



## Community Health Improvement Plan

July 1, 2013

### Focus Area: Access to Care/Cancer Prevention and Education

Goal 1: Increase the number of primary care physicians serving in the NCDHD area.

Objective 1: Increase the percentage of medical providers that utilize telemedicine options.

➤ Maintain TWIV equipment.

Objective 2: Secure an adequate level of reimbursement for telemedicine utilization.

➤ Work with Nebraska Hospital Association.

Goal 2: Increase the number of employers that offer incentive for investment in the employee's health in the NCDHD area.

Objective 1: Increase the number of employers that offer worksite wellness programs.

➤ Continue employee wellness activities: Annual employee health fair, Wellness challenges two times per year, Offer weight reduction class at a reduced rate. Continue to offer Employee Assistance Program.

Goal 3: Increase the health literacy of residents in the NCDHD area.

Objective 1: Educate the residents as to the benefits of utilizing the health care system in the appropriate manner.

➤ Support and work with Medicaid, Medicare, Insurance Programs.

Goal 4: Increase the percentage of children and adults who are vaccinated annually against seasonal influenza in the NCDHD area.

Objective 1: Increase the percentage of pregnant women who are vaccinated against seasonal influenza.

➤ Assist as requested.

Objective 2: Increase the percentage of health care personnel who are vaccinated annually against seasonal influenza.

➤ Flu vaccine to be offered to all employees at no charge.

Objective 3: Increase the percentage of children age six months to 18 years who are vaccinated against seasonal influenza.

➤ Make vaccine available at clinics and hospital.

Goal 5: Increase the percentage of adults who are vaccinated against pneumococcal disease.

Objective 1: Increase the percentage of non-institutionalized adults ages 65 years old and older who are vaccinated against pneumococcal disease.

➤ Ask all patients the status of their vaccinations. EMR.

Objective 2: Increase the percentage of non-institutionalized high-risk adults aged 18 – 64 years who are vaccinated against pneumococcal disease.

➤ Ask all patients the status of their vaccinations. EMR

Goal 6: Increase the percentage of children and adults who see a dentist yearly for preventive care in the NCDHD area.

➤ Support activities as requested

Objective 1: Increase the proportion of low-income children and adolescents who received any preventive dental service during the past year.

- Support the in-school program of the NCDHD as requested.

Objective 2: Increase the proportion of children, adolescents, and adults who used the oral health care system in the past 12 months.

- Support and assist NCDHD as requested.

Goal 7: Increase the percentage of men in the NCDHD area who visit their care provider for preventive care.

Objective 1: Increase the proportion of men who have discussed with their health care provider whether to have Prostate-Specific Antigen (PSA) testing and Digital Rectal Exam (DRE) to screen for prostate cancer.

- Continue to offer PSA testing at a reduced rate at annual health fair.

Goal 8: Increase the percentage of adults 50 years old and older in the NCDHD area who are screened for colorectal cancer.

Objective 1: Increase the percentage of adults 50 years old and older in the NCDHD area who are screened for colorectal cancer.

- Provide educational materials to clinics and in hospital.

Goal 9: Increase the proportion of women who receive a breast cancer screening based on the most recent guidelines in the NCDHD area.

Objective 1: Increase the number of women who self-report completing self-breast exams based on the most recent guidelines.

- Provide educational materials to patients seen in Outreach Clinics.

Objective 2: Increase the number of women who were counseled by their provider about mammograms.

- Will be initiated and documented with EMR.

Objective 3: Increase the number of women who receive mammograms according to the recommendations/guidelines.

- EMR

Goal 10: Increase the percentage of women in the NCDHD area who visit their health care provider for preventive care.

Objective 1: Increase the number of women aged 21 – 35 who are screened for cervical cancer according to current guidelines.

- EMR

Objective 2: Increase the proportion of women who were counseled by their providers about Pap tests.

