

The Cleveland County Public Health Board met on Tuesday, April 12, 2022, at 6:00 p.m.

Board members present: Sara Karner, Ronnie Whetstine, Robert Miller, Kale Meade, Henry Gilmore, Heather Bridges Moore

Board members present remotely: Patti Alexander

Health Department staff present: Leslie McSwain, Anne Short, Deshay Oliver, Tiffany Hansen, Victoria Byars, Andrea Power, Alisa Leonard

County Attorney's present: Tim Moore (remote) and Martha Thompson (remote).

CALL TO ORDER/WELCOME:

Chair Sara Karner called the meeting to order at 6:01 pm and welcomed everyone.

Mr. Miller gave the invocation.

CITIZEN RECOGNITION:

No citizens requested to appear before the Board.

APPROVAL OF AGENDA FOR April 12, 2022, PUBLIC HEALTH BOARD MEETING:

Chair Karner presented the proposed agenda for the April 12, 2022, Public Health Board meeting for consideration of adoption.

Motion: A motion was made by Ronnie Whetstine with a second by Robert Miller to adopt the agenda for the April 12, 2022, Public Health Board meeting as presented. The motion carried unanimously.

APPROVAL OF MARCH 8, 2022, PUBLIC HEALTH BOARD MEETING MINUTES:

Chair Karner presented the March 8, 2022, Public Health Board meeting minutes for consideration of approval.

Motion: Henry Gilmore moved that the minutes of the March 8, 2022, Public Health Board Meeting be approved, and Kale Meade made the second. The motion carried unanimously.

MATERNITY CLINIC PROGRAM:

Chair Karner introduced Victoria Byars with the Maternity Clinic program presentation for the Health Department. The Maternity Clinic consists of 1 Board Certified OB/GYN, Dr. Andrew Oliver, 2 mid-level assistants, 4 prenatal clinical staff and 1 full time social worker. The goal at the maternity clinic is to provide individual and comprehensive prenatal care to women in

Cleveland and surrounding areas—if they are a resident of North Carolina. Patients are seen for the entire pregnancy at the Cleveland County Health Department unless a high-risk condition warrants a transfer. Most patients that need a transfer are scheduled at Shelby Women’s Care, however there are some cases that need to be transferred to Myers Park in Charlotte. The Health Department schedules visits weekly, Monday through Thursday and accepts private insurance, NC Medicaid, and offers sliding fee scales for self-pay clients. The first appointment with CCHD is with an RN in which a detailed history including past medical issues and genetic issues that involves the patient’s family and partner. The initial bloodwork will be done during this meeting, as well as meeting with a social worker for a psychosocial screening that identifies needs such as transportation, food or counseling. Patients will also sign up for WIC during this appointment where they will receive a nutritional assessment and education on nutrition. After the history visit is completed, patients are scheduled for their physical exam with the OB. A due date is established once an ultrasound has been completed. Routine visits are scheduled throughout the pregnancy that include blood pressure check, weight and fetal heart rate. At 36 weeks the patients will be seen weekly until the birth of the baby. The RN and provider will educate the patient on labor signs and provide postpartum information such as pediatric care and postpartum depression. Patients are encouraged to view the epidural video to help aid in planning for pain management. Patients are also offered an infant feeding class that provides information for both breast and bottle feeding, which is presented by CCHD’s lactation consultant from the WIC department. The health department offers childbirth education classes, which is a 2-day course for first time moms and their support persons. The maternity clinic social worker will work with patients who have positive depression screenings and discuss permanent birth control options as she serves as the Regional Vasectomy Counselor. The HD partners with CMC Women’s Institute for high-risk referrals, these referrals would include different genetic issues or history of abnormal pregnancies. High-risk pregnancies will receive counseling from a Maternal Fetal Medicine specialist and a level II ultrasound. Patients seen at the HD are also encouraged to be seen by a dentist during the pregnancy and have access to the CCHD dental clinic. The CCHD has partnered with Kintegra to serve maternity patients. A licensed clinical social worker is now housed at the maternity clinic on Mondays and Thursdays to provide behavioral health counseling. Kintegra also provides medication assisted treatment to patients that have substance abuse disorders and want to overcome dependence and have a healthy pregnancy.

YOUTH TOBACCO CESSATION PROGRAM:

Chair Karner introduced Deshay Oliver with the HALT program presentation. HALT stands for Helping Adolescents Leave Tobacco and was launched on March 1, 2022. The HALT program works in partnership with Cleveland County Schools. School based health centers will screen students for nicotine dependence and the level of dependence. Nicotine replacement therapy is an option according to the level of dependence and if the student wants to receive treatment. This nicotine replacement therapy does require a prescription through our providers in the school-based centers in our high schools. Telehealth through Atrium would need to provide prescriptions for middle school students as CCHD does not have a mid-level provider who is able to prescribe in the middle schools. We also have trained social workers on site to provide nicotine cessation counseling for the students. This counseling will be required in order to complete the program. In 2019 a huge spike in E-Cigarette use was discovered through a survey done by CCHD in Cleveland

