

National Organization of State Offices of Rural Health

State Office of Rural Health Manual for New Employees

January 2019



TABLE OF CONTENTS

Introduction	
NOSORH Introduction	2
What is rural health?	
What is a SORH?	
SORH Grant	
Federal, National, State and Local Partners	
Federal Partners	11
Federal Office of Rural Health Policy	
Health Resources and Services Administration Office of Regiona	al Operations
Center for Medicare and Medicaid Services	
National Partners	17
Rural Health Information Hub (RHIhub)	
National Rural Health Association (NRHA)	
National Rural Recruitment and Retention Network (3Rnet)	
Rural Health Research Centers and Analysis Initiatives	
Flex Monitoring Team	
Technical Assistance and Services Center (TASC)	
Rural Quality Improvement Technical Assistance (RQITA)	
Consortium of Telehealth Resource Centers	40
State Partners	19
State Primary Care Associations State Primary Care Offices	
Local Partners	20
Critical Access Hospitals	∠∪
Community Health Centers	
Rural Health Clinics	
Rufai Health Cliffics	
Resources by Topic	
Community Health Workers	22
Community Paramedicine	
Working with Vulnerable Hospitals	
Leading Change	
Rural Health Clinic Committee	
Veterans	
Acronyme	
Acronyms	0.5
List of Common Acronyms	∠5

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INTRODUCTION

Welcome! Congratulations on your position with the State Office of Rural Health (SORH). We are pleased you are now a member of the rural health family! The National Organization of State Offices of Rural Health (NOSORH) is the membership organization for all fifty SORH. NOSORH and is here to help you. Our mission is to increase the capacity of State Offices to improve health care in rural America through leadership development, advocacy, education, and partnerships.

NOSORH works with SORHs and other rural health stakeholders to develop programs and support activities that strengthen each state's ability to:

- Improve access to quality health care;
- Expand the rural health workforce;
- Reduce health disparities;
- Strengthen rural hospitals and clinics;
- Broaden the reach of health information technology and telehealth services; and
- Enhance rural emergency services.

NOSORH strives to:

- Cultivate the next generation of SORH and community leaders;
- Strengthen the technical assistance capacity of SORHs;
- Facilitate partnerships that spur the development of rural health-related activities;
- Foster the exchange of rural health-related information and best practices; and
- Provide a collective voice on rural health issues.

We want to share a few resources from NOSORH with you:

NOSORH Website

NOSORH's web address is www.nosorh.org. Some areas are for NOSORH Members only. Your access code for these materials is:

Username: pinetree Password: 50sorh

You can find all past meeting materials and recorded webinars on the website.

NOSORH Educational Exchange Program

Any NOSORH member may request travel scholarships to meet with another SORH to learn about a topic of importance to that member's SORH. Scholarships support travel which enable a NOSORH member to link with a mentor or peer at another SORH who will help that member develop or enhance his or her expertise and leadership skills; adopt a promising practice; and/or improve their program management or strategic planning/implementation effectiveness.

Visit the NOSORH website for additional details: https://nosorh.org/educational-resources/travel-scholarships/

NOSORH Regional Representatives**

Each Region is assigned 2 NOSORH representatives on the Board of Directors. Regional Reps act as a NOSORH ambassador to link NOSORH with SORH staff and partners. Reach out to your Regional Representative to discuss what committees to become involved with based on your areas of interest. Let us know if you plan to attend any national meetings so we can introduce you in person. Regional Reps are resources to support you along with the current NOSORH Board of Directors, listed below.

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^{**}Effective January 1 through December 31, 2019

National Rural Health Day

NOSORH sets aside the third Thursday of every November – November 21, 2019 – to celebrate National Rural Health Day. National Rural Health Day is an opportunity to celebrate the "Power of Rural" by honoring the selfless, community-minded, "can do" spirit that prevails in rural America. But it also gives us a chance to bring to light the unique healthcare challenges that rural citizens face – and showcase the efforts of rural healthcare providers, SORH, and other rural stakeholders to address those challenges.

NOSORH has many resources available to help you with your National Rural Health Day efforts. Please contact <u>Ashley Muninger</u> if you have any questions. More information can be found at <u>www.powerofrural.org</u>

TruServe

In conjunction with the University of North Dakota, NOSORH offers a web-based performance measures tool called TruServe. TruServe is a web-based tracking system that allows organizations to conveniently monitor and report progress. TruServe allows you to capture the activities of staff; information later used to provide detailed and accurate reports for staff, the organization, funders, decision makers, legislators and others. Each state enrolled in TruServe has a customized webpage used for tracking performance measures and other activities. Information within TruServe is always available and provides the ability to generate reports, maps, charts, and more. For more information on TruServe, please contact Matt Strycker or visit www.truserve.org.

NOSORH Newsletters

NOSORH produces 2 electronic newsletters to inform SORH of upcoming events, promising practices and other resources. The Branch is sent the first week of the month and offers news on NOSORH and partners' activities and resources. Roots is sent mid-month and provides news on the people of NOSORH and SORH. NOSORH strives to feature the work and leadership of each SORH throughout the year. We look forward to you sharing your work with your SORH colleagues. Please let Trevor Brown, NOSORH Program Assistant, know if you do not receive these newsletters.

Committees

NOSORH convenes committees to provide learning opportunities, plan programs and services and to advise the organization on how best to meet SORH needs. Committee activities are planned by SORH for SORH. They are a great place to learn more, get involved with the organization on a national level and to link with other SORH throughout the year. We encourage you to join a committee. More information on each committee can be found here: https://nosorh.org/nosorh-members/nosorh-committees/.

- The **Awards Committee** shall be responsible for developing Awards criteria and presenting them to the board for approval, prior to implementation. The Committee shall also evaluate and select the awardees and make arrangements for securing appropriate recognition symbols.
- The **Communications Committee** oversees the Power of Rural campaign, development of all communication resources and ensures that those materials are updated on an asneeded basis.
- The NOSORH Development Committee cultivates relationships; identifies and obtains resources; and develops and implements programs and activities that strengthen NOSORH's organizational capacity and position the organization as the national leader in providing technical assistance to SORH.

