

2016

Colquitt Regional Medical Center
Implementation
Strategy

Colquitt Regional Medical Center

Implementation Strategy

For FY2017-2019 Summary

Colquitt Regional Medical Center is a 99 bed not-for-profit, community hospital located in Moultrie, Georgia. In 2016, the hospital conducted a Community Health Needs Assessment (CHNA) to identify the health needs of Colquitt County. The Implementation Strategy for Colquitt Regional Medical Center was developed based on findings and priorities established in the CHNA and a review of the hospital's existing community benefit activities.

This report summarizes the plans for Colquitt Regional Medical Center to sustain and develop community benefit programs that 1) address prioritized needs from the 2016 Colquitt Regional Medical Center CHNA and 2) respond to other identified community health needs.

The following prioritized needs were identified by the community and the CHNA steering committee. Particular focus was placed upon these needs in developing the implementation strategy.

- Obesity and Lifestyle
- Substance Abuse
- Access to Care - Specialists
- Access to Care - Transportation and Prevention

Colquitt Regional Medical Center has addressed each of the health needs identified in the CHNA. Colquitt Regional Medical Center developed implementation strategies to address each of the health issues identified over the next three years.

Specific implementation strategies for each of the CHNA identified health needs are addressed in the following appendices to this report.

The Colquitt Regional Medical Center Board approved this Implementation Strategy through a board vote on February 27, 2017.

Please reference additional appendices to this report for the implementation strategy for each of the health priorities.

The following issues were identified as “priority” needs by the community participants. The findings are listed in the order of priority as determined by the focus groups.

1. Obesity and Lifestyle
 - a. There is a need for specific education on how to purchase and cook healthy foods on a budget.
 - b. There is a need for a worksite wellness programs to promote physical activity and good health.
 - c. There is a need for more education and awareness on how to manage diabetes.
2. Substance Abuse
 - a. There is a lack of a local drug screening facility that is available to all members of the community.
 - b. There is a need for more education and awareness regarding how easily accessible drugs are by adolescents.
 - c. There is a need for more education, awareness, and prevention of prescription drug abuse.
3. Access to Care - Specialists
 - a. There is a need for more mental health providers, especially psychologists and psychiatrists.
4. Access to Care - Transportation and Prevention
 - a. There is a need for more reliable, affordable, and convenient transportation. Transportation to healthcare providers is an issue for all population groups, especially the young, the poor, and the Senior residents.
 - b. There is a need for free or low cost care options for the working poor, uninsured, or underinsured.
 - c. There is a need for a centralized resource directory to assist community residents in identifying the appropriate resources to meet their healthcare needs.

Community Work Plan for Obesity and Lifestyle

Health Problem	Outcome Objective (Anticipated Impact)
<ul style="list-style-type: none"> a. There is a need for specific education on how to purchase and cook healthy foods on a budget. b. There is a need for a worksite wellness programs to promote physical activity and good health. c. There is a need for more education and awareness on how to manage diabetes. 	<ul style="list-style-type: none"> a. Increase education and knowledge of how to cook and purchase healthy foods on a budget. b. Increase access to worksite wellness programs. c. Increase knowledge and awareness of diabetes management.

Background:

The CHNA process identified obesity and lifestyle as an issue that needs to be addressed. There are many modifiable risk factors associated with obesity and lifestyle such as poor nutrition, lack of physical activity, and stress. These risk factors also contribute to other diseases such as heart disease, stroke, diabetes, and cancer.

Implementation Strategy:

- a. Colquitt Regional Medical Center will work toward reducing the number of adults and children in Colquitt County who are obese by implementing health promotion programs that increase nutrition education and knowledge of purchasing and cooking healthy foods on a budget. The hospital will have a registered dietician and wellness coach onsite at health fairs provide economical nutritional education.
- b. The hospital will offer multiple worksite wellness programs to hospital employees and include collaborations with other businesses in order that the worksite wellness programs may affect a larger population. Colquitt Regional Medical Center's Wellness Coach will implement health programs that not only encourage and educate staff on a healthy lifestyle but also measure physical activity and increase self-awareness of weight status.
- c. The hospital will continue to provide comprehensive education on diabetes care, physical activity and nutrition to improve the lives of those affected by diabetes. Colquitt Regional Medical Center will improve community based education and outreach by providing information, offering classes to the community taught by a certified diabetes educator and utilizing small media methods and the hospital's website to increase awareness.

