Clinical Productivity Surges

One of my goals since arriving at Santa Ynez Tribal Health Clinic (SYTHC) last year was to assess and improve the productivity in our clinical departments as needed. I am very happy to announce that we were able to run our 2022 five-month productivity report, and our visits have increased immensely. In the Medical Department alone, provider visits are up 24% from last year. We have also eclipsed the pre-pandemic 2018 calendar year numbers, which is even more encouraging due to the fact that we currently have fewer providers now than we did then.

We can attribute this to a number of factors:

- As we mentioned last month, the clinic initiated our new team approach to primary care, which allows us to enhance the continuity and quality of care for our patients.
- We wanted to balance quality of care with the quantity of patients seen, and I wanted to have a reasonable number to shoot for. Thus, this is what we are currently doing:
  - Our medical providers are now being utilized in a more efficient manner.
    - The physician assistants (PAs) now have 17 patient slots available per day and our physicians have 12 patient slots available. The rationale for this is that the physicians see more complex patients than PAs do, so more patient time is required for them.
    - Prior to our recent implementation, the PAs were extremely underutilized at our clinic, only seeing 8 patients per day.

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*Article continued on last page*
Tips For Your Toddler’s Teeth

June is Oral Health Month and the SYTHC Dental Department would like to share some helpful tips on how to care for your child’s teeth. By emphasizing the importance of oral health and creating good hygiene habits at an early age, your child will enjoy their dental visits for years to come!

Tooth “Eruptions”
Your child is normally born with 20 teeth hiding beneath their gums. Teeth start appearing in the mouth around 6 months of age and most of the baby teeth have “erupted” by the age of 3 years old.

Teething Signs and Symptoms
When teeth start appearing, babies may become fussy, sleepless and irritable, experience a loss in appetite or drool more than usual.

When To Start Using Toothpaste
You should begin brushing a child’s mouth with toothpaste as soon as the first tooth appears in the mouth, as this is when tooth decay can start.

How Much Toothpaste?
If your child is 3 or younger, use a smear of toothpaste (about the size of a grain of rice). For children three or older, a pea-sized amount of children’s fluoride toothpaste will be sufficient.

Baby’s First Dental Appointment
Your child’s first dental visit should take place after their first tooth appears, and no later than their first birthday.

Preventing Baby Bottle Decay
Prolonged exposure of a baby’s teeth to drinks containing sugar can cause tooth decay. This can happen when the baby is put to bed with a bottle, and should be avoided. If a baby falls asleep after bottle feeding, parents are advised to “wipe” a baby’s mouth with a wet washcloth to remove any formula or breast milk from their teeth/tongue.

Keeping Mouths Clean
Cavity-causing bacteria can be passed through saliva. Adults should avoid “cleaning” objects such as pacifiers with their own mouths. Also, keep your utensils, and your germs, separate for healthy mouths.

Dental Sealants
Dental sealants are a thin protective coating that can be easily applied to chewing surfaces of teeth. Sealants have been proven to reduce the risk of decay on permanent molars by as much as 80%!
Welcome Back!

Life has been anything but normal these past two years and we sincerely hope you and your family are in good health. We are happy to inform you that we have been open for pediatric, family practice, and chiropractic visits for you and your family.

Many of our patients have been hesitant to return in person and we have been making accommodations by extending refills for medications and reviewing labs by phone. Over the next several months, you may experience a change in how your refills are processed, and some refills may require a visit. All patients who call in for a refill will be directed to request the refill through their pharmacy unless they need a medication sent to a different pharmacy. Please allow 72 hours for our providers to respond to your refill request. Refills for patients who have not been seen within one year can get a 30-day supply but have to be seen by provider before more refills are processed.

We will also schedule you for a follow-up visit for lab and radiology results so your provider can review them with you in detail. All critical or concerning labs or radiology results will still be immediately reviewed with you when we have the results.

Our office has always followed strict infection control standards, and in order to keep us all protected during the pandemic and in the future, we have updated our protocols. When we see you at your next appointment, things may be a little different:

- We will ask some screening questions before your appointment and you’ll be asked those same questions again when you’re in the office.
- We have hand sanitizer that we will ask you to use when you enter the clinic. There are dispensers around the office for you to use as needed.
- You may be surprised that we’re wearing more protective gear (such as, masks, face shields, gowns) than we normally do during your visit. We will also ask you to wear your own mask at all times while in the office. If you arrive without a mask we will gladly provide one for you.

Rest assured, all these procedures are designed to create the safest environment for you, other patients and our team.