- The **Educational Exchange Committee** supports and enhances the leadership of state offices of rural health through education and training assistance.
- The Finance Committee reviews NOSORH budget at least annually to help develop appropriate procedures for budget preparations and to check consistency between the budget and NOSORH strategic plan.
- The Flex Committee provides the SORH perspective on policy issues and serve as a link between SORH and others implementing the Rural Hospital Flexibility Program including the Federal Office of Rural Health Policy and the Technical Assistance and Services Center.
- The **Policy Committee** shall be responsible for tracking Policy issues of interest to NOSORH and coordinating Policy communication and educational activities for the organization.
- The **Joint Committee on Rural Emergency Care (JCREC)** is a group of organizations working together to improve the quality of care in rural and frontier communities.
- The Rural Health Clinic Committee (RHC) plans technical assistance and education to State Offices of Rural Health that are interested in supporting RHCs and safety net providers, such as Free and Charitable Clinics.
- The Policy Program Monitoring Team (PPMT) Committee ensures proactive scanning and assessment of policy and program changes to ensure positioning of SORH leadership to improve rural health.

Upcoming Events

Throughout the year, NOSORH offers educational programs or "Institutes" on topics such as grant writing or working with Rural Health Clinics. Webinars are typically offered monthly on topics identified by the SORH-led Educational Exchange Committee. Annually, NOSORH holds Regional Meetings in all five regions of the country and hosts the NOSORH Annual Meeting for all 50 SORH in the fall. You can find out about upcoming events on our website at https://nosorh.org/calendar-events/.

NOSORH Staff

If you have questions regarding NOSORH, please <u>contact</u> NOSORH staff members listed below:

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What is rural health?

According to the Federal Office of Rural Health Policy (FORHP) website, up to 20 percent of U.S. residents reside in rural areas. Compared with urban populations, rural residents generally have higher poverty rates, have a larger elderly population, tend to be in poorer health, and have higher uninsured rates than urban areas. Correspondingly, rural areas often have fewer physician practices, hospitals, and other health delivery resources. These socioeconomic and healthcare challenges place some rural populations at a disadvantage for receiving safe, timely, effective, equitable, and patient-centered care. Rural health care consists of Critical Access Hospitals (CAHs), Certified Rural Health Clinics (RHCs), Federally-Qualified Health Clinics (FQHCs), EMS organizations and other providers dedicated to communities they serve.

Defining the Rural Population.

There are two major definitions of "rural" that the Federal government uses, along with many variants that are also available.

U. S. Census Bureau definition identifies two types of urban areas:

- Urbanized Areas (UAs) of 50,000 or more people;
- Urban Clusters (UCs) of at least 2,500 and less than 50,000 people.

The Census does not actually define "rural." "Rural" encompasses all population, housing, and territory not included within an urban area. Whatever is not urban is considered rural.

The White House Office of Management and Budget (OMB) designates counties as Metropolitan, Micropolitan, or Neither. A Metro area contains a core urban area of 50,000 or more population, and a Micro area contains an urban core of at least 10,000 (but less than 50,000) population. All counties that are not part of a Metropolitan Statistical Area (MSA) are considered rural.

FORHP accepts all non-metro counties as rural and uses an additional method of determining rurality called the Rural-Urban Commuting Area (RUCA) codes. Like the MSAs, these are based on Census data, which is used to assign a code to each Census Tract. Tracts inside Metropolitan counties with the codes 4-10 are considered rural. More information on RUCA codes can be found on the FORHP website.

Some states also have a state definition of rural.

Collaboration is needed to address the barriers that remain.

SORH, rural healthcare providers and other rural health stakeholders continue to foster partnerships that improve the health status of the communities they serve. CAHs make up 30% of acute care hospitals but receive less than 5% of total Medicare payments to hospitals. More than 60% of CAH revenue comes from government payers. All payment reductions to Medicare or Medicaid have an immense impact on CAHs' ability to provide access in rural communities. Emergency medical services are mostly volunteer dependent but are vital in rural America where 20 percent of the nation's population lives and nearly 60 percent of all trauma deaths occur. Rural workforce education and training programs are needed to help recruit, retain and increase the number of well-qualified medical providers for rural veterans. FQHCs, CAHs and other health providers in rural areas are working with their local communities to design health delivery systems specifically for the population they are serving. In many cases they may be the only source of primary care in a community.

What is a SORH?

State Offices of Rural Health (SORH) have a rich history of creating partnerships, developing programs and providing resources and technical assistance that help each state address the healthcare needs of its rural citizens. All 50 states maintain a SORH. In 1987, the United States Congress identified a significant healthcare trend affecting many rural communities. Many rural hospitals were closing due to financial constraints. In response to this increasing compromised access for rural residents, the Congress created the FORHP in 1987 and the SORH grant program in 1991. Administered by the FORHP, this program enables rural America's communities to sustain and strengthen their healthcare systems through creation of collaborative partnerships that support rural health development.

State Offices of Rural Health by Organizational Type

SORH differ substantially according to the unique nature of each State. The program grants are flexible and allow each State to determine the most appropriate location for its office with adequate consideration of their state-specific needs and preferences. Currently, there are 37 offices located in a State Agency, 10 offices within a University system and 3 offices operating as not-for-profit entities. Thirty-six offices are co-located with the State Primary Care Offices (PCOs).

Although each one varies in terms of size, scope and organization, they all share one common purpose: to help rural communities within their state build effective healthcare delivery systems. SORHs accomplish this by:

- Collecting and disseminating health-related information;
- Coordinating state rural health resources and activities;
- Providing technical assistance;
- Encouraging the recruitment and retention of health professionals; and
- Strengthening state, local, and federal partnerships.

SORH Grant

Authorizing legislation provides that each SORH must conduct the following activities:

- (1) Establish and maintain within the state a clearinghouse for collecting and disseminating information on:
 - (A) rural health care issues;
 - (B) research findings relating to rural health care; and
 - (C) innovative approaches to the delivery of health care in rural areas;
- (2) Coordinate the activities carried out in the state that relate to rural health care, including providing coordination for the purpose of avoiding redundancy in such activities; and
- (3) Identify federal and state programs regarding rural health and provide technical assistance to public and nonprofit private entities regarding participation in such programs.

The legislation also allows that each SORH may:

- Conduct activities pertaining to the recruitment and retention of health care professionals to serve in the rural areas of their states: and
- Provide sub-awards and contracts to public and non-profit organizations to carry out SORH activities.

