



Fiscal Years 2016, 2017, and 2018

**Community Health Needs Assessment
Implementation Plan**

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INTRODUCTION

Avera Weskota Memorial Hospital Profile

Avera Weskota Memorial Hospital, located in Wessington Springs, S.D., is a 25-bed Critical Access Hospital. The building is owned by Jerauld County and leased by Avera Queen of Peace Hospital. The hospital is attached to Weskota Manor Avera, a 40-bed residential nursing facility owned by a local corporation and managed by Avera Queen of Peace Hospital. The hospital campus also includes the Jerauld County Community Health Center, a federally qualified health care center managed by Horizon Health Care, Inc. The county leases space to the Office of Child and Family Services/Community Health Nurse. The hospital subleases a room to Avera@Home, a home health agency.

All patients are accepted at Avera Weskota Memorial Medical Center regardless of ability to pay. In addition, the facility has a charity care policy that provides for no cost or reduced cost care to patients meeting the income guidelines. The hospital offers a variety of inpatient and outpatient care including emergency care.

Weskota Wellness Center, a community wellness center, resides on campus, providing opportunities for community members to maintain and improve their health. The center has a sliding fee scale. Reduced fees are available for students, senior citizens, and low income persons.

The hospital discharged 140 patients in fiscal year ending June 30, 2015. According to the South Dakota Association of Healthcare Organization's (SDAHO) 2014 Inpatient Origin & Destination Study, 70.33 percent of the hospital's discharged patients reside in Jerauld County and 20.88 percent of the hospital's discharges are from Sanborn County. Other surrounding counties comprised five percent or less each.

Avera Mission Statement

Avera is a health ministry rooted in the Gospel. Our mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values.

Avera Weskota Memorial Hospital

Avera Weskota Memorial Medical Center will exceed the expectations of those we serve.

Avera Values

Compassion, Hospitality, and Stewardship.

COMMUNITY SERVED

Avera Weskota's primary service area is Jerauld County. Incorporated in 1882, Wessington Springs is the county seat of Jerauld County and is located along Highway 34 in east-central South Dakota. The town is nestled at the foot of the Wessington Hills and may be described as the place where the rolling prairie meets the great-plains. The natural springs provide a source of water. Wessington Springs is primarily an agricultural community with a strong emphasis on healthcare and education. According to the 2010 U.S. Census, the population of Wessington Springs was 956, and the population of Jerauld County was 2,071.

Avera Weskota's secondary service area is Sanborn County. Sanborn County is located just east of Jerauld County, and the county seat is Woonsocket. According to the 2010 U.S. Census, the population of Woonsocket was 655 and Sanborn County was 2,355.

According to the 2010 U.S. Census, Avera Weskota's primary and secondary service area of Jerauld and Sanborn County is predominately white - 97 percent. The current unemployment rate is 2.3 percent in Jerauld County and 2.5 percent in Sanborn County - much better than the national average in the 5 percent range. The low unemployment rate is good; however, the limited labor pool makes it difficult to fill certain positions.

SIGNIFICANT HEALTH NEEDS

Avera Weskota Memorial Hospital initiated the Community Health Needs Assessment (CHNA) utilizing primary and secondary data. Eric Ambrosion, Community Development Specialist with Planning and Development District III, was hired to conduct four focus groups. Focus group data and written respondent data were summarized and included in the report.

The hospital and nursing home administrative team reviewed data, analyzed findings, and identified priorities. The criteria utilized to identify priorities included: number of persons affected, availability of community and availability of organizational resources to address the need. The economic feasibility and probability of success were also considered. Priorities were reported to the interagency Health Education Team and medical staff for review and approval.

The Health Education Team consists of representatives from Avera Weskota Memorial Hospital, Horizon Health Care, Weskota Manor Avera, and the South Dakota Department of Health, Jerauld County Office of Child and Family Services. The team's purpose is to provide health education to the community in the Wessington Springs area. The Health Education Team coordinates community education programs and health screenings at several events throughout the year. The three needs that will be addressed are:

- 1) Prevention/Wellness Care
- 2) Community Education Regarding Mental Health Issues - Alcohol, Drug Use and Depression
- 3) Perceived Lack of Healthcare Services

