

COMMUNITY HEALTH NEEDS ASSESSMENT

# IMPLEMENTATION STRATEGY

2016-2018



**Upland Hills**  
Health

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## Introduction:

Upland Hills Health conducted a Community Health Needs Assessment in 2015 to fulfill the mandated obligation as a tax-exempt hospital, in accordance with the Patient Protection and Affordable Care Act (PPACA). Upland Hills Health collaborated on the Community Health Needs Assessment process and prioritization of health needs with the following organizations:

- Iowa County Health Department
- Aging and Disability Resource Center (ADRC) of Southwest Wisconsin
- Iowa County Law Enforcement
- Community Connections Free Clinic

The assessment incorporated components of primary data collection and secondary data analysis that focused on the health and social needs of the service area. It included collection and analysis of input from persons who represented the interests of the community served by Upland Hills Health.

Based on the results of the primary and secondary data collection, three health needs rose to the top as priority issues to focus efforts on in the coming years.

- Addiction Medicine
- Physical Inactivity
- Access to Transportation

The following pages outline the goals for addressing each of the health issues and the action plan designed to positively effect change in each of the areas.

## Addiction Medicine

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### Goals:

- Enhance public knowledge about the science of addiction medicine including risk factors, diagnosis, and treatment
- Improve healthcare practices within the Upland Hills Health system to reflect best practices for addiction
- Improve access to treatment for addiction medicine in our community

### Action Plan:

- Focus on addiction medicine for one or more episodes of Wisconsin Doctors
- Send a letter to Upland Hills Health primary care patients regarding prescription drug abuse in our community
- Improve collaboration with local law enforcement on controlled substances and addiction medicine, and explore the possibility of a working group on this issue
- Explore attending providers' interest in addiction medicine evidence update CME and if desired provide this education
- Explore current hospital practices regarding screening for substance abuse and update these if necessary to reflect the best evidence-based screening methods
- Offer educational opportunities to nursing staff regarding brief intervention strategies such as motivational interviewing as well as local options for referral to treatment
- Improve UHH Primary Care Clinics' controlled substances prescribing practices by having all patients on long-term controlled substances report for an informed consent visit and be subject to regular and random urine drug screens
- Increase access to general psychiatric care through behavioral telehealth program
- Work towards adding a buprenorphine/naltrexone (suboxone) prescriber in our service area

### Community Partners/Supporting Resources:

- Iowa County Law Enforcement
- Iowa County Health Department
- Unified Community Services
- Wisconsin Region Alcoholics and Narcotics Anonymous Chapters
- Madison Emergency Physician Group
- Dean Clinic Dodgeville
- Mineral Point Medical Center Group
- NIH National Institute on Drug Abuse
- CASA Columbia National Advisory Commission on Addiction Treatment

## Physical Inactivity

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### Goals:

- Reduce the percentage of physically inactive adults in Iowa County from 22% to 20%.
- Reduce the percentage of obese adults (BMI 30 or greater) in Iowa County from 28% to 27%.