Program Objectives

1. Collect and disseminate information.

SORHs are the focal point and clearinghouse for rural health within their state. They collect and receive information about rural health issues, research findings and innovative approaches for the delivery of health care in rural areas from a wide variety of sources and disseminate that information through a variety of means to rural partners and stakeholders that can benefit from or utilize the information.

SORHs must list and discuss the various activities that will accomplish this objective. Examples include utilization of website (hits, requests etc.), list serves, print or electronic newsletters and updates, webinars, promotion of Rural Health Information Hub (RHIhub) and Gateway websites and any other methods used to collect and disseminate information.

2. Coordinate rural health care activities in the state in order to avoid redundancy.

SORHS are the state rural health focal point and are to be aware of rural health activities occurring within state and coordinates such activities in order to avoid duplication of effort and inefficient utilization of limited resources. SORHs engage in state level activities and are a voice for the rural perspective. The SORH also strengthens partnerships and fosters communication and collaboration among rural health partners and stakeholders at the local, state, federal and national level.

SORHs must list and discuss the various activities such as participation or attendance at various rural health partner and stakeholder groups, boards, conferences, meetings and any other methods used to coordinate rural health activities. SORHs are required to annually attend three partnership meetings: 1) FORHP Regional, 2) National Rural Health Association, and 3) NOSORH.

Activities pertaining to recruitment and retention of the rural health workforce must be included in this section.

Examples of Rural Health Partners / Stakeholders

HRSA: Federal Office Rural Health Policy (FORHP), National Health Service Corps (NHSC), Bureau of Primary Health Care (BPHC), Bureau of Health Workforce (BHW) & Office of Regional Operations (ORO).

Federal Offices: Center for Medicare and Medicaid Services (CMS), Veterans Administration (VA) Office of Rural Health, U.S. Department of Agriculture (USDA), Centers for Disease Control (CDC) and Health Information Technology (HIT) exchanges.

State: Public Health Departments, Primary Care Associations, Medicaid Offices, Hospital Associations, Emergency Medical Services, Rural Health Associations, Quality Improvement Networks, Hospital Engagement Networks, Primary Care Offices and Regional Extension Centers and State Health Information Exchanges National Associations: Rural Recruitment and Retention Network (3RNet), National Organization of State Offices of Rural Health (NOSORH), National Rural Health Association (NRHA), American Public Health Association (APHA), Association of State and Territorial Health Officials (ASTHO), National Association of Rural Health Clinics (NARHC), American Hospital Association (AHA), and National Association of Community Health Centers (NACHC).

3. Provide technical assistance (TA) to public and non-profit private entities.

As a result of knowledge gained from the collection and dissemination of rural health information and coordination of rural health activities among partners and stakeholders, the SORH identifies federal, state and non-governmental (i.e. coalitions, networks, trusts, foundations) rural health opportunities (i.e. grants, programs, proposals, loans, training) and provides TA to public and non-profit entities regarding how to participate in or apply for such opportunities. Informational or educational TA on rural health related regulations, policies, and best practices may also be provided. The volume, intensity and diversity of TA provided vary among SORHs, correlating primarily with the degree of state rural need and the capacity of SORH to provide specialized TA. TA may be provided by third-party (i.e. contractor) or non-SORH staff as long as SORH will be directly involved in funding, planning, or coordinating the TA.

SORHs must discuss the various types of direct TA activities they provide as well as the types of clients to whom they provide TA.

FEDERAL, NATIONAL, STATE AND LOCAL PARTNERS

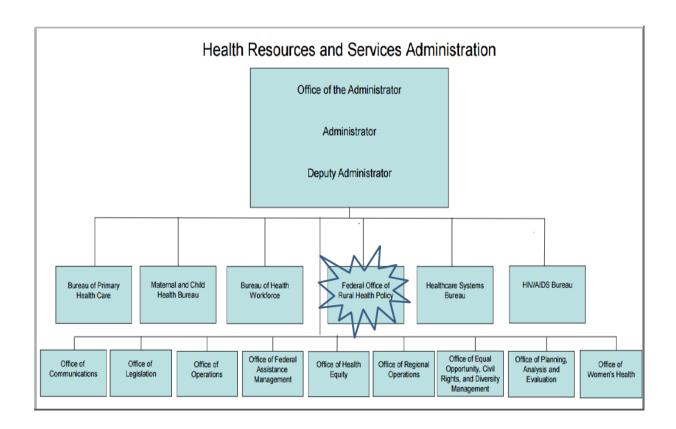
SORH achieve success, with limited resources, by collaborating with others to address rural health goals.

FEDERAL PARTNERS

Federal Office of Rural Health Policy

The <u>Federal Office of Rural Health Policy (FORHP)</u> coordinates activities related to rural health care within the U.S. Department of Health and Human Services. Part of the Health Resources and Services Administration (HRSA), FORHP has department-wide responsibility for analyzing the possible effects of policy on residents of rural communities. Created by Section 711 of the Social Security Act, FORHP advises the Secretary on health issues within these communities, including the effects of Medicare and Medicaid on rural citizens' access to care, the viability of rural hospitals, and the availability of physicians and other health professionals.

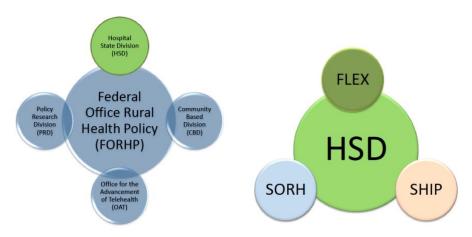
FORHP administers grant programs designed to build healthcare capacity at both the local and State levels. These grants provide funds to 50 SORH to support on-going improvements in care, and to rural hospitals through the Medicare Rural Hospital Flexibility Grant Program (Flex). Through its community-based programs, FORHP encourages network development among rural health care providers; upgrades in emergency medical services; and places and trains people in the use of automatic external defibrillators. FORHP also oversees the Black Lung Clinics grant program and the Radiation Exposure Screening and Education grant program. While these efforts are not solely focused on rural health issues, many of the populations affected reside in rural areas.



FORHP Structure

FORHP programs are organized in four divisions:

- The <u>Community-Based Division (CBD)</u> grant programs provide funding to increase
 access to care in rural communities and to address their unique health care challenges.
 Most of CBD's programs require community organizations to share resources and
 expertise using <u>evidence-based models of care</u> in networks of two or more health care
 services providers.
- The <u>Hospital-State Division</u> supports grants and activities for State Offices of Rural Health and support and technical assistance to small rural hospitals, including CAHs.
- The <u>Policy-Research Team</u> coordinates policy work impacting rural providers and beneficiaries, as well as fund research and analysis of key policy issues facing rural areas.
- The Office for the Advancement of Telehealth promotes the use of telehealth technologies for health care delivery, education, and health information services, and provides funding for telehealth grants and resource centers.



