



Rural Health Scholars: Assessing Sexual and Reproductive Health Care on Martha's Vineyard

Presentation by: Adam Baskin RN, Lauren Colwell, Jesse Loughlin, Ashley Millette, Ciarra Nickerson, Heather Patrick RN, Cesar Rodriguez, and Arielle Stopa

Our Mission

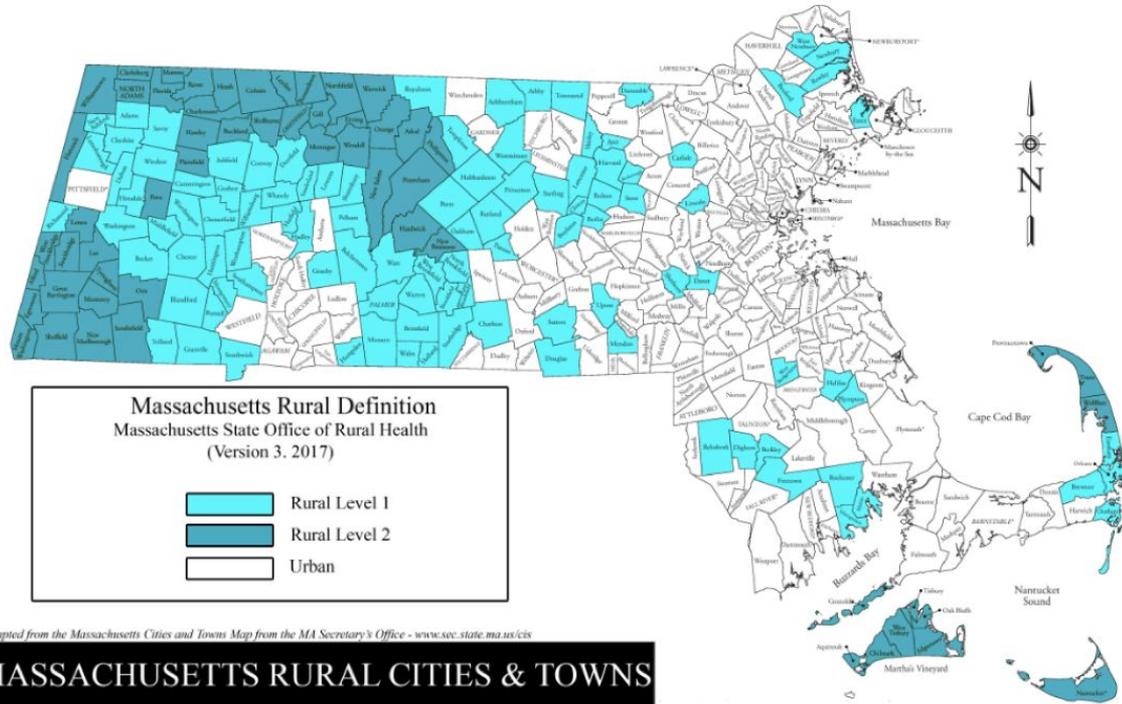


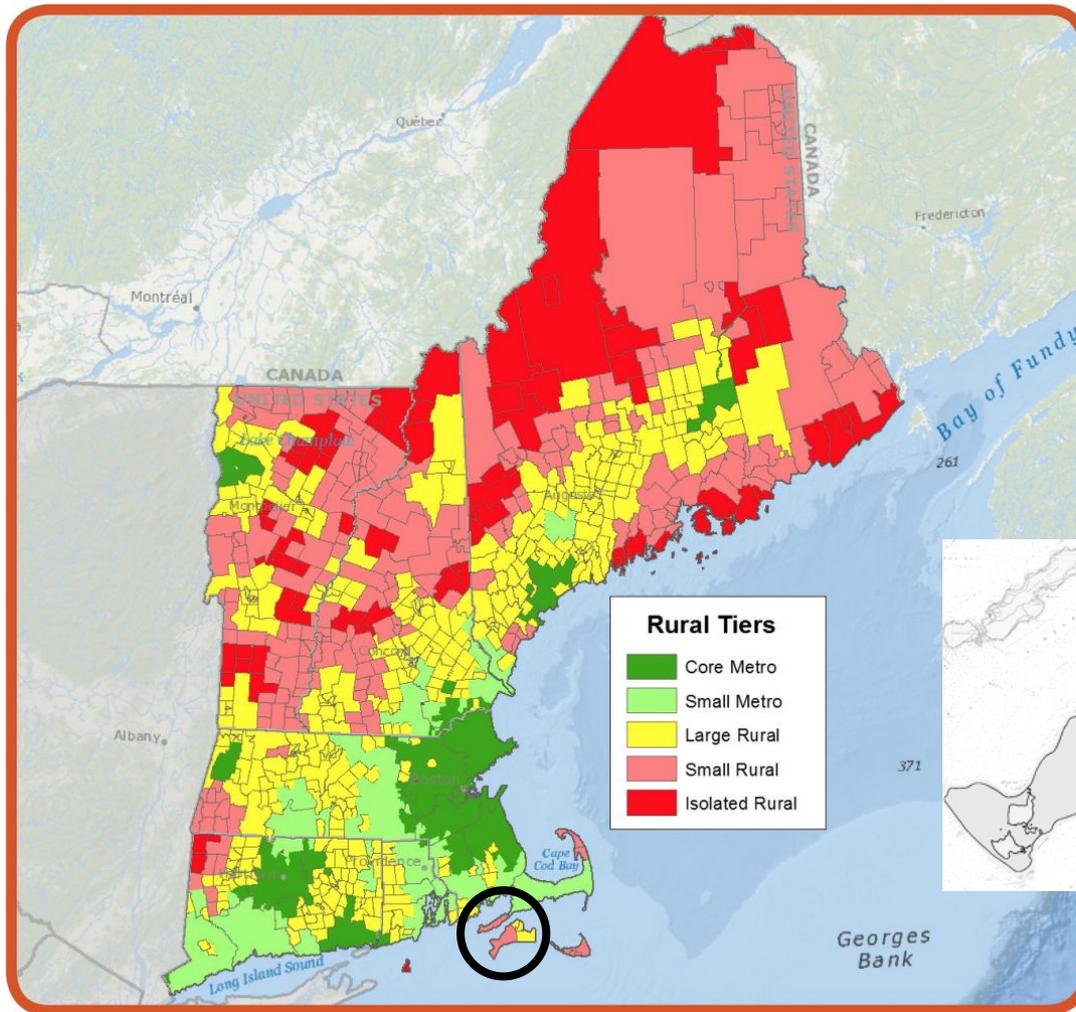
1. **Identify** the reproductive and sexual health services available on Martha's Vineyard (MV)
2. **Assess** the community's knowledge of the sexual and reproductive health resources
3. **Evaluate** the current reproductive and sexual health services
4. **Provide recommendations** for improvement

The Rural Community of Massachusetts



- What is a rural community? (essentially, a non-urban one)
 - Multi-factorial definition based on the federal agency.
 - We will use the definition the U.S. Census Bureau uses which is based on:
 - Population thresholds
 - Population density
