



Community Memorial Hospital
UnityPoint Health



Community Health Needs Assessment
2022 - 2025

Released January 2023

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I. Introduction

The Patient Protection and Affordable Care Act (ACA) of 2010 established new requirements for nonprofit hospitals recognized as 501(c)(3) organizations. In this provision, non-profit hospitals and health systems are required to conduct a community health needs assessment every three years in order to maintain their tax-exempt status. The assessment requires broad community input and public health expertise. Hospitals must address each of the needs identified in the community health needs assessment and develop an implementation strategy for those they plan to address and focus on. This is an effort to ensure hospital services are in line and consistent with the needs of its community. The needs assessment must be reported on the organization's Form 990 and the report must be made widely available to the public.

Community Memorial Hospital (CMH) conducted a community health needs assessment (CHNA) from January to March of 2022 to fulfill the requirement set forth in the ACA and to identify and address health needs of our area residents and communities.

Summary of ACA

The Patient Protection and Affordable Care Act (ACA), enacted by Congress in 2010, is legislation that aims to reform the U.S. health care system. The key provisions of the ACA focus on many issues revolving around cost, access, and quality. These key provisions will affect and impact all individuals and entities in the health care system. The ACA directly impacts providers and public health agencies and attempts to dramatically improve the nation's health through newly created processes and centers. The ACA establishes new rules, ideas, models, and centers aimed at increasing coverage and access, while, at the same time, lowering costs and improving quality. The changes and impact will be felt throughout the industry and across the nation.

II. Community Memorial Hospital History

Our Mission

Community Memorial Hospital's mission is to have the best care where and when you need it.

Our Vision

CMH's vision is to be the healthcare provider of choice for the citizens of Sumner and the surrounding communities.

Our Values

F – Foster Unity

O – Own the Moment

C – Champion Excellence

U – You matter

S – Seize Opportunities

Community Memorial Hospital (CMH) is located in Sumner, IA. CMH opened its doors on January 1, 1950 and continues to serve patients from several rural communities located in Bremer, Fayette, and Chickasaw counties. Originally, CMH was a 29-bed acute care facility originating from dreams of the community leaders who had a vision of a health center built solely on private contributions. In 1942, the citizens of Sumner began to feel the need for some kind of health care center. During this time, a local maternity nurse was still going into homes and caring for new mothers and babies when she was needed. In 1944, her home was turned into a maternity care center, which she operated. The community began fund raising to build a hospital and by May of 1947 enough money had been collected to formalize the plans. Work began in May of 1948 and the governing board was formed under the by-laws of the Community Club Charter. Since the opening, there were many expansions and building projects to continually improve and modernize the facility to provide quality care and meet the needs of the people of Sumner and surrounding areas.

In 2008, the CMH Board of Directors began investigating significant remodeling options. A Master Facility Plan was conducted the same year. In 2009, after reviewing and contemplating the plan, the Board of Directors voted unanimously to move forward with plans to build a new, replacement facility. On January 13, 2013, the new building was open for services. The demolition of the old facility and the parking and grounds were completed during the first half of 2013. CMH hosted a Ribbon Cutting Ceremony on September 8, 2013 to dedicate the new facility and mark the beginning a new chapter in healthcare for CMH and the patients we serve.

On January 1, 2000, CMH became proud partners with Allen Memorial Hospital and a member of the Iowa Health System Community Network. In April 2013, Iowa Health System was renamed to UnityPoint Health and CMH continues to be a member. We are a participating hospital in Wellmark Blue Cross Blue Shield, United Healthcare, and are certified for participation in the Federal Insurance Act of 1965 (Medicare). CMH is licensed annually by the

Iowa State Department of Health. As of January 1, 2013, Community Memorial Hospital became a 16-bed Critical Access Hospital. This designation improves governmental reimbursement while maintaining all hospital operations.