FORHP Program Coordinators

Program coordinators provide leadership and perform administrative and oversight activities that contribute towards the overall success of the grant program. They are responsible for preparation of grant guidance and coordination of the grant application, review and funding processes. Any questions related to the processing of the application, should be directed to the Program Coordinator.

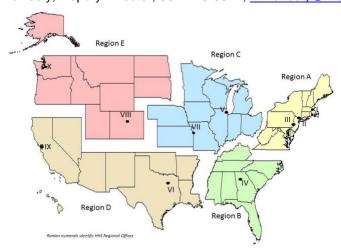
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FORHP Project Officers

Project Officers carry out the day-to-day work on the three Hospital State Division grant programs and are the main point of contact for SORH, SHIP and Flex questions from grantees. Building a collegial relationship with Project Officers is an important activity for SORH leaders. Project Officers can be a wealth of information and support to SORH in addition to the role they have for oversight and award of funds. If grantees have questions about the review of their application, how the grant funds can be used, potential changes to their program, or changes in staffing, they should contact their Project Officer. Project Officers provide technical assistance to the states by providing FORHP and other updates, organize regular regional conference calls and facilitate with the planning of regional meetings.

Federal Office of Rural Health Policy Hospital State Division

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HRSA Office of Regional Operations

The goal for rural health for the Health Resources and Services Administration (HRSA) Office of Regional Operations (ORO) is to improve the access to quality healthcare services in rural areas, enhance information exchange, and support rural HRSA grantees and stakeholders.

Common service offerings include:

- ORO will establish, renew and strengthen strategic partnerships with FORHP, Federal
 partners and rural health organizations to identify and optimize opportunities for rural
 engagement.
- ORO will engage rural health organizations in each region to assess needs, share resources, and provide technical assistance to address disparities, access to care, and improve their ability to successfully apply for HRSA funding.
- ORO will identify and report critical ground level communications and information learned through rural activities to inform agency operations, decision-making, and allocation of resources.



https://www.hrsa.gov/about/organization/bureaus/oro/index.html

Region 1	CT, ME, MA, NH, RI, VT
Region 2	NJ, NY, PR, VI
Region 3	DE, DC, MD, PA, VA, WV
Region 4	AL, FL, GA, KY, MI, NC, SC, TN
Region 5	IL, IN, MI, MN, OH, WI
Region 6	AR, LA, NM, OK, TX
Region 7	IA, KS, MO, NE
Region 8	CO, MT, ND, SD, UT, WY
Region 9	AZ, CA, HI, NV, AS, CNMI, FSM, Guam, Marshall Island, Republic of Palau
Region 10	AK, ID, OR, WA

CMS - Rural Health

The Centers for Medicare & Medicaid Services (CMS) is a federal agency within the United States Department of Health and Human Services (DHHS) that administers the Medicare program and works in partnership with state governments to administer Medicaid, the State Children's Health Insurance Program (SCHIP), and health insurance portability standards. In addition to these programs, CMS has other responsibilities, including the administrative simplification standards from the Health Insurance Portability and Accountability Act of 1996 (HIPAA), quality standards in long-term care facilities through its survey and certification process, and clinical laboratory quality standards under the Clinical Laboratory Improvement Amendments. The Centers for Medicare & Medicaid Services (CMS) have ten Regional Offices (ROs) reorganized in a Consortia structure based on the Agency's key lines of business: Medicare Health Plans Operations, Financial Management and Fee For Service Operations, Medicaid and Children's Health Operations, and Quality Improvement and Survey & Certification Operations. Each regional office has a rural health consultant, listed below.

<u>https://www.cms.gov/Outreach-and-</u> Education/Outreach/OpenDoorForums/Downloads/CMSRuralHealthCoordinators.pdf

Region 1	CT, ME, MA, NH, RI, VT
Region 2	NJ, NY, PR, VI
Region 3	DE, DC, MD, PA, VA, WV
Region 4	AL, FL, GA, KY, MI, NC, SC, TN
Region 5	IL, IN, MI, MN, OH, WI
Region 6	AR, LA, NM, OK, TX
Region 7	IA, KS, MO, NE
Region 8	CO, MT, ND, SD, UT, WY
Region 9	AZ, CA, HI, NV, AS, CNMI, FSM, Guam, Marshall Island, Republic of Palau
Region 10	AK, ID, OR, WA

Many SORH maintain regular contact with their CMS office to stay informed about emerging issues, regulatory changes or other information, which may impact rural providers. CMS also holds regular conferences calls called <u>"Open Door Forums"</u> on issues of interest to SORHs. The list includes:

- Special Open Door Forums
- Ambulance Open Door Forum
- Disability Open Door Forum
- End-Stage Renal Disease and Clinical Laboratories Open Door Forum
- Home Health, Hospice & Durable Medical Equipment Open Door Forum
- Hospitals Open Door Forum
- Low-Income Health Access Open Door Forum

- Medicare Beneficiary Ombudsman Open Door Forum
- Pharmaceutical, Pharmacy, and Device Manufacturers Open Door Forums
- Physicians, Nurses and Allied Health Professionals Open Door Forum
- Rural Health Open Door Forum
- Skilled Nursing Facilities/Long-Term Care Open Door Forum

Visit the CMS website to be notified when the next open door forums are scheduled - http://www.cms.gov/OpenDoorForums/.

NATIONAL PARTNERS

Rural Health Information Hub

The <u>Rural Health Information Hub (RHIhub)</u>, formerly called the Rural Assistance Center (RAC), is a product of the U.S. Department of Health and Human Services' Rural Initiative and was established in 2002 as a rural health "information portal." RHIhub helps rural communities and other rural stakeholders access the full range of available toolkits, programs, funding, and research that can enable them to provide quality health care to rural residents.

SORH often utilize or encourage constituents in their states to utilize the trained resource specialists available through RHIhub. RHIhub specialists staff a toll-free phone line, ready to answer questions and be a resource to your technical assistance work and support for your state partners. These specialists can be reached by dialing 1-800-270-1898. RHIhub resources are featured in NOSORH's monthly newsletters. Find out more at https://www.ruralhealthinfo.org/.

