

# Nebraska Panhandle Community Health Improvement Plan

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*Area Health Systems Alignment with Regional CHIP Priorities*

**Panhandle**

Public Health District

**Contents**

- General Overview..... 2**
- Priority Area 1: Access to Care..... 3**
  - Objectives..... 3
  - Hospital Activities ..... 3
- Priority Area 2: Aging Population ..... 5**
  - Objectives..... 5
  - Hospital Activities ..... 5
- Priority Area 3: Behavioral Health ..... 6**
  - Priority Area 3A: Mental Well-Being ..... 6
    - Objectives ..... 6
    - Hospital Activities ..... 6
  - Priority Area 3B: Substance Abuse ..... 8
    - Objectives ..... 8
    - Hospital Activities ..... 8
- Priority Area 4: Chronic Disease.....10**
  - Priority Area 4A ..... 10
    - Cancer Objectives ..... 10
    - Hospital Activities ..... 10
  - Priority Area 4B: Cardiovascular Disease ..... 13
    - Objectives ..... 13
    - Hospital Activities ..... 13
  - Priority Area 4C: Diabetes ..... 15
    - Objectives ..... 15
    - Hospital Activities ..... 15
  - Priority Area 4D: Chronic Disease Risk Factors..... 17
    - Objectives ..... 17
    - Hospital Activities ..... 17
- Priority Area 6: Social Determinants of Health .....19**
  - Priority Area 6A: Poverty..... 19
    - Objectives ..... 19
    - Hospital Activities ..... 19
  - Priority Area 6B: Housing..... 20
    - Objectives ..... 20
    - Hospital Activities ..... 20
  - Priority Area 6C: Transportation ..... 21
    - Objectives ..... 21
    - Hospital Activities ..... 21

## General Overview

	Priority Areas												
			Behavioral Health		Chronic Disease					Social Determinants of Health			
	Access to care	Aging Population	Mental Health	Substance Abuse	Cancer	Heart Disease	Diabetes	Risk Factors	Early Childhood	Poverty	Housing	Transportation	Intolerance
<b>Box Butte General Hospital</b>	X		X	X	X	X	X	X					
<b>Chadron Community Hospital</b>			X	X		X	X						
<b>Gordon Memorial Hospital</b>		X			X			X		X	X		
<b>Kimball Health Services</b>	X		X	X	X		X	X		X	X		
<b>Morrill County Community Hospital</b>	X	X	X			X	X			X			
<b>Regional West Garden County</b>		X	X		X		X	X					
<b>Regional West Medical Center</b>	X	X	X	X	X	X	X						
<b>Sidney Regional Medical Center</b>	X		X		X								
<b>Perkins County Health Services</b>	X	X				X	X	X				X	

## **Priority Area 1: Access to Care**

### **Objectives**

- Increase the proportion of persons with a usual primary care provider (HP 2020: AHS-3)
- Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care, dental care, or prescription medicines (HP 2020: AHS-6)
- Increase the proportion of worksites that offer an employee health promotion program to their employees (HP 2020: ECBP-8)
- Increase the proportion of pregnant women who receive early and adequate prenatal care (HP 2020: MICH-10)
- Increase the proportion of women giving birth who attend a postpartum care visit with a health worker (HP 2020: MICH 19)
- Reduce the proportion of children and adolescents who have dental caries experience in their primary or permanent teeth (HP 2020: OH-1)

### **Hospital Activities**

#### **Box Butte General Hospital**

- Decreasing barriers for walk-in visits
- Support local transportation services through funding to reduce the barrier of transportation
- Automated appointment reminders via telephone
- Education on resource guide of additional community services available

#### **Kimball Health Services**

- Decreasing barriers for walk-in visits
- Automated appointment reminders via telephone
- Education on resource guide of additional community services available
- Maintain flex spending for employees for child care

#### **Morrill County Community Hospital**

- Enhance Hospitalist Program and primary care clinic providers to offer greater continuity of services
- Annual Health Fair
- Bi-annual Community Blood Draw screenings

#### **Regional West Medical Center**

- Modify Hours of service to meet client needs
- Offering services in alternative or non-clinical settings
- Eliminating or simplifying administrative procedures and other obstacles
- Pursue funding to reduce the barrier to transportation
- Portal, telephone, and mail reminders

