

## IMPLEMENTATION PLANS

While an implementation plan was established in the hospital's 2019 CHNA report, Ochsner Watkins Hospital was unable to generate satisfactory responses in these areas. This is due to the hospital shifting its focus in 2019 – 2022 to meet the more pressing needs that arose from the COVID-19 pandemic.

As a result, the hospital has chosen to continue focusing on these areas noting that these issues are still prevalent as of 2022. Over the next three years, pending a surge in COVID-19 or a new public health emergency, Ochsner Watkins Hospital and its many community partners will concentrate their efforts into these areas:

### INITIATIVE 1: SAFETY

With emphasis on:

- ▲ Fall prevention with emphasis on senior population.
- ▲ Motor vehicle safety education at dangerous intersections as well as distraction i.e. texting, talking on phone and driving under the influence, for all age groups.
- ▲ 911 campaign for visible address signage throughout Clarke County.

### INITIATIVE 2: LIFESTYLES

Educating and encouraging healthier lifestyles in the rural south by incorporating better nutrition, as well as increasing daily exercise and activities. Watkins in collaboration with the local schools, fire departments, churches, law enforcement and the MSDH will place emphasis on:

- ▲ Education on nutrition and proper label reading.
- ▲ Blood pressure, resting pulse, and blood glucose screening.
- ▲ Proper warm ups and stretching to prevent injuries.
- ▲ Participate in community events while providing screenings and education.

### INITIATIVE 3: CANCER AWARENESS

Providing education and awareness for breast, bronchial/tracheal and prostate cancer in coalition with the American Cancer Society, the American Urological Association, and the Tobacco Coalition.

- ▲ Provide awareness on the dangers of vaping/smoking.
- ▲ Bring awareness to the life-saving potential of early prostate screening.
- ▲ Community outreach and education on early detection by implementing and promoting monthly self-breast exams and yearly mammograms.

The hospital wants the community to know that it takes all health needs within the community seriously. Unfortunately, the hospital is unable to address every health need noted over the course of the next three years covered within the current CHNA but plans to continue reviewing these needs and as resources become available in the future address them accordingly.

The implementation strategy associated with these health initiatives noted above will be developed over the coming months, submitted to the board of directors for approval, and then posted to the hospital's website by the due date of the 15<sup>th</sup> day of the fifth month after the end of the taxable year the CHNA is due with said due date being May 15<sup>th</sup>, 2023.

# CHNA Implementation Plan 2022

## Health and Wellness Initiatives of Ochsner Watkins Hospital

Over the next three years, Ochsner Watkins Hospital, in concert with its many community partners will focus its energy in these areas:

### INITIATIVE 1: SAFETY

#### Objective-

With emphasis on:

- Fall prevention with emphasis on senior population.
- Motor vehicle safety education at dangerous intersections as well as distraction i.e. texting, talking on phone and driving under the influence, for all age groups.
- 911 campaign for visible address signage throughout Clarke County.

#### Strategy-

##### 1. Fall Prevention

Ochsner Watkins to provide fall assessments on all hospital inpatient and provide a fall risk score. Discharge planning will work with patients to ensure they have proper fall prevention equipment available upon discharge from the hospital.

Ochsner Watkins to partner with local nursing home, assisted living facility and senior citizen community groups to provide ongoing education for fall prevention through live teaching and printed fall prevention information.

##### 2. Motor vehicle safety

Ochsner Watkins to partner with Clarke County Sheriff's Department to promote motor vehicle safety. Plan to develop a cooperative teaching plan for teenage drivers to be presented in the county

high schools, this will involve the hospital, Clarke County Sheriff's office, Paratech EMS and the Quitman and Enterprise School Districts.

### 3. 911 Address Signage

Will work with the Clarke County Emergency Management Services, Clarke County Board of Supervisors and the Clarke County Sheriff's Office (Dispatch) to develop a campaign consisting of informational materials and physical resources to ensure the county residences are clearly marked by proper E911 address.

## INITIATIVE 2: LIFESTYLES

### Objective-

Educating and encouraging healthier lifestyles in the rural south by incorporating better nutrition, as well as increasing daily exercise and activities. Ochsner Watkins in collaboration with the local schools, fire departments, churches, law enforcement and the MSDH will place emphasis on:

- Education on nutrition and proper label reading.
- Blood pressure, resting pulse, and blood glucose screening.
- Proper warm ups and stretching to prevent injuries.
- Participate in community events while providing screening and education.

### Strategy-

1. In partnership with Mississippi Department of Health Region II-East Central, Chamber of Commerce, Clarke County School

Districts and Hospital will develop a childhood Healthy Eating Educational program to be employed in the schools. This program will target middle school students at Quitman Middle School and Enterprise Middle School during the school year. And will work to develop a local Farmer's Market to promote and provide fresh fruits and vegetables for healthy diets.

2. Provide health screenings at selected County volunteer fire departments throughout the county. These screenings are to be planned quarterly.
3. Work with Quitman City Hall through Parks and Recreation to provide educational instruction, literature and signage on the proper warm-up and stretching routines required for a safe workout to prevent injuries. The Hospital plans to work with City Hall to develop the program materials with placement within the parks.
4. Provide screening and educational resources for local community events. (i.e. Annual Clarke County Forestry and Wildlife Festival) Ochsner Watkins provides a registered dietitian for nutrition counseling and consultations are available for inpatients and outpatients, for community clinical patients requiring professional nutritional care.

### INITIATIVE 3: CANCER AWARENESS

Providing education and awareness for breast, bronchial/tracheal and prostate cancer in coalition with the American Cancer Society, the American Urological Association, and the Tobacco Coalition.

- Provide awareness on the dangers of vaping/smoking.
- Bring awareness to the life-saving potential of early prostate screening.

- Community outreach and education on early detection by implementing and promoting monthly self-breast exams and yearly mammograms.

#### Strategy-

1. In partnership with the Clarke County School Districts and Mississippi State Department of Health – Region II, East Central district develop a “Dangers of Smoking/Vaping Program” targeted for middle school and junior high school students. In conjunction with our partners this program would be developed and would be implemented in the schools during the school year.
2. Ochsner Watkins and affiliated Clinics to work with Ochsner Rush Health System to promote through community outreach and educating the health benefits of early prostate screening and monthly self-breast exams and yearly mammograms. Ochsner Watkins will make literature available in the hospital and clinic waiting areas throughout the year and will annually have a full campaign during the national designated awareness months.