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For a Healthier Panhandle

Regional
West
Medical
Center

2018
Community Health
Improvement Plan
Report



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Purpose

This is the annual report of the 2018-2020 Regional West Medical Center Community Health Improvement Plan (CHIP). The Public Health Accreditation Board (PHAB) defines a CHIP as a “long-term, systematic effort to address public health problems on the basis of the results of community health assessment activities and the community health improvement process.”

This annual report reflects the activities and collaborative efforts of Regional West Health Services, Panhandle Public Health District, and Scotts Bluff County Health Department. This document serves as a progress review on the strategies that were developed in the 2018-2020 CHIP and the activities that have been implemented since then.

About Regional West Medical Center

Regional West Health Services in Scottsbluff, Neb., is the parent company of Regional West Medical Center, an 188-bed regional referral center and one of three Level II Trauma Centers in the state. The trauma program includes Air Link air ambulance service, which is fully accredited by [The Commission on Accreditation of Medical Transport Systems](#) (CAMTS).

As the region's only tertiary referral medical center, Regional West offers care that spans more than 32 medical specialties provided by over 28 physician clinics. With nearly 300 in-network providers and over 2,000 employees, Regional West provides comprehensive and innovative health care services for the people of western Nebraska and neighboring states of Colorado, South Dakota, and Wyoming.

Regional West Health Services includes:

- [Regional West Medical Center](#)—A 188-bed regional referral center and a Level II Trauma Center
- [Regional West Physicians Clinic](#)—Western Nebraska's and central eastern Wyoming's largest multispecialty medical and surgical group
- [Regional West Garden County](#), Oshkosh—A 10-bed acute care hospital, health care clinic, and 40-bed intermediate care facility that serves residents in the southeastern Nebraska panhandle region
- [Regional West Laboratory Services](#)—A hospital-based laboratory offering a full range of services, including reference laboratory services, to health care providers throughout Nebraska, Wyoming, South Dakota, and Iowa. It is accredited by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP)
- [Regional Care, Inc. \(RCI\)](#)—Based in Scottsbluff, RCI is one of the nation's premier independent third-party administrators for health care benefits; providing cost, medical, and claims management for clients throughout the United States
- [The Village at Regional West](#)—A full-service retirement community adjacent to Regional West Medical Center that offers independent, independent-plus, and assisted living apartments for persons age 55-plus
- [Regional West Foundation](#)—A 501(c) (3) non-profit organization developed to enhance the services, programs, and projects of Regional West Health Services through donations, planned giving, and fundraising efforts

Regional West is an active leader in the Rural Nebraska Healthcare Network (RNHN) and supports the following Critical Access Hospitals in Nebraska:

- [Regional West Garden County](#)—Oshkosh
- [Chadron Community Hospital](#)—Chadron
- [Gordon Memorial Health Services](#)—Gordon

- [Kimball Health Services](#)—Kimball
- [Box Butte General Hospital](#)—Alliance
- [Morrill County CommunityHospital](#)—Bridgeport
- [Perkins County Health Services](#)—Grant
- [Sidney Regional Medical Center](#)—Sidney

Award Winning Care

- [The Joint Commission](#)—Full accreditation by the Joint Commission demonstrates our commitment to providing the very best for our patients—quality, safety, and innovation.
- [American College of Surgeons Commission on Cancer](#)—Regional West’s cancer program is accredited by the American College of Surgeons Commission on Cancer and has been recognized for Outstanding Achievement.
- [Bariatric Surgery Center of Excellence](#)—Regional West Medical Center is MBSAQIP-accredited by the American Society for Metabolic and Bariatric Surgery (ASMBS) and is designated as a Center of Excellence in Metabolic and Bariatric Surgery by Surgical Review Corporation.
- [Commission on Accreditation of Rehabilitation Facilities \(CARF\)](#)—Regional West’s Acute Rehabilitation Unit and Stroke Care program are both certified by the Commission on Accreditation of Rehabilitation Facilities.
- [Advanced Certification for Primary Stroke Centers](#)—Regional West has earned The Joint Commission’s Gold Seal of Approval® and the American Heart Association/American Stroke Association’s Heart-Check Mark for Advanced Certification for Primary Stroke Centers.
- [AACVPR Certified](#)—Regional West’s AACVPR certified cardiovascular rehabilitation program is recognized as a leader in the field of cardiovascular rehabilitation by offering the most advanced practices available

Community Health Needs Assessment

In early 2017, Panhandle Public Health District (PPHD) and Scotts Bluff County Health Department (SBCHD) entered into a collaborative relationship to facilitate a comprehensive community health assessment and planning process. The Mobilizing for Action through Planning and Partnership (MAPP) process provided the foundation for the 2017 needs assessment process. As part of the MAPP process, quantitative and qualitative data were collected from the following four assessments:

- Community Themes and Strengths
- Forces of Change
- Local Public Health System
- Community Health Status

The full report can be found at:

https://www.rwhs.org/sites/default/files/rwmc_2017_chna_final_11302017.pdf

Priority Areas

Priority areas were determined in a series of meetings hosted in August 2017. The meetings included broad representation from the hospital. Data from the Community Health Needs Assessment was presented, and a scoring matrix was used to determine the most important priority areas. The priority areas determined were:

- **Chronic Disease**, specifically focusing on diabetes (specifically prevention, diagnosis, and management), cancer (specifically survivorship and access to care for diagnosis), and cardiovascular disease (specifically stroke)
- **Injury Prevention**, focusing on intentional and unintentional injuries
- **Behavioral Health**

The group also decided to continue to focus on **Access to Care** across all priority areas.

Implementation Plan

Priority Area 1: Chronic Disease

Priority Area 1A: Cardiovascular Disease

Objective 1A.1 Reduce the proportion of adults with hypertension (Healthy People 2020: HD S-5.1)			
Strategy Blood Pressure in Adults : Screening (Source: The U.S. Preventive Services Task Force)			
Activity	Performance Measures	Target Date	Lead Partners
Train clinic staff and providers on how to educate patients on self-measured blood pressure monitoring and	<ul style="list-style-type: none"> 100% of clinic providers will complete training on self-measured blood pressure monitoring 	December 1, 2020	Community Health RWPC
Distribute wallet blood pressure cards to clinics to distribute to patients for self-measured blood pressure monitoring.	<ul style="list-style-type: none"> 100% of clinics will receive blood pressure wallet cards 100% of clinics will know who to contact to request more blood pressure wallet cards when needed 	December 1, 2020	Community Health RWPC
Performance Measure	Progress Update	Action Plan	
<ul style="list-style-type: none"> 100% of clinic providers will complete training on self-measured blood pressure monitoring 	No training has been done in self-measured BP monitoring with providers this year	Evaluation of education for providers in 2019-20	
<ul style="list-style-type: none"> 100% of clinics will receive blood pressure wallet cards 	Blood pressure wallet cards have been provided to Regional West Family Practice	Plans to expand the availability of wallet cards to other RWPC clinics in 2019	
<ul style="list-style-type: none"> 100% of clinics will know who to contact to request more blood pressure wallet cards when needed 	Regional West Family Practice knows where to order wallet cards	Information of where to obtain the wallet cards will be provided the other RWPC clinics when the wallet cards are distributed in 2019	

Objective 1A.2 Increase the proportion of adults with hypertension whose blood pressure is under control (Healthy People 2020: HDS-12)			
Strategy Cardiovascular Disease; Self-measured blood pressure monitoring interventions for improved blood pressure control – When used alone or with other support (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Community Health will increase the availability of free blood pressure checks in the community	<ul style="list-style-type: none"> Number of free B/P checks done in the community each year 	December 1, 2020	Community Health
Community Health will increase availability of SMBP instruction for the community by working with Community Pharmacy, Nursing Schools and RWPC	<ul style="list-style-type: none"> Number of SMBP instruction provided each year by Community Health and RWPC 	December 1, 2020	Community Health
Performance Measure	Progress Update		Action Plan
<ul style="list-style-type: none"> Number of free B/P checks done in the community each year by Community Health 	Approximately 1,100 free B/P checks were done at community events by the Community Health staff in 2018.		Community Health will continue to offer free B/P screenings at worksites, school events, and community outreach areas.
<ul style="list-style-type: none"> Number of SMBP trainings provided each year by Community Health and RWPC 	RWPC has no way of tracking BP education at this time. The Community Health Worker from Community Health has worked with over 20 people through the Nebraska Health Hub grant and health coaching.		Evaluation of reports that may be available in Cerner to track this information in 2019-20. The Community Health Worker from Community Health will continue to provide SMBP as needed in 2019-20 to Nebraska Hub clients.