 - Land use
 - Distance
- Is Massachusetts rural?
 - Population of 6,811,779
 - Rural population of 98,686
 - Centered around the central, western, and the **coastal areas in the southeast part of the state**
 - Nearly **12%** of MA population lives in **54%** of the state's landmass classified as **rural**
 - Nearly **46%** of MA towns are **rural**





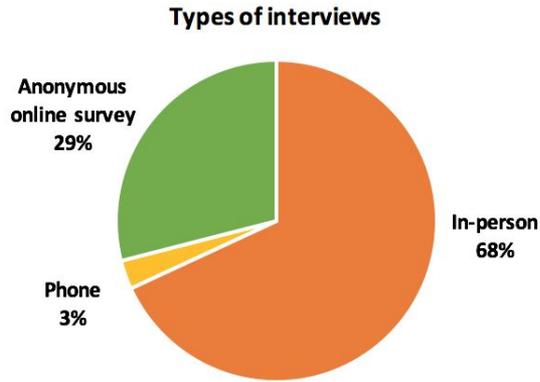
The Rural Community of Martha's Vineyard

- Duke's County of Massachusetts
 - Tisbury, Oak Bluffs, Edgartown, West Tisbury, Chilmark, Aquinnah, and Gosnold
 - Population: **17,246**
- Martha's Vineyard
 - Classification: rural by the Federal Office of Rural Health Policy
 - **Medically underserved population -- Governor's Exception**
 - **Primary care shortage area classification**
 - **Dental care shortage area classification**
- We're looking at women's health and reproductive health, let's see what we found...

