



TJ Samson™ *Community Needs Assessment and Strategic Implementation Plan 2016*



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ORGANIZATION DESCRIPTION

T.J. Samson Community Hospital, a Kentucky non-profit corporation, is a 196-bed facility which includes 16 skilled-care beds. Located in Glasgow, Kentucky, T.J. Samson Community Hospital provides a full range of inpatient and outpatient medical care and specialty services to residents across South Central Kentucky. With more than 1,000 employees, it is the largest employer in Barren County. T.J. Samson Community Hospital has achieved high accreditation from The Joint Commission, receiving fewer recommendations for improvement than the national average. The hospital is located at 1301 North Race Street, Glasgow, Kentucky, 42141.



History and Development

The story of T.J. Samson Community Hospital begins in 1926. After reading an article about the “Commonwealth Fund”, an organization dedicated to the establishment of rural hospitals, Dr. C.W. Froedge began his mission. Knowing that the Glasgow Chamber of Commerce was already actively involved in a fundraising campaign to build an addition on the Maple-Wood Infirmary, Dr. Froedge took the article to the Chamber with the idea of building a community hospital instead. The Chamber accepted his proposal, and on November 6, 1926, the Commonwealth Fund of New York awarded their second endowment to Glasgow on a 2:1 fund-matching incentive. The fund accorded a \$130,000 honorarium toward the establishment of a community hospital with the remaining \$65,000 to be contributed by the local community. A fund-raising committee was established and by January 1927, it was decided that any person or persons donating \$25,000 or more would be allowed to name the hospital as a memorial. Other commemorations such as memorial rooms and plaques were given for smaller contributions.

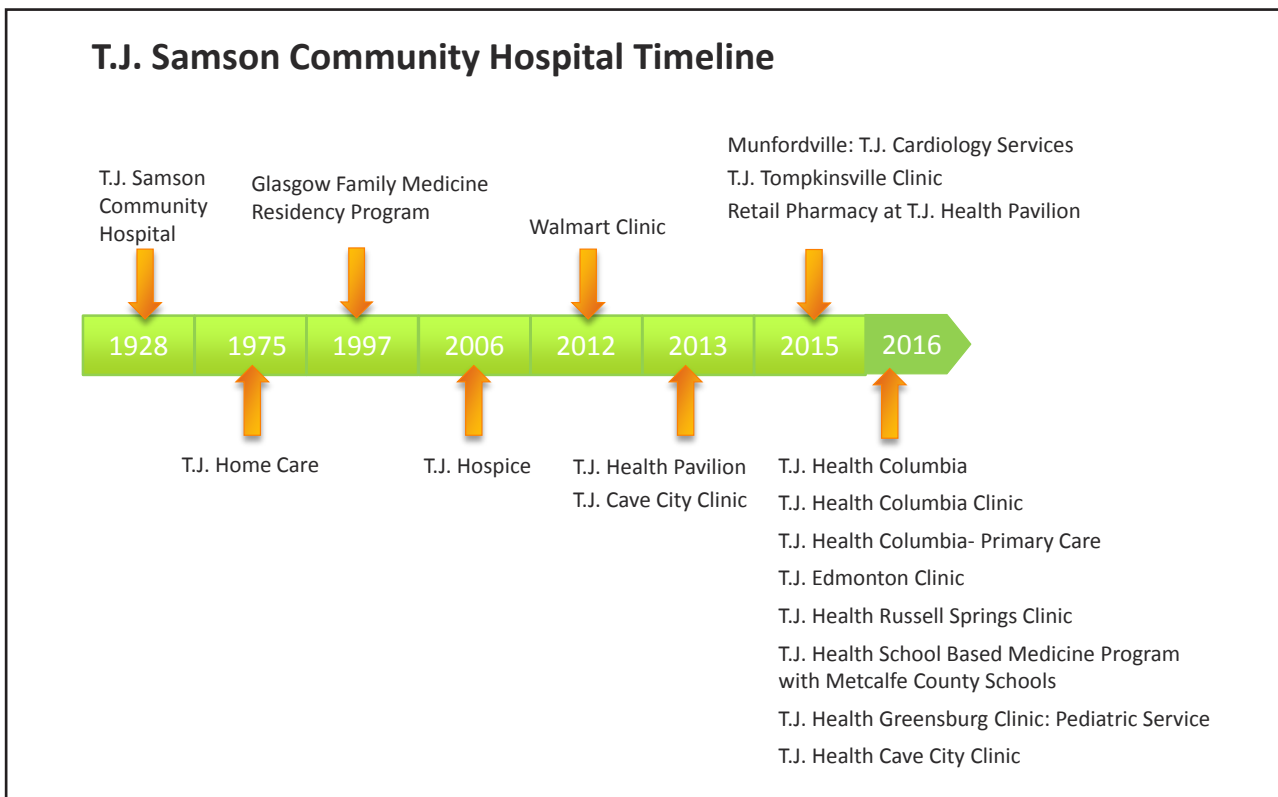
In a meeting on February 15, 1927, a member of the advisory committee, Mr. T.J. Samson, pledged his stock in the Samson Tobacco Company (worth \$18,500) and an additional \$6,500 for the privilege of naming the hospital. Construction on the original facility began the following year, and by October 1928, the Community Hospital of Glasgow was ready for inspection by the Commonwealth Fund. The building easily passed the inspection, and on September 3, 1929 the hospital was dedicated and opened to the public. The first patient, Mr. J.G. Russell of Whetstone, Kentucky was admitted on September 18, 1929.

Since 1929, the hospital has undergone several expansions including a new wing to house an ultra-modern labor and delivery floor, Emergency Department, Cardiology Lab and Intensive Care Unit. In May of 1997, the hospital was designated as the site for one of Kentucky’s congressionally mandated Family Medicine Residency programs and is now home to the University of Louisville/Glasgow-Barren County Family Medicine Residency Program.

In 2013, T.J. Samson Community Hospital unveiled its new state-of-the-art outpatient facility. The T.J. Health Pavilion is a 226,000 square foot outpatient services facility that also houses several of the medical offices of T.J. Health Partners, the physician group of T.J. Samson Community Hospital’s parent company, T.J. Regional Health. The T.J. Health Pavilion offers services such as a retail pharmacy, dialysis, urgent care, rehabilitation, lab, radiology, oncology, cardiology, urology, gynecology, nephrology and primary care. It also houses a community center and a walking track open to the public. With the addition of the T.J. Health Pavilion, patients in the community are now able to conveniently receive specialty health services that were once a day trip away.

