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ANCHOR WELCOME

Fall is here and reporting is over! Whew! It seems that there is always something right around the corner. This time, it's the first DY4 Learning Collaborative Conference. On December 10th and 11th, stakeholders from across the Region will gather to learn from each other, network, and generally new and innovative ways to make their projects even more successful. We hope you will join us for the day and a half event. Not only will you get to hear about exciting transformation efforts, like the Project Spotlight at Rice Medical Center, but hopefully, you'll also get a chance to catch your breath and relax. To get you started, we have included some relaxation and breathing techniques for your post-October enjoyment. Don't forget to register for the event - [CLICK HERE](#). As always, thank you for working so hard through these critical deadlines; let us know how we can help; and, most importantly, Keep Calm and DSRIP On! ■

PROJECT SPOTLIGHT

RICE MEDICAL CENTER

1. Tells us about your project

Rice's Primary Care Expansion Project – East Bernard Clinic focuses on the expansion of Rice's East Bernard Clinic in Wharton County. As the only healthcare provider in East Bernard, Rice recognized a great need for expanded primary care services. Rice relocated the East Bernard Clinic into a larger, newly constructed space. This new Clinic offers more Clinic space, new physician and mid-level providers, and expanded hours. By expanding access to primary care in East Bernard, Rice expects more patients will align themselves with the primary care system, which will result in better patient outcomes.



East Bernard Clinic Staff



East Bernard Clinic

2. What are some of your successes?

Rice's relocation nearly doubled the size of the East Bernard Clinic. This expansion allowed Rice to add more providers and provide expanded services, like Women's Health, to the community. Further, Rice added nine (9) additional scheduling hours in order to serve patients before and after work, and during lunch.

3. What are some of the challenges?

Rice encountered several challenges when recruiting providers to work at the expanded Clinic. Such challenges included recruiting new physicians to a rural community and identifying candidates competent in their fields.

4. What are some lessons learned?

Rice's expansion project required extensive coordination across many departments of its hospital. Rice found that a strong, detail-oriented team, coupled with community support, is critical to the success of a clinic expansion.

5. How does this project contribute to transforming healthcare?

This project transforms healthcare by providing vital, quality healthcare to an underserved, rural community. Through the expansion of clinic hours, new providers, and improved access to primary care services, Rice expects the Clinic to make a strong and lasting impact on the East Bernard community. ■

RHP3 DY3 REPORTING

DY3 OCTOBER REPORTING	NUMBER OF METRICS REPORTED	AMOUNT REPORTED
DY3 Reported (R2)	686	\$331,900,698
DY3 Carry Forward	210	\$102,913,727
DY2 Carry Forward (Reported DY3 R2)	28	\$20,034,369



LEARNING MOMENT



MAYO CLINIC: RELAXATION TECHNIQUES: TRY THESE STEPS TO REDUCE STRESS



The Benefits of Relaxation Techniques

When faced with numerous responsibilities and tasks or the demands of an illness, relaxation techniques may take a back seat in your life. But that means you might miss out on the health benefits of relaxation.

Practicing relaxation techniques can reduce stress symptoms by:

- Slowing your heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Reducing activity of stress hormones
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving concentration and mood
- Lowering fatigue
- Reducing anger and frustration
- Boosting confidence to handle problems

To get the most benefit, use relaxation techniques along with other positive coping methods, such as thinking positively, finding humor, problem-solving, managing time, exercising, getting enough sleep, and reaching out to supportive family and friends.

Source: "Stress Management" *Relaxation Techniques: Try These Steps to Reduce Stress*, Mayo Clinic, Web. 04 Nov. 2014. <http://www.mayoclinic.org/healthy-living/stress-management/in-depth/relaxation-technique/art-20045368>

[CLICK HERE](#) for a quick breathing exercise! ■

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REGION 3 DSRIP TIMELINE

November, 2014 - Change Request (Plan Modifications) feedback to be received from HHSC.

December 2014 - HHSC mid-point assessment.

December 8, 2014 - HHSC and CMS will complete their review and approval of October reports or request additional information (referred to as NMI) regarding the data reported.

December 10th - 11th, 2014 - RHP3 Learning Collaborative, University of Houston Hilton.

December 15, 2014 - Tentative due date for Regional Annual Report.

January 16, 2015 - Due date for providers to submit responses to HHSC requests for additional information on October reported milestone/metric achievement and incomplete semi-annual progress reports.

February 13, 2015 - HHSC and CMS will approve or deny the additional information submitted in response to HHSC comments on October reported milestone/metric achievement and semi-annual progress reports. Approved reports will be included for payment in the next DSRIP payment period, estimated for July 2015.

*All dates are subject to change. Please refer to HHSC for the most recent updates: <http://www.hhsc.state.tx.us/1115-Waiver-Deadlines.shtml>.

