

2013-2016 CHNA IMPLEMENTATION PLAN UPDATE

ACCOMPLISHMENTS

1. Promote healthy lifestyles and reduce chronic disease.

- ★ Washington-based family practice renovated and expanded in March 2015 to include
 - 4 radiology modalities—X-ray, dexascan, mammography and ultrasound. In 2016, mammography began to be offered on a walk-in basis for added convenience.
 - Outpatient physical therapy services
 - Lab services
 - “Brown Bag” suites for physician sub-specialists (e.g., cardiology, neurology, podiatry) to rotate through for easy outpatient access.

- ★ Local promotion and participation in Network initiatives like *Tail on the Trail* walking program to encourage establishing good exercise habits.

- ★ Established a Concussion Center in 2013 for student athletes and expanded sports medicine program to include medical supervision and wellness-based sports training for most area high schools, a major scholastic sports organization and two colleges, including:
 - Belvidere High School
 - Centenary College
 - Delaware Valley High School
 - Hunterdon Central High School
 - Hunterdon/Warren/Sussex Athletic Association
 - Phillipsburg Area High School
 - Warren Hills Regional High School

- ★ Opened (May 2015) an outpatient Bone & Joint Institute in Phillipsburg that provides:
 - Orthopaedic physicians and surgeons specializing in hand and joint surgery as well as pain management and athletic injuries.
 - Physical Occupational and Speech therapy including specialties like Vita-Stim™ and hand therapy
 - The largest pediatric therapy center in the region
 - X-ray services
 - Lab services

- ★ Hosted two campus-wide “Community Days” for the public (May, 2013 and September 2014) that featured a variety of health screenings, testing and interactive, health-related activities and were attended by 1,600 local residents
- ★ Participated in more than 55 community health fairs.
- ★ Received a DSRIP grant that allowed us to roll out *Pathways to Wellness*, a program focusing on medical monitoring and wellness education for Medicaid patients with a diagnosis of both hypertension and diabetes.
 - Currently more than 70 patients enrolled.
 - Patients are proactively monitored and educated via regular meetings, screenings with specialists (i.e., vision and podiatry) and participation in programs like *Walk with a Doctor*, and community gardening on our hospital campus.
- ★ **The Kellyn Foundation.** In 2013, we investigated offering a wellness-based training program for our family medicine residents through a grant from the Kellyn Foundation. Basically, the Foundation would provide training to family medicine residents in identifying and counseling patients with questionable life style choices. Presentations were made to the program’s medical faculty after which it was decided that the initiative could not be easily integrated into the residency program’s curriculum. The grant opportunity was declined.

2. Promote healthy birth outcomes for expectant mothers.

- ★ Began collaboration with Project Self Sufficiency of Sussex County (in 2013) to provide the nationally recognized *Nurse-Family Partnership* program at our Coventry Family Practice in Phillipsburg. The program follows first-time, low income mothers from early pregnancy until their babies are two years old. It teaches them parenting skills as well as prepares them for the work force.
- ★ For low-income women who do not meet the first-child criterion above, we collaborate with NORWESCAP’s Family Success initiative to provide prenatal assistance.
- ★ We also have a weekly clinic at our Coventry Family Practice in Phillipsburg for pregnant women who have little or no insurance coverage. These women receive prenatal care and deliver their babies at our Bethlehem campus.

3. Improve availability and access to Behavioral Health Services for local families and individuals.

- ★ Inpatient Behavioral Health Unit closed (12/14) after analysis indicated that 80% of our patients require outpatient care. In November, 2015, we will begin construction of an expanded Emergency Department that will include designated space for behavioral health patients as well as specially trained behavioral health staff. The unit is expected to be complete by November, 2016.
- ★ Since 2013, we have established seven free hospital-based support groups for community members:
 - **Grief**—The program has an 8 week meeting cycle led by a trained pastor from Compassionate Care Hospice. It used to be held twice a year, but the response has been so powerful, that we now offer it year round.
 - **Depression/Bipolar Support Group**—Led by trained peers from the Depression/Bipolar Support Alliance of New Jersey, this group has developed a faithful following since its inception in 2014 and continues to grow.
 - **Healthy Aging**—Facilitated by Community Prevention Resources of Warren County, this 6-week course debuted in April and is about to kick-off its second session at the hospital. Response has been very positive. It is full and there is a waiting list.
 - **ADHD Parents Workshop**—a six week course for parents of ADHD children to instruct them on techniques for dealing with ADHD behaviors and helping their children focus and succeed.
 - **We are the Solution**—a weekly support group established in 2016 to cope with the increase in heroin usage, especially among teens and young adults.
 - **LGBT Support**—Launching in May, 2016, this group will focus on gender identity issues and support those who are gay, bisexual, lesbian, trans-gender or merely questioning. There are no resources in Warren County for LGBT support.

4. Provide access to dental health services for needy families.

- ★ In 2013, we began discussions with administrators within the Phillipsburg Area School District with a goal of providing a complete

array of dental services (checkups, cleaning, x-rays, fillings, etc.) to 3rd graders throughout the district. Our intent was to bring our Network's Pennsylvania-based dental van to the school(s) and treat the children on the van. We held our first dental screening on April 17, 2014. 22 children were screened and five were identified as being in urgent need of treatment. Those five children were treated at Adaptive Dental in Phillipsburg, a practice whose dentists are members of our medical staff.

- ★ In September, 2016, we will begin serving children in grades 3, 4 and 5 in the Phillipsburg School District on the St. Luke's Dental Van once or twice a month (depending on need).

5. Improve the health and well-being of elder residents.

- ★ 5 new primary care providers and two mid-level practitioners have been added to our roster of employed physicians as well as 2 new orthopaedic surgeons, 1 orthopaedic physician, 1 neurologist and 2 cardiologists in a new, hospital owned cardiology practice. In addition, a fellowship trained orthopaedic surgeon will join our medical staff in September, 2016.
- ★ St. Luke's Warren Hospital has been participating in a CMS bundled payments pilot program to reduce readmissions among Medicare patients since 2013. Our participation covers 32 different DRGs and continues to be successful.
- ★ Our *Comfort Zone* medically based day care for seniors remains the only one of its kind in the region and draws participants from three counties. In August, 2016, we received a grant to provide funding for Alzheimer's patients to attend the Comfort Zone.
- ★ We are a NICHE hospital. NICHE is an acronym that means **Nurses Improving Care for Healthsystem Elders**. NICHE nurses receive special training to allow them to provide sensitive, patient-centric care for patients ages 65 and older. All our nurses undergo NICHE training.