National Rural Health Association

The National Rural Health Association (NRHA) is a national nonprofit membership organization with more than 20,000 members. The association's mission is to provide leadership on rural health issues. NRHA membership consists of a diverse collection of individuals and organizations, all of whom share the common bond of an interest in rural health. SORH benefit from attending their annual meetings and receiving policy information. More information can be found at http://www.ruralhealthweb.org/.

National Rural Recruitment and Retention Network (3RNet) 3RNet is a national network of members dedicated to improving rural and underserved communities' access to quality health care through the recruitment and retention of health care professionals and community-based training. Over 30 of the 54 state members are a State Office of Rural Health (SORH). They offer a free, interactive website (www.3RNet.org) that allows facilities to post jobs in dozens of professions and specialties and connect with candidates across the country. SORH staff are welcome to contact 3RNet directly for free technical assistance at 1-800-787-2512.

Rural Health Research Centers and Analysis Initiatives

The Federal Office of Rural Health Policy (FORHP) currently funds seven rural health research centers and three rural health policy analysis initiatives. In previous funding cycles, FORHP has also funded individual researchers and other research centers. The Rural Health Research Gateway (Gateway) provides easy and timely access to research and findings of the FORHP-funded Rural Health Research Centers, 1997-present. The goal of the Gateway is to help move new research findings of the Rural Health Research Centers to end users as quickly and efficiently as possible. SORH use the Gateway to orient themselves to specific rural health facts and findings.

Current Research Centers & Areas of Expertise

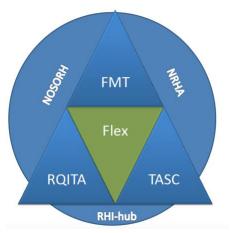
- Maine Rural Health Research Center
 Health Insurance and the Uninsured,
 Long Term Services and Supports,
 Rural Health Clinics (RHCs), Mental
 Health, Substance Abuse
- North Carolina Rural Health Research and Policy Analysis Center
 Medicare, Medicaid and S-CHIP, Health Care Financing, Health Policy
- North Dakota and NORC Rural Health <u>Reform Policy Research Center</u> Health Policy, Health Services, Frontier health, Workforce
- RUPRI Center for Rural Health Policy
 Analysis
 Health Policy, Medicare, Medicare
 Advantage (MA), Health Insurance and the Uninsured, Health Services
- Rural and Underserved Health Research Center

- Substance Use Treatment, Primary Care, Emergency Department Access
- Rural Telehealth Research Center Telehealth, Health Information Technology, Technology
- South Carolina Rural Health Research
 Center
 Health Disparities, Minority Health,
 Health Services
- Southwest Rural Health Research
 Center
 Health Insurance, Maternal and Child
 Health, Aging, Diabetes, Substance
 Abuse
- <u>University of Minnesota Rural Health</u>
 <u>Research Center</u>
 Quality, Health Information Technology,
 Health Services
- WWAMI Rural Health Research Center Workforce, Health Services

Flex Monitoring Team

The <u>Flex Monitoring Team</u> is a performance monitoring resource for state Flex programs, Critical Access Hospitals, States and Communities. The Rural Health Research Centers at the Universities of Minnesota, North Carolina-Chapel Hill, and Southern Maine (the Flex Monitoring Team) are the recipients of a 5-year cooperative

agreement award from the Federal Office of Rural Health Policy to continue to monitor and evaluate the Medicare Rural Hospital Flexibility Grant Program (Flex Program). The monitoring project is assessing the impact of the Flex Program on Critical Access Hospitals and their communities and the role of states in achieving overall program objectives. SORH tap into the Flex Monitoring Team for reports on hospital financial and quality performance and to identify emerging issues impacting CAH. Additional resources include CAHMPAS and Population Health Evaluation. CAHMPAS (Critical Access Hospital Measurement & Performance Assessment System) provides graphs and data, which allow you to



compare CAH performance for various measures across user defined groups: by location, net patient revenue, or other factors. More information can be found at www.flexmonitoring.org.

Technical Assistance and Services Center

<u>Technical Assistance and Services Center</u> (TASC) provides information, tools and education to Critical Access Hospitals (CAHs) and state Flex Programs to improve quality, finances, operations, health system development and community engagement. TASC is a key partner of

all 45 Flex Programs and has a rich cadre of resources to support SORH. Examples of resources include Flex Core Competencies, TASC 90 Calls, State Flex Profiles, Population Health Portal, and enhanced site visits. More information can be found at www.ruralcenter.org/tasc.

Rural Quality Improvement Technical Assistance

Rural Quality Improvement Technical Assistance (RQITA) is a cooperative agreement with the Federal Office of Rural Health Policy (FORHP) implemented by Stratis Health. The purpose of RQITA is to improve quality and health outcomes in rural communities through technical assistance to beneficiaries of FORHP quality initiatives, such as Flex Programs, Small Health Care Provider Quality Improvement grantees, CAHs, and other rural providers. Through RQITA, technical assistance is provided in the following areas: data collection and analysis, understanding measure specifications, benchmarking and target setting, developing and implementing efficient and effective improvement strategies, and tracking the outcomes of quality improvement efforts. Examples of resources include: direct or enhanced technical assistance, Rural Quality Advisory Council, data analysis of MBQIP, and Virtual Knowledge Groups. More information can be found at https://www.ruralcenter.org/tasc/mbgip.

Consortium of Telehealth Resource Centers

Telehealth Resource Centers (TRCs) have been established to provide assistance, education and information to organizations and individuals who are actively providing or interested in providing medical care at a distance. Their charter from the Office for Advancement of Telehealth is to assist in expanding of the availability of health care to underserved populations. More information can be found at http://www.telehealthresourcecenter.org/.

Small Rural Hospitals Transition (SRHT)

The SRHT program provides in-depth consultations to small rural hospitals in areas of persistent poverty to drive financial and quality improvements and help them prepare for the transition to value based care. https://www.ruralcenter.org/rhi/srht

Vulnerable Rural Hospitals Assistance Program (VRHAP)

VRHAP provides targeted in-depth assistance to vulnerable rural hospitals struggling to maintain healthcare services with the goal for residents in those rural communities to continue to have access to essential health services. http://optimizingruralhealth.org/index.html

Delta Regional Community Health Systems Development (DRCHSD)

The DRCHSD program enhances healthcare delivery in the Mississippi Delta region through intensive, multi-year technical assistance to healthcare facilities in rural communities, targeted to the needs of each community. https://www.ruralcenter.org/drchsd

Rural Veterans Health Access Program (RVHAP) provides funding to states to work with providers and other partners to improve the access to needed mental health and other healthcare services to improve the coordination of care for veterans living in rural areas.



