



Community Health Needs Assessment Report
And Implementation Plan

Implementation Plan

A. Community Health Needs To Be Addressed

Management of Chronic Disease

Goal

- Help people with chronic diseases, such as congestive heart failure and diabetes, better manage their disease and improve the health and quality of their lives.

Rationale

- Data indicates that population 65+ is fastest growing segment of the population in St. Louis County.
- Congestive heart failure is the most common diagnosis in hospital patients over age 65 – one-fifth of the hospitalizations in this age group have a primary or secondary diagnosis of heart failure.
- Despite access to care, the county is experiencing a higher hospital usage for 65+ populations with chronic disease.
- Treatment and group support can help individuals manage their symptoms, reduce hospitalizations and improve the quality of life and life expectancy.

Objective

- Achieve an attendance of 15 individuals with congestive heart failure or diabetes at the pilot program.
- Decrease hospital readmissions for 2 of the 15 participants.
- Through responses on pre- and post-test, improve the quality of life for people diagnosed with diabetes and congestive heart failure.

Action Plan

- Develop a six-week Congestive Heart Failure Pilot Program with the focus on the management of congestive heart failure, including diet management, medication management, activity management and stress management.
- Educate patients about the steps needed to manage their congestive heart failure.
- Offer the program at a community site such as the county library or Longview Farm.
- Begin program in the third quarter 2014 with anticipated attendance of 15 for first class; success of first class will determine frequency of program.
- Continue to partner with OASIS to provide evidence-based programs that help manage diabetes, blood pressure and healthy living for 55+ population at various community locations, such as Kirkwood Community Center and Longview Farms.
- Develop partnership with primary care providers, healthcare providers at Missouri Baptist, BJC Medical Group and OASIS.

Evaluate/Outcome Measures

Through a pre- and post-test, this program will evaluate participants' levels of knowledge about their disease and steps they need to take to better manage their weight, diet, activity levels and medication compliance. Measurements used will include data on readmissions, emergency room visits, compliance with keeping a daily log to better track their weight, diet and activity level.

Partners

- Missouri Baptist Heart Center
- St. Louis OASIS (promotes healthy aging through learning, healthy living and social engagement)
- Missouri Baptist Physical Medicine Department (Rehabilitation Therapies)
- Morrison Food Service

Cardiovascular and Health Risk-Factor Management

Goal

- Through community-based screenings and education, identify and help individuals, especially underinsured or uninsured who are at risk for heart disease, stroke and diabetes lower their risk.
- Encourage them to make healthy lifestyle changes and connect them to medical care/treatment.

Rationale

- Heart disease is the leading contributor to poor health and is ranked the number one cause of death nationwide.
- In 2010, 27% of all deaths in St. Louis City and County were attributable to heart disease.
- Despite access to care, 30% of the population in West and South St. Louis County are at risk for heart disease due to high cholesterol and hypertension. In addition, 39% of the population is overweight and 25% are obese.
- Despite the economic affluence and education levels for West and South St. Louis County, an increasing number of families find themselves delaying healthcare due to high deductibles or lack of insurance.
- Given the fact that our population is aging, which increases the prevalence of chronic disease, attention to lifestyle change and risk-factor management must be as an important health initiative for people of all ages.
- Obesity can have a harmful effect on the body and contribute to high blood pressure, high cholesterol and diabetes.
- Missouri Baptist is one of the only hospitals in West and South St. Louis County that provides free cardiovascular screenings on a regular basis throughout the county.

Objective

- Screen 1,800 from the general adult population for cholesterol, blood pressure and glucose in West and South St. Louis County in 2014 and 2015.
- Increase attendance at cardiovascular and healthy lifestyle educational programs offered at various community locations in West and South St. Louis County in 2014 and 2015.

Action Plan

- Provide cardiovascular screenings including blood pressure, cholesterol (total and high-density lipoprotein), blood glucose and individualized risk-factor counseling at South St. Louis County Mall in March, June and September 2014 and 2015.
- Continue to provide cholesterol, blood glucose screenings and individualized risk-factor counseling at West and South St. Louis County Dierbergs Market and other strategic locations.
- Continue to provide cardiovascular and healthy lifestyle educational programs at various community locations, including community centers, Missouri Baptist and other venues in West and South St. Louis County.

- Continue to inform the uninsured and underinsured members of our community of these free health screenings through timely direct mail cards and the Missouri Baptist quarterly educational newsletter.
- Registered nurses and dietitians will provide the cardiovascular screenings and individualized interpretation of screening results to help clients identify and learn their risk factors and the steps to take to lower them.
- A physician referral specialist will be available to make referrals and appointments to healthcare providers for all high risk clients who do not have a physician.
- Registered nurses and dietitians will make two follow-up phone calls to high risk clients – one at six weeks and one at three months following the screening to see if the client has taken any steps to lower their risk and followed up with a physician.

Evaluate and Outcome Measures

- Identify individuals in South St. Louis County at risk for cardiovascular disease.
- Through follow-up phone calls provide access to medical care for 5 participants.
- Through follow-up email, MoBap will provide lifestyle risk factor education and encourage rescreening at 6 months and 1 year, and consequently lower the number of at risk participants.

