

Community CHNA Implementation Plan

Annual Report FY17

Organization description:

Portsmouth Hospital Corporation dba King's Daughters Medical Center Ohio (KDOH) opened for business in February 2013. KDOH is located in the historic river town Portsmouth, Ohio. Portsmouth sits at the confluence of the Ohio, Scioto and Little Scioto Rivers. King's Daughters Medical Center Ohio has been specially designed to meet the healthcare needs of you and your family. With services ranging from physician visits to surgery, urgent care, and inpatient stays, King's Daughters Medical Center Ohio offers residents a choice for world-class healthcare in Portsmouth and Scioto County. KDOH services include:

- 24/7/365 Urgent Care Center
- Surgical care in orthopedics, ear, nose and throat, urology and vascular
- Hybrid operating room
- Inpatient services
- Diagnosis and treatment of digestive diseases / endoscopic procedures
- Specially designed and dedicated urology procedure room
- Primary care services
- Advanced imaging technology, including MRI, CT, nuclear medicine, digital mammography and x-ray
- Full-service lab
- Medical Nutrition Therapy Inpatient and Outpatient

Needs Assessment:

In spring/summer 2016, KDOH conducted a community health needs assessment. The assessment was conducted for KDOH's primary market of Scioto County. The top concerns were developed using primary data collected from focus groups, a community questionnaire, key informant survey and behavioral risk factor surveillance system results. The primary data was compared to secondary data collected using local, state and national statistics for Scioto County. From these multiple data sources, the KDOH leadership team adopted the needs to be met.

Health needs to be met:

KDOH evaluated each of the 11 priority health needs identified within the service area and concluded that key issues could be reduced to the following priorities which could have overlapping strategies and are within KDOH's ability to address.

- Obesity

- Tobacco use/smoking
- Heart disease
- Cancer
- Diabetes

How the strategies are being met:

Priority Area: Obesity

Goal 1: Promote health and reduce chronic disease risk through providing the knowledge and skills to increase the consumption of fruits and vegetables for healthful diets and achievement and maintenance of healthy body weights

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
<p>1. Improve fruit and vegetable intake by providing nutrition education through local farmers markets, fairs, festivals, and other events.</p>	<p>Nutrition education provided at events - Farmers Market; Scioto Co. Fair; Go Red for Girls, Girl Scout Event; Celebrity Chef; ND Healthy Families event; Scioto County Fair; Jamie Oliver Food Revolution; Aldi's grocery store tour; Kroger Click List class; Shawnee Lodge Christmas Open House; Final Friday events; Healthy Bucks program</p>	<p>KDOH on site Farmers Market; King's Daughters Medical Center Ashland; Mainstreet Farmers Market; Scioto County Health Coalition; Southern Ohio Senior Games; The Counseling Center; Ohio River Valley T1D; Scioto Foundation; Marshall University; Shawnee State University; MU SAND; South Webster Schools; OSU Extension; Scioto Water and Soil Conservation; Pastor's Pantry Cooking School; WIC Advisory Committee; CAO; Portsmouth Daily Times; City and County Health Departments</p>	<p>FY16 Benchmark – 3,725 individuals served FY17 – 2,919 individuals served</p>

The Healthy Bucks program encourages children to eat more fruits and vegetables by providing taste testing and a \$5 gift certificate for purchasing fruits or vegetables at the farmer's market. In addition, healthy recipes and nutrition education are provided - 29 adults and 133 children served.

Social media was also used to provide healthy eating tips and healthy recipes with at least 9 postings to Facebook or through blogs.

Goal 2: Improve health, fitness, and quality of life through daily physical activity.

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
1. Provide opportunities for individuals to be physically active	Go Red for Girl Scouts; Natural High Fitness Festival & 5K River Days Parade (did hula-hoop and jump rope with crowd); Senior Olympic Games; Noble Farms Type 1 Diabetes Day	Girl Scouts; Farmer's Market; King's Daughters Medical Center Ashland; Mainstreet Farmers Market; Scioto County Health Coalition; Southern Ohio Senior Games; The Counseling Center; Juvenile Diabetes Research Foundation	FY17 Benchmark – 5 events; 251 people served

Goal 3: Improve patient knowledge about the relationship between health and weight through screening, counseling and education in the healthcare setting.

