

Morris Hospital & Healthcare Centers

Implementation Strategy



2013

Introduction

Morris Hospital & Healthcare Centers is a not-for-profit, 89-bed hospital located 55 miles southwest of Chicago in Grundy County, Illinois. Morris Hospital conducted a Community Health Needs Assessment (CHNA) in FY2013 to comply with federal regulations guiding tax exempt hospitals. This assessment incorporated components of primary data collection and secondary data analysis that focused on the health and social needs of the service area. It included collection and analysis of input from persons who represented the broad interests of the community served by the hospital, including those with special knowledge of public health.

Based on the results of the primary and secondary data collection and the examination of ambulatory care sensitive conditions, health needs were identified. Additionally, county public health plan priorities were considered as part of the prioritization process. The overarching health needs identified included:

- Access to care
- Chronic disease
- Overweight and obesity
- Health behaviors and prevention

Priority Health Needs

The health needs identified from the CHNA were prioritized through a structured process using defined criteria. The results of the priority setting resulted in the following priorities ranked in importance from 1 (most important) to 11 (least important).

1. Overweight/obesity
2. Cardiovascular disease
3. Access to mental health care
4. Diabetes
5. Cancer
6. Smoking
7. Pulmonary disease
8. Access to dental care
9. Access to primary health care
10. Lack of preventive screenings
11. Health and social services for seniors

This Implementation Strategy will describe Morris Hospital's programs and resources to address and respond to the health needs identified in the Community Health Needs

Assessment. Many of the identified programs and initiatives are planned and implemented in collaboration with community partners.

Overweight and Obesity

Goals

- 1) Improve knowledge and behavior for healthy eating and physical activity.
- 2) Support policies and environmental changes that promote healthy eating and increased physical activity.

Initiatives

- Fitness classes for seniors
- Increase access to healthy foods and beverages in schools and remove high caloric beverages from vending machines in schools
- Promote awareness of efforts in the community to improve healthy living through community radio spots, newspaper ads, and *Health Source* newsletter
- Initiate Healthy Lifestyle/Healthy Eating activity programs open to the community
- Establish a Morris Hospital garden. Use the harvest for cafeteria meals and have it open for public use
- Increase the number of healthy food choices in the Morris Hospital cafeteria

Chronic Disease

A number of the identified health needs (cardiovascular disease, diabetes, pulmonary, and cancer) are addressed through programs of outreach, education and screening for chronic diseases.

Goals

- 1) Improve community health through enhanced knowledge of chronic disease management.
- 2) Increase awareness of preventive strategies.

Initiatives

- Diabetes education, lectures and workshops
- Diabetes support groups
- Diabetes screenings
- Cardiac rehab support groups
- Cancer screenings: colorectal cancer, skin cancer, prostate cancer
- Peripheral vascular disease screenings
- Pulmonary education and pulmonary rehab
- Health Risk Assessments

Access to Care: Primary Health Care and Mental Health Care

Goals

- 1) Ensure access to health care services, including basic and preventive care especially for the uninsured and underinsured.
- 2) Support effective use of health insurance enrollment resources.
- 3) Promote free and low-cost health resources and services.
- 4) Improve access to primary care providers and specialty care providers through recruitment and use of Morris Hospital & Healthcare Centers.
- 5) Work toward a medical home model.

Initiatives

- Provide transportation vans to assist area residents to access care
- Plan to expand health care services in Coal City
- Continue to recruit primary care physicians, Physician Assistants, Nurse Practitioners, specialty care physicians to the area
- Discuss increasing the number of physicians and provider hours at the Will/Grundy Clinic in Grundy County
- Provide charity care medications for uninsured patients upon hospital discharge
- Participate in the annual Back to School Fair to increase outreach and awareness of health insurance and health care options
- Connect underinsured and uninsured residents with enrollment assistors
- Senior Health Insurance Program to help seniors with insurance information
- Support the Behavioral Health Alliance initiatives to provide community resources for those with mental health issues
- Explore the possibility of designating two multipurpose rooms to use as psych/mental health patient beds when needed
- Pilot embedding a Psych/Mental Health Nurse Practitioner in the Morris Hospital Healthcare Centers
- Provide outpatient mental health care for underinsured and uninsured patients
- Participate in the Mental Health Coalition
- Host community-based NAMI Support Groups and other group meetings that address addictions and mental health issues

Health Behaviors and Prevention

Goal

- 1) Improve community health by increasing prevention strategies.
- 2) Promote available community and hospital resources by increasing awareness of existing programs and services.

Initiatives

- Provide Lifeline Medical Alert services for low-income residents
- Offer in-home fall prevention education for seniors
- Provide smoking cessation counseling
- Offer a CPR class free of charge to the community in English and Spanish annually
- Provide influenza and pneumococcal vaccines to the community
- Deliver mobile meals to elderly residents who lack mobility
- At-home medication dispensers for seniors – programmable dispensers for scheduled medications, improves compliance
- Distribute Automatic External Defibrillators (AED) to area schools, sport facilities and other public venues through a grant program

Community Engagement

In an effort to inform and support the work of the priority health areas and to respond to recommendations from stakeholder interviews, community engagement has been included as part of our Implementation Strategy.

Goals

- 1) Work together with community partners to address community health needs.
- 2) Serve as a leader to guide community engagement.

Initiatives

- Work with school nurses and school clerks to identify the needs of children (e.g. asthma, diabetes, overweight) and develop strategies to address these needs
- Develop the Morris Hospital website to provide links to local healthy living resources and activities
- Offer educational opportunities for area children: Camp 911, Babysitter's Training, etc.
- Increase awareness of Hospital and community programs, services and health education through local media
- Continue to work with the Grundy County Health Department to promote the health of the community

Other Health Needs

Dental health was one need identified in the CHNA that was not selected as a priority health need and that Morris Hospital does not attend to actively address. Morris Hospital has chosen not to focus on dental health as the hospital does not have the existing infrastructure, identified organizational competencies or established partnerships that focus on dental health. Morris Hospital will continue to investigate opportunities to address dental health; however, the current focus of the hospital's charitable resources will be placed on the identified priority health needs.