

# **ALICE HYDE MEDICAL CENTER**

## **COMMUNITY SERVICE PLAN UPDATE AND PROGRESS REPORT**

**2014**

## **SUMMARY**

Following a comprehensive community needs assessment that identified and prioritized the healthcare challenges currently faced by the residents of Franklin County, Alice Hyde Medical Center developed its Community Service Plan. The Community Service Plan outlined collaborative efforts to improve the prevention of disease, to increase access to quality health care and to remove disparities within our service area.

## **FOCUS AREA PRIORITIES**

The Prevention Agenda Priority Area that was determined to be of greatest need was Preventing Chronic Disease. Two focus areas and associated goals were selected:

- Reduce obesity in children and adults
- Increase access to high-quality chronic disease prevention care and management in both clinical and community settings.

## **PROGRESS**

### **FOCUS AREA 1: REDUCE OBESITY IN CHILDREN AND ADULTS**

Alice Hyde Medical Center's objective in this focus area is to reduce the percentage of children who are obese by expanding the role of health care and health service providers in obesity prevention. We chose three projects to help us accomplish this objective.

Our first project was to incorporate the *How's Your Health* (HYH) Health Risk Assessment (pediatric version) into two pediatric practices. This health assessment tool is designed to help unmask behaviorally sophisticated issues that help or impede a person's overall health and well being. After evaluating the tool it was determined that the assessment was cumbersome and onerous, and could not be practically implemented into the practices.

Our second project was to implement the *Let's Go! 5210* campaign through the media and pediatric services. This initiative is designed to support the pediatrician and their staff in teaching children and their families about healthy eating and physical activity. The patient resource materials were introduced into the pediatric practice. We had originally intended to establish a baseline of the number of pediatric patients categorized as obese based on BMI data from the pediatric office. Once that was done, we were going to establish an objective to achieve by December 31, 2015. However, it was determined that while we could establish a percentage by which to reduce the number of pediatric patients categorized as obese, the selected program was not such that we could credit any results to it. Therefore, upon evaluation of the program, we have scaled back the objective and are not using the program as a method for collecting measurable data. We are, however, continuing to use the 5210 messaging campaign. We have developed resources and use them at events, as well as online through social media. We have also used the messaging campaign in our To Your Health publication and created a "Medical Minute" television commercial explaining the 5210 message.

Our third project was to increase the percentage of infants born at Alice Hyde Medical Center who are exclusively breastfed on discharge. We are working to achieve this objective by participating in the *Great Beginnings NY: The Future Starts with Breastfeeding* initiative. In order to ensure that mothers are better supported in meeting their breastfeeding goals, we have employed several strategies. The Vice President of Outpatient Medical Practices met with providers to inform them of the initiative and their roles in the promotion of it. All educational materials have been reviewed to ensure that it is up to date, accurate, and is consistent with our goals. We have added questions to our screenings for measurement of the objective of exclusive breastfeeding on discharge, as well as questions about any barriers the mother is facing toward that goal and what the Medical Center can do to assist her in overcoming those barriers. Two nurses from the Alice Hyde Family Maternity Center and one from the Alice Hyde Pediatric Practice are attending training to become Certified Lactation Counselors (CLC) in order to provide breastfeeding mothers with lactation support.

We established a goal to identify the number of babies who are exclusively breastfed at discharge from the Alice Hyde Family Maternity Center, and establish a baseline with the data collected in the first quarter of 2014. The objective was to increase the exclusive breastfeeding rate by 5% by December 31, 2014. Our baseline data indicated that 29% of babies were exclusively breastfed on discharge during Q1 2014. For the second quarter, that number had increased to 45%. For the year 2014, our rate had increased to 60.9%.

## **FOCUS AREA 2: INCREASE ACCESS TO HIGH-QUALITY CHRONIC DISEASE PREVENTION CARE AND MANAGEMENT IN BOTH CLINICAL AND COMMUNITY SETTINGS.**

Our first project focused on increasing the percentage of adults, 18 years and older, who had a test for high blood sugar or diabetes. We planned to achieve this goal by developing a diabetes screening community outreach plan to target at risk individuals. We had intended to organize a minimum of five community wide diabetes screening events and provide diabetes screening via a finger stick blood glucose test to 300 at risk individuals by December 31, 2014. Unfortunately, the FDA did not approve Alice Hyde Medical Center's glucose meter for such screenings, according to the NYS DOH Bulletin 1/28/14. Therefore, we were unable to execute this diabetes prevention intervention as planned.

Our second project focused on increasing the percentage of adults with pre-diabetes or diabetes who have taken a course or class to learn how to manage their condition. Alice Hyde Medical Center is currently registered as a Diabetes Prevention Recognition Program with the Centers for Disease Control. We set a goal to host two programs per year. In 2014, we finished a class started in late 2013, and began a second, which is set to finish in early 2015. We have experienced some barriers with attaining participants, and are working to implement a provider referral system to help overcome that barrier.

While not identified specifically in our Community Service Plan, Alice Hyde Medical Center is also certified by the American Diabetes Association as a provider of Diabetes Self-Management

Education. Four *Managing Your Diabetes* courses are offered each year, and also help towards our goal of increasing access to chronic disease prevention care and management education.

## **ADDITIONAL INFORMATION**

During 2014, new areas of need were identified. Several new initiatives were implemented in response to community needs identified through participation in the Adirondacks ACO, Adirondack Medical Home, and DSRIP process. One new focus area is the integration of behavioral health into primary care, which we are working on achieving through the DSRIP process. A second new focus area is the development of a robust Falls Prevention Program.