



Parkview Wabash Hospital 2020 Implementation Strategies

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Commitment to the Community

Mission and Vision

As a community-owned, not-for-profit organization, Parkview Health is dedicated to improving your health and inspiring your well-being by:

- Tailoring a personalized health journey to achieve your unique goals
- Demonstrating world-class teamwork as we partner with you along that journey
- Providing the excellence, innovation and value you seek in terms of convenience, compassion, service, cost and quality

Within the four walls of Parkview Health facilities, there is an emphasis placed on providing “excellent care, every patient, every day.” Another integral part of the mission takes place outside the four walls, in the communities that we serve and is accomplished through the community health improvement outreach programs which focus on improving access to healthcare and addressing identified community health needs especially serving vulnerable populations.

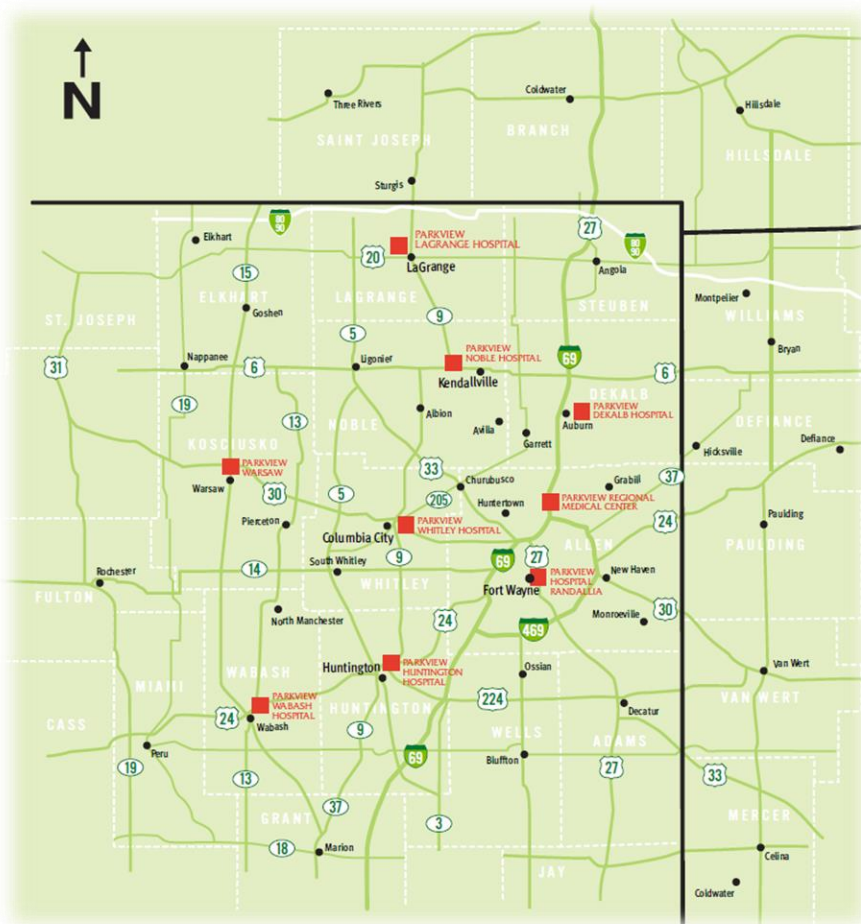


Figure 1: Parkview Health service area

Introduction

Parkview Wabash Hospital, Inc., is a not-for-profit, critical access hospital located in Wabash, Indiana. The hospital has been a member of Parkview Health since January 1, 2015.

Our newly built facility, which opened in June 2018, is licensed for 25 beds. Currently, it is home to an inpatient unit that offers 12 medical/surgical beds and four beds for patients of higher acuity in our Constant Care Unit. The Family Birthing Center features two private labor, delivery, recovery and postpartum rooms. The 24-hour emergency department is staff by board certified physicians and nurses trained in emergency medicine and care. The ED has nine patient care rooms, with one designated for trauma. The hospital also offers a wide array of surgical services to include orthopedic, colorectal, gynecological, podiatry, urology and general surgery.

