

# PROGRESS REPORT: APRIL 2018

## HCHD Implementation Plan

**IP** = IN PROGRESS    **D** = DONE    **NS** = NOT STARTED

NEED / CONCERN IDENTIFIED	STRATEGIES	GOALS (2016-2019)
Obesity / Diabetes / Chronic Illness	<ul style="list-style-type: none"> <li>• 5-1-1-0 Parent/Child Education Campaign <b>D</b></li> <li>• Continue to offer nutrition and diabetes classes and support groups <b>D</b></li> <li>• Hire a full-time registered dietitian, contingent upon resources <b>D</b></li> <li>• Create a community health resource directory <b>IP</b></li> <li>• Expand "Health Half-Hours" and "Slater Elementary Health Fair" <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of healthy habits among parents and their children</li> <li>• Increase participation in classes and support groups</li> <li>• Increase use of nutritional therapy services</li> <li>• Increase awareness of health resources related to this issue</li> <li>• Increase awareness of healthy habits among children ages 5-11</li> </ul>
Substance or drug use / abuse	<ul style="list-style-type: none"> <li>• Create a community health resource directory <b>IP</b></li> <li>• Investigate feasibility of providing "Narcan" through our pharmacy <b>IP</b></li> <li>• Continued consideration and revision to prescribing policies <b>IP (ALWAYS)</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of health resources related to this issue</li> <li>• Enable quick treatment by bystanders to reverse opiate overdoses</li> <li>• Discourage and decrease prescription drug abuse</li> </ul>
Depression / other mental illness	<ul style="list-style-type: none"> <li>• Continue to employ a Behavioral Health Consultant at HDH Family Care <b>D</b></li> <li>• Create a community health resource directory <b>IP</b></li> <li>• Expand "Health Half-Hours" and "Slater Elementary Health Fair" <b>D</b></li> <li>• Develop a walking group <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase integration of physical and mental health services</li> <li>• Increase awareness of health resources related to this issue</li> <li>• Increase awareness of and reduce stigma toward mental health issues among children ages 5-11</li> <li>• Encourage exercise and socialization as an important part of mental health and overall well-being</li> </ul>

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Tobacco use	<ul style="list-style-type: none"> <li>• Create a community health resource directory <b>IP</b></li> <li>• Expand “Health Half-Hours” and “Slater Elementary Health Fair;” restart “Tar Wars” anti-smoking program geared toward 4th/5th graders <b>IP</b></li> <li>• Offer oral health screenings <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of health resources related to this issue</li> <li>• Discourage tobacco use before it starts</li> <li>• Increase early detection of cancer</li> </ul>
Lack of recreational facilities and opportunities	<ul style="list-style-type: none"> <li>• Create a community health resource directory <b>IP</b></li> <li>• “Walk With Ease” / “Walk With A Doc” program <b>D</b></li> <li>• Revisit partnership opportunities with local hotel pools for possible community use hours <b>D</b></li> <li>• Look into bringing together community groups to investigate grants or partnerships that would fund the transformation of the current summer-only community pool to a year-round facility <b>NS</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of recreational opportunities that already exist in the community</li> <li>• Increase participation and provide indoor exercise opportunities</li> <li>• Create an indoor recreation opportunity for the community</li> <li>• Create an indoor recreation opportunity for the community</li> </ul>
Alcohol use	<ul style="list-style-type: none"> <li>• Create a community health resource directory <b>IP</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of treatment options and support groups in the community</li> </ul>
Domestic violence / child abuse or neglect	<ul style="list-style-type: none"> <li>• Create a community health resource directory <b>IP</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of resources available locally to help</li> </ul>
Lack of awareness of health services	<ul style="list-style-type: none"> <li>• Create a community health resource directory <b>IP</b></li> <li>• Redesign HCHD website (harneydh.com) <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of health resources available locally</li> <li>• Make HCHD services and information more accessible to the public</li> </ul>

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NEED / CONCERN IDENTIFIED	STRATEGIES	GOALS (2016-2019)
Lack of awareness of health services, cont.	<ul style="list-style-type: none"> <li>• Set up a TV system in the hospital and clinic lobbies, contingent upon resources <b>D</b></li> <li>• Enhance “Guest Services” offerings through volunteer training and printed or digital materials <b>IP</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of HCHD services and news among our patient population</li> <li>• Create greater ease of access to HCHD services</li> </ul>
Cost / affordability of health care	<ul style="list-style-type: none"> <li>• Create a community health resource directory <b>IP</b></li> <li>• Launch “Health is Primary” (Family Medicine for America’s Health) campaign <b>NS</b></li> <li>• Launch an education campaign on appropriate usage of the emergency room and Emergency Medical Services <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of financial options and resources related to health care</li> <li>• Encourage regular use of primary care providers as a cost-saving mechanism, among its many benefits</li> <li>• Provide education for the community on what situations call for emergency medicine, and how appropriate usage contributes to lower health care costs</li> </ul>
More specialists / specialty care	<ul style="list-style-type: none"> <li>• Continue to work closely with St. Charles Health System, The Center, Bend Memorial Clinic, Bend Urology Associates, Bend Neurological Associates, Northwest Foot Care, and others to maintain and expand specialist provider coverage and specialty care offerings <b>IP</b></li> <li>• Develop and offer skin cancer screening opportunities <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>• As financial resources and partnership opportunities allow, continue to work toward making more specialists and specialty care available in Harney County</li> <li>• Increase early detection of skin cancer</li> </ul>
Teen pregnancy	<ul style="list-style-type: none"> <li>• Look into restarting a mentorship program for teenagers <b>D</b></li> </ul>	<ul style="list-style-type: none"> <li>• Reduce rate of births to mothers younger than 18</li> </ul>

## Progress Report Details

**DONE**

### **Continue to offer nutrition and diabetes classes and support groups**

Classes are regularly being offered to the community in these subject areas. The classes follow the curriculum of the National Diabetes Prevention Program (NDPP) and the Chronic Disease Self-Management Program (Stanford). At the beginning of 2017, a yearlong NDPP class called "Weigh-In 2017" was started, with nearly 50 participants.

