

# VA Women's Health Program Overview

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# Overview

- Vision
- Profile of the Woman Veteran
- Overview Women's Services
- Focus on integrated MH
  - MST
- New Processes/ Programs

# WOMEN VETERAN'S HEALTHCARE

## Patient-Centered & Wellness Approach

### VISION

The Women's Health Care Program is dedicated to improving the quality of life for women veterans through the provision and coordination of high quality clinical care and support services, to promote prevention, wellness and mental health for our Women Veterans.

### Women 's Services

- Clinical services 10 clinics
- WH primary care
- Specialty GYN Services
- Maternity Care Coordination
- Social Services
- Mental Health
- Telemedicine

### Applied Technologies

- Telegenetics
- LifeWire
- Breast Care Registry (BCR)
- Care Management Tool
- Precision Medicine grant MST program grant on line STAIR

# WOMEN VETERANS

### Women Veterans Empowerment Services

- Tai Chi and Stress Management
- Healthy eating
- Massage Services
- Empathetic Touch Services
- Yoga Class

### Rural Outreach

- Redding Rural Women's event
- Community outreach
- Rural Health grant
- Annual women's Retreat

### Women Veterans Yearly Events

- October Breast care awareness
- February Healthy Heart Awareness
- May Honoring Military Women
- Celebration of Veterans Day for women veterans

### Women's Services

- Mammography (4) sites
- Preventive Services Screenings
- Case Management
- Support groups
- MST Support
- Crisis Intervention

