

Implementation Strategy Self Regional Healthcare

Focus Areas

- Prevention and Screening
- Obesity, Nutrition and Physical Activity
- Diabetes
- Cancer Incidence and Death
- Access to Care

Prevention and Screening

- Goal(s):
 - Educate on the importance of early detection and how preventive measures save years of life and help people live better during those years.
 - Create awareness of preventative services available in the community.

Prevention and Screening: Strategy 1

Secure locations in each of the 7 Lakeland counties to hold monthly screenings and health education sessions.

Promote early diagnosis and treatment of diabetes, high blood pressure, and other behavior modifiable diseases by providing health services across the Lakeland counties.

Increase in the number of individuals screened and counseled on health.

Build rapport with community members in each county.

Provide health providers with Health Express calendars and confirm volunteer participation.

Recruit additional physicians and health providers to assist in outreach efforts..

Prevention and Screening: Strategy 2

Decrease motor vehicle related injury and death among children through promotion of child passenger safety and child pedestrian safety.

Monthly child passenger safety education classes for new mothers or soon to be mothers at Self Regional Health Care

Monthly child safety restraints check at Self Regional Healthcare and within the community

Engagement of local community partners (first responders)

Host various safety events throughout Lakeland counties

Prevention and Screening: Strategy 3

Increase the awareness and implementation of children and adult wellness programs within the Lakeland counties

Identify at least one elementary and/or middle school in each county and implement wellness programs.

Identify at least one church, civic group, or community center in each county and implement wellness programs to serve the adult population.

Identify at least one business or industry in each county and implement wellness programs to serve the adult population

Obesity, Nutrition and Physical Activity

- Goal(s):
 - Reduce obesity through education in areas of nutrition and healthy lifestyle.

Obesity, Nutrition and Physical Activity: Strategy 1

Support Accountable Care Program to reduce obesity of our team members through nutrition education

Engaged with Accountable Care clients in one-on-one sessions for nutrition education & counseling to foster improved dietary choices & meal-planning

Accountable Care Program 2013-2014 'Sack it to Me' program on shopping for whole grains
"The Great Grill-Off, 10 Minute Meals"
Support Group Attendee 1/6/2014

Obesity, Nutrition and Physical Activity: Strategy 2

Partner with Uptown Market to promote their produce by offering prepared samples and corresponding healthy recipes to encourage health eating and support community growers/vendors.

Engage with public during Uptown Farmer's market in the spring and fall by creating recipes/recipe cards and manning table offering nutritious & novel vegetable selections using/promoting fresh local produce

Obesity, Nutrition and Physical Activity: Strategy 3

Partner with Fuji Film to present information on planning and consuming a healthy lunch

Fuji Film invitation to present information on planning & consuming a healthy lunch

Obesity, Nutrition and Physical Activity: Strategy 4

Educate and market nutrition services available, dietitians role, role of nutrition/therapeutic diets to augment treatment for medical conditions

Nursing Grad Residency Program speaker

Presbyterian College Student Presentations

Obesity, Nutrition and Physical Activity: Strategy 5

Make recommendations for Meals on Wheels menu to meet state guidelines/requirements for our senior community population and review to approve menus used in Meals on Wheels/Piedmont Agency on Aging program.

Registered Dietitian to approve the menus used in the Meals on Wheels/Piedmont Agency on Aging program. Review nutritional analysis and make recommendations to the 4 cycle; 20 menus/cycle.

Diabetes

- Goal(s):
 - Reduce incidence and economic burden of diabetes while improving the quality of life for those who have or are at risk for the disease.

Diabetes: Strategy 1

Early identification & increase awareness of risk of diabetes mellitus

Perform ADA AT RISK (paper) screening, if score of 5 or higher (at risk) perform A1c throughout the seven county area that SRH serves. 37% pre DM (5.7 - 6.4%) 8% (A1c 6.5 or higher), distribute list of med/supply resources + literature for pre DM and DM

Diabetes Celebration

Diabetes World Day Observation

Partner with United Ministries Medical Clinic to identify those with risk of DM

Partner with CVS Caremark, received \$5000 grant, increase awareness and identify those with risk of DM

Partner with Heart/Stroke/Vascular program, increasing awareness, improving health and providing information.

