

**St. Francis Memorial Hospital**  
**Community Health Needs Assessment**  
**Summary of Actions in 2017 for the 2016 CHNA**

The 2016 CHNA revealed four main health priorities in our area: 1) Obesity, 2) Access to Care, 3) Cancer Prevention and Screening, and 4) Standard Motor Vehicular Safety. Several overall goals were established based on the preceding health priorities. Actions taken in 2017 to address the health priorities are as follows:

To address the health priority of obesity, we have used many different programs to encourage employees and the community to stay healthy. They are as follows:

1. Weight Watchers classes are held in our conference room free of charge to anyone that wants to participate.
2. Hosted a free 4<sup>th</sup> of July Fun Run for the community.
3. Provide low cost memberships to our Wellness Facility.
4. Have employees that are members of the West Point Trails Committee that are working to provide a safe walking/biking trail in the West Point community. This project is becoming a reality with funding approved for phase I of the project with paving to begin in the spring of 2018.
5. Our health coaches and registered dietician provide nutritional counseling to our patients and employees.
6. We provide accommodations for breastfeeding mother on our campus and a lactation consultant that is available to all new mothers to provide education and support.
7. Provided the local schools with a sugary drink display to educate students on the amount of sugar in different drinks and promote healthy drink options.
8. Held a healthy cooking demonstration for our staff.
9. Our registered dietician presented a teen nutrition class to the 7<sup>th</sup> grade classes at both West Point-Beemer High School and Guardian Angels Central Catholic High School.

To address the health priority of access to care, the following actions were taken:

1. We employ an Advanced Practice Registered Nurse (APRN) with a specialty in mental health. She sees patients at three of our clinics as well as area nursing homes. Her schedule is always full. We also have the capability to access a psychiatrist through telehealth if the APRN feels she has a patient who needs additional assistance.
2. We also offer reduced rate mental health services for our employees through our Employee Assistance Program.
3. Our APRN also has mental health APRN students who complete their clinical rotation with her in the clinic. We hope to be able to recruit one of these students in the future to increase the amount of mental health services we can provide.

4. Business Health and Wellness went to approximately 40 businesses during the year doing laboratory and blood pressure screenings.
5. Hosted the 4<sup>th</sup> Annual March Health Fair for people of the area providing low cost blood test, screenings and health education.
6. Offer well-child checks at all six of our clinic locations.
7. Business Health and Wellness and Home Health offer flu shots at area senior centers and onsite at several businesses at a competitive rate.
8. Provide education to our cardiac and pulmonary rehab patients on the importance of flu shots.
9. In collaboration with the Elkhorn Logan Valley Public Health Department we had Fecal Occult Blood Test kits for colon cancer screening available for the community during our annual health fair and also at Dinklage Medical Clinic throughout the year.

To address the health priority of cancer prevention and screening, we provided the following activities, some of which are also included under access to care as well:

1. We provide on-site preventive screenings at area businesses through our Business Health and Wellness Program. We have staff that go on-site and perform blood draws and take vitals so individuals in the area do not have to miss work. This helps identify individuals who have health needs and need to be seen by a healthcare provider.
2. We have a respiratory therapist that provides smoking cessation counseling to patients. We are a tobacco/smoke free campus to encourage healthy habits among our patients, employees and community.
3. We send out reminders for colonoscopies and mammographies to patients at the recommended times.
4. In collaboration with the Elkhorn Logan Valley Public Health Department we had colon cancer screening kits available for the community during our annual health fair.

To address the health priority of standard motor vehicular safety, we provided multiple child safety seat checks in our service area to ensure that children are buckled into their car seat appropriately and to make sure they are using the appropriate child safety seat.