Objective 1A.2 Increase the proportion of adults with hypertension whose blood pressure is under control (Healthy People 2020: HDS-12)			
Strategy Team-based care to improve blood pressure control (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
RWPC will implement the new hypertension protocol across all areas of RWPC Family Medicine.	<ul style="list-style-type: none"> Number of health care providers trained on new protocol Number of health care providers implementing new protocol 	December 1, 2020	RWPC Community Health
RWPC Family Medicine will increase monitoring of SMBP in hypertensive patients and enhance process to improve patient health.	<ul style="list-style-type: none"> Number of patients instructed on SMBP each year Number of patients whose B/P logs are included in the chart each year 	December 1, 2020	RWPC Community Health
RWPC will implement identification and recall of undiagnosed hypertensive patients through retrospective querying of the EHR.	<ul style="list-style-type: none"> Number of patients identified and recalled each year 	December 1, 2020	RWPC Community Health
Performance Measure	Progress Update	Action Plan	
<ul style="list-style-type: none"> Number of health care providers trained on new protocol 	100% of Family Med providers are trained on the HTN protocol		
<ul style="list-style-type: none"> Number of healthcare providers implementing new protocol 	100% of the providers are to be implementing the protocol	Evaluation of reports that may be available in Cerner to track this information in 2019-20	
<ul style="list-style-type: none"> Number of patients instructed on SMBP each year 	RWPC has no way of tracking this number	Evaluation of reports that may be available in Cerner to track this information in 2019-20	
<ul style="list-style-type: none"> Number of patients whose B/P logs are included in the chart each year 	Less than 10% of logs are scanned into the chart in 2018	Evaluation of reports that may be available in Cerner to track this information in 2019-20	
<ul style="list-style-type: none"> Number of patients identified and recalled each year 	No way to track at this time. Once we have access to reports in Cerner than we can identify patient's who's BP is $\geq 140/90$	Evaluation of reports that may be available in Cerner to track this information in 2019-20	

Objective 1A.3		Increase the proportion of adults aged 20 years and older who are aware of the symptoms of and how to respond to a stroke (Healthy People 2020: HDS-17)	
Strategy		Health Communication and Social Marketing: Campaigns That Include Mass Media and Health-Related Product Distribution (Source: The Community Guide)	
Activity	Performance Measures	Target Date	Lead Partners
Increase the number of Regional West Health Services employees who know the warning signs of a stroke and when to seek medical care	Number of Regional West Health Services employees trained per year in stroke warning signs and how to help someone who is at risk of stroke	December 1, 2020	Stroke Program Nurse Education Department
Increase the number of people in the community who know the warning signs of a stroke and when to seek medical care by providing information through health fairs, community presentations, and media campaigns	<ul style="list-style-type: none"> ▪ Number of people in the community who are trained per year in stroke warning signs and how to help someone who is at risk of stroke ▪ Number of trainings in the community each year that address the warning signs of stroke and when to get help ▪ Number of social media posts per year ▪ Number of radio spots and interviews per year ▪ Number of television spots and interviews per year ▪ Number of local and regional newspaper articles per year 	December 1, 2020	Community Health Stroke Program Nurse Marketing Department

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> Number of Regional West Health Services employees trained each year in the warning signs and how to help someone who is at risk 	Yearly education requirement for stroke 100 series was completed by 1,417 persons 200 series (licensed staff) 568 persons	RWMC will continue to educate new employees upon hiring about stroke awareness
<ul style="list-style-type: none"> Number of people in the community who are trained per year in stroke warning signs and how to help someone who is at risk of stroke 	168 people returned “post-tests” following community stroke education from community events. 1,100 people, ages 6-65+, attended the Kids Safety Safari event which included a stroke booth offering stroke education to youth and adults	RWMC will continue to provide stroke awareness education to the community
<ul style="list-style-type: none"> Number of trainings in the community each year addressing the warning signs of stroke and when to get help 	5 community events were held. Kids Safety Safari provided education to over 1,600 adults and youth	RWMC will continue to provide stroke awareness education to the community
<ul style="list-style-type: none"> Number of social media posts per year 	0	A stroke educational outreach media plan will be developed in 2019-20
<ul style="list-style-type: none"> Number of radio spots and interviews per year 	0	A stroke educational outreach media plan will be developed in 2019-20
<ul style="list-style-type: none"> Number of television spots and interviews per year 	0	A stroke educational outreach media plan will be developed in 2019-20
<ul style="list-style-type: none"> Number of local and regional newspaper articles per year 	0	A stroke educational outreach media plan will be developed in 2019-20

Objective 1A.4 Increase the proportion of eligible stroke patients who receive acute reperfusion therapy within 3 hours from symptom onset (Healthy People 2020: HDS-19.3)			
Strategy Cardiovascular Disease: Clinical Decision-Support Systems (CDSS) (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Educate RWHS medical providers regarding American Stroke Association stroke identification and treatment guidelines	<ul style="list-style-type: none"> Number of medical providers educated at RWHS each year Number of medical providers following American Stroke Association treatment guidelines 	December 1, 2020	Stroke Program Nurse
Provide Education to RWHS medical staff regarding American Stroke Association stroke identification and treatment guidelines	<ul style="list-style-type: none"> Number of medical staff educated at RWHS per year. 	December 1, 2020	Stroke Program Nurse
Provide Education to Scotts Bluff County EMS providers regarding American Stroke Association stroke identification and treatment guidelines	<ul style="list-style-type: none"> Number of EMS personnel trained throughout Scotts Bluff County per year 	December 1, 2020	Stroke Program Nurse
Collection of the hospital's stroke treatment performance data	<ul style="list-style-type: none"> Monthly reports of treatment performance data 	December 1, 2020	Stroke Program Nurse
Collection of hospital team performance data	<ul style="list-style-type: none"> Monthly report of hospital team performance data 	December 1, 2020	Stroke Program Nurse
Use of data to assess and continually improve quality of care for stroke patients	<ul style="list-style-type: none"> Quality improvement monthly reports 	December 1, 2020	Stroke Program Nurse