County Schools. This is how the idea was triggered for a program to help students with nicotine dependence. The American Academy of Pediatrics came out with a strong policy statement in 2020 stating they did recommend NRT for adolescents who are moderately or highly addicted to nicotine to aid them in quitting. Students can enroll in the program through school after violating a school tobacco policy (although this is not an attached requirement as a form of discipline) with the school if they so choose, or by being referred to the school-based health center by a staff member that is concerned about their addiction or by the student themselves. If a student does visit the school nurse for any reason they will be asked if they use any nicotine products, at that point they will be screened for dependence. If the dependence level is low, then they will be given information on quitting to help aid them in the steps they need to take to quit. If the student is moderately or substantially dependent, they will be asked if they would like to enroll in the program to aid in quitting, the parent will be contacted for their approval as well. A school nurse will work with the student to develop a quit date that the student must agree with, the student will then start nicotine replacement therapy that can be in form of a patch, gum or lozenges. The student will have four follow up sessions with the school nurse after they start the replacement therapy. After the school nurse has completed their part, the student will then be referred to the school social worker for behavioral counseling. They will complete 4 to 6 sessions of either individual counseling or group setting counseling. Group settings are recommended for better success. The counseling will take place at school during school hours for easier accessibility for the students and will consist of education on the effects of tobacco on the body, triggers, benefits of quitting, coping skills and anticipating challenges. A handout in reference to the program has been distributed to the schools and is on the CCHD website. Mr. Miller did ask what NRT stands for and Ms. Oliver replied with Nicotine Replacement Therapy. Mr. Whetstine asked if we had considered distributing the handouts via church and youth groups. Ms. Oliver states that CCHD would consider handing these out to churches and youth groups with the understanding that this treatment is done through our school-based health centers within the Cleveland County Schools system. Mr. Gilmore stated that he can get the handout distributed via the CCS Communicator to each in employee in the system. Chair Karner did want to know how students that come into her dental office might be referred. Ms. Oliver explained that the patient can be encouraged to reach out to their school nurse if they are interested in participating in the program. Heather asked if we have an identifiable number of students that are participating in the program. Ms. Oliver replied that, to her knowledge, we currently have two students enrolled.

NATIONAL PUBLIC HEALTH WEEK:

Chair Karner introduced Anne Short with information on National Public Health Week for 2022. NPHW was April 4-10, 2022. National Public Health Week was led by the wellness committee and chaired by Dana Hamrick. The Health Department tries to celebrate in a way that brings staff together and helps get our message out to the community. The slogan for NPHW was “Public Health is Where You Are”. We hung banners with this slogan inside the CCHD and outside for everyone to see. A food collection drive was done internally in which all staff were divided into 6 teams, each team brought in food items with the winning team members each receiving a \$10 Chick-fil-A gift card. 1216 food items were collected and donated to Cleveland County Department of Social Services. The winning team members consisted of the Dental Department, WIC and Nurse Family Partnership. Heather Voyles, School Health Supervisor, created a logo for

t-shirts for NPHW which were given to each staff member. All staff members wore their shirts on Wednesday during NPHW and health education took group and individual pictures of staff wearing their shirts. A copy of the Proclamation by the Board of County Commissioners recognizing this week as National Public Health Week in Cleveland County was on display. Information and educational displays from most health department programs were made available in the front lobby of the health department to raise awareness about the services we offer. We also promoted the “We Do That” campaign through social media platforms. We also kicked off training for our staff with a suicide prevention program called QPR. QPR stands for Question, Persuade, Refer. Training will take place every Wednesday through the end of May.

PUBLIC HEALTH BOARD OPERATION PROCEDURES—REMOTE ATTENDANCE:

Chair Karner introduced Martha Thompson, (Assisted by Deshay Oliver) with the public health operation procedures for remote attendance. Martha did speak on the operation procedures associated with remote meetings once the state of emergency has been lifted for NC and how that would affect the board. If CCHD chooses to continue with remote attendance for the board our bylaws would need to be amended in order to accommodate the procedures associated with remote attendance. Martha explained that if members want to attend remotely once the State of Emergency is lifted then their presence would not count towards the quorum or voting, however they can deliberate and discuss. If CCHD decides to allow remote access for the board as a means of attendance and voting, then the bylaws would need to be amended and a public access stream would need to be made available for the citizens of Cleveland County. Kale raised the question about attendance based on our attendance policy requirements for the BOH. Deshay did point out that board members must attend 60% of the time and count towards the quorum in order to comply with the bylaws. If remote attendance is allowed for board members without updating the bylaws, then any board member that attends remotely would be participating for information purposes only and would not count towards a quorum or voting. Martha did also point out that any disillusionment made by the County would not affect CCHD as we are governed by the State. The board did decide to wait on more information as it becomes available before deciding as to how we should proceed regarding remote attendance. Ms. Oliver stated that information will be passed onto board members as we receive it from the State.

BUDGET AMENDMENTS:

Chair Karner introduced Leslie McSwain with the CCHD budget amendments. Cleveland County Health Department has been allocated an additional \$73,052 from NCDHHS for the WIC Client Services program. These funds will be used to support the purchase of department supplies, incentives, and training for staff. We request that the funds be budgeted in our WIC (540) department.

Motion: A motion to recommend the proposed budget amendments to the Board of Commissioners was made by Robert Miller and a second was made by Kale Meade. The motion carried unanimously.

MISCELLANEOUS:

Chair Karner asked if there was any miscellaneous business to discuss.

No miscellaneous business was brought forth.

ADJOURN: 7:10 PM

There being no further business, Chair Karner called for a motion to adjourn.

Motion: Kale Meade moved, with a second by Mr. Miller that the Cleveland County Public Health Board meeting be adjourned. The motion carried unanimously.

RESPECTFULLY SUBMITTED,

Tiffany Hansen, Secretary
Cleveland County Public Health Board