



# Bureau of Family Health Well-Woman Visit Integration Toolkits

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RESOURCES FOR PROVIDERS AND COMMUNITIES

APRIL, 2021



KANSAS  
MATERNAL &  
CHILD HEALTH

# Toolkit Overview

GOALS, STATEMENT OF NEED, AND CONTEXT



These toolkits were developed by the Kansas Department of Health and Environment (KDHE) for providers and communities to utilize as a guide to expand access and care for women throughout the lifespan through the well-woman visit.



KDHE is committed to assisting providers and communities as they work to improve health outcomes and address barriers to services that impact the health of women across Kansas.

# Goals

# Why two toolkits?

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## For Providers:

Statement of Need

Integration Plan

Clinical Recommendations

Education and Counseling

Screening Tools

Addressing Barriers

Resources

Raising Awareness

## For Communities:

Statement of Need

Addressing Barriers

Resources

Raising Awareness

Where can I  
find the  
toolkit?



ON THE KDHE INTEGRATION  
TOOLKITS LANDING PAGE:

[HTTPS://WWW.KDHEKS.GOV/C-  
F/INTEGRATION TOOLKITS.HTM](https://www.kdheks.gov/c-f/integration_toolkits.htm)

**WELL-WOMAN TOOLKIT: PROVIDERS**

**WELL-WOMAN TOOLKIT:  
COMMUNITIES**

## Statement of Need

- The percentage of women receiving a well-woman visit in **Kansas decreased** to 62.9% while the **national rate rose** to 66.8%
- **30.8% of women in Kansas were obese**, above the national average of 27.4%
- After nearly two decades of declines in cardiovascular deaths, **Kansas is experiencing an increase in cardiovascular death among women** greater than that of the national average at 218.3 deaths per 100,000

# Toolkit Structure and Development

STRUCTURE, DEVELOPMENT, COMPONENTS

# Toolkit Development Process



The content of this toolkit was developed from a number of reliable and trusted sources including:

1. ACOG, AAFP, NPWH: [Women's Preventive Services Initiative \(WPSI\)](#)
2. [CityMatCH](#) and the University of Illinois School of Public Health' (UIC-SPH) Well-Woman Project
3. Reviewed by KDHE internal subject matter experts
4. Reviewed by external subject matter experts and clinicians
5. Reviewed by the KDHE Family Advisory Council

# What is included?

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Recommended Components



Addressing Barriers



Resources

## Recommended Components

The Kansas Department of Health and Environment (KDHE) wants to help providers, communities, and women make the most of the well-woman visit and ensure each exam includes screening and resource provision for the following:

- Chronic and infectious disease
- High body mass index (BMI)
- Mental health (depression and anxiety)
- Immunizations
- Substance use (alcohol, narcotics and tobacco)
- Sexual and domestic violence and healthy relationships
- Reproductive health screening
- Goal-setting for reproductive health and wellness
- Social determinants of health

# Addressing Barriers

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***The vast complexity of the healthcare system prevented many women from seeking care or obtaining care. Many women documented feeling overwhelmed with tasks from initiating a new insurance plan, finding providers within their network, navigating new healthcare facilities and systems, as well as making appointments and adhering to the referral requirements of their insurance policies.***

## CityMatCH Recommendations:

Partner with health systems and other key stakeholders to support and develop health education campaigns that focus on women's understanding of the importance of their own health and health care.

Ensure availability of city-wide Women's Health Hotline as a go-to-resource for up-to-date information on changing health and health care recommendations and guidelines.

## KDHE Recommendations:

Provide clear and concise language on the agency website that outlines the process for new patients, what insurance is accepted and who to contact if they have questions about cost, insurances accepted, etc.

If not currently in place, pursue funding that will allow for a Navigator position within the agency that will assist clients with determining what healthcare options are available to them and assist with applications and address other potential barriers.

# Resources

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CLINICAL  
RESOURCES



TRAUMA AND  
VIOLENCE



HEALTH EQUITY AND  
SOCIAL CARE



BEHAVIORAL HEALTH  
AND SUBSTANCE USE



PATIENT RESOURCES



SUPPORT FOR  
PROVIDERS



SAMPLE POLICIES



WORKFLOWS AND  
ALGORITHMS

# How Can I Help Spread the Word?

REVIEW, DISCUSS, AWARENESS/PROMOTION

# Toolkit Implementation

## Review

- Toolkit
- Resources

## Discuss

- Clients
- Providers
- Community stakeholders

## Awareness/Promotion

- Clients
- Community Partners



The first step in working towards the implementation of this toolkit is to review the document in its entirety.



Being familiar with the components and requirements of the toolkit will allow you to speak knowledgeably about the importance of the well-woman visit with your clients.



In addition, being knowledgeable about the barriers to scheduling and completing an annual visit can help when brainstorming possible solutions with a client or provider.

# Review



**Clients:** Ask if your client has scheduled their annual exam. Provide the client with materials and let them know this is a great opportunity to discuss concerns that they may have with their provider.



