



2019 - 2021  
Community Health  
Improvement Plan

## About Prairie Ridge Hospital and Health Services

Prairie Ridge Hospital and Health Services (PRHHS) is a 10-bed Critical Access Hospital with clinics in six different locations in Grant and Stevens counties.

Prairie Ridge is committed to providing high quality, affordable health care services and to improving the health and overall well-being of our communities. We continue to grow and evolve to meet the needs of the communities we serve.

**Mission:** Serving the healthcare needs of the people.

**Vision:** Lead collaborative efforts that improve the lives of the people we serve by providing quality healthcare and outstanding customer service.

## Community Served

Prairie Ridge Hospital is located in Elbow Lake, MN. In addition to a critical access hospital, Prairie Ridge also has clinics in Elbow Lake, Morris, Ashby, Evansville, Hoffman and Herman. While we serve patients from everywhere, the majority of the people we serve are from Grant and Stevens counties.

## Community Health Needs Assessment

Prairie Ridge conducted a community health needs assessment (CHNA) in the Summer of 2019 with the participation of staff, administrators, providers and community partners. We had representatives from public health, school, human services and other health care agencies participate in the focus group session and provide input on the community's needs, assets and resources. In addition, secondary data was reviewed to obtain further insights on the issues and problems impacting our community. Secondary data sources included: US Census Bureau, MN Center for Health Statistics, American Community Survey, MN Compass, MIT Living Wage Calculator, MN State Demographic Center, MN Department of Public Health, MN Department of Human, MN Public Health Data Access, MN Environmental Public Health Tracking Program, MN Department of Economic Development, MN Department of Education, MN Student Survey, Horizon Public Health SHIP Community Health Survey and County Health Rankings.

## Prioritization

The Executive Team reviewed the secondary data along with the community input gathered from the focus group during the prioritization discussions. Prairie Ridge's Executive Team prioritized community health needs based on the following criteria:

- **Seriousness** – The degree to which the problem leads to morbidity and mortality if left unaddressed.
  - **Urgency** – How long it will be until the problem leads to a significant health impact if no action is done
  - **Size** – Number or percentage of the population affected, taking into account variance from benchmark data
- **Ability to Impact** – The degree to which a health issue can be influenced at the local level over the next three years.
  - **Effective Interventions** – The degree to which an evidence-based intervention is available to address the health problem.

