

PROMEDICA MONROE REGIONAL HOSPITAL

COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN 2016-2018



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EXECUTIVE SUMMARY

ProMedica Monroe Regional Hospital, a member of ProMedica Health System, is a committed healthcare resource in the southeast Michigan community, providing acute care and emergency services, as well as selected specialty medical and mental health services to patients, regardless of ability to pay. ProMedica's mission is to improve the health and well-being of the communities we serve.

One element in the ProMedica Monroe Regional Hospital implementation plan, developed from the most recent community health needs assessment, was to strengthen partnerships with other organizations to improve the health of Monroe County communities. ProMedica Monroe Regional Hospital encouraged and supported the Monroe County Health Department in creating the Building Health Communities Coalition of Monroe County, and the hospital and health department were successful in jointly approaching the Monroe County Health Plan for funding to support a 2015 health status assessment and a Mobilizing for Action through Planning and Partnerships process aimed at producing a community health improvement plan for the county.

The Building Healthy Communities Coalition of Monroe County process and groups included input from persons who represent the community. Collaborating participants included:

ProMedica Monroe Regional Hospital	City of Monroe
Monroe County Health Department	Area Agency on Aging
Monroe County Health Plan	United Way of Monroe
Monroe County Substance Abuse Coalition	Relay for Life
Human Services Collaborative Network	Great Start Collaborative
American Cancer Society of SE Michigan	Monroe County Family YMCA
Monroe County Mental Health Authority	Monroe County Community College
Monroe County Head Start/Early Head Start	Family Medical Center of Michigan
Child Advocacy Network (CAN) Council	Monroe Center for Healthy Aging
Monroe County Planning Commission	Monroe Department of Human Services
Monroe County Board of Commissioners	Community Foundation
Catholic Charities of Southeast Michigan	Monroe Public Schools
Bedford Public Schools	Jefferson Public Schools
Ida Public Schools	Dundee Public Schools
Mason Consolidated Public Schools	Summerfield Public Schools
Whiteford Public Schools	American Heart Association
Monroe County Intermediate School District	American Red Cross
Monroe County Commission on Aging	Michigan State Police

ProMedica Monroe Regional Hospital conducted and adopted this community health needs assessment (CHNA) in 2015. Following the formal county assessment survey process in September 2015, multiple community organizations through the Building Healthy Communities Coalition of Monroe County are collaborating to develop a community health improvement plan for Monroe County, with ProMedica Monroe Regional Hospital represented on these community strategic planning groups. A resource assessment is being compiled as part of this process.

ProMedica Monroe Regional Hospital convened a CHNA committee to review the work of the Building Healthy Communities Coalition of Monroe County and available health data, select and prioritize key indicators for their defined community, identify resources and gaps in these areas, and develop implementation plans to address these health issues in the community over the next three years, taking into account the needs of minority and underserved populations. Health improvement plans were developed with feedback from key community stakeholders, to confirm these needs from a community perspective.

ProMedica Monroe Regional Hospital will specifically implement programs to address the following health needs, listed in order of priority:

- Cancer Screenings
- Cardiovascular Health
- Pulmonary Disease

In addition, ProMedica Monroe Regional Hospital will collaborate with the Monroe County Building Healthy Communities Coalition to support its strategic initiatives surrounding these needs:

- Adult and Youth Weight Status
- Adult and Youth Mental Health
- Adult and Youth Safe Driving
- Adult and Youth Substance Abuse

In addition, as part of ProMedica Health System, some community health programs are developed and implemented at the corporate level, with diabetes, behavioral health and infant mortality identified as current focal points. The full ProMedica Monroe Regional Hospital CHNA may be accessed at <http://www.mercymemorial.org/Main/Home.aspx> or <https://www.promedica.org/pages/about-us/default.aspx> .

IMPLEMENTATION PLAN

The board of trustees of ProMedica Monroe Regional Hospital (“Hospital”) has determined that the following health needs (in priority order) identified in the CHNA should be addressed through the implementation strategy noted for each such need:

1. Cancer Screenings – Lung, Breast and Colorectal

Increase community awareness regarding the importance of specific cancer screenings.

Specific Needs Identified in the CHNA:

- Cancer was the leading cause of death in Monroe County in 2013
- Cancer had the greatest burden in terms of potential years life lost in 2013
- Lung and bronchus cancer was the leading site followed by prostate in males and breast in females.

Key Objectives:

- Educate community members about lung cancer and early detection screenings
- Educate community members about the importance of breast exams
- Educate community about the importance of prostate cancer screenings

Years One - Three

Implementation Strategies:

1. Annually provide education and resource information on lung cancer and early screening at United Way Health Checks and other community events.

