

HOULTON REGIONAL HOSPITAL (HRH)

Community Health Needs Assessment Implementation Plan 2019

Collaboration with the Aroostook District Coordinating Council for Public Health (Aroostook DCC)

Top Health Priorities, as identified in the Maine shared Community Health Needs Assessment (CHNA), Aroostook County Profile:

<u>Health Priority</u>	<u>Efforts to Address</u>	<u>Resources Required</u>	<u>Anticipated Impact</u>	<u>Collaborating Organizations</u>
Older Adult Health/Healthy Aging	Provide Lunch and Learn community educational offerings for the public. Various healthcare related topics to be covered are: Disease processes, Caregiver education, Estate planning.	Facility space, advertising, and Education Center staff time	Educate our community on various health topics to improve their quality of life. We can encourage our patients to attend. Open to our staff as well.	Aroostook Area Agency on Aging, Health Services Foundation
	Improve access to services for the elderly	HRH Staff time and Facility space	Prevent Admissions or delays in placement in appropriate level of care.	Local nursing, group and boarding homes, local home care agencies
	Allow Bone Builders, a community support group to meet free of charge in our Education Center	Facility space and Education Center staff time	Educate adults on the benefits of healthy movement and exercise.	Aroostook Area Agency on Aging
Physical Activity, Nutrition and Weight	Utilize the 5210 discussion toolkit in Pediatrics Practice	Paper forms and staff time	Education to children and parents on healthy food choices to establish healthy habits.	Let's Go!
	Allow employees to use Cardiac Rehab Department for exercise	Facility space during down times	Provide low cost availability for our staff to get physical activity	None
	Allow community support groups to meet free of charge in our Education Center	Facility space and Education Center staff time	Educate adults on the dangers of overeating and offer healthy alternatives	Overeaters Anonymous
	One employee participates in the grant group called Healthy Houlton. This is administered by Aroostook County Action Program (ACAP).	Staff time	Obtain ideas for Healthy eating and exercise habits to use here at HRH	Healthy Houlton, ACAP
	Director of Operations and Infection Preventionist participate in an ad hoc committee of the District Coordinating Committee (DCC), with the focus on Obesity.	Staff time and mileage to meetings	Obtain ideas for Healthy eating and exercise habits to use here at HRH	Maine CDC
	Reduced options available in soda/snack machines in the hospital	None	Limited unhealthy snack options	None
Mental Health & Substance Use	Have a contract in place to work with Aroostook Mental Health Center (AMHC) for alcohol detoxification services	Funds to subsidize their program	Providing support and resources to patients as they go through the detox process	Aroostook Mental Health Center (AMHC)
	Have a contract in place to work with Acadia Hospital for telepsychiatry for behavioral health patients as they frequently have substance use disorder as a coexisting diagnosis.	Funds to subsidize their program	Providing support and resources to patients as they go through their treatment process	Acadia Hospital

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Mental Health & Substance Use (cont'd)	Begin Medication Assisted Treatment (MAT) in the Emergency Department (ED) for patients with substance use disorder seeking rehabilitation treatment	ED staff time	Providing support, medication and resources to patients as they begin the detox/rehabilitation process	BlueWater Emergency Partners; AMHC
	Allow community support groups to meet free of charge in our Education Center	Facility space and Education Center staff time	Educate adults on substance use disorder.	Link for Hope, Smart Recovery, Narcotics Anonymous
	Through the Houlton Family Practice Rural Health Center (RHC) and our Ambulatory Surgical Unit we have providers to address chronic pain issues.	Facility space, Funds to fund the program, staff time	Provide patients with alternative treatments to narcotics to manage their pain	Houlton Family Practice with Northern Light Pain Management
	We are providing office space to Groups to provide Medication Assisted Treatment.	Facility space	Providing support, medication and resources to patients as they begin the detox/rehabilitation process	Recover Together - doing business as Groups
Access to Care	Adjusted office practice hours to accommodate patients that need appointments either earlier or later in the day.	Staff time	Improve patient attendance to receive the follow up care they need.	Sigrid E. Tompkins Rural Health Center
	Increase availability of service lines to be offered in our Specialty Clinic setting.	Staff time, Facility space, Funds to fund the program	Allow patients to access specialty providers here in the local area, without incurring travel costs. Currently provide: Physiatry, Neurology, Oncology, and Rheumatology.	Northern Light A. R. Gould Hospital; St. Joseph's Hospital
	Continue to offer a medication assistance program.	Staff time, Facility space, Funds to fund the program	We have a staff person dedicated to helping patients obtain medications at the lowest possible cost.	None
	Employ a Telemedicine unit to provide services.	Facility space, internet connectivity, staff time	Will allow us to access specialty providers that are not available in our local service area. Keeps our patients from having to travel great distances for appointments.	Maine Rural Health Collaborative; St. Joseph's Hospital

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Cardiovascular Disease	We offer Phase II and III outpatient Cardiac Rehab programs	Facility space, equipment, Funds to subsidize the classes, staff time	Educate patients on their medications and risk factors. Teach importance of physical activity and healthy diet.	None
	Our outpatient Case Management group follows all patients that have recently been discharged with a diagnosis of CHF	Facility space, Funds to fund staff salaries	Assist patients with understanding their CHF care plan (follow up appointments, medications, etc.). Ultimate goal is to avoid an admission and improve patient outcomes.	None
	When CHF patients that are known to be higher risk are discharged home, we offer an RN home visit through the Community Care Team (CCT)	Funds to subsidize the program	RNs can inspect safety of home for risk factors, they make sure patient is taking correct medications, update physician on patient health - assist continuum of care.	Beacon Health
	Meet or exceed our Gold Star status in the Maine Tobacco Hospital Network (Achieved Platinum Status, higher than Gold, with the most recent award)	Staff time and signage	To encourage staff/visitors/patients to stop smoking	None

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Houlton Regional Hospital will also continue the following initiatives that target health needs identified during previous community health needs assessments:				
Diabetes	Offer Diabetes education with a Certified Instructor. This includes after hours group sessions with the patient and a caregiver/family member.	Staff time, facility space, educational materials	Educate patients on their disease and tools to manage it on a daily basis.	None
	Monitor all Hemoglobin A1c tests performed here with a result over 9 and offer further education	Staff time	Better management of the disease to improve quality of life for the patient. Avoid admissions/high cost care when blood levels spike.	None
	Located our Diabetes Educator to be closer to the Rural Health Clinic and case manage the Diabetic patients	Staff time and facility space	Increased access to our Educator to allow more opportunities for staff and patient education.	None
Respiratory Diseases	Our outpatient Case Management group follows all patients that have recently been discharged with a diagnosis of Chronic Obstructive Pulmonary Disease (COPD) or Pneumonia	Facility space, Funds to fund staff salaries	Assist patients with understanding their care plan (follow up appointments, medications, etc.). Ultimate goal is to avoid a hospital admission and improve patient quality of life.	None
	We offer outpatient Phase II and III Pulmonary Rehab classes	Facility space, monitoring equipment, Funds to subsidize the classes, staff time	Educate patients on their medications and risk factors. Teach importance of physical activity and healthy diet.	None
	Joined with Maine hospitals to participate in the Hospital Improvement Innovation Network (HIIN). A focus of this group is around reducing readmissions.	Staff time and mileage to attend meetings	Tools to use for patient care and education. We seek to help prevent them from readmission.	Maine HIIN group, Maine Hospital Association