Methods

Performed semi-structured interviews with service providers and island residents

- Total of 69 participants
- Questions covered reproductive and sexual health topics including contraception, STD prevention, infertility, sexual assault, domestic violence, and resource availability, and were generated by Dukes County Health Council



Age range	# of Participants
< 18	13
20-24	0
25-29	3
30-34	5
35-39	7
40-44	2
45-64	31
65+	7
Unknown	1

Limitations of Reproductive Health Needs Assessment



1. Few interviews with underrepresented groups
 - a. Brazilian population, Wampanoag tribe, LGBTQA community
 - b. Most interviewees were over the age of 45
2. Did not conduct any interviews with representatives of Alex's Place
 - a. Focused on providing safe, enlightening, educational, and entertaining experiences for teenagers on MV
3. Only two weeks to conduct interviews
4. Possible selection bias -- connections to the healthcare community

Themes



- Standardized screening and treatment for mental health care, especially for postpartum women
- Training for medical providers in caring for LGBTQA community
- Improving access to care for underrepresented groups
- Food stability
- Reproductive health education in schools
- Access to termination of pregnancy
- Access to speciality medical care
- Health services transparency

“We need more education on [gender identity].”

“Many kids ask but a small portion of the [sex ed] unit is on sexual health.”

Current Resources Available

SEXUAL HEALTH EDUCATION, PREVENTION, TREATMENT

Family Planning

(Health Imperatives Clinic)
517 State Road
Vineyard Haven
(508) 693-1208

Monday: 9am – 4:30pm
Tuesday: 11am – 4:30pm
Wednesday: 9am – 6:30pm
Thursday: 9am – 4:30pm

**Not Planned Parenthood
(Does not perform abortions)*

Island Health Care (FQHC)

245 Edgartown-Vineyard
Haven Road (At the Triangle in
Edgartown)
(508) 939-9358

Mon—Thurs: 8am to 8pm
Fri & Sat: 8am to 4pm

These resources provide:

- Sexual health exams, birth control options, pregnancy testing, testing for sexual transmitted infections
- *Services are given regardless of ability to pay*
- Intérprete português

RELATIONSHIP AND GENDER/SEXUAL IDENTITY SUPPORT

Primary Care

Family Planning

Martha's Vineyard Community Services (MVCS)

111 Edgartown Road
Oak Bluffs
(across from the Martha's
Vineyard Regional High School)
*Services given regardless of
ability to pay*

Programs Offered:

Island Counseling Center
24-Hour Crisis Hotline:
508-693-0032
Office: 508-693-7900 x290

Transgender Support Group

(run by Island Wide Youth
Collaborative at MVCS)
111 Edgartown Rd
Vineyard Haven
508-693-7900 x400
Thursday 5:00 pm – 6:30 pm
Intérprete português

TRAUMA/ABUSE

CONNECT to End Violence (MVCS Program)

24/7 Hotline: 508-696-SAFE
(7233)
Office: 774-549-9667

Free, confidential services,
including short-term
counseling, court advocacy,
medical accompaniment

MV Hospital, Emergency Department

1 Hospital Road, Oak Bluffs
508-693-0410

State Police
508-693-054

BUYING FRESH, NUTRITIOUS FOOD

Women Infants and Children

(WIC) at Family Planning
In-take interview every other
Friday

MALE SEXUAL HEALTH

Family Planning

Male reproductive health
exams

Off-island
Urology
Fertility

PREGNANCY

MV Hospital, OB/GYN

Department
1 Hospital Road, Oak Bluffs
508-693-0410
Physicians and certified nurse
midwives

Intérprete português por
telefone

Vineyard Birth Collective* vineyardbirthcollective.org

Community and Support
Schedule of Island's Classes
and Programs
**check with your medical
provider before making
changes to your treatment*

HEALTH INSURANCE

Health Care Access

114 New York Ave
Vineyard Haven
508-696-0020

Monday – Thursday
8:00 a.m. – 5:00 p.m.
Friday and Saturdays by
appointment
Obtain and keep health
insurance

