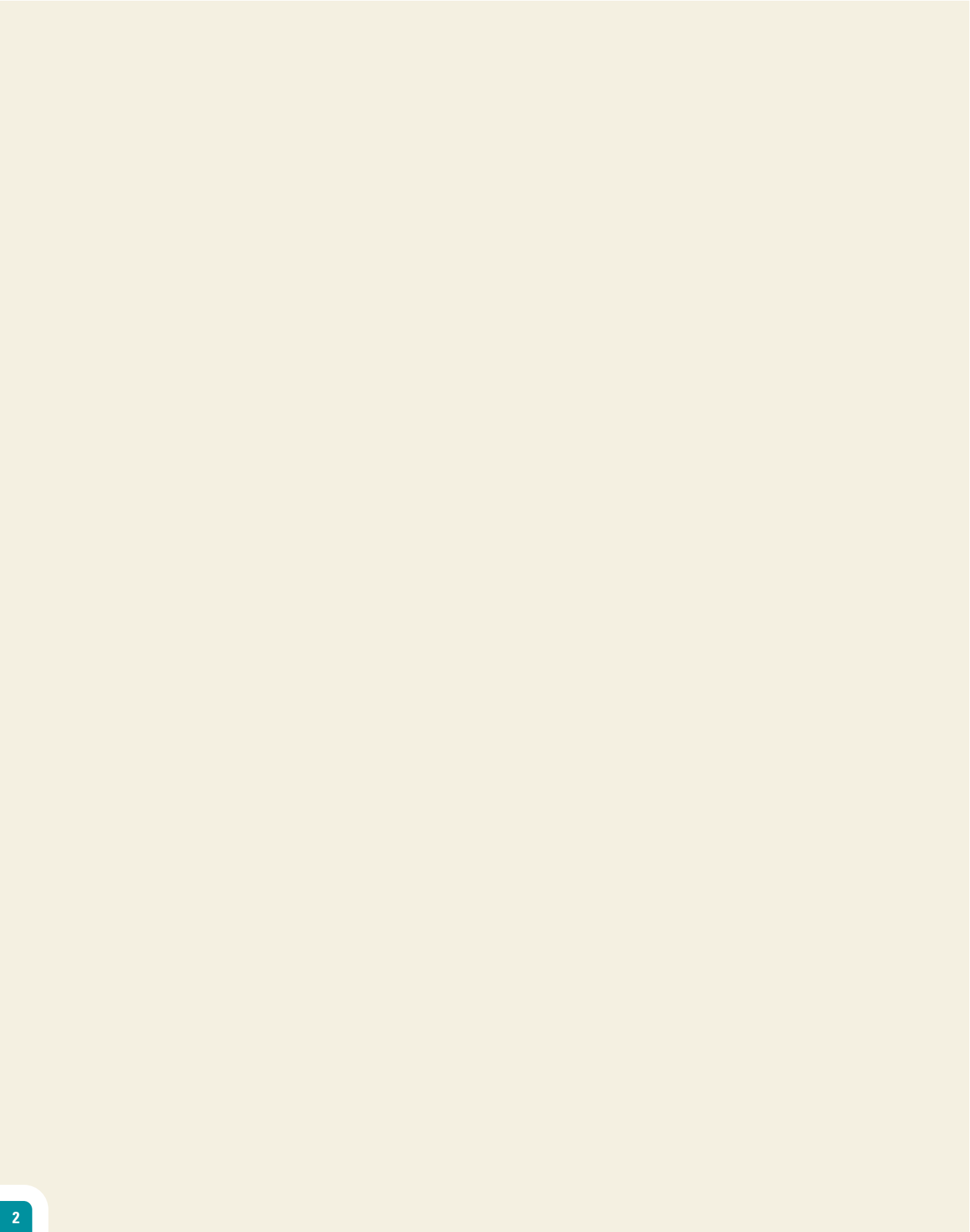


# MCMC Community Health Improvement Plan 2017-2019





# Table of contents

Miami County Medical Center has developed the following Community Health Improvement Plan (CHIP) to address the top health need priorities identified through a Community Health Needs Assessment. This three-year plan will begin in 2017.

PAGE | SECTION

**4 EXECUTIVE SUMMARY**

---

**5 PRIORITY #1**  
Increase access to behavioral health, substance abuse and crisis intervention resources. Expand the areas of prevention and education.

