

Rural Health Recommendations



Episode: [Navigating Rural Health in Legislative Crisis](#) |

Guest: Alan Morgan, NRHA

Rural Health Recommendation: "Get involved and make your voice heard! If you type the words 'rural health' into Google, Yahoo or Bing, our website is usually one of the first three that pops up. You'll get great information and great tips to get engaged and make your voice heard! You would be surprised how important and how influential your voice is as a rural practitioner and the difference that it makes."



Episode: [How Health Systems Collaborate with Rural](#)

[Communities](#) | **Guest:** Dr. Greg Johnson, Parkview Health

Rural Health Recommendation: "Embrace it. Period. The rural life is most of America, and I sometimes get a sense that even in our own community hospitals in rural settings, they often feel like 'well we're just rural'. It's not 'just rural', we are rural! Recruit to your strengths. Whether you're urban, suburban or rural, there are strengths and opportunities across all of those."



Episode: [Facing the Reality of Maternity Care in Rural](#)

[America](#) | **Guest:** Dawn Shanafelt, MDHHS

Rural Health Recommendation: "Take time to reflect on history and where the community has been. We don't want to stay in the past, but we can learn so much from the past to inform us as we move forward. Lean on the experts, which are the individuals that we serve, whether you call them clients or patients or community members."

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Episode: [The Voice of Hospitals in Government Affairs](#) |

Guest: Dan Bucci, American Hospital Association

Rural Health Recommendation: "Don't be afraid to innovate because things are constantly changing in healthcare. You don't need to redo your whole process, but you can start small and become a little more efficient, cost-effective and patient friendly, even if it's just considering how you talk to patients."



Episode: [Challenging the Mental Health System for Better Maternal Care](#) | **Guest:** Adrienne Griffen, Maternal Mental Health Leadership Alliance

Rural Health Recommendation: "Everybody check in on new moms. Ask them how they're doing; say 'hey, I know that this can be really wonderful but it also can be kind of a challenge, and that's okay, and there's help available.'"



Episode: [Maternal Care Seserts & the Impact of Policy](#) |

Guest: Carrie Cochran-McClain, NRHA

Rural Health Recommendation: "Don't underestimate the power of your voice and to use it in telling your story of what we need to be able to provide care to our rural populations."

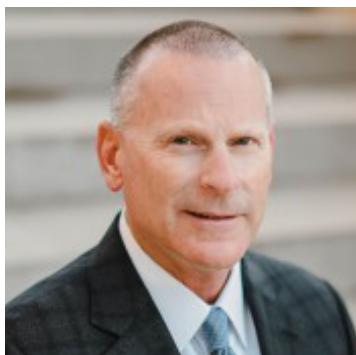
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**Episode:** [Leading Conversations around Healthcare Headlines](#)**Guest:** Scott Becker, Becker's Healthcare

Rural Health Recommendation: "If you're running a rural health system, you have to figure out where you're going to focus your resources, what you're going to be great at, and you have to be very clear, very disciplined that we can't do everything. You've got to figure out what you're going to be great at, and double down on that."

**Episode:** [Amplifying Marginalized Voices for Maternal Health & Wellness](#) | **Guest:** Dr. Amanda Williams

Rural Health Recommendation: "My recommendation from the patient perspective is to educate yourself. Do your homework ahead of time, come to trusted resources like MarchofDimes.org to figure out what might be in store for you with pregnancy and post-partum, because it does not always look like it happens in the movies."

**Episode:** [The Power of Collaborative Leadership among Rural Hospitals, Part 2](#) | **Guest:** Brian Peters, MHA

Rural Health Recommendation: "For folks who live and work every day in rural Michigan, take advantage of that. Get outside, walk on a nature trail, hop on a boat. Do something where you're in the great outdoors because there's something calming and centering about that."

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Episode: [The future of Medicaid and what it means for Rural Hospitals](#) | **Guest:** Rick Pollack, AHA

Rural Health Recommendation: "I think the future of healthcare depends on making care convenient. We're so proud of the "H" and what it represents, but we need to look at how we define that "H" and provide that care, not only in the building, but also in schools, the workplace and other settings. We are positioned to do that, and I think that's an opportunity for rural hospitals in particular."



Episode: [How Can a Hospital be Birthing-Friendly?](#) |

Guest: Karla Weng, Stratis Health

Rural Health Recommendation: "Focus on assets instead of gaps. When you work in rural communities and live in rural communities, it's really easy to focus on the things that you don't have, but oftentimes you forget to focus on what you do have and that there's a wealth of resources. Focus on what you have and think about how you can use that to address your gaps."