Partners

- South St. Louis County Mall
- BJC Medical Group

Cancer—Early Detection and Risk-Factor Education

Goal

- To increase participation in community-based prostate, breast and skin cancer screening for men and women living in St. Louis County, as well as the rural Missouri communities.

Rationale

- In the United States, 50% of men and 33% of women are estimated to develop a form of cancer during their lifetime.
- The cancers with the greatest incidence in men are prostate, lung and colorectal.
- The cancers with the greatest incidence in women are breast, lung and colorectal.
- Despite numerous facilities for screening and early detection, West and South St. Louis County have higher than expected levels of breast and prostate cancers.
- The incidence of cancer can be lowered by risk-factor education, lifestyle modification and early detection through screening. Education can improve remission rates

Objective

- In 2014, partner with the Missouri Baptist Breast HealthCare Center to provide mammography screening and breast health education to 800 uninsured or underinsured women by bringing the Missouri Baptist mammography van to strategic locations in St. Louis County and rural communities.
- Provide prostate cancer screening and education to 75 men, especially African American men who have not yet been screened for prostate cancer or are at high risk. Achieve this by hosting a prostate cancer screening in Sept. 2014 and 2015.
- Provide Skin Cancer screenings to 125 individuals in May 2014 and 2015.

Action Plan

- Missouri Baptist Breast HealthCare Center, under a grant funded by Susan G. Komen St. Louis Affiliate, will continue to provide screening mammograms at various locations for uninsured and underinsured in St. Louis County and rural Missouri.
- All women will receive a letter and/or phone call with the results of their screening mammogram and, if positive, will be referred to a physician for follow-up testing. If necessary, the cost of this testing may be covered by Susan G. Komen St. Louis Affiliate and/or Show Me Healthy Women Missouri.
- Missouri Baptist will continue to partner with the American Dermatologic Association (ADA) to provide free skin cancer screenings in May 2014. The ADA will conduct follow-up phone calls for all positive results.

- Missouri Baptist radiation oncologists and on-staff urologists will provide a prostate cancer screening in Sept. 2014 and 2015 for men in St. Louis County who request this service and meet screening guidelines.
- We will follow the American Urologic Association's guidelines, which support screening men at high risk or who are 55-69 (especially African-American men), and have not previously been screened for prostate cancer.
- Participants will be notified of their results by mail and, if positive, will be called by a nurse to make sure that they have followed-up with their physician or to make a referral to a physician.

Evaluate and Outcome Measures:

- Women participating in the mammography screening program will be followed from year to year to see if they are adhering to the screening guidelines and having a mammogram every year.
- Women identified as high risk or with having a positive mammogram will be followed to ensure they have seen a physician or contacted Show Me Healthy Women.
- Prostate cancer screening program will seek to increase number of African American men screened by 10%.

Partners

- Missouri Baptist Breast HealthCare Center
- Missouri Baptist Cancer Center
- Designated rural community centers
- Komen St. Louis
- American Dermatologic Associations

Prevention of Seasonal Flu

Goal

- Decrease the prevalence of and spread of flu by making available free influenza vaccinations and prevention education materials. Target adult residents living in West and South St. Louis County.

Rationale

- During a regular flu season, about 90% of deaths occur in people 65+.
- Influenza is a serious disease that can lead to pneumonia, hospitalization and sometimes death.
- Widespread inoculation against annual seasonal flu is the best way to reduce the incidence of seasonal flu and lessen its impact on the community.
- People with certain chronic disease such as heart disease, diabetes or cancer are at an increased risk of developing serious complications from the flu.

Objective

- Vaccinate 1,400 individuals for the seasonal flu in 2014 and 2015.
- Provide educational information to every person who is vaccinated, focusing on importance of good hand washing and what to do to prevent the spread of flu.

Action Plan

- Hold four to five flu clinics at various community centers in St. Louis County so that registered nurses can distribute seasonal flu vaccine, as well as educational information, to all participants.
- Include an article focusing on “why get a flu vaccine and how to prevent the spread of the flu” in our fall quarterly newsletter.

Evaluate and Outcome Measure

- Distribute flu vaccines and flu prevention education to 1,400 individuals October 2014 and 2015

Partners

- St. Louis OASIS
- Town and Country
- Missouri Baptist Outpatient-Sunset Hills
- Missouri Baptist Pharmacy

B. Community Health Needs Not Being Addressed

- **Mental Health**

At present, Missouri Baptist does not have an inpatient mental health unit and is not directly involved with community education focusing on mental health and depression. Although Missouri Baptist does not have the resources to provide this service, several area hospitals including Mercy, St. Mary's Health Center and St. Clair Health Center offer these services.

- **Social Support Services for Seniors**

At present, Missouri Baptist partners with OASIS to provide community education programs focusing on seniors. As a member of BJC HealthCare, we have access to BJC Home Care, which provides in-home services for seniors. We do not have the financial resources to provide any additional support services for seniors or the disabled.

- **Maternal/Newborns/Pediatrics**

Overall, Missouri Baptist experiences a low infant mortality rate, as well as a low percentage of babies born with a low birth weight. Because Mercy, a neighboring hospital, provides a clinic for teen mothers, we do not see many teen mothers deliver at Missouri Baptist. Most mothers who deliver at Missouri Baptist are seen regularly by their OB/GYN and receive excellent prenatal care by their staff.