

NAACP

"Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane." Martin Luther King Jr.

Children's Health Insurance Program (CHIP) Jeopardized

Congress has failed to renew funding for the popular and important insurance program for children. Current funding for the program is projected to run out in March of this year in Missouri. In a News Leader story 10/3/17, it states that as many as 8.9 million children will lose insurance nationally, 25,000 Missouri children and roughly 1,300 Greene County children. Contact Senator Roy Blunt at (202) 224-5721, Senator Claire McCaskill (202) 224-6154 and Representative Billy Long at (202) 225-6536.

From Kia Washington NP: Jordan Valley

Reminders regarding periodic screening exams: Follow age specific guidelines per provider recommendation. Paps at 21, every 3 years < age 30. Mammograms at 40 unless family h/o breast cancer. Colonoscopy at age 50

Kia Washington, Women's Health Nurse Practitioner



Kia is the women's health nurse practitioner at Jordan Valley Health Clinic.

Tell us about your background.. I was born and raised in St. Louis Missouri. I went to elementary through high school in Chesterfield, Mo. graduating from Marquette High School. My post high school education includes college at Truman State University, nursing school at Barnes Jewish and then a masters in nursing from the University of Missouri St. Louis.

Tell us about your family. I come from a large close family. There are six of us altogether, three brothers and two sisters. I also have 7 nieces and nephews.

Tell us how you decided to be a nurse. I have always been interested in helping others. I took inspiration from my grandmother because

“Why your doctor should care about social justice “

In a 2015 TED talk, the New York City Health Commissioner Dr. Mary Basset speaks about institutional racism and how it affects our health. She speaks about how the medical community is reluctant to use the word racism when discussing health disparity. In her talk she lists shocking statistics:

- 50% higher rates of premature mortality (death before age 65) for black men over whites.
- Black women having 10 times the risk of dying related to childbirth as a white woman.
- Black babies facing the risk of dying three times greater in the first year of life as a white baby.

Dr. Basset cites 250 years of slavery, 90 years of Jim Crow laws and 60 years of imperfect laws to correct racial disparities and institutional racism as being the drivers of these differences.

Policy decisions at the national and state levels determine who will benefit, who will suffer and who will remain invisible. These are “things we’re not supposed to have in our country “. Her entire TED talk can be found at [ted.com](https://www.ted.com/talks/mary_basset_why_your_doctor_should_care_about_social_justice/up-next).

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she always encouraged us to be the best we could be. After my experience of job shadowing a labor and delivery nurse, I knew nursing was the career path for me. I liked the close patient contact and knew that was the type of care I wanted to provide. Part of wanting to further my education stemmed from growing up in poverty as a child and wanting better for myself in adulthood.

What advice do you have for our readers considering a nursing education?

First, never give up. Keep striving to do your best to reach your goals. School is important to me as it was a way to a better life. I am the first person in my family with a masters degree and although there were many obstacles to overcome, I kept working until I achieved it.

What is the hardest part of your job? Trying to cover all of the needs of the patient outside of the pregnancy. Many times our patients have psychological issues, homelessness, poverty in addition to the health concerns. Addressing all of the issues presented is hectic and overwhelming at times. I am grateful to have access multiple resources to combat those challenges. The best part of my job is being able to make a difference in my patient’s lives.

Where do you see yourself in 10 years? I would like to continue in the job I love and continue to make a difference in my patient’s lives.

Current Administration Bans the Use of Seven Words or Phrases

According to a Washington Post article on 12/15/17, seven words or phrases have been banned from use in budget documents prepared by the Centers for Disease Control (CDC) for the upcoming year. The words banned include: FETUS, DIVERSITY, VULNERABLE, ENTITLEMENT, TRANSGENDER, SCIENCE-BASED and EVIDENCE BASED. The CDC has been given a list of “alternative phrases” to use instead.