Outcome Measures:

- Number of participants
2. Annually provide education and resource information to all populations about breast care and screenings, including the underserved and underinsured.
 - a. Participate in Susan G. Komen of Northwest Ohio Race for the Cure to help raise funds for breast cancer screening and programming.
 - b. Use approved and funded resources from Susan G. Komen to provide grant funded, breast exams and mammograms, at no cost to the patient.

Outcome Measures:

- Number of clinical breast exams and mammograms provided through Komen funding.
3. Annually provide education and resource information to all populations about prostate cancer prevention.

- a. Create and distribute prostate screening information to community events, including United Way Health Check program, the Monroe County Fair, men's walks and runs.

Outcome Measures:

- Number of participants

2. Cardiovascular Health

Increase community awareness regarding the importance of cardiovascular health

Specific Needs Identified in the CHNA:

- Heart disease (25%) and stroke (5%) accounted for 30% of all adult deaths in 2013
- Nearly one-third (32%) of adults had been diagnosed with high blood pressure, and more than one-third (35%) reported high cholesterol
- The Monroe County age-adjusted stroke mortality rate for 2011-2013 was higher than the state and U.S. benchmarks, and the Healthy People 2020 target objective

Key Objectives:

- Provide "Face Arm Speech Time" (FAST) education on early stroke recognition and seeking early action to minimize brain damage
- Provide screening and prevention education for cardiovascular disease

Years One - Three

Implementation Strategies:

1. Annually, educate the community about early stroke recognition and early action minimizing brain damage, using FAST.
 - a. Execute two formal community presentations on recognizing early stroke symptoms and stroke prevention strategies
 - b. Educate the community about stroke recognition and early action minimizing brain damage by distributing handouts/flyers about FAST at six additional community events including Health Odyssey, United Way Health Checks, Monroe County Fair and the Concert in the Park health screenings.
 - c. Distribute FAST stroke education materials to patients hospitalized with stroke/transient ischemic attack (TIA) risk or diagnosis

Outcome Measures:

- Number of community education sessions
 - Number of participants in each community educational session
 - Number of patients hospitalized with stroke/TIA diagnosis receiving education
2. Annually perform community outreach and awareness activities about cardiovascular disease risk factors and prevention strategies.
 - a. Execute three formal community wellness presentations annually on heart disease, cholesterol and blood pressure.

- b. Continue to identify hospital inpatients that are smokers and provide smoking cessation counseling resource information.
- c. Continue to identify hospital inpatients that are at risk of diabetes and provide diabetes education resource information.

Outcome Measures:

- Number of community education sessions
 - Number of participants in each community educational session
 - Number of inpatient and outpatients who receive smoking cessation resource information
 - Number of Monroe County residents who receive diabetes education resource information
3. Increase treatment options in Monroe County for patients diagnosed with cardiovascular disease
 - a. Explore partnership with the Monroe Family YMCA to expand treatment options for Phase III rehabilitation program patients

Outcome Measures:

- Establishment of Monroe Family YMCA Phase III of cardiopulmonary rehabilitation, as approved and funded

3. Pulmonary Disease

Increase community awareness regarding the important of pulmonary disease screening

Specific Needs Identified in the CHNA:

- Pulmonary conditions are the leading ambulatory care sensitive hospitalizations, and so the potential to reduce inpatient encounters with better management is high
- In 2015 17% of Monroe County adults had been diagnosed with asthma, increasing to 31% of those under the age of 30

Key Objectives:

- Provide education on the risk factors for chronic respiratory diseases
- Educate the community on strategies to prevent and better manage chronic pulmonary disease

Years One - Three

Implementation Strategies

1. Educate the community about risk factors and prevention strategies of chronic respiratory diseases
 - a. Execute at least one formal community presentation per year on risk factors and prevention of chronic pulmonary disease.

- b. Distribute chronic respiratory disease prevention information at community events including Health Odyssey, United Way Health Checks, Monroe County Fair, and the Concert in the Park health screenings
- c. Offer free pulmonary function screening at United Way Health Checks four times per year

Outcome Measures:

- Number of community education sessions
 - Number of participants in each community educational sessions.
2. Educate the community and at risk patients of the importance of pneumonia vaccinations
- a. Offer pneumonia vaccinations to all pulmonary rehabilitation patients to prevent complications due to pneumonia in these at-risk patients
 - b. Partner with the United Way of Monroe County and Monroe County Health Department to provide the pneumonia vaccination at four United Way Health Check programs
 - c. Offer pneumonia vaccinations to at-risk individuals who receive services at Mercy's Angels program.