In February 2016, the T.J. Health brand expanded into Edmonton, Columbia and Russell Springs with the purchase of Westlake Regional Hospital, now known as T.J. Health Columbia. T.J. Health Columbia offers an emergency department, laboratory services, rehabilitation, and the recently opened T.J. Health Columbia Behavioral Health Unit. The Medical-Surgical Unit will be ready to receive patients very soon.

T.J. Regional Health, Inc. serves as the decision-making umbrella for T.J. Samson Community Hospital, T.J. Health Partners, T.J. Health Pavilion, T.J. Health Columbia and associated clinics. Additional health care services are provided at The Clinic at Walmart, primary care clinics in Cave City, Munfordville, Tompkinsville, Columbia, Russell Springs, Edmonton, Greensburg and Metcalfe County Schools.



Mission, Vision and Values of T.J. Samson Community Hospital

We operate within our mission by offering a variety of health services to the region, including acute care, preventive testing and treatment, community outreach activities, and partnerships with local health care providers, civic organizations, and public schools.

Our Mission:

T.J. Samson Community Hospital will promote and provide for the health and well being of those we serve.

Our Vision:

As a regional provider, T.J. Samson Community Hospital takes pride in being a good steward of our available resources and utilizing them to anticipate and meet the health needs of the region by promoting health in our communities and delivering quality, appropriate and compassionate care.

Core Values:

- Service
- Excellence
- Resources
- Value
- Innovation
- Compassionate Care
- Ethics



Purpose for Conducting and Reporting the Community Needs Assessment and Strategic Implementation Plan

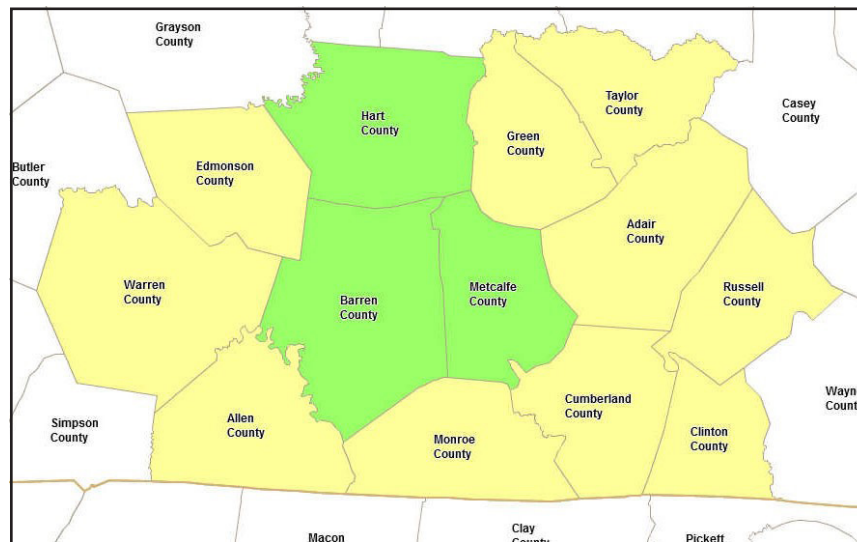
T.J. Samson Community Hospital's participation in the Community Health Needs Assessment and completion of the related Strategic Implementation Plan is an effort to meet the following goals and objectives:

- To maintain a strong sense of responsibility for improvement in the health and wellness of the community that the hospital serves.
- To establish and maintain an organized method of obtaining and addressing the health issues that impact the people of South Central Kentucky.
- To develop and maintain a system of progress monitoring, based upon the strategic plan set in place to address health needs that were assessed.
- To continue carrying forth T.J. Samson Community Hospital's mission to promote and provide for the health and well-being of those they serve.
- To fully comply with the Patient Protection and Affordable Care Act of 2010.
- To maintain organizational not-for-profit status.

COMMUNITY SERVED

Identification of Service Areas

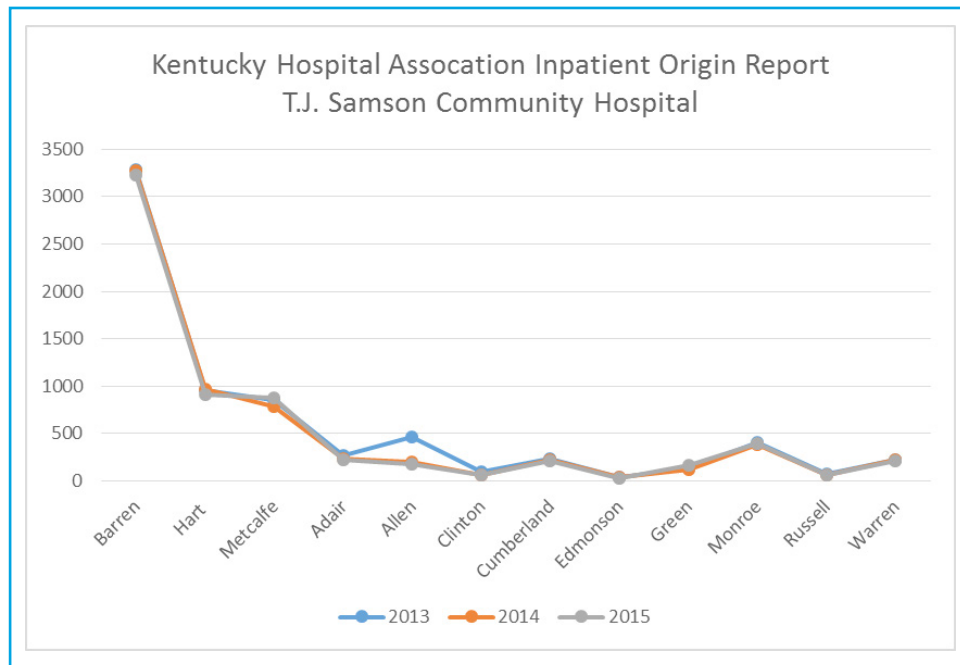
T.J. Samson Community Hospital is dependent on its primary service area (counties shaded in green) where close to 74% of T.J. Samson Community Hospital's patients reside. The secondary service area (counties shaded in yellow) accounts for 23% of T.J. Samson Community Hospital's patients. The remaining patients come from across the Commonwealth of Kentucky and the bordering state of Tennessee.



Community That We Serve

T.J. Samson Community Hospital is located in Glasgow, Kentucky, which is the county seat of Barren County. Barren County is located in the heart of South Central Kentucky, midway between Louisville, Kentucky and Nashville, Tennessee, and has a population of over 43,000. Barren County is adjacent to Hart, Metcalfe, Monroe, Allen, Warren and Edmonson counties.

