

Community Health Needs Assessment Implementation Plan

2019

➤ Hedrick Medical Center



I. Introduction

Hedrick Medical Center is a regional health care facility located in Chillicothe, Missouri, providing state-of-the-art health care to patients in Livingston County and an eight-county region of North Central Missouri. A city-owned, not-for-profit Critical Access Hospital, Hedrick Medical Center is the only Joint Commission accredited hospital in north central Missouri. The second-oldest facility in Saint Luke's Health System, Hedrick Medical Center was founded in 1888 as St. Mary's Hospital. In 2014 Hedrick Medical Center opened a new state-of-the-art health care facility which includes an Emergency Department, Maternity Unit, and 21 private inpatient rooms as well as an adjacent physician office building and Women's Center.

Mission: Hedrick Medical Center is a member of Saint Luke's Health System. As a faith-based community hospital, Hedrick's mission is to enhance the physical, mental, and spiritual health of the patients it serves. As part of Saint Luke's, Hedrick partners with patients, physicians, payers, employees, and the communities it serves to provide healthcare services.

Vision: The best place to get care. The best place to give care.

II. Purpose of the Implementation Plan

This Implementation Plan addresses the community health needs identified in the 2018 Community Health Needs Assessment (CHNA) prepared for Hedrick Medical Center. This Plan serves as Hedrick Medical Center's implementation strategy for meeting those needs including setting the goals and objectives for providing community benefits. The Plan also meets the requirements for community benefit planning as set forth in federal law, including but not limited to The Patient Protection and Affordable Care Act of 2010.

III. How the Implementation Plan Was Developed

This Implementation Plan was developed based on the findings established in the Community Health Needs Assessment (CHNA) prepared for Hedrick Medical Center, as well as through a review of existing community benefit activities.

IV. Community Health Needs

Hedrick Medical Center undertook a structured approach to determine health needs including analysis of public health data, interviews with health care professionals, and input from community members. The Community Health Needs Assessment identified three major health needs:

- Behavioral Health Care
- Increased Access to Physical Activity and Nutrition
- Tobacco Cessation

V. What Hedrick Medical Center Will Do to Address Priority Needs

1. Behavioral Health Care

Livingston County continues to be above the national benchmark in regard to the number of poor mental health days reported.

Livingston County is significantly lacking in mental health providers for their community compared to the state of Missouri. Mental health providers include psychiatrists, clinical psychologists, clinical social workers, psychiatric nurse specialists, and marriage/family therapists who meet certain qualifications and certifications.

Implementation Strategies

Hedrick Medical Center and Saint Luke's Health System are committed to maintaining behavioral health services while expanding services to additional communities via psychiatric telemedicine outreach. Hedrick Medical Center will provide the following services dedicated to behavioral health:

Milestone / Sub-Activity	Description	Measures	Start Date	Expected End Date
1	Behavioral Health Care			
1.1	Goal: Improve Access to Mental Health Services			
1.1.1	Hedrick Medical Center currently employs a Psychiatric Mental Health Clinical Nurse Specialist (PMHCNS) who comes to Hedrick once a week via the tele-health program to treat patients with mental health needs. In addition to the weekly visits the specialist is also creating specific days to see new patients only.	Number of patient visits	1/1/2019	12/31/2021
1.1.2	Hedrick Medical Center will continue to offer a range of mental health services, including specialist and Tele-health services	Amount of services	1/1/2019	12/31/2021
1.1.3	Hedrick also provides a mental health evaluation for patients who present themselves to the Emergency Department with psychological concerns or self-inflicted injuries.	Number of evaluations	1/1/2019	12/31/2021
1.1.4	Hedrick Medical Center will start screening patients for Social Determinants of Health and connecting patients to valuable community resources that are outside the scope of the hospital's capacity.	Number of patients referred, Number of patients that completed the referral	1/1/2020	12/31/2021
1.1.5	Hedrick Medical Center will start connecting qualifying patients with Senior Life Solutions, which is a Geriatric Intensive outpatient group counseling program.	Number of patients referred, Number of patients that completed the referral	1/1/2019	12/31/2021
1.1.6	Saint Luke's Health System will continue to advocate on key health policy issues at the state and national level involving access to behavioral health services, especially for the low-income populations.	On-going advocacy efforts	1/1/2019	12/31/2021
1.1.7	Hedrick Medical Center will continue to be involved in and support a community Mental Health Coalition.	Number of meetings attended, number of initiatives created from this coalition	1/1/2019	12/31/2021
1.1.8	Hedrick Medical Center will help facilitate the Trauma Smart training for staff members of the local schools.	Number of School staff trained	1/1/2019	12/31/2021
1.2	Goal: Reduce Substance Abuse in Livingston County			
1.2.1	To help reduce substance abuse in the area, Hedrick Medical Center is involved in the Opioid Limitation program that will restrict the amount of opioids that are prescribed to any patient at a given time.	On-going participation in the program	1/1/2019	12/31/2021
1.2.2	Saint Luke's Health System will continue to advocate on key health policy issues at the state and national level, including Medicaid reform, access to care, and health care financing for the low-income population.	On-going advocacy efforts	1/1/2019	12/31/2021

2. Increased Access to Physical Activity and Nutrition

Adult obesity is becoming an epidemic in the U.S. and increases the risk for countless health conditions. Obesity is an energy imbalance due to a lack of physical activity combined with a poor diet. Obesity can ultimately lead to the following: coronary heart disease, Type 2 diabetes, cancer, hypertension, stroke, gall bladder disorders, respiratory problems, and osteoarthritis.