- EMR

Goal 11: Increase education about skin cancer and sun safety to all residents in the NCDHD area.

Objective 1: Increase the proportion of children, adolescents, and adults who receive education on sun safety and skin cancer prevention to promote personal health and wellness.

- Offer screening at annual health fair.

## **Focus Area: Behavioral Health – Mental Health and Substance Abuse**

Goal 1: Increase access to therapeutic mental health services.

Objective 1: Assist providers to become Medicaid/Medicare providers.

➤ OGH is enrolled.

Objective 2: Determine what mental health services and resources are available and develop a database.

➤ Assist as requested.

Objective 3: Research options for implementing a program encouraging providers to relocate here after schooling (RHOP).

➤ Assist as requested

Objective 4: Identify/create and implement screening tools for primary care settings to detect mental health issues/needs

➤ Provide materials to providers when developed.

Objective 5: Educate community and public health agencies on resources available.

➤ Provide materials as needed.

Goal 2: Increase the proportion of children with mental health problems who receive treatment.

Objective 1: Determine options for eliminating transportation problems as a barrier to treatment.

➤ OGH has two transportation vans. No one is turned away because of an inability to pay.

Objective 2: Educate communities about mental health resources available to ensure treatment is provided as soon as possible when issues occur.

➤ Provide materials to providers when developed.

Goal 3: Reduce the number of youth who have been bullied in the past 12 months.

Objective 1: Identify what bullying is.

➤ Support activities of school and NCDHD as requested.

Goal 4: Reduce the suicide and attempted suicide rate.

Objective 1: Determine what mental health services and resources are available and develop a database.

➤ Make materials available once developed.

Objective 2: Identify/create and implement screening tools for primary care setting to detect mental health issues/needs.

➤ Provide tool to providers once available.

Objective 3: Educate community and public health agencies on resources available.

➤ Provide materials once developed.

Objective 4: Determine what additional education is needed for the community (parents, schools).

➤ Support and assist schools and NCDHD as requested.

Objective 5: Identify risk factors that lead to suicide attempts.

➤ Support NCDHD as requested.

Objective 6: Identify tools for assessing risk for mental health issues for adolescents.

➤ Support NCDHD and mental health professionals as requested.

Goal 5: Increase domestic and dating violence awareness and prevention.

Objective 1: Provide education regarding self-advocacy skills for adolescents.

➤ Continue to evaluate patients as appropriate.

Objective 2: Provide education through schools, extension about recognition of what healthy relationships and personal boundaries are.

➤ Assist as requested.

Goal 6: Reduce the proportion of persons engaging in binge drinking of alcoholic beverages.

Objective 1: Assess risk factors leading to binge drinking of alcoholic behavior.

➤ Assist as requested.

Objective 2: Identify options for impacting adult acceptance “cultural norm” status of drinking.

➤ Assist as requested.

Goal 7: Reduce the past-year non-medical use of prescription drugs.

Objective 1: Reduce the availability of prescription drugs.

➤ Assist as requested.

Objective 2: Increase awareness for perceived risk.

➤ Assist as requested.

Objective 3: Investigate the options for having a stationary drug take-back location.

➤ Assist as requested.

Goal 8: Reduce the past-year use of illegal substances.

Objective 1: Oppose legalization of marijuana

➤ Assist as requested.

Objective 2: Develop a program encouraging employers to conduct drug testing on employees.

➤ Osmond General Hospital has a drug testing policy.

Goal 9: Reduce tobacco use.

Objective 1: Increase the recognition for risks of smokeless tobacco.

➤ Assist as requested.

Objective 2: Provide tobacco free workplace tools to employers.

➤ Osmond General Hospital is tobacco free.

### **Focus Area: Chronic Disease, Obesity, and Related Health Concerns**

Objective 1: Increase the proportion of schools that offer nutritious food and beverage options outside of school meals.

➤ Assist as requested.