Outcome Measures:

- Number of patients who receive the pneumonia vaccination at the hospital's Pulmonary Rehabilitation Center.
 - Number of community members who receive pneumonia vaccination at United Way Health Checks
 - Number of community members who receive pneumonia vaccination at Mercy's Angels
3. Implement a Chronic Obstructive Pulmonary Disease (COPD) Chronic Disease Management Program to decrease complications and preventable admissions for these patients

Outcome Measures:

- Number of participants in COPD Chronic Disease Management Program

In addition, as part of the Monroe County Building Healthy Communities Coalition, ProMedica Monroe Regional Hospital has agreed to participate in the following initiatives:

4. **Adult and Youth Weight Status**

Improve the knowledge, attitudes and beliefs of residents of Monroe County related to nutrition and physical activity.

Specific Needs Identified in the CHNA:

- 73% of Monroe County adults and 29% of youth were obese or overweight in 2015

- Nearly one-fourth (24%) of adults and 13% of youth were not participating in any physical activity in the past week
- In 2015, 6% of adults and 11% of youth were eating five or more servings of fruits and vegetables per day. 88% of adults and 81% of youth were eating between one and four servings per day

Key Objectives:

- Educate the community and our patients about the benefits of breastfeeding
- Participate in collaborative efforts in Monroe County to promote healthy eating and exercise practices

Years One through Three Implementation Strategies:

1. Encourage women to breastfeed exclusively for six months, introducing other foods after the six-month period while continuing to breastfeed the entire first year of their infant's life or longer
 - a. Through hospital childbirth education classes and mothers delivering at the hospital, promote and provide information about breastfeeding to pregnant and postpartum women.
 - b. Provide breastfeeding mothers with access to lactation management support, especially during the first days and weeks postpartum.
 - c. Develop hospital policies regarding formula distribution that promote and support breastfeeding with infant formula an option only if the mother cannot successfully breastfeed.
 - d. Adopt and enforce mother-friendly worksite policies to promote breastfeeding among employees and achieve the Baby-Friendly Hospital designation.

Outcome Measures:

- Number of participants in childbirth education classes
 - Number of patients receiving lactation management consultation
 - Implementation of Baby-Friendly Hospital policies
2. Increase community education on nutrition and physical activity
 - a. Provide free education to all populations about nutrition and physical activity
 - b. Participate in the Building Healthy Communities Coalition's "Healthy Schools Initiative"
 - c. Provide free blood pressure screenings and body mass index measures accompanied by nutrition education at health fairs, trade fairs, and community meal settings in Monroe County.

Outcome Measures:

- Number of community presentations
- Number of participants in community presentations

5. Adult and Youth Mental Health

Improve community education of mental health issues and increase community awareness of mental health resources in Monroe County.

Specific Needs Identified in CHNA:

- In 2015, 3% of Monroe County adults and 11% of youths considered attempting suicide
- In the past year, 9% of Monroe County adults and 23% of youth had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities, increasing to 12% of those ages 30-59

Key Objectives:

- Improve knowledge, attitudes and beliefs of residents of Monroe County related to mental health and depression
- Increase awareness of mental health resources available to residents of Monroe County

Years One through Three

Implementation Strategies:

1. Educate the community about mental health/depression and mental health resources available in Monroe County through handouts/flyers, community events, ProMedica Facebook and ProMedica physician offices.

Outcome Measures:

- Number of community educational sessions
- Number of participants in each community educational sessions

6. Adult and Youth Substance Abuse

Increase awareness and efforts of the Monroe County Substance Abuse Coalition and the Monroe County Prescription Drug and Heroin Call to Action.

Specific Needs Identified in the CHNA:

- In 2015 7% of Monroe County adults and 12% of youth had used marijuana during the past six months
- 11% of adults and 6% of youth had used medications not prescribed for them or took more than prescribed to feel good or high or more active or alert during the past six months

Years One through Three

Implementation Strategies:

1. Educate the community about the harmful effects of prescription drug abuse
 - a. Continue hospital participation in the Monroe County Substance Abuse Coalition and the Monroe County Prescription Drug and Heroin Call to Action

Outcome Measures:

- Number of community collaborative events with hospital representation
 - Number of community educational sessions
 - Number of participants in each community educational sessions
2. Increase efforts to prevent prescription drug diversion
- a. Promote and encourage utilization of safe medication disposal programs including RedMed Box and Yellow Jug
 - b. Educate prescribers on greater utilization of Michigan Automated Prescription System (MAPS)

Outcome Measures:

- Number of community and healthcare education sessions
- Number of participants of community and healthcare education sessions

Updates on all of these programs under the three priority areas will be provided quarterly to hospital leadership and the board of trustees.

OTHER NEEDS IDENTIFIED IN THE CHNA BUT NOT ADDRESSED IN THIS PLAN

ProMedica Monroe Regional Hospital will not address all of the needs identified in the most recently conducted Monroe County Health Needs Assessment as these areas either go beyond the scope of the hospital or may be addressed by, or with, other organizations in the community. To some extent limited resources do not allow hospitals to address all of the needs identified through the health assessment, but most importantly to prevent duplication of efforts and inefficient use of resources as many of these issues are addressed by other community agencies and coalitions across Monroe County that are listed in the table below. In some areas of identified need, ProMedica takes a system approach to addressing community health needs, to most efficiently use resources and to prevent duplication of services. Many health issues are addressed by physicians at a related patient visit.

