



Community Health Needs Assessment Update 2014

As a not-for-profit hospital, Clay County Medical Center (CCMC) works to improve the health of the community. Our mission to provide quality medical care and to offer comprehensive services cannot be achieved solely through care at our facilities; we also work to help people through community programs. In 2012, CCMC and the Clay County Health Department conducted a community health needs assessment (CHNA) for the residents of Clay County to develop a better understanding of the health and needs of the community.

These **four** priorities were identified for improvement:

1. Availability and Affordability of Mental Health Care/Access to health care

A) Remaining focused on the mission statement to provide access to quality health care is priority. By utilizing Skype in order to facilitate interaction between mental health care providers and patients in the ER and in-patient setting we are able to partner with Pawnee Mental Health services to initiate a face to face evaluation that previously took 2-3 hours due to drive time. Evaluation and possible placement in appropriate facilities is now done in a much timelier manner.

B) In order to help keep healthcare affordable and within reach of each member of our community, Clay County Medical Center has established a Financial Assistance Program. This program is available to all patients, both with and without medical insurance, that come to CCMC for their healthcare needs and is intended to help make their medical bills fit their budget constraints. While there has been an increase in the number of people that have applied to the program from 2013 to 2014, there are still many who would greatly benefit by applying to this program. Our goal is to continue to focus in this area.

C) In our efforts to make health care easily accessible, we recognize that access to physicians in specialty areas is vital to the delivery of health care. Research indicates that patients who have to drive for more than 30 minutes, probably won't follow up with cardiac rehab, so we are committed to providing it locally. CCMC offers non-exercise stress testing, which eliminates the need for patients to drive to Topeka, KS. This drive was more than two hours for many in the area. Patients have access to a cardiology and pacemaker clinic through the hospital's arrangement with Stormont-Vail in Topeka.

A large percentage of our patients are age 60 and older and driving becomes more difficult as they age. Located in the northwest wing of the hospital, Clay County Medical Center provides a separate admissions, waiting and treatment area for specialty clinics. Some specialists require a Physician referral. Other appointments are with made by CCMC

staff or specialists who schedule their own appointments. Regardless of the individual arrangements, access to specialized care is a priority. We are currently offering specialized clinics with 19 different providers.

Additionally, physician ordered, outpatient services are available:

- Blood transfusions
- Cast and splint applications with physicians
- Chemotherapy administration or discontinuation of chemo pumps
- Non-stress tests for OB patients

Clay County Medical Center and the Clay County Home Health, a division of the Clay County Health Department offer the following physician ordered services:

- Intermittent IV Therapy
- Injections that are given on a one time basis or periodically
- Catheter changes for patients who have a continuous catheter
- Port-A-Cath Care
- Dressing changes
- Wound Vac Management

Clay County Health Department contracts with the Area Agency on Aging to provide medication management and frail, elderly care for people in their own homes. Help transitioning to assisted living is provided for those who are no longer deemed safe.

D) Clay County Medical Center and the Clay County Health Department are active members of the executive board of the North Central Regional Trauma Council. In 2014, the ER had 3,447 visits. The hospital is also working on the application process to become a Level IV Trauma Center.

E) As a full-service rural hospital, the hospital and health department provide many services that are not profitable on their own but meet a defined community need. Both subsidize some of the services we offer, such as childbirth education and breast feeding classes.

F) Meadowlark Hospice is a department of Clay County Medical Center. Services are provided to anyone in need, regardless of insurance coverage or ability to pay. Hospice is comprehensive in all aspects of caring for someone with a life limiting illness.

Hospice is a team oriented service dealing with pain and symptom management, end of life situations, and emotional stresses that may arise. As part of the team, hospice contracts with Clay County Health Department to provide bathing and housekeeping assistance for patients. A bereavement support group offers information and companionship for surviving family members. Serving Clay, Cloud, Marshall, Republic, Washington, and Western Riley counties, Meadowlark Hospice offers its patients and families physical, emotional, and spiritual care as sensitively, humanely, and honestly as possible.

2. Healthy Lifestyle Choices/Drug and Alcohol Limitations

A) The Mark A. Chapman Wellness Center is a part of the hospital and since its inception has been dedicated to offering a wide variety of programs and classes to meet the goal of providing the opportunity to improve health and fitness for all ages and ability levels. In an

effort to further enhance this mission, CrossFit opened its doors in the fall of 2013. Interest in the program has grown so much that in 2014 there were 4,320 Workouts of the Day (WOD's).

- B) In an effort to promote wellness among hospital and hospice employees, free membership in the Mark A. Chapman Wellness Center is provided for all full time and part time employees and their families. A 50% discount is provided for PRN employees. Discounted membership is offered to several large employers in the area.
- C) The Wellness Center also sponsors a Weight Loss Challenge for the community. In 2014, there were 66 participants.
 - Childhood Obesity - The Clay County Health Department regularly checks BMI on children ages 0 through age 22 years.
- D) L.E.A.P. (Life Enhancement Activities Program) During the summer, the Mark. A. Chapman Wellness Center offers a fitness program for children ages four to eight years old children. This program focuses on balance, agility and strength.
- E) Garfield Grade School Tour at Hospital May 16, 2014