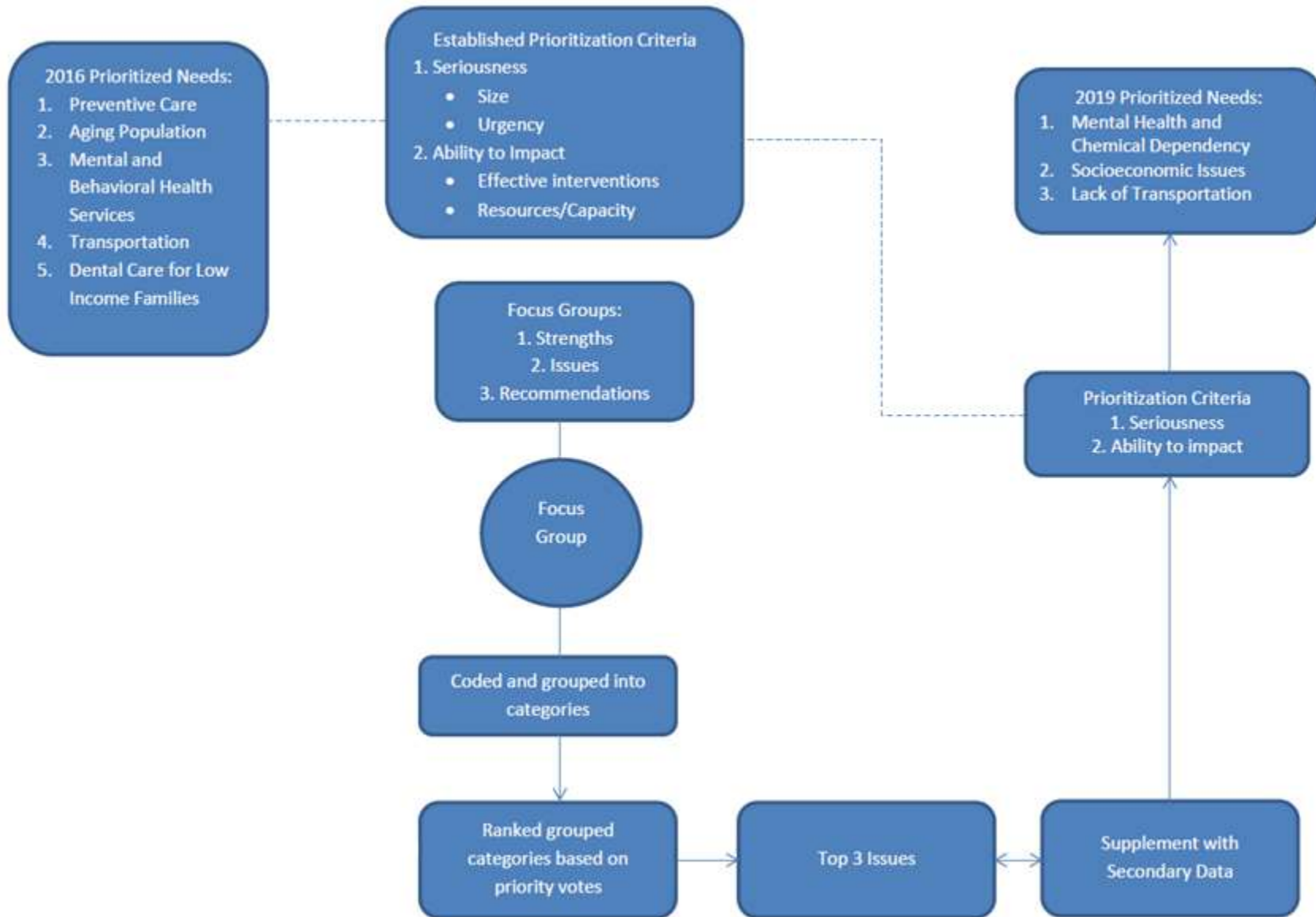
- Resources/Capacity – Availability and accessibility of sufficient resources (e.g. staff, time, funding) to address the health problem.
- Change – What is the same and what is different from the previous CHNA report.

After systematic deliberation, the following three health priorities of equal importance were elevated:

- Mental Health and Chemical Dependency
  - Mental health encompasses mental illness, brain health, mental well-being and the associated stigma. Chemical dependency is the misuse and abuse of alcohol, tobacco, illicit drugs, prescription medications and other drugs harmful to one's health and well-being.
- Socioeconomic Issues
  - These are social and economic factors that negatively impact an individual's access to resources and services and ultimately influences one's health outcome.
- Transportation
  - Refers to the lack of access to affordable, reliable, timely and accessible private or public transportation which pose a significant barrier to accessing health care services.

Prairie Ridge recognizes the resources and community partners that will be needed to accomplish the implementation strategy, we have strategically reviewed both internal and external resources and are confident about moving the implementation strategy forward.

Prioritization



Priority Issue: Mental Health and Chemical Dependence

**Goal: Prevent and treat mental illness and substance abuse and provide supports for people seeking treatment or are in recovery in Grant and Stevens counties.**

| <b>Strategy: Promote positive early childhood development including positive parenting and violence-free homes.</b> |                        |                                |  |  |
|---|------------------------|--------------------------------|--|--|
| <b>Objective: Increase awareness and understanding of ACEs and ways to prevent them.</b>                            |                        |                                |  |  |
| <b>Activity</b>   | <b>PRHHS Resources</b> | <b>Partners</b>                | <b>Anticipated Impact</b>                    | <b>Performance Metrics</b>                   |
| Provide Adverse Childhood Experiences (ACEs) workshops for school administrators, teachers, staff and students      | Nursing Providers      | Local schools<br>Public Health | Improved understanding and awareness of ACEs | # of people who participated in the workshop |

| <b>Strategies: (1) Facilitate social connectedness and community engagement.<br/>(2) Provide individuals and families with the support necessary to maintain positive mental well-being.</b> |                         |   |   |   |
|--|-------------------------|---|---|---|
| <b>Objective: Increase employee engagement.</b>  |                         |   |   |   |
| <b>Activity</b>  | <b>PRHHS Resources</b>  | <b>Partners</b>                           | <b>Anticipated Impact</b>   | <b>Performance Metrics</b>  |
| Promote Person-Centered Care activities among PRHHS staff and providers and community  | All Staff and Providers | Planetree<br>Lake Region Healthcare (LRH) | Increased social connectedness;<br>Improved mental wellbeing and resiliency | # of PRHHS staff and providers who attend Person-Centered Care trainings<br><br>PRHHS employee responses to TBD employee engagement survey question |