Three-Year Implementation Plan

Goal 1	Objective	Measure/Indicators	Specific Action/ Strategies/Resources
<p>Provide and promote prevention and wellness education and screening opportunities to community members locally.</p>	<p>A) Provide and promote improvements in long term health as a result of physical activity by increasing access, education and event opportunities locally.</p>	<p>A.1. Increase the number of adults who meet the recommended daily level of physical activity.</p> <p>A.2. Increase membership and use of the Weskota Wellness Center by 5%.</p> <p>A.3. Increase the number of participants in the July 4th Walk & Run for Wellness.</p>	<p>A.1. Promote, coordinate, and provide services that encourage increased physical activity for adults.</p> <p>A.2. Promote Weskota Wellness center through featured newspaper articles. Offer reduced membership fees and sliding scale fees to attract low income residents from the community.</p> <p>A.3. Promote and support the annual July 4th Walk &Run for Wellness.</p>
	<p>B) Provide and promote improvements in long term health as a result of good nutrition through prevention and wellness education and awareness opportunities locally.</p>	<p>B.1. Maintain or increase the number of students with nutritious school snacks at Wessington Springs Elementary.</p> <p>B.2. Maintain or increase the number of students participating in activities developed by the Wessington Springs Strategic Planning Wellness Committee. This committee focuses on wellness and nutrition in Wessington Springs schools.</p>	<p>B.1. Provide funding through the Weskota Foundation for the Nutrition Snack Program at Wessington Springs Elementary.</p> <p>B.2. Support the active involvement of the hospital physical therapist as a member of the committee.</p>

Goal 1 (continued)	Objective	Measure/Indicators	Specific Action/ Strategies/Resources
Provide and promote prevention and wellness education and screening opportunities to community members locally. <i>(continued)</i>	B) Provide and promote improvements in long term health as a result of good nutrition through prevention and wellness education and increased awareness opportunities locally. <i>(continued)</i>	<p>B.3. Reduce the percentage of obesity in school age children by supporting programs and organizations that address nutrition and physical activities in our community.</p> <p>B.4. Assist in maintaining a Senior Center Nutrition Program.</p>	<p>B.3. Support Community Health Nurse 5th and 6th grade nutrition education programs and other partnerships that encourage and educate youth participation in making healthy eating choices.</p> <p>B.4. Support the Senior Center Nutrition Program with financial support from Weskota Foundation.</p>
	C) Provide and promote overall health prevention and wellness education and awareness opportunities locally.	<p>C.1. Increase participation in the American Cancer Society’s Jerauld-Sanborn County Relay for Life.</p> <p>C.2. Increase community attendance to local wellness, prevention, and education health related events such as the Women’s Wellness Expo, Winter Farm and Home Show, and Springs Area Community Club.</p>	<p>C.1. Provide corporate level support and promote participation in the annual Relay for Life walk.</p> <p>C.2.a. Support, coordinate, and participate in the Health Education Team 2016 Women’s Wellness Expo and the annual Winter Farm and Home Show.</p>

Goal 1 (continued)	Objective	Measure/Indicators	Specific Action/ Strategies/Resources
Provide and promote prevention and wellness education and screening opportunities to community members locally. (continued)	C) Provide and promote overall health prevention and wellness education and awareness opportunities locally. (continued)	<p>C.2. Increase community attendance to local wellness, prevention, and education health related events such as the Women’s Wellness Expo, Winter Farm and Home Show, and Springs Area Community Club. (Continued)</p> <p>C.3. Increase partnership involvement in local agencies and organization to ensure that low income community members have knowledge of local health prevention and wellness programs.</p>	<p>C.2.b. Provide information and resources for booths related to prevention, wellness, screenings, and services offered. Topics include, but are not limited to nutrition, diabetes, colorectal screenings (Butt Seriously), cardiovascular, physical activity, chronic disease management, dementia, and accident prevention.</p> <p>C.2.c. Assist in securing speakers for the Women’s Wellness Expo on the subjects of nutrition, stress reduction, colorectal cancer, and/or cardiovascular accidents.</p> <p>C.3.a. Provide current information of events in Horizon Health Care clinics and The Office of Child and Family Services/Community Health Nurse Clinics.</p> <p>C.3.b. Seek out other venues of communication to marginal populations.</p>

Goal 2	Objective	Measure/Indicators	Specific Action/ Strategies/Resources
Provide and promote community education and individual services to increase awareness and understanding of behavioral health and substance use disorders.	A) Provide and promote opportunities that increase education and awareness of depression.	A.1. Increase number of community educational opportunities regarding stress, depression, and seasonal affective depression disorder.	<p>A.1.a. Research and establish partnerships with local ministerial associations to offer community mental health education opportunities.</p> <p>A.1.b. Explore opportunities for mental health professionals to speak to local community groups such as the Springs Area Community Club.</p>
	B) Provide and promote screening and treatment options locally.	B.1. Increase the number of service options and increase behavioral health screenings.	<p>B.1.a. Encourage Horizon Health Care, Inc., Jerauld County Community Health Center to promote mental health services available.</p> <p>B.2.b. Research use of telemedicine from Community Counseling in Huron, SD.</p> <p>C.3. Collaborate with eEmergency and Avera Behavioral health to explore options for behavioral health issues that present in the emergency department.</p>