Each of the health needs identified in the county assessment and listed below is important, with most issues being addressed by programs and initiatives within ProMedica, its hospitals and/or other community partners of the Hospital. Key health issues identified in the Monroe County Health Needs Assessment, and the organizations providing programming to improve these health issues include:

Health Issue (adult unless specified)	Organizations/Coalitions Addressing Needs (* indicates ProMedica collaboration and support)
Health Care Access	ProMedica Monroe Family Medicine Residency Center Family Medical Center of Michigan Monroe County Health Department United Way of Monroe County*
Cardiovascular Health	ProMedica Monroe Regional Hospital Monroe County Health Department American Heart Association*
Cancer	ProMedica Monroe Regional Hospital

	American Cancer Society*
Diabetes	ProMedica Monroe Regional Hospital Monroe County Health Department
Arthritis	Area Agency on Aging Monroe Family YMCA
Asthma	ProMedica Monroe Regional Hospital American Heart Association*
Obesity	Building Healthy Communities Coalition* Monroe County Health Department Monroe Family YMCA* Monroe County Opportunity Program
Tobacco Use	ProMedica Monroe Regional Hospital American Cancer Society* Monroe County Substance Abuse Coalition*
Alcohol and Drug Use	Monroe County Substance Abuse Coalition* Salvation Army Harbor Light Monroe Community Mental Health Authority Catholic Charities of Southeast Michigan Alcoholics Anonymous* Narcotics Anonymous*
Marijuana and Other Drug Use	Monroe County Substance Abuse Coalition*
Women's Health	ProMedica Monroe Regional Hospital Monroe County Health Department Susan G. Komen Foundation*
Men's Health	ProMedica Monroe Regional Hospital Family Medical Center of Michigan Monroe County Health Department
Preventative Medicine	ProMedica Monroe Family Medicine Residency Center Family Medical Center of Michigan Monroe County Health Department United Way of Monroe County*
Adult Sexual Behavior	Monroe County Health Department
Quality of Life	Multiple agencies and programs address related issues City of Monroe Parks and Recreation County of Monroe Parks and Recreation Great Start Collaborative of Monroe County*
Social Issues	Family Counseling and Shelter Services Catholic Charities of Southeast Michigan Michigan Works! Michigan Department of Health and Human Services Great Start Collaborative of Monroe County* Child Advocacy Network of Monroe County*
Mental Health	ProMedica Monroe Outpatient Behavioral Health ProMedica Monroe Regional Hospital Monroe Community Mental Health Authority Catholic Charities of Southeast Michigan

	Family Counseling and Shelter Services
Oral Health	Family Medical Center of Michigan Monroe County Health Department
Parenting	Catholic Charities of Southeast Michigan Family Counseling and Shelter Services Monroe County Health Department Great Start Collaborative of Monroe County*
Safe Driving – Adult & Youth	Paul’s Quality Collision Great Start Collaborative of Monroe County* Michigan State Police MSU Extension Monroe County Substance Abuse Coalition* Catholic Charities of Southeast Michigan
Youth Weight	Building Healthy Communities Coalition* Monroe County Intermediate School District
Youth Tobacco Use	Monroe County Substance Abuse Coalition*
Youth Alcohol Consumption	Monroe County Substance Abuse Coalition*
Youth Marijuana and Drug Use	Monroe County Substance Abuse Coalition* Community Foundation of Monroe County
Youth Sexual Behavior	Monroe County School Districts Monroe County Health Department
Youth Mental Health	ProMedica Monroe Outpatient Behavioral Health Monroe Community Mental Health Authority
Youth Safety and Violence	Family Counseling and Shelter Services of Monroe County Monroe County Intermediate School District Child Advocacy Network of Monroe County*

An asterisk (*) above indicates ProMedica participation with organizations addressing these health issues, that may include financial support, although may not be specific to ProMedica Monroe Regional Hospital. Note: other hospitals or organizations may also have programs to specifically address some of these health issues that may not be known at the time of this publication.

The Building Healthy Communities Coalition of Monroe County Community Health Improvement Workgroup, using the Monroe County Health Needs Assessment, prioritized several health issues identified in the Community Health Needs Assessment, determining that if these issues are addressed by multiple agencies and organizations over the next three years, they could promote healthier lifestyles and safer neighborhoods for all ages, reduce chronic health diseases, and improve several socioeconomic determinants of health for Monroe County residents.

This ProMedica Monroe Regional Hospital implementation plan was approved by the board of trustees on April 11, 2016.