STATE PARTNERS

Area Health Education Centers (AHEC)

Area Health Education Centers enhance access to quality health care, particularly primary and preventive care, by improving the supply and distribution of healthcare professionals through community/academic educational partnerships. SORH often partner with AHEC to achieve rural health workforce development goals.

Search the RHIhub website (https://www.ruralhealthinfo.org/) for success stories, publications, and links to AHEC organizations.

State Primary Care Associations (PCAs) and State Primary Care Offices (PCOs)

State Primary Care Associations (PCAs) and State Primary Care Offices (PCOs) are important partners for SORH. Operating through grant funds authorized by Section 330 of the Public Health Services Act, PCAs and PCOs are administered by the Bureau of Health Workforce in HRSA. PCAs and PCOs are charged with the responsibility of building appropriate relationships and collaborating in support of primary healthcare delivery to underserved populations.

Primary Care Associations (PCAs)

PCAs are private, non-profit membership associations that support and assist Bureau of Health Workforce programs and other providers of preventive and primary care to underserved groups. On behalf of Health Centers, PCAs bring together organizations and individuals to build coalitions and support the strengthening and improvement of primary care.

Primary Care Offices (PCOs)

PCOs are located within state health agencies or other sectors of state government that have primary responsibility for supporting and expanding access to health care. Unlike PCAs, PCOs work exclusively toward the enhancement of primary health care within the state. PCOs operate under cooperative agreements with the Bureau of Health Workforce (BHW). BHW's goals are the expansion of primary care access and the elimination of health disparities guide PCOs' activities. The state cooperative agreements behind the management of PCOs are particularly helpful in promoting collaboration between the private, local, State and Federal levels. PCOs' primary responsibilities are tailored according to state-specific needs and available resources. PCOs conduct research in an effort to understand state and community needs and problems. Studies and other information enable PCOs to improve their methods and strategies for supporting underserved communities, addressing access barriers, and improving poor health outcomes and disparities across population and areas.

Other responsibilities of PCAs and PCOs are to gather data and document the effects of such programs as CHIP and welfare reform on underserved populations, locate communities and specific populations that do not have access to primary and preventive care, and identify populations with significant health disparities. This information assists in the development of programs that will enhance preventive and primary care to all populations.

LOCAL PARTNERS

Critical Access Hospitals

A Critical Access Hospital (CAH) is a hospital certified under a set of Medicare Conditions of Participation (CoP), which are structured differently than the acute care hospital CoP. Some of the requirements for CAH certification include:

- Having no more than 25 inpatient beds;
- Maintaining an annual average length of stay of no more than 96 hours for acute inpatient care;
- Offering 24-hour, 7-day-a-week emergency care:
- And being located in a rural area, at least 35 miles drive away from any other hospital or CAH (fewer in some circumstances).

The limited size and short stay length allowed to CAHs encourage a focus on providing care for common conditions and outpatient care, while referring other conditions to larger hospitals. Certification allows CAHs to receive cost-based reimbursement from Medicare, instead of standard fixed reimbursement rates. This reimbursement has been shown to enhance the financial performance of small rural hospitals that were losing money prior to CAH conversion and thus reduce hospital closures. CAH status is not ideal for every hospital and each hospital should review its own financial situation, the population it serves, and the care it provides to determine if certification would be advantageous.

The Medicare Rural Hospital Flexibility Program (Flex Program) was created by the Balanced Budget Act of 1997 and is intended to strengthen rural health care by encouraging states to take a holistic approach. The purpose of the Flex Program is to provide support for CAHs for quality improvement, quality reporting, performance improvements, and benchmarking; designating facilities as critical access hospitals; and the provision of rural emergency medical services. Through these activities the Flex Program ensure residents in rural communities have access to high quality health care services. State Flex funding for this three-year project period will act as a resource and focal point for strategic planning in the following program areas with an emphasis and priority on quality and financial and operational improvement:

- 1. Quality Improvement (required)
- 2. Financial and Operational Improvement (required)
- 3. Population Health Management and Emergency Medical Services Integration (optional)
- 4. Designation of CAHs in the State (required if requested)
- 5. Integration of Innovative Health Care Models (optional)

For support on the Flex Program, contact The Rural Health Resource Center Technical Assistance Service Center - http://www.ruralcenter.org/tasc

Community Health Centers (aka Federally Qualified Health Centers - FQHCs)

Federally qualified health centers (FQHCs) include all organizations receiving grants under section 330 of the Public Health Service Act, certain tribal organizations, and FQHC Look-Alikes. FQHCs qualify for enhanced reimbursement from Medicare and Medicaid, as well as other benefits. FQHCs must:

- Serve an underserved area or population
- Offer a sliding fee scale
- Provide comprehensive services
- Have an ongoing quality assurance program
- Have a governing board of directors

There are many benefits of being an FQHC. For FQHCs that are PHS 330 grant recipients, the biggest benefit is the grant funding. For new starts, funding up to \$650,000 can be requested. Other benefits include:

- Enhanced Medicare and Medicaid reimbursement
- Medical malpractice coverage through the Federal Tort Claims Act
- Eligibility to purchase prescription and non-prescription medications for outpatients at reduced cost through the 340B Drug Pricing Program
- Access to National Health Service Corps
- Access to the Vaccine for Children Program
- Eligibility for various other federal grants and programs

CMS Federally Qualified Health Centers Center - https://www.cms.gov/center/fqhc.asp

Overview of the FQHC Program - https://www.ruralhealthinfo.org/topics/federally-qualified-health-centers

Fact Sheet - https://www.cms.gov/MLNProducts/downloads/fghcfactsheet.pdf

HRSA "The Health Center Program" http://bphc.hrsa.gov/

FQHC Member Association – National Association of Community Health Centers (NACHC) - http://www.nachc.com/

Rural Health Clinics

A Rural Health Clinic (RHC) is a federally qualified health clinic certified to receive special Medicare and Medicaid reimbursement. CMS provides advantageous reimbursement as a strategy to increase rural Medicare and Medicaid patients' access to primary care services.

