

# SAINT LUKE'S COMMUNITY BENEFIT IMPLEMENTATION PLAN

2016

› Saint Luke's Cushing Hospital



› **Contact us**

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 **Saint Luke's**  
CUSHING HOSPITAL

## I. Introduction

Saint Luke's Cushing Hospital is a comprehensive health care facility serving Leavenworth County, Kansas. The 54-bed full-service hospital features 24-hour emergency services, Leavenworth's only maternity center and nursery, intensive care unit with eICU, private patient rooms, orthopedic services, cardiology services, oncology services, pulmonology services, 3D digital mammography, outpatient imaging and rehabilitation, pain management Clinic, diabetes education, and physician offices integrated on campus for optimal patient convenience. Opened in 1894, Cushing was one of the first hospitals in northeast Kansas. Saint Luke's Health System acquired the hospital in 2006.

**Mission:** Saint Luke's Cushing Hospital is a faith-based, not-for-profit, locally owned community hospital committed to the highest levels of excellence in providing health care and health-related services in a caring environment. As a member of Saint Luke's Health System, we are committed to enhancing the physical, mental, and spiritual health of the communities we serve.

**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 2015 Community Health Needs Assessment (CHNA) prepared for Saint Luke's Cushing Hospital. This Plan serves as Saint Luke's Cushing Hospital'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 Saint Luke's Cushing Hospital, as well as through a review of existing community benefit activities.

## IV. Community Health Needs

Saint Luke's Cushing Hospital 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 five major health needs:

- Behavioral Health Care
- Cardiovascular Disease
- Diabetes
- Access to Care
- The Increasing Needs of an Aging Population

## V. What Saint Luke's Cushing Hospital Will Do to Address Priority Needs

### 1. Behavioral Health Care

Behavioral health care continues to be an ongoing need in Leavenworth County. Behavioral health providers include psychiatrists, clinical psychologists, clinical social workers, psychiatric nurse specialists, and marriage/family therapists who meet certain qualifications and certifications.

Patients in Leavenworth and the surrounding areas currently have access to onsite psychiatric services at The Guidance Center, which serves populations who receive Medicaid and those with commercial insurance. Services include clinical assessments, group, individual and family therapy, psychosocial education, medication management, outpatient substance abuse evaluation and treatment, and community based support services for both adults suffering from severe and persistent mental illness and children suffering from severe emotional disturbance.

At Saint Luke's Cushing Hospital, residents in crisis are screened by a mental health professional either in person or through the Saint Luke's Health System Behavioral Access Center using telemedicine equipment. The screening is to determine the appropriate level of services, either inpatient or outpatient treatment necessary to care for the individual in crisis.

Saint Luke's Cushing Hospital is developing a relationship with Saint Luke's North Psychiatric Services to provide inpatient psychiatric consults and medication management via telemedicine equipment. This program will be implemented in 2016. The mental health team utilized by Saint Luke's North Psychiatric Services has the training and expertise to address issues such as:

- Depression
- Stress
- Life transitions
- Family problems
- Crisis
- Grief and loss
- Mental illness
- Trauma-related issues
- Anxiety/panic disorders
- Dual-diagnosis treatment

In 2016, Saint Luke's Cushing Hospital will be initiating an educational series "Chronic Disease Management Education" in collaboration with the Kansas Department of Health and Environment. Appropriate patients as identified by their physician will be invited to participate. The hospital will also continue to work with community partners such as The Guidance Center to address this ongoing need.

## 2. Cardiovascular Disease

Cardiovascular diseases are conditions that involve the heart and blood vessels. Heart diseases include coronary artery disease, which is the most common type of heart disease in the United States, heart failure, rhythm disruptions known as arrhythmias, and heart valve complications. Leavenworth County fares worse than the state and national averages in most cardiovascular benchmarks.

Saint Luke's Cushing Hospital provides cardiovascular care to address a range of heart conditions including cardiovascular disease. Saint Luke's Cardiovascular Consultants provide 24/7 coverage to the hospital's inpatients while also seeing patients at their Leavenworth clinic five days per week.

Saint Luke's Cushing Hospital's cardiovascular services include:

- Cardiac rehabilitation
- Consultations and second opinions
- Diagnostic stress tests and echocardiograms
- Heart failure management
- Lifesaving Emergency Department protocols
- Pacemaker and other device checks
- Peripheral vascular evaluations
- Preventive cardiology and lipid management

Saint Luke's Cushing hospital will continue to provide cardiovascular services to the community including subspecialty expertise to meet the needs of community members.

In 2016, Saint Luke's Cushing Hospital will be initiating an educational series "Chronic Disease Management Education" in collaboration with the Kansas Department of Health and Environment. Appropriate patients, as identified by their physician, will be invited to participate.

