

# Implementation Plan

## Health and Wellness Initiatives of Scott Regional Hospital

### May 2017

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

#### **PRIORITY: Health Education**

Objective- Strengthen health education in the community with particular focus on Low Income Population and Hispanic Population.

Strategy-

- Scott Regional Hospital offers a financial assists program for those patients meeting the financial charity guidelines. These can be found on Rush's website.
- Scott Regional Hospital increases awareness of health related topics and health services by providing health fairs, lunch and learns, and in-services for the community.
- Working closely with other agencies in the area, Scott Regional Hospital is able to promote health and wellness to an array of people of diversity. Closely involved with the Morton Chamber of Commerce and City of Morton Healthy Hometown committee.
- Scott Regional Hospital participates in health fairs provided for employees of local industries and schools giving us the opportunity to promote health and wellness in the workplace.
- Scott Regional Hospital has a language line to assist with language barriers and hearing impaired patients and family members.

#### **PRIORITY: Lifestyle Improvements**

Objective- Address lifestyle related health problems through education and cultural change. Focus will be on Obesity, Diabetes and Hypertension

Strategy-

- Scott Regional Hospital has started a multiple disciplinary rounding with our MD, Dietitian, Case Manager, DON and Charge Nurse to address any and all lifestyle improvements.
- Scott Regional Hospital distributes educational materials on obesity, diabetes, and hypertension at community, school, and industrial health fairs, as well as in-services and other community events.
- Scott Regional Hospital provides BMI screenings, glucose screenings, and blood pressure screenings at community, school, and industrial health fairs and community events.

- Scott Regional Hospital sponsors lunch & learns and in-services for the community, civic organizations, and church groups on obesity, diabetes, hypertension and other health topics.
- Scott Regional Hospital provides to our inpatient patients educational materials and instruction from nursing staff on obesity, diabetes, hypertension, and other health topics that apply to the patient.
- Scott Regional Hospital has a registered dietitian for nutrition counseling. Consultations are available for inpatient.
- Scott Regional Hospital participates in the 340B program which allows patients to get prescription medications at a discounted price at local pharmacies.
- Scott Regional Hospital participates in the STEMI (Segment Elevation Myocardial Infarction) program for early identification of MIs.

**PRIORITY: Children’s Health**

Objective- Create a systematic approach to improving the health of the children of the community with particular emphasis on the low income and Hispanic populations. The approach will include vaccinations, screenings, nutrition, physical activities and health education.

Strategy-

- Vaccinations – Our three rural clinics in Scott County participate in the Early Periodic Screening, Diagnosis, and Treatment (EPSDT) Program, the child component of Medicaid.
- Scott Regional Hospital will work within the school system to provide education program and events.
- Scott Regional Hospital provides pediatric patients and their family information on diagnosis, medications, and activities of daily living.
- Scott Regional Hospital’s physical therapist works with the Morton High School Athletic Program to provides education and awareness on healthy living, proper exercise, and prevention of sports related injuries.

**PRIORITY: Teen Pregnancy**

Objective- Create effective programs to address teen pregnancy and prenatal care for young mothers.

Strategy-

- Nurse Midwifery services are available at Clark Medical Clinic providing education, counseling and prenatal care.
- Scott Regional Hospital will strive to work closer with the Center of Hope Pregnancy Resource Center in Forest. The center provides support for women in need of pregnancy related resources.
- Work with our county health department on education and services.

**PRIORITY: Community Collaborations**

Objective: Enhance the focus and activities of the CHNA Community Focus Group. Utilize this group to continue dialogue regarding Mental Health Needs with emphasis on youth and elderly, Mental Health Access and Placement, Accident Prevention with emphasis on Motor Vehicle Accidents, and Education on Emergency Room Utilization

Strategy-

- Scott Regional Hospital provides community-based outpatient psychiatric care through the Senior Care Intensive Outpatient Therapy Program for senior adults, ages 55 and older. The program has two locations, conveniently located in Morton and Forest. The program provides treatment for patients suffering from depression, anxiety and grief. A physician's referral is not required. Free transportation is provided to patients that need it.
- Mental health programs are presented by the Senior Care staffs to civic organizations, church groups, and people in the community needing to learn more about mental health issues.
- Scott Regional Hospital will work closer with Weems Community Mental Health on different programs and events.
- SRH Staff is planning to participate in a seat-belt check with local PD
- Work closely with the Scott County Local Emergency Planning Committee to educate the public on reducing vehicular accidents and the importance of wearing seatbelts.
- Education provided by our nursing staff at health fairs and other events on how to utilize our Emergency Room versus the clinics.