CMH has a professional and supportive staff of 100 employees who address many aspects of healthcare needs within the community. In 2022, CMH offered the following services:

Hospital Services:

- Cardiac Rehabilitation
- Cardiopulmonary
- Emergency Department
- Infusion Center
- Inpatient
- Laboratory
- Nutrition Therapy
- Occupational Therapy
- Pain Clinic
- Physical Therapy
- Pulmonary Rehabilitation
- Radiology
- Sleep Lab
- Speech Therapy

Clinic Services:

- Anticoagulation Therapy Clinic
- Cardiac Services
- Diabetic Education
- Ear, Nose Throat Specialist
- Family Practice Providers
- Gastroenterology Specialist
- Respiratory Services
- Wound Clinic

Visiting Specialty Services:

- Audiology
- Cardiology
- General Surgery
- Nephrology
- Oncology
- Orthopedics
- Podiatry
- Urology

III. 2019 Community Health Needs Assessment

Key components of the CHNA include:

- Describes the health state of a local population
- Enables the identification of the major risk factors and causes of ill health
- Enables the creation of actions needed to address these factors

As part of the assessment in 2019 CMH and the Board of Directors chose to address four primary needs:

1. Access to Healthcare
2. Chronic Disease Management
3. Wellness Initiatives
 - Obesity
 - Affordable Wellness and Fitness
 - Healthy Behavior Lifestyles
 - Employee Wellness
4. Access to Mental Health Services

These initiatives were chosen for the following reasons: community response weight, CMH's ability to impact these areas and finally they fell within the scope of our mission and each covered a broad spectrum and offered ongoing support and opportunities for improvement. The Board of Directors remains committed to the success and sustainability of quality local healthcare and placing a focus on these three needs.

Access to Healthcare

Access to quality healthcare is an important part of the health and well-being of individuals. Within this identified need, CMH will strive to maintain the current services we do offer and recruit needed and new beneficial services.

This survey showed emphasis on cost of healthcare. We will continue to have prompt pay options and financial assistance for those in need. We are also dedicated to reviewing our charge master to ensure charges are consistent and accurate across the facility ensuring our patients have affordable care.

Walk-in clinic access was addressed in this survey as well. Our communities want to have access to care in a clinic setting to alleviate emergency department visits. This is important to Community Memorial Hospital and we are actively working to transition our evening clinic to a walk-in clinic. This will enhance care availability in the evenings. CMH is dedicated to reviewing other after-hours options to ensure our patients have convenient availability for healthcare when they need it.

Additionally, we hope to recruit new visting specialty clinics to provide services onsite. Bringing specialists to our patients is convenient for our patients in the fact that it saves them time and money, but most importantly, it provides patients access to care that they may not seek if not offered locally.

Chronic Disease Management

Chronic disease management and the ability to have help with lifestyle management to either prevent or provide quality of life for these patients was of large interest in the survey. Patient's notice the cost of noncompliance with chronic disease and want opportunities to manage these diseases affectively close to home.

Community Memorial Hospital will continue to offer and promote preventative services. Staff will continue to educate on preventative options and reporting done to help facilitate determination of patient population needing specific screening. Our state of the art electronic health record provides us reporting capabilities to decipher patients with particular diagnoses. This gives us the opportunity to help monitor these patients and provide quality through continuous contact with these patients.

CMH offers screening tests at reduced pricing and call this "Wellness Testing." These tests can be done whenever the patient wants them completed and help identify conditions in earlier stages. CMH continues to enhance the wellness tests offered to ensure patients have as much access to care as possible.

CMH plans to combat chronic disease through prevention, proper education, and management. Routine and preventative measures and screenings allows disease to be caught sooner. Once diagnosed, education and management become important factors in helping the patient understand the disease and how to live with it. Physical activity, proper nutrition, eliminating tobacco use, and obtaining proper preventative screenings are common areas of focus. Health coaching is noted to benefit patient compliance and CMH plans to enhance this program and help patients with one on one assistance with lifestyle changes to bring lasting change to their lives. Staff will continue to monitor quality of life for patients with chronic disease such as diabetes, COPD and hypertension and implement best practices to enhance compliance.