**Perkins County Health Services**

- Offer affordable screening through Wellness Wednesdays and health fairs
- Promote financial assistance to patients

**Sidney Regional Medical Center**

- Investigate the options of community memberships to access key screens that are affordable
- Telehealth
- Pricing review
- DAT/Wellness Wednesdays

## **Priority Area 2: Aging Population**

### **Objectives**

- Increase public transit use by older adults
- Increase use of resource navigation by older adults
- Reduce the rate of emergency department (ED) visits due to falls among older adults (HP 2020: OA-11)

### **Hospital Activities**

#### **Gordon Memorial Hospital**

- Select a fall prevention program.
- Train leader for fall prevention program.
- Offer program annually in 2019 and 2020

#### **Morrill County Community Hospital**

- Implement Community Paramedicine Program

#### **Perkins County Health Services**

- Maintain youth health profession interest luncheons
- Maintain work-study program with local high school students

#### **Regional West Garden County**

- Encourage people to use Panhandle Region Resource Directory
- Maintain Garden County resources in Panhandle Region Resource Directory
- Regular training of RWGC social worker to better serve patients and clients
- Develop youth health professions club

#### **Regional West Medical Center**

- Train Injury Prevention Coordinator in Stepping On
- Increase number of Stepping on Classes offered from 2 a year to 3 a year
- Educate providers on importance of referral to Stepping On
- Train Injury Prevention Coordinator in Tai Chi for Balance
- Offer Tai Chi Classes in the Community
- Educate providers on importance of referral to Tai Chi

## **Priority Area 3: Behavioral Health**

### **Priority Area 3A: Mental Well-Being**

#### **Objectives**

- Reduce substantiated child maltreatment (based off of HP 2020: IVP-37 & IVP-38)
- Reduce the suicide rate (HP 2020: MHMD-1)
- Increase depression screening by primary care providers (HP 2020: MHMD-11)
- Increase the proportion of schools with a school breakfast program (HP2020: AH-6)

#### **Hospital Activities**

##### **Box Butte General Hospital**

- Provide training to nurses and primary care providers regarding Depression screening tool, protocol and available resources (for anxiety and depression) (Screening Tools will include: PHQ-9 (depression) and the GAD-7 (Anxiety))
- Offer Circle of Security to maintain staffing capacity of a trainer.
- SimplyWell refer moderate to high at-risk employees to primary care providers and EAP.
- Educate providers and staff with identifying and preventing suicide risk.
- Educate providers and staff using QPR training.

##### **Chadron Community Hospital**

- Participate in LOSS initiative
- Maintain Circle of Security classes
- Maintain Love and Logic classes
- Maintain FAST program in community

##### **Kimball Health Services**

- Provide training to nurses and primary care providers regarding Depression screening tool, protocol and available resources (for anxiety and depression)
- (Screening Tools will include: PHQ-9 (depression) and the GAD-7 (Anxiety))
- Provide EAP to support employees
- Educate providers and staff with identifying and preventing suicide risk.
- Educate providers and staff using QPR training.

##### **Sidney Regional Medical Center**

- Provide free screenings to assess mental health issues using DHHS/education about what behavioral health assessment tools are available. Determine local resources are available.
- Research adding behavioral health to Osage Campus
- Research life coaching and other options through UNMC and UCHealth

### **Regional West Garden County**

- Increase PCP referral of patients to mental health specialists as needed

### **Regional West Medical Center**

- Provide training to nurses and primary care providers regarding Depression screening tool, protocol and available resources (for anxiety and depression)
- (Screening Tools will include: PHQ-9 (depression) and the GAD-7 (Anxiety) build in Cerner)
- Interactive Health coaches reach out to employees/spouses that were identified as moderate to high at-risk for depression and anxiety on DASS 21.
- Interactive Health refer moderate to high at-risk employees/spouses to primary care providers.
- Partner with PFAC, the Behavioral Health/Psychiatry Clinic to explore opportunities to implement Trauma Informed Care within the organizational framework of Regional West Health Services.
- Offer opportunities for yoga classes to employees (and spouses).
- Offer mindfulness, depression and/or anxiety related educational opportunities to employees (and spouses)
- Incentivize active living through providing health plan premium discount to employees and spouses on Regional West's health plan.
- Provide educational materials regarding depression, anxiety, trauma, and burnout at Wellness Fairs.
- Offer an array of programs, resources and services to all employees and their spouses, which aim at reducing both physical health and emotional health risk factors.
- Increase the number of Regional West Health Services Employees who know the warning signs and how to help someone who is at risk for suicide. As identified in the Nebraska State improvement plan 2016-2020.
- Explore the development of evidence based strategies for suicide prevention and possible funding available

