

MEDICAL GUIDE

Health Navigations Services

Now available in Prowers County

By Jackie Brown, MS, RN, APN
The Lamar Ledger



Courtesy photo

Jackie Brown, MS, RN, APN

Navigator at no cost to the resident.

Health Navigators will work to engage Prowers County residents in hopeful, respectful, and supportive relationships and create an environment where change is possible. With a focus on health rather than disease, the new program addresses the need to prevent disease across the population. A strong relationship can be a big motivator for change.

Health Navigators help

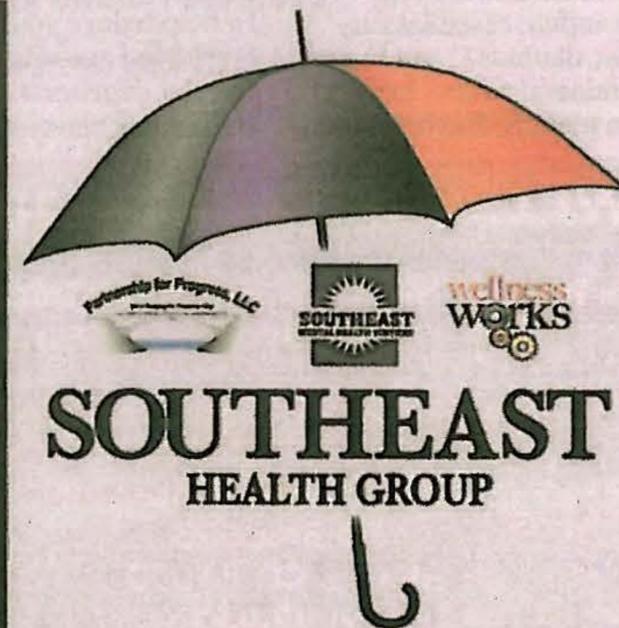
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Health Navigation

"Leading change in health"



The SHG Navigation Team can help navigate your healthcare needs!
Call us at 336-0478



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people with chronic health conditions to capture a healthy vision for themselves.

They recognize the ways in which the person has already changed, even in ways they may be unaware, and honor the hard work that change entails. By finding out what change is most important to the person and exploring concrete strategies and resources for change, Health Navigators can be an important cheerleader or coach throughout the change process.

Small changes matter. You cannot run a marathon without first being able to walk around the block. For some people, change can start with just walking across

the room five times a day. Health Navigators help people see that change is possible when approached in small, incremental steps. They explain the change process and plan for success by setting specific weekly goals. They provide support by regularly checking in to see how it's going, celebrate successes, or discuss alternatives if the individual is having difficulty.

In addition to supporting patients by exploring behavioral changes, Health Navigators also support healthcare providers as part of the primary care practice team, and provide links to community resources. The Health Navigator helps the patient to communicate with their primary care provider

to support self-management.

They also help remove barriers to care by providing resources such as transportation, access to benefits, and patient education. As patients begin to "own" their health, they realize they have the power to impact their health through their behaviors, rather than just popping another expensive new pill.

In all cases, the Health Navigator supports the patient in their self-management and reinforces provider recommendations that may include adopting healthy lifestyles, taking medications as prescribed, self-monitoring, making and keeping doctor's appointments, and accessing preventive screening. The

Health Navigator provides crucial integration with the Patient-Centered Medical Home to assure continuity of care and smooth transition between the community services and various components of the healthcare system.

Health Navigators are now located at High Plains Community Health Center, Prowers Medical Center and Southeast Mental Health Services. There is no cost to any resident of Prowers County for Health Navigation Services. For more information about how to access Health Navigation services in Prowers County, call 336-0478.

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