

Implementation Strategy

This Implementation Plan seeks to describe how the needs identified in CH-F CHNA will be met.

As described in the CHNA, Community Hospital-Fairfax has prioritized mental health, access to resources among low income and healthy lifestyles as the greatest needs in our community and will address these needs in the implementation plan to follow.

Mental Health

Problem Statement: Mental health was identified as the first priority among needs identified in the CHNA. Focus Group members identify mental health as the single factor most responsible for the population they represent being more unhealthy today than in the past. 33% of households surveyed by the CH-F CHNA identify depression as a major problem. Counselors and local family physicians express frustration at being able to find patients psychiatric care.

Why? Psychiatrist are a scarce resource in the CH-F service area preventing the population from getting the care that they need. Local family physicians and counselors are professionally stretched to meet all the existing needs in the community. And, mental healthcare, when available, is difficult for many to afford due to the distance to needed practitioners.

Community Hospital-Fairfax Strategies: Community Hospital-Fairfax intends to begin a Psychiatry clinic via telemedicine.

Anticipated Impact: Community Hospital-Fairfax believes that by offering access to Psychiatry that local physicians will be better able to serve their patients. Prescriptions will be better monitored and that those in need of mental health services will be more thoroughly treated in a fashion more convenient and affordable for them.

Access to Resources among Low Income

Problem Statement: The CH-F service area has a growing population of low income, especially among families with children. Low income families/individuals make up a disproportionate share of the uninsured. CH-F wants to ensure this population is receiving the healthcare and resources available to them.

Why? The Kaiser Foundation explains the impact of healthcare coverage:
"Research has established that extending coverage to the uninsured improves physical and mental health, reduces mortality rates, and ameliorates financial strain associated with health care costs. Delaying or forgoing needed care can lead to health problems, making the uninsured more likely to be hospitalized for avoidable conditions. The uninsured are less likely than those with insurance to receive preventive care and services for major health conditions and chronic diseases—and as a result, many suffer serious consequences."

Community Hospital-Fairfax Strategies: Community Hospital-Fairfax has sought input from the local public health officials and medical staff. Local physicians and public health officials have indicated that the best way to serve the uninsured population is through assistance with lifesaving and necessary prescriptions. Community Hospital-Fairfax intends to develop a program to assist patients unable to afford lifesaving and necessary prescriptions.

It is the long term goal of Community Hospital-Fairfax that all individuals are insured. As a result, in addition to creating programs to help the uninsured with prescription medications, Community Hospital-Fairfax wants to help the uninsured become covered if possible. CH-F has met with Medicaid personnel from the area Division of Social Services to better learn how programs work and how we can assist individuals in our area with this program. We have now educated ourselves on how to best serve this segment of the population. It is the aim of the hospital that this is a beginning to a partnership among healthcare providers to find solutions for those in need in our community.

Anticipated Impact:

Increase access to all resources available to assist those in need to get the lifesaving medication they need.

Healthy Lifestyles

Problem Statement: The Community Hospital-Fairfax population demonstrates the following:

- High rates of obesity and inactivity
- Tobacco use
- High blood pressure, diabetes and high cholesterol

Why? Rates of COPD and stroke in our community are concerning when compared to like rural counties and the State of Missouri. CH-F has been successfully treating these needs inside the hospital, but must take a greater leadership role in *offering prevention and education* about stroke and COPD in the community.

Community Hospital-Fairfax Strategies:

1. CH-F will address healthy lifestyles among teens through the continuation of the *Check it At the Door* program. This program was first offered in 2012 and funded by a Healthy Lifestyles Grant from the Heartland Foundation. CH-F believes in the merit of this program is committed to the full expense of its continuation.
2. Community Hospital-Fairfax will address healthy lifestyles among the working population through the development and pilot of a workplace wellness program. We will model this program after the successful *Check it At the Door* program. Screenings, health education and access to health experts will be offered to a local business in an effort to determine what information, screenings and expertise can help motivate a small group in our population to become healthier. This program, if successful, can grow to encompass more individuals and businesses in our community.
3. Community Hospital-Fairfax will aggressively develop and implement programs to further serve patients with COPD.

Anticipated Impact:

1. Educated teens about heart healthy choices.
3. Increased access among the working population to wellness information, screenings and other tools to adopt healthier lifestyles.
4. Increased awareness and tools to those at risk for COPD and those suffering from the disease.