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> ▪ Number of medical providers educated at RWHS each year 	<p>12 physicians attended the 2018 Stroke Symposium onsite at RWMC 9 midlevel providers attended Stroke Symposium</p>	<p>RWMC will continue to provide education regarding stroke awareness to providers, staff, and the community in 2019-20</p>
<ul style="list-style-type: none"> ▪ Number of medical providers following American Stroke Association treatment guidelines 	<p>We have no data to show that there is any variance in providers utilizing the Clinical Practice Guidelines</p>	<p>RWMC will continue to provide education regarding stroke awareness to providers, staff, and the community in 2019-20</p>
<ul style="list-style-type: none"> ▪ Number of medical staff educated at RWHS per year 	<p>62 staff members (other than providers) attended the Stroke Symposium</p>	<p>RWMC will continue to provide education regarding stroke awareness to providers, staff, and the community in 2019-20</p>
<ul style="list-style-type: none"> ▪ Number of EMS personnel trained throughout Scotts Bluff County per year 	<p>Presentations regarding stroke awareness were made available to EMS personnel through the Stroke Symposium</p>	<p>RWMC will continue to provide education regarding stroke awareness to providers, staff, and the community in 2019-20</p>
<ul style="list-style-type: none"> ▪ Monthly reports of treatment performance data 	<p>Data is compiled on all ischemic, hemorrhagic and TIA patients. Data is utilized to develop educational opportunities and Performance Improvement projects.</p>	<p>RWMC will continue to evaluate the performance of the prevention and treatment of strokes in 2019-20</p>
<ul style="list-style-type: none"> ▪ Monthly report of hospital team performance data 	<p>Stroke reports data to the RWMC quality committee bi-annually</p>	<p>RWMC will continue to evaluate the performance of the prevention and treatment of strokes in 2019-20</p>
<ul style="list-style-type: none"> ▪ Quality improvement monthly reports 	<p>Stroke reports data to the RWMC Quality committee bi-annually</p>	<p>RWMC will continue to evaluate the performance of the prevention and treatment of strokes in 2019-20</p>

Priority Area 1B: Diabetes

Objective 1B.1 Reduce the number of new cases of diabetes diagnosed annually in the population (Healthy People 2020: D-1)			
Strategy Prevent Type 2 Diabetes (Source: Prevent Diabetes STAT)			
Activity	Performance Measures	Target Date	Lead Partners
Educate providers on importance of referral to the National Diabetes Prevention Program (NDPP)	<ul style="list-style-type: none"> ▪ Number of providers educated on NDPP ▪ Number of referrals to NDPP 	December 31, 2020	Regional West Physicians Clinic
Adoption of screening, testing, and referral into practice	<ul style="list-style-type: none"> ▪ Number of providers that adopt a policy to diagnose pre-diabetes ▪ Number of providers that adopt a policy to refer to NDPP, including bi-annual retrospective querying 	December 31, 2020	Regional West Physicians Clinic
Utilize EHR and other available software to alert patients of upcoming classes and recall into clinic	<ul style="list-style-type: none"> ▪ Number of NDPP classes that have reminder sent to patients ▪ Number of patients with A1C in pre-diabetic range identified by retrospective querying that are recalled into clinic using reminders 	December 31, 2020	Regional West Physicians Clinic
Offer a minimum of 2, striving for 3, NDPP classes per year	<ul style="list-style-type: none"> ▪ Number of NDPP classes that start per year ▪ Maintain at least one trained lifestyle coach on staff 	December 31, 2020	Diabetes Care Center
Provide opportunity for all Regional West employees and their spouses (if on their health plan) to complete a health evaluation and biometric screening	<ul style="list-style-type: none"> ▪ Number of employees/spouses that complete biometric screening ▪ Number of employees/spouses receiving A1C 	December 31, 2020	Worksite Wellness Coordinator
Include NDPP in worksite wellness plan, to offer employees during paid work time	<ul style="list-style-type: none"> ▪ Number of employees who participate in a NDPP class per year 	December 31, 2020	Worksite Wellness Coordinator

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> Number of providers educated on NDPP 	100% of Family Medicine providers have been educated on NDPP and how to refer	Yearly education will be offered to providers.
<ul style="list-style-type: none"> Number of referrals to NDPP 	We have no way of tracking these referrals at this time. Going forward it will be tracked through Community Health.	Evaluation of reports that may be available in Cerner to track this information in 2019-20
<ul style="list-style-type: none"> Number of providers that adopt a policy to diagnose pre-diabetes 	The protocol was implemented November 2018. 100% of the providers have been educated on the protocol. Lab work is built into the lab protocol so most patients are screened based on criteria.	Yearly education will be completed with the providers
<ul style="list-style-type: none"> Number of providers that adopt a policy to refer to NDPP, including bi-annual retrospective querying 	Referring to NDPP is built into the Pre-Diabetes protocol. There is no way to track these referrals.	Evaluation of reports that may be available in Cerner to track this information in 2019-20
<ul style="list-style-type: none"> Number of NDPP classes that send reminders to patients 	2	Evaluation of reports that may be available in Cerner to track this information in 2019-20
<ul style="list-style-type: none"> Number of patients with A1C in pre-diabetic range identified by retrospective querying that are recalled into clinic using reminders 	0	Evaluation of reports that may be available in Cerner to track this information in 2019-20
<ul style="list-style-type: none"> Number of NDPP - classes that start per year 	Two classes have been provided by the Diabetes Care Center and Community Health	The plan is to continue to offer at least one class per year
<ul style="list-style-type: none"> Maintain at least one trained lifestyle coach on staff 	RWHS has four trained lifestyle coaches.	The plan is to offer lifestyle coaching classes each year to increase this number
<ul style="list-style-type: none"> Number of employees/spouses that complete biometric screening 	1300	Screening will be provided annually
<ul style="list-style-type: none"> Number of employees/spouses receiving A1C 	32	Screening will be provided annually
<ul style="list-style-type: none"> Number of employees who participate in a NDPP class per year 	3	In 2019, classes will be offered on campus through the Education Department as part of the wellness program for employees.

Objective 1B.2		Reduce the diabetes death rate (Healthy People 2020: D-3)	
Strategy		Diabetes Management: Intensive Lifestyle Interventions for Patients with Type 2 Diabetes (Source: The Community Guide)	
Activity	Performance Measures	Target Date	Lead Partners
Dietitian becomes trained in diabetes self-management education (DSME)	<ul style="list-style-type: none"> At least one dietitian is successfully trained in diabetes self-management education (DMSE) 	December 31, 2020	Diabetes Care Center
Provide DSME to patients in need	<ul style="list-style-type: none"> Percentage of identified patients who receive DSME per year 	December 31, 2020	Diabetes Care Center
Achieve status as American Diabetes Association recognized education program	<ul style="list-style-type: none"> Successful recognition as ADA Recognized Education Program 	December 31, 2020	Diabetes Care Center
Performance Measure	Progress Update	Action Plan	
<ul style="list-style-type: none"> At least one dietitian is successfully trained in diabetes self-management education (DMSE) 	The dietitian in the Diabetes Care Center (DCC) is trained in DMSE. All of the dietitians in the RWMC Dietary department are trained.	RWHS will continue to maintain dietitians who are trained in DMSE	
<ul style="list-style-type: none"> Percentage of identified patients who receive DSME per year 	Over 120 people have been trained in DSME in both RWMC and RWPC	Evaluation of reports that may be available in Cerner to track this information in 2019-20	
<ul style="list-style-type: none"> Successful recognition as ADA Recognized Education Program 	Diabetes Care Center is currently seeking recognition	The goal is to obtain recognition as ADA Recognized Education Program in 2019-20	

