



VISN 21

Health Care For Women Veterans

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Overview

- Women's Health Services
- Women's Mental Health Services
- Specialty Services for Women
Polytrauma, mental health, homeless rehabilitation, OIF/OEF
 - San Francisco
 - Martinez
 - Palo Alto
- Integration of Services
 - Palo Alto
 - Martinez
- Research and Clinical Integration

Women Veterans in VISN 21

- Women veterans in California
 - 157,023 women veterans in California
- Women veterans in California using VA services
 - 67,501 (22% of women veterans in VISN 21) are using VA services in California
- Women reporting MST
 - 2040 women reported MST by FY05
- Women from OIF/OEF
 - returning female veterans in VISN 21: 586 or 3.68% of veterans using Sierra Pacific Network.
 - Musculoskeletal, mental health, and dental problems most common complaints among returning women.

Women's Health Services

- Comprehensive GYN and Women's Health Clinics
 - Palo Alto, San Francisco
- Pelvic Dysfunction
 - Palo Alto
 - Martinez
- Sexual Dysfunction
 - Palo Alto
- Weight Management
 - Palo Alto, San Francisco
 - MOVE, Gastric Bypass, Plastic Surgery
 - Specialty Eating Disorder Treatment Program is Desirable
- Women's Anticoagulation Clinic
 - San Francisco
- Women's Smoking Cessation
 - San Francisco
- Transgender Support Group
 - San Francisco

Women's Mental Health Services

- Palo Alto
 - Psychiatric Inpatient
 - Residential Treatment for (National Center for PTSD)
 - Day Treatment for Severe Mental Illness
 - Women's Behavioral Health (Bridges mental health and women's health)
 - CBOCS (Monterey, Livermore, Capitola, San Jose, Stockton, Modesto, Sonora)
 - Women's Outpatient Services
 - Cognitive, Behavioral and Acceptance Based Treatments for
 - Trauma, life skills, addictions, coping, depression, anxiety, panic disorder
 - Seeking Safety, Acceptance and Commitment Therapy, Cognitive Processing Therapy, Self Defense, Women's Support Group

Women's Mental Health Services

- San Francisco
 - Psychiatric Inpatient Program
 - Outpatient counseling 6 ½ days per week, anger management group for women, coping with depression, eating to stay fit for women, psychologist on call for MST / PTSD, transgender support group
- Honolulu, Martinez, Fresno, Reno offer inpatient and outpatient mental health services, and referrals between sites.

Specialty Services

- Specialty Health Services:
 - Pelvic Pain, GYN Oncology, Infertility, Mammography, Polytrauma, Head Injury, Spinal Cord Injury, sexual dysfunction
 - Emerging Issues: Geriatric Services for Women (osteoporosis, urinary incontinence, PTSD???)
- Behavioral Medicine
 - Smoking Cessation, Weight Management, Diabetes/Hypertension
- Specialty Mental Health Services:
 - Inpatient PTSD, OIF/OEF (VA and Vet Center locals), sexual dysfunction, panic disorder
- Rehabilitation Services
 - Psychosocial Rehabilitation for Severe Mental Illness
 - Homeless Rehabilitation / HVRP
- Addiction Treatment

Education

- San Francisco
 - Monthly lecture on women's health topic for residents / staff
 - Grand Rounds, women's health faculty/staff present annually
 - Residents' training rotation in GYN and Women's Health

- Palo Alto
 - Partnering with GRECC on women's health series
 - Annual women veterans health education conference for women veterans
 - Annual staff education program on women's health issues,
 - Residents' training in women's health / GYN
 - Preceptoring of Stanford PA students in women's health
 - Preceptoring UCSF NP in primary care and women's health
 - Women's Mental Health Training for psychology interns and postdocs
 - Bi-annual cable TV informational program on women veterans and health issues.
 - Community Presentations on various issues related to health issues among women health

New Returning Women Vets: OIF/OEF

- Poly trauma
- VISN 21 2 day educational training program for staff
- Case study: CM
- Mental Health: readjustment disorder / mental injuries
- Family Care (fisher house)
- Outreach
- GYN Problems emerging?
 - Field related health problems

Integration of Medical and Mental Health Services for Women

- Women's Behavioral Health
 - 1 day per week
 - Clinical psychologist, brief screening and therapy appointments in primary care clinic
 - Generate referrals for comprehensive mental health
- Bi-monthly telephone conference calls between mental health and primary care providers from all sites (Palo Alto and CBOCS).
 - Coordinate care for women veterans mutually served in both services
 - Patient management and treatment planning
- Annual mini conference between women's health and women's mental health services.
- Behavioral Medicine on call for all patients

Palo Alto: Research and Clinical Services

- Kimerling:
 - MST screening in primary care.
- Weitlauf:
 - Why it pays to get your kicks: Empirical study of Therapeutic Self Defense Training for women
 - Psychological reactions to GYN Care among women with MST / PTSD
- Periyakoil:
 - Women veterans and VA women nurses: Factors influencing loss of dignity at end of life
- Frayne:
 - Women in the Veterans Health Administration: medical conditions, utilization, and cost of care
- Prins:
 - Primary Care PTSD screen: Development and operating characteristics.

San Francisco: Research and Clinical Services

- Ongoing research through VA women's health fellowship: UCSF Women's Health Research Center.
 - Mammography (Karla Kerlikowske, MD)
 - Hormone Replacement (Deborah Grady, MD)
 - Urinary Incontinence (Jeannette Brown, MD)

Conclusion

- Coordination:
 - One Stop Shopping, better compliance, less no shows!
- Communication:
 - Sharing of information with other providers improves patient care!
 - Patients become more active partners in health care
 - Patients develop better understanding of their health care issues
- Up to date:
 - Monthly meetings among staff, focus groups, support groups, CME improve currency of information
- Research and clinical:
 - Research supports clinical staff, providers become more aware of new issues, care becomes more accurate, personal, current, precise, increases staff awareness of available options, ultimately patient receives better care.
 - And this is why... VA Health Care is the best in the country!!!