Our specialty services include: a CardioPulmonary Rehab Clinic, Infusion Center for ambulatory patients who require intravenous chemotherapy, hydration and blood transfusion; physical, occupational and speech therapy for adults and children; aquatic rehab; wound therapy and sports medicine offered at The Rehab Place. The LifeBridge Senior Program offers intensive outpatient behavioral therapy for seniors.

Parkview Wabash Hospital, Inc., also provides a Physician Specialty Clinic for physicians to travel to Wabash on scheduled weekdays to accommodate the needs of patients who require consultations, follow-up visits and procedures. Specialties include cardiology, urology, neurology, pain management, podiatry, ENT, nephrology and oncology.

Community Served

Parkview Wabash Hospital, Inc.'s, primary patient service area is Wabash County. Addressing population health priorities is based largely on the degree of accessibility that vulnerable populations possess to assistance programs, community resources, etc. To best improve the health of our community through our implementation strategy, Parkview Wabash Hospital, Inc., community health improvement initiatives will be provided primarily to Wabash County.

The population of Wabash County is 31,848. The poverty rate is 13.3%, the highest of the counties served by Parkview Health.¹

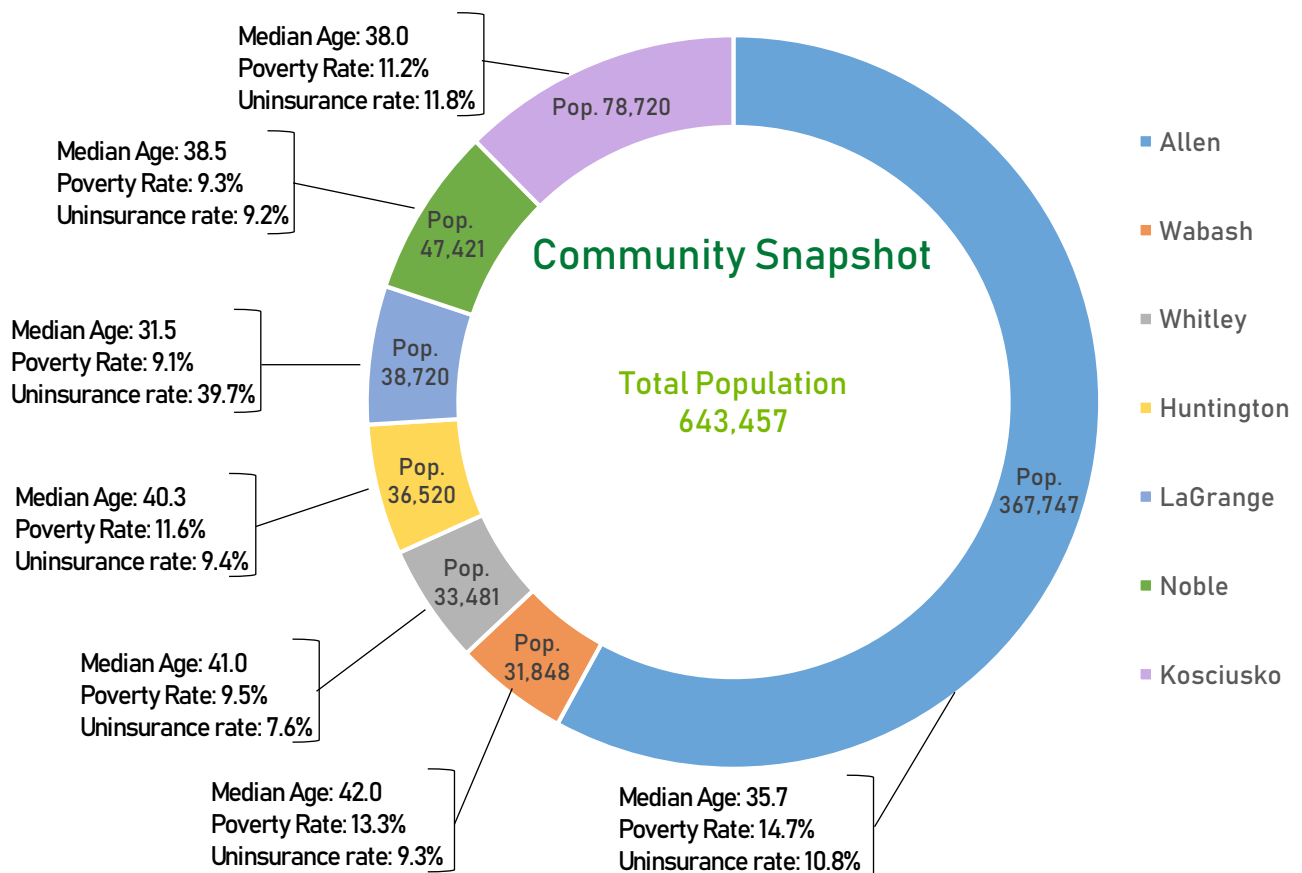


Figure 2

¹ "US Census Bureau (American Community Survey 2013-2017 Five-year Averages)," United States Census Bureau, July 1, 2018, <https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/2017/>.

Ranking of Community Health Needs

The 2019 top-ranking indicators for Wabash County are shown in **Table 1**. For Wabash County three of the top five health concerns – cardiovascular disease, diabetes, and obesity – are etiologically and clinically related health issues. If we consider the top 10 health concerns in the region, one other related need is identified: drug and alcohol use and addiction. Mental health disorders are one of the risk factors for developing substance use disorder. These rankings are indicative of interrelated and interconnected health conditions, providing a broader picture of the health issue experienced by the community and rendering credence