T.J. Samson Community Hospital defines its primary service area based on the location of where the majority of our inpatients reside. Using that data as shown below, the counties of Barren, Hart and Metcalfe are considered to be the primary service area for T.J. Samson Community Hospital.



Existing Licensed Healthcare Resource in Primary Service Area

Source: Kentucky Cabinet for Health and Family Services

COUNTY	FACILITY NAME	CITY	CERTIFIED BEDS	TYPES
BARREN	DIVERSECARE OF GLASGOW	GLASGOW	94	LONG TERM CARE
BARREN	GLASGOW STATE NURSING FACILITY	GLASGOW	100	LONG TERM CARE
BARREN	GLENVIEW HEALTH CARE FACILITY	GLASGOW	60	LONG TERM CARE
BARREN	NHC HEALTHCARE, GLASGOW	GLASGOW	194	LONG TERM CARE
BARREN	SIGNATURE HEALTHCARE OF GLASGOW REHAB & WELLNESS CENTER	GLASGOW	68	LONG TERM CARE
BARREN	TJ SAMSON SKILLED NURSING UNIT	GLASGOW	16	LONG TERM CARE
BARREN	FRESENIUS MEDICAL CARE GLASGOW	GLASGOW	0	END STAGE RENAL DISEASE FACILITIES
BARREN	HEARTLAND REHABILITATION SERVICES	GLASGOW	0	OUTPATIENT PHYSICAL THERAPY/SPEECH PATHOLOGY SERVICES
BARREN	JUST FAMILY, INC	GLASGOW	0	ADULT DAY HEALTH
BARREN	LINCARE, INC	GLASGOW	0	MOBILE HEALTH SERVICES
BARREN	MCPEAK SURGERY CENTER	GLASGOW	0	AMBULATORY SURGICAL CENTER
BARREN	NHC HEALTHCARE GLASGOW	GLASGOW	0	REHABS-LIC ONLY
BARREN	SPECTRUM CARE ACADEMY OF GLASGOW I	CAVE CITY	0	PSYCHIATRIC RESIDENTIAL TREATMENT FACILITIES
BARREN	SPECTRUM CARE ACADEMY OF GLASGOW II	CAVE CITY	0	PSYCHIATRIC RESIDENTIAL TREATMENT FACILITIES
BARREN	T J SAMSON AMBULATORY CARE CENTER	GLASGOW	0	AMBULATORY CARE CLINIC
BARREN	T J SAMSON COMMUNITY HOSPITAL	GLASGOW	0	PORTABLE X-RAY SUPPLIERS
BARREN	T J SAMSON COMMUNITY HOSPITAL HOME CARE HOSPICE	GLASGOW	0	HOSPICE
BARREN	T J SAMSON KIDNEY CARE	GLASGOW	0	END STAGE RENAL DISEASE FACILITIES
BARREN	T J SAMSON PAVILION REHABILITATION AGENCY	GLASGOW	0	REHABS-LIC ONLY

BARREN	T. J. SAMSON COMM HOSP HOME CARE PROGRAM	GLASGOW	0	HOME HEALTH AGENCY (HHA)
BARREN	THE BARREN RIVER REGIONAL CANCER CENTER, INC	GLASGOW	0	SPECIALIZED MEDICAL TECHNOLOGY
BARREN	THE CLINIC AT WALMART	GLASGOW	0	LIMITED SERVICES CLINICS
BARREN	TJ SAMSON COMMUNITY HOSPITAL REHABILITATION CENTER	GLASGOW	0	REHABS-LIC ONLY
BARREN	CARDIOLOGY ASSOCIATES OF SOUTHERN KY	GLASGOW	0	Physician Office Directory
BARREN	FAMILY OPTIONS, INC	GLASGOW	0	Physician Office Directory
BARREN	FAMILY PRACTICE CENTER	GLASGOW	0	Physician Office Directory
BARREN	GLASGOW HEART AND VASCULAR	GLASGOW	0	Physician Office Directory
BARREN	GLASGOW PEDIATRICS HEALTHCARE	GLASGOW	0	Physician Office Directory
BARREN	GLASGOW TREATMENT CENTER	GLASGOW	0	Physician Office Directory
BARREN	GLASGOW URGENT CLINIC INC	GLASGOW	0	Physician Office Directory
BARREN	GRAVES GILBERT CLINIC GLASGOW	GLASGOW	0	Physician Office Directory
BARREN	GRAVES GILBERT CLINIC SOUTH	GLASGOW	0	Physician Office Directory
BARREN	INTERVENTIONAL PAIN SPECIALISTS	GLASGOW	0	Physician Office Directory
BARREN	JACKSON HEALTH AND WELLNESS CLINIC, LLC	GLASGOW	0	Physician Office Directory
BARREN	JAMES P CREWS MD	CAVE CITY	0	Physician Office Directory
BARREN	MC PEAK VISION PARTNERS	GLASGOW	0	Physician Office Directory
BARREN	MEDICAL ASSOC OF SOUTHERN KENTUCKY	GLASGOW	0	Physician Office Directory
BARREN	PENDLETON FAMILY CARE, LLC	GLASGOW	0	Physician Office Directory
BARREN	T J HEALTH PARTNERS THE WALMART CLINIC	GLASGOW	0	Physician Office Directory
BARREN	T J HEALTH PAVILION LABORATORY	GLASGOW	0	Physician Office Directory
BARREN	TJHP CAVE CITY CLINIC	CAVE CITY	0	Physician Office Directory
BARREN	TONY L HOGAN APRN HEALTH CLINIC	GLASGOW	0	Physician Office Directory
BARREN	T J SAMSON COMMUNITY HOSPITAL OUTPATIENT SERVICES	CAVE CITY	0	NETWORKS

HART	SIGNATURE HEALTHCARE OF HART COUNTY REHAB & WELLNESS CENTER	HORSE CAVE	104	LONG TERM CARE
HART	CAVERNA PRIMARY CARE CLINIC	HORSE CAVE	0	RURAL HEALTH CLINICS
HART	FAMILY MEDICAL CENTER OF HART COUNTY	MUNFORDVILLE	0	RURAL HEALTH CLINICS
HART	HEARTLAND REHABILITATION SERVICES	HORSE CAVE	0	OUTPATIENT PHYSICAL THERAPY/SPEECH PATHOLOGY SERVICES
HART	MUNFORDVILLE PRIMARY CARE CLINIC	MUNFORDVILLE	0	RURAL HEALTH CLINICS
HART	THE OLE HOMEPLACE ADULT DAY HEALTH CARE CENTER-HAR	MUNFORDVILLE	0	ADULT DAY HEALTH
METCALFE	METCALFE HEALTH CARE CENTER	EDMONTON	71	LONG TERM CARE
METCALFE	EDMONTON PRIMARY CARE CENTER	EDMONTON	0	RURAL HEALTH CLINICS
METCALFE	GOLDEN YEARS ADULT DAY HEALTH CENTER	EDMONTON	0	ADULT DAY HEALTH
METCALFE	HEARTLAND REHABILITATION SERVICES	EDMONTON	0	OUTPATIENT PHYSICAL THERAPY/SPEECH PATHOLOGY SERVICES
METCALFE	METCALFE HEALTH CARE CENTER	EDMONTON	0	REHABS-LIC ONLY
METCALFE	SHUFFETT'S ADULT DAY CARE, INC	EDMONTON	0	ADULT DAY HEALTH