---

**7 PRIORITY #2**  
Reduce substance abuse (drugs and alcohol).

---

**7 PRIORITY #3**  
Extend walk-in clinic hours.

---

**7 PRIORITY #4**  
Improve and expand access to primary care services.

---

**8 PRIORITY #5**  
Decrease tobacco use.

---

**9 PRIORITY #6**  
Provide affordable healthy eating options and nutritional education to decrease the obesity rate in Miami and Linn counties.

# Executive summary

For nearly 20 years, it has been the pleasure and privilege of Miami County Medical Center (MCMC) to serve our communities. Our goal of providing the highest possible level of medical expertise, advanced technology, and professional, compassionate care has remained our guiding principal and continues to drive us to provide the very best care for our patients and their families.

While MCMC is a committed partner, the overall health of our communities is a joint effort. Schools, health-related agencies, local, county and federal government agencies, religious-based groups, health insurers and businesses all play an integral role in meeting the healthcare needs of the residents of our service area.

In an effort to improve the health of communities, the Patient Protection and Affordable Care Act (ACA) required nonprofit hospitals nationwide, including MCMC, to conduct a Community Health Needs Assessment every three years. Hospitals are then required to develop and execute a Comprehensive Health Improvement Plan to meet the needs identified in this assessment.

MCMC, with the help of WV Research and Development, conducted this assessment for our service area of Miami and Linn counties. This assessment included collecting health data for our area and actively seeking input from the community through a survey and town hall meetings.

The research and community input helped develop a clearer picture of our service area and the health priorities of residents. The result was a list of six top health priorities. MCMC then conducted additional research to further investigate each priority. This process resulted in combining related initiatives to best allocate our resources and set goals. Below is a summary of the health need priorities in MCMC's service area.

## Health Need Priorities

1. Increase access to behavioral health, substance abuse and crisis intervention resources. Expand the areas of prevention and education.
2. Reduce substance abuse (drugs and alcohol).
3. Extend walk-in clinic hours.
4. Improve and expand access to primary care services.
5. Decrease tobacco use.
6. Provide affordable healthy eating options and nutritional education to decrease the obesity rate in Miami and Linn counties.

## Community Health Improvement Plan

MCMC developed the following Community Health Improvement Plan (CHIP) to address the top health-need priorities identified through the assessment described above. This three-year plan begins in 2017.

# Community Health Improvement Plan

## Priority #1: Increase access to behavioral health, substance abuse and crisis intervention resources. Expand the areas of prevention and education.

**NEED:** Secondary research shows Miami County is similar to or less than the state average for the depression rate for the Medicare population and alcohol-impaired driving crashes. However, the community perceives this to be a problem and would like to address it in the MCMC CHIP. *(Depression rate for the Medicare population in Miami County is 15.4%, similar to the Kansas rural norm of 15.2%. The percent of alcohol-impaired driving deaths in Miami County is 25.7%, lower than the Kansas rural norm of 36.4%.)*

**INITIATIVE:** MCMC is committed to partnering with appropriate community organizations to create a better and safer environment. The main initiative for MCMC is to work with community partners to formalize a coalition and develop better, more identifiable resources.

**ANTICIPATED IMPACT:** The community will have better access to behavioral health resources and have more education on how to access those resources.

### Response #1:

MCMC has a strong relationship with the Elizabeth Layton Center located in Paola. This organization's mission is to provide timely, effective and comprehensive behavioral health services to improve quality of life and recovery for the citizens of Franklin and Miami Counties in partnership with individuals, families and our community. MCMC will support Elizabeth Layton Center's efforts to increase the number of non-medical (behavioral and substance abuse) crisis beds available in the county.

- 1. 2017 GOAL:** Review the current needs by type of crisis beds available. There needs to be additional research and collaboration with other entities including the local municipal police departments, Miami County Sheriff's office, Miami County EMS, Osawatomie State hospital and others to identify the true need. We also need to determine each organization's process for intake and process when beds are not available.
- 2. 2018 GOAL:** Develop a plan and identify resources to increase number of beds.
- 3. 2019 GOAL:** If planning warrants, support Elizabeth Layton Center in its efforts to build behavioral and substance abuse beds in the community.





