

2019 Community Health Needs Assessment And Implementation Strategy

John Ed Chambers Memorial Hospital, Inc. with the assistance of BKD, LLP completed its Community Health Needs Assessment (CHNA) in June 2019. The CHNA is designed to reach broadly into the community and identify needs, gaps and barriers to health and health services. A committee of Chambers Memorial Hospital's upper management, public relations and nursing administration prioritized the health needs identified for our community through the CHNA. In addition, we identified the processes which we will need to employ to meet these health needs. The needs listed will be addressed in Chambers Hospital's Implementation Strategy for years 2019 through 2021, after which the next CHNA will be performed.

Community Partners:

Chambers Memorial Hospital believes that it is extremely important to work with other like-minded agencies and organizations to truly make a difference. By working together and effectively using limited resources Chambers Memorial Hospital can address more of the identified specific unmet community health needs as well as assist in improving the broader health needs of the community.

Below is a list of resources that will be considered throughout the Implementation Strategy time frame to help meet the needs to our community:

- . Local Health Departments
- . Local School Districts
- . Local Law Enforcement
- . Pinnacle EMS (local ambulance services)
- . Local Churches, Faith-Based Organizations
- . Local Counseling Services
- . Senior Citizen Center
- . Local School Administration

Results of Needs Assessment:

The 2019-2021 CHNA identified a number of unmet or partially met health needs throughout our service area. Analysis of the assessment data provided a means to evaluate and prioritize areas of greatest needs. As a result of the analysis obesity, health knowledge and education, mental health services, services to treat drug and alcohol abuse and children's health services were identified as the priority areas on which we will focus.

Goals: The goals for addressing each of the priority areas are the same but the strategies and objectives for each priority will differ according to need.

Goal 1: Prevention and/or reduction of risk factors.

Goal 2: Detection and treatment of risk factors.

Goal 3: Collaborate to enable programs that support prevention and management of risk factors.

Goal 4: Promote patient and community awareness education to improve self-management of chronic diseases.

Priority: Obesity

Obesity increases risks for morbidity and mortality of numerous medical conditions. Yell County has a 14% higher incident of Obesity than the National Benchmark and 5% higher than the State of Arkansas as a whole. We feel it is very important to bring this knowledge to the community when performing surveys and asking about obesity in Yell County as a large percentage of Yell County participants did not think Yell County had an obesity problem. We will continue to partner with and help sponsor Healthy Active Yell which meets with members of the community monthly to continue to increase awareness of this growing problem and work together to continue to educate and help Yell County to become healthier and more active. We have representation from all schools (students, teacher and nurses) in Yell County along with the Arkansas Dept. of Health and County Extension Services. Our group continues to be part of ArCOPs which is the Arkansas Coalition for Obesity Prevention. This partnership with ArCOPs helps us to assist residents of Yell County. We will also continue to partner with our schools, ADH, ArCOPs, County Extension and the Senior Citizen Center to continue to build a healthier and more active community.

Priority: Health Knowledge and Education

Knowledge is crucial to creating a healthier community. We have discovered through interviews and surveys that we have not been completely successful in getting the information to the citizens of Yell County. We feel it is necessary to direct the communities' attention to important healthcare topics in order to bring awareness of chronic illnesses that affect our health and the health of our loved ones. We plan to continue to get knowledge and education out by utilizing our local newspaper, by assigning nurse educator to update and keep educational material current on our facility website, through health fairs, the Senior Citizen Center, and through our schools and our local Faith-Based Organizations. We plan to provide education and material on topics such as family health, chronic diseases, preventative health, healthy eating through nutrition education, promotion of increased activity, and smoking cessation. We also plan to provide education and information on drug and alcohol abuse and treatment options. Information and education will be provided by nursing educator, DON, hospital nursing staff, home health nursing staff and our staff physicians. Our nurse practitioners will also be part of getting this knowledge and education to our community.

Priority: Mental Health Services

Chambers Memorial Hospital recognized the need for Mental Health Services through our inpatient and clinics. As a result, Chambers opened a 12 bed Adult Behavior Unit, Restorations, in July 2018. When the unit opened it was focused on adults 60 and greater but due to the need noted, the age limited was lowered in recent months. Restorations has added a Social Worker on staff for the Unit as well as a psychiatrist via tele med. Restorations is in the process of hiring a full time APRN with a specialty in psych. This APRN will be in house to round on patients and meet with the admitting physicians and the psychiatrist. This should be a great addition to the unit for our patients and employees. The unit has added a Community Education employee that visits nursing homes, hospitals, clinics and schools to get information and education out regarding mental health as well as to tell these agencies about our facility. The addition of the APRN will allow us to explore opportunities to improve outpatient psychiatric services.

Priority: Services to treat drug and alcohol abuse

Some of the issues for patients with drug and alcohol abuse may be handled by Behavioral Health as drug and alcohol abuse go hand in hand with mental health issues. We realize that it is important to educate the public as well as employees regarding signs and symptoms of drug and/or alcohol abuse. We feel it is also important to educate the community regarding prescription drugs and how they can become addicted to them. We are always taught to finish taking our prescriptions as prescribed but we feel education needs to be improved concerning prescription narcotics. We intend to use the local drug stores to help get this information out to the public and to be sure and hand out information regarding these types of prescriptions with the prescription during office visits or when being discharged from hospital or emergency room. We also discussed looking at the frequency of certain drugs being prescribed as the government is looking into this to some degree due to the opioid crisis. We feel it is important to look at alternatives to drug use. Yell County has a Drug Court which has helped some stay off of drugs. Plans to utilize local police for training as well as drug court for training on what happens when you are assigned to drug court. Yell County also has at least one AA meeting place. We believe increasing awareness to drug and alcohol abuse and being aware of what agency or facility to refer patients too as well as staying on top of what we and the state and government are doing to help control the opioid crisis will help to have a healthier community with regards to services for drug and alcohol abuse.

Priority: Children's Health Services

Children are the future of our community and it is important that our facility plays an active role in Children's Health Services. Children's Health Services is very important to the health of the children of our community. We have worked on this for the past 3 years and plan to continue and increase our efforts in this. Our facility continues to provide free physicals to all children involved in any type of sports for all schools on the West side of Yell County which encompasses three schools. We still have one car seat instructor working for our facility and plan to schedule a class to educate families on car seat safety and will look into getting at least one more instructor on board. We will also look into finding ways of receiving car seats to give to families in need upon completion of the car seat safety course. The facility continues to be involved in farm safety program that is held in May of each year and plan to continue to do this. This is aimed at 5th grade students from schools all over the county and hospital employees speak on first aide and provide each 5th grader with a first aid package as well as teaching material on safety. We realize that we have not met our goals on Children's Health Services and plan to step up our education to families on the importance of preventative medicine. This will be done through the schools as well as on an inpatient and outpatient level. Our partnership with Healthy Active Yell brings us together with members from every school in Yell County and gives us opportunity to reach students of all ages as well as parents through this effort. We continue to believe that by helping to increase Children's Health Services and educating families in this regard we will have a healthier community of tomorrow.