

Mercy Hospital Ada

Community Health Implementation Plan

For FY2014 - 2015

[Update on FY Events](#)

Background:

Mercy Hospital-Ada is a hospital with 156 licensed beds and serves a nine county area. In 2010 and 2011, a round of community round tables was conducted to dialogue with community members and public health experts. Mercy Planning and Research provided analysis of both internal and external demographics, utilization, chronic conditions and health status. The needs assessment process involved review of both quantitative and qualitative information to attain the full scope of our community's needs.

In addition, data from the Pontotoc County Turning Point Coalition, Pontotoc County Health Department, County Health Rankings, Oklahoma Health Improvement Plan as well as a CHNA developed by the hospital were included. This summary is documentation that Mercy Hospital, Ada was in compliance with IRS requirements for conducting community health needs assessments.

This report summarizes the plan for Mercy Hospital Ada to address the identified needs from the FY12 Community Health Needs Assessment and sustain existing as well as develop new programs that respond to these needs.

Target Areas and Populations

The service area of Mercy Hospital – Ada is comprised of nine counties (Coal, Garvin, Johnston, Hughes, McClain, Murray, Pontotoc, Pottawatomie and Seminole) with a population of 110,000. The main campus includes the hospital and five medical buildings. The hospital is a full-service tertiary hospital with 156 licensed beds, 740 co-workers and several clinic locations. Mercy Clinic is a physician-governed group practice comprised of primary care physicians, including several specialists and mid-level practitioners who work alongside the physicians in serving the area. This provider partnership gives patients access to the best quality care in the country with access to an entire health care team and advanced services. Mercy Clinic providers also have access to an electronic health record that is shared at Mercy facilities in four states, and patients may connect to their own health record and health teams anywhere they connect to the internet through MyMercy.

Oklahoma faces a health crisis – 22% of the state population is uninsured. In the Mercy-Ada service area, the average across nine counties is 23.3%. Being uninsured is a huge barrier to accessing the health services needed to be healthy. Lack of access to quality health care impacts more than the uninsured individual – it impacts families, employers, and the community. The Medicare population in our service area comprises 19% of our population. The Medicaid population comprises 19% of our population.

How the Community Health Implementation Plan Was Developed

The plan was developed based on identified needs and available resources:

- Mercy Hospital Ada FY12 Community Needs Assessment
- Local community agencies/partners/collaborators who serve those in need, including Chickasaw Nation Medical Center, Pontotoc County Health Department, Pontotoc County Turning Point

Coalition, Compassion Outreach Center, GSEOK (Girl Scouts of Eastern Oklahoma), Area School Systems and East Central University.

- Mercy Hospital Ada Community Benefit Task Force

The Mercy Hospital Ada Community Benefit Task Force is charged with identifying community health needs and coordinating community health initiatives identified in the CHIP. They also review existing community benefit activities to assess whether these services are still needed to address community health needs. The committee provides guidance and direction for implementation strategy.

Committee Members include:

Kent Rogers, CEO, Administration
Mary Garber, CFO, Administration
Catharine Choate, Volunteers & Chaplains
Wendy Stamper, Finance
Tino Gonzalez, Mission
Marc McComas, Mercy Clinic
Barbara Miller, MARCOMM
Belinda Runnells, Community Benefit
Darryl Hatcher, Environmental Services
Joni Pillow, Nursing Informatics

Marietta Carter, Oncology
Lindsay Snow, Cancer Registrar
Terri Fulton, Emergency Department
Cheryl Weems, Laboratory
Jennifer McGinnis, Med/Surg Nursing
Penni Cartlidge, Employee Health
Lisa Martin, Care Management
Kristy Bolen, Human Resources
Amanda Moore, Nursing Admin.

