

**Arthur Nagel Community Clinic  
proposal to  
Texas Rural Communities, Inc.**

**Program Summary:** 1 page with overview including amount, program description, community/constituency served, expected outcomes

The Arthur Nagel Community Clinic requests \$7,040 to help support the Well Woman program that provides a variety of primary and preventive healthcare for more than 200 rural women who live at or below 200% of the Federal Poverty Level and have no health insurance. The Well Woman program includes checks of health problems unique to women (cervical and uterine cancer), that largely impact women (breast cancer), and myriad other health problems that appear across the population. The Well Woman program provides physical examinations that include cervical, breast, and colon cancer screenings, sexually transmitted disease screening and treatment, birth control resources, prenatal care referrals, and health education. The physicals also check blood pressure, cholesterol, and diabetes, and include a brief health history provided by the patient. Onsite mammograms are provided quarterly by CHRISTUS Santa Rosa Health System through its free mobile mammogram bus. When treatment beyond the clinic is required, patients are sent through a network of providers that provide free or low-cost treatment to the rural poor.

Bandera is a small rural community approximately 50 miles from San Antonio. The town has a population of 861, with the county having 20,892 residents. Many of these residents are the working poor, whose children and elderly may qualify for health insurance through CHIP, Medicaid, and Medicare. Too many women ages 19 through 64, however, are not eligible for health insurance although they bear the responsibility of care for other generations. More than 200 of these women come to the Arthur Nagel Community Clinic for the Well Woman program as part of a continuum of care provided in a safe, medical home.

Outcomes for the program depend significantly on the health of women. This year, the clinic has provided early diagnosis for breast cancer in three patients. Early detection in these three cases gives hope for successful treatment. The Well Woman program also monitors general health, and all women who participate are invited attend the weekly RiskBusters program, the award-winning healthy eating/active living program at the clinic that addresses the pervasive health problems of hypertension, diabetes, and obesity through lifestyle changes. What is expected that women will receive regular and compassionate care at the Arthur Nagel Community Clinic.

## **Section I: Contact Information**

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## **Section II:**

### **Organizational Description**

The Arthur Nagel Community Clinic opened in 2008 with the mission to provide free primary, preventative, mental, and dental healthcare services to low-income, uninsured residents of Bandera County who have no other access to primary medical care. The vision for the clinic began in 2003, when civic leaders began to discuss healthcare needs of the uninsured in the community. Today the clinic welcomes patients, most between age 19 through 64, who live at 200 percent or less of the Federal Poverty Level. There are no age restrictions, but the clinic does not serve individuals who have private health insurance, Medicaid, Medicare, or in the case of children, CHIP.

The clinic's greatest achievement has been to provide care for every qualified patient who has sought service from May 2008 until today. Last year the clinic provided more than 3,500 services to the poor and uninsured in the county and are on track to meet that number again in 2015.

The clinic's work has earned recognition from around the state. In 2010 the clinic was named a Methodist Healthcare Ministries Funded Partner. In 2011 the clinic received the Kronkosky Charitable Foundation's Annual Nonprofit Award that included an unsolicited gift of \$50,000. In 2012 the clinic's RiskBusters Program, addressing active living and healthy eating, received the Texas Rural Health Association's Outstanding Program award. In 2013 and 2014, the clinic signed affiliations with Schreiner University and Texas Tech University to provide clinical training for the nursing and nurse practitioner programs. And finally, Patient Exit Surveys for the past three years show a satisfaction rate of 98 percent or better.

Because many of the patients have never received regular medical care, a great deal of the work of the clinic is health education. Information is available to patients in English and Spanish, with an on-site translator available during clinic hours. When medications are required for patient care, a free prescription service is managed by the clinic. In short, the Arthur Nagel Community Clinic is the safe, compassionate medical home for the poor and uninsured in Bandera County.

## **Section III:**

### **Project Description**

Health disparities are differences in health status of individuals and communities. Many health disparities are attributed to social disadvantages: poverty, inadequate access to healthcare, and educational inequities. These elements too often come together in rural communities in Texas,

where too many Texans develop chronic, often debilitating, diseases by middle age. The need for this service was identified by civic leaders, but is confirmed each year with the preponderance of patients who come to the Arthur Nagel Community Clinic suffering from chronic diseases including hypertension, diabetes, high cholesterol, and obesity.

