

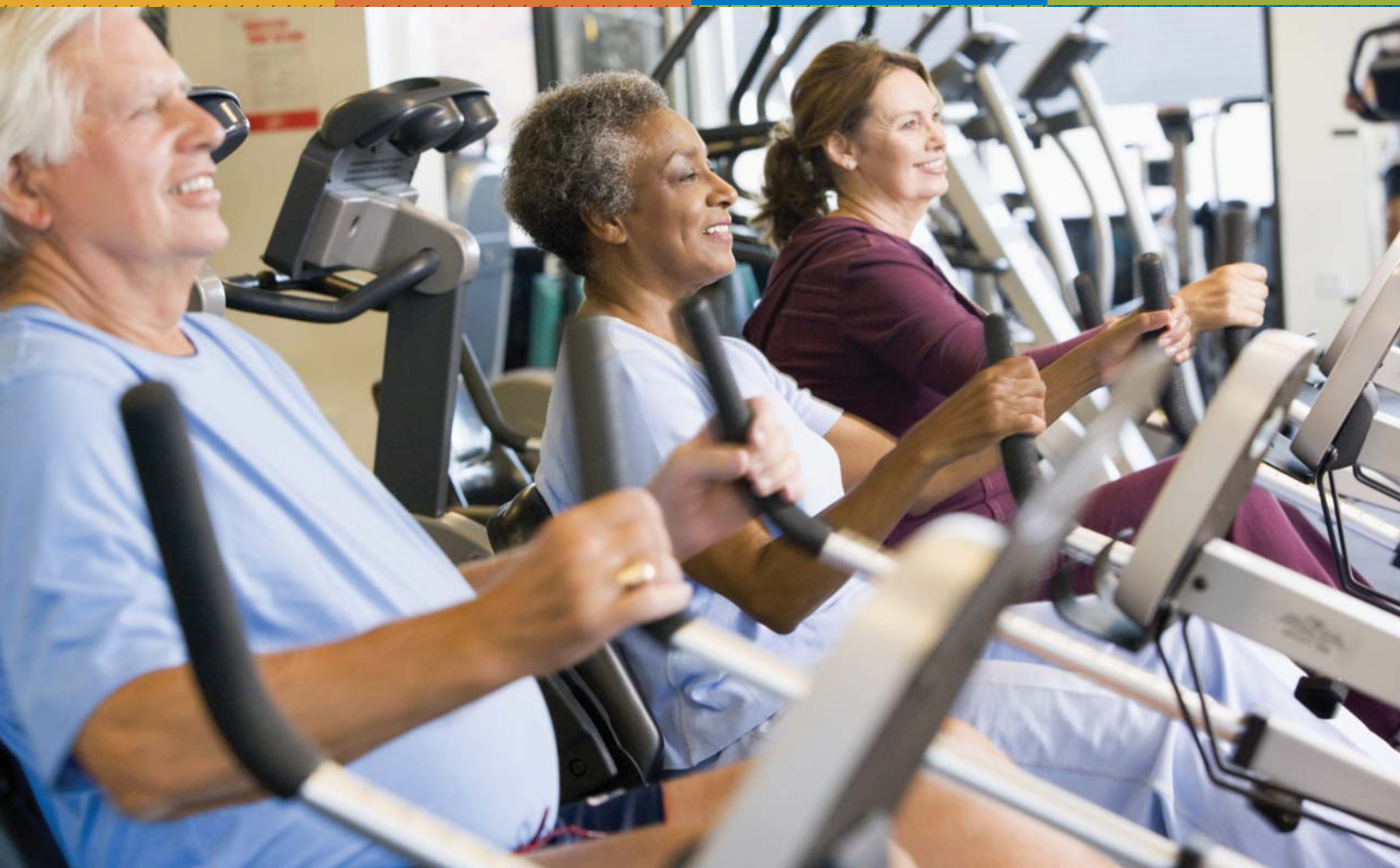
2012

Community Health Needs Assessment

Implementation Plan

Updated and Revised September 2013

LAKE
REGIONAL[®]
HEALTH SYSTEM



Lake Regional Health System
Community Health Needs Implementation Plan
December 2012

Updated and Revised September 2013

Lake Regional Health System sponsored the 2012 Community Health Needs Assessment (CHNA) to identify health issues within the community, defined as ZIP codes within a 25-mile radius of the hospital. To be included in the survey area, these ZIP codes also must be located entirely within Camden, Miller or Morgan counties, where LRHS market share is at least 10 percent.

The study helped hospital officials identify the three most prevalent health problems facing area residents: heart disease, cancer and diabetes.

IMPLEMENTATION STRATEGY

To address the priority health needs identified in the Community Health Needs Assessment survey, Lake Regional Health System will implement the Chronic Disease Self-Management Program (CDSMP) developed by Stanford University. The program is known locally as Show-Me Better Health. Additional strategies to address health needs are identified in Appendix A.

Show-Me Better Health program partners will include the Camden and Miller County health departments and the Katy Trail Community Health Center in Morgan County; sessions will be held at various locations, rotating among the counties.

The public program will begin in March 2013, with classes scheduled on an ongoing basis throughout fiscal year 2014. The program will be funded by Lake Regional Health System and will operate under the University of Missouri's grant and license for the Stanford University model.

Show-Me Better Health introduces participants to self-management tasks, as well as medical management, role management and emotional management. Regardless of their specific condition, individuals are encouraged to learn and practice skills to manage their chronic disease condition on a daily basis.

