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VIM gets two grants

H-T Report

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Volunteers in Medicine has received \$6,040 from the Precision Health Network Fund and \$1,000 from the McKesson Foundation to fund “Yes, I Can,” its new community wellness program.

This program will help participants manage their diseases and make educated decisions about their general health. The participants will meet every week and discuss topics ranging from emotion management to problem solving.

Each participant will be provided the book, “Health at Home: Your Complete Guide to Symptoms, Solutions and Self-Care” to reinforce what’s taught during the weekly seminars. The book includes more than 200 health-related concerns.

Elizabeth Sturgeon, VIM’s executive director, said the clinic decided to institute the program after realizing many of its patients with chronic diseases often were able to manage their health issues outside of the clinic. She said she hopes the program will empower participants to monitor their own symptoms and react in a way that will benefit their overall health.

“One of the tenets of our mission is to provide health education that empowers individuals to take responsibility for their own well-being,” she said.

She said “Yes, I Can” should also help reduce use of the clinic for minor health care concerns, which will ensure that the clinic’s resources are being used effectively and efficiently. Research shows that the Stanford Chronic Disease Management Program, which “Yes I Can” will use, can save 10 health care dollars for every dollar spent on the program.

She said by implementing this program, Volunteers in Medicine hopes to reach 300 patients directly and an additional 200 people through the distribution of reading material. The big challenge, she said, will be to get the needed amount of eligible patients to sign up for the program.

A partnership between Volunteers in Medicine and the Department of Applied Health Science will provide two part-time Masters in Public Health students to plan and implement the program.

Any patients of Volunteers in Medicine interested in participating in the program can contact the clinic at 333-4001.

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