### 3. Diabetes

Diabetes is a disease characterized by abnormal amounts of sugar (specifically glucose) within the bloodstream. In individuals without diabetes, the pancreas releases a hormone called insulin that helps the glucose leave the bloodstream and enter cells where it can be used for energy. There are two types of diabetes, commonly referred to as type 1 and type 2. The most common type of diabetes in the United States is type 2 and occurs because the cells develop resistance to the insulin produced by the pancreas. This prevents the glucose from being able to enter the cells, so it is trapped within the bloodstream causing "elevated blood sugars".

According to the CHNA prepared for Saint Luke's Cushing Hospital, there exists a need to reduce the disease and economic costs of diabetes and improve the quality of life for all persons who have, or are at risk for the disease. Diabetes is one of the most prevalent chronic diseases in Leavenworth County, and the rate of diagnosis has risen in recent years.

Saint Luke's Cushing Hospital provides access to a Certified Diabetes Program that includes a full team of diabetes and endocrinology experts – including endocrinologists, certified diabetes educators, and registered dietitians. The integrated team at Saint Luke's Cushing Hospital collaborates with primary care physicians and with specialists to treat conditions ranging from thyroid cancer to cardiovascular issues related to diabetes and endocrine disorders.

Additionally, Saint Luke's Cushing Hospital's Diabetes Center:

- Provides interactive teaching and care management for different types of diabetes
- Features nurses and dietitians who are highly experienced in managing complex diabetes cases
- Offers hands-on education and training for long-term diabetes management
- Holds monthly diabetes support group meetings for patients and loved ones

Saint Luke's Cushing Hospital will continue to provide group and individual diabetes education opportunities with topics including:

- Healthy Living with Diabetes
- Gestational Diabetes

- Medical Nutrition Therapy
- Insulin Start
- Diabetes Prevention

Saint Luke's Cushing Hospital will continue to provide access to the diabetes education center, which provides services for community members who are newly diagnosed with diabetes, pre-diabetes, or those seeking additional help managing diabetes. Saint Luke's Cushing Hospital will continue to collaborate with the American Diabetes Association and the Kansas City Regional Association of Diabetes Educators.

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#### 4. Access to Care

Because of its all-inclusive nature, health care access is identified as the overarching health need within Saint Luke's Cushing Hospital's community.

**Affordability**—Saint Luke's Cushing Hospital will continue to accept Kansas Medicaid.

Following the implementation of the Patient Protection and Affordable Care Act (PPACA), the state of Kansas chose not to expand their Medicaid Program as outlined in the law. In Kansas, the existing Medicaid eligibility level for non-elderly adults is among the lowest in the country. Under the current Medicaid program, a parent in a four person household must earn no more than \$8,000 per year to be eligible for coverage. Low-income adults without children are not eligible at any income level. 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.

**Availability**— Leavenworth County is facing a shortage in primary care services. Primary care shortages are usually seen in Kansas' less populated counties where doctors, dentists, and other providers are likely to be few and far between. Since primary care providers often act as the first point of consultation for patients, primary care often plays a central role in the local community. Without any other resources, patients within the community often seek services from the hospital as a main source of primary care.

As a member of Saint Luke's Health System, Saint Luke's Cushing Hospital has the ability to connect local patients with a range of highly trained physician specialists. Saint Luke's Cushing Hospital's Specialty Clinic features a wide range of services, including:

- Brain & Spine
- Cancer care
- Diabetes & Endocrinology
- Ear, nose, and throat
- Emergency Department
- Gastroenterology
- General surgery

- Heart & Vascular
- Imaging (Radiology)
- Infusion Therapies
- Intensive Care (ICU)
- Mammography- 3D
- Maternity Center
- Obstetrics & Gynecology
- Orthopedics
- Palliative Care
- Podiatry
- Primary Care
- Rehabilitation
- Sleep Disorders

## 5. The Increasing Needs of an Aging Population

Older adults are among the fastest growing age groups in Leavenworth County and in the United States. Nationwide, more than 37 million people in this group (60 percent) will manage more than one chronic condition by 2030. Chronic conditions and comorbidities common to an aging population are seen in Leavenworth County's health outcomes, such as hypertension, heart disease, and stroke mortality. The health needs of a growing aging population should be considered a priority health need for the Leavenworth community.

Saint Luke's Cushing Hospital currently offers a range of health services available to the older population. The hospital will continue to offer services aimed at supporting the chronic conditions including diabetes, hypertension, heart disease, and stroke. Saint Luke's Cushing hospital will continue to work with other providers and social service organizations in the community to increase support to this population, including the Leavenworth County Council on Aging.

In 2016, Saint Luke's Cushing Hospital will be initiating an educational series "Chronic Disease Management Education" in collaboration with the Kansas Department of Health and Environment. Appropriate patients as identified by their physician will be invited to participate.

## VI. Approval

The Saint Luke's Cushing Hospital Board of Directors approved this Community Benefit Implementation Plan on April 28, 2016. This implementation plan specifies community health needs that Saint Luke's Cushing Hospital has determined to meet in whole or in part and that are consistent with its mission. The Saint Luke's Cushing Hospital Board of Directors reviews the Community Benefit Implementation Plan on an annual basis, and reserves the right to amend it as circumstances warrant.