## Response #2:

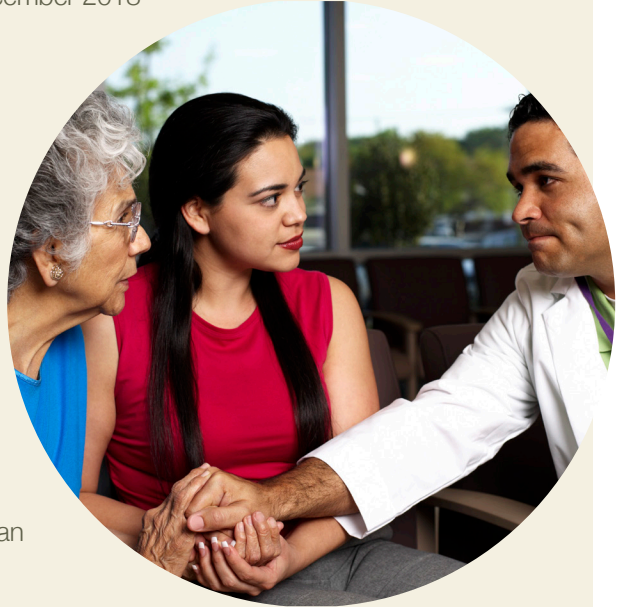
Determine the feasibility of adding a geriatric psychiatry unit on the campus of MCMC.

- 1. 2017 GOAL:** Complete due diligence and determine possible working relationships with third party company by June 1, 2017, to assist with establishing the service.
- 2. 2018 GOAL:** If approved, complete project construction by December 2018 to open unit in January 2019.
- 3. 2019 GOAL:** If approved, provide inpatient services to 400 geriatric/psychiatric patients by year-end 2019.

## Response #3:

Develop and establish a behavioral health coalition in Miami County. This coalition will focus on addressing behavioral health trends within the county, including resource availability, drug and alcohol prevention and additional behavioral health priorities as identified.

- 1. 2017 GOAL:** Establish coalition by May 1, 2017, with regular meetings on a bi-annual or quarterly basis. Create a strategic plan for the coalition by the end of 2017.
- 2. 2018 GOAL:** Create a community resource guide with appropriate resources available to the general public. Identify people within the community who most likely need this resource (ie. primary care providers, social workers, school counselors, law enforcement, etc.). Additional goals will be based on the strategic plan.
- 3. 2019 GOAL:** Goal will be based on the strategic plan.



### ADDITIONAL EFFORTS:

- Participate in the Connect Kansas Coalition, which has a mission of working together to provide resources, opportunities and information to youth and adults so Miami County is a community of educated, aware and involved residents. Through MCMC's involvement and participation with this coalition, it is also supporting Miami County Circles, which helps families get out of the poverty cycle by teaching them life skills to become independent and resourceful members of the community.
- Financially support local after prom activities that encourage high school students to make smart decisions on prom night by avoiding drugs and alcohol.
- Primary care patients (ages 12 and older) within Olathe Medical Services clinics within the MCMC primary service area undergo a depression screening during the intake process of each visit. If a patient has a depression diagnosis, then a depression screening is performed every four months for depression management.

## Priority #2: Reduce substance abuse (drugs and alcohol).

**NEED:** There is a need to reduce the usage of drugs and alcohol in Miami and Linn counties. In this plan, this priority has been integrated into priority #1.

---

## Priority #3: Extend walk-in clinic hours.

**NEED:** There is a need to extend walk-in availability. In this plan, this priority has been integrated into priority #4.

---

## Priority #4: Improve and expand access to primary care services.

**NEED:** It is often difficult to get in to see a primary care provider in a reasonable timeframe. In addition, the community desires more access to walk-in (no appointment necessary) healthcare with the convenience of evening or weekend hours.

**INITIATIVE:** In collaboration with the Health Partnership Clinic (HPC) in Paola, provide additional convenience and increased awareness of services already available.

**ANTICIPATED IMPACT:** Residents of Miami County will have increased options and availability for primary care close to home. This will reduce anxiety and cost of travel time to providers outside the county.



### Response #1:

Relocate Associates in Family Care - Paola to a more highly visible, convenient location. Increase awareness of availability and services provided at the clinic.