### **Morrill County Community Hospital**

- Provide training to nurses and primary care providers regarding depression screening, protocol, and available resources

## **Priority Area 3B: Substance Abuse**

### **Objectives**

- Decrease drug-overdose deaths (based off of HP 2020: MPS-2.4)
- Increase abstinence from alcohol, cigarettes, and illicit drugs among pregnant women (HP 2020: MICH-11)
- Reduce the proportion of persons engaging in binge drinking of alcoholic beverages (HP 2020: SA-14)
- Reduce tobacco use by adults (HP 2020: TU-1)
- Reduce tobacco use by adolescents (HP 2020: TU-2)
- Reduce the initiation of tobacco use among children, adolescents, and young adults (HP 2020: TU-3)
- Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol (HP 2020: SA-1)

### **Hospital Activities**

#### **Box Butte General Hospital**

- Expand patient and employee tobacco cessation program and resources.
- Educate and encourage tobacco free policies to include parks, county grounds and facilities, multi-unit housing

#### **Chadron Community Hospital**

- Host a Distracted Driving and Drunk Goggles education activities in each area high schools
- Strengthen and enforce middle/high school policies and Human Performance Project best practices regarding underage drinking and contributing factors
- Promote training opportunities to individuals entrusted with the responsibility of serving or selling alcohol and tobacco to provide them with strategies to avoid illegally selling to underage youth or intoxicated persons.
- Promote business follow laws to maintain a minimum of 90% compliance rate on tobacco and alcohol compliance checks
- Expand patient and employee tobacco dependency program and resources.
  - Develop tobacco cessation resource repository
  - Develop policy for patients receiving nicotine replacement
  - Develop policy for referral to the Quitline
- Educate and encourage tobacco free policies to include parks, county grounds and facilities, multi-unit housing

#### **Kimball Health Services**

- Expand patient and employee tobacco dependency program and resources.
- Educate and encourage tobacco free policies to include parks, county grounds and facilities, multi-unit housing
- Train providers on safe opioid prescribing guidelines
- Drug Take Back Events 2 times a year

**Regional West Medical Center**

- Coordinate and Implement a Full Mock Trauma Event in area High Schools
- Host a Distracted Driving and Drunk Goggles education activities in each area High Schools After Prom Parties
- Educate medical providers in Scotts Bluff County for safe opioid prescribing and engagement
- Educate providers on CDC guidelines
- Educate nurses on functional pain control not “0” pain
- Provide Education to the community of Scotts Bluff County about the dangers of Opioids.
- Provide Education to EMS throughout Scotts Bluff County on Naloxone use
- Educate Dental providers in Scotts Bluff County about safe opioid prescribing and engagement
- Attempt to obtain funding through grants or other sources to develop Safe drug disposal project plan to ensure more than yearly take back of medications
- Educate Regional West Health Services Providers and Pathologists, and Scotts Bluff County Coroners, on Post-mortem Toxicology Screening

## **Priority Area 4: Chronic Disease**

### **Priority Area 4A**

#### **Cancer Objectives**

- Reduce the proportion of adults with any kind of cancer (based off of HP 2020: C-1)
- Increase the proportion of adults who were counseled about cancer screening consistent with current guidelines (HP 2020: C-18)
- Reduce the proportion of females with human papillomavirus (HPV) infection (HP 2020: STD-9)

#### **Hospital Activities**

##### **Box Butte General Hospital**

###### *Colorectal Cancer*

- Attend community events to educate the public on the importance of cancer screening and early detection.
- One on one education on the importance of screening with FOBT kits.
- Utilize patient portal reminders for FOBT, and colonoscopy cancer screening reminders.