### **Hire a full-time registered dietitian, contingent upon resources**

Amy Dobson, MS NDTR MCHES, shifted into a full-time role in October 2016.

### **Expand "Health Half-Hours" and "Slater Elementary Health Fair" (Obesity / Diabetes / Chronic Illness AND Depression / Other mental illness)**

"Health Half Hours" have expanded and are now offered at the Burns Paiute Tribe's Tu-Waa-Kii Nobi youth group as well as at the Kids Club of Harney County. The Slater Elementary Health Fair has grown to a twice-a-year event. Topics have focused in large part on nutrition and physical activity, but Symmetry Care has been included in presenting about stress and other mental health topics.

### **Continue to employ a Behavioral Health Consultant at HDH Family Care**

In addition to continuing to employ a full-time Behavioral Health Consultant, a part-time position was added as well. Behavioral health integration continues to be a priority for HDH Family Care.

### **"Walk With Ease" / "Walk With A Doc" program**

"Walk With Ease" continues to be offered at regular intervals. Primary care providers from HDH Family Care occasionally attend sessions to "walk and talk" with participants.

### **Redesign HCHD website (harneydh.com)**

The redesigned harneydh.com website was launched in November 2016. The new site offers improved navigability and more information for patients and the community at large.

### **5-1-1-0 Parent/Child Education Campaign**

The 5-1-1-0 campaign was launched in August 2016. Brochures and bookmarks are handed out during well-child checks at HDH Family Care. 5-1-1-0 has been the theme of a number of events, including HDH's booth at the Harney County Fair, Health Half-Hours, Slater Elementary Health Fair, and others. The Community Health Action Team (CHAT) will continue to work to promote this message.

### **Set up a TV system in the hospital and clinic lobbies**

TVs in the hospital and clinic waiting areas are being used 24/7 to disseminate all variety of messages to keep patients informed.

## Progress Report Details

**DONE, CONT.**

### **Develop a walking group (Depression / other mental illness)**

Symmetry Care offers a walking group during the summer, which HDH has helped and will continue to help promote. HDH Family Care's behavioral health specialists are occasionally attending sessions of the "Walk With Ease" program.

### **Revisit partnership opportunities with local hotel pools for possible community use hours**

Local hotels with indoor pools were queried and are not able to open up community use hours.

### **Launch an education campaign on appropriate usage of the emergency room and Emergency Medical Services**

A campaign from August-November focused on the use of the nurse call line, notifying the public that if they are unsure of whether it's an emergency situation, they can call 24/7 to speak with a nurse.

### **Look into restarting a mentorship program for teenage pregnancy**

Available resources for pregnancy will be promoted as part of the Community Health Resource Directory. A "Baby Shower" education program for new parents is being developed.

### **Develop and offer skin cancer screening opportunities**

Free skin cancer screenings were offered by Harney County Health Department as part of "Harney Health Screening Week" on May 9, 2018. 28 screenings were performed.

### **Offer oral health screenings (Tobacco use)**

Free oral cancer screenings were offered by Burns Dental as part of "Harney Health Screening Week" on May 9, 2018. 11 screenings were performed.

**IN PROGRESS**

### **Create a community health resource directory**

Representatives from HDH and other local health care facilities are finalizing content for a comprehensive community health resource directory. The next step will be determining appropriate format and method of dissemination. This will be completed within the 2017-18 fiscal year.

### **Continued consideration and revision to prescribing policies**

New policies regarding the prescription of narcotics for back pain are in place. HDH providers continue to discuss prescribing policies in regular meetings.

## Progress Report Details

# **IN PROGRESS, CONT.**

### **Enhance “Guest Services” offerings through volunteer training and printed or digital materials**

The welcome desk in the hospital lobby that is regularly staffed by volunteers is in the process of being outfitted with materials to promote all education and support opportunities. A current volunteer already has training in connecting the public with these opportunities, and future volunteers would be trained.

### **Continue to work closely with St. Charles Health System, The Center, Bend Memorial Clinic, Bend Urology Associates, Bend Neurological Associates, Northwest Foot Care, and others to maintain and expand specialist provider coverage and specialty care offerings**

Communication between HDH and our partners is always ongoing, and our goal is always to continue to expand our community’s access to care. Visiting cardiology from St. Charles is anticipated to begin shortly.

### **Expand “Health Half-Hours” and “Slater Elementary Health Fair,” restart “Tar Wars” anti-smoking program geared toward 4th/5th graders**

Plans are to begin to include anti-smoking education as part of regularly-offered programs such as the “Slater Elementary Health Fair” and “Health Half-Hours” beginning in the new year. HDH will work closely with Symmetry Care as they also develop K-12 tobacco prevention programming.

### **Investigate feasibility of providing “Narcan” (naloxone) through our pharmacy**

HDH pharmacists will be reaching out to local retail pharmacists to make sure everyone has stock on hand and is comfortable with the patient counseling portion of dispensing this medication. Further actions to increase the awareness of and availability of naloxone are being considered.

# **NOT STARTED**

### **Look into bringing together community groups to investigate grants or partnerships that would fund the transformation of the current summer-only community pool to a year-round facility**

No update.

### **Launch “Health is Primary” (Family Medicine for America’s Health) campaign**

No update.