

ST. LUKE'S HOSPITAL

COMMUNITY HEALTH NEEDS ASSESSMENT and IMPLEMENTATION PLAN 2017 – 2019

**Approved at the St. Luke's Hospital Board of Directors' Meeting,
December 14, 2016**

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EXECUTIVE SUMMARY

St. Luke’s Hospital is a committed healthcare resource in the northwest Ohio and southeast Michigan community, providing not only acute care and emergency services, but specialty medical and surgical health services to patients, regardless of ability to pay. St. Luke’s mission is to provide exceptional care for our community, inspire hope and promote wellness.

St. Luke’s Hospital conducted and adopted the current community health needs assessment (CHNA) in 2016. St. Luke’s Hospital participated in the 2015/2016 Lucas County Needs Assessment which included child, adolescent and adult data. Following the formal county assessment survey process, multiple community organizations collaborated to develop a prioritized strategic plan for Lucas County, with St. Luke’s Hospital represented on these community strategic planning groups. (A resource assessment was compiled as part of this process.)

Following the Lucas County strategic planning process St. Luke’s Hospital convened a CHNA committee to review this county plan 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. Strategic plans were developed with feedback from key community stakeholders (primarily from hospital Board committees), to confirm these needs from a community perspective.

St. Luke’s Hospital will specifically implement programs to address the following health needs and priorities:

Cardiovascular Health – Stroke

Cancer Programs/ Screenings – Skin, Oral, and/ or Breast

Age/ Geriatric–related Initiatives – Nutrition, Dementia, and/ or Fall Prevention

Tobacco Use Prevention and Treatment

Diabetes

The hospital expanded the resource assessment developed at the county level to evaluate any gaps in services to address key health issues. St. Luke’s Hospital’s CHNA may be accessed at www.stlukeshospital.com

IMPLEMENTATION PLAN

The board of directors of St. Luke's Hospital has determined that the following health needs identified in the CHNA, should be addressed through the implementation strategy noted for each need. Emphasis will be placed on serving underserved, low income and minority populations, in an effort to reduce current disparities.

1. Cardiovascular Health – Stroke

Specific Needs Identified in Lucas County CHNA:

- Heart disease (28%) and stroke (6%) accounted for 34% of all Lucas County adult deaths from 2006 – 2008. Hypertension, as a precursor to stroke, and stroke are identified as statistically significant occurrences in the Lucas County population. The outcome of delayed treatment may result in life-long impairment or death.
- 37% of Lucas County adults had been diagnosed with high blood pressure, 25% had high cholesterol, 36% were obese and 19% were smokers, four known risk factors for heart disease and stroke.

Key Objective: Increase education and prevention regarding early stroke recognition within the community, and enhance St. Luke's capabilities for treating stroke patients.

Implementation Strategies:

Year one (2017)

1. Provide ongoing education for Emergency Department Physicians and Nurses, Intensive Care Center nurses, and Hospitalists to improve "Door to Needle" (t-PA) times which in turn will improve patient outcomes.
2. Investigate the feasibility of conducting follow-up phone calls on St. Luke's stroke patients. If feasible, implement the phone calls.
3. Conduct multiple blood pressure screenings at St. Luke's Hospital or at service area senior centers.
4. Educate the community about stroke recognition and early action minimizing brain damage. If possible, collaborate with local EMS providers to educate the community.

Year two (2018):

1. Implement discharge follow-up phone calls specific to stroke patients to assess St. Luke's quality of stroke care.
2. Conduct multiple blood pressure screenings at St. Luke's Hospital or at service area senior centers.
3. Educate the community about stroke recognition and early action minimizing brain damage. When indicated, collaborate with local EMS providers to educate the community.

Year three (2019)

1. Provide ongoing education for Emergency Department Physicians and Nurses, Intensive Care Center nurses, and Hospitalists to improve “Door to Needle” (t-PA) times which in turn will improve patient outcomes.
2. Conduct multiple blood pressure screenings at St. Luke’s Hospital or at service area senior centers.
3. Educate the community about stroke recognition and early action minimizing brain damage. When indicated, collaborate with local EMS providers to educate the community.