###### *Breast Cancer*

- Attend community events to educate the public on the importance of cancer screening and early detection.
- One on one education on the importance of mammogram screening.
- Utilize patient portal reminders for mammogram screening reminders.

###### *Cervical Cancer*

- Attend community events to educate the public on the importance of cancer screening and early detection.
- One on one education on the importance of cervical cancer screenings.

###### *HPV*

- Patient education on the importance of HPV vaccine.
- Recall/reminder calls to improve completion of HPV series
- Education of Providers at GNMSS clinic on the importance of HPV Vaccine
- Educate the public at community events on the importance of HPV Vaccine

##### **Sidney Regional Medical Center**

- Increase awareness to the benefit of early detection
- Research UNMC/NJC/WNCC students providing Cancer Screening Day similar to Dental Days.
- Provide access to resources for low cost or free screenings building on the Wellness Wednesday, offering free colon kits and other similar tests
- Promote the “Every Woman Matters” Program for Free Mammographs to woman

## **Perkins County Health Services**

- Offer affordable screening through Wellness Wednesdays and health fairs

## **Regional West Medical Center**

### *Colorectal Cancer*

- Attend community events to educate the public on the importance of cancer screening and early detection.
- Social media articles, Radio spots and interviews, Television spots and interviews, and local and regional Newspaper articles published on the importance of cancer screening and early detection.
- One on one education on the importance of screening with FOBT kits.
- One on one education to help overcome barriers to cancer screenings during wellness visits
- Utilize patient portal reminders for FOBT, and colonoscopy cancer screening reminders.
- Counselling phone call after positive FOBT. Screen questions then refer to primary provider.

### *Breast Cancer*

- Attend community events to educate the public on the importance of cancer screening and early detection.
- Social media articles, Radio spots and interviews, Television spots and interviews, and local and regional Newspaper articles published on the importance of cancer screening and early detection.
- One on one education to help overcome barriers to cancer screenings during wellness visits
- Utilize patient portal reminders for mammogram screening reminders.

### *Cervical Cancer*

- Attend community events to educate the public on the importance of cancer screening and early detection.
- Social media articles, Radio spots and interviews, Television spots and interviews, and local and regional Newspaper articles published on the importance of cancer screening and early detection.
- One on one education to help overcome barriers to cancer screenings during wellness visits
- Utilize patient portal reminders for PAP smear, and vaginal exams for cancer screening reminders.

### *HPV*

- School based immunization Clinics to increase the education and immunization rates against HPV
- Education of Students and parents in a classroom setting prior to the school based immunization clinic
- Recall/reminder calls to improve completion of HPV series
- Education of Providers at RWHS on the importance of HPV Vaccine
- Educate the public at community events on the importance of HPV Vaccine

## **Gordon Memorial Hospital**

- Provide education about colorectal cancer screenings at hospital hosted health fair(s)
- Provide access to free FOBT kits

### **Regional West Garden County**

- Offer affordable screening through Feel Good Fridays and health fairs
- Offer affordable FOBT screening through Feel Good Fridays and Health Fairs

### **Kimball Health Services**

#### *Colorectal Cancer*

- Educate the public on the importance of cancer screening and early detection.
- One on one education on the importance of screening with FOBT kits.
- Utilize patient portal reminders for FOBT, and colonoscopy cancer screening reminders.

#### *Breast Cancer*

- Attend community events to educate the public on the importance of cancer screening and early detection.

#### *Cervical Cancer*

- Attend community events to educate the public on the importance of cancer screening and early detection.
- One on one education on the importance of cervical cancer screenings.

## **Priority Area 4B: Cardiovascular Disease**

### **Objectives**

- Reduce the proportion of adults with hypertension (HP 2020: HD S 5.1)
- Reduce stroke deaths (HP 2020: HD S-3)
- Reduce coronary heart disease deaths (HP 2020: HD S-2)

### **Hospital Activities**

#### **Box Butte General Hospital**

- Train healthcare professionals and community health workers on how to educate patients on self-measured blood pressure monitoring.
- Train healthcare professionals and community health workers on how to ensure proper use and function of patient blood pressure monitors.
- Provide free blood pressure check stations in public areas.

