



OneCare Kansas

a program of KanCare, Kansas Medicaid

OneCare Kansas Newsletter

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Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Learning Collaborative Update

In May, more than 50 participants, which included contracted providers and members from the state and MCO coordination team, participated in the OneCare Kansas Learning Collaborative. The topic for this event centered around helping participants learn more about resources and expectations for supporting OCK members who use tobacco or other nicotine products. Matthew Schrock from the KDHE KanQuit program was also in attendance and delivered an informative presentation on tobacco cessation. Participants were also given the opportunity to share barriers in providing support to members who use tobacco and/or nicotine products and what is needed to address these barriers in order to build staff competency. Thank you to all who participated!

Community of Practice Update

Our next event will be the virtual OCK Community of Practice for care coordinators and social workers on June 21st. We look forward to seeing you all there! For more information on our peer-to-peer learning events, contact vanessa.lohf@wichita.edu.





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OCK Highlights

The state continues to gather stories regarding the OneCare Kansas program and how it is helping KanCare members. A recent story came to us from Brenda at the Training and Evaluation Center of Hutchinson (TECH Inc.).

“We have a member, Myra, who is morbidly obese and struggles with multiple comorbidities; she also has I/DD. Unfortunately, semi-recently, Myra was hospitalized for pneumonia due to the fluid around her lungs and for pressure ulcers. When she was released from the hospital, we began searching for residential rehabilitation placement for her due to difficulties with following her doctor’s recommendations regarding exercising and eating healthier. Sadly, due to her weight issues, her doctors were unable to find other placement for her. So, the best option was to have her move into a TECH group living situation temporarily. We also helped facilitate the process of finding her a guardian to assist with decision-making and medical care through the Kansas Guardianship Program.

Luckily, Myra agreed with the plan and moved into the group home in October 2021. At this time, our residential staff began assisting Myra with all of her personal hygiene and wound care. In addition, our staff also worked with Myra on healthy eating habits and a daily exercise routine. Typically, our staff would need to remind Myra to reposition her body often so that she didn’t reopen her pressure wounds, while also assisting with her continued weight loss efforts.

Recently, Myra has begun repositioning herself without reminders and has lost 80 pounds; going through most of her day without needing the oxygen tank she needed previously. She has also been dismissed from wound care since her wounds have been healing well! Myra says she is moving around much better and feeling amazing all due to the extra help from TECH that has gotten her to the place she is now.”

Thank you to for sharing this story, Brenda and for everything you and your staff do for our members!

If you would like to submit an OCK success story, please email OneCareKansas@ks.gov.



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Trauma-Informed Resilience-Oriented (TIRO) Practice Staff Training Series from WSU-CEI

The WSU Community Engagement Institute launched their Trauma-Informed Resilience-Oriented (TIRO) Practice Staff Training Series for organizations contracted to provide OneCare Kansas services in May with PACEs 101: The Science of Positive and Adverse Childhood Experiences. Other sessions have focused on Trauma-Informed Action Planning and Culturally Sensitive Trauma-Informed Care.

These virtual trainings are free and open to all staff within OCK partner organizations. There are two sessions remaining in June with Professional Self-Care occurring on June 23 and Trauma-Informed Supervision occurring on June 30. If you are interested in participating or would like access to the recorded sessions, please contact TISCTeam@wichita.edu for more information.

Tobacco Cessation Resources

The OneCare Kansas program supports members in their goals to be healthier in a wide variety of ways. One of the ongoing efforts in the OneCare Kansas program, as well as statewide, is to promote tobacco cessation. Recently, KDHE put out a press release detailing the free nicotine replacement therapies available to Kansans.

Specifically, KDHE is offering all phone coaching enrollees four weeks of free nicotine replacement therapy. Participants who want to quit smoking or chewing tobacco can choose a lozenge, gum, or patch that will be mailed directly to their home. The Quitline will distribute the nicotine replacement therapy in two week doses after completing the first and second phone coaching calls.

Furthermore, the Kansas Tobacco Quitline is a great resource in which any resident 18 and older can receive free advice, counseling, support, and free nicotine replacement therapy, while supplies last. The Quitline phone number is 1-800-QUIT-NOW (1-800-784-8669).

For more information on the Kansas Tobacco Quitline and tobacco cessation resources, please visit the following link: <https://www.kdhe.ks.gov/CivicAlerts.aspx?AID=191>



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If you have questions, or would like more information about OneCare Kansas, please contact us.

Our page on the KanCare website also contains information about our work to develop the project and documents are being updated regularly.

If you would like to receive this newsletter please send us an email.

Email:

OneCareKansas@ks.gov

Website:

www.kancare.ks.gov



Special Note

Tips to Enhance Immunity

A healthy lifestyle can offer many benefits, such as helping to prevent heart disease, type 2 diabetes, obesity, and other chronic diseases. The immune system, specifically, defends the body against infection and fights everything from cold and flu viruses to serious conditions such as cancer. Thus, healthy routines can certainly enhance immunity and assist individuals in being healthier.

Below are some ways to strengthen the immune system:

Eating Well

- This means eating plenty of fruits and vegetables, lean protein, whole grains, and fat-free or low-fat milk and milk products. Eating well also means reducing the amount of saturated fats, cholesterol, salt, and added sugars consumed.

Being Physically Active

- Getting regular physical activity aids the body in functioning better overall, sleeping better, and reducing anxiety. Eating well and engaging in physical activity combined can help a person maintain a healthy weight as well.

Getting Enough Sleep

- Scientific evidence shows that sleep loss can negatively affect different parts of the immune system, which can lead to a wide variety of disorders.

Quitting Smoking and Consuming Less Alcohol

- Smoking can make the body less successful in fighting disease. Smoking increases the risk of immune system problems, such as rheumatoid arthritis. Additionally, excessive alcohol use can also weaken the immune system over time.

Immunity is the body's defense against foreign organisms, so taking care of yourself can help your immune system take better care of you.

For more information on this toolkit, please visit the link below:

<https://www.cdc.gov/nccdphp/dnpao/features/enhance-immunity/index.html>