.

Women ages 20 through 39 should have a clinical breast examination by a health care professional every three years and should perform monthly breast self-examination.

Breast Diagnostic services paid by Women's Way include:

- Surgical consult
- Diagnostic mammogram
- Fine needle aspiration
- Biopsy of the breast
- Breast ultrasound

Dear Mary Ann,

When I heard about the *Women's Way* Clinical Breast Examination training, I wondered what one could possibly learn about breasts for two days! I almost didn't go as weekends are hard to give up. Not long into the program, I realized the two days were going to be very meaningful.

The two days flew by and I was amazed at how much I learned. Mary Ann was a dynamic instructor. The new breast exam technique plus the increased knowledge of breast cancer gave me confidence in doing breast exams. I had often feared that I wasn't doing thorough breast exams and had trouble convincing women that they could indeed distinguish the normal lumps from the abnormal.

The new technique takes a bit longer, but I have found that my female patients really appreciate the more thorough exam. They are quite willing to learn the technique. Since breast cancer is a fear of all women, the statistics and information I learned give women an opportunity to share their fears with me.

As a health care provider, I feel it is my responsibility to teach my patients preventive health care and to assist them to be as healthy as possible. I will always be grateful to *Women's Way* for the help provided in meeting this goal. My wish is that all health care providers involved in women's health would learn the *Women's Way* recommended technique, as I believe it is far superior to any other breast exam technique I have seen. Thanks, Mary Ann, and keep up the good work! Deb Barber, FNP



Deb Barber, MSN, FNP

Speaking of Pap Smears ...

By Danielle Kenneweg, Program Coordinator

CDC has recently established a new policy requiring the funded breast and cervical screening programs to enroll and screen women who have never had a Pap smear or have not had a Pap Smear in the past five years. Therefore, *Women's Way* has recently changed age eligibility guidelines to include women ages 18 to 39. See page 4 for a description of the covered services available to eligible women.

Funding does not allow us to heavily recruit and enroll large numbers of 18 to 39 year old women; however, if they have never had a Pap smear or have not had a Pap smear in the past five years, please contact the local *Women's Way* coordinator about possible enrollment at 1.800.44WOMEN.

Women's Way Statistics

Profile for the period of September 1997 through March 2000

| | |
|--|-------|
| <i>Women Enrolled - Currently Active</i> | 1,983 |
| <i>Women Enrolled - Currently Inactive</i> | 317 |
| <i>Total Women Enrolled</i> | 2,300 |
| <i>Health Care Providers Enrolled</i> | 1,006 |
| <i>Health Care Facilities Enrolled</i> | 251 |

Women's Way statistics - including the number of procedures performed by region or provider, screening activity, and demographic information - are available by contacting Lisa Muftic at 1.800.280.5512.

Cumulative program numbers are published on a monthly basis and posted on the *Women's Way* website at www.womensway.net.

Breast Cancer Diagnosed

| | |
|----------------------|----------|
| Stage 0 | 2 |
| Stage 1 | 1 |
| Stage 2 | 2 |
| Stage 3 | 4 |
| Stage 4 | 1 |
| <u>Stage Unknown</u> | <u>1</u> |
| Total | 16 |

Cervical Dysplasia Diagnosed

| | |
|----------------|-----------|
| CIN I | 13 |
| CIN II | 9 |
| <u>CIN III</u> | <u>15</u> |
| Total | 37 |

Cervical Cancer Diagnosed

| | |
|-----------------------------|---|
| Invasive Cervical Carcinoma | 0 |
|-----------------------------|---|

Women's Way Professional Network

By Mary Ann Foss, Nurse Consultant

Women's Way Clinical Breast Examination training continues in various locations around the state. Currently, 58 North Dakota health care providers have become *Women's Way* Trained Clinicians by completing the breast examination training.

Effective July 28, 2000, the trainings will be offered in two levels. There will be one training opportunity specifically for nurses and another for physicians, nurse practitioners and physician assistants.

The purpose of the training is to enhance knowledge and improve skills in the essential elements of

a comprehensive clinical breast examination. The clinical breast examination (CBE) technique taught in the training is based on the MammaCare Method which ensures a thorough, complete examination of all breast tissue. The Oct. 6, 1999, issue of JAMA article *Does This Patient Have Breast Cancer?* supports use of this method and states "an overall view of the evidence suggests that a carefully performed CBE detects cancers that are potentially curable."

For more information, contact Mary Ann Foss at 1.800.280.5512 or mfoss@state.nd.us.