#### **Regional West Medical Center**

- Train clinic staff provider staff on how to educate patients on self-measured blood pressure monitoring and
- Distribute wallet blood pressure wallet cards to clinics to distribute to patients for self-measured blood pressure monitoring.
- Community Health will increase the availability of free blood pressure checks in the community
- Community Health will increase availability of SMBP instruction for the community by working with Community Pharmacy, Nursing Schools and RWPC.
- RWPC will implement the new hypertension protocol across all areas of RWPC Family practice pods.
- RWPC Family practice will increase monitoring of SMBP in hypertensive patients and enhance process to improve patient health.
- RWPC will implement identification and recall of undiagnosed hypertensive patients through retrospective querying of the EHR.
- Increase the number of Regional West Health Services Employees who know the warning signs of a stroke and when to seek medical care
- Increase the number of people in the community who know the warning signs of a stroke and when to seek medical care by providing information through health fairs, community presentations, and media campaigns
- Educate medical providers at RWHS regarding American Stroke Association on Stroke identification and treatment guidelines
- Provide Education to medical staff at RWHS regarding American Stroke Association on Stroke identification and treatment guidelines
- Provide Education to EMS throughout Scotts Bluff County on regarding American Stroke Association on Stroke identification and treatment guidelines
- Collection of the hospital's stroke-treatment performance data
- Collection of Hospital team performance data
- Use of data to assess and continually improve quality of care for stroke patients

**Chadron Community Hospital**

- Develop blood pressure training and competencies for staff and providers
- Develop and implement plan to educate patients on self-measured blood pressure monitoring
- Distribute wallet blood pressure cards to clinics to distribute to patients for self-measured blood pressure monitoring
- Increase the availability of free blood pressure checks in the community
- Promote Prescription Assistance Program to patients with hypertension

**Morrill County Community Hospital**

- Increase the number of MCCCH employees who know the warning signs of a stroke and when to seek medical care
- Increase the number of people in the community who know the warning signs of a stroke and when to seek medical care by providing information through health fairs, community presentations, and media campaigns
- Achieve Acute Stroke Ready Hospital Certification

**Perkins County Health Services**

- Establish hospital-wide policy for the diagnosis and treatment of hypertension
- Incorporate self-measured blood pressure monitoring (SMBP) into the hypertension policy

## **Priority Area 4C: Diabetes**

### **Objectives**

- Reduce the annual number of new cases of diagnosed diabetes in the population (HP 2020: D-1)

### **Hospital Activities**

#### **Box Butte General Hospital**

- Provide a minimum of two National Diabetes Prevention Program Community classes annually.
- Educate healthcare providers on referring pre-diabetic or increased risk patients to the National Diabetes Prevention Program.
- Provide opportunity for all hospital employees and their spouses (if on their health plan) to complete a health evaluation and biometric screening

#### **Chadron Community Hospital**

- Adoption of screening, testing, and referral to NDPP into practice
- Utilize EHR and other available software to alert patients of upcoming classes and recall into clinic.
- Offer a minimum of 2, striving for 3, NDPP classes per year
- Provide opportunity for all Chadron Community Hospital employees and their spouses (if on their health plan) to complete a health evaluation and biometric screening
- Maintain NDPP in worksite wellness plan, to offer to employees during paid work time
- Provide DSME to patients in need
- Achieve status as American Diabetes Association recognized education program

#### **Kimball Health Services**

- Provide a minimum of two National Diabetes Prevention Program Community classes annually.
- Provide opportunity for all hospital employees and their spouses (if on their health plan) to complete a health evaluation and biometric screening
- Educate healthcare providers on
  - appropriate screening,
  - diagnosis, and
  - treatment of patients with risk for prediabetes
- Resource: Prediabetes Best Practice Protocol for Clinics

#### **Morrill County Community Hospital**

- Educate providers on importance of referral to the National Diabetes Prevention Program (NDPP)
- Adoption of screening, testing, and referral into practice
- Utilize EHR and other available software to alert patients of upcoming classes and recall into clinic

**Perkins County Health Services**

- Implement the National Diabetes Prevention Program in the community.
- Adoption of screening, testing, and referral into practice

**Regional West Garden County**

- Educate providers on importance of referral to the National Diabetes Prevention Program (NDPP)
- Adoption of screening, testing, and referral into practice