T.J. Samson Local Affiliates

The Barren-Metcalf Ambulance Service is a medical transport service company providing local medical transportation in Barren and Metcalfe Counties. It offers a full range of medical transportation services. The hospital has two representatives who serve on the Ambulance Board, and T.J. provides financial support to cover 20% of the deficit incurred at month end.

T.J. Samson Community Hospital is home to Air Methods. **Air Methods** is a comprehensive medical transportation system that includes emergency helicopter, fixed-wing (airplane) aircraft, and ground mobile intensive care vehicles. Air Methods is not a replacement for existing ground emergency medical services. The goal is to compliment the care given by the team on the ground. Air Methods is very active with public safety education. This includes going to high schools to discourage drinking and driving by participating in mock motor vehicle crash demonstrations for local Students Against Drunk Driving (SADD) chapters. Air Methods also participates in Prom Promise activities and victim impact panels. Air Methods frequently provides assistance to local EMS, fire departments, and police agencies with mock motor vehicle crashes, disaster scenarios and other training.

T.J. Samson Community Hospital has on its campus the **University of Louisville Family Medicine Residency Program**. This three-year program trains residents to become family medicine practitioners under the guidance of local physicians. The residency program at T.J. Samson Community Hospital is one of only seven in Kentucky, and they treat more than 12,000 patients annually.

The Barren River Regional Cancer Center is a joint venture between T.J. Samson Community Hospital and The Medical Center. This center has allowed cancer specialists to create a caring and personal environment for patients who require radiation oncology. Cancer treatment at the Barren River Regional Cancer Center is individualized, innovative, comprehensive, and it is delivered with care and optimism. All treatment team members are specially certified, and they strive to create a relaxing, comfortable place in which to seek treatment. The center is staffed with full-time oncologists, therapists and technicians using the newest equipment to effectively diagnose cancer and plan the most effective course of treatment.

Key Indicators

Demographics:

Primary Service Area					
Population	Community Metric	Barren County	Hart County	Metcalfe County	Kentucky
	Population, 2015 Estimate	43,570	18,454	9,909	4,425,092
	Population, Percent Change: April 1, 2010 to July 1, 2015	3.3%	1.4%	-1.9%	2.0%
Age	Persons Under 5 Years	6.0%	6.0%	6.6%	6.3%
	Person Under 18 Years	23.6%	24.0%	23.5%	22.9%
	Persons 65 Years and Over	16.9%	16.6%	18.2%	15.2%
Gender	Female Persons	51.4%	50.5%	50.6%	50.8%
Race	White (alone)	93.0%	93.3%	96.8%	88.1%
	Black or African American (alone)	4.3%	4.7%	1.8%	8.3%
	Hispanic or Latino	3.0%	1.7%	1.7%	3.4%
	Asian (alone)	0.7%	0.3%	0.2%	1.4%
Education	High School Graduation or higher, (percent of persons age 25 or older)	79.7%	72.6%	73.7%	83.5%
	Bachelor's Degree or higher, (percent of persons age 25 or older)	14.7%	9.8%	11.1%	21.8%
Income & Poverty	Per Capita income (in past 12 months)	\$19,907	\$18,289	\$17,265	\$23,741
	Median House hold income	\$38,885	\$34,771	\$30,453	\$43,342
	Person in poverty (percent)	19.5%	23.0%	25.2%	19.1%
Drugs	Drug & Narcotic Offenses	720	95	41	N/A
<i>Source: U.S Census Bureau: State and County Quick Facts Kentucky State Police Annual Report</i>					

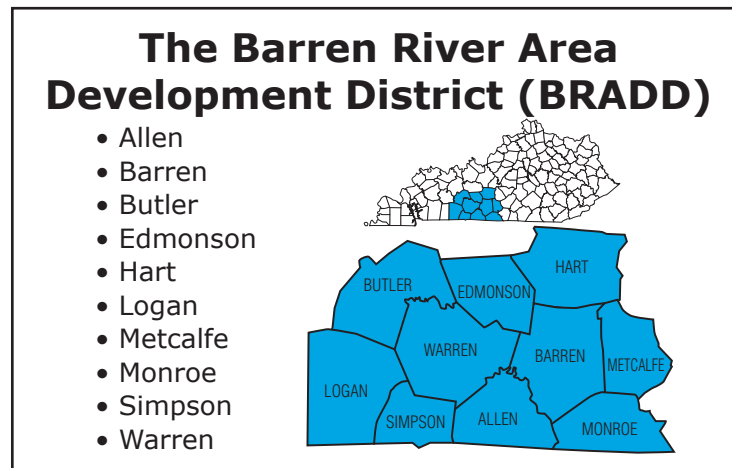
Community Health Needs Assessment and Strategic Implementation Planning Process

In the fall of 2011, T.J. Samson Community Hospital helped initiate a group of local healthcare and public leaders to form a new Barren River Community Health Planning Council. During the fall and winter of 2014-2015, partners voted to rename the organization the Barren River Initiative to Get Healthy Together (BRIGHT) Coalition. New members were added from local worksites, school systems, health care organizations, higher education, city/county government, and human service agencies.

The involved organizations included:

- Barren River District Health Department
- T.J. Samson Community Hospital
- Caverna Memorial Hospital
- The Medical Center at Bowling Green
- The Medical Center at Franklin
- The Medical Center at Scottsville
- Monroe County Medical Center

See comprehensive list in *Community Health Assessment Report*.



The Barren River Community Health Planning Council recruited leaders and experts from the 10-county Barren River Area Development District (BRADD), and the council has continued to support a new regional approach to improving community health status. From this group of experts, given areas were identified as Priority Health Issues for the BRADD area.

