

UNION GENERAL & CHATUGE REGIONAL HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT

Effectiveness and Evaluation of 2015 CHNA Plan

March 23, 2018

The follow-up for effectiveness of the implemented 2015 CHNA was reviewed and evaluated to ensure the identified action plan and implementation served our communities well for education to improve the identified needs. Our offerings of community classes and/or other services for that purpose in the areas of Union and Towns Counties include the following:

I. Health Screenings

Identify and collaborate with community health service organizations to develop access to multiple screening agencies.

- A. Develop newsletter or flier campaign to highlight all agencies that can assist with health screenings on an as needed basis.

PLAN: Contact different health agencies for information and create marketing tools to inform the community of specific services for health screenings.

ACTION: Contacted local health department for guidance and community areas in need. EMC Wellness Screening, School Screenings, United Community Bank Screening. Brochures were also distributed to schools for upcoming Community Health Fair.

F/U: Effectiveness of these screenings continues to result in changed behaviors and continue every year.

B. Health Fairs

PLAN: Schedule annual health fair for both UGH & CRH and invite vendors to showcase health and wellness availabilities within the community. Additionally, EMC Wellness Screening, School Screenings, United Community Bank Screening were completed. Blood work, to include lipid panel, CBC, PSA, & A1C; bone density; EKGs will be accomplished during health fairs to identify any underlying diseases, giving patients opportunities to set up plans with their healthcare providers to manage any diseases and abnormalities found.

ACTION: UGH & CRH Health Fairs to be held April 25 and May 2, 2015, respectively.

F/U: Over 500 in attendance including both facilities, great outlet for screenings. All health fairs resulted in many interventions for community members with their providers for improvement in their health. Very effective and continue on an annual basis.

C. Encourage Health and Wellness through local media outlets (newspaper, website, FB, Twitter, and Chamber of Commerce) and through the development and publishing of an annual Wellness Calendar. The Wellness Calendar will focus on a different subject monthly or periodically.

- ❖ Respiratory Diseases
- ❖ Youth Wellness
- ❖ Heart Disease/Vascular Disease
- ❖ Obesity/Overweight
- ❖ Diabetes/Metabolic Disease
- ❖ Accident Prevention
- ❖ Be Mental Healthy
- ❖ Stress Management
- ❖ Substance Abuse

ACTION: 2015 Community Calendar to be completed with above classes and made available to the public

F/U: Very effective. These classes had high attendance from the community and appear to help people with their medical issues. These continue every year.

II. Heart/Vascular Disease

Provide comprehensive services to diagnose, treat, and manage chronic disease and acute condition.

A. Screenings through multiple sources and agencies

PLAN: Diagnose and treat through primary care providers. Partner with different health agencies within the community for health screenings, as needed, due to income or other restrictions. Enlist education through health and wellness calendars distributed by UGH and CRH, as well as free online information.

ACTION: Patient's physician/provider develops treatment plan. Access to information to begin lifestyle changes (wellness classes, online information via UGH Facebook, and other courses within the community)

F/U: Instituted Dine with A Doctor for heart and vascular education with cardiologists twice a year. Physician offices also offered handouts on diet and restrictions. Community Wellness Classes held several times a year. Both very effective and continue to be held every year.

B. Unhealthy Weight and Diet

PLAN: Through screenings for heart and vascular disease, identification of obesity/or overweight problems, unhealthy diets, lack of exercise can be found. These all can be addressed through physicians/providers to treat the overall problem affecting the heart and vascular system. Agencies within the

community are available to advise patients, if the individual does not have a specific physician or provider.

ACTION: Physician develops treatment plan. Other agencies recommend information to begin lifestyle changes (wellness classes, online information via UGH Facebook, and other courses within the community). Scheduled quarterly healthy diet classes geared to nutrition and exercise. Also began diabetic healthy eating classes quarterly.

F/U: Very effective. Classes consisted of Dine with a Dr for Nutrition, Diabetes education for weight and diet.

C. Referrals to Cardio-Pulmonary Services

PLAN: Implemented as a new service in late 2014, this service is seeing patients by referral from providers to assist in managing chronic diseases of the heart and lungs and will continue to be a significant resource for these diseases.

ACTION: Through multiple screening processes, patients can be identified and scheduled with this service to assist in rehabilitation.

F/U: Very effective and still in process, with patient census maxed out each day, also a waiting list. Great results with this program who now have their own wing to service more patients and see a major improvement in health.

D. Health Screenings – These conditions also roll into our first need listed above and will also follow that plan and action.

III. Respiratory Diseases

A. Better Breather's Club (BBC)

PLAN: Continue to market this club to the community for those with chronic lung and heart diseases through local newspapers, pamphlets, health fairs, website and social media.

ACTION: Educate patients on management of their specific heart and lung issues, encourage healthy lifestyles, and improve quality of life.

F/U: Very effective: A major success! Began with 6 patients, and now over 40 after 2 years! Patients continue to advertise this to others in the community. RT Director also implemented a weekly newspaper column about respiratory disease. All these events continue every month.

B. Cardio-Pulmonary Rehabilitation

PLAN: Continue to advertise this resource to providers within our healthcare region in order to assist with a way to manage chronic diseases of the heart

and lungs. This service will address preventative and rehabilitative aspects of lifestyle-related risk factors.

ACTION: Identify needs through multiple screenings processes and agencies and schedule appointments through providers.

F/U: Effective and popular! This service implemented a monthly Cardiopulmonary Class and continues through 2017. But due to the patient load each day, the class was discontinued and pamphlets available for patients to pass along to others that might need this service.