Priority Area 1C: Cancer

Objective 1C.1 Increase the proportion of adults who were counseled about cancer screening consistent with current guidelines (Healthy People 2020: C-18)			
Strategy Cancer Screening: Multicomponent Interventions—Colorectal Cancer (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Attend community events to educate the public on the importance of cancer screening and early detection	<ul style="list-style-type: none"> ▪ Number of people educated during community events ▪ Number of events attended per year 	December 31, 2020	Community Health Director
Social media articles, radio spots and interviews, television spots and interviews, and local and regional newspaper articles published on the importance of cancer screening and early detection	<ul style="list-style-type: none"> ▪ Number of social media articles per year ▪ Number of radio spots and interviews per year ▪ Number of television spots and interviews per year ▪ Number of local and regional newspaper articles per year 	December 31, 2020	Community Health Director
One-on-one education on the importance of screening with FOBT kits	<ul style="list-style-type: none"> ▪ Number of FOBT kits distributed per year ▪ Number of FOBT kits returned per year 	December 31, 2020	Community Health Director
One-on-one education to help overcome barriers to cancer screenings during wellness visits	<ul style="list-style-type: none"> ▪ Number of patients educated during wellness visits 	December 31, 2020	RWPC providers
Utilize patient portal reminders for FOBT, and colonoscopy cancer screening reminders	<ul style="list-style-type: none"> ▪ Number of reminders sent out per year 	December 31, 2020	RWPC providers
Counseling phone call after positive FOBT. Screen questions then refer to primary provider.	<ul style="list-style-type: none"> ▪ Number of positive FOBT kits that came back positive per year ▪ Number of referrals to primary provider per year after a positive FOBT 	December 31, 2020	Community Health Director

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> Number of people educated during community events 	Over 200 people were educated in 2018 at community events	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.
<ul style="list-style-type: none"> Number of events attended per year 	19	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.
<ul style="list-style-type: none"> Number of social media articles per year 	5	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.
<ul style="list-style-type: none"> Number of radio spots and interviews per year 	140	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.
<ul style="list-style-type: none"> Number of television spots and interviews per year 	3	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.
<ul style="list-style-type: none"> Number of local and regional newspaper articles per year 	4	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.
<ul style="list-style-type: none"> Number of FOBT kits distributed per year 	286	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.
<ul style="list-style-type: none"> Number of FOBT kits returned per year 	61	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.
<ul style="list-style-type: none"> Number of patients educated during wellness visits 	Over 500 people were educated during wellness visits	Evaluation of reports that may be available in Cerner to track this information will be completed in 2019-20
<ul style="list-style-type: none"> Number of reminders sent out per year 	Over 300 reminders were distributed	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20. Evaluation of reports that may be available in Cerner to track this information will be completed in 2019-20.
<ul style="list-style-type: none"> Number of positive FOBT kits that came back positive per year 	2	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.
<ul style="list-style-type: none"> Number of referrals to primary provider per year after a positive FOBT 	2	A colon cancer program for FOBT kit distribution and community education will be planned for 2019-20.

Objective 1C.2 Increase the proportion of adults who were counseled about cancer screening consistent with current guidelines (Healthy People 2020: C-18)			
Strategy Cancer Screening: Multicomponent Interventions—Breast Cancer (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Attend community events to educate the public on the importance of cancer screening and early detection	<ul style="list-style-type: none"> ▪ Number of people educated at community events ▪ Number of events attended per year 	December 31, 2020	Community Health Director
Social media articles, radio spots and interviews, television spots and interviews, and local and regional newspaper articles published on the importance of cancer screening and early detection	<ul style="list-style-type: none"> ▪ Number of social media articles per year ▪ Number of radio spots and interviews per year ▪ Number of television spots and interviews per year ▪ Number of local and regional newspaper articles per year 	December 31, 2020	Community Health Director
One-on-one education to help overcome barriers to cancer screenings during wellness visits	<ul style="list-style-type: none"> ▪ Number of patients educated during wellness visits 	December 31, 2020	RWPC Providers
Utilize patient portal reminders for mammogram screening reminders	<ul style="list-style-type: none"> ▪ Number of reminders sent out per year 	December 31, 2020	RWPC Providers

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> ▪ Number of people educated during community events 	Over 2,000 people educated during community events	A breast health awareness promotion program will be planned for 2019-20.
<ul style="list-style-type: none"> ▪ Number of events attended per year 	3	A breast health awareness promotion program will be planned for 2019-20.
<ul style="list-style-type: none"> ▪ Number of social media articles per year 	16	A breast health awareness promotion program will be planned for 2019-20.
<ul style="list-style-type: none"> ▪ Number of radio spots and interviews per year 	190	A breast health awareness promotion program will be planned for 2019-20.
<ul style="list-style-type: none"> ▪ Number of television spots and interviews per year 	0	A breast health awareness promotion program will be planned for 2019-20.
<ul style="list-style-type: none"> ▪ Number of local and regional newspaper articles per year 	2	A breast health awareness promotion program will be planned for 2019-20.
<ul style="list-style-type: none"> ▪ Number of patients educated during wellness visits 	175 women educated on breast cancer screening during Medicare wellness visits	A breast health awareness promotion program will be planned for 2019-20.
<ul style="list-style-type: none"> ▪ Number of reminders sent out per year 	Over 3,000 mammogram reminders were sent out to area women	A breast health awareness promotion program will be planned for 2019-20.

Objective 1C.3 Increase the proportion of adults who were counseled about cancer screening consistent with current guidelines (Healthy People 2020: C-18)			
Strategy Cancer Screening: Multicomponent Interventions—Cervical Cancer (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Attend community events to educate the public on the importance of cancer screening and early detection	<ul style="list-style-type: none"> ▪ Number of people educated during community events ▪ Number of events attended per year 	December 31, 2020	Community Health Director
Social media articles, radio spots and interviews, television spots and interviews, and local and regional newspaper articles published on the importance of cancer screening and early detection	<ul style="list-style-type: none"> ▪ Number of social media articles per year ▪ Number of radio spots and interviews per year ▪ Number of television spots and interviews per year ▪ Number of local and regional newspaper articles per year 	December 31, 2020	Community Health Director
One-on-one education to help overcome barriers to cancer screenings during wellness visits	<ul style="list-style-type: none"> ▪ Number of patients educated during wellness visits 	December 31, 2020	RWPC Providers
Utilize patient portal reminders for PAP smear and vaginal exams for cancer screening reminders	<ul style="list-style-type: none"> ▪ Number of reminders sent out per year 	December 31, 2020	RWPC Providers

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> Number of people educated during community events 	Over 5,000	An HPV vaccine and cervical cancer education program will be planned for 2019-20.
<ul style="list-style-type: none"> Number of events attended per year 	12	An HPV vaccine and cervical cancer education program will be planned for 2019-20.
<ul style="list-style-type: none"> Number of social media articles per year 	1	An HPV vaccine and cervical cancer education program will be planned for 2019-20.
<ul style="list-style-type: none"> Number of radio spots and interviews per year 	57	An HPV vaccine and cervical cancer education program will be planned for 2019-20.
<ul style="list-style-type: none"> Number of television spots and interviews per year 	0	An HPV vaccine and cervical cancer education program will be planned for 2019-20.
<ul style="list-style-type: none"> Number of local and regional newspaper articles per year 	1	An HPV vaccine and cervical cancer education program will be planned for 2019-20.
<ul style="list-style-type: none"> Number of patients educated during wellness visits 	Unable to track this Information	Evaluation of reports that may be available in Cerner to track this information will be completed in 2019-20.
<ul style="list-style-type: none"> Number of reminders sent out per year 	Unable to track this Information	Evaluation of reports that may be available in Cerner to track this information will be completed in 2019-20.