Intérpretes portugues

Current Resources Available

SEXUAL HEALTH EDUCATION, PREVENTION, TREATMENT

Family Planning

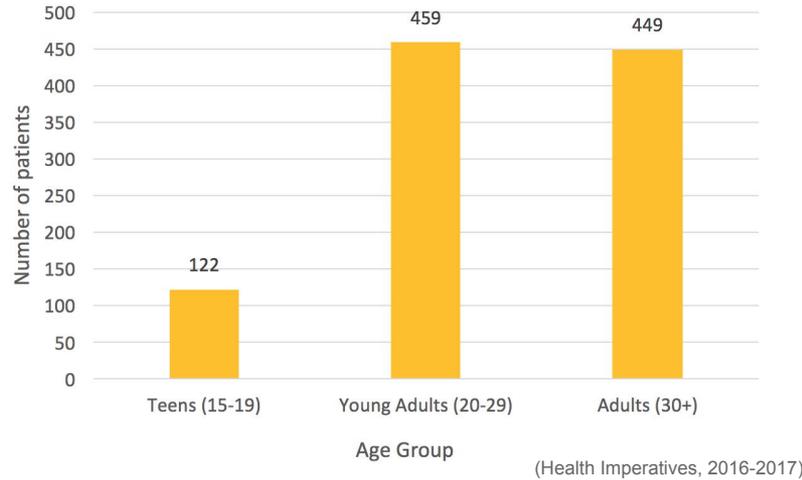
(Health Imperatives Clinic)
517 State Road
Vineyard Haven
(508) 693-1208
Monday: 9am – 4:30pm
Tuesday: 11am – 4:30pm
Wednesday: 9am – 6:30pm
Thursday: 9am – 4:30pm
**Not Planned Parenthood
(Does not perform abortions)*

Island Health Care (FQHC)

245 Edgartown-Vineyard
Haven Road (At the Triangle in
Edgartown)
(508) 939-9358
Mon—Thurs: 8am to 8pm
Fri & Sat: 8am to 4pm

These resources provide:

- Sexual health exams, birth control options, pregnancy testing, testing for sexual transmitted infections
- Services are given regardless of ability to pay
- Intérprete português



Current Resources Available

SEXUAL HEALTH EDUCATION, PREVENTION, TREATMENT

Family Planning

(Health Imperatives Clinic)
517 State Road
Vineyard Haven
(508) 693-1208

Monday: 9am – 4:30pm
Tuesday: 11am – 4:30pm
Wednesday: 9am – 6:30pm
Thursday: 9am – 4:30pm

**Not Planned Parenthood
(Does not perform abortions)*

Island Health Care (FQHC)

245 Edgartown-Vineyard
Haven Road (At the Triangle in
Edgartown)
(508) 939-9358

Mon—Thurs: 8am to 8pm
Fri & Sat: 8am to 4pm

These resources provide:

- Sexual health exams, birth control options, pregnancy testing, testing for sexual transmitted infections
- *Services are given regardless of ability to pay*
- *Intérprete português*

 Island Health Care



Current Resources Available



RELATIONSHIP AND GENDER/SEXUAL IDENTITY SUPPORT

Primary Care

Family Planning

Martha's Vineyard Community
Services (MVCS)

111 Edgartown Road
Oak Bluffs
(across from the Martha's
Vineyard Regional High School)
*Services given regardless of
ability to pay*

Programs Offered:
Island Counseling Center
24-Hour Crisis Hotline:
508-693-0032
Office: 508-693-7900 x290

Transgender Support Group
(run by Island Wide Youth
Collaborative at MVCS)
111 Edgartown Rd
Vineyard Haven
508-693-7900 x400
Thursday 5:00 pm – 6:30 pm
Intèrprete portuauês

Current Resources Available



RELATIONSHIP AND GENDER/SEXUAL IDENTITY SUPPORT

Primary Care

Family Planning

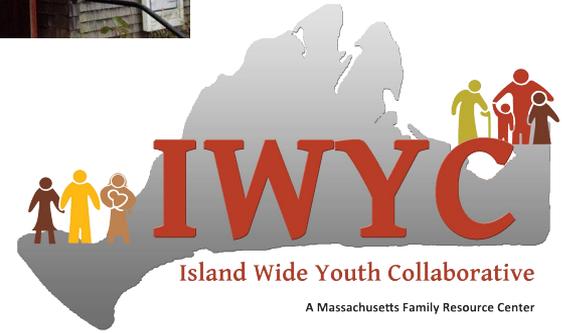
Martha's Vineyard Community
Services (MVCS)

111 Edgartown Road
Oak Bluffs
(across from the Martha's
Vineyard Regional High School)
*Services given regardless of
ability to pay*

Programs Offered:

Island Counseling Center
24-Hour Crisis Hotline:
508-693-0032
Office: 508-693-7900 x290