to the methodology adopted for this purpose. Comparing the 2016 and 2019 CHNA rankings for the Parkview Region, we see that Cardiovascular Disease (Rank 6 to 1) and Aging (Rank 12 to 5) moved to the top five. Changes in the methodology for calculating “size of the health issue” and “effectiveness of intervention” may have contributed to this change.

Health Need / Concern	Health Indicator	2019 Rank								2016 Rank
		Allen	Huntington	Kosciusko	LaGrange	Noble	Wabash	Whitley	Avg. Rank	
1. Cardiovascular Disease	Stroke Hospitalizations	1	2	1	1	1	1	1	1.1	6
	Heart Disease Hospitalizations	1	1	1	1	1	1	3	1.3	
2. Diabetes	Adults 20+ with Diabetes	1	2	1	1	1	1	3	1.4	3
3. Aging	Alzheimer's Disease	5	4	4	1	4	4	3	3.6	12
4. Obesity	Adults 20+ who are Obese	5	6	6	1	4	4	3	4.1	2
5. Drug & Alcohol Use and Addiction	Non-Fatal ED Visits due to Opioid Overdoses	1	4	4	12	10	4	11	6.6	5
6. Mental Health	Percent of Population with Frequent Mental Distress	7	7	7	10	6	7	7	7.3	10
Drug & Alcohol Use and Addiction	Adults who Drink Excessively	8	7	8	6	6	10	9	7.7	5
7. Tobacco Use	Adults who Smoke	8	7	12	8	8	8	7	8.3	1
8. Maternal Child Health	Child Abuse and Neglect	10	10	17	6	8	8	1	8.6	4

Table 1: Top Ranking Indicators (2019 CHNA pg. 54)²

² “2019 Community Health Needs Assessment Parkview Hospital, Wabash County,” Community Health Improvement (Local Health Needs), Parkview Health, December 2019, <https://www.parkview.com/community/community-health-improvement/local-health-needs>.

CHNA/Implementation Strategy Process

Based on the 2019 community health needs assessment (CHNA) results, our internal team along with external partner organizations decided to continue to build on health initiatives that have been developed and have evolved over the last six years related to obesity in Wabash County. The team believed that adding a mental health priority along with substance abuse would further strengthen work in this area. We tweaked some descriptions and combined some closely related health issues identified as a part of our top health concerns.

Work addressing the current health needs will be very similar to efforts in the past. Community health improvement staff, program leads, and partner organizations worked together to formulate the implementation strategy.