Goal 3	Objective	Measure/Indicators	Specific Action/ Strategies/Resources
<p>Improve the perceived lack of healthcare services through communication, education, and community events.</p>	<p>A) Increase utilization of local health care services through awareness, education, and communication.</p>	<p>A.1.a. Increase colorectal screenings.</p> <p>A.1.b. Increase cerebral vascular screenings.</p> <p>A.1.c. Increase diabetes screenings.</p> <p>A.1.d. Increase utilization of new 32 slice CT scanner.</p>	<p>A.1.a. Utilize Women’s Wellness Expo and Winter Farm and Home show to educate the community on the importance of screenings.</p> <p>A.1.b. Explore and secure speakers to present at local community organizations, clubs, and events on health related issues including but not limited to topics such as Aging in Place, diabetes, heart disease, screenings, and colorectal cancer.</p>
	<p>B) Increase awareness of services through communication and community events.</p>	<p>B.1. Attendance of community members at open houses that promote local services.</p>	<p>B.1.a. Coordinate community open house to feature new 32 slice CT scanner made possible by the Leona M. and Harry B. Helmsley Charitable Trust.</p> <p>B.1.b. Coordinate “Business After Hours” open houses for each healthcare facility in the community.</p>

NEXT STEPS

Avera Weskota Memorial Hospital leadership will utilize the Health Education Team to develop collaborative implementation strategies that include representatives from the community for each of the goals based on the CHNA. Leaders will work with the regional Community Health Coordinator to:

- Identify existing resources
- Collaborate with professionals within Avera and community organizations
- Lead the team
- Develop a work plan
- Coordinate accomplishment of work plan objectives
- Communicate with leadership and the community

SIGNIFICANT HEALTH NEEDS NOT ADDRESSED

Though Avera Weskota Memorial Hospital is a leader in identifying the needs of the community, some needs fall outside the span of control of the hospital. Unmet needs identified by the 2016 Community Health Needs Assessment will be addressed by recommended community organizations. These unmet needs include:

- **Assisted Living:** Assisted living was identified as a need in the community for the 2013 and 2016 CHNA. In 2013, this issue was referred to Weskota Manor Avera. Developing assisted living is in the nursing home's long range strategic plan, but it is not financially feasible at this time. The health care community, hospital advisory board, and nursing home governing board will be educated regarding this plan. Avera Weskota Memorial Hospital will refer the identified need to Weskota Manor Avera for consideration in their long range strategic planning.

In-home services are available to assist tenants in the independent living apartments. Services include: skilled home health and hospice services, hot meal programs, bus transit services and homemaker programs.

- **Recruitment of Healthcare Workers:** Recruitment of healthcare staff was also identified as a concern. Low unemployment rate as well as a shortage of healthcare and home maker program applicants is a problem across the state. The facility will continue to apply creative ideas to recruitment and will not pursue this as a community health needs priority. Avera Weskota Memorial Hospital and the other healthcare facilities will continue to work with this issue.

The hospital is using the South Dakota Retention Bonus as an incentive to recruit and retain professional staff, in addition to loan forgiveness and bonuses. This incentive has helped recruit and retain some, but not all, staff.

Avera Weskota is participating in a Margaret A. Cargill Foundation Grant with Dakota Wesleyan University to educate and prepare Certified Nursing Assistants (CNA) and nurses in rural communities. In addition, the hospital will participate with University of South Dakota and

United States Department of Agriculture (USDA) project, a project whereby student education is delivered via telemedicine to rural students at the facility.

Board Approval

Date approved by Avera Weskota Memorial Hospital Advisory Board: August 22, 2016

This Fiscal Year 2016 Community Health Needs Assessment report was prepared and approved at the May 24, 2016, meeting of the Avera Queen of Peace Board of Directors.

This implementation strategy, addressing priorities identified in the most recent Community Health Needs Assessment was prepared for the September 27, 2016, meeting of the Avera Queen of Peace Board of Directors.

Avera Queen of Peace Board of Directors Approval:



Name and Title
Diane Sandhoff, Chair

9-27-16

Date