Objective 1C.4		Reduce the proportion of females with human papillomavirus (HPV) infection (Healthy People 2020: STD-9)	
Strategy		Vaccination Programs: Community-Based Interventions Implemented in Combination (Source: The Community Guide)	
School based immunization clinics to increase the education and immunization rates against HPV	<ul style="list-style-type: none"> ▪ Number of off-site immunization clinics hosted by schools per year ▪ Number of children immunized at the school based clinics per year ▪ Number of children immunized against HPV 	December 31, 2020	Community Health Director
Education of students and parents in a classroom setting prior to the school based immunization clinic	<ul style="list-style-type: none"> ▪ The number of students educated per year ▪ The number of parents educated per year 	December 31, 2020	Community Health Director
Recall/reminder calls to improve completion of HPV series	<ul style="list-style-type: none"> ▪ Number of reminder calls each year ▪ Number of completed HPV series 	December 31, 2020	Community Health Director
Education of medical staff at RWHS on the importance of HPV vaccine	<ul style="list-style-type: none"> ▪ Number of providers educated per year 	December 31, 2020	Community Health Director
Educate the public on the importance of HPV vaccine at community events	<ul style="list-style-type: none"> ▪ Number of events attended per year 	December 31, 2020	Community Health Director

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> Number of off-site immunization clinics hosted by schools per year 	5	A plan to include both Scotts Bluff County and Banner County schools as off-site immunization clinics in 2019-20
<ul style="list-style-type: none"> Number of children immunized at the school based clinics per year 	585	An HPV vaccine education program will be planned for 2019-20.
<ul style="list-style-type: none"> Number of children immunized with HPV 	550 immunized with private vaccine 392 immunized with VFC vaccine	A plan to include both Scotts Bluff County and Banner County schools as off-site immunization clinics in 2019-20
<ul style="list-style-type: none"> The number of students educated per year 	Over 1,000 students were educated regarding HPV	An HPV vaccine education program will be planned for 2019-20.
<ul style="list-style-type: none"> The number of parents educated per year 	Over 1,800 parents were educated regarding HPV	An HPV vaccine education program will be planned for 2019-20.
<ul style="list-style-type: none"> Number of reminder calls each year 	Over 1,100 reminder calls were made	A plan to include both Scotts Bluff County and Banner County schools as off-site immunization clinics in 2019-20
<ul style="list-style-type: none"> Number of completed HPV series 	Unable to track this number	Evaluation of reports that may be available in Cerner to track this information in 2019-20
<ul style="list-style-type: none"> Number of medical staff educated per year 	100	An HPV vaccine education program will be planned for 2019-20.
<ul style="list-style-type: none"> Number of events attended per year 	10	An HPV vaccine education program will be planned for 2019-20.

Strategies for Priority Area 1: Chronic Disease

<https://www.thecommunityguide.org/findings/cancer-screening-multicomponent-interventions-colorectal-cancer>

<https://www.thecommunityguide.org/findings/cancer-screening-multicomponent-interventions-breast-cancer>

<https://www.thecommunityguide.org/findings/cancer-screening-multicomponent-interventions-cervical-cancer>

<https://www.thecommunityguide.org/findings/vaccination-programs-community-based-interventions-implemented-combination>

<https://www.thecommunityguide.org/findings/cardiovascular-disease-team-based-care-improve-blood-pressure-control>

<https://www.thecommunityguide.org/findings/cardiovascular-disease-self-measured-blood-pressure-when-used-alone>

<https://www.thecommunityguide.org/findings/diabetes-combined-diet-and-physical-activity-promotion-programs-prevent-type-2-diabetes>

Priority Area 2: Injury Prevention

Priority Area 2A: Unintentional Injuries

Objective 2A.1	Reduce motor vehicle crash-related deaths per 100,000 population (Healthy People 2020: IVP-13.1)		
Objective 2A.2	Reduce non-fatal motor vehicle crash-related injuries (Healthy People 2020: IVP-14)		
Strategy	Health Communication and Social Marketing: Campaigns That Include Mass Media and Health-Related Product Distribution (Source: The Community Guide)		
Activity	Performance Measures	Target Date	Lead Partners
Coordinate and implement a full mock trauma event in area high schools	<ul style="list-style-type: none"> 80% of Scotts Bluff County high schools will have participated in a mock trauma 	December 31, 2020	Regional West Medical Center Trauma Services Injury Prevention
Host distracted driving and drunk goggles education activities in area high schools after prom parties	<ul style="list-style-type: none"> 80% of Scotts Bluff County high schools will have injury prevention activity at their after prom parties 	December 31, 2020	Regional West Medical Center Trauma Services Injury Prevention
Educate the Trauma Services director about Stop the Bleed	<ul style="list-style-type: none"> Passing the basic Stop the Bleed course Passing the Train the Trainer Stop the Bleed course 	June 30, 2018	Approved Stop the Bleed Trainer
Train Key Trauma Services and Community Health personnel on Stop the Bleed course	<ul style="list-style-type: none"> Passing the Basic Stop the Bleed course Passing the Train the Trainer Stop the Bleed course 	June 30, 2018	Trauma Services Director
Educate the public and Regional West Health Services on basic Stop the Bleed course	<ul style="list-style-type: none"> One class per quarter per year 	December 31, 2020	RWHS Stop the Bleed-trained employees

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> ▪ 80% of Scotts Bluff County high schools will have participated in a mock trauma 	<p>Three schools have been contacted to plan mock trauma events. RWHS assisted with Gering Schools in an event the school planned.</p>	<p>Mitchell and Morrill schools will be planning a mock trauma for 2019-20.</p>
<ul style="list-style-type: none"> ▪ 80% of Scotts Bluff County high schools will have injury prevention activity at their after prom parties 	<p>Schools have been contacted to plan for 2019-20.</p>	<p>Injury Prevention Coordinator is collaborating with Mitchell and Morrill schools to hold these events in 2019.</p>
<ul style="list-style-type: none"> ▪ Passing the basic Stop the Bleed course (Trauma Services Director) 	<p>The Trauma Services director and manager passed the Stop the Bleed course.</p>	<p>Completed</p>
<ul style="list-style-type: none"> ▪ Passing the Train the Trainer Stop the Bleed course (Trauma Services Director) 	<p>The Trauma Services director and manager passed the Stop the Bleed Train the Trainer course.</p>	<p>Completed</p>
<ul style="list-style-type: none"> ▪ Passing the basic Stop the Bleed course (Community Health personnel) 	<p>Community Health personnel and the Injury Prevention Coordinator completed the Train the Trainer training</p>	<p>Completed</p>
<ul style="list-style-type: none"> ▪ Passing the Train the Trainer Stop the Bleed course (Community Health personnel) 	<p>10 Community Health personnel and the Injury Prevention Coordinator completed the Train the Trainer training</p>	<p>Completed</p>
<ul style="list-style-type: none"> ▪ One class per quarter per year 	<p>27 classes with 923 participants</p>	<p>RWMC will continue to reach out to Scotts Bluff County schools, clubs, and organizations</p>

Objective 2A.3		Reduce non-fatal all-terrain vehicle accidents	
Strategy		Health Communication and Social Marketing: Campaigns That Include Mass Media and Health-Related Product Distribution (Source: The Community Guide)	
Activity	Performance Measures	Target Date	Lead Partners
Kids Safety Safari	<ul style="list-style-type: none"> Number of participants 18 and under who attend sessions on ATV safety 	December 31, 2020	Regional West Medical Center Community Health Injury Prevention
Farm and Ranch Show	<ul style="list-style-type: none"> Number of participants who attend education sessions on farm and ranch ATV safety 	December 31, 2020	Regional West Medical Center Community Health Injury Prevention
Performance Measure	Progress Update	Action Plan	
<ul style="list-style-type: none"> Number of participants 18 and under who attend sessions on ATV safety 	900 participants under the age of 18 attended the Kids Safety Safari and had the opportunity to visit the ATV safety booth	RWMC will continue to have ATV safety as part of the Kids Safety Safari	
<ul style="list-style-type: none"> Number of participants who attend education sessions on ATV safety on farms and ranches 	Planning for 2020 Farm and Ranch show	Plan to have ATV safety at the 2020 Farm and Ranch show in 2020	