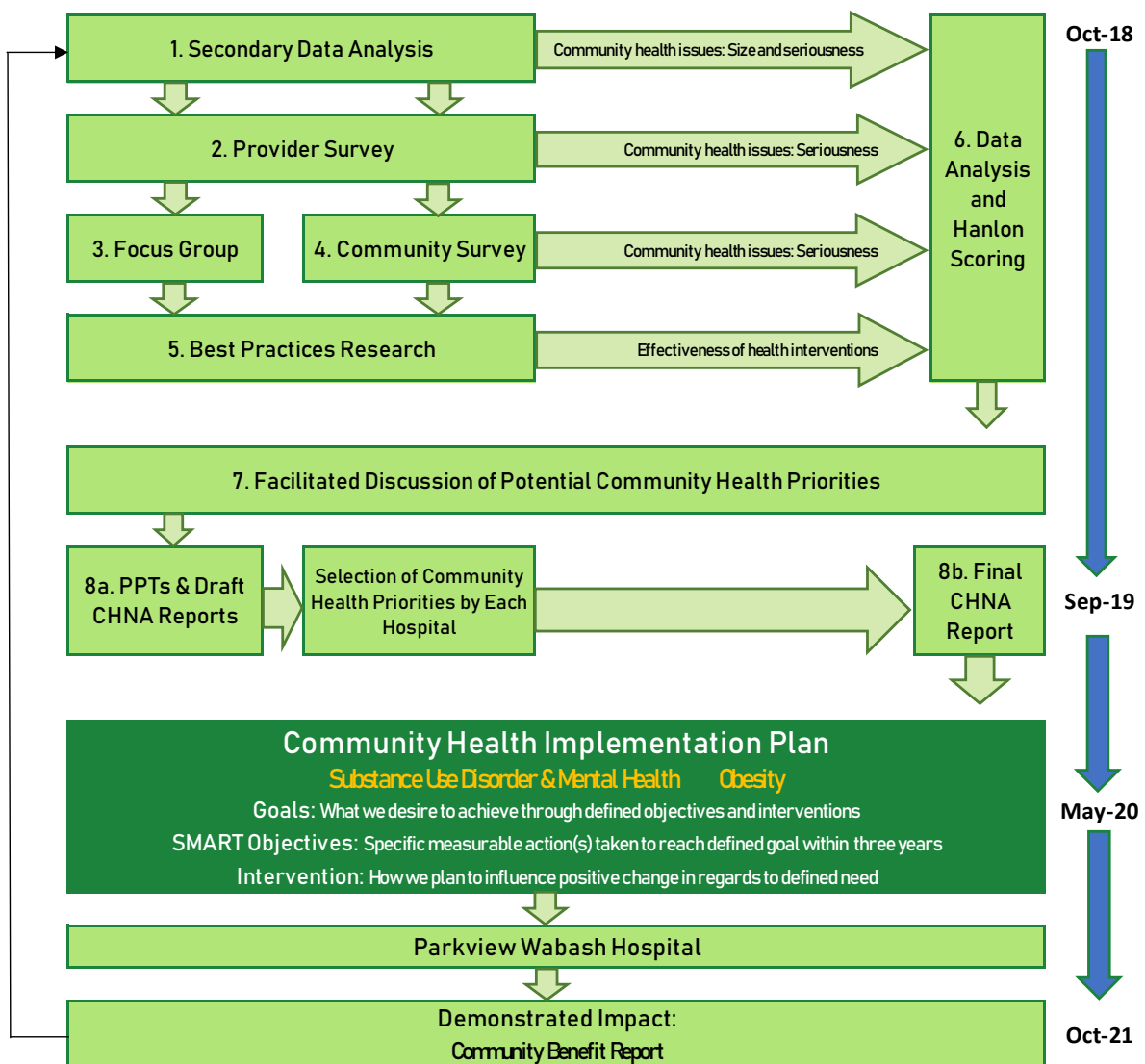


Figure 3: Key activities of the CHNA and implementation strategy development

Prioritization Process

A modified Hanlon Method prioritized health concerns for Parkview Health hospital communities. This method, also known as the Basic Priority Rating System (BPRS) 2.0, is recommended by the National Association of County and City Health Officials (NACCHO) for prioritizing community health needs (Guide-to-Prioritization-Techniques.pdf, n.d.). Although complex to implement, it is useful when the desired outcome is an objectively selected list. Explicit identification of factors must be considered to set priorities which enables a transparent and replicable process. Priority scores are calculated based on the size of the health problem, seriousness of the health problem and the availability of effective health interventions.

