

# INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

**Avery Health - Education and Consulting** brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

**Kathey Avery**, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit [www.AveryHEC.com](http://www.AveryHEC.com)



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

[www.ifpha.org](http://www.ifpha.org)

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Robert Wood Johnson Foundation

## Community Nursing & Community Health Workers

BY KATHEY AVERY RN, BSN, CN

*IFPHA just held our birthday fundraiser where I also turned 70 years old.*

During this celebration and fundraiser I was able to honor my daughter LaShea Avery Graham, who passed away on January 21, 2023, by giving two awards in her honor. We honored two of our Community Health Workers (CHWs), Angelique Scott and Tocra Waters, for their dedication and work at IFPHA.



Angelique Scott

LaShea's birthday would have been this month on May 7. LaShea was working with IFPHA as a CHW and our liaison UNETE to utilize the NC Cares 360 program which connects individuals to resources. This is one of the many things IFPHA is able to do, combining Community Nursing and Community Health Workers to serve BIPOC (Black, Indigenous and People of Color) and other marginalized individuals.

John Resendes, MA, LPA, HSP-PA, LCAS-A Analytics and Innovations Manager for the NCDHHS Office of Rural Health, stated, "LaShea Davis was a trusted and loved member of her Western North Carolina community. The Office of Rural Health has worked closely with Norma Brown and UNETE, where LaShea made a tremendous impact on our communities. The Office of Rural Health wants to express our gratitude for her service and let you know how valued her service was to the individuals and families across our state."

Lashea would have been very proud of the praise Mr. Resendes gave her and proud of the award given in her honor to two people she worked with at IFPHA.

### What is a Community Health Worker?

Our CHWs use their first-hand knowledge of the communities with which they work to serve as cultural liaisons between their clients, community nurses, and other healthcare teams and partners.

CHWs know what services exist and refer clients appropriately. CHWs also utilize NC CARES 360, the first state-wide network that unites healthcare and human services organizations with shared technology.

CHWs advocate on behalf of communities to ensure that clients are treated respectfully and given access to the services and resources they need to live healthy lives.

### What is Community Health?

The overall health in some communities may be compromised due to infectious diseases, environmental hazards, violence, poverty, and accidents and injuries. Community health seeks to address the needs of specific groups of people within cities, towns, or rural areas who may be predisposed to chronic health conditions or communicable diseases but lack insurance or other resources to seek healthcare.



Community Health Workers Angelique Scott (left), Tocra Waters (right), and Community Nurse Kathey Avery.

Photo: Greg Borom

### What Do Community Nurses Do?

As a registered nurse I chose to be a Community Nurse. I am able to provide direct care, educate individuals, advocate for health improvements, and perform research in community health. It is the job of a Community Nurse to help and keep community health problems under control. Community Nurses are able to be clinicians and educators. We can advocate for our clients and, with today's healthcare system, we need many more Community Nurses.

As a Community Nurse I am able to instruct, influence, or persuade others to positively affect their health. I am using a change of health policy based on the community's health needs, so Community Nurses need to become agents of change.

When my team works in our community we collect data that we use to improve our services in order to improve our clients health and help make changes in healthcare.

IFPHA thanks everyone who contributed to the success of our fundraiser. We look forward to continuing this important work.

## May is Stroke Awareness Month

### What You Need to Know

A stroke causes the part of the brain that is blocked by a clot to die. You can feel fine and still have high blood pressure.

African Americans are 50 percent more likely to have a stroke (cerebrovascular disease), as compared to their white adult counterparts.

African American men are 70 percent more likely to die from a stroke as compared to non-Hispanic whites. African American women are twice as likely to have a stroke as compared to non-Hispanic white women.

The CDC reports that strokes kill about 140,000 Americans each year—that's 1 out of every 20 deaths.

### Warning Signs of a Stroke

Know the warning signs and symptoms of stroke so that you can act fast if you or someone you know might be having a stroke.

The chances of survival are greater when emergency treatment begins quickly.

You may experience weakness on one side of the body in your leg or arm. You may have trouble seeing in one or both eyes. You may have trouble walking, dizziness, loss of balance or coordination, or a severe headache with no known cause. Even if you have only one symptom, or your symptoms go away, call 911 and go to the emergency department.

### Think F-A-S-T

**Face:** Numbness or weakness of the face; ask them to smile.

**Arms:** Weakness in one arm; ask them to raise their arm.

**Speech:** Confusion; trouble speaking or understanding speech.

**Time:** Call 911 immediately

Patients who arrive at the emergency room within three hours of their first symptoms often have less disability three months after a stroke than those who received delayed care.

In one survey, 93% of respondents recognized sudden numbness on one side as a symptom of stroke. Only 38% were aware of all major symptoms and knew to call 911 when someone was having a stroke.

The risk of having a first stroke is nearly twice as high for African Americans as for whites, and African Americans have the highest rate of death due to stroke. Our team will be visiting local communities this month sharing information about strokes and ways to improve your health.

Source: The Office of Minority Health