Transgender Support Group
(run by Island Wide Youth
Collaborative at MVCS)
111 Edgartown Rd
Vineyard Haven
508-693-7900 x400
Thursday 5:00 pm – 6:30 pm
Intérprete portuauês



Current Resources Available



5th Annual Sexual Assault Awareness Walk

SATURDAY, APRIL 8TH
OCEAN PARK GAZEBO
OAK BLUFFS



10:45 AM Registration
11:00 AM Walk
\$5 Pre-Registration
\$10 Day of Registration
Rain Date: 04/09/17

"I WALK BECAUSE I CARE"

All proceeds go to victim/survivor services
Register/info, contact hotline: 774-549-9667 x106
or info@mvcscommunityservices.com



CONNECT to End Violence

TRAUMA/ABUSE

CONNECT to End Violence
(MVCS Program)
24/7 Hotline: 508-696-SAFE
(7233)

Office: 774-549-9667
Free, confidential services,
including short-term
counseling, court advocacy,
medical accompaniment

MV Hospital, Emergency
Department
1 Hospital Road, Oak Bluffs
508-693-0410

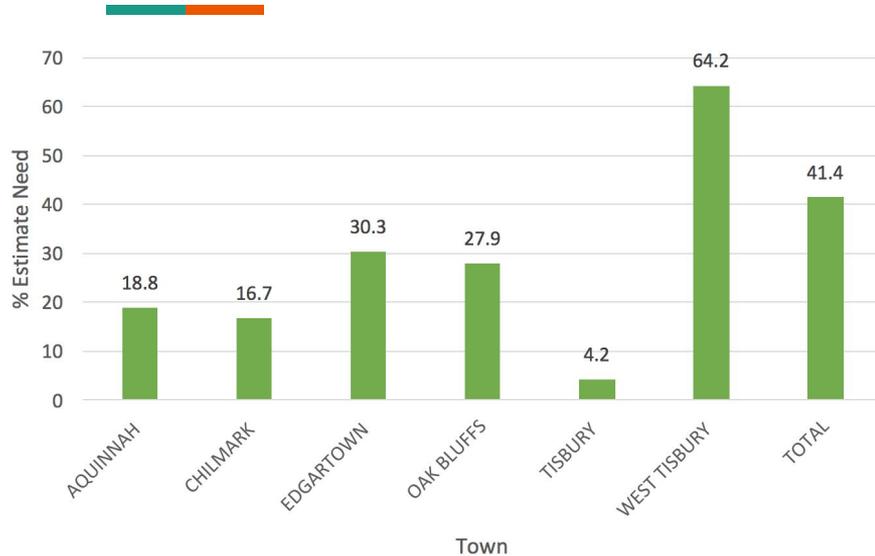
State Police
508-693-054



**BUYING FRESH,
NUTRITIOUS FOOD**
Women Infants and Children
(WIC) at Family Planning
In-take interview every other
Friday

MALE SEXUAL HEALTH
Family Planning
Male reproductive health
exams
Off-island
Urology
Fertility

Current Resources Available



(Health Imperatives, 2016-2017)

Total WIC towns under Health Imperatives: Aquinnah, Barnstable, Bourne, Chilmark, Dennis, Edgartown, Falmouth, Gosnold, Mashpee, Nantucket, Oak Bluffs, Sandwich, Tisbury, West Tisbury, Yarmouth

TRAUMA/ABUSE

CONNECT to End Violence
(MVCS Program)
24/7 Hotline: 508-696-SAFE (7233)
Office: 774-549-9667
Free, confidential services, including short-term counseling, court advocacy, medical accompaniment

MV Hospital, Emergency Department
1 Hospital Road, Oak Bluffs
508-693-0410

State Police
508-693-054

BUYING FRESH, NUTRITIOUS FOOD

Women Infants and Children (WIC) at Family Planning
In-take interview every other Friday

MALE SEXUAL HEALTH

Family Planning
Male reproductive health exams
Off-island
Urology
Fertility



Current Resources Available



TRAUMA/ABUSE

CONNECT to End Violence

(MVCS Program)

24/7 Hotline: 508-696-SAFE
(7233)

Office: 774-549-9667

Free, confidential services,
including short-term
counseling, court advocacy,
medical accompaniment

