

## Community CHNA Implementation Plan

### Annual Report FY19

#### **Organization description:**

Portsmouth Hospital Corporation, d/b/a King's Daughters Medical Center Ohio (KDOH) opened February 2013 and serves the people of Scioto and surrounding counties in Ohio and Kentucky. KDOH employs 150 people. Scioto County is the primary market for KDOH. A subsidiary Portsmouth Hospital Corporation and part of King's Daughters Health System. KDOH provides surgical care in orthopedics, ear, nose and throat, urology and vascular as well as diagnosis and treatment of digestive diseases/endoscopic procedures. The medical center is equipped with a specially designed and dedicated urology procedure room. Primary care services are also available to patients at KDOH. Additional services at KDOH include:

- Four operating rooms
- Two endoscope suites
- One cystoscopy suite
- Sleep lab
- Physician offices
- 25 pre/post-operative beds
- 10 inpatient beds, including one ICU suite
- Imaging Center offering MRI, CT, 3-D mammography and X-ray services
- Full service laboratory
- Urgent Care services open 24/7

#### **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

<b>Objective</b>	<b>Strategies Used</b>	<b>Collaborative Partners</b>	<b>Progress to Meeting Goal</b>
1. Improve fruit and vegetable intake by providing nutrition education through local farmers markets, fairs, festivals, and other events.	Nutrition education provided at community events; county fair and Farmers Market; Healthy Bucks program	KDOH on site Farmers Market; King’s Daughters Medical Center Ashland; Mainstreet Farmers Market; Scioto County Health Coalition; South Webster Schools; OSU Extension; Scioto Co. Fair; Final Friday events; Kids Yoga; Clay Elementary; Shawnee State University;	FY16 Benchmark – 3,725 individuals served  FY17 – 2,919 individuals served  FY18 – 4,349 (2,883 adults and 1,466 kids) Individuals served. 16% increase over benchmark  FY19 – 693 (637 adults and 56 kids) served

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. KDOH provided 100 certificates to families in need.

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

<b>Objective</b>	<b>Strategies Used</b>	<b>Collaborative Partners</b>	<b>Progress to Meeting Goal</b>
1. Provide opportunities for individuals to be physically active	Sponsor or implement programs to increase physical fitness – Kids Yoga and Final Friday  KDOH provided an onsite farmers market for team members and community during the summer along with free Yoga classes provided by PSKC CrossFit.	King’s Daughters Medical Center Ashland; Mainstreet; Scioto County Health Coalition	FY17 Benchmark – 5 events; 251 people served  FY18 – 8 events; 490 people served  FY19 – 3 events; 38 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 healthcare providers	FY17 – data collection/Epic build completed FY18 – provider training complete FY19 – <b>objective met</b>
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 patient's notes for the provider to review.	The partners include KDMS Portsmouth Family Care and KDMS Wheelersburg Family Care offices healthcare providers.	FY16 Benchmark – 21,861 patients FY17 – 38,957 patients - 78% increase FY18 - 26,146 patients served  FY19 – <b>objective met</b> -BMI has become an integral part of the patient assessment and is required documentation in the electronic medical record

**Other Activities to Impact Obesity:**

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

In addition, KDOH distributed information regarding obesity (healthy eating/physical activity) at numerous health screening events. 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>1. 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>King's Daughters Medical Center Ashland</p> <p>Southern Ohio Medical Center</p> <p>Scioto County Health Coalition</p>	<p>FY17 Benchmark – 10 individuals referred</p> <p>FY18 – 31 individuals referred</p> <p>FY19 – FY-19 – Update unavailable due to resignation of tobacco educator. Patients are referred to other local and national cessation programs.</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 complete as of 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> <p>FY18 – 31 patients screened and referred</p> <p>FY19 - the electronic medical record generates letters to patients that use tobacco products encouraging cessation and informing of the benefits of quitting</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 702 individuals at community events, including 687 adults and 15 children.

**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.	Educate individuals during local events - Final Friday Festival	King's Daughters Medical Center Ashland  Portsmouth Area Chamber	FY17 Benchmark - 9 events and 1,649 participants  FY18 – 7 events and 265 participants  FY19 – 1 event and 18 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 screened; 195% increase  FY18 – 727 screened (408% increase)  FY19 – 708 screened

<p>3. Identify individuals at risk for heart disease through low cost screenings.</p>	<p>Provide low-cost screenings for those in need.</p> <p>Vascular screening includes carotid ultrasound, abdominal aortic ultrasound and ankle-brachial index for a low-cost amount of \$80.00</p> <p>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> <p>FY18 – 4 events and 211 low cost blood profiles; 55 vascular exams provided (8.5% increase)</p> <p>FY19 – 1,024 low-cost blood profiles; 460 A1c and 6 vascular exams</p>
---	---	--	---

**Other Activities to Impact Cardiovascular Disease:**

Stroke education – 60 individuals served

Heart education – 684 individuals served

The donation of two AEDs to the Portsmouth City Police Department will enable these first responders to administer this life saving procedure for community members with sudden cardiac arrest.