Diabetes: Strategy 2

Address the growing African American population that are disproportionately affected by pre-diabetes and diabetes

Provide DM education during Sunday morning service. Screen for pre-diabetes & DM. Become ADA "Project Power Ambassador"

Power over Diabetes; Fit & Faithful; O Taste and See; A Clean Heart; and Train Up a Child

Expand program to other African American Churches

Diabetes: Strategy 3

Educate children with diabetes on blood glucose/monitoring/devices, physical activity, insulin and proper nutrition while improving the quality of life for those children who have diabetes.

Annual diabetes Youth Camp

Diabetes: Strategy 4

Improve accessibility for DSMT/S (Diabetes Self Management Training/Support) to rural areas lacking diabetes educators/programs.

Research possibility of Therese Moore, RD,LD,CDE (programs' dietitian) receiving her NPI # to expand our services of our Accredited DSMT/S.

Market SRH's DSMT/S services to SMG and others sharing benefits of sending their patients to an Accredited Diabetes Program

Increase public's awareness of Medicare benefit for diabetes education

Continue to partner with Vocational Rehab for those without or non-covered insurance for DSMT/S

Cancer Incidence and Deaths

- Goal(s):
 - Reduce cancer incidence, as well as illness, disability, and death caused by cancer.

Cancer Incidence and Deaths: Strategy 1

Offer Breast & Colorectal Cancer Screenings
& Patient Education.

Host fundraising event, Pretty in Pink,
to raise funds for screening & cancer
patient needs.

Host 2 Physician Panel discussions
with Oncologists, Surgeons & other
Providers.

Provide Education to community
during screenings & outreach
events.

Offer 4 Community Breast /Colorectal
screenings to underinsured, under-served
& uninsured population.

Cancer Incidence and Deaths: Strategy 2

Direct marketing campaign for Breast,
Colorectal & Prostate cancer.

Send community members birthdays cards from SRH stating the recommended screening for their age. This is targeted at certain age groups that need to be aware of early screening.

Cancer Incidence and Deaths: Strategy 3

Identify grants to assist in funding.

Apply for the Susuan G Komen Grant.

Work with SRH Foundation grant team to research other grant opportunities

Apply South Carolina Cancer Alliance Grant

Access to Care

- Goal(s):
 - Increase access to medical services and screenings for uninsured persons and those who might have transportation issues

Access to Care: Strategy 1

Create a department within Self Regional Healthcare with a focus on access to healthcare for the uninsured population of Greenwood County.

Creation of Access Health Lakelands department at Self Regional Healthcare

Hiring of Community Health Workers

Certification Training for Community Health Workers

Begin outreach contacts to the uninsured population to determine needs and assist with barriers to appropriate utilization of healthcare.

Access to Care: Strategy 2

Identify the uninsured, high utilizers of Self Regional Healthcare's emergency care center and determine reasons for high utilization.

Evaluate FY13 data to determine top ECC utilizers

Obtain clients from referral sources (i.e. SRH Case Management, United Way, Community Partners, self-referred)

Contact targeted population to assess needs and identify barriers to appropriate healthcare utilization

Address need regarding transportation to and from medical appointments

Access to Care: Strategy 3

Promote awareness of potential insurance options available to targeted uninsured population

Educate Access Health Lakelands staff regarding availability of insurance options (Medicaid, Marketplace, etc.)

Provide Access Health Lakelands staff training to become The Benefit Bank counselors. (Quick Eligibility Check for Medicaid and other resources)

Make appropriate referrals for those clients qualifying for insurance eligibility

Access to Care: Strategy 4

Build a network of community partners to provide access to medical services

Create Access Health Lakelands steering Committee with local medical representatives

Assist clients in obtaining a free/reduced cost primary care provider for those determined to be uninsured with no/limited ability to pay