Outcome Measures:

- Number of blood pressure screening events and participants.
- Number of hospitalized patients receiving education.
- Number of community educational sessions.
- Number of healthcare professionals receiving education.

2. Cancer Programs/ Screenings – Skin, Oral, and/ or Breast

Specific Needs Identified in Lucas County CHNA:

- In 2014, 10% of Lucas County adults had been diagnosed with cancer at some time in their life. From 2000 – 2008, a total of 8889 Lucas County residents died from cancer, the second leading cause of death in the county.
- Melanoma (23%) and other skin cancers (28%) are the leading type of cancers diagnosed in Lucas County, and the percent of deaths 2000 and 2008 was 1%.
- Cancer deaths in Lucas County from 2000 – 2008 for breast and oral (including lip and pharynx) were 644 (7%) and 178 (2%), respectively.
- 34% of adults ages 65+ reported not visiting a dentist in the past year.

Key Objective: Increase community awareness and prevention regarding the importance of specific cancer screenings, including skin, oral and breast.

Implementation Strategies:

Year one (2017)

1. Implement and roll out a Low Dose C.T. screening program for lung cancer.
2. Conduct a free skin cancer screening in the St. Luke’s service area.
3. Conduct a public educational session regarding breast cancer prevention and treatment.

Year two (2018)

1. Conduct a free skin cancer screening or oral cancer screening in St. Luke’s service area.
2. Conduct a free breast cancer screening in St. Luke’s service area.
3. Conduct a public educational session regarding cancer prevention and treatment.

Year three (2019)

1. Conduct a free skin cancer screening, breast cancer screening and/ or oral cancer screening in St. Luke's service area.
2. Conduct a public educational session regarding cancer prevention and treatment.

Outcome Measures:

- Number of educational sessions. Number of screening events held.
- Number of participants.

3. Age/ Geriatric-related Initiatives – Nutrition, Dementia and/ or Fall Prevention

Specific Needs Identified in the Lucas County CHNA:

- According to the 2009 Behavioral Risk Factor Surveillance System (BRFSS), only 21% of Ohio adults were eating the recommended number of servings of fruits and vegetables. 14% of adults in Lucas County were concerned about having enough food for themselves and their family, increasing to 36% of those with incomes less than \$25,000.
- 37% of adult respondents to the Lucas County Health Assessment survey indicated that their mental health was not good in the past 30 days (of the survey).
- Alzheimer's disease is the sixth leading cause of death in Lucas County.
- 12% of Lucas County adults 65 & over reported that they felt sad, blue or depressed for two or more weeks in a row in the past year.

Key Objective: Increase community and hospital staff awareness of nutritional, mental, and balance (fall prevention) challenges faced by an ever-increasing elderly population.

Implementation Strategies:

Year one (2017)

1. Provide nutritional, memory and/ or fall prevention education at the St. Luke's annual senior service event.
2. Provide nutritional, memory and/ or fall prevention education at the quarterly St. Luke's Lunch 'n Learn senior programs.
3. Collect donated non-perishable food items and distribute to local food pantries.
4. Investigate food distribution program in conjunction with Maumee Senior Center.

Year two (2018)

1. Provide nutritional, memory and/ or fall prevention education at the St. Luke's annual senior service event.
2. Provide nutritional, memory and/ or fall prevention education at the monthly St. Luke's Lunch 'n Learn programs.
3. Collect donated non-perishable food items and distribute to local food pantries.

4. Continue investigating (and implementing) food distribution program with Maumee Senior Center

Year three (2019)

1. Continue to implement the age/ geriatric-related nutrition, memory, and balance issue action plans.

Outcomes Measured:

- Number of educational sessions
- Number of patients, family members and/ or hospital staff educated
- Number of screening events/ participants
- Amount of food donated

4. Tobacco Use Prevention and Treatment

Specific Needs Identified in the Lucas County CHNA:

- In 2014, 19% of Lucas County adults were current smokers, and 74% tried to quit smoking. Adults used chewing tobacco, snuff, or snus: everyday (1%), some days (2%), or not at all (97%)
- From 2006 – 2008, Lucas County’s age-adjusted mortality rate for chronic lower respiratory disease was higher (60/ 100,000) than the Ohio rate (51/ 100,000).
- Chronic lower respiratory disease is the third leading cause of death in Lucas County and in Ohio.
- Chronic Obstructive Pulmonary Disorder (COPD) is a disease that over time makes it harder to breathe. COPD can cause large amounts of mucus, wheezing, shortness of breath, chest tightness, and other symptoms. Smoking is the main cause of COPD.