Eighty-six, fifth-grade students from Garfield Grade School, were the latest to participate in a school year end tour. Children touring the hospital were able to observe the Decontamination Tent being set up. They learned about its usefulness in removing hazardous materials from someone in an emergency response situation. When Dianne Smith, Emergency Preparedness Coordinator asked, "*How many of you are farm kids?*" she had several hands go up. Dianne talked about how many chemicals are necessary on the farm and explained that some of them can be dangerous. Common agricultural chemicals include fuels, pesticides, herbicides, fungicides and veterinary chemicals. Exposure to chemicals can lead to health effects including headache, poisoning, respiratory illness, burns, cancers and birth defects. The Decon Tent is assembled in the ER Bay area so a patient can be initially treated before entering the hospital. Clay County Medical Center conducts yearly preparedness drills in order to be prepared when a hazmat response is needed. Dianne told the kids about an incident where a farmer was exposed to chemicals and explained how the "Decon Tent" was used to help him and keep the emergency personnel safe.

A highlight of the tour took place in the Education Center of the hospital. The children were able to have hands on experience with the CPR Manikins. "*Hands-Only CPR is CPR without mouth-to-mouth breaths*", said Michelle Owen, Education Coordinator. "*It consists of two easy steps: call 9-1-1 (or send someone to do that) and push hard and fast in the center of the chest.*" The popular song, Staying Alive provided the rhythm and beat for hands-only CPR. The students were able to realize how tiring it can be to keep doing chest compressions for only a minute of CPR. Michelle encouraged them by saying, "Keep going until EMS arrives and remember you are saving a life". The final stop of the tour was the Mark A. Chapman Wellness Center, where fitness instructor, Gary Hall explained the purpose of the different equipment in the room, the benefit of eating healthy and getting enough exercise each day. "*Did you know there are 10 teaspoons of sugar in one can of soda?*" asked Hall. "*Soda can cause tooth decay and weaken your gums. It is important to limit the amount of consumption and stay hydrated by drinking water.*" The goal of the

Mark A. Chapman Wellness Center is to provide the opportunity to improve health and fitness for all ages and ability levels.

- F) Clay Center Family Dentistry held a free clinic on April 24th for adults who have no dental insurance and who are struggling financially and have no other means to pay for dental care. They open the doors at 5:30 a.m. and give tickets to anyone who asks for assistance. Depending on the need, Exams, X-Rays, Fillings, Extractions and Cleanings are offered.
- G) Red Cross Blood Drives are hosted by the hospital throughout the year.

3. Education/Health Literacy

- A) The Emergency Department partners with Emergency Management for disaster preparedness. We also work with the Clay County Health Department in Emergency Support Function (ESF) 8 to provide health and medical coordination in support of emergency events in Clay County. ESF 8 is the mechanism for personnel and resources to support prevention, preparedness, protection, response, recovery and mitigation in support of the county's primary emergency management objectives.
- B) Clay County Medical Center offers a Heart Saver First Aid CPR & AED courses for the community.
- C) CLICK for Babies
The Family Birthing Center participated in the CLICK for Babies campaign to prevent shaken baby syndrome/abusive head trauma (SBS/AHT), which is a form of child abuse caused by the violent shaking of a baby or small child, usually by an adult frustrated by the baby's crying. The Period of PURPLE Crying strives to educate parents about the normality of early increased crying during the first months of a baby's life, and the associated frustration. The program also seeks to teach parents techniques to soothe a baby, and healthy ways to cope with the crying when cry bouts cannot be soothed.
- D) Public service announcements were placed on the radio and the hospital website during the Ebola outbreak as well as public safety announcements on infection control and flu prevention during appropriate times of concern.
- E) Lunch Bunch is a program hosted by the Mark A. Chapman Wellness Center and anyone age 55 or older is invited to attend. Lunch begins at noon and is followed by a guest speaker covering topics of interest in the areas of health, lifestyle and entertainment.
- F) The education department at the hospital is responsible for developing, promoting and improving the educational service programs offered at Clay County Medical Center. Employees all participate in the CareLearning program and the hospital provides several courses that allow our nurses and physicians to receive continuing education hours. Much of the work in the education department focuses on collaborating with the community healthcare organizations to plan and implement educational programs to benefit those in our service area.
- G) In 2014, Risk Management, Cardiac Rehab and the Clay County Health Department worked together to develop a Congestive Heart Failure (CHF) educational booklet. Patient education is enhanced when all care givers are delivering the same message.

4. Job Opportunities

- A) The hospital supports growing and keeping health care professionals and the services they provide in rural Kansas by providing clinical rotation opportunities for students from Cloud County Community College studying to become nurses. Shadowing opportunities in occupational and physical therapy have been provided through collaboration Hutchinson Junior College, Washburn, Wichita State University, Brown Mackie and Colby Community College. Clay County Health Department also provides nurse leadership mentoring opportunities for Registered Nurses from Fort Hays State University and Tabor College, who are working towards their Bachelor's degree. The health department also provides observation opportunities for physicians during their rural health rotations with Clay Center Family Physician's clinic. All of these opportunities help inspire future generations to consider/pursue careers in rural health care.
- B) The hospital hosts monthly Business and Professional Women (BPW) meetings and provides meeting rooms for educational opportunities for individual development.
- C) Host weekly Chamber of Commerce Coffees in the Education Centers
- D) Provide classroom space for Cloud County Community College and Economic Development educational programs.

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