



# COMMUNITY HEALTH NEEDS ASSESSMENT

Avera Creighton Hospital: Knox County

2022

## I. Community Served by the Hospital

Avera Creighton Hospital is a critical-access hospital located in Creighton, Nebraska. The mission of Avera Creighton is to make a positive impact in the lives and health of persons and communities by providing quality services guided by the Christian values of compassion, hospitality and stewardship. The not-for-profit hospital is jointly sponsored by the Benedictine Sisters of the Sacred Heart Monastery located in Yankton, S.D. and the Presentation Sisters of the Blessed Virgin Mary of Aberdeen, S.D.

The facility's service area is defined geographically as Knox County, Nebraska. The population of Knox County was 8701 according to the 2010 U.S. Census Bureau and the population estimate for Knox County in 2018 was 8419. The Santee Sioux Reservation is located in Knox County.

The largest segment of the diversified population in Knox County is the elderly. According to the U.S. Census Bureau in 2020, 25.4 percent of the population in Knox County was 65 and older. Race and Hispanic origin in Knox County was 86.7 percent white, 10.5 percent American Indian, and 3.3 percent Hispanic. The median household income was \$52,332 and the percent of persons in poverty was 13.6 percent.

In 2020 the Avera Creighton Hospital inpatient county of origin was 88.7% from Knox County, followed by 6.7% from Pierce County, 3.3% from Madison County, 0.7% from Cedar County and 0.7% from Holt County.

The hospital's payer mix, care of the poor and community benefit for FY 2016 through FY 2018 are detailed below:

	FY 2019	FY 2020	FY 2021
<b>Charity Care</b>	\$104,025.00	\$49,373.00	\$38,251.00
<b>Bad Debt</b>	\$234,457.00	\$359,168.00	\$278,628.00
<b>Total</b>	\$338,482.00	\$408,541.00	\$316,879.00

### Avera Creighton Payer Mix

Financial Class	FY19	FY20	FY21
Blue Cross	9.9%	8.1%	5.1%
Commercial Insurance	4.3%	4.3%	2.7%
Government	2.9%	4.5%	1.2%
Indian Health Services	0.6%	0.5%	0.1%
Medicaid	0.1%	0.0%	0.3%
Medicaid Managed Care	6.8%	5.4%	9.4%
Medicare	51.1%	53.0%	66.5%
Medicare Replacement	5.2%	6.5%	8.1%
Managed Care	13.9%	12.0%	4.2%
Self Pay	4.0%	4.6%	2.2%
Work Comp	1.1%	1.1%	0.3%

## **II. Community Health Needs Assessment Process**

Avera Creighton Hospital collaborates with the North Central District Health Department (NCDHD) to monitor health status and understand health issues facing the community. The 2022 and previous assessments will serve as a reference document for the health care facilities and community agency partners in the NCDHD. This assessment describes the health status of the population, identifies areas for health improvement, determines factors that contribute to health issues, and identifies assets and resources that can be mobilized to address public health improvement.

Mobilizing for Action through Planning and Partnerships (MAPP) is the strategy used by NCDHD to gather data, select public health priorities and foster collaboration among multiple health care providers. The essential building blocks of MAPP are four assessments which provide critical insights into the health challenges and opportunities confronting the community. These four assessments are the Community Health Status Assessment, the Community Themes and Strengths Assessment, the Forces of Change Assessment and the Local Public Health System Assessment.

The NCDHD Community Health Status Assessment was one of the primary data sources. This assessment was administered in 2021 via Survey Monkey to gain the perspective of the NCDHD community regarding health, community health issues, and quality of life. A total of 242 community members answered the survey and 22 percent of those were from Knox County. The race/ethnicity of respondents was 95.6 percent white and 4.4 percent minorities. The top three health concerns were cancer, heart disease and mental health. The complete assessment findings are available online for public view at [www.ncdhd.ne.gov](http://www.ncdhd.ne.gov).

The second primary data source were Knox County focus groups. A focus group to include Hispanics/Latinos/Native Americans/Elderly/Disabled/Low-Income populations was held November 8, 2021 on the Santee Sioux Reservation. Due to the COVID-19 pandemic surge, the other focus groups were conducted virtually. Invitations were emailed to forty-two individuals across the service area including public officials, community agency members, community businesses and health care providers. The focus group meetings were held on March 1<sup>st</sup> at 1215 PM and March 3<sup>rd</sup> at 1200 PM. These meetings were attended by 12 people. Four others could not attend the meeting and requested a phone call to complete the interview questions.