Key Objective: Increase community awareness and prevention regarding tobacco use and tobacco-related diseases.

Implementation Strategies:

Year one (2017)

1. Conduct peak flow/ pulmonary function screenings at a St. Luke’s Hospital-sponsored senior event.
2. Continue St. Luke’s pulmonary rehab program.
3. Sponsor/ conduct a St. Luke’s free pulmonary support group among St. Luke’s patients and community members.
4. Provide tobacco cessation education to “self-identified” inpatients.
5. Provide tobacco cessation education to individuals and groups on an outpatient basis.
6. Provide free alternative-to-suspension services, and tobacco education services to local/ area schools.

7. Investigate the Ottawa Model for tobacco cessation and, if feasible, implement.

Year two (2018)

1. Conduct peak flow/ pulmonary function screenings at a St. Luke's Hospital-sponsored senior event.
2. Provide educational materials to patients who have been diagnosed with COPD.
3. Continue St. Luke's pulmonary rehab program.
4. Sponsor/ conduct a St. Luke's free pulmonary support group among St. Luke's patients and community members.
5. Provide tobacco cessation education to "self-identified" inpatients.
6. Continue participation in the Northwest Ohio Tobacco Prevention Coalition.

Year three (2019)

1. Conduct peak flow/ pulmonary function screening at a St. Luke's Hospital-sponsored senior event.
2. Provide educational materials to patients who have been diagnosed with COPD.
3. Continue St. Luke's pulmonary rehab program.
4. Sponsor/ conduct a St. Luke's a free pulmonary support group among St. Luke's patients and community members.
5. Provide tobacco cessation education to "self-identified" inpatients.
6. Raise awareness among the area's physician offices regarding COPD by providing educational materials.

Outcomes Measured:

- Number of screening events.
- Number of participants screened.
- Number of patients educated.
- Number of educational sessions.

5. Diabetes

Specific Needs Identified in the Lucas County CHNA:

- In 2014, 15% of Lucas County adults had been diagnosed with diabetes.
- The 2011 health assessment project identified that 13% of Lucas County adults had been diagnosed with diabetes, increasing to 24% of those over the age of 65.
- More than two-fifths (43%) of adults with diabetes rated their health as fair or poor.
- Lucas County adults diagnosed with diabetes had one or more of the following characteristics or conditions: 90% were obese or overweight; 71% had been diagnosed with high blood pressure; 48% had been diagnosed with high blood cholesterol.

Key Objective: Increase community awareness and prevention of diabetes.

Implementation Strategies:

Year one (2017)

1. Conduct a blood glucose (sugar) screening at a St. Luke's sponsored senior event.
2. Continue to provide individual and group patient education at the St. Luke's Diabetes Care Center.
3. Conduct diabetes educational sessions at St. Luke's senior events or service area senior centers.
4. Conduct a monthly support group for diabetic patients and family members.
5. Investigate adding a nutritional program and/ or vision services to the St. Luke's Diabetes Care Center and, if feasible, implement.
6. Investigate adding a cooking demonstration service and, if feasible, implement.

Year two (2018)

1. Conduct a blood glucose (sugar) screening at a St. Luke's sponsored senior event.
2. Continue to provide individual and group patient education at the St. Luke's Diabetes Care Center.
3. Conduct diabetes educational sessions at St. Luke's senior events or service area senior centers.
4. Conduct a monthly support group for diabetic patients and family members.
5. Investigate adding a group exercise program and, if feasible, implement.

Year three (2019)

1. Conduct a blood glucose (sugar) screening at a St. Luke's sponsored senior event.
2. Continue to provide individual and group patient education at the St. Luke's Diabetes Care Center.
3. Conduct diabetes educational sessions at St. Luke's senior events or service area senior centers.
4. Conduct a monthly support group for diabetic patients and family members.