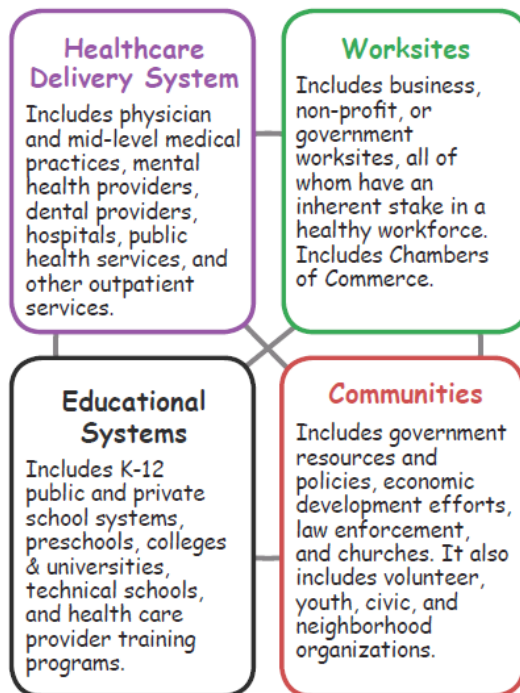
In July 2014, partners began Cycle 2 of assessments and planning activities with a focus on the local healthcare system. The coalition prioritized these issues for action:

PROVIDER CAPACITY ISSUES (not enough providers)	BARRIERS TO ACCESSING HEALTH SERVICES	POPULATIONS WITH ACCESS ISSUES OR BARRIERS
<ul style="list-style-type: none"> • Providers who take Medicaid • OB/GYN • Pediatrics • Mental Health • Health Education • Dermatology 	<ul style="list-style-type: none"> • Lack of transportation to health services • Providers not accepting Medicaid • Lack of childcare during health services • Inappropriate use of healthcare services • Economic barriers • Patient/family apathy about preventive care 	<ul style="list-style-type: none"> • Households at low socioeconomic levels • Uninsured and underinsured people • People affected by chronic disease • Elderly, especially in the most rural areas • Rural isolated populations (all ages) • People affected by mental illness

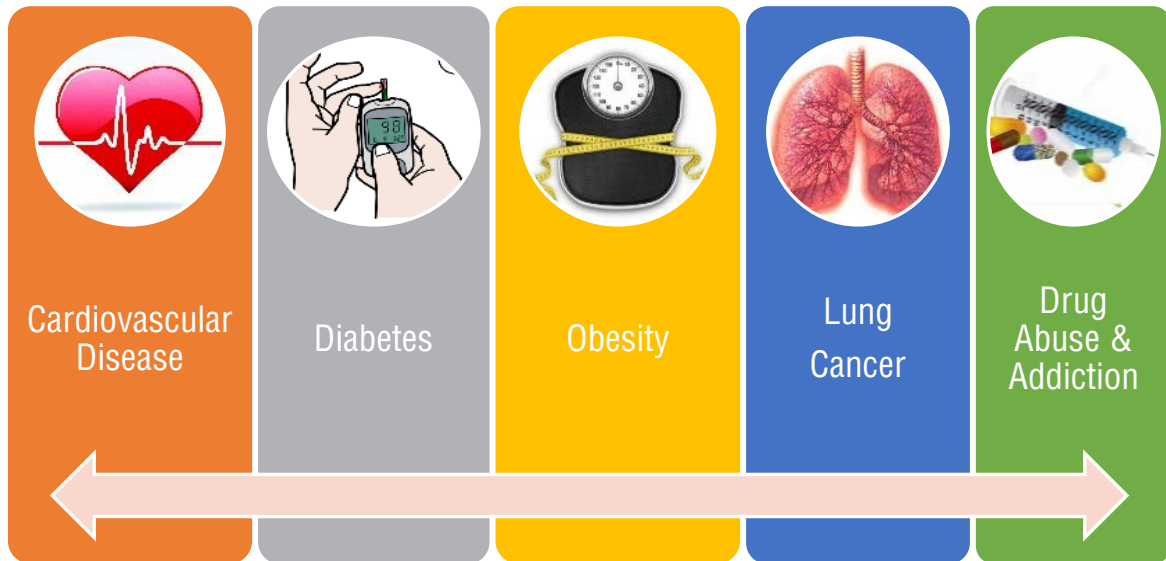
Assessments followed the Mobilizing for Action through Planning and Partnerships (MAPP) protocol. The MAPP health assessment process was developed by the National Association of City and County Health Officials (NACCHO). During the Council’s assessment, they sought input regarding a select set of questions that were related to their identified Priority Health Issues. Members solicited the information from peers, constituents, employees, organizations and families.

The BRIGHT Coalition formed four Stakeholder Workgroups because people routinely cross county lines for work, shopping, family and healthcare. These partner groups have developed action plans with their peer leaders in mind. The four workgroups consist of Healthcare Delivery System, Worksites, Educational Systems, and Communities. T.J. Samson currently serves on the Healthcare Delivery System workgroup.

Stakeholder Leadership Groups

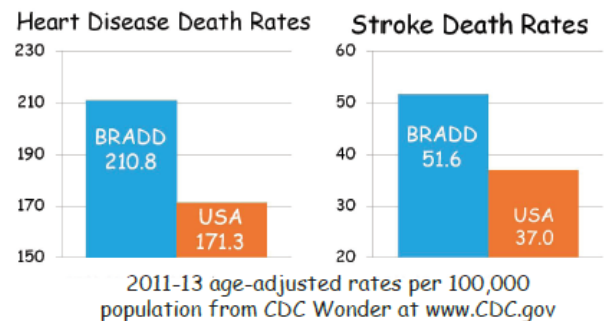


PRIORITY HEALTH ISSUES



Cardiovascular Disease

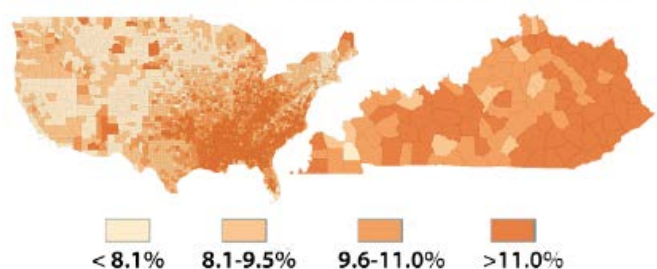
This priority health problem includes heart disease, heart attack, stroke, high blood pressure, and other chronic diseases of the circulatory system. Cardiovascular diseases tend to be hereditary, but are also related to lifestyle habits such as unhealthy diet, not being physically active, using tobacco products, and not controlling stress. These charts show that the local BRADD death rates from stroke and heart disease are far above the U.S. rates.