Secondary data sources include NCDHD Community Health Needs Assessments and Surveys (CHA), Nebraska Association of Local Health Directors Survey (NALHD), Forces of Change Assessment (FoC), Community Themes and Strengths Assessment (CTSA), Local Public Health Systems Assessment survey (LPHSA), Community Health Rankings (CHR), Nebraska Department of Education (NDE), Behavioral Risk Factor Surveillance System (BRFSS), Nebraska Risk and Protective Factor Student Survey (NRPFS), U.S. Census Bureau - American Community Survey (ACS), and U.S. Centers for Disease Control and Prevention Web-based Injury Statistics Query and Reporting System (CDC).

## **III. Community Input**

Summary of the focus group held at the Santee Sioux Reservation:

There were 11 people at this focus group including two from NCDHD, two from Region 4 Nebraska Strong and seven were members of the Santee Sioux Nation.

**Strengths and assets** on the reservation include community health clinic and wellness center.

**Threats and weaknesses** discussed included lack of dental care at clinics that accept Medicaid, medical clinic is not open over the noon hour, early morning or late afternoon making it difficult to get to the clinic when not working, pharmacy is not open on the weekend, EMS response on the reservation not always available due to paramedic staffing shortage, no training to help Native Americans address mental health issues, and inadequate communication regarding available health services available to the Santee Sioux.

Summary of the virtual focus group meetings:

Of the 42 people invited the following attended the meetings: Kelly Hanvey, Knox County Economic Development Director; Ellyse Kruger, RN; Jane Bartos, Verdigre Community member; Jodi Vellek, Infection Prevention RN; Jennifer Doerr, RN, Social Services at Avera Creighton Hospital; Shelly Carstens, RT, EMT; Dr. Thomas Ostronic, Physical Therapist; Marlene Lind, Supply Chain; Monica Morrill, Health Information Management; Mary Mathis, Laboratory Supervisor; Kathleen Becker, RN, Outpatient Clinics; and Todd Consbruck, CEO of Avera Creighton Hospital. The meeting was moderated by Jean Henes, MSN, RN, Director of Nursing from the Avera Creighton Hospital. Individual interviews were also done via phone call to Jordan Johnson, banker at Knox County bank; Christa Eggers, Dental Hygienist; Lane Walton, Farm Bureau Insurance; and Lindsay Nelson, Creighton City Administrator.

**Strengths and assets** in the community were the Avera Wellness Center, Avera Walkway when it was open to walk laps, some community exercise classes, golf course, swimming pool and park, Avera Creighton Transportation service, local grocery and drug store that will deliver to community members homes, local radio station in Creighton, new restaurant and once a week food trucks in Creighton during warm weather.

**Threats and weaknesses** discussed were limited mental health resources, internet is still not readily available to everyone in the area, businesses shut down by the COVID-19 pandemic such as the hospital Café and the hospital walkway for exercise, only two communities in Knox County with wellness centers, and no urgent care access so after clinic hours the only local option is the emergency room.

**Resources** in the community that serve diverse populations include the Avera Creighton Hospital, the Avera Creighton Care Centre, the Avera Medical Group primary care clinics in Creighton, Verdigre and Niobrara, the Bloomfield Clinic, Family First Dental in Creighton, Verdigre/Bloomfield Dental Clinic, Filip's Eye Clinic in Creighton, Northeast Nebraska Area on Aging.

Various attendees present at the Santee Sioux focus group and virtual focus groups serve the Hispanics, Latinos, Native Americans, Elderly, Disabled, and Low-Income populations.

The Comprehensive Community Health Needs Assessment Survey Monkey data was presented by J. Michael Schiwart, Research Specialist and Tarik Abdel-Monem, Senior Researchx Specialist from the University of Nebraska Public Policy Center on March 15, 2022 in O'Neill, NE. The NCDHD community stakeholders present were:

Antelope Memorial Hospital  
Avera Creighton Hospital  
Avera St. Anthony's Hospital

Neligh, NE  
Creighton, NE  
O'Neill, NE

CHI Plainview Hospital	Plainview, NE
Osmond General Hospital	Osmond, NE
West Holt Hospital	Atkinson, NE
North Central District Health Department	O'Neill, NE
Holt County Economic Development	O'Neill, NE
Northstar	Bloomfield, NE
Valentine Community School	Valentine, NE
Central Nebraska Community Action Partnership	
Proteus, Inc – Services to Empower Farmworkers	Lincoln, NE
Legal Aid of Nebraska	
O'Neill Public Schools	O'Neill, NE