Participants meet 2.5 hours weekly for six weeks to develop needed skills and receive support. Sessions cover topics related to living with a chronic condition, including the following.

- problem solving
- goal setting
- physical activity
- nutrition
- communicating with health professionals
- managing emotions
- managing medication
- stress reduction

The Show-Me Better Health program methodology encourages support and exchange of ideas, which helps participants build confidence and better manage their overall health. Baseline health screenings will help participants establish health improvement goals and allow program leaders to monitor program goals. Health screenings will collect biometric data, including complete blood count, comprehensive metabolic panel, A1c for diabetics, weight and BMI.

PROGRAM EXECUTION

Lake Regional Health System will implement the Show-Me Better Health program during fiscal years 2013 and 2014, as follows.

TIME LINE	ACTION
December 2012	<ul style="list-style-type: none">• Approval by Lake Regional Health System Board of Directors• Budget adopted
December 2012 – January 2013	CDSM administrator educates referral sources, including primary care providers, social services, nurse managers, discharge planners, educators
February 2013	<ul style="list-style-type: none">• CDSM leaders attend four-day certification workshop• Advertising/promotion of first session begins• Registration for first six-week CDSM session begins
March - April 2013	<ul style="list-style-type: none">• Baseline screening for Camden County participants March 7• Six-week session begins March 14; concludes April 18
May – June 2013	<ul style="list-style-type: none">• Baseline screening for Morgan County participants May 2• Six-week session begins May 9; concludes June 13
July – August 2013	<ul style="list-style-type: none">• Baseline screening for Miller County participants July 11• Six-week session begins July 18; concludes Aug. 2
September – October 2013	<ul style="list-style-type: none">• Baseline screening for Camden County participants Sept. 12• Six-week session begins Sept. 19; concludes Oct. 24
November – December 2013	<ul style="list-style-type: none">• Baseline screening for Morgan County participants Nov. 4• Six-week session begins Nov. 4; concludes Dec. 16
January 2013 – February 2014	<ul style="list-style-type: none">• Baseline screening for Miller County participants Jan. 16• Six-week session begins Jan. 23; concludes Feb. 20

COMMUNITY BENEFIT

The Lake Regional Health System Board of Directors, administration team and Medical Executive Committee meets annually in March to review strategic goals for the organization. The community benefit plan is reviewed during this session, and the Community Health Needs Assessment Implementation Plan will be added to annual operational plans, beginning in FY 2014.

HEALTH NEEDS PRIORITIZATION

The Lake Regional Health System Community Health Needs Assessment survey report helped hospital officials identify and prioritize community health needs. Top community health priorities were:

- Heart Disease
- Cancer
- Diabetes

Following is a description of all other identified health concerns and how they are being addressed by Lake Regional Health System or within the community.

HEALTH CONCERN	LAKE REGIONAL/COMMUNITY RESPONSE
Heart Disease	implemented Show-Me Better Health in FY 2013; promoted community awareness of heart disease risk factors through annual health screening events
Smoking/Tobacco Use	smoking cessation classes offered by county health departments and Mo. Tobacco Quitline
Access to Specialists	specialist physician recruitment is ongoing
Cancer	implemented Show-Me Better Health in FY 2013; developed low-cost, year-round screening program; implemented Cancer Resource Navigator program; promoted community education/awareness through health fairs and community events
Diabetes	implemented Show-Me Better Health in FY 2013; offered patient education through Lake Regional Education Resource Center
Mental Health	implemented psychiatric workgroup, suicide-risk assessment, staff education for high-risk units
Affordable Health Care	charity care and self-pay policy in place; counseling available
Physical Inactivity	Trim Kids 9-week program offered 2x annually; low-cost yoga
Access to Health Care Providers	Physician/nurse practitioner recruitment is ongoing
Alcohol Abuse	policy in place for detoxification/transfer to rehab; social work provides education/community resource listing
Child Abuse	maintain Sexual Assault Response Team, support Kids Harbor
Respiratory Health	offer pulmonary function screenings 3x annually; partner with School of the Osage to offer asthma education; host Better Breathers support group monthly; Caring for Loved Ones at home provides training on home oxygen 2x annually
Transportation	community resources include the following: Health Care USA Missouri Care Camden With A Heart Morgan County Health Department Care Van Greyhound in Lebanon, Mo. OATS Mid-MO Office 573/449-3789 Lake Ozark Casual Cab Eldon Cab Medical Cabs SKT Cabs Show-Me Medical
Access to Healthy Foods	sponsored Buddy Back Pack nutrition program for school-age children during 2012-13 school year; offer Trim Kids program 2x annually; donate annually to local food banks
Drug Abuse	policy in place for detoxification/transfer to rehab; social work provides education/community resources

Caring for Adult with Disabilities	Caring for Loved Ones educational seminar offered 2x annually; support group offered monthly
Dental Health	support Medical Missions for Christ Free Clinic (includes dental care)
Motor Vehicle Crashes	local law enforcement provides community education, teen programs
Domestic Violence	maintain Sexual Assault Response Team program; policy in place/training for staff to identify domestic and elder abuse victims and inform them of options for reporting to proper authorities
Sexually Transmitted Disease	local health departments provide education/treatment; report STI to county health officials
Teen Pregnancy	Kids Matter Program, all teen mothers have an automatic consult for social services