Diabetes

As with cardiovascular disease, Type 2 diabetes is related to lifestyle habits such as an unhealthy diet and not being physically active. To control diabetes, patients must work in partnership with their physicians regarding medication use, and they must also maintain a healthy diet and remain physically active. The maps to the right show that the high-rate “Diabetes Belt” includes Kentucky, where no county has a rate below 8.9% of the population.

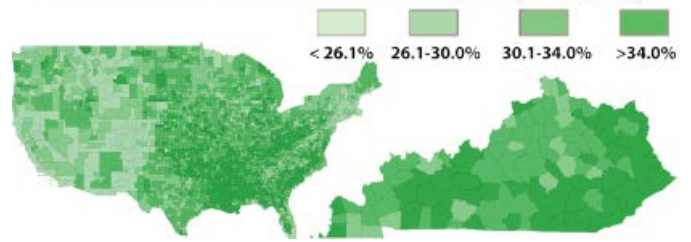
Percent of Adults Diagnosed With Diabetes, 2012



Obesity

Obesity (being very overweight) is medically considered a chronic disease. It means that an adult's Body Mass Index (BMI) is 30 or above. A person whose BMI is between 25 and 29.9 is considered overweight. BMI is calculated from a person's weight and height. Obesity is very hard on your body systems. It contributes to many serious health problems, including cardiovascular diseases, diabetes, some cancers, joint problems, sleep problems, liver disease, and more. The maps above show that Kentucky also falls within the U.S. "Obesity Belt", and that in every Kentucky County almost 1/3 of adult residents are not only overweight, but obese.

Percent of Adults Who are Obese (BMI > 30), 2012

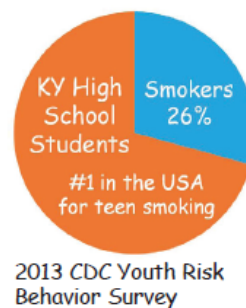
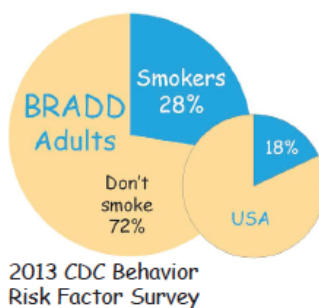
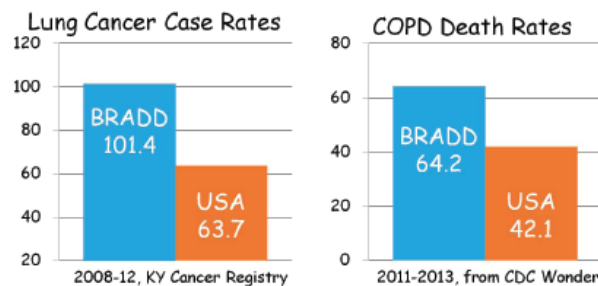


High rates of obesity in a population have many causes. These include heredity, environment, culture, income, and education, but personal habits such as poor diet and being inactive are at the root of the problem. Most obese people need professional help to learn new lifestyle habits to lose weight and keep it off. The person's physical and social environments are also important.

Lung Disease

In 2014, BRIGHT members expanded this health issue from Lung Cancer to Lung Disease, in order to include asthma, COPD, and other related problems. Charts below show that the BRADD rates of lung cancer cases and COPD deaths are far higher than national rates. COPD is the deadly combination of emphysema and chronic bronchitis. BRIGHT partners are focused most closely on tobacco use, labeled by the medical community as the most preventable health risk. Medical research showed long ago that the link is strong between smoking and lung disease.

Just as with losing weight, quitting tobacco is very difficult, but not impossible. Tobacco users wanting to quit usually need the support of family, friends and coworkers, as well as a partnership with their physician. These charts show that the percentage of smokers in this area is higher than the U.S. rate, and that 1/4 of Kentucky's teens are smokers.



Drug Abuse and Addiction

This issue has a significant impact on the health and quality of life for BRADD residents. Our 2013-15 Community Health Plan focused on the abuse of prescription medications. This problem is linked to family habits, social norms, and even how our medical care system operates. A great deal of work in education, safe disposal and state law is showing real results. In the local 2014 KIP surveys, only 4% of 12th graders reported prescription drug abuse in the past month. This compares to 9.4% in 2010 and 13.3% in 2008.*

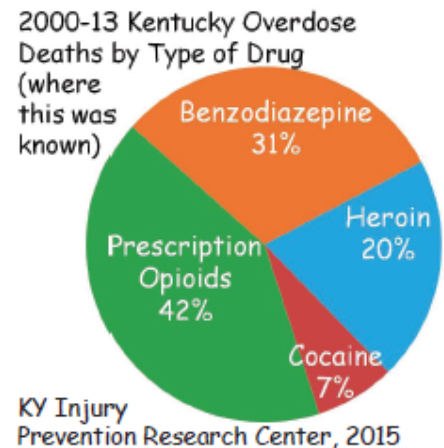
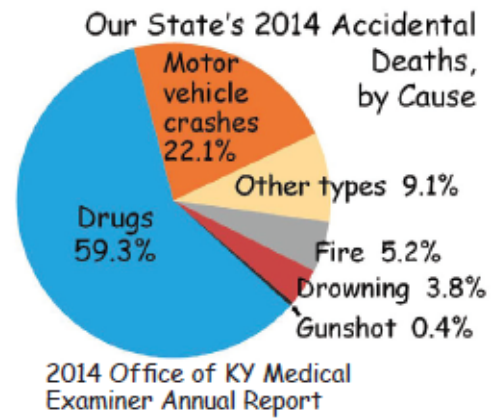
Adults in other age groups reported an increase in drug use. Drug overdoses have now far eclipsed motor vehicle crashes as the leading cause of accidental deaths. In 2014, over half of Kentucky's accident deaths (almost 1,100 people) were due to drugs. This was a 7% increase over 2013. Our state's age-adjusted death rate of 23.7 was #2 in the nation, after West Virginia. This is compared to the U.S. rate of 13.8 per 100,000.

Drug overdose deaths peaked in Kentucky in 2010-2011 but remain sky-high compared to a death rate in 2000 of only 6.0 per 100,000. Adults ages 35-44 and 45-54 have the highest death rates.

T.J. Samson Community Hospital, in response to the assessment and Priority Health Issue findings, has used the data collected to identify areas of opportunity to better meet the health needs that impact the hospital's patient population.

The Strategic Implementation Plan set in place will guide the organization in decisions made regarding program implementation and promotion, disease management, community partnerships, and health and awareness campaigns established over the next three years.

* To view the complete Community Needs Assessment conducted by the Barren River Community Health Planning Council, please go to www.tjsamson.org and search Community Needs Assessment 2016.