MV Hospital, Emergency
Department

1 Hospital Road, Oak Bluffs
508-693-0410

State Police

508-693-054

BUYING FRESH, NUTRITIOUS FOOD

Women, Infants and Children

(WIC) at Family Planning

In-take interview every other
Friday

MALE SEXUAL HEALTH

Family Planning

Male reproductive health
exams

Off-island

Urology

Fertility

Current Resources Available



PREGNANCY

MV Hospital, OB/GYN

Department

1 Hospital Road, Oak Bluffs
508-693-0410

Physicians and certified nurse
midwives

*Intérprete português por
telefone*

Vineyard Birth Collective*

vineyardbirthcollective.org

Community and Support
Schedule of Island's Classes
and Programs

**check with your medical
provider before making
changes to your treatment*

HEALTH INSURANCE

Health Care Access

114 New York Ave
Vineyard Haven

508-696-0020

Monday – Thursday

8:00 a.m. – 5:00 p.m.

Friday and Saturdays by
appointment

Obtain and keep health
insurance

Intérpretes portuguesas

Current Resources Available



Baby's 1st Year

The Family Center
35 Greenwood Ave
Vineyard Haven, MA
508-687-9182

Thursdays at 10:30a



YMCA Pool Classes

508-696-7171



Story Time

Edgartown Public Library
508-627-4221
Wednesdays at 10:30am

PREGNANCY

MV Hospital, OB/GYN

Department

1 Hospital Road, Oak Bluffs
508-693-0410

Physicians and certified nurse
midwives

Intérprete português por
telefone

Vineyard Birth Collective*

vineyardbirthcollective.org

Community and Support
Schedule of Island's Classes
and Programs

**check with your medical
provider before making
changes to your treatment*

HEALTH INSURANCE

Health Care Access

114 New York Ave
Vineyard Haven

508-696-0020

Monday – Thursday

8:00 a.m. – 5:00 p.m.

Friday and Saturdays by
appointment

Obtain and keep health
insurance

Intérpretes portuguesas

Current Resources Available



PREGNANCY

MV Hospital, OB/GYN

Department

1 Hospital Road, Oak Bluffs

508-693-0410

Physicians and certified nurse
midwives

*Intérprete português por
telefone*

Vineyard Birth Collective*

vineyardbirthcollective.org

Community and Support
Schedule of Island's Classes
and Programs

**check with your medical
provider before making
changes to your treatment*

HEALTH INSURANCE

Health Care Access

114 New York Ave

Vineyard Haven

508-696-0020

Monday – Thursday

8:00 a.m. – 5:00 p.m.

Friday and Saturdays by
appointment

Obtain and keep health
insurance

Intérpretes portuguesas

Highly Utilized Resources

1. Martha's Vineyard Family Planning (Health Imperatives)
2. Island Health Care
3. Martha's Vineyard Community Services
 - i. Island Counseling Center
 - ii. Transgender Support Group
 - iii. Island Wide Youth Collaborative
 - iv. CONNECT to end violence
4. Martha's Vineyard Hospital
5. Vineyard Healthcare Access



Recommendations



1. Integration of Care

- a. Improve communication between service providers and the community
- b. Increase awareness of the reproductive health services offered on the island

2. Education and Prevention

- a. Early, comprehensive sex ed in the school system
- b. Integration of education into fundraising events

3. Improve visibility of available reproductive resources

- a. Centralized website with all reproductive health services available on island
- b. Organize health-centered community engagement events

4. Outreach to vulnerable populations

- a. Allocation of funds for off-island travel
- b. Outreach to specific populations to improve healthcare access

1. Integration of care



- a. Improve, integrate, and standardize communication between Family Planning (FP), Friends of Family Planning, and the community about the services that FP offers
 - i. Transient population - increases by 100,000 people in the summer (1)
 - ii. Hold meetings that are inclusive to all MV health resources, especially between the hospital , Family Planning clinic, and Friends of Family Planning
 - iii. Provide follow-up between FP and in-hospital providers
- b. Standardized screenings for depression and anxiety for perinatal and postpartum women
 - i. Less than 20% of women who reported postpartum depression did so to their PCP
 - ii. Make screening accessible to diverse populations
 - iii. Utilize translators for non-English speaking patients during screening

1. Integration of care

- C. Have a Sexual Assault Nurse Examiner (SANE) nurse available for patients who have experienced sexual assault
 - I. Telehealth -- through Mass General. 2012 Mass telehealth was given a \$2.2 million grant to provide screening by SANE nurses for sexual assault cases (2)
 - a. 24/7 care out of the Newton/Wellesley Hospital
 - II. SANE Nurse training - online training available - cost \$450-600/nurse