We look forward to seeing you again. If you have any questions, please let us know. Thank you for your patience and loyalty. We value your trust and look forward to welcoming you back!
**SYTHC Team Member Spotlight:**

**Thomas Baldwin:**

Tommy is a Lompoc native who has lived in Santa Barbara County his whole life. After attending Allan Hancock College, he transferred to UC Santa Barbara where he received a Bachelor of Arts degree in Chemistry in 2014. While pursuing a job after school, he eventually ended up with his first job in tech support at the Chumash Casino support desk in 2015. He transferred to Clinic IT in 2019 after several years with Casino Technology Services. Tommy is currently enrolled in a Health Informatics course through the University of South Florida.

In his free time, you’ll often find Tommy tinkering with cars and computers. He also enjoys hiking and board games with friends. He is a huge Angels fan and attends as many games in Anaheim as possible during baseball season.

**Jessica Garcia:**

Jessica Garcia is a certified medical assistant and has been with us since December, 2020. In her role as a medical assistant she prepares patients for their visits, coordinates preventive services and care with other providers, provides vaccinations, and performs lab draws. She works in multiple fields within the clinic including pediatrics, podiatry, and family practice. She quickly became a leader and favorite among staff and patients due to her hard work, flexibility, and knowledge. She has become an invaluable member of the team and we are lucky to have her apart of the clinic.

Jessica is a local to the county and truly enjoys serving the community in which she has spent most of her life. In her spare time, she enjoys competing in weightlifting competitions and playing with her dogs.
Community & Social Services

Men’s Health Month

Eat Healthy, Get Moving, Make Prevention a Priority

Men’s Health Tips

- Try to replace animal-based fats with plant-based fats.
- Check your head. Mental health is really important.
- It is important to get at least 7-8 hours of sleep a night to recharge your body.
- Men should eat approx 40g fibre a day, swap in whole grains and add more produce.
- Take 10,000 steps per day to reduce your risk of cardiovascular disease.
- Foods have isoflavones, which is associated with a reduced risk of prostate cancer. This is tofu, chickpeas, peanuts, soy.
HEALTHY TIPS FOR MEN

SCREENINGS:
- CHOLESTEROL SCREENING - YEARLY
- BLOOD PRESSURE SCREENING - YEARLY
- BLOOD GLUCOSE TEST - EVERY 2 YEARS
- COLONOSCOPY - EVERY 3 YEARS OR AS RECOMMENDED BY GASTROENTEROLOGIST
- TESTICULAR EXAM - EVERY 3 YEARS
- PROSTATE SCREENING - EVERY 3 YEARS OR AS RECOMMENDED BY UROLOGIST
- HEARING TEST - EVERY 3 YEARS

SLEEP WELL: Insufficient sleep is associated with a number of chronic illnesses and conditions, including Diabetes, Cardiovascular disease, Obesity, and Depression. Proper amount of sleep should be 7-9 hours a day.

Move More: Regular exercise, including cardiovascular, strength, and flexibility training, are strongly suggested for a minimum of 30 minutes at least 5 times a week.

Maintain Mental Health: Meditation, reading, or listening to music help relieve stress. Having a community of friends and neighbors can assist in your ability to deal with life's challenges.

See Your Doctor: Regular annual checkups, with screenings to identify potential issues, are important to maintain continued health.

Drink Water: Bodyweight divided by 2 = how many ounces of water to drink daily for proper hydration. You need to consume 12oz more of water for every half hour of exercise.

Drinking Alcohol: Those who consume 4 to 10 drinks a week at most have a lower risk of developing Type II Diabetes. Drinking more than 10 drinks a week almost doubles your risk of Type II Diabetes.

Smoking: Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of: heart disease, cancer, lung disease, and other smoking related illnesses.
Join us for this FREE unbiased presentation

Understanding MEDICARE

HICAP provides information about Medicare & related information so you can make informed decisions.

HICAP can help!
Gain a better understanding of your Medicare benefits with FREE and unbiased assistance for people on Medicare

“Understanding Medicare” topics include:
Timelines, Costs, Savings, Parts & Plans, Changes, Limits and more

Outreach - Understanding Medicare
June 14, 2022
from
10:00 a.m. 11:30 a.m.

Tribal Hall
100 Via Juana, Santa Ynez

For more information and to RSVP
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1-805-928-5663 Fax 1-805-925-9555
www.CentralCoastSeniors.org

Sponsored by the Central Coast Commission for Senior Citizens
528 S. Broadway, Santa Maria, CA 93454

This project was supported, in part by grant number D5SAF68552-03-06, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20015.

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Continued from Page 1.

However, the success has not been limited to the Medical Department — all clinical departments have performed outstandingly over the past five months, with total SYTHC clinical provider visits reaching **9,269** in 2022, a **20%** increase over last year and a **10%** increase over **2019**, before the pandemic hit.

I could not be more proud of our team at SYTHC. They truly are the very best.

![Chart showing 5-month Total Clinical Provider Visits (2019 to 2022)]

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**Santa Ynez Tribal Health Clinic**

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