STRATEGIC IMPLEMENTATION PLAN ADDRESSING PRIORITY HEALTH ISSUES

Obesity:

- T.J. Samson Community Hospital currently offers monthly Lunch and Learn events that provide health information to staff and the general public concerning current health topics facing the community. The hospital plans to present Lunch and Learn events specifically focused on obesity. Obesity presentation objectives would include: nutrition, physical activity and lifestyle.
- Publication of healthy eating and proper nutrition articles in hospital mass-mailed health education newsletters and magazines.
- Continuing to hold annual Community Health Fairs within the communities we serve. T.J. Health Fairs offer a wide variety of early detection information, educational booths, and preventive health screenings. Preventive screenings include: basic lab panel, lipid panel, height/weight, body fat analysis/body mass index, blood pressure and more. T.J. also offers free sport physicals for students in grades 6 through 12.
- Continue to promote the T.J. Health Pavilion Walking Club. The walking club has an incentive program that recognizes milestones for every hundred miles walked. The T.J. Health Pavilion offers a climate-controlled setting for the public or employees to utilize the resource of an indoor walking track. There are no fees for utilization of the indoor walking track.
- Continue to offer Community Quarterly Screenings. Preventive screenings include: glucose, lipid panel, total cholesterol, bone density, height/weight, body fat analysis/body mass index and blood pressure.
- Continue to offer monthly Bariatric Support Groups and Seminars.

Diabetes:

- Promotion of existing diabetes support group. As noted in assessment findings, support groups were listed as being effective in helping to keep families healthy. By increasing the knowledge of these programs, it is the hospital's hope to provide more families easy access to support resources.
- Publication of "Living with Diabetes" articles in hospital mass-mailed health education newsletters and magazines.
- Continue to offer diabetes education for newly diagnosed and current diabetes patients in the inpatient and outpatient setting.
- Continue to offer Community Quarterly Screenings. These preventive screenings include glucose testing.
- T.J. Samson Community Hospital currently offers monthly Lunch and Learn events that provide health information to staff, as well as the general public, concerning current health topics facing the community. The hospital plans to present Lunch and Learn events specifically focused on preventing, treating and living with diabetes.

Cardiovascular Disease:

- Continued involvement in employee blood pressure annual screening in support of national “Go Red” day. Patient Education Department will travel to each department to conduct optional blood pressure screenings for all T.J. employees.
- Exploration of new ways to involve the community in national “Go Red” day. Currently, clinical staff members travel to select public sites to set up an informational booth and blood pressure screening stations. T.J. Samson Community Hospital plans to pursue community partners for national “Go Red” day in an effort to reach more people at more locations within the service area.
- T.J. Samson Community Hospital currently offers monthly Lunch and Learn events that provide health information to staff as well as the general public concerning current health topics facing the community. The hospital plans to present Lunch and Learn events specifically focused on cardiovascular disease and prevention. Presentation objectives could include: prevention, education, importance of screening, and the role of heredity in heart health.
- Publication of heart health articles in hospital mass-mailed health education newsletters and magazines.
- Continue to participate in Heart Walk events in conjunction with the American Heart Association.
- Continue to offer Grateful Heart Monthly Support Group.

Lung Cancer:

- Continue to offer Cancer Support Groups once a month to educate and provide resources to individuals and their families.
- Continue to promote a smoke-free community by remaining a tobacco-free campus within our hospitals and clinics.
- Continue to enforce our Thirdhand Smoke Policy for employees.
- Continue to offer American Lung Association’s Freedom From Smoking - Smoking Cessation Program for employees and community members.
- Increase communication surrounding the Freedom From Smoking classes.
- T.J. Samson functions as the fiscal agent for the Kentucky Agency for Substance Abuse Policy (KY-ASAP) Coalition. T.J. provides community services using KY-ASAP grant funding, and the hospital also provides payroll and office space for the coordinator. The hospital also provides the opportunity for an employee to sit on the KY-ASAP Board of Directors and participate in ongoing Alcohol, Tobacco and Other Drugs (ATOD) education and prevention programs. KY-ASAP offers programs to assist residents in our primary service area to quit smoking. T.J. Samson will continue to partner with KY-ASAP to increase involvement in these programs.

Drug and Alcohol Abuse and Addiction:

- T.J. Samson Community Hospital, in an effort to join the fight against drug and alcohol abuse and addiction, will continue to facilitate the grants for the KY-ASAP program. T.J. Samson functions as the fiscal agent for the KY-ASAP Coalition. T.J. provides community services using KY-ASAP grant funding, and the hospital also provides payroll and office space for the coordinator. The hospital also provides the opportunity for an employee to sit on the KY-ASAP Board of Directors and participate in ongoing ATOD education and prevention programs.
- KY-ASAP will continue to support and provide permanent prescription drug disposal locations within Barren, Hart and Metcalfe Counties.
- KY-ASAP purchased naxloxone/narcan kits or doses to be utilized and distributed in our communities. Narcan trainings will be offered to first responders, hospital emergency room staff and other community members within our primary service area.
- KY-ASAP will continue to support Red Ribbon Week, After Prom Activities and other school events centered around substance abuse.

Strategic Implementation Addressing Oncology Population Barriers and Disparities to Healthcare

T.J. Samson Community Hospital is currently seeking Commission on Cancer Accreditation in order to better serve our oncology population with high quality, comprehensive cancer care close to home.

As part of the navigation process initiated in December 2015, all new oncology patients are screened to identify issues of distress in the areas of practical, family, emotional, spiritual and physical problems.

Barriers identified are patient-centered. The healthcare disparities include access to affordable transportation, socioeconomic status and incidence of lower level of education which are all interrelated due to the rural geographical areas served.

Barriers to Care:

Barriers addressing transportation include public city transit service, local medical transportation companies, and SABR Van Transportation targeting SABR radiation patients. SABR transportation project is a joint venture provided through a partnership between the Medical Center of Bowling Green and T.J. Samson Community Hospital. Additionally, attempts are made to notify American Cancer Society of patients who need assistance with transportation. This is done to document the need for additional drivers in this area.

Resources:

For patients who are adversely affected by the financial burdens of a cancer diagnosis, in addition to daily costs of living expenses, additional referrals are made to various local, state and national associations for assistance. Some examples of these associations include, but are not limited to, local community action organizations, food pantries, Community Medical Care, state foundations such as Kentucky Cancer Program, and national associations such as American Cancer Society and Cancer Care.