### Action Plan:

- Continue participation in the Healthy Iowa County Initiative which started in January 2014. Laura Isaacson R.D. and Rebecca Tank RN are involved in the Diet and Physical Activity Task Force branch of this committee. The goal of the initiative is to partner with the medical community, schools, law enforcement, parks and recreation, businesses, local government and community groups to improve the health and wellness in our community. The other two sub-groups in this committee are Mental Health Issues and Drug and Alcohol Abuse.
- Continue to develop the Walking Trail on the UHH campus. This will benefit the UHH and Nursing and Rehab Center employees, visitors along with another opportunity activity for the community.
- Consider having an annual or biannual educational luncheon and/or dinner offered to the community. This luncheon and/or dinner would target lower socioeconomic individuals, with a meal provided and education on nutrition, activity and mental health.
- Explore the possibility of hosting a Joe Piscatella Seminar – A one day seminar on lifestyle and heart-healthy living. Consider partnering with a Lands’ End and Cummins Emissions for this event.
- Participate and co-sponsor the Health and Wellness Expo with the Aging and Disability Resource Center and provide education regarding physical activity, nutrition, and mental health along with free health screenings to participants.
- UHH Wellness Center – Continue to promote and offer this affordable facility for exercise. The UHH Wellness Committee is working with the Therapy Center on the possibility of extending current hours and class offerings.
- UHH Hall Walking Program. Continue to offer and promote this popular free option for activity to the public. Consider signage to indicate distance in miles of hallway.
- Annual Community Fun Run/Walk. Continue to have UHH sponsor this event which promotes activity in our hospital and the community.
- Honor requests from community organizations for speakers at healthy lifestyle presentations.
- Continue the UHH Wellness Committees Nutrition and Physical Activity projects to help promote healthier food choices and activity options.
- Continue to partner with the Aging and Disability Resource Center and the Iowa County Health Department to sponsor and facilitate the Healthy Living with Diabetes program (a high level evidence-based prevention program from Stanford for individuals with diabetes). This program is being offered in the community and is free to Iowa County residents.
- Continue to partner with the Aging and Disability Resource Center and the Iowa County Health Department to sponsor and facilitate the Living Well with Chronic Conditions workshops (a high level evidence-based prevention program from Stanford for individuals with managing any chronic condition such as cancer, heart disease, high blood pressure, depression and anxiety). This program is being offered in the community and is free to Iowa County residents.
- Continue to partner with the Aging and Disability Resource Center and the Iowa County Health Department to sponsor and facilitate the Stepping On program (a high level evidence-based prevention program proven to be effective in managing fall prevention). This program is being offered in the community and is free to Iowa County residents.

- In 2016, the Aging and Disability Resource Center is participating in a research based pilot project aimed at decreasing sedentary behavior. The UHH will support the ADRC in this project by assisting in providing referrals to the program.
- The Aging and Disability Resource Center plans to identify and sponsor at least two bilingual or Spanish speaking individuals to be trained as facilitators in the Spanish version of Healthy Living with Diabetes program. The training of the facilitators shall be completed and the first local workshop planned by June 15, 2017. UHH will assist in the marketing of this program and assist in referring participants.

#### Community Partners/Supporting Resources:

- Aging and Disability Resource Center of Southwest Wisconsin – Iowa County
- Iowa County Health Department
- Iowa County 4-H Youth Development Agent
- Iowa County Health Needs Assessment
- Southwestern Wisconsin Community Action Program
- UHH Wellness Committee

## Access to Transportation

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### Goals:

- Increase options, awareness, and utilization of transportation services for medical and health-related treatments.

### Action Plan:

- Develop a community task force to evaluate, plan, and implement new transportation options.
- Recruit and retain volunteer drivers.
- Develop an evening and weekend provider program.
- Develop a flyer listing all transportation options and distribute to community agencies, primary and specialty care clinics, and other health care providers.
- Explore opportunities to provide accessible transportation to individuals who reside rurally and are most at risk for isolation.

### Community Partners/Supporting Resources:

- Aging and Disability Resource Center (ADRC)
  - Care-A-Van bus service:
    - Suggested donation of \$5 per trip for eligible consumers: Iowa County residents over the age 60 or people with disabilities.
    - Any Iowa County resident is able to ride for a fee, space permitting.
    - Transportation used for shopping, banking, visiting friends and relatives, lunch, appointments, social outings.
  - Driver Escort Transportation Program:
    - Relies upon volunteers to operate – currently have 19 volunteers, with an average age of 86.
    - Eligible consumers: Iowa County residents over the age 60 or an adult with a disability.
    - Transportation only for non-emergency medical appointments (includes dental care, access to prescriptions, and mental health services).
    - Transportation from door-to-door.
    - Rates are a subsidized amount that are determined by round trip miles and begin at \$5.
    - Transportation available within and outside of the county.
- Dodgeville City Taxi:
  - Operates Wednesday & Friday; operated by the ADRC located in Grant County and funded, in part, by the ADRC located in Iowa County, \$2 fee per one way trip within Dodgeville.
  - May be available for use on off days at an additional cost (as determined by the ADRC program located in Grant County).
- Southwest CAP Lift Program:
  - The Lift Coordinator would work with us if we have vehicles, and find and train drivers.
  - Lift services fees are set by mileage traveled, current cost is \$.50 per mile.
  - Services available to anyone.
  - Services Offered: Transportation Information and Referral, Event Transportation Coordination, Rideshare Program Assistance, Travel Training, Transportation Program Training, Volunteer Driver Program.
- Other Available Services:
  - Hodan Center
  - Iowa County Health Department

## Needs Not Addressed At This Time & Why

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### Alcohol:

Alcohol abuse in Iowa County residents is an established concern for UHH and other health care agencies. Due to the limited number of Alcohol and other Drug Abuse programs and services, and limited resources overall, UHH plans to focus on Addiction Medicine at this time. However, as we evaluate and offer new services, UHH will continue to keep other AODA needs in mind.