The National Association of Rural Health Clinics (NARHC) is the only national organization dedicated exclusively to improving the delivery of quality, cost-effective health care in rural underserved areas through the RHC Program. More information can be found at www.narhc.org.

CMS Rural Health Clinics webpage - https://www.cms.gov/center/rural.asp RHC Resources for SORH - https://nosorh.org/member-resources/toolkits/

RESOURCES BY TOPIC

Community Health Workers

Community Health Workers (CHWs) are frontline public health workers who have a close understanding of the community they serve. RHIhub has designed a toolkit to help you evaluate opportunities for developing a CHW program and provide resources and best practices developed by successful CHW programs. The toolkit is made up of several modules that concentrate on different aspects of CHW programs and include resources to use in developing a program for your area.

- Module 1: Introduction to Community
 Health Workers
 An overview of community health
 workers and their roles.
- Module 2: Program Models
 Elements of differing models for CHW programs.
- Module 3: Training Approaches
 Available training materials and procedures for CHWs.
- Module 4: Program Implementation
 Building a program from the bottom up.

- Module 5: Planning for Sustainability
 How to ensure your CHW program
 functions properly.
- Module 6: Measuring Program Impacts
 Methods that allow you to measure the effectiveness of your program.
- Module 7: Disseminating Best
 Practices

 Letting other people know what you have done with your program.
- Module 8: Program Clearinghouse Examples of and contacts for successful CHW programs

At a 2015 NOSORH Regional meeting, information on CHWs was shared in the Montana Frontier Community Health Care Coordination Demonstration Grant. The presentation can be found here: https://nosorh.org/wp-content/uploads/2015/01/FCHIP-Care-Coordination-Community-Health-Worker-Program-Heidi-Blossom.pdf

Community Paramedicine

Community paramedicine (CP) is an emerging healthcare profession that allows paramedics and emergency medical technicians (EMTs) to operate in expanded roles to provide healthcare services to underserved populations.

RHIhub has prepared a topic guide that can be found here: https://www.ruralhealthinfo.org/topics/community-paramedicine

The National Association of Emergency Medical Technicians (NAEMT) has a great webpage with links to resources (on the left column), including a toolkit and the "knowledge center" link. http://www.naemt.org/MIH-CP.aspx

National Association of State EMS Officials (NASEMSO) offers a great compendium on the topic of Community Paramedicine, which can be found here: https://nasemso.org/?s=community+paramedicine

Working with Vulnerable Hospitals

States across the nation are experiencing an increase in hospital closure. The North Carolina Rural Health Research Program (NCRHRP) reports that more than 82 rural hospitals have closed their doors to patients in need of inpatient services from January 2010 through the present. The NRHA reports that 673 additional hospitals are vulnerable and could close. Of

these, approximately 200 are at high risk for closure. In cooperation with FORHP, NOSORH prepared the <u>State Office of Rural Health Roadmap for Working with Vulnerable Hospitals</u>. This document is filled with resources to assist SORH in identifying vulnerable hospitals to provide technical assistance. More information can be found on the NOSORH website at https://nosorh.org/working-with-vulnerable-hospitals-and-communities/

The Vulnerable Rural Hospitals Assistance Program (VRHAP) provides targeted in-depth assistance to vulnerable rural hospitals struggling to maintain healthcare services with the goal for residents in those rural communities to continue to have access to essential health services.

Leading Change

<u>Leading Change: Best Practices in Technical Assistance for Rural and Frontier Health-Care Organizations in a Time of Transformation</u> is a toolkit designed to meet the specific needs of rural and frontier health service organizations and the capacity building organizations that offer technical assistance to facilitate change.

The toolkit was developed by the National Network for Rural and Frontier Capacity, consisting of the National Center for Frontier Communities, the University of New Mexico Office of Community Health, NOSORH, and the SORH in Hawaii, South Carolina, Pennsylvania, Ohio, and Montana.

Rural Health Clinic Committee

The NOSORH Rural Health Clinic (RHC) Committee began in 2009 as a task force to assess what types of support SORHs were providing for RHCs. The task forced evolved into the RHC Committee in 2013 to focus on providing education for SORHs that are interested in providing technical assistance to RHCs and safety net providers. The committee began by surveying SORHs to understand the amount and type of technical assistance that was provided to RHCs. Since then, the Committee has used this information to help produce six modules:

- Module 1: An Introduction to the Rural Health Clinic Program
- Module 2: Learning About Certified Rural Health Clinics
- Module 3: Helping SORHs Make Decisions About Providing Technical Assistance and Support to Rural Health Clinics
- Module 4: Helping Rural Health Clinics Work Effectively with Other Key Rural Health Providers
- Module 5: Rural Health Clinic Performance Measurement and Quality Improvement
- Module 6: Incorporating Behavioral Health Services in the Rural Health Clinic

The Modules listed above may be access on the NOSORH web site by <u>clicking here</u> and scrolling down to the NOSORH Resources section.

Veterans

NOSORH created an informative tool and "How-To" manual to support SORHs in addressing the health care needs of rural veterans.

The guide includes:

- Information about rural health initiatives of the Veterans Health Administration (VHA)
- Key questions to identify state-specific challenges for rural veterans on health issues
- Statistical data/facts about the health care needs of rural veterans.

- Recent published literature related to the health care needs of rural veterans
- Information about the work of individual SORH related to addressing the health care needs of rural veterans
- Information on organizations engaging in veterans' health issues and their roles
- Potential solutions and best practices for addressing health care needs of rural veterans
- List of suggested activities SORHs may engage in to address the health care needs of rural veterans

You can find this toolkit and others on the NOSORH website at https://nosorh.org/member-resources/toolkits/.

