

North Country Hospital – December 2015 CHNA Appendix C
Brief Update of Implementation Strategy from
2011-2012 Community Health Needs Assessment (CHNA)
(Formatted by Key Health Concerns Identified at that time)

Tobacco Use:

Tobacco Cessation:

- Group and one-on-one coaching continues by North Country Hospital (NCH) with free access to nicotine replacement supported by VT Dept of Health and NCH.
- NCH has added two Tobacco Treatment Specialists, both in Cardiopulmonary Department
- Access to 802Quits.org (Quit line/ Online) is still available for those who do not choose local services

Tobacco Prevention:

- Northeast Kingdom Learning Services still implements combined community grant for youth tobacco prevention in the community. Grant renewed July 2014.
- Local schools can still apply for tobacco prevention funding through the VT Dept of Education

Tobacco use was also identified as a key health concern via the NCH 2015 community health assessment. Please see Current Status & Strategies in the NCH 2015 Implementation Strategy Document for detailed information.

Drug & Alcohol Abuse – Specifically need for additional Licensed Drug & Alcohol Counselors and Licensed Clinical Social Worker

- NCH added a 4th full time social worker in April 2013, under Blueprint grant, as planned.
- Northeast Kingdom Human Services moved into a new facility in May 2013 to centralize staff and improve services
- Inter-agency collaboration continues among several agencies through Blueprint for Hub & Spoke model for opiate dependence treatment

Alcohol, street drugs and prescription drug abuse were also identified as key health concerns via the NCH 2015 community health assessment.

Please see Current Status & Strategies in the NCH 2015 Implementation Strategy Document for detailed information.

Cancer:

- **Need for increased screening, especially colorectal**
 - **Continue to increase as possible our currently fairly high rates of mammograms and pap tests**
 - **Prevention as related to lung cancer and reducing tobacco use as described above.**
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- NCH completed a campaign throughout the hospital service area in FY 2013 to increase colorectal cancer screening.
 - The rates of colorectal cancer screening in both Orleans (OC) and Essex Counties (EC) (69% and 62% respectively) are similar to and only slightly lower than VT rate (71%) as of May 2014. The state rate is still slightly lower than the Healthy Vermonter 2020 goal of 80%. (Detailed information on this data is available in the 2015 CHNA data document.) In the previous CHNA, it was found that the OC rate was significantly better and the EC rate was significantly worse than the state rate.
 - Breast cancer screening in OC and EC (89% and 85% respectively) continues to be better than the VT rate of 82%. The VT 2020 goal is 95%. NCH continues to apply for and administer a breast cancer screening grant from the VT/ NH Komen Affiliate. Also, NCH navigators have assisted many people in obtaining health care insurance from VT Health Connect. Both of these avenues help to pave the way to improved prevention and early detection.

- The rate of cervical cancer screening (pap tests) in EC (67%) is still significantly lower than the OC rate of 81% and the VT rate of 87%.
- NCH continues its partnership with Dartmouth Hitchcock for Oncology Services.
- In October 2015, NCH was designated as a lung cancer screening center by the American College of Radiology. NCH is one of only three such centers in VT. Earlier in the year, NCH acquired an advanced CT scanner which decreases amount of radiation to the patient while improving accuracy. NCH also initiated 3D mammography over the past year which also improves detection while decreasing false positives.

Diabetes

- **Disease management and prevention**
- **Obesity**
 - NCH continues its collaboration with VT Blueprint for Health to provide education regarding diabetes self-management and diabetes prevention
 - NCH initiated a Diabetes Support group in the fall of 2015
 - NCH hired an additional, full time registered dietitian, with two full time dietitians now providing services with support from the VT Blueprint for Health.
 - The NCH Wellness Center continues to offer many options for physical activity and healthy lifestyle choices.

Obesity, as a risk factor for diabetes and other chronic disease was also identified as a key health concern via the 2015 NCH community health assessment. For detailed information about other initiatives please see Current Status & Strategies in the NCH 2015 Implementation Strategy Document.

Access to Health Services

- **Particular need for Community Health Team (CHT)**
- **Greater access to mental health services in northern EC**
 - The local CHT currently facilitated by the Blueprint Project Manager has been in place for over four years. Now meeting monthly, it is always well attended by a wide variety of agency representatives. The Blueprint “core” team now has a FT Chronic Care Coordinator, 2 FT LICSW, and 2 FT dietitians.
 - North Country Primary Care- Newport has partnered with Northeast Kingdom Human Services to provide psychiatric services in the practice on a weekly basis.

Please see Current Status & Strategies in the NCH 2015 Implementation Strategy Document for detailed information regarding mental health services in the NCH service area.

Obesity

- **Specifically the need for education regarding the importance of physical activity and healthy eating choices.**

This health concern was also identified as a key health concern via the NCH 2015 community health assessment.

There is a long list of available resources for this health concern, offered either by NCH or by other local agencies and organizations. The list is divided into strategies to encourage physical activity and strategies to encourage healthy eating. Please see Current Status & Strategies in the NCH 2015 Implementation Strategy Document for detailed information.

Chronic Care Self-management

- **Emphasize /improve self-management of chronic diseases, for example, diabetes, asthma, hypertension, heart or lung disease.**

- Self-management workshops, 6 sessions in length, are offered throughout the year by NCH (under Blueprint) for chronic disease and diabetes management
- NCH Certified Asthma Educators provide services at various sites including North Country Primary Care and North Country Pediatrics.
- The development of the roles of Chronic Care Coordinator, Social Worker and Dietitian within the patient-centered medical homes provides more opportunities to patients for one-on-one instruction, with support and referral to self-management programs.
- Self-management techniques are also emphasized by the NCH outpatient departments such as Cardiac Rehab, Rehab Services (Speech, PT, OT), Cardiopulmonary Services (Better Breathers)
- SASH (Support & Services at Home) -- Under Blueprint, to enhance safety and self-management of the Medicare population living in Rural Edge housing units.
- Medicaid Health Coaches - support to Medicaid clients to improve self-management steps such as medication management, appointment adherence and diet counseling.

North Country Board of Trustees approved this document at the January 7, 2016 meeting.