CMH will continue offering and promoting the services that offer preventative screenings, such as digital mammography and colonoscopies, and those that focus on the management of chronic diseases, such as cardiac and pulmonary rehab and anticoagulation clinic. CMH has a dedicated Diabetic Educator in the CMH Medical Clinic to help treat anticoagulation and diabetic patients five days a week in conjunction with a certified dietician.

In addition, CMH will continue to play a lead role in the health and well-being of our community. CMH offers several classes throughout the year, including smoking cessation, Matter of Balance and BLS certification. CMH creates and hosts several health highlights throughout the year that focus on various health and wellness topics, such as heart and eye

care and proper nutrition. Most recently with the additional space of the new building, CMH has begun hosting Weight Watchers and has extended our meeting spaces to other community groups.

Wellness Initiatives

Many various needs were addressed in the health needs assessment related to wellness. Childhood sedentary lifestyle with technology was of great concern to those surveyed. CMH will continue to grow education around a healthy balance of technology and activity through health highlights. This will be focused on at well child visits to encourage caregivers to help minimize screen time and enhance activity.

Obesity is always a concern as it leads to many chronic diseases. CMH is committed to combat this through health coaching that is patient specific with dietary and exercise advice. Growth in exercise class opportunities for all ages will be explored to help the community have the small class size exercise that enables questions and one on one attention to needs. CMH is committed to providing affordable lifestyle change classes.

Wellness testing will continue to be offered every day of the week and growth opportunities for tests offered will always be reviewed. These tests help with early prevention of disease and management and this is important to reduce cost of care management in the future and helps create overall wellness for our patients.

Access to Mental Health Services

Mental Health was overwhelmingly identified as an area of improvement in our needs assessment. This is not isolated to our specific area and is a commonly held concern, state and nationwide. With a limited supply of providers and facilities and increased need for care, mental health is a major focus for all. With the current regulatory requirements and without major changes to the system, CMH is somewhat limited as to the impact we can have in this particular area. Mental health providers are in great demand and limited supply. CMH will continue to assess and care for mental health patients to the best of our ability and work with those facilities and providers that can provide the appropriate level of care. In an effort to care for these patients and extend our mental health assessment capabilities, CMH has invested in Telemedicine, specifically contracting with Integrated Telehealth Partners (ITP) to deliver Tele-Psychiatry through our Emergency Department. This contract allows patients at CMH to have Telemedicine visits with Psychiatrists not otherwise available in a small rural healthcare facility. CMH is exploring an outpatient Psychiatry Clinic with ITP. This would significantly expand our capabilities to deliver mental health services to our region. A return on investment and feasibility study will be conducted to determine if this service can be offered at CMH in the future.

Policies and Procedures continue to be developed to help provide consistent care to mental health patients as they enter our facility and staff provide education. We will continue this

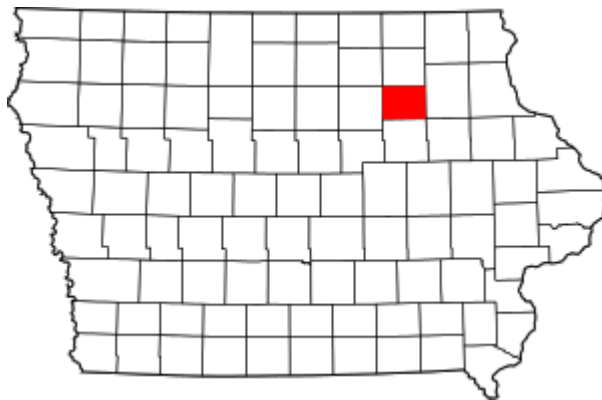
initiative in 2020 and beyond as we try to care for this patient population with limited resources.