Women's Way Trained Clinicians



Women's Way Professional Educator training, Bismarck - November 1998. *Women's Way* Professional Educators are professional education trainers for *Women's Way*. Trainings in clinical breast examination are currently conducted around the state. If interested in setting up a training, contact training facilitator, Mary Ann Foss, at 1-800-280-5512.

Front row: Mary Ann Foss, RN; Mary Alice Trapp, RN, training instructor from Mayo Cancer Center; Louise Murphy, MD; Amy Cox FNP
Back row: Cheryl Hefta, WHNP; Carla Folske, FNP; Helen Reddy, PA; Paulette Benson, FNP; Carol Moen, WHNP; Annette Larson, educational coordinator, UND Physician Assistant Program



Training at Wishek Community Hospital and Clinics, Wishek - May 1999.

Front row: Kay Rau, PA-C; Paulette Benson, FNP, PA-C, *Women's Way* professional educator; Ardy Praus, PA-C

Back row: Lori Bichler, FNP; Karen Macdonald, FNP; Alice Schatz, PA-C; Rosemary Hauff, PA-C



Training at St. Joseph's Hospital and Health Center, Dickinson - May 1999.

Front row: Lisa Bordeaux, FNP; Michelle Hardy, FNP

Back row: Carla Folske, FNP *Women's Way* professional educator; Suzanne Kostenko, FNP; Sharon Olson, FNP; Judy Bock, FNP; Mary Ann Foss, RN, *Women's Way* professional educator



Training at Fargo Cass Public Health, Fargo - September 1999.

Front row: Audrey Eckes, NP; Carol Moen, WHNP, *Women's Way* professional educator; Helen Reddy, PA, *Women's Way* professional educator; Ruth Bachmeier, RN, MSN; June Franzen, NP

Back row: Jackie Steckler, PA; Sharon Reis, PA; Jill Wohler, PA; Sharon Dunkel, NP; Joan Connell, PA; Deborah Nelson, NP



Training at University of North Dakota School of Medicine and Health Sciences, Grand Forks - November 1999.

Carol Moen, WHNP, *Women's Way* professional educator; Allison Harms, PA-C; Mary Ann Laxen, PA-C; Pam Engel, FNP; LeAnn Clarksean, FNP-C; Annette Larson, educational coordinator, UND Physician Assistant Program, *Women's Way* professional educator; Sheila Trontvet, FNP, PA-C; Tammy Clemetson, PA; Stephanie Wilson, FNP-C; Gwen Witzel, FNP



Training at Medical Arts Clinic, Minot - November 1999.

Left to right: David King, MD; Charles Kovalchick, MD; Susan Harris, NP; Kathryn Mangion, WHNP; Demaris Fitzpatrick, PA; Kerry Raghib, CNM; Jodi Olson, FNP; Patty Richter, CNM; Tim Houle, PA; Gloria Berg, CNM; Cheryl Hefta, WHNP, *Women's Way* professional educator; Arie Fischbach, MD; Amy Cox, FNP *Women's Way* professional educator



Training at St. Alexius Hospital, Bismarck - December 1999.

Front row: Mary Ann Foss, RN, *Women's Way* professional educator; Laurie Furstenberg, NP; Debra Dockter, NP; Shelly Botsford, NP; Deb Barber, NP
Back row: Carla Folske, FNP, *Women's Way* professional educator; Paulette Benson, FNP, PAC, *Women's Way* professional educator; Kristin Chausee, NP; Margaret Knoll, NP; Beth Zimmerman, PA; Stephanie Nottestad, PA; Rhonda Dockter-Jolliffe, NP; Dawn Meier, NP; Rebecca Ritter, NP; Cheryle Bitz, NP



Training at University of North Dakota School of Medicine and Health Sciences, Southwest Campus, Bismarck - April 2000.

Seated: Mary Ann Foss, RN, *Women's Way* professional educator; Amy Cox, FNP, *Women's Way* professional educator
Standing: Beth Haney, RN; Sara Solberg, MSIV; Jamey Jessen, MSIV; Keri Hill, MSIV; Matt Hopkins, MSIV; Heather Tvedt, MSIV; Sharon Hoven, MSIV



Danielle Kenneweg, Coordinator
Lisa Muftic, Data Manager
Mary Ann Foss, Nurse Consultant
Bev Martinson, Outreach Consultant
Sandra Bush, Program Secretary

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Murray Sagsveen, State Health Officer
Darleen Bartz, Chief, Preventive
Health Section
Sandra Adams, Division Director,
Health Promotion



Invitation from First Lady Nancy Schafer

Date: October 27, 2000 • 8:00 am - 4:00 pm

Location: Radisson Inn, Bismarck

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**For questions call:
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