Women Veteran's Health Care

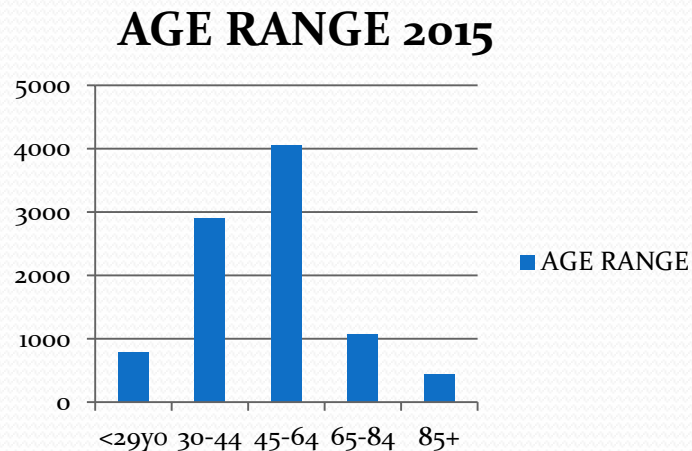
# Health Services

## Primary Care

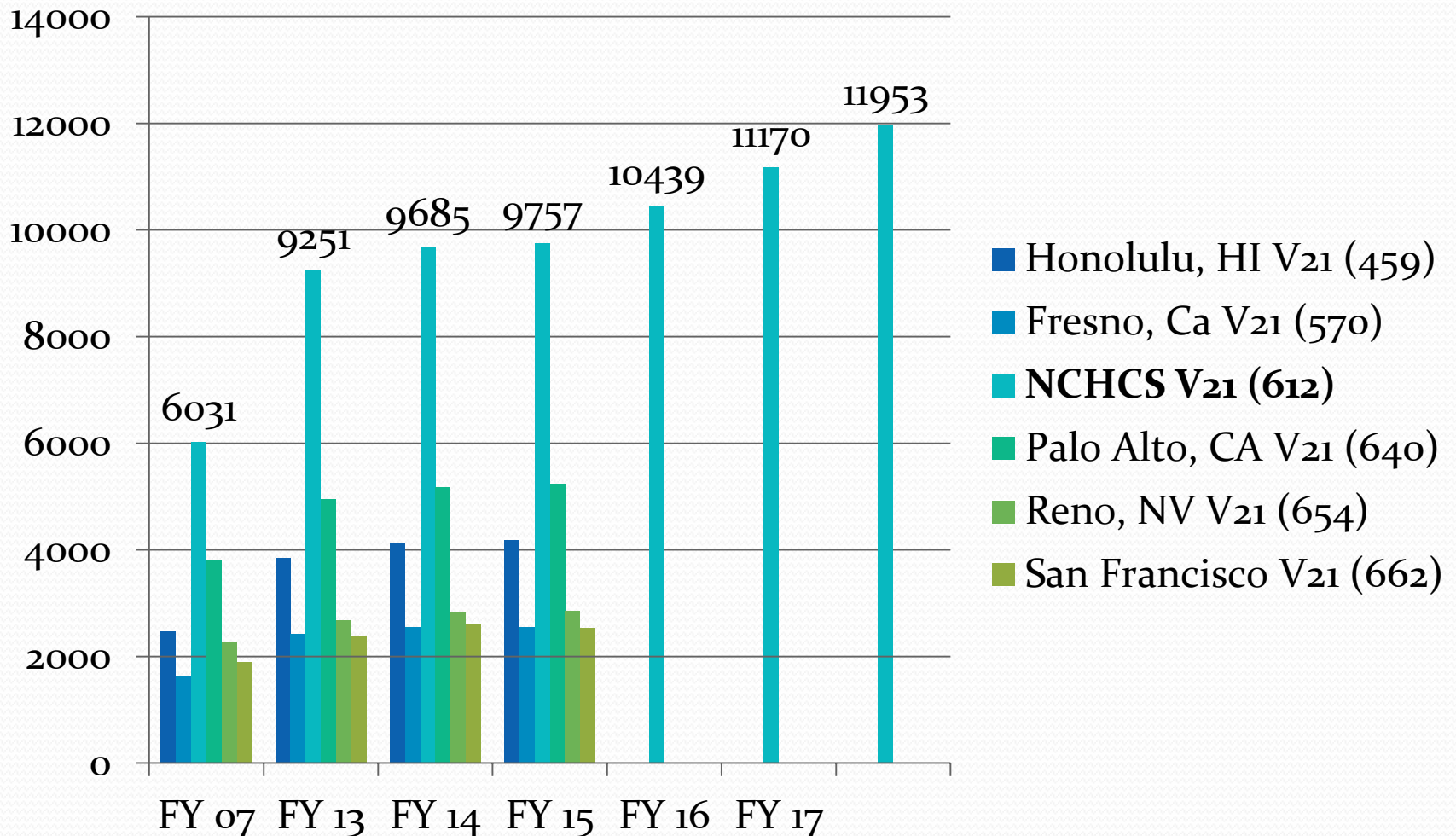
- Preventive health screening
- Comprehensive Women's health
  - Maternity Care services – community based
  - Genetic testing
- Mental health services
  - Support Groups
  - Post Traumatic Stress Disorder (PTSD)
  - Counseling and treatment for sexual trauma (MST)
  - Substance abuse
- Specialty
- Social Work services

# Population by Age

Age Range	Women Veterans Receiving Care	
	2012	2015
<29	644	777
30-44	1530	2899
45-64	2647	4053
65-84	625	1075
85+	249	441