Outcomes Measured:

- Number of glucose screening events and participants.
- Number of diabetic patients (and family members) receiving education.
- Number of community educational sessions.
- Number of participants in each community educational session.

Updates on all of these programs under the five priority areas will be provided annually to hospital leadership and the board of directors.

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

Through the Lucas County Resource Assessment Workgroup, the following areas were identified as not having specific programs identified in the community: work assistance for the unemployed, underage drinking, binge drinking, prescription drug use and misuse, youth carrying weapons, youth involved in physical fights, youth who purposefully hurt themselves, youth violence at school, youth violence in neighborhoods, youth marijuana use, delaying first sexual intercourse, prevention/intervention for violence in neighborhoods.

St. Luke’s Hospital will not address all of the needs identified in the most recently conducted Lucas 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 Lucas County that is listed in the table below. In some areas of identified need, St. Luke’s 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 by other health systems or community partners. Key health issues identified in the Lucas 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	Toledo Lucas County Commission on Minority Health* Toledo Lucas County CareNet*
Cardiovascular Health	American Heart Association* ProMedica, Mercy, U.T.
Cancer	American Cancer Association* ProMedica Cancer Institute, Mercy, U.T.
Diabetes	Juvenile Diabetes Research Foundation* ProMedica, Mercy, U.T.
Arthritis	Arthritis Foundation
Asthma	American Lung Association
Obesity	ProMedica Health System, Mercy Live Well Toledo* Toledo Lucas County Health Department – Healthy Youth and Families Coalition
Tobacco Use	Lucas County Tobacco Coalition*
Alcohol and Drug Use	Lucas County Mental Health and Recovery Services Board*
Women’s Health	Susan G. Komen Foundation*

	ProMedica Cancer Institute, Mercy
Men's Health	ProMedica Cancer Institute, Mercy
Preventive Medicine	Toledo Lucas County Health Department
Adult Sexual Behavior	Toledo Lucas County Health Department
Adult Pregnancy	Pathways*
Quality of Life	Multiple agencies and programs address related issues
Social Issues	United Pastors for Social Empowerment*
Mental Health	ProMedica Flower Hospital ProMedica Toledo Hospital Mercy, U.T. NAMI
Oral Health	Toledo Lucas County Health Department Dental Center of Northwest Ohio* Toledo Lucas County CareNet*
Minority Health	Toledo Lucas County Commission on Minority Health
Youth Weight	Live Well Toledo
Youth Tobacco Use	Substance Abuse Intervention League (SAIL) Sylvania Community Action Team* Lucas County Tobacco Coalition*
Youth Alcohol and Drug Use	Substance Abuse Intervention League (SAIL)*
Youth Sexual Behavior	Youth Advocacy Alliance
Youth Mental Health	Foundation for Healthier Communities
Youth Safety and Violence	Local Police Departments
Children's Health Status	Toledo Lucas County Health Dept. ProMedica Toledo Children's Hospital Mercy Children's Hospital
Children's Health Access	Toledo Lucas County Health Dept.
Early (Ages 0-5) Childhood Health	Healthy Lucas County Early Childhood Task Force Read for Literacy – Creating Young Readers*
Middle (Ages 6-11) Childhood Health	Partners in Education* Live Well Toledo* Dental Center of Northwest Ohio Toledo Lucas County Health Department
Family Functioning/Neighborhoods	Live Well Toledo
Parent Health	Live Well Toledo

An asterisk (*) above indicates St. Luke's participation with organizations addressing these health issues, that may include financial support, although may not be specific to St. Luke's 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 Lucas County Health Strategic Planning Committee, using the Lucas 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 Lucas County residents.

As previously stated, in some areas of identified need, St. Luke's Hospital is already taking a system approach to addressing these community health needs, to most efficiently use resources and to prevent duplication of services, but in some areas of need St. Luke's Hospital is not engaged in programs outside of related visits to our hospital or physician offices. This St. Luke's Hospital implementation plan was approved by the Board of Directors on December 14, 2016.