**Clinicians:** If you have reviewed the barriers section and there are issues that you are hearing from your clients, connect with local providers (MCH or Title X) and review some of the potential solutions proposed. or brainstorm unique needs and solutions for your community.



**Community:** Share what you hear from your clients regarding barriers to preventive care with allied professionals and community stakeholders.

# Discuss

# Awareness/ Promotion

**Well Women, Well Communities Toolkit:**

<https://www.citymatch.org/well-women-well-communities/>

**#YouGoGirl, American Heart Association**

**Well Woman Promotional Video:**

<https://www.youtube.com/watch?v=DIN-svKAKT4>

**Care Women Deserve:**

<http://carewomendeserve.org/>

**Women's Health Month Toolkit:**

<http://www.kansasmch.org/womenshealthmonthtoolkit.asp>

SCHEDULE YOUR WELL-WOMAN VISIT TODAY!

## Annual Well-Woman EXAMINATION

Top reasons why you should have an annual well-woman examination



### Birth Control

Learn about choosing the right birth control method for you.



### Cancer Screening

Learn about breast cancer, colon cancer or other types of cancer.



### Vaccinations

Get vaccinations against the flu, HPV & more.



### Health Screening

Get screened for high blood pressure, diabetes, bone density & more.



### Issues With Your Menstrual Period

Discuss premenstrual syndrome, painful periods, your first period, heavy bleeding or irregular periods.



### Sexually Transmitted Infections Screening

Chlamydia, gonorrhea, and genital herpes are infections that spread through sexual contact.



### Relationship with Drugs, Tobacco & Alcohol

Your provider can discuss your use of drugs, alcohol or tobacco and provide resources to help you quit or cut back.



### Weight Control

Learn about body mass index, exercise, obesity, & a healthy diet.



### Concerns About Sex

Discuss what happens during intercourse, pain during sex, hormonal changes that change interest or response to sex or different forms of sex.



### Preconception Counseling

Your healthcare provider can discuss options based on whether you are hoping to become pregnant, don't want to become pregnant or are unsure.



### Depression Screening

Depression is a common but serious illness. Your provider will discuss symptoms, how often they occur and how severe they are & provide resources.



### Questions About Healthy Relationships

Learn about what happens in healthy and unhealthy relationships and resources in your community that can help you stay safe.

The Well-Woman Chart can be used as a handout for patients during any visit as well as posted in exam rooms, waiting rooms or other public or common areas.

To download the chart visit:  
[https://www.kdheks.gov/c-f/integration\\_toolkits.htm](https://www.kdheks.gov/c-f/integration_toolkits.htm)

# Other Opportunities



**Join Us**

**VIRTUAL LUNCH AND LEARN**

In recognition of Black Maternal Health Week, the Kansas Department of Health and Environment will be hosting a Lunch and Learn to discuss Black maternal health disparities in Kansas.

**Thursday, April 15, 2021**  
**Noon - 1 p.m.**

**NO REGISTRATION REQUIRED**  
To join: [us02web.zoom.us/j/82751389732](https://us02web.zoom.us/j/82751389732)

## Strengthening Your Local Health Equity Efforts: Kansas Maternal and Child Health Opportunity Project 2021 Request for Applications (RFA)



**Vision:** Equal opportunities for all Kansas children and their families to be healthy.

*This opportunity will fund up to five Kansas communities at up to \$10,000 each to support a maternal and child health equity initiative between July 2021 – April 2022.*

**Instructions:** This RFA is intended to support local community efforts to assure equal opportunities for all mothers, children, and families to be healthy. This RFA provides guidance and space for you to describe how your organization and partners intend to strengthen local efforts to assure equal opportunities for maternal and child health (MCH) populations regardless of race/ethnicity, income, education, age, or where people live.

Your proposed project could begin a new effort or strengthen equity aspects of an existing effort. The issue addressed should focus on equity aspects of maternal/infant health and/or child/adolescent health.

For your application, please describe proposed activities. For technical support in preparing your application, please use the online [Kansas Healthy Communities Action Toolkit](#). Webinars and technical support will be provided to further develop aspects of successful applicants' projects.

### MORE INFORMATION

Thank you for your interest in submitting an application for the MCH Opportunity Project. We wish you well in your efforts to assure equal opportunities for healthier families and communities.

**Questions about this RFA?**

Please contact Jennifer Marsh, Unit Director and Women/Maternal Health Consultant, Bureau of Family Health, Kansas Department of Health and Environment, at [Jennifer.Marsh@ks.gov](mailto:Jennifer.Marsh@ks.gov).



Questions?

ON THE KDHE INTEGRATION TOOLKITS  
LANDING PAGE:

[HTTPS://WWW.KDHEKS.GOV/C-  
F/INTEGRATION TOOLKITS.HTM](https://www.kdheks.gov/c-f/integration_toolkits.htm)

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