

# Wellness on wheels is making a stop in your neighborhood.

Backus Hospital's  
Mobile Health Resource Center

Directory of  
Programs



Made possible by a  
generous donation  
from Harold Ross.

**Mission:**

The William W. Backus Hospital's Mobile Health Resource Center aims to deliver preventive care, health education and screenings in a community based environment.

The William W. Backus Hospital's Mobile Health Resource Center (MHRC) offers health education, counseling, and screenings in the community within a comfortable 40-foot mobile van, staffed by health care professionals. Each visit is tailored to the requests of the community organization, providing programs which meet its needs. For additional information on how to schedule the MHRC for your next community event, call (860)-823-6313.

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M o b i l e   H e a l t h   R e s o u r c e   C e n t e r



**The William W. Backus Hospital**

**Contact #: 860-823-6313**

**[www.backushospital.org](http://www.backushospital.org)**

*Backus*  
Mobile Health Resource Center

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**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Rehabilitation Services

**Program title:** *You Can Break The Arthritis Cycle*

**Objective or main topic:**

Pain management methods and resources available to arthritis sufferers will be discussed.

**Description of program:**

An overview of arthritis and the pain cycle and a demonstration of many cognitive pain management techniques will be discussed.

**Cost:**  None

**Length of session(s):** 15 minutes per participant

**Session attendee size limit:** 8-10

**Teaching method:**

Lecture  Handouts  Other: Overhead

**Special needs for presentation:**

**Target age:**  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Asthma in Schools*

**Objective or main topic:**

Identification of signs and symptoms of asthma and use of an asthma plan

**Description of program:**

Discussion about what asthma is, the triggers, treatment and expectations

**Cost:**  NONE

**Length of Session(s):** 10-15 minutes

**Session attendee size limit:** 8

**Teaching Method:**

Powerpoint  Lecture  Handouts

**Target age:**

Teachers and school employees  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Asthma Information*

**Objective or main topic:**

Identification of signs and symptoms of asthma and use of an asthma management plan

**Description of program:**

Discussion about what asthma is, the triggers, treatment and expectations

**Cost:**  NONE

**Length of session(s):** 10-15 minutes

**Session attendee size limit:** 8

**Teaching method:**

Information  Handouts

**Target age:**  <18  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Rehabilitation Services

**Program title:** *Backpack Safety Awareness:  
Bearing the Backpack Burden*

**Objective or main topic:**

In an attempt to improve health and prevent injuries to children, the goal of this program is to educate the community in the guidelines and recommendations for safe school backpack selection, packing, lifting and use.

**Description of program:** This program is intended to capture large audiences that can include parents, children, educators and other members of the community. This is an excellent program to be presented in a health fair style setting where participants learn about the backpack safety concerns and recommended guidelines for safe school backpack use.

**Cost:** ■ NONE

**Length of session(s):** Dependent on the program

**Session attendee size limit:** Variable

**Teaching method:**

■ Lecture ■ Handouts ■ Other

Weigh-in of child and backpack & demonstration

**Target age:** ■ <18

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Rehabilitation Services

**Program title:** ***Backpack Safety Awareness:  
Bearing the Backpack Burden***

(Educational program for parents, educators and school administrators)

**Objective or main topic:**

In an attempt to improve health and prevent injuries to children, the goal of this program is to educate the community in the guidelines and recommendations for safe school backpack selection, packing, lifting and use.

**Description of program:** This program is designed for school organizations and parents, such as PTO, where parents and teachers work together for the benefit of the school and safety of the children. The program is provided in the evening at the school or a designated location. Time is allowed for interactive discussion between presenters and attendees.

**Cost:** ■ NONE

**Length of session(s):** Variable

**Session attendee size limit:** Variable

**Teaching method:**

■ Lecture ■ Handouts

**Special needs for presentation:**

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

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**Mobile Health Resource Center  
Available Programs and/or Services**

**Department Name:** Rehabilitation Services

**Program title:** ***Backpack Safety Awareness:  
Bearing the Backpack Burden***  
(School classroom program, Grades 4-12)

**Objective or main topic:**

In an attempt to improve health and prevent injuries to children, the goal of this program is to educate the community in the guidelines and recommendations for safe school backpack selection, packing, lifting and use.

**Description of program:** This program takes place in a classroom environment during the school day. The program combines discussion, demonstration, and classroom participation. Written materials outlining the content of the program are given to each child so that they can share the information with their families. If time allows, a 'weigh-in' of each child and his/her backpack can be performed to determine the appropriate weight the child should be carrying based on the guidelines set by the American Academy of Orthopedic Surgeons, The American Chiropractic Association, The American Occupational Therapy Association and the American Physical Therapy Association. The approximate time for the entire program is 40 minutes including the weigh-in. We recommend that the children bring their backpacks to the program.