IV. Our Communities

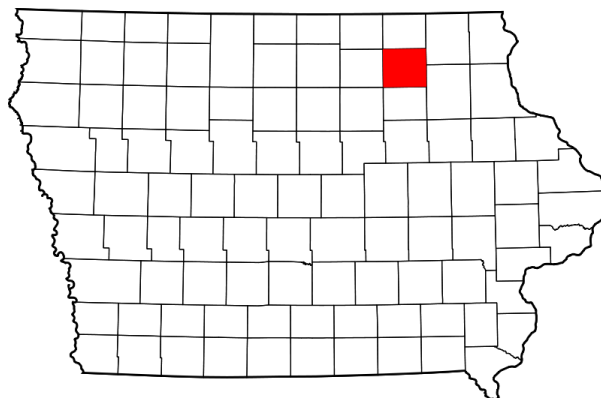
Service Area Description

Community Memorial Hospital is located in Sumner, IA. Sumner is a rural community located in Bremer County, Iowa with a population of 2,224. CMH's primary service area includes portions of Bremer, Chickasaw, and Fayette counties in Northeast Iowa. The population is primarily white/caucasian; the area is primarily rural; and the major industry is agriculture.

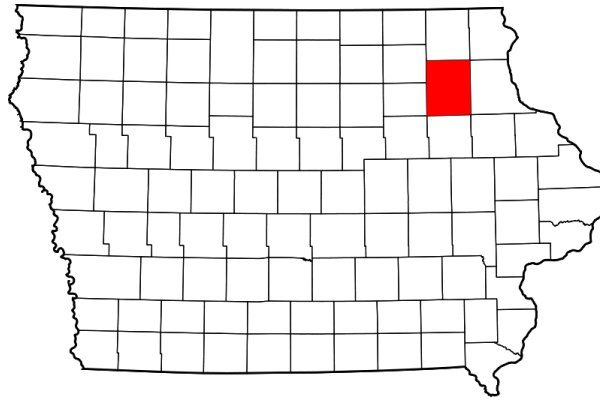
Bremer County is located in northeast Iowa with a population of 25,081 and borders Chickasaw, Fayette, Buchanan, Black Hawk, Butler, and Floyd counties. Bremer County covers 435.48 square miles and includes the following communities: Denver, Frederika, Janesville, Plainfield, Readlyn, Sumner, Tripoli, and Waverly.



Chickasaw County is located in northeast Iowa with a population of 11,887. Chickasaw County covers 504.38 square miles and includes the following communities: Alta Vista, Bassett, Fredericksburg, Ionia, Lawler, Nashua, New Hampton, North Washington, and Protivin.



Fayette County is located in northeast Iowa with a population of 19,258. Fayette County covers 730.81 square miles and includes the following communities: Arlington, Clermont, Elgin, Fayette, Fairbank, Hawkeye, Maynard, Oelwein, Randalia, St. Lucas, Stanley, Wadena, Waucoma, West Union, and Westgate.



People QuickFacts	Bremer County	Chickasaw County	Fayette County	Iowa
Population, July 1, 2021	25,081 (.4% increase)	11,887 (1% decrease)	19,258 (1.3% decrease)	3,193,079 (.1% increase)
White alone, percent,	96.3%	97.8%	95.5%	90.6%
Black or African American alone, percent	1.2%	0.8%	1.5%	4.1%
American Indian and Alaska Native alone, percent	0.2%	0.1%	0.3%	0.5%
Asian alone, percent	1.2%	0.4%	1.2%	2.7%
Native Hawaiian and Other Pacific Islander alone, percent	Z	Z	Z	0.2%
Two or More Races, percent	1.2%	0.9%	1.5%	2.0%
Hispanic or Latino, percent	1.6%	2.9%	2.7%	6.3%
White alone, not Hispanic or Latino, percent	94.9%	95.3%	93.1%	85.0%
Geographic QuickFacts	Bremer County	Chickasaw County	Fayette County	Iowa
Land area in square mile, 2010	435.48	504.38	730.81	55,857.13
Persons per square mile,	55.7	24.7	28.6	54.5

(a) Includes persons reporting only one race; (b) Hispanics may be of any race, so also are included in applicable race categories; Z: Value greater than zero but less than half unit of measure shown Sources:

<https://www.census.gov/quickfacts/fact/table/chickasawcountyiowa,fayettecountyiowa,bremerecountyiowa/PST045221> - July 2021 information.