| Strategies: (1) Improve access to, utilization of and engagement and retention in prevention, treatment and recovery support services.<br>(2) Advance the practice of pain management. |                           |                                  |   |   |
|--|---------------------------|----------------------------------|---|---|
| Objectives: (1) Increase the number of waived providers allowed to prescribe buprenorphine.<br>(2) Decrease the number of patients on chronic opioid therapy.                          |                           |                                  |   |   |
| Activity   | PRHHS Resources           | Partners                         | Anticipated Impact  | Performance Metrics   |
| Establish an Opioid Safety Program led by the Opioid Safety Steering Committee   | Multi-department Pharmacy | Lake Region – Enterprise project | Improved opioid safety practices  | Opioid Safety Program established<br><br>Development of the Opioid Safety Steering Committee subcommittees  |
| Engage and educate providers on MN and CDC opioid prescribing guidelines   | Medical Staff Pharmacy    | Lake Region – Enterprise project | Improved opioid prescribing and alignment of opioid prescribing with current guidelines | # of providers trained on safe opioid prescribing guidelines<br><br># of patients on chronic opioid therapy |

| Strategies: (1) Expand access to Naloxone.<br>(2) Increase public awareness regarding risks of substance use. |  |  |  |  |
|---|--|--|--|--|
| Objective: Increase Naloxone co-prescribing to patients receiving prescription opioids.                       |  |  |  |  |
| Activity  | PRHHS Resources                            | Partners   | Anticipated Impact   | Performance Metrics  |
| Educate providers on recommendations regarding when to prescribe or co-prescribe naloxone                     | Medical Staff Pharmacy                     | Drug Task Force<br>Law Enforcement<br>First Responders | Reduced risks for opioid deaths  | # of providers trained on naloxone prescribing recommendation<br><br># of patients prescribed naloxone |
| Host Community Narcan Training/Opioid Awareness   | Pharmacy<br>Ambulance Director<br>Provider | Drug Task Force<br>Law Enforcement<br>First Responders | Increased knowledge on risks of opioid abuse; Increased access to naloxone | # of trainings/community education held<br><br># of participants                                       |
| Educate Community and students on the dangers of substance use.   | School Nursing Provider                    | Public Health  | Increased knowledge on risk of vaping and substance abuse.                 | # of trainings/community education held<br><br># of participants                                       |

Priority Issue: Socioeconomic Issues

**Goal: Address social determinants of health to create an environment that promotes health and health equity in Grant and Stevens counties.**

| <b>Strategy: Improve clinical-community linkages.</b>                             |   |                 |   |                            |
|---|---|-----------------|---|----------------------------|
| <b>Objectives: (1) Reduce food insecurity.<br/>(2) Reduce hygiene insecurity.</b> |   |                 |   |                            |
| <b>Activity</b>   | <b>PRHHS Resources</b>                          | <b>Partners</b> | <b>Anticipated Impact</b>   | <b>Performance Metrics</b> |
| Partner with local church to establish Ruby's Pantry                              | PRHHS Exec Team<br>Dietary                      | Local Church    | Increased access to affordable food   | # of food shares collected |
| Partners with area schools to establish a Hygiene Closet                          | School Nursing<br>PRHHS Exec Team<br>Purchasing | Area Schools    | Students in need get access to hygiene supplies with no judgement;<br>Decreased absenteeism | # of kits donated/provided |

Priority Issue: Transportation

Prairie Ridge understands the impact transportation barriers have on one's ability to access healthcare and thus their overall health and wellness. However, due to resource constraints and because transportation is being addressed by other organizations in our community, we decided not to directly address this issue. We will continue to educate our patients regarding their transportation options as well as assist them in coordinating their transportation to and from Prairie Ridge whenever possible.

## Conclusion

This implementation plan is not intended to be a static report, but rather a dynamic process that will evolve over time. It will be referenced often, evaluated periodically and revised when necessary. We will also ensure that the implementation plan is aligned to help accelerate Prairie Ridge's strategic objectives and commitment to effectively promote the health and quality of life of the communities we serve.