Episode: [Bridging the Care Gap on Maternal Sepsis](#) |

Guest: Dr. Melissa Bauer, Duke University Health System

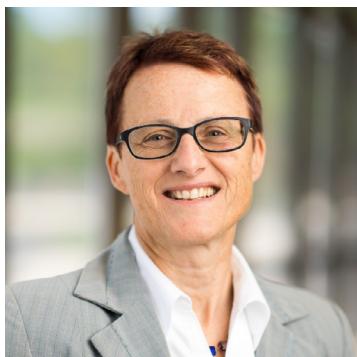
Rural Health Recommendation: "Don't make assumptions about what patients have available to them. Ask them specifically what they have access to and make sure they have access to the resource at all times. I think the biggest part, especially for rural patients, is taking the time to ask about social drivers of health such as housing."

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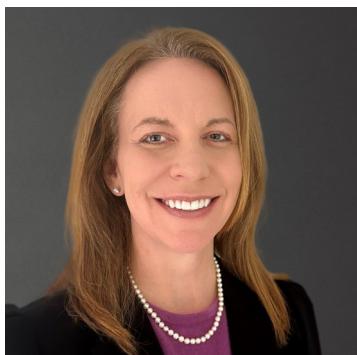
Episode: [Breaking Down Barriers for Rural Healthcare Providers](#) | **Guest:** Dr. John Crongeyer, ModusOne Health

Rural Health Recommendation: "My recommendation is to take decisive action. Rural facilities have agility. Of course, don't take action for action's sake. You want to do things are both smart and simple. Think exactly about what you need, network for it, and go directly after it."



Episode: [How Communities Play a Vital Role in Perinatal Psychiatric Wellness](#) | **Guest:** Dr. Maria Muzik, University of Michigan

Rural Health Recommendation: "In rural spaces, loneliness and socialization might be a big key. If you are a provider, if you have a chance, create spaces for social connection. Take the extra 30 seconds to ask about what's going on in your patient's life. Open yourself up as a provider to be that safe space where someone can open up to you."



Episode: [Driving Patient-Centered Performance in Rural Hospitals](#) | **Guest:** LeeAnn Odom, Performance Transformation

Rural Health Recommendation: "I would like to lead with the thought of partnership. You do not have to do everything by yourself, you do not have to solve problems by yourself. There are so many great resources out there, it's not up to you to do it independently. We are stronger together"

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**Episode:** [An Examination of the Rural Health Transformation Fund](#)**Guest:** Lauren LaPine-Ray, MHA

Rural Health Recommendation: "You are never going to know everything right off the bat. Healthcare is inherently incredible complex. Every day I read a bill or policy, I read something that I have no idea what it's talking about. But you have to sit down and research and educate yourself to learn about it. And that part is really important."

**Episode:** [Overcoming Challenges as a Critical Access Hospital in Rural Michigan](#) | **Guest:** Tim Johnson, Eaton Rapids Medical Center

Rural Health Recommendation: "You have to be flexible and you have to be willing to learn new things and adapt. People can specialize in big cities, but in small communities, you have to be a master of everything. You have to be willing to learn new things and try new things."

**Episode:** [A Conversation on Legislation, Funding and Advocacy](#) | **Guest:** Laura Appel, MHA

Rural Health Recommendation: "Connect with your colleagues because there is so much support within the rural hospital CEO community, and your state association probably has a rural council. Do whatever you can to engage with that. Share with each other what's going on and how you can manage it."

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Episode: [Navigating the Politicization of Healthcare as Hospital Leaders](#) | **Guest:** Scott Becker, Becker's Healthcare

Rural Health Recommendation: "It's really about building leadership and people teams. At the end of the day the most important thing is getting the right people on the bus with you, and then you can figure out where the bus is going. The critical thing is building great leadership teams."



Episode: [How a Rural Critical Access Hospital is Solving Health Access](#) | **Guest:** Jeremy Cannon, Kalkaska Memorial Health Center

Rural Health Recommendation: "You can grow in rural healthcare. Things in an urban setting that would have taken 400 meetings and four months to get done, I can get done in four hours, and I can see the tangible impact immediately... that impact has a ripple effect right outside the front doors. You can make an impact on people's lives and you can see it."



Episode: [Using the Right Information to Solve Repeat Problems for Rural Hospitals](#) | **Guest:** Jim Lee, Michigan Health & Hospital Association

Rural Health Recommendation: "Lean in to the opportunities that technology affords us. In rural settings, whether it's hospitals or communities, technology like AI can be a force multiplier. It can help level the playing field."