- 1. 2017 GOAL:** Open new location for AFC-Paola by year-end 2017.
- 2. 2018 GOAL:** Increase combined total of patients seen at HPC and AFC-Paola by 10% over 2017 totals.
- 3. 2019 GOAL:** Increase combined total of patients seen at HPC and AFC-Paola by 5% over 2018 totals.

## Response #2:

Expand primary care services available for pediatric patients in Miami and Linn Counties by increasing awareness of current pediatric providers and adding providers as needed.

- 1. 2017 GOAL:** Increase pediatric (from birth through 18 years of age) visits in Olathe Health System clinics in Miami and Linn Counties by 3% over 2016 totals.
- 2. 2018 GOAL:** Increase pediatric (from birth through 18 years of age) visits in Olathe Health System clinics in Miami and Linn Counties by 3% over 2017 totals.
- 3. 2019 GOAL:** Increase pediatric (from birth through 18 years of age) visits in Olathe Health System clinics in Miami and Linn Counties by 3% over 2018 totals.

### ADDITIONAL EFFORTS

- Enhance collaboration and planning between HPC, Miami County Medical Center and Olathe Health System clinics in Miami and Linn Counties to better meet the healthcare needs of those communities. Establish a consistent and ongoing mechanism for communication, training and awareness of each entity's capabilities.
- OMC and Children's Mercy have agreed to work together to provide an enhanced level of pediatric services, including urgent care and specialty clinics, in Olathe. With its close proximity to Miami and Linn counties, this will also be an asset for MCMC's service area.
- Primary care clinics through Olathe Medical Services offer same-day appointments for its patients. Nearly 15% of appointments with a provider are reserved for the providing patients timely access to care.



## Priority #5: Decrease tobacco use.

**NEED:** There is a high prevalence of individuals who smoke in Miami and Linn counties. The percent of adults in Miami County who currently smoke cigarettes is 28.4%, higher than the Kansas rural norm of 22% and the state of Kansas at 20%. A second, more disturbing statistic is the percent of births where the mother smoked during pregnancy, reported as 16.8%.

**INITIATIVE:** Olathe Health primary care physicians will identify patients who smoke and provide counseling to them. In addition, in collaboration with Olathe Medical Center and Midwest Cancer Alliance, MCMC will provide smoking cessation educational programs to the residents of Miami and Linn counties.

**ANTICIPATED IMPACT:** Residents in Miami and Linn counties will have access to programs intended to support individuals and their efforts to quit smoking.

### Response 1:

Primary care physicians play an important role in the health of their patients and the choices patients make about their health. Olathe Health Primary Care physicians will enhance their efforts to identify patients who actively use tobacco products and provide them with the appropriate cessation counseling to assist them.

- 1. 2017 GOAL:** Increase by 50% from 2016 totals the number of patients who receive appropriate tobacco cessation counseling.
- 2. 2018 GOAL:** Increase by 60% from 2016 totals the number of patients who receive appropriate tobacco cessation counseling.
- 3. 2019 GOAL:** Increase by 70% from 2016 totals the number of patients who receive appropriate tobacco cessation counseling.

### ADDITIONAL EFFORTS:

- Implement an on-site low-dose CT lung scan for early detection of lung cancer.
- Added a pulmonologist to the MCMC medical staff to assist in providing consultative pulmonology services to inpatients at MCMC, provide specialty care at two primary clinic locations within Linn County and provide outreach within the community.
- Implement smoking cessation classes at MCMC.



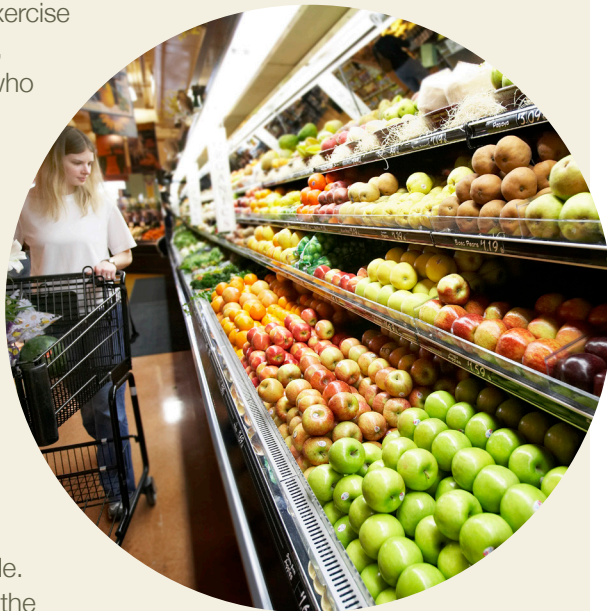
## Priority #6: Provide affordable healthy eating options and nutritional education to decrease the obesity rate in Miami and Linn counties.