**Regional West Medical Center**

- Educate providers on importance of referral to the National Diabetes Prevention Program (NDPP)
- Adoption of screening, testing, and referral into practice
- Utilize EHR and other available software to alert patients of upcoming classes and recall into clinic.
- Offer a minimum of 2, striving for 3, NDPP classes per year
- Provide opportunity for all Regional West employees and their spouses (if on their health plan) to complete a health evaluation and biometric screening
- Include NDPP in worksite wellness plan, to offer to employees during paid work time
- Dietitian becomes trained in diabetes self-management education (DSME)
- Provide DSME to patients in need
- Achieve status as American Diabetes Association recognized education program

## **Priority Area 4D: Chronic Disease Risk Factors**

### **Objectives**

- Increase the proportion of adults who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity (HP 2020: PA-2)
- Increase the contribution of fruits to the diets of the population aged 2 years and older (HP 2020: NWS-14)
- Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older (HP 2020: NWS-15)

### **Hospital Activities**

#### **Box Butte General Hospital**

- Work with key community partners to create a walkable community plan including complete streets policy
- Create walkable campus plan including worksite physical activity policy.
- Start or expand farm-to-institution programs in schools, hospitals, workplaces, and other institutions
- Ensure access to fruits and vegetables at workplace meetings and events
- Establish policies to incorporate fruit and vegetable activities into schools as a way to increase consumption

#### **Kimball Health Services**

- Build a wellness component into the Employee Outreach Committee
- Work with key community partners to create a walkable community plan including complete streets policy
- Create walkable campus plan including worksite physical activity policy.
- Creation of or enhanced access to places for physical activity combined with informational outreach activities
- Implement nutrition and beverage standards including sodium standards (i.e., food service guidelines for cafeterias and vending)
- Ensure access to fruits and vegetables at workplace meetings and events
- Creation of or enhanced access to places for nutritional activity combined with informational outreach activities.

#### **Gordon Memorial Hospital**

- Create a walkable campus plan for the hospital campus
  - Map walking route
  - Adopt signage
  - Promote to public
- Promote sidewalk, trail, and recreation center development in partnership with the City of Gordon Planning Commission and Panhandle Area Development District

**Perkins County Health Services**

- Promote sidewalk, trail, and recreation center development in partnership with the City of Grant and Perkins County
- Create a walkable campus plan for the hospital campus
  - Map walking route
  - Adopt signage
  - Promote to public
- Develop nutrition-related worksite policies at the hospital
- Develop physical activity-related worksite policies at the hospital
- Promote healthy lunches at the senior center to hospital employees and the public

**Regional West Garden County**

- Work with key community partners to create a walkable community plan including complete streets policy
- Create walkable campus plan
- Develop worksite policies that increase employee wellness and satisfaction, and are “family first”

## **Priority Area 6: Social Determinants of Health**

### **Priority Area 6A: Poverty**

#### **Objectives**

- Reduce proportion of persons living in poverty (HP 2020: SDPH-3)
- Increase the proportion of students who graduate with a regular diploma 4 years after starting 9th grade (HP 2020: AH-5.1)

#### **Hospital Activities**

##### **Gordon Memorial Hospital**

- Maintain CNA training program partnership with high school
- Hire youth to fill CNA and other positions
- Promote recruiting and attracting employees in partnership with the City of Gordon Planning Commission and Panhandle Area Development District
- Host community job fair

##### **Kimball Health Services**

- Support head start program
- Support youth engagement

##### **Morrill County Community Hospital**

- Support the High School Health Professions Club
- Professional presentation opportunities in the community

## **Priority Area 6B: Housing**

### **Objectives**

- Reduce proportion of households that spend more than 30% of income on housing (HP 2020: SDOH-4.1)

### **Hospital Activities**

#### **Gordon Memorial Hospital**

- Promote housing development in partnership with the City of Gordon Planning Commission and Panhandle Area Development District

#### **Kimball Health Services**

- Increase Section 8 housing opportunities

## **Priority Area 6C: Transportation**

### **Objectives**

- Increase use of alternative modes of transportation for work (HP 2020: EH-2)

### **Hospital Activities**

#### **Perkins County Health Services**

- Maintain partnership with County transit for patient transportation needs