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
1. Increase the proportion of physician office visits made by adult patients who are obese that include counseling or education related to weight reduction, nutrition, or physical activity	The electronic medical record has been built to automatically calculate BMI after the patient's height and weight are entered during triage. The BMI information is printed as part of the provider's note on the AVS (After Visit Summary). The provider can also include education regarding obesity on the AVS.	The partners include KDMS Portsmouth Family Care and KDMS Wheelersburg Family Care offices with the following healthcare providers - they are Dr. George Esham, Dr. Aaron Adams, Dr. Rita Roberts, APRN Chris Keeton, Dr. Jerrod Walker, and APRN Jenny Glockner.	FY17 – data collection/Epic build completed
2. Increase the number of patient contacts that include assessment of BMI	Healthcare providers enter the patient's height and weight into the electronic medical record, which generates the BMI. This is included as part of the	The partners include KDMS Portsmouth Family Care and KDMS Wheelersburg Family Care offices with the following healthcare	FY16 Benchmark – 21,861 patients FY17 – 38,957 patients 78% increase

	<p>patient's notes for the provider to review.</p>	<p>providers - they are Dr. George Esham, Dr. Aaron Adams, Dr. Rita Roberts, APRN Chris Keeton, Dr. Jerrod Walker, and APRN Jenny Glockner.</p>	
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Other Activities to Impact Obesity:

Healthy Eating Column in the Portsmouth Daily Times promotes good nutrition.

KDOH Walking Trail – employees, patient families and the community are encouraged to use the convenient walking trail on KDOH's campus.

In addition to distributing information regarding obesity at our numerous health screening, KDOH worked with the hospital's dietician to establish referrals to the outpatient dietician. KDOH staff also collaborated with the Scioto County Health Coalition to encourage patients to establish care with a primary care provider in the area.

Priority Area: Tobacco/Smoking

Goal 1: Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
<p>Increase smoking cessation attempts by adults through referral to smoking cessation programs or quit lines.</p>	<p>Currently referring patients to Southern Ohio Medical Center (SOMC) smoking cessation program, in Portsmouth, Ohio or KDMC Ashland, Kentucky.</p> <p>Planning with KDMC Ashland to train an educator and/or set up smoking cessation classes' onsite at KDOH.</p> <p><u>Events:</u></p> <p>Scioto County Fair education and referrals</p>	<p>King's Daughters Medical Center Ashland</p> <p>Scioto County Court House/local government</p> <p>Southern Ohio Medical Center</p> <p>Scioto County Health Coalition</p>	<p>FY17 Benchmark – 10 individuals referred</p>
<p>2. Increase tobacco screening in office-based ambulatory care settings</p>	<p>Physicians and other healthcare providers were educated regarding Epic tobacco cessation referrals in meetings and by email. The ability to provide referrals through EPIC (electronic medical record) is expected to be complete March of 2018. The KDMC tobacco educator sends letters to patients referred about tobacco cessation opportunities.</p>	<p>King's Daughters Medical Center</p>	<p>FY17 – capacity building by creating referral methods into the Epic electronic medical record.</p>

Other Activities to Impact Tobacco Use:

KDOH is a tobacco free facility/tobacco free workplace. KDOH has a Nicotine-Free Hiring/Employment Policy which includes helping employees quit tobacco use.

Tobacco education was also provided for 108 individuals at community events.

Priority: Cardiovascular Disease

Goal 1: To reduce mortality and morbidity through early identification of heart disease by providing primary and secondary screening opportunities

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
1. Increase knowledge about the signs and symptoms of heart attack and appropriate response.	Final Friday Festival; Go Red for Girl Scouts; River Days Parade Block Party, Portsmouth, Ohio (passed out educational materials); Scioto County Fair Scioto County Court House Health Fair American Savings Bank health fair, Wheelersburg, Ohio Business After Hours, Wheelersburg, Ohio	American Savings Bank Boneyfiddle Historic District Committee Girl Scouts King's Daughters Medical Center Ashland Scioto County Court House Portsmouth Area Chamber	FY17 Benchmark - 9 events and 1,649 participants
2. Identify individuals at risk for heart disease through free screenings for total cholesterol, blood pressure, blood glucose, and heart rhythm abnormalities.	Screening events held throughout Scioto County through the Healthy Heart Screenings, which includes free EKG, blood sugar, total cholesterol, and blood pressure.	King's Daughters Medical Center Ashland	FY16 Benchmark - 91 screened FY17 – 178 1.7% increase

<p>3. Identify individuals at risk for heart disease through low cost screenings.</p>	<p>Feb-Labs 51 - Vascular- 27 May-Labs- 47 - Vascular- 13 August - Labs- 51- Vascular-10 November - Labs- 36 - Vascular 12 screening Vascular screening includes carotid ultrasound, abdominal aortic ultrasound and ankle-brachial index for a low-cost amount of \$80.00 Labs include CBC, CMP, TSH, and LIPID for \$25.00, also for an additional \$5.00 a low cost A1C can be added.</p>	<p>King's Daughters Medical Center Ashland</p>	<p>FY17 – Benchmark 4 events and 185 low cost blood tests and 62 vascular exams provided</p>
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Other Activities to Impact Cardiovascular Disease:

Stroke screenings – carotid ultrasound included in the low cost vascular screening, which assesses stroke risk – 62 people screened.

Stroke education – 307 individuals served

Healthy living tips on social media – Facebook and a blog site are used to promote heart health, screening events and the signs and symptoms of a heart attack – at least 5 postings.