Of importance since CMHs last CHNA (2019) population has dropped in two out of three counties we serve. Bremer County and Iowa as a state saw an increase in population. Demographics of ethnicity saw little change from 2019 to 2022. CMH will continue to monitor population decreases and factors leading to lower population trends within our service markets specifically as it relates to any specific healthcare shortages and if that is a contributing factor towards individuals/families leaving our service markets.

V. Approach & Process

In January 2022 CMH began work on a comprehensive CHNA in partnership with Bremer County Public Health, Waverly Health Center and Waverly-Shell Rock Area United Way. The committee met to identify key community partners to target, develop the CHNA survey and methodology, compile and interpret data accumulated through the survey and discuss top issues facing our communities. A 27 question survey was created and shared through several media outlets determined to garner best responses. The survey was open from the following timeframe of January 2022 through March 31, 2022. The survey link was sent through facebook, email distribution, radio and publication in local newspapers. In addition CMH made concerted efforts to reach school officials within Sumner-Fredericksburg School District along with local business owners in Sumner.

VI. Results

Review of Primary Data:

- 23.61% were aged 50-59, 19.44% were aged 40-49, and 19.44% were aged 60-69
- 85.42% were female
- 72.22% were from Bremer County, 11.81% were from Fayette County, and 9.03% were from Chickasaw County
- 31.25% were from Sumner, 31.25% were from Waverly
- 79.10% work in Bremer County
- 38.73% work in Health and Medicine
- 99.31% were white or caucasian
- 21.38% have an associates degree, 35.17% are a college graduate, and 20% have an advanced degree
- 53.79% have health insurance through an employer
- 48.59% rate the overall health of our community as “healthy”
- 56.55% rate their personal health as “healthy”
- 86.21% go to their medical provider/doctor’s office for their routine health care
- 42.96% would rate the social environment as “Very good’ and 33.80% as “good”
- 56.74% feel they are prepared for a natural or man-made disaster
- 38.46% rate their mental status over the last 12 months as “very good’ and 27.27% as “good”
- 54.61% say their mental status has stayed the same over the past 12 months compared to years prior

The following is a summary of the key results:

What are the 5 most important factors for a "healthy community" (those factors which most improve the quality of life in a community)?						
Answer Options	1st	2nd	3rd	4th	5th	Response Count
Access to Healthcare	75	17	11	9	11	114
Good Jobs and Healthy Economy	43	25	11	14	8	94
Good Schools	39	17	13	20	9	89
Access to Grocery and Market Facilities	40	17	15	9	12	82
Healthy Behaviors and Lifestyles	35	22	13	10	9	80

What do you think are the top 5 health problems in your community?

Answer Options	1st	2nd	3rd	4th	5th	Response Count
Mental Health	33	34	19	14	11	111
Obesity	22	30	27	16	7	102
Aging Issues (Orthopedic, Hearing/Vision, Dementia)	26	25	18	14	12	95
Limited or No Access to Mental Health Services	24	27	17	9	7	85
Cancer	23	18	15	7	14	78

What do you think are the 5 most "risky behaviors" in your community?

Answer Options	1st	2nd	3rd	4th	5th	Response Count
Texting or Using a Cell Phone While Driving	30	25	22	15	15	108
Inappropriate Social Media Use	25	26	21	18	10	102
Physical Inactivity	29	21	26	14	9	100
Alcohol Abuse	35	20	20	8	10	93
Drug Abuse (Prescription or Illegal)	23	22	23	14	8	91

What do you think are the top 5 health concerns relative to children's/teen's health in your community?