Possible Collaborations:

- YMCA
- City of Moultrie
- Colquitt County
- Colquitt County Schools

Community Work Plan for Access to Care - Substance Abuse	
Health Problem	Outcome Objective (Anticipated Impact)
<ul style="list-style-type: none"> a. There is a lack of a local drug screening facility that are available to all members of the community. b. There is a need for more education and awareness regarding how easily accessible drugs are by adolescents. c. There is a need for more education, awareness, and prevention of prescription drug abuse. 	<ul style="list-style-type: none"> a. Increase access to drug screening whether through the hospital's lab or another facility. b. Increase knowledge and awareness of adolescent substance abuse. c. Increase knowledge and awareness of prescription drug abuse.
<p>Background:</p> <p>The CHNA process identified substance abuse as a health issue that needs to be addressed. Issues surrounding the inability for certain community agencies to access drug screening facilities was identified as a top priority. Additionally, adolescent substance abuse and prescription drug abuse were other top concerns for the community.</p>	
<p>Implementation Strategy:</p> <p>a. Colquitt Regional Medical Center will work to increase the number of drug screening collection sites throughout the community. We will utilize the appropriate channels to partner with the various entities who request drug screening.</p> <p>b. The hospital will collaborate with community partners to provide education for adolescents and adults on identifying risk factors, available interventions and proper disposal of narcotics for those affected by substance abuse. These educational materials will be offered at health fairs, clinics, schools, and at the hospital upon request.</p>	
<p>Possible Collaborations:</p> <ul style="list-style-type: none"> • Colquitt County Board of Education • YMCA • Boys & Girls Club • DFACS Turning Point 	

Community Work Plan - Access to Care - Specialists	
Health Problem	Outcome Objective (Anticipated Impact)
a. There is a need for more mental health providers, especially psychologists and psychiatrists.	a. Increase access and/or knowledge of mental health providers including psychologists and psychiatrists.
<p>Background:</p> <p>The CHNA process identified a need for more mental healthcare providers. The community also reported that there are not enough mental health facilities in the area.</p>	
<p>Implementation Strategy:</p> <p>a. Colquitt Regional Medical Center will work toward increasing the presence of behavioral health services staff in the hospital and primary care settings to decrease the unnecessary consumption of community resources. This will be done by improving access to the right place at the right time care. The hospital, in collaboration with Turning Point, will provide a Mental Health Coordinator to facilitate assessment and appropriate placement for those patients presenting with psychiatric symptoms.</p> <p>b. The hospital will collaborate with local mental health providers to develop a community resource directory.</p>	
<p>Possible Collaborations:</p> <ul style="list-style-type: none">• Turning Point• Colquitt County Board of Education• Mental Health Clinic	

Community Work Plan for Access to Care - Transportation and Prevention	
Health Problem	Outcome Objective (Anticipated Impact)
<ul style="list-style-type: none"> a. There is a need for more reliable, affordable, and convenient transportation. Transportation to healthcare providers is an issue for all population groups, especially the young, the poor, and the Senior residents. b. There is a need for free or low cost care options for the working poor, uninsured, or underinsured. c. There is a need for a centralized resource directory to assist community residents in identifying the appropriate resources to meet their healthcare needs. 	<ul style="list-style-type: none"> a. Increase access to transportation and/or increase access/knowledge of available transportation resources. b. Increase access to low cost care for the underserved and/or increase access/knowledge of available low cost care options for this population group. c. Increase knowledge and awareness of a community resource directory.
<p>Background:</p> <p>The CHNA process identified a need for more transportation to access healthcare. It also identified an overall need for better resource communication regarding available transportation services, reduced cost care options, and other community resources to increase access to prevention services.</p>	
<p>Implementation Strategy:</p> <ul style="list-style-type: none"> a. It is beyond the hospital's mission and financial resources to provide transportation. Colquitt Regional Medical Center will increase access to health services by providing screenings and other forms of preventive care in community locations other than the hospital's main campus. b. The hospital will improve access to healthcare for the working poor, uninsured and underinsured by helping to minimize the cost of healthcare to the individual. The hospital will do this by providing financial counselors, increasing access to the hospital's financial charity and indigent care program, and partnering with Change Healthcare to help those who qualify find government assistance. c. The hospital will provide a community resource directory that will guide individuals to local healthcare resources. 	

Possible Collaborations:

- Southwest Georgia Community Action Council
- Norman Park Clinic
- Ellenton Clinic
- Destiny Transportation