Raising Awareness:

Development of additional educational and supportive resources are being initiated to address the disparity of lower levels of education. Lower levels of education are often due to a higher incidence of low socioeconomic status. In addition, the intent is to also provide the general public with education regarding cancer screening, the importance of early detection, treatment, and overall improvement in prognosis of cases diagnosed in the population served. These initiatives include monthly Lunch and Learn events open to the public and employees. These events are provided by T.J. Samson Community Hospital with an anticipated increase in the topics related to cancer. Other methods of raising awareness include: yearly community health fairs, regularly scheduled cancer support group meetings, and free colorectal screenings. A Kentucky Leads Initiative will also be implemented, and this includes assessment and implementation of education regarding use of low dose CT screening for patients at risk of developing lung cancer. Awareness of programs such as Quit Now Kentucky and hospital provided smoking cessation classes is also important.

The findings of the identified disparities and barriers are to be presented to the T.J. Samson Cancer Committee on a yearly basis to enhance the navigation process. This will assist in minimizing or eliminating barriers to the population served.

Improved Access to Healthcare

T.J. Health Pavilion:

Use promotion of the T.J. Health Pavilion as a resource for the multiple services located in one convenient location. Patients have the ability to see their physician, have outpatient diagnostic services, and/or access other outpatient resources all in one convenient centrally-located facility.

Expansion of Clinics:

Awareness and promotion of the newly opened clinics in Cave City, Columbia, Edmonton, Russell Springs and Greensburg (pediatric services) will allow patients of this rural area to have convenient access to primary care services in each community.

School Based Medicine Program:

Continue partnership with school districts to offer healthcare providers on-site within the school systems located in our service areas. T.J. Regional Health currently has a Nurse Practitioner on site for Metcalfe County School District.

Community Health Fairs/Conferences:

Continue promotion of annual T.J. Community Health Fair, Lunch & Learn events, Men's Health and Prostate Screening Event, and T.J. Samson Women's Conference. Continue to promote the T.J. Health Columbia Community Health Fair. Also, reach into other outlying areas to implement annual health screening events within those areas.

T.J. Samson Family Medicine Program:

The University of Louisville Glasgow-Barren County Family Medicine Residency Program is a progressive rural based program located in the heart of South Central Kentucky. The program is affiliated with the University of Louisville School of Medicine and T.J. Samson Community Hospital and has strong support from the medical and business communities. The residency program provides services at the T.J. Family Medicine Center. The T.J. Family Medicine program accepts low income patients as well as patients not covered by health insurance.

The Family Practice residency recently received two large grants from HRSA and NIH/AHRQ to assist our low income patients. The HRSA Grant was awarded for \$2.55 million dollars for the Geriatric Workforce Enhancement Program. The program is called Flourish, and its mission is to help older adults to flourish as they advance in age. These participants receive comprehensive care beyond the exam room. This grant allows us to provide assessments and care for individuals who are 65+ years of age with two or more chronic disease conditions. The Community Organizer and Health Navigator works with our clinic and throughout the community to identify patients, assess their care needs, obtain appropriate resources, and to close the care gaps related to social determinants of health as well as advancing age.

The NIH/AHRQ Cognitive Behavioral Therapy Award is worth approximately \$1 million total. This grant is done in coordination with a Social Worker based at Western Kentucky University who works on a weekly basis to assign patients to Cognitive Behavioral Therapy (CBT) as an adjunct to standard therapy for depression. The CBT is administered with a computer program, and enrollment allows participants to receive CBT in between their physician office visits.

Community Medical Care:

Continue partnership with Community Medical Care in Glasgow, Kentucky. Community Medical Care, Inc. is a local charity assisting Barren County's low-income seniors with prescription medication, prescription glasses and hearing aids. Hearing aids are obtained through another charity program, The Starkey Hearing Foundation's "Hear Now". Also, Community Medical Care assists low-income, working un-insured adults of Barren County by providing primary health care, prescription medication, emergency dental care, optometric care, hospital care and specialist consultation. Primary healthcare is made possible through the residency program at T.J. Samson Community Hospital. Specialty physician services are made possible through T.J. Health Partners.

Palliative Care Program:

Continued growth, communication and education regarding the hospital's Palliative Care Program focuses on disease management for those who suffer from chronic and debilitating illness. Patients who receive Palliative Care treatment will have access to an entire team of experts working together to manage their disease or illness. Access to this team provides the patient with a specially trained board certified Palliative Care physician, nurse practitioner, registered nurse, social worker and chaplain. The Palliative Care Team works with the patient's primary care physician and/or specialists to provide expert symptom management, clear and ongoing communication, guidance with difficult and complex decisions on treatment, and emotional and spiritual support for the patient and the family.

T.J. Community Mission Foundation:

Continue to expand on the Foundation's mission to advance specialized healthcare programs and exceptional care for our community and provide a bridge between medicine and compassion. The immediate goal of the T.J. Community Mission Foundation is to invite the community and larger region to join to campaign for Shanti Niketan Hospice Home funding.

An existing house donated by T.J. Samson will be renovated and expanded to become the Shanti Niketan Hospice Home. The home will include six to eight private individual rooms, kitchen, family gathering room, prayer and meditation space, and outdoor garden with a Celebration of Life fountain, landscaping and sitting areas.

Grief counseling, family support, and Celebration of Life activities will all be offered. Programs to help comfort people faced with the distress of illness and suffering, as well as volunteer training are just a few of the services to be supported by this campaign.

Resources, Education and Materials

T.J. Samson Website Update:

T.J. Samson's website possesses the ability to customize the site in an effort to better educate the community concerning services, physicians and resources offered by the hospital. The customizable website format allows patients to obtain news and upcoming event announcements in a more time sensitive manner. The website was designed to be easy for patients and community members to navigate. The marketing staff will continue to work over the next three years to link related pages and articles to better assist patients in understanding services and health issues that they may be researching.

Social Media:

T.J. Samson currently provides a Facebook social media outlet for the distribution of health information, events, services, and many other types of communications. The hospital recognizes the demand for quick, real time, convenient communication regarding health education, events, services and screenings to our community and patients.

COMMUNICATION PLAN

T.J. Samson Community Hospital, in compliance with the Patient Protection and Affordable Healthcare Act of 2010, has developed a plan for the communication and distribution of the Community Health Needs Assessment and Strategic Implementation Plan.

Internal:

- Highlight information found in the Community Health Needs Assessment and Strategic Implementation Plan for all employees using internal newsletters and all employee email communication.
- Posting of the Council's assessment and hospital's plan on T.J. Intranet for employees to access.

External:

- Posting of the Community Health Needs Assessment and Strategic Implementation Plan on the T.J. Samson website.
- Print hard copies of the Community Health Needs Assessment and Strategic Implementation Plan to be made available to the community upon request.
- Develop Facebook posts to direct individuals and employees to the T.J. Samson website for more information.