Major Needs and How Priorities Were Established

After reviewing the FY12 Community Needs Assessment, six issues were identified as priorities:

1. Diabetes
2. Access to health care (uninsured and underinsured as well as insured)
3. Cancer
4. Respiratory Disease (including Tobacco Usage)
5. Heart Disease
6. Wellness (including obesity, physical fitness and nutrition)

Questionnaires at community events/programs along with current reports from the local health departments and Turning Point Coalition confirm these identified priorities. A review of current community benefit programs found the hospital is meeting existing community needs through the provision of charity care and Medicaid services as well as existing classes and educational programs. These activities will continue to be provided as part of our community benefit plan.

Description of what Mercy Hospital Ada will do to address community needs

Action Plans:

1. Diabetes: Diabetes Education Classes, Diabetes Support Group, Walk for Diabetes

Diabetes Education Classes: Diabetes education classes are offered at no cost to participants who are uninsured or underinsured. This multi-session program provides diabetes management skills, foot care resources, healthy food selection/preparation as well as heart and fitness information, all of which contributes to improved health and quality of life. Sessions are held at the hospital and do not require physician referral. These sessions are also offered in a format that

can be individualized to meet the needs of participants unable to attend the scheduled classes. One on one Gestational Diabetes Classes are offered as well.

Type II Diabetes Support Group: This support group is a joint collaboration between Mercy Hospital Ada and the staff of the Diabetes Center of the Chickasaw Nation Medical Center. Monthly meetings offer education and support for all diabetics and their family members in a group setting.

Walk for Diabetes: A community walk to increase awareness of the prevalence of diabetes in our community.

UPDATE:

DIABETES EDUCATION CLASSES

- Plans are to submit Mercy Hospital Ada's diabetes self-management education program for recognition and certification by the American Diabetes Association (ADA).
- We continued to offer our diabetes education program at no cost to area participants. Classes were held twice a month with a total of 8 hours instruction to the participants. The following topics were covered: diabetes disease process; nutritional management; physical activity; medications; monitoring, preventing, detecting and treating acute complications, preventing, detecting and treating chronic complications through risk reduction; goal setting and problem solving; psychological adjustment; and management of diabetes during pregnancy.
- Ninety-six participants took the classes during FY14.

DIABETES SUPPORT GROUP

- Mercy Hospital Ada and the Chickasaw Nation Medical Center continued to hold monthly support group meetings. 135 Participants for the FY14.

WALK FOR DIABETES

- Over 500 participants walked in the event.

2. Access to care: Health Screenings, Meals on Wheels, Compassion Outreach Center, Mercy Project Access, Project Early Detection

Screenings: Prostate, Colorectal, Blood Pressure, Cholesterol and Breast screenings held at no charge to participants annually.

Meals on Wheels: Mercy Hospital Ada prepares Meals on Wheels for community seniors and disabled. When there are not enough drivers, co-workers from Mercy Hospital Ada volunteer to deliver trays. Mercy Hospital Ada absorbs all costs above the income from the participants.

Compassion Outreach Center: The Compassion Outreach Center is a local free medical clinic staffed by volunteer physicians, nurses and other allied health professionals. Mercy Hospital Ada is developing a plan to collaborate with the Center to provide staff so they can increase their services to the poor and disabled.

Mercy Project Access: Mercy Hospital Ada is developing an initiative to identify patients with multiple ER visits who have chronic conditions that can be managed more effectively through a primary care physician.

Project Early Detection: Plans are underway to duplicate Project Early Detection here at Mercy Hospital Ada. This program serves the uninsured or underinsured women in need of breast health services. It includes breast health education, screenings, diagnostic procedures and appropriate treatment referrals.

UPDATE:

MEALS ON WHEELS:

- For FY14, 12,550 meals were prepared and delivered to seniors and disabled in the community.

HEALTH SCREENINGS

- Cancer Screenings: See under Cancer
- Other Health Screenings: 325 participants served in Comprehensive Physicals and Sports Physicals during this period.

PROJECT EARLY DETECTION:

- Hospitals officials are in the process of working with Project Woman to help uninsured or underinsured women receive breast health services.

COMPASSION OUTREACH CENTER

- Plans are still in development stage for helping our local Compassion Outreach Center.

OTHER

- Mercy co-workers helped plan and participated in the Domestic Violence Candle Vigil held at the Pontotoc County Courthouse. Total of 119 participants.