**Cost:** ■ NONE

**Length of session(s):** Dependent on the program

**Session attendee size limit:** Variable

**Teaching method:**

■ Lecture ■ Handouts ■ Other or special needs for presentation:  
Weigh-in of child and backpack &  
demonstration

**Target age:** ■ <18

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Rehabilitation Services

**Program title:** *Balance Screening*

**Objective or main topic:**

Identify the participant's potential risk for falling

**Description of program:**

This program will provide participants with a basic overview of the components of balance and how to reduce the risk of falling. A brief screening will be performed to determine the participant's fall risk. A Physical Therapist will review the results of the screening and provide the participant with information on how to improve balance and reduce the risk of falling. Participants will also learn strategies to modify their living arrangements and lifestyle to compensate for any identified risks.

**Cost:**  NONE

**Length of session(s):** 20 minutes per participant

**Session attendee size limit:** Individual (9 appointments per 3 hours)

**Teaching method:**  Screening  Handouts

**Special needs for presentation: (Each presenter is responsible for basic supplies for their program).** Need flat wall to mount a yardstick (approximately 3-4 feet), small table, 2 chairs, step stool. The participants must be able to stand close to the wall without risk of injury.

**Target age:**  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Blood Pressure Screening*

**Objective or main topic:**

Provide blood pressure screening  
Increase awareness of hypertension

**Description of program:**

Blood pressure screening provided. Education provided about high blood pressure diagnosis and treatment.

**Cost:** ■ NONE

**Length of session(s):** 5 minutes per participant

**Session attendee size limit:**

Number of participants to be determined by session scheduler or coordinator.

**Teaching method:**

■ Screening ■ Handouts

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Food and Nutrition

**Program title:** *Body Mass Index*

**Objective or main topic:**

To determine Body Mass Index as a tool in health risk assessment

**Description of program:**

The participants' height and weight will be used to assess their Body Mass Index. The results will be reviewed as to the importance and use of this information.

**Cost:**  None

**Length of session(s):** 5 minutes per person

**Session attendee size limit:** Variable

**Teaching method:**  Handouts  Other: Scale

**Target age:**  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Breast & Cervical Early Detection Program

**Program title:** ***Breast and Cervical Detection Program***  
(Funded by : Connecticut Dept. of Public Health - CBCCEDP)

**Objective or main topic:**

To offer breast and cervical cancer screening to uninsured population

**Description of program:**

A discussion on risk factors, self-examinations, and disease process  
Free screening availability at future time for qualified individuals

**Cost:** ■ NONE

**Length of session(s):** 30 minutes

**Session attendee size limit:** 8-12

**Teaching method:**

■ Screening ■ Video ■ Lecture ■ Handouts

■ Other: Breast-teaching models

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Cholesterol Education*

**Objective or main topic:**

Increase awareness of cholesterol levels and treatment options

**Description of program:**

Learn about what your cholesterol level means and how to treat high cholesterol

**Cost:**  NONE

**Length of session(s):** 30-40 minutes

**Session attendee size limit:** 8

**Teaching method:**

Video  Lecture  Handouts

**Target age:**  <18  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Cholesterol Screening*

**Objective or main topic:**

Provide cholesterol screening to participants

This screening provides a random, total cholesterol level. Fasting is not required for this screening, but is recommended for greatest test accuracy.

**Description of program:**

Fingerstick blood sample obtained from participants; results of test available in five minutes.

<b>Cost:</b>	<b>\$ 7</b>	<b>Total cholesterol only</b>	<b>Per participant</b>
	<b>\$12</b>	<b>Total cholesterol and HDL</b>	<b>Per participant</b>

**Length of Session(s):** 10 minutes per person

**Session attendee size limit:** 1 person every 10 minutes

**Teaching method:**  Screening  Handouts

**Special needs for presentation:**

**Target age:**  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Rehabilitation Services

**Program title:** *Cognitive/Visual/Perceptual Screening*

**Objective or main topic:**

Identify individuals experiencing difficulty with memory, attention, concentration, and perception

**Description of program:**

Screening to identify individuals experiencing difficulty with memory, attention, concentration, and perception

**Cost:** ■ NONE

**Length of session(s):** 15-30 minutes per participant

**Session attendee size limit:** 8-10 participants

**Teaching method:**

■ Screening ■ Handouts

**Special needs for presentation:**

**Target age:** ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program Offering Title:** *Colorectal Cancer:  
Conditions and Risk Factors*

**Objective or main topic:** Identification of issues with colorectal cancer

**Description of program:**

Discussion about colorectal cancer risk factors, screening methods, various diseases, and treatment options

**Cost:**  NONE

**Length of session(s):** 40 minutes  
10 minute lecture, 30 minute video

**Session attendee size limit:** 8

**Teaching method:**

Video  Lecture  Handouts

**Special needs for presentation**

**Target age:**  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title: *Colorectal Screening***

**Objective or main topic:**

Increase awareness of colorectal cancer; distribute colorectal screening kits to participants to use in privacy of their home

**Description of program:**

Learn about colorectal cancer

Colorectal screening kits will be distributed to participants. Screening kit is to be used by participants in privacy of their homes. Guidelines for evaluating screening results will be provided.