Objective 2: Increase the proportion of children and adolescents who do not exceed recommended limits for screen time (electronics).

➤ Assist as requested.

Objective 3: Reduce the proportion of adults who engage in no leisure time physical activity.

➤ Assist as requested.

Goal 2: Improve access to diabetes education and screening to all people in counties defined by NCDHD service area.

➤ Continue to offer diabetes education. Continue with annual screens at health fair. Offer blood sugar screening at events at least three times per year.

Objective 1: Increase the proportion of persons with diabetes whose condition has been diagnosed.

➤ Continue to offer screening at annual health fair and at other events at least three times per year.

Objective 2: Increase the proportion of persons with diagnosed diabetes who receive formal diabetes education.

➤ Continue to offer diabetes education.

Goal 3: Decrease the overweight and obese citizens in the counties defined by NCDHD.

Objective 1: Increase the proportion of primary care physicians who regularly measure BMI in patients.

- EMR

Objective 2: Increase the proportion of physician office visits that include counseling or education related to nutrition or weight.

- Continue to promote Osmond General Hospital diet and exercise programs. Mayo Clinic Diet and/or LEARN Program.

Objective 3: Increase the proportion of community members who are educated in nutrition and weight issues.

- Continue to promote Osmond General Hospital diet and exercise programs.

Goal 4: Increase overall cardiovascular health of citizens in counties defined by NCDHD.

Objective 1: Increase the proportion of adults who have had their blood pressure measured within the preceding two years and can state whether it was abnormal.

- Continue to offer screens at annual health fair and at three other events per year.

Objective 2: Increase the proportion of adults who have had their blood cholesterol checked within the preceding two to five years.

- Continue to offer screening tests at annual health fair and employee health fair.

Objective 3: Increase the proportion of adults ages 20 years old and older who are aware of and respond to early warning signs and symptoms of a heart attack.

- Continue to offer materials at annual health fair.

Objective 4: Increase the proportion of adults ages 20 years old and older who are aware of and respond to early warning symptoms and signs of a stroke.

- Continue to offer materials at health fair.

Objective 5: Increase the proportion of children who have had their blood pressure measured within the preceding two years.

- EMR

## **Focus Area: Environment and Safety**

Goal 1: Reduce the number of reported families living in unsafe environments.

Objective 1: Identify and collect current relevant data to establish a reference baseline.

- Assist as requested.

Objective 2: Increase the number of communities that enforce safe housing standards.

- Assist as requested.

Objective 3: Increase the number of households testing for radon, unsafe water, toxic chemical, lead and mold in the environment.

- Assist as requested.

Objective 4: Increase education and events to improve family structure.

- Assist as requested.

Goal 2: Reduce fatal and non-fatal incidents and injuries.

- Assist as requested.

Objective 1: Identify and collect current, relevant data to establish reference baseline.

- Assist as requested.

Objective 2: Reduce the incidence of interpersonal violence.

- Evaluate patients and make appropriate referrals.

Objective 3: Reduce the number of people injured as a result of distracted driving.

- By policy employees cannot use cell phones while driving on hospital business.

Objective 4: Reduce the number of injuries of people over 65 years old in their home environment.

➤ Assist as requested.

Objective 5: Reduce work related injuries resulting in medical treatment, lost time from work, or restricted work activity as reported by employers.

➤ Continue to work with our work comp carrier. Continue annual work comp in-service for supervisors.

Goal 3: Reduce food borne illnesses.

Objective 1: Identify and collect current, relevant data to establish reference baseline.

➤ Assist as requested.

Objective 2: Reduce infections caused by key pathogens transmitted by food.

➤ Kitchen staff trained at least annually and monitored on sanitation procedures.

Objective 3: Improve food safety practices with food borne illness in food service, retail establishments, and in the home.

➤ Kitchen staff trained at least annually and monitored on sanitation procedures. Infection control nurse monitors and reports hand washing practices of all staff at least quarterly.