

## **Community Health Needs Assessment Update 2017**

As a not-for-profit hospital, Clay County Medical Center (CCMC) works to improve the health of our 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 healthcare needs of the community. Four priorities were identified for improvement. Since the first CHNA, we have seen an increased level of interest, and a priority for healthy lifestyle choices:

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

- a. CCMC sponsored several healthy lifestyle activities internally and through collaboration with the public school, church groups, civic clubs, local business, and concerned citizens.
- b. CCMC continues to honor the pledge made in 2015 towards becoming a “Healthy Kansas Hospital”, continually examining our food and beverage practices. Healthy food options have been added in the cafeteria and fruit infused water continues to be offered daily in the hospital, specialty clinic, and wellness center. These changes positively impact hospital employees, patients and visitors, while also helping to establish norms for a healthier lifestyle 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 CCMC. In addition, the Wellness Committee meets regularly to make recommendations for activities, programs, and distribution of information to benefit our employee base.
- c. Continued work with the Clay County Perinatal Coalition which operates the Becoming a Mom Program (BAM), providing pre-natal education to prevent infant mortality. The program focuses on behavior modification for mothers so that pregnancies go to full term. It addresses lifestyle choices, such as smoking, which in turn reduces low birth weight. All referrals to Prenatal Education and Nutrition Education are sent to the Clay County Health Department.
- d. Continued collaboration with Clay Center daycare providers, pre-schools, and Head Start program to provide Teddy Bear Clinics at CCMC. Commitment to our community played a major role in the decision to start this program. The first Teddy Bear Clinic was held on September 12, 2006. The goal was to provide a non-threatening environment where children could experience the emergency room and CCMC before they might need to visit as a patient. Additionally, the goal was to educate the children about doing their part to prevent visits to the emergency room and CCMC.

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

- a. In 2016, CCMC added Pulmonary Rehab as an outpatient service. Complimenting this service, a support group for chronic obstructive pulmonary disease (COPD) patients was implemented. This

support group grew in membership during 2017. In addition, Clay County Health Department promotes this endeavor through their patient education.

- b. The Clay County Perinatal Coalition's interactive website, SimplyBaby.org, was designed by CCMC. This website is used as a 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 website provides information on *The Healthy Mommy, Healthy Baby* program which provides in-home visits to expectant mothers and their families by 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. 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 Clay County, including Washington County. As needed, parenting classes continue from this effort. Birthing classes are held at the CCMC and led by the Director of OB services at CCMC. Certified breast feeding educators visit the classes.
- c. During the expansion and renovation of CCMC, the Lunch Bunch Program was put on hold. It is scheduled to begin again after the new facility and renovations are complete in December 2018.
- d. The Mark A. Chapman Wellness Center is a part of CCMC and since its inception has been dedicated to offering a wide variety of programs/classes to meet the goal of providing 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 are provided. Since 2013, the CrossFit Clay Center has met the needs of clientele that expressed different needs than the ones served by the Mark A. Chapman Wellness Center. To encourage wellness, membership benefits are provided for all hospital employees and their families. This program continues to attract new members. During the summer months, the Mark. A. Chapman Wellness Center offers a fitness program called Life Enhancement Activities Program (L.E.A.P.) for children ages four to eight. This program focuses on balance, agility, and strength. The Mark A. Chapman Wellness Center also sponsored a Weight Loss Challenge program in 2017. CCMC also looked various options to build a larger wellness center in 2017. The decision to re-locate was tabled for the time being.
- e. Red Cross Blood Drives are hosted by CCMC every 58 days throughout the year. Besides offering a convenient venue to employees of CCMC, Meadowlark Hospice, and Clay Center Family Physicians, the blood drive is open to the public. CCMC advertises the Red Cross Blood Drives in the paper and on the radio.
- f. CCMC partners with several organizations for emergency management preparedness. Collaboration with the Clay County Health Department in Emergency Support Function (ESF 8) provides 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 Clay County's primary emergency management objectives.

- g. CCMC offers a Heart Saver First Aid CPR and AED courses for the community.
- h. The Education Department at CCMC is responsible for developing, promoting, and improving the educational service programs offered at CCMC. Employees all participate in CareLearning and CCMC provides several courses that allow nurses and physicians to receive continuing education credit. 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.
- i. CCMC provides leadership and a meeting place for support groups to meet regularly:
  - Stroke
  - Bereavement
  - COPD Support Group
  - Alzheimer's
  - Parkinson's Support group

### 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. CCMC and The Midland Group 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 it is intended to help make their medical bills fit their budget constraints.
- b. The mission of CCMC has always been to provide exceptional healthcare for our community. A Walk-In Clinic was implemented in January 2017. It is available at times outside of the regular physician clinic hours. 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 physician clinic hours, treating injuries or illnesses requiring immediate care, but not serious enough to require an emergency room visit. Should a patient need emergency services or hospitalization, care in the emergency room is just down the hall. The Walk-In Clinic extended its hours and days of service to include evenings on the weekdays in March 2017.
- c. In our efforts to make healthcare services easily accessible, leadership recognized that access to physicians in specialty areas (Urology, Orthopedic, Oncology, etc.) is vital to the delivery of healthcare. Two new cardiologists were added to the group of specialty physicians at CCMC. 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, CCMC provides a separate registration, waiting room and treatment area for our Specialty Clinics. While many facilities are moving to the use of telemedicine, we are currently offering fifteen specialty clinics with 28 different medical providers.
- d. Patients presenting to 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 emergency department. Previously, if an emergency department 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 three hour trip (one-way). Currently, if a patient presents to the emergency department, an 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 CCMC. 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. CCMC 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, speech, and physical therapy have been provided through collaboration with Hutchinson Junior College, Washburn, Wichita State University, Brown Mackie, and Colby Community College. These opportunities help inspire future generations to consider careers in rural healthcare.
- b. CCMC was awarded the Kansas Business of the Year Award, presented for businesses with more than 15 employees by the Kansas Chapter of Business and Professional Women's Organization. The award was presented at the 98<sup>th</sup> Annual State Convention held in the Capital Plaza Hotel on Saturday, June 3<sup>rd</sup>. Representative Susie Swanson and Senator Tom Hawk attended the formal presentation of the award. Clay County Medical Center is the second largest employer in Clay County and takes pride in the number of professional women who have chosen CCMC for employment – comprising nearly 90% of the workforce. Women outnumber men in supervisory or department leadership roles as well.
- c. CCMC was one of 19 regional winners in the Kansas Department of Commerce 2017 Governor's Award of Excellence. Statewide, 68 businesses were nominated for the award, including four categories -manufacturing/distribution, service, retail and hospital/non-profit. The intent of the program is to recognize Kansas businesses for their contributions to the local and state economy. Business Appreciation Month is the state's way of recognizing Kansas businesses for all they do to keep Kansas strong as the foundation of the economy, communities and overall quality of life.
- 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 CCMC employees, and payment of professional memberships in organizations for each discipline.