**Priority:** Cancer

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

Objective	Strategies	Collaborative Partners	Progress to Meeting Goal
<p>1. Improve early detection of skin cancer</p>	<p>Events held at physician offices in various parts of the county</p>	<p>King's Daughters Medical Specialties</p>	<p>FY16 Benchmark – 54 screened</p> <p>FY17 – 43 screened</p> <p>FY-18 – 16 screened</p> <p>FY19 – 23 screened</p>

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 FY18 – 87 patients screened (70% increase) FY19 – 120 patients screened
3. Improve early detection of prostate cancer among men	Screenings held in doctor offices. PSA blood test and physical exam provided	King's Daughters Medical Specialties	Benchmark FY16 – 18 screened FY17 – 50 screened FY18 - 7 screened FY19 – 3 screened

**Other Activities to Impact Cancer:**

- Breast cancer education – 541 served
- Skin cancer education – 100 served
- Mobile mammography patients- 392 served

**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 management and control strategies	Ohio River Valley Type 1 Diabetes Junior Diabetes Research Foundation Beyond Type 1 Diabetes Ohio health commissioners Nationwide Children's Hospital	FY16 benchmark – 91 participants FY17- 120 total (97 support group and 23 referrals to diabetic educator/disease management); 31% increase FY18 – 220 total (220 support group) 83% increase FY19 – 488 total (382 adults; 106 children) through the support groups

<p>2. Improve blood sugar monitoring through reduce cost blood profiles</p>	<p>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.</p>	<p>King's Daughters Medical Center Ashland</p>	<p>FY17 – Benchmark set at 4 events; 185 served</p> <p>FY18 – 4 events; 211 served, with 173 adding A1c. 14% increase</p> <p>FY19 – 1,024 blood profiles, with 460 A1c included</p>
<p>3. Provide screenings for early identification of persons with diabetes</p>	<p>Health screenings in Lucasville, Ohio, Portsmouth, Ohio, Wheelersburg, Ohio.</p>	<p>King's Daughters Medical Center, Ashland, KY</p> <p>Scioto County Fair Board</p> <p>Shawnee State University</p> <p>Mid America Conversion</p> <p>South Webster High School</p>	<p>Benchmark – FY16 - 134 screened</p> <p>FY17 – 284 screened; 112% increase</p> <p>FY18 – 727 screened; 156% increase</p> <p>FY19 – 708 screened</p>

**Other Activities to Impact Diabetes:**

Diabetes prevention education provided for 1,392 individuals at community events.

**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- 214 served
- Flu shots – 576 served
- General health screenings (includes one or more of the following: blood pressure, oxygen, total cholesterol, and/or blood sugar screenings) – 634 screened

*Health education (free):*

- Congestive Heart Failure – 60 served
- Bone health – 200 served

- Support groups –
  - Chronic Pain – 90 adults served
  - Balance – 40 adults served
  - Type 1 Diabetes – 488 served (382 adults; 106 children/youth)

**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. 37 donations were made. KDOH also hosted a couple blood drives for the Kentucky Blood Bank.

Coat drive-KDOH team members collected and donated coats to the Counseling Center Day One House for those in need.

Backpack Program- team members made backpacks for 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 families at Christmas time and provided gifts and food to those in need. Team members and volunteers donated toys and blankets to Portsmouth Area Jaycee's annual Christmas child. Over 60 children were each given a new blanket and toys.

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 including serving meals in the soup kitchen. A hog was purchased at the Scioto County Fair and donated to the Salvation Army for use feeding the homeless and low-income in need at their soup kitchen.

Easter Egg Hunt - King's Daughters donated 50 dozen candy-filled Easter eggs and helped the Portsmouth Area Jaycees, Inc. fill eggs for their annual Easter Egg Hunt on Saturday, April 20 in Mound Park!

King's Daughters provided meeting room for Area Agency on Aging to have support groups and educational classes that included diabetes management, pain management, and falls prevention throughout the year.