The Indiana Partnership for Health Communities presented an overview of the Regional CHNA findings on July 16, 2019, to attendees representing the Parkview Health system. In total over 60 individuals participated in the prioritization process, including representatives from hospital service lines, community hospitals, healthcare providers/physicians, executive leadership team, community health and the board of directors. After a thorough review of the data and considerable discussion, the group used an electronic voting system to rank the various health needs identified in the CHNA. Ultimately, the group voted on **Substance Use Disorder/Mental Health**, as the shared health priority across the health system.

As part of the process for choosing health priorities for Parkview Wabash Hospital, Inc., the community health improvement committee presented the community health needs assessment survey methodology, prioritization process and findings to the hospital's Board of Directors. The board reviewed the health concerns identified for Wabash County and the priority rankings of those concerns. The meeting allowed for a question and answer session, as well as dialogue around the results and proposed health rankings. The group discussed availability of community resources and partners and the feasibility of addressing the concerns. Following an electronic vote by the Board, mental health and substance abuse and obesity were selected and approved as the two health priorities of focus for Parkview Wabash Hospital, Inc.

The community health improvement staff then met with community partner organizations to share the community health needs assessment information. Partners included local health-related organizations, social service agencies, schools, mental health facilities, and other organizations that work with underserved populations. Following a grant submittal process, Parkview Wabash Hospital, Inc., identified six community organizations to receive funding. These organizations will serve as partners with Parkview Wabash Hospital, Inc., to help improve the health of our community.

Community Health Implementation Plan

Community health needs that Parkview Wabash Hospital Inc. will address:

Substance Use Disorder/Mental Health

Identified Health Need: Substance Use Disorder/Mental Health				
Goal: Decrease the number of low birthweights and pre-term births in Wabash County				
Objective: Decrease the health risks associated with smoking while pregnant				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Baby and Me Tobacco Free 	<ul style="list-style-type: none"> # of women sign up for program # of monthly meetings participants attend with facilitator # of time participants test negative for nicotine 	<ul style="list-style-type: none"> Regular education, counseling and support Regular testing for tobacco use Incentives for completion of requirements 	<ul style="list-style-type: none"> Behavior change Increased knowledge Improved health outcomes for mom and baby Decreased infant mortality Decrease exposure to second-hand smoke 	<ul style="list-style-type: none"> Wabash County Tobacco Free Coalition WIC LIFE Center Local providers

Identified Health Need: Substance Abuse Disorder/Mental Health				
Goal: Decrease the number of those under age 18 who smoke in Wabash County				
Objective: Decrease health risks of smoking and second-hand smoke				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> “Too Smart to Start” for 2nd grade students “Smoking is Gross” for 5th grade students 	<ul style="list-style-type: none"> Participation by all county school # of students 	<ul style="list-style-type: none"> Present realistic DVD, pig lung models, and interactive activities to 5th grade students Present animated DVD, use pig lung models, jar of tar, jar of phlegm, Mr. Gross Mouth, posters and interactive activities for 2nd grade students Provide materials for all students to take home and share with family 	<ul style="list-style-type: none"> Behavior change Increased knowledge Improved health for students and families 	<ul style="list-style-type: none"> Wabash County Tobacco Free Coalition All county elementary schools

Identified Health Need: Substance Abuse Disorder/Mental Health				
Goal: Reduce the number of deaths related to overdose in Wabash County				
Objective: Decrease the number of drug and alcohol related visits to the Parkview Wabash ED				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Wabash County Drug Steering Committee 	<ul style="list-style-type: none"> # of substance abuse programs offered # of participants accessing help # of partners actively engaged in committee # of educational opportunities provided 	<ul style="list-style-type: none"> Open women's recovery home in Wabash County Convene a wide range of community members to discuss, address and confront the addiction crisis in Wabash County 	<ul style="list-style-type: none"> Decreased usage of drugs and alcohol Decrease deaths by overdose Improve recovery rates Increase knowledge Provide safe shelter Decrease stigma 	<ul style="list-style-type: none"> Court System DCS School Systems Local Law Enforcement Bowen Center
<ul style="list-style-type: none"> Total Planned Resource Commitment: \$20,000 Annually 				