**Cost: \$3 per participant**

**Length of session(s):** 10 minutes

**Session attendee size limit:** 8

**Teaching method:**

■ Screening ■ Handouts

**Special needs for presentation:** Colorectal screening kits

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *What Do You Know About Diabetes?*

**Objective or main topic:**

Increase awareness about the signs and symptoms, diagnosis, and treatment of diabetes

**Description of program:**

Learn more about the signs and symptoms, diagnosis, and treatment of diabetes

**Cost:**  NONE

**Length of session(s):** 30-40 minutes

**Session attendee size limit:** 8

**Teaching method:**

Video  Lecture  Handouts

**Target age:**  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Diabetes Blood Glucose Meter Fair*

**Objective or main topic:**

To review the use of a blood glucose home meter

**Description of program:**

For individuals with diabetes to review the use of their blood glucose meter or to demonstrate the use of some of the more popular meters available. Information will be available on what diabetes is, guidelines for blood glucose monitoring, and other related diabetes information.

**Cost:** ■ NONE

**Length of session(s):** Variable

**Session attendee size limit:** Variable

**Teaching method:**

■ Handouts ■ Hands on

**Target age** ■ <18 ■ 19-40 ■ 41-65 ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Wound Care Center

**Program title:** *How Are Your Feet*

**Objective or main topic:**

Screening and identification of neuropathy in feet

**Description of program:**

This is a focus of concern for individuals with diabetes, the program will help identify those at risk and review foot care.

**Cost:**  NONE

**Length of session(s):** 5 minutes

**Session attendee size limit:** Variable

**Teaching method:**  Screening  Handouts

**Target age:**  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Is Your Heart Healthy?*

**Objective or main topic:**

Increase awareness of cardiac risk factors

**Description of program:**

Learn more about your cardiac risk factors and how to live a healthier life style

**Cost:** ■ NONE

**Length of session(s):** 30-40 minutes

**Session attendee size limit:** 8

**Teaching method:**

■ Screening ■ Video ■ Lecture ■ Handouts

**Special needs for presentation:**

Cardiac risk assessment tool

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** HIV Education and Testing Site

**Program title:** *HIV Education and Testing*

**Objective or main topic:**

Increase awareness of HIV and/or HIV testing

**Description of program:**

Learn more about HIV. HIV testing performed.

**Cost:**  NONE

**Length of session(s):**

HIV education: 45 minutes - 1 hour

HIV testing: 45 minutes - 1 hour

**Session attendee size limit:**

Education: 8

Testing: performed one to one

**Teaching method:**

Counseling  Video  Presentation  Handouts

**Target age**  <18  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Rehabilitation Services

**Program title:** *Home Safety Assessment*

**Objective or Main Topic:**

Identify easy and inexpensive modifications to occupant's home to increase safety

**Description of program:**

This program will identify common areas of the home which no longer suit the physical needs of the occupant. Easy and inexpensive changes to the home to increase occupant's safety will be discussed.

**Cost:** ■ NONE

**Length of session(s):** 30 minutes

**Session attendee size limit:** 8-10

**Teaching method:**

■ Presentation ■ Handouts

**Special needs for presentation:**

Need flat wall to mount a yardstick (approximately 3-4 feet)

**Target age** ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Food and Nutrition

**Program title:** *Early Childhood Nutrition*

**Objective or main topic:**

To promote healthy nutrition concepts

**Description of program:**

Interactive discussion on healthy eating habits

**Cost:**  None

**Length of session(s):** Varies with topic

**Session attendee size limit:** 8-10

**Teaching method:**

Video  Presentation  Handouts

**Target age:**  <18  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Food and Nutrition

**Program title:** *Senior Nutrition*

**Objective or main topic:**

To provide nutrition education to promote health and wellness

**Description of program:**

A discussion about nutrition to promote health and wellness  
Lecture, demonstrations and handouts are provided.