Implementation Strategies

Hedrick Medical Center will work to increase access to physical activity and nutrition in Livingston County by implementing the following strategies:

Milestone / Sub-Activity	Description	Measures	Start Date	Expected End Date
2	Physical Activity and Nutrition			
2.1	Reduce Obesity in Livingston County			
2.1.1	HMC will continue to offer free access to the walking paths in the healing gardens which are available to all community members.	Continued access available.	1/1/2019	12/31/2021
2.1.2	HMC offers free sports physicals to high school athletes in the community	Number of free physicals completed	1/1/2019	12/31/2021
2.1.3	Hedrick Medical Center will offer more healthy options in the hospital cafeteria that is utilized by the general public.	On-going Initiative. Healthy food options available.	1/1/2019	12/31/2021
2.1.4	Develop a speaker's bureau in collaboration with Livingston County Health Center to present obesity-related topics 6 times a year	Bureau created. 6 speaking events presented to the community each year.	1/1/2019	12/31/2021
2.1.5	Partner with the Livingston County Health Center to provide more exercise opportunities within the community.	Number of exercise opportunities provided.	1/1/2019	12/31/2021
2.1.6	Hedrick Medical Center will offer quarterly Lunch and Learns relating to wellness and obesity reduction.	4 lunch and learned scheduled and completed.	1/1/2019	12/31/2021
2.1.7	Continue participation in the Community Wellness Committee sponsored by the Livingston County Health Center	Number of meetings actively attended.	1/1/2019	12/31/2021
2.2	Reduce Food Insecurity in Livingston County			
2.2.1	Staff at Hedrick Medical Center hold an annual food drive for community members in need of healthy food	Amount of food collected	1/1/2019	12/31/2021
2.2.2	Hedrick Medical Center will continue to support Meals On Wheels for the Livingston County area.	Number of meals delivered	1/1/2019	12/31/2021
2.2.3	Hedrick Medical Center will start screening patients for food insecurity and refer them to the appropriate community resources .	Screening implemented. Number of patients screened. Number of patients that complete referrals.	1/1/2019	12/31/2021

3. Tobacco Cessation

Smoking remains the leading preventable cause of premature disease and death in the United States. As noted in the Community Health Needs Assessment, 2016 data showed that approximately 20 percent of the Livingston County adults self-reported smoking cigarettes some days or every day. This was slightly lower than the state average of 22.6 percent, and significantly higher than the top national performers of 14 percent.

Hedrick Medical Center has and will continue to be a non-smoking campus.

Implementation Strategies

Hedrick Medical Center is committed to promoting tobacco cessation in Livingston County by implementing the following strategies:

Milestone / Sub-Activity	Description	Measures	Start Date	Expected End Date
3	Tobacco Cessation			
3.1	Decrease the amount of tobacco utilizers in Livingston County			
3.1.1	Partner with the Livingston County Health Center to provide Tobacco Cessation classes available to the community.	Number of classes offered.	1/1/2019	12/31/2021
3.1.2	Provide a speaker to the created Bureau about smoking cessation and avoidance.	Amount of speaker engagements.	1/1/2019	12/31/2021
3.1.3	Hedrick Medical Center will continue to educate patients about tobacco cessation options and benefits.	Number of patients where tobacco cessation was discussed.	1/1/2019	12/31/2021
3.1.4	Collaborate with Livingston County Health Center to plan and execute a community activity for National Smoke-out Day.	Event planned and executed.	1/1/2019	12/31/2021
3.2	Decrease the amount of future tobacco users in Livingston County			
3.2.1	The hospital supports community efforts to create non-smoking initiatives in public places	On-going advocacy efforts	1/1/2019	12/31/2021
3.2.2	Collaborate with Livingston County Health Center to promote and pass Tobacco21 policies in the Livingston County area.	Number of municipalities that have passed Tobacco21 policies.	1/1/2019	12/31/2021

VI. Approval

The Hedrick Medical Center Board of Directors approved this Implementation Plan on October 25, 2018. This implementation plan specifies community health needs that Hedrick Medical Center has determined to meet in whole or in part and that are consistent with its mission. The Hedrick Medical Center Board of Directors reviews the Implementation Plan on an annual basis, and reserves the right to amend it as circumstances warrant.

› **Contact us**

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