The Arthur Nagel Community Clinic has a variety of programs designed to promote health in Bandera County and delivers more than 3,500 services each year. In particular, the Well Woman program serving more than 200 adult women is designed to provide periodic health checks of problems unique to women (cervical and uterine cancer), that largely impact women (breast cancer), and to check for myriad other health problems that appear across the population. The Well Woman program provides physical examinations that include cervical, breast, and colon cancer screenings, sexually transmitted disease screening and treatment, birth control resources, prenatal care referrals, and health education. The physicals also check blood pressure, cholesterol and diabetes, and include a brief health history provided by the patient. The in-kind donation of a quarterly visit by the CHRISTUS Santa Rosa Health System mammogram bus, provides free mammography here in Bandera. Such regular checkups can save lives. In the past 12 months, the Well Woman Care examinations have diagnosed cancer in three patients. With early detection, prognosis for these women is positive.

The women served are those who do not have health insurance and whose household income is no more than 200 percent of the Federal Poverty Level (\$23,540 annually for a single person, or \$48,500 annually for a family of four). Most often the working poor, these are women who make personal sacrifices to ensure their children have food and clothing. With the Arthur Nagel Community Clinic, they no longer need to sacrifice their health. More than 200 women will receive health checks and follow-up care this year, with a similar number anticipated for 2016. Beginning in 2016, the Arthur Nagel Community Clinic will begin to add services, with sliding-scale fees, to patients whose income places them at 201 to 300 percent of the Federal Poverty Level. These patients (income for a single person in the household is \$23,541 to \$35,310; for a four-person household \$48,501 to \$72,750) will offer some economy of scale for the clinic as well as better serving Bandera County residents. Because the income potentially generated by this program is difficult to predict, the clinic has not included it in next year's budget planning but will make adjustments to the budget quarterly if impact is significant. Board and staff are implementing this based on requests made by uninsured residents in this income range, but are cognizant that for many individuals requesting a service and using it may differ by an order of magnitude or more.

The Arthur Nagel Community Clinic is the only free clinic serving the uninsured of Bandera County, Texas. Like much of the rural West, poverty is common in Bandera County. And this poverty is directly or indirectly responsible for significant disparities in health between rich and poor, between the insured and the uninsured. Further setting the clinic apart is the excellence of its care as reflected in recognition by funders, health associations, and higher education. In 2010 the clinic was named a Methodist Healthcare Ministries Funded Partner. In 2011 the clinic received the Kronkosky Charitable Foundation's Annual Nonprofit Award that included an unsolicited gift of \$50,000. In 2012 the clinic's RiskBusters Program, addressing active living and healthy eating, received the Texas Rural Health Association's Outstanding Program award. In 2013 and 2014, the clinic signed affiliations with Schreiner University and Texas Tech University to provide clinical training for the nursing and nurse practitioner programs. The Arthur Nagel Community Clinic staff regularly attend professional conferences for free clinics and reports successes there as well as learning about the innovations that are being developed in other clinics.

Budget and profit/loss statements are attached. Texas Rural Communities funds will be used to offset the medical tests, which will total \$6,400 in 2015 with a 10 percent increase predicted for 2016: \$7,040. That is based on costs negotiated by the clinic that are lower than those paid by Medicare and Medicaid. In short, at \$32 per woman, this is significantly less than private health insurance plans or private individuals would pay for these tests.

The expected outcomes vary from year to year. Some years this program really does serve "well women" so outcomes reflect the number of women served and found to be good health. Other times, in three instances this year, the Well Woman program detected cancer. For these patients, early detection equates to treatment that will potentially improve their quality of life.

Accomplishment of goals and objectives will be measured by the number of individuals who use the program, their compliance with medical recommendations, their health outcomes based on examination by medical professional or through medical tests (such as A1c levels, blood pressure, etc.). And, when serious problems are discovered, their early detection and treatment through a network of referral services contracted by the clinic.

The Arthur Nagel Community Clinic is open three days each week. When holidays fall Tuesday through Thursday, the clinic will close, but even during the holiday season, the clinic remains open at least one day each week.

Funds from this award will be restricted for medical tests associated with the Well Woman program and be expended as expenses occur throughout the year. The same number of Well Woman program participants do not come to the clinic each month. During January, for example, with cervical cancer awareness month, the clinic will often see more Well Women patients. The same is true in September (menopause awareness month) and October (breast cancer awareness month). Despite differing needs each month, care history since 2008 suggests the clinic will provide more than 200 Well Woman program services in 2016.

The Arthur Nagel Community Clinic has not received a grant from Texas Rural Communities.

**Attachments:**

**List of Board of Directors**

**Current fiscal year budget, balance sheet, 1-page profit/loss statement**

**Letters of Support**

Dr. Ruth Grubisec, Schreiner University

Pastor Celia Halfacre, Lake Hills United Methodist