The community stakeholders then analyzed the data following the Mobilizing for Action through Planning and Partnership (MAPP) process. Each attendee then selected 3 health priorities that were discussed at their table. The top 3 priorities at each table were placed on a sticky wall and grouped into the following clusters: cancer, substance abuse, mental health, heart health and social determinants of health. Each participant then voted on the cluster they felt was the most important. The top three clusters were Mental Health (21 votes), Social Determinants of Health (6 votes) and Heart Health (5 votes). More discussion ensued including the concern that Social Determinants of Health was too vast and vague but should be addressed in any priority area. The community stakeholders at the North Central District Health Department meeting agreed the top two significant health needs identified for the health district CHNA 2022 were:

- Mental Health
- Heart Health

#### IV. Prioritized Significant Community Health Needs

The Avera Creighton Medical Staff served as the Steering Committee for Avera Creighton Hospital to identifying and prioritizing the significant community health needs of Knox County. A presentation summarizing the NCDHD Community Health Status Assessment was given by Jean Henes, MSN, RN, Director of Nursing at ACH and Ellyse Kruger, RN, QI Coordinator on April 21, 2022 with the following in attendance: Ronald Morse, MD; Adam Strehle, DO; Riley Eckmann, MD; Douglas Laflan, MD; Amy Borgmann, PA-C; Chelsea McCrone, PA-C; Kevin Lauck, PA-C; Lindsay Laflan, APRN; Cathy Laflan, APRN; Todd Consbruck, CEO; Cindy Mastalir, RN, Nursing Supervisor and Trauma Coordinator; Courtney Hanefeldt, RN; and Monica Morrill, Health Information.

Discussion following the presentation included the burden, scope, severity or urgency of the health need, the estimated feasibility and effectiveness of possible interventions, the health disparities associated with the need and importance the community places on the need.

Data sources cited above showed the following:

- A life expectancy of 80.7 in Knox County compared to 80.1 in the health district
- The poverty level in 2020 in Knox County was 13.6 percent
- Percentage of NCDHD residents 65 and older is 25.6%, significantly higher than the Nebraska estimates of 16.2%
- Access to care:
  - Ratio of primary care physicians to NCDHD population of 1366:1
  - Ratio of dentists to NCDHD population of 555:1

- Ratio of mental healthcare providers to NCDHD of 1903:1
  - 13.2% of NCDHD adults under 65 are uninsured
  - 8.8% of NCDHD children under the age of 19 are uninsured
- Rate of obesity in adults of 32.2% in NCDHD in 2020 compared to 32.6% in 2011
- Top causes of death in NCDHD 2018-2020 were:
  1. Diseases of the heart
  2. Malignant neoplasms
  3. Chronic lower respiratory diseases
  4. Alzheimer disease
  5. Cerebrovascular diseases,
  6. Accidents (unintentional injuries)
  7. COVID-19 (3<sup>rd</sup> leading cause of death in the US)
  8. Diabetes Mellitus
  9. Influenza and pneumonia
  10. Nephritis, nephrotic syndrome and nephrosis
  11. Parkinson disease
  12. Intentional self-harm (suicide)
- COVID-19 total cases in NCDHD February 2022 - 9657 cases
  - Holt County 23.6%
  - Knox County 22.7%
  - Pierce County 14.9%
  - Antelope County 12.7%
- COVID-19 Vaccinations as of February 2022 were 63% fully vaccinated state-wide and 49% in Knox County were fully vaccinated.

After discussion the steering group selected two priority areas as the most significant health needs of the community: Behavioral Health and Heart Health. These are the same focus areas selected by the North Central District Health Department. The Knox County focus groups identified the need to continue working on Behavioral Health in all age groups. Diseases of the heart is the leading cause of death in the health district that includes Knox County. Hypertension and diabetes are both risk factors affecting heart health. The COVID-19 pandemic limited the ability to implement all of the strategies in the 2019 CHNA Improvement plan for the focus areas of Behavioral Health, Hypertension and Diabetes.

## **V. Potentially Available Resources**

Avera Creighton Hospital does offer a Mental Health Specialty Clinics for medication management once a month. There are other counseling services in the area and the addition of the licensed mental health practitioner providing services at the hospital could be explored. The Emergency Department has access to Avera Behavioral Health via telemedicine from Sioux Falls, S.D. Avera Behavioral Health Hospital in Sioux Falls recently completed a building project that increased their bed capacity and ability to accept referrals.

The PHQ-9 screen is done at every clinic visit, ER visit and admission. If a patient screens positive, the provider completes a more specific screen related to suicide risk. Completion of these screens is now a Quality Improvement initiative.

The Avera Medical Group (AMG) is a resource to screen for and treat diseases of the heart. The Avera Coordinated Care Nurse works with patients that have comorbidities that put them at risk of a heart event.

Other potential resources including providing screening and education related to heart health at community activities.