Answer Options	1st	2nd	3rd	4th	5th	Response Count
Inappropriate Social Media Use	43	29	24	8	3	104
Bullying	44	22	13	6	6	85
Limited Access to Mental Health Services	25	20	22	11	7	78
Too Much Screen Time	33	16	12	11	19	72
Limited Access to Child Care/Day Care Services	24	15	15	10	11	64

What are the top 5 things you feel prevent you from being healthier?

Answer Options	1st	2nd	3rd	4th	5th	Response Count
Lack of Motivation	48	19	24	16	13	108
Not Enough Time	26	27	22	17	13	92
Other Priorities	18	25	23	16	24	82
Healthy Foods Are Too Costly	22	27	22	7	5	78
Fitness Classes/Work Out Facilities Are Too Costly	21	20	7	13	17	61

What 5 things below would help you start or maintain a healthier lifestyle?

Answer Options	1st	2nd	3rd	4th	5th	Response Count
Lower Priced Fresh Food and Produce Available	41	16	14	14	14	85
Affordable Wellness and Fitness Activities	22	22	16	12	8	72
Health Incentive Programs Offered by My Health Insurance	16	21	23	12	7	72
Additional Recreational Paths, Trails, and Sidewalks	28	13	12	12	11	65
Access to Personal Trainer or Health Coach	25	14	13	12	14	64

What are the top 5 social issues facing people in your community?

Answer Options	1st	2nd	3rd	4th	5th	Response Count
Social Media/Technology Use	36	18	16	21	14	92
Poor Parenting Skills	23	30	25	12	7	90
Affordable Housing	35	23	21	10	12	89
Single Parent Families	15	26	22	11	12	74
Poverty	12	21	18	16	11	68

What do you think are the top 5 environmental health issues in your community?

Answer Options	1st	2nd	3rd	4th	5th	Response Count
Mold	17	21	22	23	5	84
Outdoor Air Quality (Asthma Triggers)	14	12	17	18	10	61
Safe Housing	11	22	18	8	15	60
Radon Exposure	20	14	15	10	13	59
Odors From Animal Farms or Manufacturing	12	13	19	11	19	55

Which of the following emergency preparedness statements are true for you/your family?

Answer Options	Response Count
My Family has a cell phone with a charger	141
My family has a first aid kit	115
My house has a carbon monoxide Detector	104
My Family has a Fire Extinguisher	103
My family has a weather radio, flashlight, and batteries in our home	23

What prevent you from being prepared for an emergency?

Answer Options	Response Count
Not a Priority	54
Not Applicable – my family is prepared for an emergency	46
Need more information about how to prepare for an emergency	32
Not enough time	23
Too expensive to purchase supplies	23

What Sources Influence your decision-making when it comes to Health Topics?

Answer Options	Response Count
Health System and Providers	123
Communication and Media Environment	62
Religion, Culture, Beliefs, or Attitudes	39
Historical Influences	25
Influential Leaders	18

Where do you get your health updates and information?

Answer Options	Response Count
Health System and Providers	123
Communication and Media Environment	62
Religion, Culture, Beliefs, or Attitudes	39
Historical Influences	25
Influential Leaders	18

How would you rate your level of trust for the following person/groups of people?

Answer Options	Very	Fairly	Neutral	Some what	Not All	at	Response Count
Center for Disease Control and Prevention (CDC)	48	31	22	26	17		144
Federal Government	9	31	33	27	44		144
Local Officials	11	46	37	34	13		141
My Doctor	106	28	3	6	2		145
My Family	80	36	18	4	4		142
My Friends	53	46	31	10	1		141
My Pastor	47	32	45	7	5		136
State Government	4	36	37	35	31		143

Where/how did you hear about this survey?

Answer Options	Response Count
Email	45
Facebook: Community Memorial Hospital - Sumner	31
Workplace	29
Facebook: Waverly Health Center	18
Newsletter from Waverly Health Center	11

What health care services would you like to see available in your community?

