

# 2016-17 CHNA Strategy Plan

## Howard County Medical Center

### **I. INTRODUCTION**

Loup Basin Public Health Department (LBPHD), Jeannie Melham Memorial Medical Center (JMMMC), Valley County Health System (VCHS), Howard County Medical Center (HCMC), and Callaway District Hospital began collaborations in September 2015 to conduct a comprehensive central Nebraska Community Health Needs Assessment (CHNA). Due to the IRS regulations which require tax-exempt hospitals to conduct a CHNA every 3 years, LBPHD facilitated a joint community health needs assessment and planning process with the four hospitals in the Loup Basin health district. LBPHD is transitioning into conducting the CHNA every three years instead of every five to align with the timeline required of tax-exempt hospital organizations by the Internal Revenue service according to the Patient Protection and Affordable Care Act.

The purpose of the CHNA process is to describe the current health status of the community, identify and prioritize health issues, better understand the range of factors that can impact health and identify assets and resources that can be mobilized to improve the health of the community.

The priority health areas identified in the 2016 Loup Basin Public Health Department Community Health Assessment and addressed in the 2016-2021 HCMC Community Health Improvement Plan (CHIP) are:

1. Care Coordination based off the ACO identified patients with “high” health needs
2. Implementation of Tele-medicine services to build the specialty clinics on services that are highly sought and difficult to recruit.
3. Implementation of outreach PT clinics at Loup City Medical Clinic and Greeley Medical Clinic.
4. Implementation of Geriatric Mental Health Program to service the aging population along with building of the current mental health services for the pediatric population

### **II. MOBILIZING FOR ACTION THROUGH PLANNING AND PARTNERSHIP (MAPP)**

Mobilizing for Action through Planning and Partnerships (MAPP), a partnership-based framework, was again used to conduct this round of the Community Health Needs Assessment and Community Health Improvement Plan development. MAPP emphasizes the partnership with all sectors of the public health system to evaluate the health status of the region it serves, identify priority areas, and develop plans for implementation.

The MAPP process includes two preliminary steps – organization and vision.

## ORGANIZATION:

A MAPP Steering Committee was formed with representatives from each of the four Loup Basin hospitals and members of the Custer County Health Coalition. Committee members provided guidance throughout the process and were charged with reviewing data and progress on the chosen priorities, and using quality improvement to modify implementation plans as needed.

### Local Public Health System Collaborative Infrastructure

The region enjoys a vigorous, well-established collaborative infrastructure which provided the foundation for the local public health system communication and engagement process. This infrastructure includes:

- Loup Basin Public Health Department Board of Health comprised of twenty members. The twenty-member board is composed of a physician and dentist as well as a County Commissioner and a spirited citizen from each of LBPHD's nine counties.
- The already existing Custer County Health Coalition provided a significant platform for LBPHD to utilize through the MAPP process. The Coalition had representatives from every aspect of the local public health system and provided services from all of the 10 essential services.

### MAPP Assessments

#### 1. Community Themes and Strengths

Assembles focus groups that address the community concerns about what is important, how quality of life is perceived, and the assets that exist and can be used to improve community health.

#### 2. Local Public Health System Assessment

Identifies the components, activities, competencies, and capacities of the public health system and how the essential services are being provided through area organizations and entities.

#### 3. Forces of Changes Assessment

Identifies what is occurring, or might occur, that affects the health of the community. Looks at the opportunities and threats that are currently facing the region.

#### 4. Community Health Status Assessment

Identifies priority community health and quality of life issues. Health data provided by Loup Basin Public Health Department.



### III. ACTION PLANS

#### A. HCMC Mission

“Provide quality, efficient health care.”

HCMC is dedicated to developing strategies that help address community health issues. The following implementation strategies represent HCMC’s commitment to support the CHIP and its objectives over the next three years.

#### B. Implementation Strategies

In developing the implementation strategies for the 2016-2019 periods, HCMC chose to address the needs identified in the CHIP in two different ways.