Identified Health Need: Substance Abuse Disorder/Mental Health				
Goal: Decrease the number of Wabash County residents using opioids and alcohol				
Objective: Reduce the number of drug and alcohol related visits to the PWBED				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Medication Assisted Treatment Program 	<ul style="list-style-type: none"> Program opened by year end # of individuals either self-referred or enrolled by court order 	<ul style="list-style-type: none"> Manage alcohol and opioid withdrawal through medication Provide peer recovery coaches 	<ul style="list-style-type: none"> Increased knowledge of impact of addictions Behavior change Heal physical damage attributed to addictions 	<ul style="list-style-type: none"> LifeBridge Wabash County Drug Steering Committee Court System DCS Substance Abuse and Mental Health Services Administration

Identified Health Need: Substance Abuse Disorder/Mental Health

Goal: Decrease the use of opioids and alcohol in Wabash County residents

Objective: Improve the individuals chance for successful, long-term recovery

Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Intensive Outpatient Program (IOP) 	<ul style="list-style-type: none"> Program opened by year end # of referrals # of participants 	<ul style="list-style-type: none"> Intensive therapy for those in recovery via the Matrix Model Early recovery therapy Relapse prevention Family therapy Maintenance once out of the program 	<ul style="list-style-type: none"> Behavior change Increased knowledge Education for families affected to increase their understanding Improved health 	<ul style="list-style-type: none"> LifeBridge Court System DCS Wabash County Drug Steering Committee Narcotics Anonymous Alcoholics Anonymous 2nd chance employers

Total Planned Resource Commitment for Need: \$316,000 for MAT and IOP, with MAT partially funded by a SAMHSA grant

Obesity

Identified Health Need: Obesity				
Goal: Decrease the obesity rate of adults in Wabash County				
Objective: Improve regularity of physical activity, decrease weight and improve overall health of 100% of the participants				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Liking For Biking 	<ul style="list-style-type: none"> Weigh-in and weigh-out # of program participants 	<ul style="list-style-type: none"> One-hour bike ride, led by local cycling club, offered at no cost Participants may go as far/fast as they want each week and build up; trained cyclists stay with them 	<ul style="list-style-type: none"> Increased physical activity Sense of team/community Weight loss Improved health 	<ul style="list-style-type: none"> Rock City Bike Club Visit Wabash County

Identified Health Need: Obesity				
Goal: Increase access to nutritious foods for children in Wabash County				
Objective: Improve knowledge of healthy foods of 100% of participants to help lead to healthy weights				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Blessings in a Backpack 	<ul style="list-style-type: none"> # of program participants Teacher effectiveness surveys 	<ul style="list-style-type: none"> Free weekend food to elementary aged students who qualify for free and reduced lunches. 	<ul style="list-style-type: none"> Decreased food insecurity Improved health, academic performance and attendance Teach healthy food choice habit, which can help maintain healthy weights 	<ul style="list-style-type: none"> Wabash City Schools Metropolitan School District of Wabash County Community individuals and businesses

Identified Health Need: Obesity				
Goal: Decrease the rate of obesity of adults in Wabash County				
Objective: Improve knowledge and behaviors related to fitness and/or nutrition for program participants.				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Wabash County Transit 	<ul style="list-style-type: none"> # of trips provided to the Y, outdoor fitness court, parks, grocery stores and food pantries 	<ul style="list-style-type: none"> Low-cost or free rides on transit 	<ul style="list-style-type: none"> Wabash County residents receive reliable, affordable transportation that allows them to access healthy food options and physical activity. 	<ul style="list-style-type: none"> Living Well in Wabash County

Identified Health Need: Obesity				
Goal: Decrease childhood obesity in Wabash County				
Objective: Teach school children to swim and safety around water that will encourage all participants to continue this physical activity.				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Water Safety Initiative 	<ul style="list-style-type: none"> Primarily 2nd, 3rd and 4th graders in Wabash County. 	<ul style="list-style-type: none"> Taught water safety Taught lifelong benefits of swimming as a physical activity 	<ul style="list-style-type: none"> Increased physical activity Increased knowledge of water safety Increased swimming skills 	<ul style="list-style-type: none"> Wabash County YMCA Wabash City Schools MSD of Wabash County