Priority: Cancer

Goal 1: To improve mortality and morbidity due to cancer through screening and education

Objective	Strategies	Collaborative Partners	Progress to Meeting Goal
1. Improve early detection of skin cancer	3 events held - 2 Portsmouth, Ohio; 1 Wheelersburg, Ohio	King's Daughters Medical Specialties Adam Martin, M.D.	FY16 Benchmark – 54 screened FY17 – 43 screened
2. Improve early detection of lung cancer	12 screening events held at KDOH using low dose CT scanning to detect lung cancer	King's Daughters Medical Center, Ashland	FY17 benchmark – 51 patients scanned
3. Improve early detection of prostate cancer among men	September 2017- 50 physical examinations and PSA blood tests.	King's Daughters Medical Specialties Dr. Christopher Schmidt	Benchmark FY16 – 18 screened FY17 – 8 screened

Other Activities to Impact Cancer:

Breast cancer education – 737 served

Skin cancer education – 46 served

Mobile mammography patients- 647 served

Healthy living tips regarding cancer prevention or screening are posted to social media (Facebook and a blog site) that encourage healthy living; including health tips; healthy eating/recipes; upcoming free or reduced cost screenings. At least 6 postings.

Priority: Diabetes Mellitus

Goal 1: Reduce the disease and economic burden of diabetes mellitus (DM) and improve the quality of life for all persons who have, or are at risk for, DM.

Objective	Strategies	Collaborative Partners	Progress to Meeting Goal
1. Increase the proportion of persons with diagnosed DM who receive formal disease education	Healthcare providers refer diabetic patients to diabetic educator or diabetes support groups for disease	Ohio River Valley Type 1 Diabetes	FY16 benchmark – 91 participants FY17- 120 total (97 support group and 23

	management and control strategies	Junior Diabetes Research Foundation Beyond Type 1 Diabetes Ohio health commissioners Nationwide Children's Hospital	referrals to diabetic educator/disease management) 31% increase
2. Improve blood sugar monitoring through reduce cost blood profiles	Events were held four times during the year and the lab tests included CBC, CMP, TSH, and LIPID for \$25.00, also for an additional \$5.00 a low cost A1C can be added.	King's Daughters Medical Center Ashland	FY17 – Benchmark set at 4 events; 185 served
3. Provide screenings for early identification of persons with diabetes	Health screenings in Lucasville, Ohio, Portsmouth, Ohio, Wheelersburg, Ohio.	King's Daughters Medical Center, Ashland, KY Scioto County Fair Board Scioto County Court House American Savings Bank	Benchmark – FY16 - 134 screened FY17 – 284 screened 2.12% increase

Other Activities to Impact Diabetes:

Diabetes prevention education provided for 298 individuals at community events.

Research Road Tour JDRF event provided education on research regarding juvenile diabetes and other healthy tips for children with diabetes. 47 adults and 12 children attended.

Scioto County School Nurses Meeting-speaker. Signs/symptoms of Type1 Diabetes. Current research and technology with Type 1 diabetes by Research Innovation Volunteer JDRF. 16 attended.

Additional Community Health Activities:

The following activities, which contribute to community health, but are not specific to the Implementation Plan goals and objectives were provided:

Screenings, immunizations and physicals (free):

- Sports physicals- 393 served (57 adults (college), 336 youth)
- Flu shots – 372 served
- General health screenings (includes one or more of the following: blood pressure, oxygen, total cholesterol, and/or blood sugar screenings) – 1,181 screened

Health education (free):

- First aid- 261 served (60 adults, 201 children)
- Depression education – 11 educated
- Handwashing education – 70 educated
- Pregnancy education – 130 educated
- Maternal and lactating nutrition education – 51 educated
- Heat stroke education – 450 educated
- Stretching and taping (for sports) education – 48 educated

Other Community Activities:

Blood Drives- KDOH partnered with the American Red Cross to promote and facilitate local blood drives by encouraging team to participate during work hours.

Coat drive-KDOH team members, in partnership with the community and Life Point Church, donated coats, hats and gloves to the Salvation Army for those in need. 63 coats were collected.

Backpack Program- team members made backpacks for 40 elementary aged children to ensure students start the year with the necessary school supplies and at least one new outfit.

Adopt-a-family- team members adopted 2 families with a total of 10 family members at Christmas time where they provided gifts and food to those in need.

Veteran food drive- team members donated food to help replenish the empty food closet at the local Portsmouth American Legion.

Salvation Army- team members donated time to help facilitate Christmas gifts to families in need in Scioto County along with the Salvation Army. A food drive was also held by team members to help provide meals for these families not only at Christmas time but throughout the year and serving meals in March in the soup kitchen.

Komen Cook Off- team members cooked food to raise money to be matched by KDOH to donate to the Susan G. Komen Columbus – \$200 raised

PMHA back pack drive- National Night Out backpacks/school supplies drive – 21 backpacks donated