1. Identifying current HCMC programs, services, and partnerships that address health.
2. Introducing new programs, initiatives, and/or service enhancements that further impact objectives of HCMC Community Health.

The process of meeting with C-Suite, directors and front line staff discussing the implementation strategies set forth in the plan. Keeping the implementation strategy plan complete HCMC employed icons throughout the plan to illustrate priorities to be addressed by the program or service.



Behavioral Health



Access to Care



Chronic Disease Management



Injury Prevention/Safety

## Current Programs/Services/Partnerships

### *Wellness Wednesday*



HCMC provides bi-weekly education and coaching for K-6 at St. Paul Public Schools. Hot topics are chosen and HCMC staff, physicians, and specialist provide education in a fun and educating environment. This is an assembly type presentation and hundreds of children receive the message. Healthy Schools and community was a focus area for us on the 2013 CHNA.

### *Weight Watchers and Bariatric Group Meeting*



Overweight and Obesity was the leading health concern for the Loup Basin Health District in 2013 when the original CHNA was done. With that information HCMC took action and starting hosting the Weight Watchers group weekly and in 2016 started a Bariatric Group Help Meeting once a month. This has been an avenue for patients to get support that are needed to meet their goals.

### *Pediatric Mental Health*



HCMC partnered with Boys Town to offer services here at the facility in 2015. This program is very beneficial for the children within the three county areas. Boys Town services HCMC twice a month with a psychologist and or counselor.

### *Adult Mental Health*



HCMC started to partner with Dr. Magnusen with UNMC to offer psychiatrist help over the tele-health cart in 2014. This service is offered to any patient over the age of 18 and is available as needed.

### *Vaccination Program*



Vaccinations and lack of a program was identified in 2013 on the survey as one of the leading focus areas. From there HCMC developed a more robust influenza vaccination clinic. Vaccinations are now offered several times at the St. Paul site plus they are offered in Greeley and Loup City for those patients.

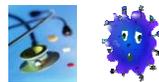
## New Focus Areas

### *Care Coordination*



HCMC recently hired a Care Coordinator that will work with identified patients that have one or more chronic disease to track, coach, and mentor them to better health. HCMC recently joined an ACO and patients are identified off of claims data and the care coordinator tracks from this information. From there coaching and follow up care is tracked and documented to get these identified individuals on the road to better health. The care coordinator works closely with the primary physicians to ensure quality care is a continuum with the patients.

### *Tele-medicine Clinics*



HCMC purchased a tele-medicine cart and works closely with Bryan Telemedicine to offer specialty clinics where the physician stays in their office but can view a patient here at HCMC. This cart has a stethoscope, endoscope, high definition camera, and the regular projection camera. HCMC has currently added pulmonologist, dermatology, endocrinology and diabetic management. HCMC is also currently looking at adding the cart as back up physician coverage to assist with physician burnout.

### *Outreach PT clinics*



HCMC currently has two clinic locations that are outreach clinic in Loup City and Greeley. HCMC plans to also offer PT services within these clinics to allow patients the ability to receive care in their home town and not have to drive for these reoccurring visits. The clinics should be up and running in Sept. 2017.

### *Mental Health*



HCMC has started a geriatric mental health program named 55+ Outpatient Health. This program is geared towards patients over the age of 55 that qualify for Medicare that are in need of mental health help and guidance. This program is geared towards individuals that are suffering from any form of mental health. Examples would be grief, anxiety, depression.....

### *Community Outreach*



A wellness coordinator was hired in 2016 and has developed several community outreach wellness programs. Since 2016 several programs have been developed like a Fit and Fabulous that is a workout program that is scheduled for 3 days a week and this program also helps individuals with food choices. Monthly presentations are done at the Senior Citizen Center on a variety of topics.

### *Wellness Center*



HCMC has committed to building a Wellness Center that will incorporate PT, wellness institute, OT and wellness development of the community. This is in the fundraising and planning stages and HCMC hopes to have this project completed by 2020. This project will be a great avenue to bring wellness and health awareness into the community and surrounding areas.