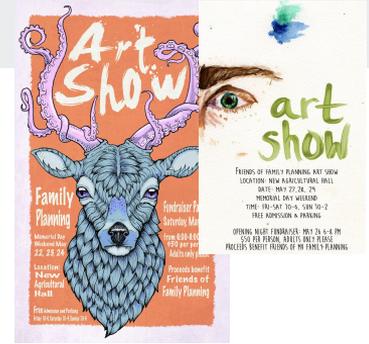
2. Education and Prevention

1. Sexual Health Education

- a. Current sexual education in the high school includes 2 sessions for a total of 2.5 hours
- b. Concern: “Teens need youth-friendly services and complete, accurate information about abstinence, condoms, and contraception in order to protect themselves from unintended pregnancy.” (AdvocatesforYouth.org)
- c. Solutions:
 - i. Integrate sexual education into curriculum earlier in school career and increase duration of education to create comfortable dialogue and improve students’ health literacy. There are many evidence-based curricula the school could adopt.
 - ii. Integrate resources provided on the island into the curriculum, and work to destigmatize these resources.
 - iii. Work with Family Planning to devise method of outreach into the schools in order to educate students on services provided, and who can access these resources



Education and Prevention Continued



2. Integrate education into Friends of Family Planning fundraising events

- a. Friends of Family Planning Art Show is a well-known, well-attended event that has been running for almost 30 years.
- b. This major fundraiser typically occurs during Memorial Day Weekend, and kicks off the Summer fundraising schedule
- c. Concern: Although the important fundraiser helps fund the services and overhead of Family Planning, it includes little information on the services the clinic provides
- d. Solutions:
 - i. Outstanding opportunity to provide more information about Family Planning
 - ii. Place greater emphasis on the services provided by Family Planning during the fundraiser through informational pamphlets, fact sheets, etc..
 - iii. Increased presence of clinic staff at fundraising and community events to strengthen ties and work toward common goals

Education and Prevention Continued



3. Increase availability of translated educational materials and in-person translation services

- a. 11% of MV Family Planning users are not proficient in English (Health Imperatives)
- b. 12% of Dukes County Population reported a language other than English spoken at home (3)
- c. Members of Brazilian community related frustration with phone interpreter service used at MVH.
 - i. A 2012 survey of 52 interpreters revealed that from interpreters' perspectives, "telephonic interpretation is satisfactory for information exchange, but less so for interpersonal aspects of communication" (13).
- d. Suggestions:
 - i. Availability of interpreters at the schools may be a good resource to use - incorporate education about sexual/reproductive health resources on the island into school events, especially those open to parents.
 - ii. Cultural events may be an opportunity to provide translated information about screenings (HIV, STI, etc) available on the island.
 - iii. Wider availability of translated health pamphlets and information

3. Improve Visibility of Available Reproductive Resources

- a. Develop a user-friendly website that compiles all recommended reproductive health resources
 - i. Currently there is no centralized location to document available resources
 - ii. Compiling an easy-to-access database may improve visibility and utilization
 - iii. Recruit teens to help develop a teen-friendly website
- b. Provide up-to-date information for health services on the island
 - i. Include hours of operation, facility locations, directions
 - ii. Identify nearby bus routes if applicable
 - iii. Information should be available on organization websites and the resource compilation website

“Word of mouth is good but not always accurate, we need to figure out how to get accurate information to people.”



3. Improve Visibility of Available Reproductive Resources

c. Organize community engagement events

i. Suggestions include:

1. A reproductive health education fair held at an easy-to-access, central location such as a library or farmer's market
2. Integrating health education into pre-existing cultural and school events



“[My friend] said they wished there was a women’s health fair every year that provided info about all issues in reproductive health, make sure it’s family-friendly.”