**Cost:**  None

**Length of session(s):** 15-30 minutes

**Session attendee size limit:** 8-10

**Teaching method:**

Video  Presentation  Handouts

**Special needs for presentation:**

Food labels, food models

**Target age:**  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Food and Nutrition

**Program title:** *School-age Children Nutrition Education*

**Objective or main topic:**

To promote healthy nutrition concepts

**Description of program:**

30 minute lecture, demonstration, handouts

**Cost:** ■ None

**Length of session(s):** Varies with topic, 15-30 minutes

**Session attendee size limit:** 8-10

**Teaching method:**

■ Presentation ■ Handouts

**Target age:** ■ <18

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Rehabilitation Services

**Program title:** *Osteoporosis and Exercise*

**Objective or main topic:**

Define osteoporosis, causes, signs and symptoms; define type of exercise appropriate for osteoporosis  
Instruction in basic exercise program

**Description of program:**

This program will provide an overview of osteoporosis, causes, and signs and symptoms. The program will discuss the appropriate types of exercises that should be performed when diagnosed with osteoporosis and will provide the opportunity to perform basic exercises.

**Cost:** ■ NONE

**Length of session(s):** 60 minutes

**Session attendee size limit:** 8-10 participants

**Teaching method:**

■ Presentation ■ Handouts ■ Exercise Session

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Radiology Department

**Program title:** *Osteoporosis Screening*

**Objective or main topic:**

Identify individuals at risk for osteoporosis and provide referral

**Description of program:**

Painless screening to determine if you are at risk for osteoporosis

**Cost:**  NONE

**Length of session(s):** 5 minutes per participant

**Session attendee size limit:** Variable

**Teaching method:**

Screening  Handouts

**Target age:**  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Personal Health Profile*

**Objective or main topic:**

Identification of appropriate screening for the individual's age and sex

**Description of program:**

Review of national recommendations for screenings, and healthy guidelines for cholesterol, blood pressure, etc.

**Cost:** ■ None

**Length of session(s):** Five to 15 minutes per participant

**Session attendee size limit:** Variable

**Teaching method:**

■ Handouts (questionnaire needs to be completed 1 week prior to the event)

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Power over Pain*

**Objective or main Topic:**

Increase awareness on how to manage pain more effectively and become a self-advocate

**Description of program:**

Discussion about how pain affects quality of life, what persons in pain and their caregivers should expect from their health care providers and how to better communicate with health care providers.

**Cost:** ■ NONE

**Length of session(s):** 45-60 minute presentation and Q&A.

**Session attendee size limit:** 8-10

**Teaching method:**

■ Powerpoint presentation ■ Lecture ■ Handouts

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Rehabilitation Services

**Program title:** *Pre-school Speech Language Screen*

**Objective or main topic:**

Identify children with speech/language delays

**Description of program:**

Screening to identify developmental speech/language delays

**Cost:** ■ NONE

**Length of session(s):** 15 minutes per participant

**Session attendee size limit:** Variable

**Teaching method:** ■ Screening ■ Handouts

**Special needs for presentation:** Pediatric-size tables and chairs

**Target age:** ■ 3-7 yrs

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Sexually Transmitted Disease Clinic

**Program title:** *Sexually Transmitted Diseases Education*

**Objective or main topic:**

Prevention and testing for sexually transmitted diseases

**Description of program:**

Discussion about sexually transmitted diseases

Testing for sexually transmitted diseases available

**Cost:**  NONE

**Length of session(s):** 45 minutes

**Session attendee size limit:** 8

**Teaching method:**

Screening  Video  Presentation  Handouts

**Target age:**  <18  19-40  41-65  65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *Skin Cancer Screening*

**Objective or main topic:**

Assessment of questionable moles or skin lesions

**Description of program:**

Identification of high risk lesions and make referrals as needed

**Cost:** ■ NONE

**Length of session(s):** Five minutes per participant

**Teaching method:** ■ Screening

**Special needs for presentation:**

Limited availability of this service

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

**Mobile Health Resource Center  
Available Programs and/or Services**

**Department name:** Nursing and Community Health  
Education Department

**Program title:** *What You Should Know About Skin Cancer*

**Objective or main topic:**

Increase awareness of skin cancer risk factors and precautions

**Description of program:**

A discussion of common skin cancers, pre-cancerous skin conditions, risk factors, and tips for prevention. Discussion also includes the danger signs of melanoma.

**Cost:** ■ NONE

**Length of session(s):** 40 minutes  
(10 minute lecture and 30 minute video)

**Session attendee size limit:**

**Teaching method:**

■ Video ■ Presentation ■ Handouts

**Target age:** ■ 19-40 ■ 41-65 ■ 65>

Mobile Health Resource Center  
Available Programs and/or Services

**Department name:** Respiratory and Cardiac Rehabilitation

**Program title:** *Smoking Cessation*

**Objective or main topic:**

To educate people how to be smoke free

**Description of program:**

Eight-week supportive program to teach cessation and continued abstinence from smoking

**Cost:** \$152.50 per participant

**Length of session(s):** 8 weeks

**Session attendee size limit:** 8-12

**Teaching method:**

■ Video ■ Presentation ■ Handouts

**Target Age:** ■ <18 ■ 19-40 ■ 41-65 ■ 65>

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