



## Community Health Needs Assessment Update 2016

As a not-for-profit hospital, Clay County Medical Center (CCMC) works to improve the health of the community. Our mission is to provide quality medical care and to be engaged with our community through multiple community programs. In 2015, 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. **Four** priorities were identified for improvement. Since the first Community Needs Assessment, we've seen an increased level of interest and priority for healthy lifestyle choices:

### 1. **Healthy Lifestyle Choices:**

- a. The medical center sponsored several healthy lifestyle activities internally and through collaboration with the public school; the Ministerial Alliance, Civic Clubs; local business and concerned citizens.
- b. Clay County Medical Center continues to honor the pledge made in 2015 towards becoming a "Healthy Kansas Hospital", continuing to examine our current food and beverage practices. Healthy food options have been added in the cafeteria and fruit infused water is now offered daily in the hospital and wellness center. These changes positively impact hospital employees, patients and visitors, while also helping to establish norms for healthier living for the community. Nearly 300 health care professionals employed by CCMC seek dining options on the hospital campus, so the impact is significant. This effort supports changes that will have a long-term positive impact on the health of those who seek medical care at Clay County Medical Center.
- c. Collaboration with Clay Center daycare providers/pre-schools/Head Start program to provide Teddy Bear Clinics. Commitment to community played a major role in the decision to start this program. The first clinic was held on September 12, 2006. The goal was to provide a non-threatening environment where children could experience the emergency room and the hospital before they might need to visit as a patient. Additionally, the goal was also to educate the children about doing their part to prevent visits to the ER and hospital.

### 2. ***The Action Plans for Healthy Lifestyle Choices and Education/Health Literacy overlap in several of the programs supported by the hospital.***

- d. In 2016, the hospital added Pulmonary Rehab as an outpatient service. Complimenting this service, a support group for COPD patients was implemented.
- e. The Clay County Perinatal Coalition's interactive website, SimplyBaby.org was designed by our hospital. That tool and the efforts of the coalition continue to provide education and access to prenatal care for pregnant women in the area. The primary goal remains the same- helping mothers overcome barriers so their babies are born healthy, safe and strong. The new website provides information on *The Healthy Mommy, Healthy Baby* program which provides in-home visits to expectant mothers and their families, providing a number of services to promote health for mothers and infants at no cost. Expanded content on the website also includes sections highlighting safe sleep, breastfeeding, nutrition, immunizations and practical advice prior to bringing the baby home from the hospital. Our CEO participates in regular meetings, providing the hospital's support and perspective for the group.

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The Clay County Health Department hosts “Becoming a Mom Program” as a part of the Clay County Perinatal Coalition’s effort. This venue provides for an efficient sharing of resources in the Clay Center Community including Washington County. Parenting classes continue from this effort. Birthing classes are held at the hospital and led by the Director of OB services at Clay County Medical Center. Certified breast feeding educators visit the class.

- f. Promotion and continuation of the Lunch Bunch Program- This group came into being in 1998 as a part of a program known as Health Wise 55. CCMC participated in a regional program developed by Stormont Vail Regional Health Center in Topeka. The main focus of the program was to assist those 55 years of age and older with health education and disease prevention. The program was administered through the Wellness & Fitness Center and the Dietary Department prepared meals.

Lunch Bunch meets in the Education Center on the third Wednesday of each month. The programs focus on the areas of disease prevention, health education and various services available in the community. Attendees come from neighboring communities and a wide socioeconomic mix.

- g. 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. To promote wellness and fitness, discounted rates to use the Mark A. Chapman Wellness Center are given to all City and County employees. Free membership for full-time, part-time and regular relief employees and immediate family members of hospital employees are provided for employees and their spouses. Employees have access to the wellness center after non-public hours as well.

Since 2013, the CrossFit Program has met the needs of a more robust clientele than the one served by the hospital’s wellness center. Membership benefits are provided for all hospital employees and their families. This program continues to attract new members and we may see the need for a larger building in the near future.

During the summer, the Mark. A. Chapman Wellness Center offers a fitness program L.E.A.P. (Life Enhancement Activities Program) for children ages four to eight years old children. This program focuses on balance, agility and strength.

