



LITTLE SALMON NEWS

Patient Centered Medical Home by Dr. Navneet Bhullar

I think of patients who have suffered, mine and others'. I wonder how the health care system could have better served them. This I have seen in my twenty one years as an Internal Medicine doctor in the USA: primary care has been neglected across the USA, not just in underserved communities such as on native Indian reservations or among people of color in American cities.

Hospitalizing patients pays better. The practice of medicine has been profit centered in this country. There is a shortage of primary care physicians that has not been filled for decades. If being an orthopedic surgeon or gastroenterologist pays better and one has debt to pay and a comfortable life to provide one's family, a doctor chooses the specialties over primary care. Medical schools and residency programs have woefully neglected incentivizing serving the underserved who are typically also people with inadequate health literacy. Well, the chicken and egg scenario one may call it. Fertilizing mistrust in populations is what we (the healthcare industry in the USA) have done in our profit driven creed.

When I first started working in Pit River clinic and then picked up charge as interim CMO here, I saw up close patients' perceptions and cynicism about staffing in our clinic. "So doc how long are you here?" many asked me after my smiling introduction in the spring of 2021. It got me thinking hard. I was worried about the very poor follow up rate. Then I came across the word Primary Care Practice (PCP with practice not provider/ or physician for the last P) and I had an idea. Patient Centered Medical Home on an orange background the top of the brochure says- orange is for hope. Orange is also for revolution. We made posters out of those brochures as well for each of our three waiting rooms in Burney and Alturas.

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Our patients are gradually coming around to the concept of primary care in a practice that has all their records in one place (diagnoses, immunizations, specialty visits, surgeries, lab work), that has board certified providers waiting to meet them where they are and are aware of all their medical diagnoses.

Let's restore the trust in primary care. Let's get healthier and avoid unnecessary morbidities and deaths in this nation of plenty, the world's richest.

We are calling our patients to come home. We miss them.



PRHS AIMSS Perinatal Program

This program designed specifically for Native American families to support moms and dads in the roles of parenting and to promote mother's and baby's health.

Family Spirit Modules include:

- Prenatal care
- Infant care
- Your growing child
- Toddler care
- My family and me
- Healthy living
- Family planning
- Breast feedings

Incentives Available for Participants



Also help you with:

- Scheduling/rescheduling appointments
- Gas vouchers
- Grocery gift card
- Boppy pillows
- Other items related to pregnancy and baby
- Gym membership

Call to make an appointment:

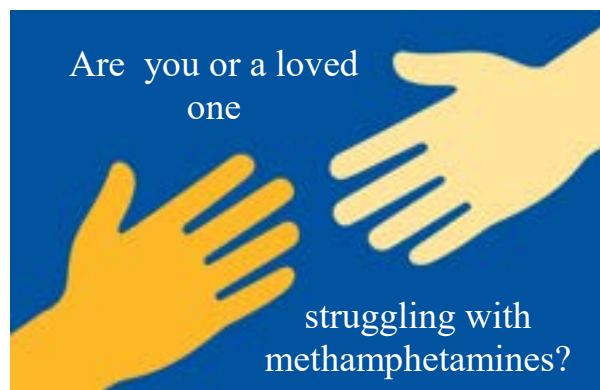
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 Office: 530-335-0612
 Cell: 530-238-7483

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 Janet Chin FNP-BC
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 Office: 530-335-0613

PRHS GIFTS Program

The GIFTS (Get Incentives for Treating Stimulants) Program at PRHS is a 8-12 week program offering...

- Medication support for cravings
- Recovery support
- Behavioral Health for depression and anxiety
- Individualized and Optional care
- Join us as we Walk the Red Road



A gift card at every visit!

Please contact:

Jose Valenzuela
TOR Coordinator
(530 335-0348)

or

Onita Viramontes
Substance Abuse Counselor
(530 335-0345)

Ortho Services



Orthodontics is provided to eligible Native American children under the age of 21.

- **Must be current on all care**
- **Must have excellent brushing/flossing**
- **Fees apply to some Native groups**
- **Must have good history of routine care at PRHS and no missed appointments**
- **There is a wait list for these services**

If you have any questions, please contact our Dental department at
(530) 335-3651 ext 118

Don't Forget!

Make sure to stop by our Intake department and update your information at every visit. Also bring in your insurance card to put on file. We also offer text message reminders for your upcoming appointments. Let our Intake Coordinator know you would like to sign up for this service.



GOOD MEDICINE HEALTH FAIR

2022 Good Medicine Health Fair

PRHS is having a walk through health fair this year! We are excited to see all of our community members and vendors for this year's Good Medicine Health Fair. PRHS is going through some exciting changes and therefore our health fair will take place at the Burney High School parking lot. We will have informational booths, lunch, and raffle prizes! We hope to see you all there on Friday, July 8, 2022 starting at 10 am. If you have any questions or would like to participate as a vendor please contact us!



Welcome Dr. Huang!

Dr. Christine Huang is a board certified Emergency Medicine physician with over 20 years clinical experience in New York City.

She graduated with cum laude honors from Boston University with her B.A. in Chemistry and then went on to earn a Masters degree in Medical Sciences.

While earning her Masters degree, she volunteered as an anatomy tutor for minority students that were accepted into the Early Acceptance Minority Student program at Boston University School of Medicine. After obtaining her Masters degree, she did lab research at Harvard Medical School affiliated hospitals Dana Farber Cancer Institute and the New England Deaconess Hospital. She then went on to medical school to earn her medical degree from Boston University School of Medicine where she discovered that she had the ability to work well under high stress conditions taking care of patients with life threatening medical conditions and decided to specialize in the field of Emergency Medicine.