4. Outreach to Vulnerable Populations



1. Travel funds for off-island specialty care

- a. Create an income-based screening system to determine eligibility of funds for off-island health procedures and visits
- b. In order to address the lack of specialty access on the island, it would behoove the island to have a standardized fund for specialty access including but not limited to:
 - i. Reproductive Endocrinology
 - ii. Urology
 - iii. Off-island deliveries and NICU admissions
- c. The fund would be intended to cover:
 - i. Transportation to specialty clinics
 - ii. Overnight stays in distant areas
 - iii. Ferry tickets to travel off-island

2. Mobile van

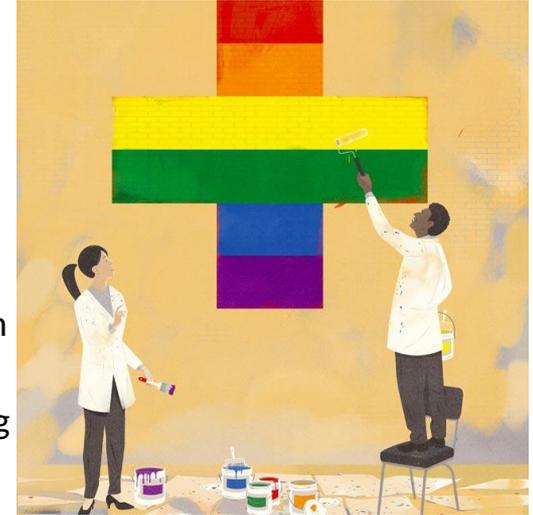
- a. Provide screening and prevention services across island towns and communities
- b. Priority of multiple island service providers
- c. MA Dept. of Public Health outreach mobile van service
- d. Improve access for underserved and aging communities who are not accessing traditional clinic or hospital settings

4. Outreach to Vulnerable Populations



Increased training for LGBTQA medical services and counseling for medical providers

1. Multiple medical providers expressed an interest in learning more about delivering culturally competent care to LGBTQA community members
2. Consider utilizing free webinars offered by the National LGBT Health Education Center via the Fenway Institute for CME/CEU credit
3. Make clinical spaces welcoming to LGBTQA community members by integrating flags and symbols that represent inclusivity (AMA guide for Creating an LGBTQA Friendly Practice)



Abortion access?



- On average, women from Martha's Vineyard travel 90-101 miles to access abortion services off-island
 - The majority (67%) of US women travel less than 25 miles to access abortion services nationwide
 - 11% of women in the US travel 50-100 miles
 - 6% of women in the US travel >100 miles
- Increased education about different types of abortion
 - The abortion rate nationwide, since 2012, has **decreased**
 - 22% of abortions performed nationwide were nonsurgical early medical abortions performed before 8 weeks of gestation
 - 68% of abortions performed nationwide were performed by curettage before 13 weeks of gestation
 - 9% of abortions performed nationwide were performed by curettage after 13 weeks of gestation
- Should it be provided on the island? Some interview snapshots
 - "It would be nice to have that choice"
 - "Fortunately we're in Massachusetts where there are options, we're not forced into a situation where we can't provide options."
 - Concerns about confidentiality remain: even if the service was provided, would women feel comfortable accessing it within the tight-knit island culture?



Thank you!
Questions?

Resources:



1. <http://www.mvy.com/press-room/island-information.aspx>
2. <http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/violence/sane/tele-nursing/the-national-telenursing-center.html>
3. <https://www.census.gov/quickfacts/fact/table/dukescountymassachusetts/POP815215#viewtop>
4. <https://www.lgbthealtheducation.org/lgbt-education/webinars/>
5. Matthew J. Mimiaga, Sari L. Reisner, Rodney Vanderwarker, Michael J. Gaucher, Catherine A. O'Connor, M. Susana Medeiros, and Steven A. Safren. AIDS Patient Care and STDs. September 2008, 22(9): 745-751.
<https://doi-org.ezproxy.umassmed.edu/10.1089/apc.2007.0243>
6. <https://www.ama-assn.org/delivering-care/creating-lgbtq-friendly-practice>
7. <http://www.countyhealthrankings.org/app/massachusetts/2017/rankings/dukes/county/outcomes/overall/snapshot>
8. "Rural health scholars pathway." Presentation by Dr. Suzanne Cashman. 8/14/17.
9. <https://www.guttmacher.org/news-release/2013/one-third-us-women-seeking-abortions-travel-more-25-miles-access-services>
10. <https://www.mvcommunityservices.com>
11. <https://thelibertarianrepublic.com/boys-vaginas-cause-confusion-emergency-rooms/>
12. <https://www.cdc.gov/mmwr/volumes/65/ss/ss6512a1.htm#T11> down
13. <https://www.ncbi.nlm.nih.gov/pubmed/21930360>
14. <https://www.plannedparenthood.org/learn/abortion/considering-abortion/what-facts-about-abortion-do-i-need-know>