

# Community Health Needs Assessment Implementation Plan

2019

► 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 2018 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 three priority health needs:

- Behavioral Health Care
- Access to Care
- Access to Physical Activity and Nutrition

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

### 1. Behavioral Health Care

#### **GOAL: Improve Access to Behavioral Health services in Leavenworth County.**

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 was 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
- Grief and loss
- Mental illness
- Crisis
- Trauma-related issues
- Anxiety/panic disorders
- Dual-diagnosis treatment

Milestone / Sub-Activity	Description	Measures	Start Date	End Date
1	<b>Behavioral Health Care</b>			
1.1	<b>Goal: Improve access to behavioral health services</b>			
1.1.1	Saint Luke's Cushing Hospital will continue providing mental health evaluations for patients who present themselves to the Emergency Department with psychological concerns or self-inflicted injuries	Access maintained	1/1/2019	12/31/2021
1.1.2	Saint Luke's Cushing Hospital will continue to screen patients for social determinants of health and connect patients to appropriate community resources that are outside the scope of the hospital's capacity	Number of patients screened	1/1/2019	12/31/2021
1.1.4	Saint Luke's Cushing Hospital will continue to participate in a county-wide taskforce to evaluate needs and make recommendations to appropriate officials regarding needs in the surrounding communities	On-going participation	1/1/2019	12/31/2021
1.1.5	Saint Luke's Health System will continue recruiting efforts for quality psychiatrists in order to expand access to behavioral health services.	On-going recruitment efforts/Number of psychiatrists added	1/1/2019	12/31/2021
1.1.6	Saint Luke's Health System will continue to advocate on key health policy issues at the state and federal levels on issues related to access to behavioral health services.	On-going advocacy	1/1/2019	12/31/2021

**2. 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.

**GOAL: Improve Affordability of health care services in Leavenworth County**

The high cost of health care can be a barrier to access for both insured people and the uninsured. Adults in worse health, those with low incomes, and the uninsured are much more likely than others to delay or forgo health services due to costs. 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. Low-income adults without children are not eligible at any income level.

**GOAL: Improve Availability of health care services in Leavenworth County**

Leavenworth County is facing a shortage in primary care services. 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.

In addition, Leavenworth County faces ongoing challenges related to the recruitment of specialty care providers. As a member of Saint Luke's Health System, Saint Luke's Cushing Hospital works to connect local patients with a range of physician specialists. Saint Luke's Cushing Hospital's Specialty Clinic features a wide range of services, including:

Milestone / Sub-Activity	Description	Measures	Start Date	End Date
<b>2</b>	<b>Access to Care</b>			
<b>2.1</b>	<b>Goal: Improve affordability of health care services in Leavenworth County</b>			
<b>2.1.1</b>	Saint Luke's Cushing Hospital will continue to maintain the relationship with Caritas - St. Vincent's Clinic, through the financial support of their local clinic, as well as handling any requested labs and imaging requests for patients, free of charge.	Partnership maintained, Number of tests, Number of patients receiving free care	1/1/2019	12/31/2021
2.1.2	Saint Luke's Cushing Hospital will continue to accept Kansas Medicaid and provide assistance in the Medicaid application process when needed.	Policy maintained	1/1/2019	12/31/2021
2.1.3	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.	On-going advocacy	1/1/2019	12/31/2021
<b>2.2</b>	<b>Goal: Improve availability of health care services in Leavenworth County</b>			
2.2.1	Continue to promote access within local primary care clinics to ensure patients receive appropriate follow up including the establishment of future points of care.	Number of patients served/ follow up policy maintained	1/1/2019	12/31/2021
2.2.2	Continued analysis and consideration of primary care physician recruitment and extended clinic hours based on patient need.	Continued recruitment efforts, clinic hours	1/1/2019	12/31/2021
2.2.3	Connect patients with local specialists within the Leavenworth area.	Number of patients referred	1/1/2019	12/31/2021

- Brain & Spine
- Cancer Care
- Diabetes & Endocrinology
- Ear, nose, and throat
- Gastroenterology
- General surgery
- Heart & Vascular
- 24/7 Emergency Department Intensive Care (ICU)
- Mammography - 3D
- Maternity Center
- Obstetrics & Gynecology
- Imaging (Radiology)
- Infusion Therapies
- Orthopedics
- Palliative Care
- Podiatry
- Primary Care
- Rehabilitation
- Sleep Disorders

### 3. Access to Physical Activity and Nutrition

#### GOAL: Reduce the prevalence of Cardiovascular Diseases in Leavenworth County

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 5 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.

### **GOAL: Reduce the prevalence of Diabetes in Leavenworth County**

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.

**GOAL: Reduce food insecurity in Leavenworth County**

Food insecurity is an important but often overlooked factor affecting the health of a significant segment of the American population. Food insecurity is defined as limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

As the health care sector seeks to better understand and address social determinants of health, food insecurity is emerging as a key factor for chronic disease – and one that health care providers can help address in order to improve health outcomes. Interventions to addressing food insecurity in the health care setting will vary by community needs, and the goals and capacity of the partner organizations. Saint Luke’s Cushing hospital is committed to identifying and addressing patient food insecurity.

Milestone / Sub-Activity	Description	Measures	Start Date	End Date
<b>3</b>	<b>Access to Physical Activity and Nutrition</b>			
<b>3.1</b>	<b>Goal: Reduce the prevalence of Cardiovascular Diseases in Leavenworth County</b>			
3.1.1	Continue to provide cardiovascular services to the community, including subspecialty expertise to meet the needs of community members	Services Maintained/Number of patients served	1/1/2019	12/31/2021
3.1.2	Engage stakeholders in tobacco cessation efforts focused on but not limited to the Medicaid population	Number of patients served	1/1/2019	12/31/2021
<b>3.2</b>	<b>Goal: Reduce the prevalence of Diabetes in Leavenworth County</b>			
3.2.1	Support patients through the provision of a Certified Diabetes Program	Services Maintained/Number of patients served	1/1/2019	12/31/2021
3.2.2	Provide education to community through local speaking engagements	Number of speaking engagements	1/1/2019	12/31/2021
<b>3.3</b>	<b>Goal: Reduce food insecurity in Leavenworth County</b>			
3.3.1	Support the local Meals on Wheels program	Support Maintained	1/1/2019	12/31/2021
3.3.2	Screen for food insecurity and refer to local food pantries	Policy maintained/Number of Patients referred	1/1/2019	12/31/2021
3.3.3	Collaborate with community partners to bring more affordable and health food options to Leavenworth County	Collaboration Maintained	1/1/2019	12/31/2021

**VI. Approval**

The Saint Luke’s Cushing Hospital Board of Directors approved this Implementation Plan on November 20, 2018. 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 Implementation Plan on an annual basis, and reserves the right to amend it as circumstances warrant.

> **Contact us**

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