- 42.62% Mental Health
- 13.11% Speciality Clinics
- 9.84% Home Health

What public health services would you like to see available in your community?

- 25.42% Mental Health
- 11.86% Home Health
- 11.86% Recreation
- 11.86% Education

VII. Priorities

As part of the assessment process, CMH is charged with adopting some of the needs identified, developing a strategy, and creating an implementation plan for each need chosen. The CMH Board of Directors met in December 2022 to review data from 2022 survey and accomplishments over the past 3 years in regards to 2019 CHNA. Given data reported in 2022 and opportunities to better serve our communities the following health issues will be addressed.

1. Access to Healthcare
2. Chronic Disease Management
3. Wellness Initiatives
4. Access to Mental Health Services

Of importance there are similar trends when comparing the 2019 to 2022 CHNA. In 2019 the following were addressed: access to healthcare, mental health, wellness and chronic disease management. 2022 initiatives have been chosen for a number of reasons. First, the above areas carried a large number of responses and weighted responses in our assessment. Secondly, CMH believes it has the capacity and capability to positively impact these areas for our communities. In addition they fall within the scope of our mission and each covers a broad spectrum and offer ongoing opportunities for improvements. The Board of Directors and CMH Administration is committed to the success of quality local healthcare and placing a focus on these four areas will help achieve this goal.

The other needs identified in this process will not formally be included in our strategy and implementation plan. As we move forward with this process and conduct future assessments, we will monitor our progress and re-assess the overall needs of the community we serve. Additionally, there are services, organizations, and businesses within the area that focus on these needs.

VIII. Strategy & Implementation

CMH's mission is to provide quality healthcare to the people of Sumner and to the surrounding areas, while coordinating other needed services. This is a driving factor in many of the decisions made in an effort to benefit the area residents we serve.

Access to Healthcare

Access to quality healthcare is an important part of the health and well-being of individuals. Within this identified need, CMH will strive to maintain the current services we do offer and recruit needed and new beneficial services.

This survey showed emphasis on cost of healthcare. We will continue to have prompt pay options and financial assistance for those in need. We are also dedicated to reviewing our charge master to ensure charges are consistent and accurate across the facility ensuring our patients have affordable care.

Additionally, we hope to recruit new visiting specialty clinics to provide services onsite. Bringing specialists to our patients is convenient for our patients in the fact that it saves them time and money, but most importantly, it provides patients access to care that they may not seek if not offered locally.

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CMH will continue offering and promoting the services that offer preventative screenings, such as digital mammography and colonoscopies, and those that focus on the management of chronic diseases, such as cardiac and pulmonary rehab and anticoagulation clinic. CMH has a dedicated Diabetic Educator in the CMH Medical Clinic to help treat anticoagulation and diabetic patients five days a week in conjunction with a certified dietician.

In addition, CMH will continue to play a lead role in the health and well-being of our community. Throughout the Covid-19 pandemic, CMH has been limited in its ability to offer classes to the communities we serve. As the transition out of the pandemic continues, CMH will again look to offer classes in smoking cessation, Matter of Balance and BLS certification. CMH will be able to focus on hosting health highlight events that place an emphasis on various health and wellness topics, such as heart and eye care and proper nutrition. The post-pandemic initiative will be to resume hosting Weight Watchers and extending our meeting spaces to other community groups.

Wellness Initiatives

Many various needs were addressed in the health needs assessment related to wellness. Childhood sedentary lifestyle with technology was of great concern to those surveyed. CMH will continue to grow education around a healthy balance of technology and activity through health highlights. This will be focused on at well child visits to encourage caregivers to help minimize screen time and enhance activity.

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Policies and Procedures continue to be developed to help provide consistent care to mental health patients as they enter our facility and staff provide education. We will continue this initiative in 2023 and beyond as we try to care for this patient population with limited resources.