Objective 2A.4 Prevent an increase in fall-related deaths (Healthy People 2020: IVP-23)			
Strategy Health Communication and Social Marketing: Campaigns That Include Mass Media and Health-Related Product Distribution (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Train Injury Prevention Coordinator in Stepping On	<ul style="list-style-type: none"> Passing the two-day course to become a trained Stepping On leader 	December 31, 2020	Approved Stepping On leader training
Increase number of Stepping On classes offered from 2 per year to 3 per year	<ul style="list-style-type: none"> Provide 3 classes per year with the Injury Prevention Coordinator teaching a class at the local community centers or nursing homes in Scotts Bluff County 	December 31, 2020	Regional West Medical Center Community Health Injury Prevention
Educate providers on importance of referral to Stepping On	<ul style="list-style-type: none"> Number of area health care providers educated about Stepping On Number of referrals from area physicians at discharge from hospital or direct from office 	December 31, 2020	Regional West Medical Center Community Health Injury Prevention
Train Injury Prevention Coordinator in Tai Chi for balance	<ul style="list-style-type: none"> Passing the two-day course to become a trained Tai Chi leader 	December 31, 2020	Approved Tai Chi leader training
Offer Tai Chi classes in the community	<ul style="list-style-type: none"> Provide 1 class with the Injury Prevention coordinator teaching a class at the local community centers or nursing homes in Scotts Bluff County per year. 	December 31, 2020	Regional West Medical Center Community Health Injury Prevention
Educate providers on importance of referral to Tai Chi	<ul style="list-style-type: none"> Number of area health care providers educated on Tai Chi Number of referrals from area physicians at discharge from hospital or direct from office 	December 31, 2020	Regional West Medical Center Community Health Injury Prevention

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> Passing the two-day course to become a trained Stepping On leader 	Injury Prevention Coordinator trained	Completed
<ul style="list-style-type: none"> Provide 3 classes per year with the Injury Prevention Coordinator teaching a class at the local community centers or nursing homes in Scotts Bluff County 	3 Stepping On classes completed in 2018	3 Stepping On classes planned for 2019
<ul style="list-style-type: none"> Number of area health care providers educated about Stepping On 	All hospitalist and RWPC providers educated on the Stepping On classes and how to make a referral in November, 2018	Yearly education for outreach to providers
<ul style="list-style-type: none"> Number of referrals from area physicians at discharge from hospital or direct from office 	4	Evaluation of reports that may be available in Cerner to track this information in 2019-20
<ul style="list-style-type: none"> Passing the two-day course to become a trained Tai Chi leader 	Injury Prevention Coordinator trained	Completed
<ul style="list-style-type: none"> Provide 1 class with the Injury Prevention Coordinator teaching a class at the local community centers or nursing homes in Scotts Bluff County per year 	1 Tai Chi Class completed in 2018	3 classes planned for 2019
<ul style="list-style-type: none"> Number of area health care providers educated about Tai Chi 	All hospitalist and RWPC providers educated on the Stepping On classes and how to make a referral in November 2018	Yearly education for outreach to providers
<ul style="list-style-type: none"> Number of referrals from area physicians at discharge from hospital or direct from office 	3	Evaluation of reports that may be available in Cerner to track this information in 2019-20

Priority Area 2B: Intentional Injuries

Objective 2B.1 Reduce violence by current or former intimate partners (Healthy People 2020: IVP-39).			
Strategy Developing strategic and action plans to reduce violence by current or former intimate partners (Source: Community Toolbox)			
Activity	Performance Measures	Target Date	Lead Partners
Educate providers on importance of referral to DOVES	<ul style="list-style-type: none"> ▪ Number of area providers and in-house hospital staff educated on DOVES ▪ Number of referrals made to DOVES annually 	December 31, 2020	Injury Prevention Coordinator
Performance Measure	Progress Update	Action Plan	
<ul style="list-style-type: none"> ▪ Number of area providers and in-house hospital staff educated on DOVES 	Presentations by Doves personnel at unit staff meetings	Presentations by Doves personnel at unit staff meetings planned in 2019-20	
<ul style="list-style-type: none"> ▪ Number of referrals made to DOVES per year 	Unable to track this number	Evaluation of reports that may be available in Cerner to track this information in 2019-20.	

Objective 2B.2 Reduce non-fatal child maltreatment (Healthy People 2020: IVP-28).			
Strategy Early Childhood Home Visitation to Prevent Child Maltreatment (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Educate area providers and in-house hospital staff about Healthy Families America and Early Head Start referrals	<ul style="list-style-type: none"> Number of providers educated about HFA and Early Head Start Number of referrals made per year to Healthy Families America and Early Head Start 	December 31, 2020	Injury Prevention Coordinator
Performance Measure	Progress Update	Action Plan	
<ul style="list-style-type: none"> Number of providers educated about HFA and Early Head Start 	Planning to have Healthy Families America and Early Head Start personnel speak at unit staff meetings	Planning to have Healthy Families America and Early Head Start personnel speak at unit staff meetings	
<ul style="list-style-type: none"> Number of referrals made per year to Healthy Families America and Early Head Start 	Unable to track this number	Evaluation of reports that may be available in Cerner to track this information in 2019-20	

Objective 2B.3 Reduce suicide death rate (Healthy People 2020: MHMD-1).			
Strategy Health Communication and Social Marketing: Campaigns That Include Mass Media and Health-Related Product Distribution (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Increase the number of Regional West Health Services employees who know the warning signs and how to help someone who is at risk for suicide as identified in the Nebraska State improvement plan 2016-2020	<ul style="list-style-type: none"> Number of Regional West Health Services employees trained per year in the warning signs and how to help someone who is at risk 	December 31, 2020	Community Health Director
Explore the development of evidence based strategies for suicide prevention and possible funding available	<ul style="list-style-type: none"> Number of strategies pursued per year 	December 31, 2020	Regional West Grant Writer and Community Health
Performance Measure	Progress Update	Action Plan	
<ul style="list-style-type: none"> Number of Regional West Health Services employees trained per year in the warning signs and how to help someone who is at risk 	1,417 staff completed this training as part of annual compliance modules	This will be a part of the ongoing annual compliance modules in 2019 and 2020	
<ul style="list-style-type: none"> Number of strategies pursued per year 	Review of possible applications within the new electronic health record to address suicide prevention with inpatient clients	Implement identified applications within the new electronic health record in 2019	

Objective 2B.4	Reduce drug overdose deaths involving natural, semi-synthetic, and synthetic opioids, excluding heroin (Healthy People 2020: MPS-2.4.1).		
Strategy	Health Communication and Social Marketing: Campaigns That Include Mass Media and Health-Related Product Distribution (Source: The Community Guide)		
Activity	Performance Measures	Target Date	Lead Partners
Educate medical providers in Scotts Bluff County for safe opioid prescription and engagement	<ul style="list-style-type: none"> Number of medical providers educated in Scotts Bluff County each year Number of providers in Scotts Bluff County following safe opioid prescription 	December 31, 2020	Regional West Health Services Panhandle Public Health
Educate providers on CDC guidelines	<ul style="list-style-type: none"> Number of providers educated in Scotts Bluff County each year Number of providers following CDC guidelines 	December 31, 2020	Regional West Health Services Scotts Bluff County Health Panhandle Public Health
Educate nurses on functional pain control not “0” pain	<ul style="list-style-type: none"> Number of nurses educated per year Numbers of patients educated that “0” pain is not always an option 	December 31, 2020	Regional West Health Services
Provide education to the community of Scotts Bluff County about the dangers of opioids	<ul style="list-style-type: none"> Number of community members in Scotts Bluff County educated per year 	December 31, 2020	Community Health Panhandle Public Health
Provide education to Scotts Bluff County EMS providers on naloxone use	<ul style="list-style-type: none"> Number of EMS personnel trained throughout Scotts Bluff County per year 	December 31, 2020	Regional West Health Services Panhandle Public Health
Educate dental providers in Scotts Bluff County about safe opioid prescription and engagement	<ul style="list-style-type: none"> Number of dental providers educated in Scotts Bluff County each year Number of providers following safe opioid prescription 	December 31, 2020	Community Health Panhandle Public Health
Attempt to obtain funding through grants or other sources to develop safe drug disposal project plan to ensure more than yearly take back of medications	<ul style="list-style-type: none"> Number of grants pursued per year 	December 31, 2020	Regional West Grant Writer Community Health
Educate Regional West Health Services providers and pathologists, and Scotts Bluff County coroners about post-mortem toxicology screening	<ul style="list-style-type: none"> Number of providers, pathologists, and Scotts Bluff County coroners educated each year 	December 31, 2020	Community Health Panhandle Public Health