# Women Veterans Population

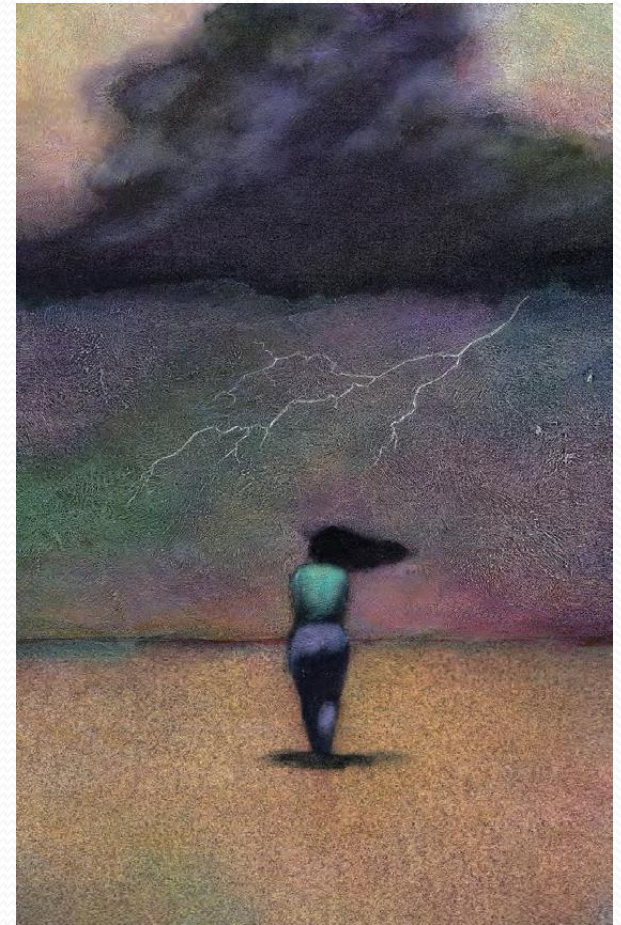
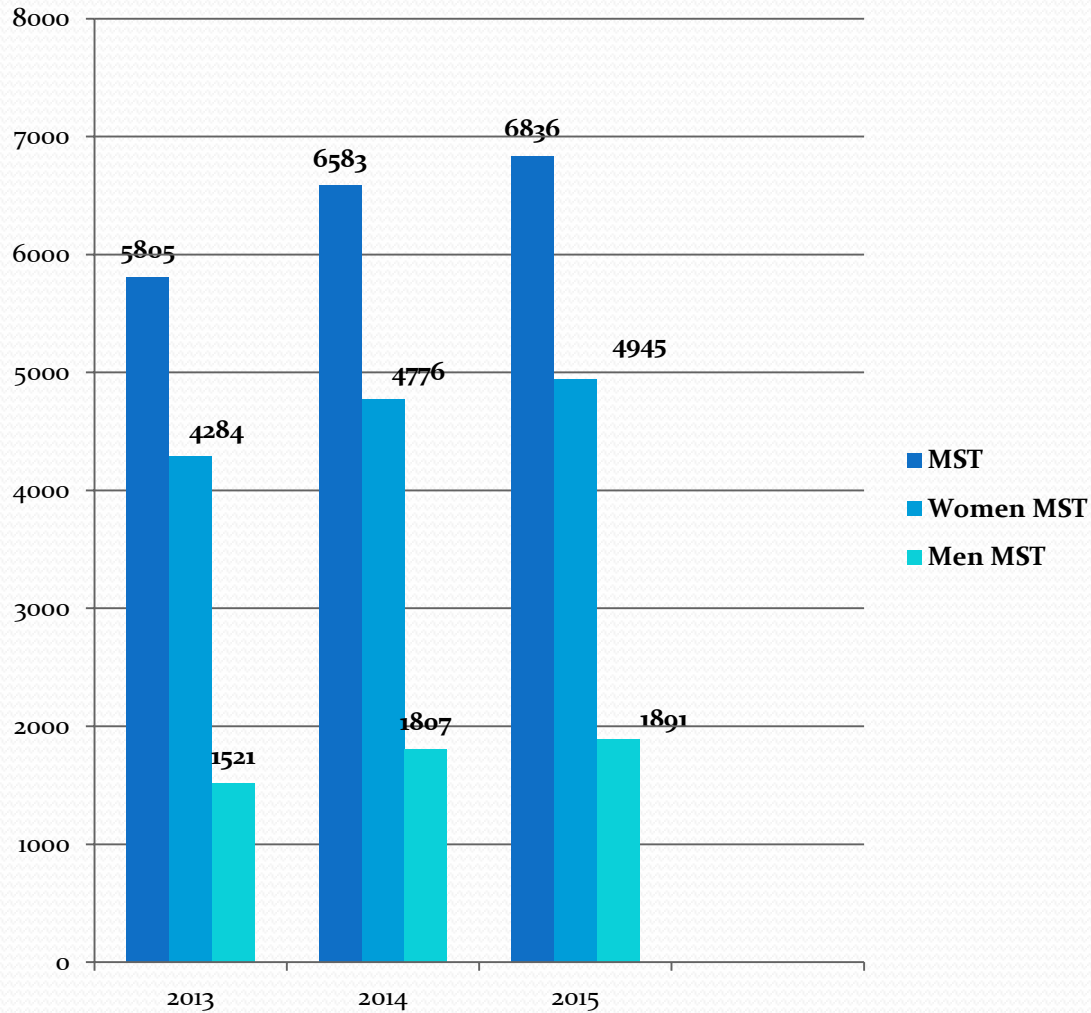