Identified Health Need: Obesity

Goal: Provide free access to personal coaching for scholarship members of the YMCA

Objective: Decrease the weight and improve overall health of 100% of the participants who complete the program

Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none">• YMCA Coaching Program	<ul style="list-style-type: none">• Body composition assessments pre and post coaching• Number of coaching sessions attended	<ul style="list-style-type: none">• Weekly meetings with coaches• Seminars on nutrition and fitness related topics• Pre and post program measurements• Designed fitness program for each individual	<ul style="list-style-type: none">• Decreased weight• Increased physical activity• Lifestyle changes• Improved health – lower blood pressure, blood sugar, cholesterol, body fat	<ul style="list-style-type: none">• Wabash County YMCA

Total Planned Resource Commitment for Need: \$20,000 Annually

Significant Health Needs Not Addressed by the Implementation Strategy

Health needs identified and why the hospital does not intend to address these as part of the implementation strategy:

Other Health Needs Not Being Addressed:

- Aging - Wabash County offers a vibrant and active senior center. The Dallas Winchester Senior Center offers meals Monday through Friday, prescription assistance, a food pantry, public transportation, social events, physical activities and connections to resources that benefit seniors in our community. The Rock City Lofts opened in 2018 and offers affordable housing to low-income adults age 55 and older. The Lofts are located in downtown Wabash and offer a variety of services to those individuals. Additionally, there are two large and active retirement communities in North Manchester. Peabody and Timbercrest; both offer a range of services from independent to skilled nursing home care. Each facility has a vibrant activities program for their residents.
- Tobacco Use - The Tobacco Free Coalition is the lead organization in Wabash County related to tobacco free efforts. The Coalition provides information on resources about local smoking cessation programs and advocates for no-smoking public policy. Parkview Wabash Hospital is represented on their coalition board and also funds their "Don't Start Smoking" program for all 2nd and 5th graders in the county and their Baby and Me Tobacco Free program through a CHI grant. The hospital is also a tobacco free campus. In 2020, we agreed to have one of our respiratory therapists become Freedom From Smoking facilitator, a system-wide smoking cessation program that is free to the community. Once trained, we will be able to come alongside the Tobacco Coalition to offer additional free smoking cessations classes to our community.
- Diabetes - While Parkview Wabash Hospital did not select diabetes as a top health priority, we do understand its prevalence in our community. Our registered dietitians, one of whom is a certified diabetic educator, offer free diabetic education to patients and their support person when newly diagnosed. They work with patients on a one-on-one basis through physician referral and inpatient consults. We also believe our continued efforts to focus on obesity as a priority will positively impact diabetes.
- Cardiovascular Disease – As with diabetes, we believe our emphasis on obesity will serve to mitigate the risk of cardiovascular disease. Parkview Wabash Hospital, Inc., boasts a strong CardioPulmonary Rehabilitation program that dates back to 1983. It was one of the first programs of its kind in a rural community. Parkview Physicians Group – Cardiology physician visit our facility multiple days a week to care for patients recovering from heart conditions or those who require consultations.
- Maternal Child Health – Following a 14-year absence of an OB unit, Parkview Wabash Hospital, Inc., re-opened the Family Birthing Center in 2018. With a full-time OB-Gyn and a certified birth planner/lactation consultant on staff, we believe many issues related to this indicator can be addressed. WIC and the LIFE Center also provide services. Therefore, it was not chosen as a priority.

For More Information

For additional information about our facility's Community Health Needs Assessment or Implementation Plan, please contact:

Kerri Mattern
Manager, Patient Experience & Volunteers
Community Health Improvement
kerri.mattern@parkview.com

Board Approval

Approved by: Parkview Wabash Hospital, Inc., Board of Directors, December 17, 2019

References

“US Census Bureau (American Community Survey 2013-2017 Five-year Averages),” United States Census Bureau, July 1, 2018, <https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/2017/>.

“2019 Community Health Needs Assessment Parkview Hospital, Wabash County,” Community Health Improvement (Local Health Needs), Parkview Health, December 2019, <https://www.parkview.com/community/community-health-improvement/local-health-needs>.