

Health Fair Guidelines

The Health Fair at MACC is scheduled Oct. 29th, in the Auditorium at MACC from 10 AM to 2 PM.

Nursing students from the ADN program at MACC and the BSN program at the U of MO will work together in planning and organizing the individual health fair booths. People in the general community will be invited as well as the surrounding high schools, and possibly junior highs, if interested. The day care at MACC will be invited if any booths/activities are planned for this age group. Faculty and staff at MACC have also had good attendance at the health fair. The primary focus for the health booths will be the students attending MACC, since they have limited access to health care/ information on campus. Some of the nursing students from the University of Missouri will also help with the health fair planning and overall coordination as well as individual planning of health fair booths. Your booth will involve nursing students from another school, and communication and collaboration with them is one of the big challenges of this activity.

Previously the health fair has had about 20-24 booths with about half being sponsored by nursing students and half from outside or community vendors. Last year's topics included the following: Managing diabetes, Smoking cessation, Safety in the home, Poison control for kids, Stress management, Handwashing, Bone Density and Osteoporosis, Nutrition, STD prevention, Breast/Testicular self-exam. Outside vendors included: the schools of nursing from MACC and the U of MO, Randolph County Health Dept., Moberly Regional Medical Center (blood pressure screenings), Midwest Transplant Network, Northern Missouri Safe Communities, Magnetic Technologies, and University Behavioral Health. This year's health fair will include a rollover truck from the State Highway Dept and a blood drive that will be held at the same time. These are ideas for possible topics, but fresh ideas are always welcome. The approval of a booth topic is done through your nursing instructor, but duplication needs to be avoided due to limited space. The overall coordinator of the health fair is myself, Linda Kolostov. I can be reached through either of these e-mails: LSKolostov @ccis.edu or KolostovL @missouri.edu. Phone numbers are: 573-875-7432 (Mon all day, W, TH, Fri am's) or 573- 884-1475.

Research/readings on the chosen topic is a must so that you can discuss/ teach current health

information and be interactive with participants at your booth. The booth should be visually appealing as well, have handouts and be staffed at all times (so plan to eat lunch in shifts). If your booth performs a test, make sure that written results are given with clear, concise information as to follow-up. Health Fair screenings are never diagnostic or meant to replace a visit with a health care provider. Information from outside vendors may be solicited for your booth, but should not be the complete booth. Your input/ideas are also needed.

Plan for supplies needed. Let me know ASAP if electricity, TV/VCR and number of chairs you will need for your booth. Your booth will probably not have wall space (unless you need electricity) so plan how to display posters and other visual images. I may be able to supply some of the needs for your booth (i.e., blood glucose testing materials) if this is needed and requested in time. The nursing students from the U of MO will also be soliciting prize and food donations for the health fair.

On Tues, Sept 17th and Thursday, Sept 26th some face-to-face planning sessions are planned with the two groups of students at 1:00 PM in Columbia (location to be determined). The Tuesday group will include the student overall planners. These are the only face to face interactions you will have before the health fair. Exchanging e-mails and phone numbers at these sessions is invaluable. The FIPSE web site: <http://www.nursingfutures.org/discus/> will also be used to post ideas and exchange information about the health fair.

Thanks in advance for your hard work and planning to make this another successful health fair and learning experience for all!