# Top Diagnoses

1. Mental Health (PTSD, Depression, anxiety)
2. Chronic diseases (HBP, obesity, dyslipidemia, DMII, endocrine)
3. Orthopedic

Total number of encounters /yr.	24,376
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# MST Encounters



# Women's Health Focus

Increase population based health strategies

- Increase the number DWHPs >85%
- Increase the screening rates
- Bring new applied technologies in diagnostics (DNA)
- Expand integrated MH
- New applied MH technology programs
  - Coping and treatment skills based training
    - STAIR
    - UCSF

# Skills Training in Affective and Interpersonal Regulation (STAIR)

STAIR is an evidence-based cognitive-behavioral therapy for individuals suffering from PTSD and complex forms of PTSD related to chronic interpersonal violence (MST) that emphasizes treatment goals and interventions to match identified needs related to improving day-to-day functioning while focusing on individual responsiveness and engagement throughout the treatment.

- Launch in rural areas with an on-line program 2017

## Progress Note Properties

Progress Note Title: MAMMOGRAPHY RESULTS LETTER NOTE

MAMMOGRAPHY <MAMMOGRAPHY RESULTS LETTER NOTE>

MAMMOGRAPHY RESULTS LETTER NOTE

Reminder Dialog Template: MAMMOGRAPHY RESULTS LETTER NOTE

[VA Guidelines for breast cancer screening](#)

[BCSC Risk Calculator](#)

[NCI Risk Calculator](#)

[VA Dense breast recommendations](#)

[Nor Cal Policy 11-121 Breast Cancer Screening and Diagnostics](#)

Select the most appropriate letter from the options below based on the most recent BIRADS score.

- ☐ BIRADS 0: Follow-up required
- ☐ BIRADS 0: Awaiting comparisons
- ☐ BIRADS 1&2
- ☐ BIRADS 3
- ☐ BIRADS 4&5
- ☐ BIRADS 6
- ☐ Previous Mammos Negative

Visit Info

Finish

Cancel

Providers will select the clinic address from which they are writing and will also select the appropriate telephone number for the patient to use if needed.

FROM: Department of Veterans Affairs  
Northern California Health Care System

\*

TO: ZZDUMMY, JINGLE TEST PATIENT  
150 MUIR RD.  
YUBA CITY, CALIFORNIA 95991

DATE: Mar 14, 2016 ...

Dear Mr. ZZDUMMY

Your recent breast imaging evaluation shows an area in your breast that needs further follow-up. This does not necessarily mean that you have a serious problem in your breast, but rather that your exam warrants a short term follow-up imaging examination.

Please contact your physician for your referral for a 6 Month follow-up the \*☐ Radiology Department at (916) 843-2679 or (916) 843-2680  
☐ Chico Clinic at (530) 879-5000 ☐ Fairfield Clinic at (707) 437-1800  
☐ Mare Island Clinic at (707) 562-8200 ☐ Martinez Clinic at (925) 372-2000  
☐ Mather Clinic at (916) 843-7023; (877) 780-0555  
☐ McClellan Clinic at (916) 561-7487; (877) 780-0555  
☐ Oakland Clinic at (510) 267-7800 ☐ Redding Clinic at (530) 226-7555  
☐ Yreka Clinic at (530) 841-8500 ☐ Yuba City Clinic at (530) 751-4500 .

Your images will become part of your medical record at VA Northern California. They will be on file for your ongoing care. If, in the future, you change health care providers or go to a different location for a mammogram, you should tell them where and when this mammogram was done.

Thank you for allowing us to help in meeting your health care needs. Continuation with routine screening as discussed with your care provider is advised. Regular screening for breast cancer can save your life. Remember, early detection saves lives with 98% of women being cured who are detected early and gives you and your family peace of mind knowing you are taking care of yourself. We look forward to seeing you on your return visit.

If you have any questions regarding this letter please contact your primary care provider.

# QUESTIONS

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# CONTACTS

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<http://www.northerncalifornia.va.gov/services/mst.asp>