



Commonwealth Regional Specialty Hospital

Commonwealth Regional Specialty Hospital Community Health Needs Assessment & Strategic Implementation Plan for 2016-2018

Executive Summary

The Patient Protection and Affordable Care Act of 2010 included a provision that requires every tax exempt, non-governmental hospital to:

- Conduct a Community Health Needs Assessment (CHNA) at least every three years;
- Adopt a Strategic Implementation Plan that includes how the needs identified in the assessment will be met; and
- Report to the Internal Revenue Service via its 990 tax form how it is meeting its implementation plan.

The Community Health Needs Assessment Report details the process used to collect, disseminate, and prioritize the information in the assessment. Commonwealth Regional Specialty Hospital worked closely with local healthcare and public health leaders throughout the assessment process.

The end result of the assessment process was the development by the hospital of a strategic plan to address the major needs identified.

COMMONWEALTH REGIONAL SPECIALTY HOSPITAL IMPLEMENTATION STRATEGIES FOR ADDRESSING COMMUNITY HEALTH NEEDS 2016 – 2018

Through the research and recommendations from the Community Health Needs Assessment and hospital staff, administration and Board of Directors the following strategies will guide COMMONWEALTH REGIONAL SPECIALTY HOSPITAL leadership in addressing our community's health needs over the next three years.

1. Continue to Strengthen Partnerships With Key Community Health Providers & Organizations

A very beneficial component of the Community Health Needs Assessment process for the hospital was participating as an active member of the Barren River Community Health Planning Council. This reinforced for us the importance of each community health provider in our quest to meet the healthcare needs of all individuals in our community. Over the next three years, Commonwealth Regional Specialty Hospital will focus on continuing to strengthen relationships with the following organizations and to develop collaborative efforts to improve health care within Warren and surrounding counties. Partnerships may include joint funding of initiatives, providing leadership on governing boards, information sharing and cooperative work on health related grants. This list is not meant to be exclusive and other organizations/providers will be added as identified. Through the CHNA, these agencies were identified as those that directly address community health needs and serve the populations within Commonwealth Regional Specialty Hospital's service area:

American Cancer Society – Warren County Chapter
Kentucky Heart & Stroke Association
Barren River District Health Department
Bowling Green Housing Authority
Fairview Primary Care Center
Kentucky Cancer Program
Medicaid Managed Care Programs/Case Management
Refugee Assistance Center
Southcentral Kentucky Community Action
Hosparus
Hospice of Southern Kentucky

In 2012 Commonwealth Regional Specialty Hospital asked our referring physicians two questions. The first question was in regard to what we could be doing that we were not doing. The consensus was that we need to do more marketing to physicians in surrounding areas. With continual growth of physicians in the BRADD region we feel that this is an area that continues to need focus during the years 2016-2018. We also plan to strengthen partnerships with physicians and referring hospitals by sharing with them our expertise and resources.

The second question was in regard to services that we provide to the elderly population at Commonwealth Regional Specialty Hospital. One of the services emphasized was the individualized social services plans of care for the elderly population. Our Care Coordination team takes pride in obtaining proper placement for our patients in continuum of care. We have chosen to continue to focus on this area during 2016-2018 but expand for all age populations of our patients. The Care Coordination Department will continue to research resources and build relationships with skilled nursing facilities, Inpatient rehab facilities, assisted living facilities, home health, hospice care and companion care services to ensure our patients are offered the resources that fit their individual needs.

2. Preventative Care & Disease Management Focus

The Community Health Needs Assessment provided data specific to preventative care and disease management. Council members reviewed the data and determined the following focus areas: Diabetes, Obesity, Cardiovascular Disease, Lung Cancer, and Drug Abuse Addiction. Drug Abuse Addiction doesn't apply to the LTACH population at Commonwealth Regional Specialty Hospital, nor does Commonwealth Regional Specialty Hospital have programs implemented to support Alcohol and Drug Abuse Addiction. Therefore that topic will not be addressed.

The hospital's overall goal is to educate individuals on the importance of taking ownership of their health and wellbeing.

Cardiovascular:

- Continue to promote and support education to the community about risk factors associated with heart disease and stroke, and how to modify those

risk factors through healthy lifestyle choices. This will be an ongoing campaign utilizing all media outlets, newsletters, programs at the Health & Wellness Center and through Worksite Wellness for employer groups, civic organizations, etc.

- Continue the systematic approach by the hospital to identify and track all heart failure patients who are admitted. Discharge planning will start at admission and will involve coaching and follow up services post discharge. The goal will be improved quality of life for the patient and reduction of ED visits and readmissions.
- Continue to promote and support all cardiovascular programs offered through at the Health and Wellness Center.
- Continue to offer blood pressure screenings at local Community Health and Wellness fairs.

Diabetes:

- Commonwealth Regional Specialty Hospital will enhance awareness and utilization of the outpatient Diabetes Education Program recognized by the American Diabetes Association and located at the Health & Wellness Center through marketing of services to community and health care providers.
- Provide Community Diabetes Education Forums.
- Physician CME Diabetes Program.
- Articles on the benefits of Diabetes Education in hospital's community newsletter, *WellNews*, and in hospital's *Physician Newsletter*
- A *90 Seconds to Better Health* TV segment on Diabetes.
- Support and promote the Barren River District Health Department Community Health Worker Program.
- Diabetes education at hospital community outreach events (Health & Wellness Expo, Women's Conference, etc.).

Obesity:

- Continue to increase awareness and utilization of The Medical Center's outpatient Medical Nutrition Counseling services located at the Health & Wellness Center through marketing of services to community and healthcare providers.
- Continue to support surgical weight loss program working closely with Registered Dietitian and support the weight loss support group.

- Provide exercise opportunities through CHC Wellness Community Events and classes at the Health and Wellness Center.
- Provide Healthy Eating presentations by registered dietitian to school groups, civic organizations, employer groups, etc.
- Continue to promote and support the collaboration with local Farmers' Market on cooking demos, local food events, and healthy recipes for the community.

Lung Cancer:

- Provide education on the hazards of smoking specific to lung cancer (as well as stroke and heart disease) through community outreach events (Health & Wellness Expo, Men's Health Event, Women's Conference, etc.), and through Worksite Wellness and Speakers Bureau.
- Continue to promote and support with community partners for implementation of smoke free environments throughout the community.
- Provide the American Lung Association's Freedom from Smoking at the Health and Wellness Center and worksites.

3. Access to Care

- Work in conjunction with WKU Institute for Rural Health to provide glucose screenings and A1C screenings/Diabetes Education for those that have a high glucose reading in such areas as Allen, Butler, and Edmonson counties.
- Enhance awareness to healthcare providers, discharge planners, and case managers with managed care throughout the region of services available through CRSH for patients in need of long term care hospitalization through visits, direct mailing of information, follow up calls and open house/tour of facility.
- Continue to build relationships with quality, long term care facilities throughout the region for patients needing additional care after discharge from CRSH.
- Establish physician offices such as Med Center Urgent Care, Women's Health Specialists and Primary Care practices that accept Medicaid.
- Work in conjunction with community health partners to promote the progress of programs such as the Community Health Worker and the Cancer Patient Navigator to ensure proper access to care for those who need continued care.