## **VI. Evaluation of Impact**

The Avera Creighton Hospital Implementation Strategy was based on the 2019 CHNA identified priority areas of Behavioral Health, Hypertension and Diabetes.

There have been no written comments regarding the 2019 CHNA and Implementation Plan.

The Implementation Plan for Behavioral Health included improving access to behavioral health providers, behavioral health education for health care providers and nursing staff, behavioral health education in collaboration with the area school systems on suicide prevention, and behavioral health education for the community. Goals to address Hypertension included exploring options to increase blood pressure screenings in the community and a patient education campaign focused on treatment of hypertension. Goals to address Diabetes were continued evaluation of the current diabetic education provided by a Physician Assistant from AMG-C, increased marketing of that program and an educational program for the public on diabetes recognition and treatment.

Summary of activities implemented 2019-2022:

- Avera Creighton Hospital Wellness Center Open House held October 2019 including information on mental health services, diabetes education, area weight loss programs, as well as blood pressure screenings and tours of the Wellness Center.
- Collaboration with the Creighton Community School to host a Parent Information Event MIND Your Child's Health in November 2019. Educational materials were available on all 3 priority areas and Dr. Strehle presented an educational session on general brain health in children. There were other speakers on social media, youth anxiety and depression, suicide prevention, drug trends, social media and cyberbullying and behavior management.
- Implementation in 2020 of the Avera Behavioral Health Outpatient Triage Program allowing patients to connect with a counselor via Ipad while at a primary care clinic was at the Avera Medical Group clinics in Creighton and Verdigre.
- In the spring of 2020 the Avera Medical Group added a Patient Coordinated Care nurse position. This nurse focuses on chronic health conditions for any patient of AMG clinics in Creighton, Verdigre, Niobrara, Crofton, Hartington and Pierce. This includes education chronic health conditions such as hypertension and diabetes. The COVID-19 pandemic limited the use of this program it did provide services to 28 patients in our service area in 2021.
- In 2021 a mental health screening focused on depression (PSQ-9) was added to the mandatory screening questions asked of every patient seen in the clinic, the emergency room or admitted as an inpatient. The screening generates a score, symptom severity and action needed based on the score. If the screen is positive it will generate further screening for suicide risk by the provider and options to guide the provider in next steps in treatment.
- In September 2021 the implementation of eSANE was done through a grant that provided equipment and training for providers and nursing staff to care for a patient that has been

sexually assaulted. This included developing a relationship with Bright Horizons so they would be contacted to provide advocacy for the patient.

- The hospital completed the Age Friendly designation in the fall of 2021. This designation involves reliably providing a set of 4 evidence-based elements to all older adults known as the 4 M's: What Matters, Medication, Mentation and Mobility. During the work on Mentation, a Delirium guide for patients, family members and caregivers was developed. The NuDESC Delirium Screen was added as a required screening in the EMR for inpatients and is completed every 12 hours. Providers and nursing staff were trained in symptoms of delirium, the use of the screening tool and how to help patients that are experiencing delirium. These Delirium guides are given to patients and family on admission as appropriate. Outcomes data on the use of the NuDESC Delirium Screen is now being tracked and opportunities for improvement developed in 2022.
- The COVID-19 pandemic did have an impact on the implementation of the CHNA activities from March 2020 to the spring of 2022 but progress was made on each focus area despite the pandemic.

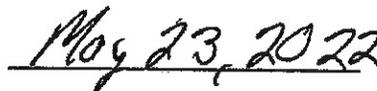
The next steps will include creating an action plan to address the identified needs and prepare an Implementation Plan that will be presented for Board approval in the fall of 2022.

#### Approval

The Fiscal Year 2022 Community Health Needs Assessment report was presented to the Avera Creighton Hospital Advisory Council on May 23, 2022. The Avera Creighton Hospital advisory council recommends approval of the FY 2022 Community Health Needs Assessment report to the Avera Sacred Heart Board of Directors.

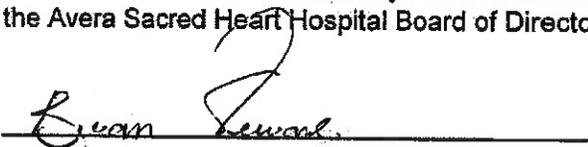


Russ Diedrichsen, Chair  
Avera Creighton Hospital Advisory Council

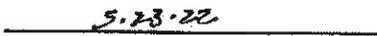


Date

The Fiscal Year 2022 Community Health Needs Assessment report was presented to and approved by the Avera Sacred Heart Hospital Board of Directors on May 23, 2022.



Brian Steward, Chair  
Avera Sacred Heart Hospital  
Board of Directors



Date