The Wellness Center sponsored a Weight Loss Challenge in 2016.

- h. Red Cross Blood Drives are hosted by the hospital every 58 days throughout the year. Besides offering a convenient venue to employees of Clay County Medical Center, Meadowlark Hospice and Clay Center Family Physicians, the blood drive is open to the public as well.
- i. CCMC 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.
- j. Clay County Medical Center offers a Heart Saver First Aid CPR & AED courses for the community.
- k. 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 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.

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- i. Cardiac Rehab and the Clay County Health Department cooperate in educating patients through the use of the Congestive Heart Failure (CHF) educational booklet. Patient education is enhanced when all care givers are delivering the same message.
  - m. Clay County Medical Center provides leadership and a meeting place and for support groups to meet regularly:
    - Stroke
    - Alzheimer's
    - Bereavement
    - Parkinson's Support group
- In 2016, the program "Knock Out Parkinson's" was developed. It is a boxing class designed to help people slow the progression of Parkinson's disease.

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

- a. The need for patient advocacy is stronger today than it has ever been. As consumers continue to absorb more of the costs associated with healthcare, we at CCMC felt an obligation to proactively work with patients, helping them find resolutions to the balances for which they are responsible. In 2016, Clay County Medical Center and The Midland Group partnered to provide public healthcare benefit advocacy services that consist of Medicaid, Children's Health Insurance Program, Crime Victim Compensation, Supplemental Security Income, Social Security Disability Insurance, and other programs eligible to patients that might not have the resources to pay their medical bills. With recent changes in healthcare legislation, this was an opportunity to further serve our patients and to increase healthcare coverage for vital services. We partnered with Midland because of their excellent track record in successfully obtaining healthcare benefits for patients, as well as their ability to work with patients in a compassionate manner.

CCMC and Midland will also offer payment plan options to patients with balances after insurance has paid, or who are uninsured. 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.
- b. A Walk-In Clinic was implemented in 2016. Our vision is to provide exceptional care for our community and an excellent environment for patients and employees alike. It is available at times when the physician's clinic is not available. Patients do not need to call for an appointment. The cost for a visit is less than the cost of an emergency room visit. The Walk-In Clinic provides an alternative for illnesses and injuries that can't wait until regular office hours, treating injuries or illnesses requiring immediate care, but not serious enough to require an ER visit. Should a patient need emergency services or hospitalization, care is just down the hall. The clinic is open on Saturday and Sundays and our goal is to extend services to weekday evenings in 2017.
- 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 and in 2016, added Pulmonary Rehab to our list of services.

A large percentage of our patients are age 65 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. While many facilities are moving to the use of telemedicine, we are currently offering fifteen specialized clinics with 23 different providers.

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- d. Patients presenting in the emergency department in need of mental health services are being served by Pawnee Mental Health Services via video consultation. Since the original survey, a secure, video conferencing program known as Zoom has been implemented in the ER. Previously, if an ER patient needed a psychiatric evaluation, they had to be transported to Osawatomie State Hospital. That trip was either 2 h 49 min (170.4 mi) via US-24 E and I-70 E or 3 h 6 min (170.8 mi) via KS-177 S. If the patient was female, two officers had to make the 3 hour trip. Currently, if a patient presents to our ER, the evaluation can be conducted at our facility by using Zoom and the determination for placement can be made on the premises. This is less stressful for the patient, easier on law enforcement and more cost effective for all.
- e. 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. 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.

**4. Job Opportunities**

- a. The hospital supports 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. 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 as well as hosting the weekly Chamber of Commerce Coffees in the Education Center.
- c. Classroom space is provided without charge for Cloud County Community College outreach programs and Economic Development educational programs.
- d. Employees regularly participate in collegiate and area job/career fairs
- e. Scholarships and tuition assistance programs are available for current employees and we provide continuing education opportunities for hospital employees and payment of professional memberships in organizations for each discipline.
- f. CCMC support work opportunities for adults with disabilities by contracting a work crew from Big Lakes Development Center.