Throughout these 20 years of clinical experience, she realized that her heart was always given an intense feeling of happiness and true sense of fulfilled purpose whenever she helped a patient who felt marginalized, unimportant and hopeless because of their lower socioeconomic background or because they were a minority.

She was offered many unique leadership opportunities but it was the little rural town of Burney in California with the mental and physical plight of its native American Indian residents that tugged at her heart. She decided to pick up and leave New York City with all its glitz, glamour and modern conveniences and start anew with the opportunity to help those in need in an underserved area where she looks forward to learning about the beauty of the customs and culture of its residents and falling in love with the surrounding nature that will be her new home.

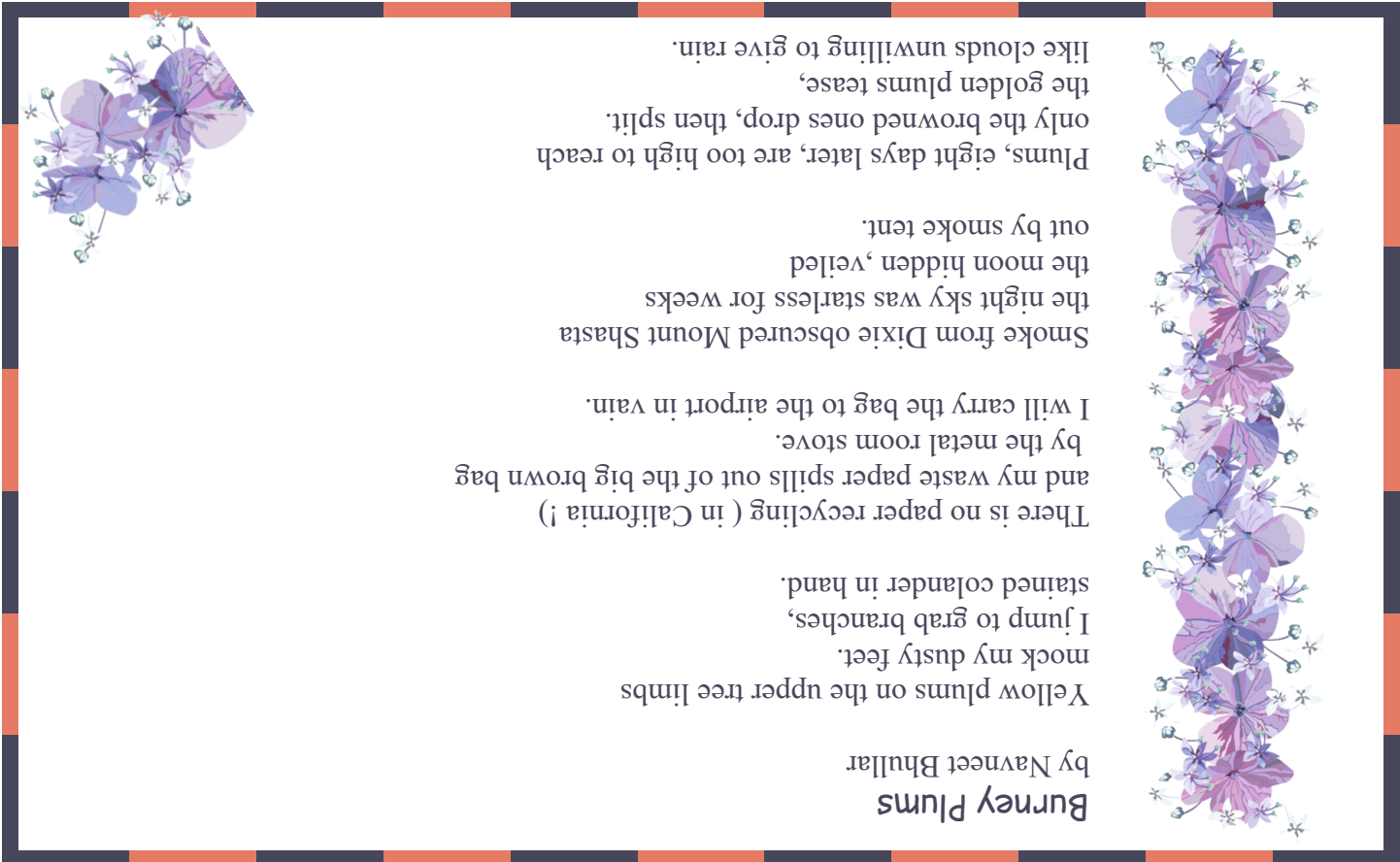
She is looking forward to seeing how much good she can accomplish for all the residents of Burney with her expertise and out of the box thinking as the new Chief Medical Officer of Pit River Health Service.



COVID-19

The PRHS Covid-19 testing trailer is no longer in operation but our clinic still offers testing! Patients must be presenting Covid-19 symptoms to receive a. If you or your family still need the Covid-19 vaccine please contact our Medical receptionist to schedule an appointment to receive the vaccine. Please feel free to contact us with any questions regarding Covid-19 at (530) 335-3651.





Burney Plums
by Navneet Bhullar

Yellow plums on the upper tree limbs
mock my dusty feet.
I jump to grab branches,
stained colander in hand.

There is no paper recycling (in California !)
and my waste paper spills out of the big brown bag
by the metal room stove.
I will carry the bag to the airport in vain.

Smoke from Dixie obscured Mount Shasta
the night sky was starless for weeks
the moon hidden, veiled
out by smoke tent.

Plums, eight days later, are too high to reach
only the browned ones drop, then split.
the golden plums tease,
like clouds unwilling to give rain.



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