Performance Measure	Progress Update	Action Plan
▪ Number of medical providers educated in Scotts Bluff County each year	107 providers attended a CME addressing opioids	CMEs will be offered in 2019 addressing opioids
▪ Number of providers in Scotts Bluff County following safe opioid prescription	Educational materials provided to employees	Opioid Stewardship Plan will be implemented in 2019-20
▪ Number of providers educated in Scotts Bluff County each year	107	Opioid Stewardship Plan will be implemented in 2019-20
▪ Number of providers following CDC guidelines	Unknown	Opioid Stewardship Plan will be implemented in 2019-20
▪ Number of nurses educated per year	Educational materials provided to employees	Opioid Stewardship Plan will be implemented in 2019-20
▪ Numbers of patients educated that “0” pain is not always an option	Unknown	This education is provided to patients. In 2019-20 will assess how to gather this data from Cerner
▪ Number of community members in Scotts Bluff County educated per year	Over 5,000 provided information at 2 community events.	Opioid Stewardship Plan will be implemented in 2019-20
▪ Number of Scotts Bluff County EMS personnel trained each year	10	Opioid Stewardship Plan will be implemented in 2019-20
▪ Number of dental providers educated in Scotts Bluff County each year	0	Opioid Stewardship Plan will be implemented in 2019-20
▪ Number of providers following safe opioid prescription	107 providers were educated	Opioid Stewardship Plan will be implemented in 2019-20
▪ Number of grants pursued per year	0	Opioid Stewardship Plan will be implemented in 2019-20
▪ Number of providers, pathologists, and Scotts Bluff County coroners educated each year	12	Opioid Stewardship Plan will be implemented in 2019-20

Strategies for Priority Area 2: Injury Prevention

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults/>

<https://www.thecommunityguide.org/findings/violence-early-childhood-home-visitation-prevent-child-maltreatment>

<https://www.thecommunityguide.org/findings/health-communication-and-social-marketing-campaigns-include-mass-media-and-health-related>

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/suicide-risk-in-adolescents-adults-and-older-adults-screening>

<http://dhhs.ne.gov/publichealth/PDMP/Pages/Home.aspx>

Priority Area 3: Behavioral Health

Objective 3A.1 Increase depression screening by primary care providers (MHMD-11)			
Strategy DASS-21 from Interactive Health; Depression in Adults: Screening; Depression in Children and Adolescents: Screening (Source: Community Preventive Services Task Force, 2009)			
Activity	Performance Measures	Target Date	Lead Partners
Provide training to nurses and primary care providers regarding depression screening tool, protocol, and available resources (for anxiety and depression) (screening tools will include: PHQ-9 (depression) and the GAD-7 (Anxiety) build in Cerner)	<ul style="list-style-type: none"> ▪ # primary care providers trained ▪ # nurses trained 	July 2020	Cerner Physicians Clinic, including Behavioral Health/Psychiatry RCI
Interactive health coaches reach out to employees/spouses that were identified as moderate- to high-risk for depression and anxiety on DASS 21	<ul style="list-style-type: none"> ▪ # employees (and spouses) at risk for depression that receive outreach call from IH ▪ # employees (and spouses) at risk for anxiety that receive outreach call from IH 	July 2020	Interactive Health Wellness Team
Interactive Health refer moderate- to high-risk employees/spouses to primary care providers	<ul style="list-style-type: none"> ▪ # employees (and spouses) that are referred to primary care provider ▪ # screenings completed vs # referrals from IH health coaches 	July 2020	Interactive Health Wellness Team RCI Physicians Clinic

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> ▪ # primary care providers trained 	12 providers were trained	Assessment and implementation of tools provided in Cerner will be completed in 2019-20
<ul style="list-style-type: none"> ▪ # nurses trained 	24 nurses have been trained	Assessment and implementation of tools provided in Cerner will be completed in 2019-20
<ul style="list-style-type: none"> ▪ # employees (and spouses) at risk for depression that receive outreach call from IH 	Unable to track this number	Evaluation of reports that may be available from Interactive Health to track this information will be completed in 2019-20
<ul style="list-style-type: none"> ▪ # employees (and spouses) at risk for anxiety that receive outreach call from IH 	Unable to track this number	Evaluation of reports that may be available from Interactive Health to track this information will be completed in 2019-20
<ul style="list-style-type: none"> ▪ # employees (and spouses) that are referred to primary care provider 	Unable to track this number	Evaluation of reports that may be available from Interactive Health to track this information will be completed in 2019-20
<ul style="list-style-type: none"> ▪ # screenings completed vs # referrals from IH health coaches 	Unable to track this number	Evaluation of reports that may be available from Interactive Health to track this information will be completed in 2019-20

Objective 3A.2 Increase understanding, recognition, and response to the effects of all types of trauma			
Strategy Educate Regional West employees about the impact of trauma on patients, co-workers, friends, family, and themselves			
Activity	Performance Measures	Target Date	Lead Partners
Partner with PFAC, the Behavioral Health/Psychiatry clinic to explore opportunities to implement Trauma Informed Care within the organizational framework of Regional West Health Services	<ul style="list-style-type: none"> # of PFAC members engaged in process 	July 2020	Patient and Family Advisory Committee (PFAC) Behavioral Health and Psychiatry Clinic Wellness Team
Performance Measure		Progress Update	Action Plan
<ul style="list-style-type: none"> # of PFAC members engaged in process 		0	Plan to develop specific questions regarding Trauma Informed Care to address the PFAC

Objective 3A.3 Increase employee resilience and well-being			
Strategy Decrease employee/spouse health risk behaviors (modifiable lifestyle patterns including exercise, nutrition, alcohol and tobacco use) that impact emotional and physical health (mind-body connection)			
Activity	Performance Measures	Target Date	Lead Partners
Offer opportunities for yoga classes to employees (and spouses)	<ul style="list-style-type: none"> ▪ # employees that attend yoga classes ▪ # spouses that attend yoga classes 	July 2020	Wellness Team Community Health
Offer mindfulness, depression and/or anxiety related educational opportunities to employees (and spouses)	<ul style="list-style-type: none"> ▪ # employees/spouses that complete mindfulness, depression, anxiety activity ▪ # employees/spouses that access health coach from IH ▪ # employees that access EAP 	July 2020	Wellness Team Interactive Health Community Health
Incentivize active living by providing health plan premium discount to employees and spouses on Regional West's health plan	<ul style="list-style-type: none"> ▪ # employees that are eligible for the health plan discount 	July 2020	Wellness Team Human Resources RCI
Provide educational materials regarding depression, anxiety, trauma, and burnout at wellness fairs	<ul style="list-style-type: none"> ▪ # employees/spouses that attend fairs ▪ # materials on each topic that are handed out ▪ # referrals from health fair related to topics 	July 2020	Wellness Team
Offer an array of programs, resources and services to all employees and their spouses, that aim at reducing both physical health and emotional health risk factors	<ul style="list-style-type: none"> ▪ # employees/spouses that attend at least one of the two annual wellness fairs ▪ # employees that self-report use of one or more of the available programs 	July 2020	Wellness Team Interactive Health