**NEED:** Based on data in the Community Health Needs Assessment, most people in this community have access to grocery stores, healthy foods and exercise opportunities. However, the adult obesity rate in Miami County is 35%, higher than the Kansas rural norm of 30%. The percentage of adults who reported consuming fruit less than one time per day is 43.1%.

In addition, 32.3% of students in our community are eligible for free and reduced lunch based on low income. Low-income can contribute to food insecurity, which can lead to obesity.

**INITIATIVE:** Partner with local community groups and organizations focused on health and wellness to facilitate policy changes, behavior changes and enhanced education to achieve long-lasting results in decreasing the obesity rate.

**ANTICIPATED IMPACT:** We know from collaboration and discussion with local community groups, and secondary research, that education offerings and access to healthy food and physical activities are available. The problem is, people are not using these resources. So, we feel like the largest impact can be made by partnering with other community groups to change behaviors in adults and children who are already obese. In addition, we want to encourage those with healthy habits to continue those habits.



### Response #1:

Increase the number of people enrolled in the Diabetes Education program at Miami County Medical Center. On average, our Diabetes Educators meet with about 100 patients a year.

- 1. 2017 GOAL:** Increase the number of people enrolled in Diabetes Education at MCMC by 20%.
- 2. 2018 GOAL:** Increase the number of people enrolled in Diabetes Education at MCMC by 5% over the 2017 number.
- 3. 2019 GOAL:** Increase the number of people enrolled in Diabetes Education at MCMC by 5% over the 2018 number.

### Response #2:

In addition to the usual management of weight and hypertension with individual patients, Olathe Health physicians in primary care clinics will begin an effort to track and monitor, in aggregate, the overall percentage of patients with a normal or better blood pressure.

Obesity can contribute to a host of medical problems, including hypertension, heart disease, sleep apnea, stroke and cancer. The Framingham Heart Study estimates excess body weight accounts for approximately 2% of cases of hypertension in men and 28% in women. Olathe Health physicians are focused on this care for their patients. For the purpose of this Community Health Improvement plan, the physician offices will begin monitoring how the individual efforts, such as setting weight loss goals, improving diet, and important lifestyle changes are paying off across a broad spectrum of thousands of patients.

**1. 2017 GOAL:** Increase the percentage of Olathe Medical Services primary care patients over the age of 18 with a blood pressure lower than 140/90 to 60%.

**2. 2018 GOAL:** Increase the percentage of Olathe Medical Services primary care patients over the age of 18 with a blood pressure lower than 140/90 to 62%.

**3. 2019 GOAL:** Increase the percentage of Olathe Medical Services primary care patients over the age of 18 with a blood pressure lower than 140/90 to 64%.

#### **ADDITIONAL EFFORTS**

- MCMC will work with the Miami County Health Department to create a Food Policy Council.
- MCMC, in partnership with the City of Paola, is supporting and playing a key role in the creation of a walking trail system in Paola. Hospital staff members serve on the planning committee, and MCMC provides financial support to the construction and upkeep of the trails.
- MCMC will provide financial assistance to the OZone (Formerly the Miami County YMCA) scholarship program, which offers free gym memberships to residents who cannot afford them.
- MCMC dietitians work daily with patients to assist with healthy eating and wellness.
- Aquatic exercise sessions are available at MCMC, and educational materials were recently created to let the community know more about this resource.
- Continue to enhance awareness of and access to current health education services provided by MCMC.
- MCMC, one of the largest employers in the county, offers its employees a variety of health education programs and classes on the topics of sleep, nutrition, physical activity, stress management and tobacco cessation. Employees can also have one-on-one, face-to-face coaching sessions about their health. Each year, employees have the opportunity to take a free health risk assessment, which includes blood pressure, glucose and cholesterol testing.





2100 Baptiste Drive • Paola, KS 66071 • 913-294-2327 • [olathehealth.org](http://olathehealth.org)