ACRONYMS

List of Common Acronyms

3R Net National Rural Recruitment and Retention Network

ACF Administration for Children and Families

ACL Administration for Community Living

ADAP AIDS Drug Assistance Program

AHA American Hospital Association

AHRQ Agency for Healthcare Research and Quality

ALF Assisted Living Facility

AMA American Medical Association

ARC Appalachian Regional Commission

ASPE Assistant Secretary for Planning and Evaluation

ATF Bureau of Alcohol, Tobacco, and Firearms

ATSDR Agency for Toxic Substances and Disease Registry

BBA Balanced Budget Act of 1997

BBRA Balance Budget Refinement Act

BCRS Bureau of Clinician Recruitment and Services

BHPr Bureau of Health Professions

BIA Bureau of Indian Affairs

BIPA Benefits, Improvement, & Protection Act of 2000

BLCP Black Lung Clinics Program

BPHC Bureau of Primary Health Care

CAH Critical Access Hospital

CAP Community Access Program

CARE Comprehensive AIDS Resources Emergency

CBO Congressional Budget Office

CDC Centers for Disease Control and Prevention

CFO Chief Financial Officer

CFR Code of Federal Regulations

CHC Community Health Center

CHGME Children's Hospitals Graduate Medical Education

CIO Chief Information Officer

CISS Community Integrated Service Systems

CMS Centers for Medicare and Medicaid Services

CNO Chief Nursing Officer

CQ Center for Quality (HRSA)

CSG Council for State Governments

CSHCN Children with Special Health Care Needs

Delta State Rural Development Network Grant Program

Denali Commission

DHHS Department of Health and Human Services

DIR Division of Independent Review

DOC Department of Commerce

DOL Department of Labor

DOT Department of Transportation

DOT Directly Observed Therapy

DRA Delta Regional Authority

DSH Medicare Disproportionate Share Hospital

EEOC Equal Employment and Opportunity Commission

EIS Early Intervention Services

EMA Eligible Metropolitan Areas

EMSC Emergency Medical Services for Children

EPA Environmental Protection Agency

FAA Federal Aviation Administration

FCC Federal Communications Commission

FDA Food and Drug Administration

FDIC Federal Deposit Insurance Corporation

FEC Federal Exchange Commission

FEMA Federal Emergency Management Agency

FESC Frontier Extended Stay Clinics

FHWA Federal Highway Administration

FI Fiscal Intermediary

FIMR Federal and Infant Mortality Review

FLEX Medicare Rural Hospital Flexibility Grant Program

FMFIA Federal Managers Financial Integrity Act

FOH Federal Occupational Health

FORHP Federal Office of Rural Health Policy

FQHC Federally Qualified Health Center

FTC Federal Trade Commission

FTE Full-Time Equivalency

FY Fiscal Year

GHPC Georgia Health Policy Center

GLMA Gay and Lesbian Medical Association

GME Graduate Medical Education

GMS Grants Management Specialist

GPRA Government Performance and Results Act

HAB HIV AIDS Bureau

HEAL Health Education Assistance Loans

HHS Department of Health and Human Services

HIPAA Health Insurance Portability and Accountability Act of 1996

HIPDB Healthcare Integrity and Protection Data Bank

HMO Healthcare Management Organization

HOPWA Housing Opportunities for Persons with AIDS

HPSA Health Professional Shortage Area

HRSA Health Resources and Services Administration

HSB Health Systems Bureau

HUD Department of Housing and Urban Development

IGA Intergovernmental Affairs

IHS Indian Health Services

IME Indirect Medial Education

INS Immigration and Naturalization Services

IOM Institute of Medicine

JCAHO Joint Commission on Accreditation of Healthcare Organizations

LTCH Long Term Care Hospital

MACRA Medicare Access and CHIP Reauthorization Act of 2015

MA Medicare Advantage (aka Medicare Part C)

MAC Medicare Administrative Contractor (Medicare Fiscal Intermediary)

MA-PD Medicare Advantage Prescription Drug

MBQIP Medicare Beneficiary Quality Improvement Project

MCTAC Managed Care Technical Assistance Center

MDH Medicare Dependent Hospital

MedPAC Medicare Payment Advisory Commission

MMA Medicare Modernization Act

MUA Medically Underserved Area

MUP Medically Underserved Population

MIPS Merit-Based Incentive Payment System

PPACA Patient Protection and Affordable Care Act

NAC Rural Health and Human Services National Advisory Committee

NACHC National Association of Community Health Centers

NACRHHS National Advisory Committee for Rural Health and Human Services

NADO National Association of Development Organizations

NCCC National Center for Cultural Competence

NCHS National Center for Health Statistics

Network Planning
Network Development Planning Grant Program

NGA National Governor's Association

NHSC National Health Service Corps

NHTA National Highway Traffic Safety Administration

NOSORH National Organization of the State Offices of Rural Health

NPI National Provider Identifier

NPRM Notice of Proposed Rural Making

NRDP National Rural Development Partnership

OA Office of the Administrator

OAT Office for the Advancement of Telehealth

OFAM Office of Federal Assistance Management

OGM Office of Grant Management

OL Office of Legislation

OMB Office of Management and Budget

OMH Office of Mental Health

OMPS Office of Management and Program Support

OPA Office of Population Affairs

OPE Office of Planning and Evaluation

ORHP Office of Rural Health Policy (updated to FORHP)

OSHA Occupational Safety and Health Administration

Outreach Rural Health Care Services Outreach Grant Program

OWH Office of Women's Health

PCA Primary Care Association

PCO Primary Care Organization

PFFS Private Fee-for-Service

PHP Public Health Preparedness

PHS Public Health Service

PPO Preferred Provider

PPS Prospective Payment System

PQRI Physician Quality Reporting Initiative

QIO Quality Improvement Organization

RAED Rural Automatic External Defibrillator

RESEP Radiation Exposure Screening and Education Program

RHC Rural Health Clinic

RHN Rural Health Network

RHIhub Rural Health Information Hub (formerly Rural Assistance Center – RAC)

RHRC Rural Health Research Center

RHWKS National Center for Rural Health Works

RRC Rural Referral Center

RUCA Rural Urban and Commuting Areas

RUPRI Rural Policy Research Institute

RWCA Ryan White Care Act

SAMHSA Substance Abuse and Mental Health Services Administration

SBA Small Business Administration

SCH Sole Community Hospital

SCHIP State Children's Health Insurance Program

SCHPQI Small Health Care Provider Improvement Grant Program

SEARCH Student/Resident Experiences and Rotations in Community Health

SNF Skilled Nursing Facility

SORH State Offices of Rural Health

SRDC State Rural Development Councils

SSA Social Security Administration

SUD Substance Use Disorder

TRHCA Tax Relief and Health Care Act of 2006

USDA United States Department of Agriculture

VA Department of Veteran's Affairs

VBP Value Based Purchasing

WIC Women, Infants, and Children

WWAMI Washington, Wyoming, Alaska, Montana, Idaho Research Center