

COMMUNITY HEALTH PLAN

Improvement | Implementation

To successfully make our community healthier, it is necessary to have a collaborative venture which brings together all of the care providers, citizens, government, schools, churches, not-for-profit organizations and business and industry around an effective plan of action. SMH has selected key elements of the assessment to address, as set forth in the attached Implementation Plan, and encourages other organizations in the community to do the same.

Based on input from the prioritization at the Community Summit, Saline Memorial Hospital (SMH) has selected three (3) corresponding significant health needs from the CHNA.

DIABETES AND OTHER CHRONIC DISEASES (COPD, HYPERTENSION)

1. SMH continues to host monthly diabetes support group meetings that are free and open to the public. SMH also hosts an annual Diabetes Health Fair every November and invite the community in for free health screenings, cooking demos and education. SMH dieticians also provide diabetic counseling to all of our patients. SMH's acute rehabilitation representatives visit the Bryant Senior Center each month and provide free screenings to their members in hopes of catching pre-hypertension.
2. SMH was the first hospital in Arkansas to implement a COPD clinic. SMH partners with community physicians to diagnose and treat COPD. The SMH clinic provides testing, stages the severity of COPD, and makes recommendations for medications and further diagnostic testing (high resolution CT scan to rule out Bronchiectasis) as well as makes recommendations for Pulmonary Rehab (SMH Physical Therapy).

Anticipated impacts include:

- Reduce COPD 30 day readmit rate.
- Improve COPD patients' quality of life.
- SMH is in the process of recruiting the community's first Pulmonologist
- SMH has partnered with home care providers/durable medical equipment companies which supply home respiratory equipment and supplies. These companies mention SMH COPD clinic to local PCP's and remind them of our services in order to reach more community members in need.
- While attending the last CHNA Summit, SMH manager of cardiopulmonary, spoke with Dr. Nate Smith, Arkansas Department of Health Director and Health Officer and subsequently setup a meeting with the Chief Medical Officer, Dr. Wheeler, and everyone involved with "lung health". SMH manager of cardiopulmonary has been active in the Arkansas Society for Respiratory Care for 20 years and invited key board members to enhance networking. Meetings continue with the goal of decreasing incidence of lung disease.

- SMH Manager of Cardiopulmonary also joined “Smoke free Little Rock” which will roll into smoke free Saline County—Saline County would be the first county in the state. SMH Manager of Cardiopulmonary has partnered with the American Lung Association and American Heart Association *to do what?*.
- SMH plans to hire a Respiratory Therapist which would function as a Pulmonary Navigator, similar to case manager to serve as a liaison between the patient and the physician—ensuring the appropriate therapy is initiated including medication adjustments.

MENTAL HEALTH - ABUSE, SUICIDE PREVENTION

1. Hospital representatives increase awareness of our facility's mental health services that address abuse and suicide prevention with hand-outs, fact sheets, emails, website info, social media, etc.
2. SMH team meets face to face with referral sources and shares specific information regarding “Possible Warning Signs for Abuse and Suicide,” “Statistics Regarding Abuse and Suicide,” and “What To Do If You Are Worried About Someone At Risk for Abuse or Suicide.”
3. SMH participates in Health Fairs in hospitals, senior centers, community centers, churches, etc. to share above information with members of our community.
4. SMH staff provides Lunch and Learn events for healthcare professionals to attend and acquire continuing education units regarding various health needs including abuse and suicide prevention.
5. SMH provides In-services to other facilities regarding various health needs (to employees at nursing homes, assisted living facilities, etc.; to senior citizens at senior centers, independent retirement communities, etc.)
6. SMH provides professional and confidential screenings to individuals at hospitals, health fairs, etc. This is in collaboration with therapists from Counseling Clinic, Inc.
7. SMH provides resource information regarding follow up outpatient therapy clinics available in our area.

The anticipated impact of the above actions is rebuilding human lives one by one. Saline Memorial Behavioral Health is dedicated to assisting adults in remaining healthy and vital with their families and in their community.

OBESITY

1. In 2015, SMH hired a new bariatric coordinator and bariatric dietician. Together, they host weekly support group sessions that are open to the public as well as our weight loss patients. These are promoted in the local paper as well as on social media.
2. These are promoted in the local paper as well as on social media. They also host quarterly (much larger) support group meetings and invite speakers and have activities.
3. The hospital also invested in product and equipment to be able to perform the Orbera intragastric balloon procedure. Dr. Rex Luttrell, the Medical Director of our Bariatric program, was the first physician in Arkansas to perform the procedure in 2015. This provides obese patients with a non-surgical, less expensive option to enhance weight loss and quality of life.
4. SMH hired and recruited a second bariatric surgeon, Dr. Kristin Patton, who will provide advanced, local surgical options. She started March 1, 2016.
5. Both surgeons host monthly seminars that are free, open and advertised to the public. SMH also offers

- an online chat tool for people interested in talking to a weight loss specialist after hours.
6. In an effort to encourage health among our own, the hospital worked with a vendor to purchase fitbits at a discounted price for our co-workers. Co-workers were allowed to payroll deduct the fitbits and over 200 co-workers took advantage of it.
 7. We are in the process of receiving a master plan for improving the front entrance of our hospital. That plan will include beautifying the landscape and building a walking track—to provide a place for our co-workers to exercise at their convenience.
 8. SMH's Bariatric Coordinator and Dietitian speak at local schools and Boys and Girls Clubs to encourage good nutrition and food choices.

SMH does not intend to meet the following significant health needs due to lack of financial resources and expertise in these areas:

- Adverse Childhood Experiences
- Substance abuse – adult and teen Physical Activity (4)
- Physical Activity
- Smoking
- Access, particularly affordable health insurance and Medicaid population access to providers

SMH has not addressed adverse childhood experiences, substance abuse, physical activity or smoking/tobacco use to their fullest extent due to a lack of resources. However, we continue to provide a free smoking cessation program to all of our patients and co-workers.

SMH will monitor the progress through the Hospital's Executive Team and will annually report the progress to their Board and the community.

The Saline Memorial Hospital board of directors approved this assessment and the hospital's implementation plan on March 27, 2016.