Performance Measure	Progress Update	Action Plan
▪ # employees that attend yoga classes	Classes not yet available	Assess the possibility of classes in 2019-20
▪ # spouses that attend yoga classes	Classes not yet available	Assess the possibility of classes in 2019-20
▪ # employees/spouses that complete mindfulness, depression, anxiety activity	Data not provided in report	Assess the possibility of data availability for years 2019-20
▪ # employees/spouses that access health coach from IH	Data not provided in report	Assess the possibility of data availability for years 2019-20
▪ # employees that access EAP	391	Newsletter posted in ADP and new hire packets
▪ # employees that are eligible for the health plan discount	1,460	This will be offered in 2019-20
▪ # employees/spouses that attend fairs	Approximately 800	This will be offered in 2019-20
▪ # materials on each topic that are handed out	Approximately 800	This will be offered in 2019-20
▪ # referrals related to topics that come from health fair	Unknown	Assess the possibility of data availability for years 2019-20
▪ # employees/spouses that attend at least one of the two annual Wellness Fairs	800	This will be offered in 2019-20
▪ # employees that self-report use of one or more of the available programs	Unknown	Assess the possibility of data availability for years 2019-20

Strategies for Priority Area 3: Behavioral Health

<https://www.thecommunityguide.org/findings/worksite-assessment-health-risks-feedback-ahrf-change-employees-health-ahrf-plus-health>

<https://www.thecommunityguide.org/findings/mental-health-and-mental-illness-collaborative-care-management-depressive-disorders>

<https://www.thecommunityguide.org/findings/health-communication-and-social-marketing-campaigns-include-mass-media-and-health-related>

Priority Area 4: Access to Care

Objective 4A.1		Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care (Healthy People 2020: AHS-6.2)	
Strategy		Reducing Structural Barriers (Source: The Community Guide) Breast Cancer , Colorectal Cancer , Cervical Cancer	
Activity	Performance Measures	Target Date	Lead Partners
Modify hours of service to meet client needs	<ul style="list-style-type: none"> ▪ Number of immunization clinics held outside normal clinic hours per year ▪ Number of mammography hours scheduled outside normal clinic hours per year 	December 31, 2020	Community Health Director
Offer services in alternative or non-clinical settings	<ul style="list-style-type: none"> ▪ Number of biometric screenings held outside of clinics per year ▪ Number of immunizations given off-site per year ▪ Number of FOBT education courses held off-site per year 	December 31, 2020	Community Health Director
Eliminate or simplify administrative procedures and other obstacles	<ul style="list-style-type: none"> ▪ Number of walk-in immunization clinics ▪ Number of walk-in mammogram clinics per year ▪ Number of walk-in sports physical clinics per year ▪ Number of navigation to services performed by the Community Health worker per year 	December 31, 2020	Community Health Director
Pursue funding to reduce barriers to transportation	<ul style="list-style-type: none"> ▪ Number of funding opportunities pursued per year 	December 31, 2020	Community Health Director
Portal, telephone, and mail reminders	<ul style="list-style-type: none"> ▪ Number of portal reminders sent each year ▪ Number of telephone reminders per year 	December, 31, 2020	Community Health Director

Performance Measure	Progress Update	Action Plan
<ul style="list-style-type: none"> ▪ Number of immunization clinics held outside normal clinic hours per year 	36	RWHS will coordinate plans to reduce structural barriers to care in 2019-20
<ul style="list-style-type: none"> ▪ Number of mammography hours scheduled outside normal clinic hours per year 	Over 100 hours	RWHS will coordinate plans to reduce structural barriers to care in 2019-20
<ul style="list-style-type: none"> ▪ Number of biometric screenings held outside of clinics per year 	12	RWHS will coordinate plans to reduce structural barriers to care in 2019-20
<ul style="list-style-type: none"> ▪ Number of immunizations given off-site per year 	Over 3,000	RWHS will coordinate plans to reduce structural barriers to care in 2019-20
<ul style="list-style-type: none"> ▪ Number of FOBT education courses held off-site per year 	19	RWHS will coordinate plans to reduce structural barriers to care in 2019-20
<ul style="list-style-type: none"> ▪ Number of walk-in immunization clinics 	52	RWHS will coordinate plans to reduce structural barriers to care in 2019-20
<ul style="list-style-type: none"> ▪ Number of walk-in mammogram clinics per year 	52	RWHS will coordinate plans to reduce structural barriers to care in 2019-20
<ul style="list-style-type: none"> ▪ Number of walk-in sports physical clinics per year 	3	RWHS will coordinate plans to reduce structural barriers to care in 2019-20.
<ul style="list-style-type: none"> ▪ Number of navigation to services performed by the Community Health Worker per year 	10	RWHS will coordinate plans to reduce structural barriers to care in 2019-20
<ul style="list-style-type: none"> ▪ Number of funding opportunities pursued per year 	3	RWHS will coordinate plans to reduce structural barriers to care in 2019-20
<ul style="list-style-type: none"> ▪ Number of portal reminders sent each year ▪ Number of telephone reminders per year 	Over 5,000	Evaluation of reports that may be available in Cerner to track this information in 2019-20

Strategies for Priority Area 4: Access to Care

<https://www.thecommunityguide.org/findings/health-communication-and-social-marketing-campaigns-include-mass-media-and-health-related>

<https://www.thecommunityguide.org/findings/cancer-screening-multicomponent-interventions-colorectal-cancer>

<https://www.thecommunityguide.org/findings/cancer-screening-multicomponent-interventions-breast-cancer>

<https://www.thecommunityguide.org/findings/cancer-screening-multicomponent-interventions-cervical-cancer>

<https://www.thecommunityguide.org/findings/vaccination-programs-community-based-interventions-implemented-combination>

<https://www.thecommunityguide.org/findings/worksite-assessment-health-risks-feedback-ahrf-change-employees-health-ahrf-plus-health>

Considerations for Revisions

Each annual report of the Community Health Improvement Plan has led to revisions. These revisions are the result of an ever-evolving community and the needs identified. This objective and strategy will be added as Objective 1C.5

Increase the proportion of adults who were counseled about cancer screening consistent with current guidelines (Healthy People 2020: C-18)
Cancer Screening: Annual screening for lung cancer with low-dose computed tomography in adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years. (Source: The U.S. Preventive Services Task Force)

Conclusion

The CHIP serves as a roadmap for a continuous health improvement process for Regional West Medical Services. It is not intended to be an exhaustive list. Beyond what is included in the CHIP, it is expected that initiatives and efforts that are currently ongoing will continue. Progress of the work will be evaluated on an ongoing basis to identify areas for possible improvement or revision. We would like to thank Panhandle Public Health District and The Rural Nebraska Healthcare Network for their assistance in the completion of this report.

Glossary

BRFSS – Behavioral Risk Factor Surveillance System

EMS- Emergency Medical Services

FOBT – Fecal Occult Blood Test

NDPP – National Diabetes Prevention Program

NRPFSS – Nebraska Risk and Protective Factor Student Survey

PFAC – Patient and Family Advisory Committee

RWHS – Regional West Health Services

RWMC – Regional West Medical Center

RWPC – Regional West Physicians Clinic

SBC – Scotts Bluff County

USPSTF – United States Preventive Services Task Force YRBS – Youth Risk Factor Survey