3. Cancer: Cancer Support Group; Relay for Life, Cancer Screenings

Cancer Support Group: A former oncology nurse will be leading a new Cancer Support Group entitled, "Life Matters" on the 3rd Wednesday of each month. It will be specific to women, battling all forms of cancer. Our collaborating partners will be the Pontotoc County Health Department and Chickasaw Nation Medical Center.

Screenings: Prostate, Colorectal and Breast screenings held at no charge to participants annually.

Relay for Life: Mercy Hospital Ada has been the highest fund-raiser for the Pontotoc County Relay for Life for the last three years.

UPDATE:

SCREENINGS:

- Plans for screenings were unsuccessful during FY14, however they have been scheduled and offered in FY15.

RELAY FOR LIFE:

- Mercy Hospital co-workers raised \$4475 for Relay for Life and the Hospital matched our funds, resulting in a total of \$8950.00 to the American Cancer Society.

CANCER SUPPORT GROUP:

- Our Cancer Support group is slowly getting off the ground. A total of 26 people participated in the 5 meetings offered during FY14.

4. Respiratory Diseases: Tobacco Prevention, Better Breathers

The **Better Breathers Support Group** meets monthly with an educational program and luncheon for people in the community who have chronic respiratory conditions.

Tobacco Prevention will be addressed through the Tobacco Cessation Initiative for Oklahoma Hospitals. Mercy Hospital, Ada is a smoke-free facility and campus.

Mercy Clinic, has a Board-Certified pulmonologist, Dr. Imtiaz Ahmed.

UPDATE:

BETTER BREATHERS CLUB:

- Approximately 65 participants attended Better Breathers club meetings during FY14.

5. Heart Disease: "Battling the Silent Killer" "Eat Smart, Move More", Community Education Programs

"**Battling the Silent Killer**" is an initiative which includes a fresh look at the importance of blood pressure and its role in stroke, heart, and kidney disease prevention.

Eat Smart, Move More – Mercy Hospital Ada is developing a program to provide learning opportunities to parents/families about healthy eating, active living and obesity prevention. Collaboration with Pontotoc County Turning Point Council.

Community Education Programs: Red Dress Event, Free Blood Pressure Screenings

UPDATE:

Go Red for Women Red Dress Event:

- 64 women participated in the event which included speakers from the Oklahoma Heart Hospital and a demonstration of healthy eating/recipes/cooking.

6. **Wellness:** Health Teacher, Meals on Wheels, 9 Months to Countdown, Childbirth Education, Eat Smart, Move More, other multiple services/resources for the community (Health Career Day, School Physicals, EMS Stand-By for area events, etc.)

Health Teacher is a comprehensive K-12 curriculum that integrates health skills into online lesson plans. To date, there is only one area school district with 6 schools that have signed the letter of participation. Our plan is to recruit the other area school systems to participate in the program as well.

Nine Months to Countdown: A two-hour class offered at no charge for all mothers-to-be in the first trimester of pregnancy, providing education on nutrition, exercise and personal care during the pregnancy.

Childbirth Education: An 8-hour course offered at no charge for all members of the community. The class covers labor and delivery techniques as well as anesthesia options, post-partum depression, SIDS, care of the mother and care of baby after going home (cord care, circumcision, bathing). Several books and multiple handouts on baby care are included in the class.

Eat Smart, Move More – Mercy Hospital Ada is developing a program to provide learning opportunities to parents/families about healthy eating, active living and obesity prevention. Collaboration with Turning Point Council. (Also listed above under Heart Disease).

UPDATE:

Childbirth Education:

- Classes provided monthly (4 sessions, 2 hours each). Approximately 295 participants attended the classes during FY14.

OTHER WELLNESS ACTIVITIES:

- Medical Care at Community Events
- Discounted or Free Prescription Drugs Program
- Disaster Readiness programs/events
- Sponsorship of Pontotoc County Forum for Prescription Drug Usage for Health Care Providers and Law Enforcement personnel.