

# House Calls at The Country Doctor Museum

## Museum Serves Rural Community with Mobile Health Units

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### 1 Presentation of Symptoms & Diagnosis (Objective/Purpose)

- The CDM is located in a small rural community in southern Nash County with limited access to health care providers
- Most Nash County health care providers work in the northern section near Rocky Mount
- Anecdotal experience with museum visitors who express difficulty in seeking medical care and appear unaware of lifestyle choices that can affect their health
- Demographics: above average unemployment rates, high underserved populations including a large African American community: 39% in Nash County and 61% in Wilson County

#### By the Numbers

- 1 family practice physician in town
- 20 miles to the closest hospital
- 600 Town of Bailey population
- 26% of area residents live below the poverty level

### 2 Treatment Plan (Methods)

- Although an unlikely partner in the health of the community, the museum seeks to help its audience become more informed about health challenges
- Develop an approach to improve access to care and education for members of the community
- Partner with mobile health groups to bring services to the community
- Use resources of the museum, including ample parking lot, reception area, marketing and publicity experience, and administrative capabilities for scheduling and registration

### 4 Prognosis & Continuing Care (Conclusion)

- Repeat visits allow participants to start implementing healthy behaviors & to regularly screen for diseases
- Participants expressed appreciation for services, especially as many had not had recommended screenings in the past
- Expand health visits with complementary services (Lions Vision Van with Nash County Health Department)
- Partner with other community groups (such as the Optimist Club or local church) to help secure volunteers, funding or other needed functions
- Program allows the museum to become a health resource in the community

### 3 Therapeutics (Participant Experience/Results)

See information below



- The CDM partnered with the UNC Kidney Education Outreach Program to increase awareness of chronic kidney disease and to provide screening for those at risk in March 2014
- The staff of the mobile unit spoke with each participant and shared information about the risk factors of chronic kidney disease
- Screening tests performed included checking blood pressure for hypertension, urine for the protein albumin (impaired kidneys might not adequately filter this protein) and measuring creatinine in the blood

- 74% of individuals tested in Nash and Wilson Counties tested positive for microalbuminuria which may put them at increased risk for developing chronic kidney disease
- Site visit had close to 50% participation rate of available time slots

- The CDM partnered with the Rocky Mount Lions Club to schedule a visit by the NC Lions Mobile Screening Unit for the early detection of sight and hearing problems in February 2015
- Participants will be screened with the following tests: visual acuity, field vision, eye pressure check and hearing problems
- If any problems are discovered, participants will receive a recommendation to have a complete exam by a local health care provider
- The Nash County Health Department will also participate at this event by sending a health educator to increase awareness of healthy habits and providing blood sugar and blood pressure checks

- The CDM partnered with REX to bring their mobile mammography services to women in our area to help with the early detection of breast cancer in Sept. 2013 & 2014
- The diversity of participants reflects the population diversity in our area; 36% of participants are underserved minorities
- Up to 50% of participants do not have health insurance coverage
- 40% of participants from 2013 came back in 2014 for another annual mammogram
- For 42% of participants in 2013, their mobile mammogram experience was their first mammogram
- The average time between mammograms for participants was 4 years; for several participants, it had been between 10-26 years since their last mammogram
- Site visits had 100% participation rate of available time slots