### Dropping Out of School:

Although recognized as a factor in poor health outcomes, addressing the school dropout rate is out of the scope of UHH's current mission.

### Enhanced Services to Those With Dementia:

UHH is acutely aware of the issue of dementia and its effects on individuals and families. UHH consistently educates staff and works to improve internal processes to support those experiencing dementia, including those discharged from our facility. We will continue to keep abreast of the needs of the community in this area to determine the priority for future Community Health Needs Assessments focus.

The Aging and Disability Resource Center or ADRC in Iowa County has a strong focus on assisting individuals with Dementia and their families. A number of supportive services are available through this agency, including memory screens, support groups, and access to a Dementia Care Specialist employed the Aging and Disability Resource Center of Southwest Wisconsin.

The ADRC has been actively involved in the state's Dementia Care Redesign and has been an active contributor to the Legislators Task force on Dementia. Through a recently developed Caregiver Coalition, Dementia Friendly Communities has also become a strong focus both in the ADRC and the local community.

The Iowa County Aging Plan for 2016-18 includes specific goals to address areas of dementia and are as follows:

#### 6-D. Services to People With Dementia

- Increase the use of the Virtual Dementia Tour® by the ADRC by offering at least 2 sessions for community members, with a minimum of 12 participants in the first offering and an increase to 18 participants in the second, with the participants gaining an improved understanding of dementia and increase the desire to create awareness in the community by August 1, 2016.
- Sustain the dementia-friendly community coalitions by holding regular meetings to continue to develop strategies to train at least 10 local businesses or organizations throughout 2016.
- Expand the initiative of a dementia capable ADRC to county employees by offering the dementia-friendly organization training to all county level offices and complete the training to a minimum of 50 county employees to increase awareness and understanding of dementia in their personal and professional lives, to be completed by November 1, 2017.
- The ADRC will encourage early detection and intervention of dementia by hosting at least one film festival to a minimum of 15 participants, with the showing of a dementia type film along with the promotion and offer of memory screens to increase awareness and understanding of dementia, to be completed by December 1, 2018.

### Feeling Threatened (age, racism, gender prejudice, etc.):

Cultural sensitivity and competence is a recognized factor in providing excellent healthcare to individuals and families in our communities. UHH is committed to continual evaluation and process enhancements to decrease the threat of prejudice within our facilities, including educational offerings for staff and community speakers. Through our internal efforts, we believe that this will have a spillover effect into the communities in which our staff live, enhancing a supportive environment for all.

### Not Getting Medical Care When It's Needed:

UHH continues to increase access to care through expanding primary care clinics, providers, and hours of service. We have also chosen to focus on needs for transportation in our current strategic plan and the 2016-2018 Community Health Needs Assessment. Additional issues related to not getting medical care when it's needed will be further addressed as we evaluate success of our current endeavors.

### Unsafe Sex and Sex Without Using Birth Control:

Sexually transmitted diseases and unplanned pregnancy have been identified as health issues through specific segments of the Iowa County community. To address education and adequate medical care for women of childbearing age, UHH has expanded our Obstetric and Gynecologic providers for increased access and options for care. Additionally, UHH is participating with the Iowa County Health Department in getting the word out to the teen and young adult population to get vaccination for Human Papilloma virus (HPV). UHH will continue to use current venues to provide education on safe sex and pregnancy protection.

### Not Using Seat Belts and/or Child Safety Seats:

UHH has an active program to educate new parents on child safety seats that is included in our childbirth education classes and during a Birthing Unit stay. The Iowa County Health Department also provides resources on child seat safety to the community through wellness fairs and other educational avenues. UHH may consider this as a topic for community trauma education in the future.