

**Riverwood Healthcare Center  
Community Health Needs Assessment**

**Implementation Strategy**

## Implementation Strategy Adoption

*[IRS Form 990, Schedule H, Part V, Section B, 8-10, 2015]*

This summary outlines Riverwood Healthcare Center's plan (Implementation Strategy) to address our community's health needs by 1) sustaining efforts operating within a targeted health priority area; 2) developing new programs and initiatives to address identified health needs; and 3) promoting an understanding of these health needs among other community organizations and within the public itself.

On October, 3, 2016, the Riverwood Healthcare Center Board of Directors approved this Implementation Strategy to undertake the outlined measures to meet the health needs of the community.

## Hospital-Level Community Benefit Planning

*[IRS Form 990, Schedule H, Part V, Section B, 11, 2015]*

### Priority Health Issues To Be Addressed

In consideration of the top health priorities identified through the CHNA process — and taking into account hospital resources and overall alignment with the hospital's mission, goals and strategic priorities — it was determined that RHCC would focus on developing and/or supporting strategies and initiatives to improve:

1. Mental Health
2. Nutrition, Physical Activity & Weight
3. Heart Disease & Stroke
4. Diabetes
5. Access to Healthcare Services
6. Injury & Violence
7. Substance Abuse

### 8. Priority Health Issues That Will Not Be Addressed & Why

In acknowledging the wide range of priority health issues that emerged from the CHNA process, RHCC determined that it could only effectively focus on those which it deemed most pressing, most under-addressed, and most within its ability to influence.

<b>Health Priorities Not Chosen for Action</b>	<i>Reason</i>
Family Planning	<i>RHCC has limited resources to address unintended pregnancies for teens. Other community organizations have infrastructure and programs to better meet the need. Limited resources excluded this an area for action.</i>

### Implementation Strategies & Action Plans

The following pages outline Riverwood Healthcare Center’s plans to address those priority health issues chosen for action in the FY2016-FY2018 period.

## Mental Health

**Community Partners/  
Planned Collaboration**

- City & County Law Enforcement
- Aitkin County Health & Human Services
- Regional mental health agencies

**Goal**

**Maintain existing mental health and behavioral health services while exploring the feasibility of expanded services.**

**Timeframe**

FY2016-FY2018

**Scope**

This strategy will focus on residents of Aitkin County and the Garrison and Lake Mille Lacs area.

**Strategies & Objectives**

**Strategy #1: Implement Patient Centered Healthcare Home in Riverwood’s three primary care clinics.**

- Riverwood will pilot a program with a panel of patients who have a mental health diagnosis plus one chronic health condition.

**Strategy #2: Continue offering Health & Wellness Coaching for patients ongoing.**

- As part of its wellness coaching program, Riverwood will offer wellness coaching and classes.

**Strategy #3: Develop a core group to explore the feasibility of expanded mental health services.**

- Riverwood is committed to working with stakeholders including Aitkin County Health & Human Services and other community and regional partners to make a difference for mental health patients and families.
- Riverwood will explore the feasibility of expanding access for mental health patients through tele-psych capabilities.

**NUTRITION, PHYSICAL ACTIVITY & WEIGHT**

**Community Partners/  
Planned Collaboration**

- Aitkin County Public Health
- Community Education programs through Aitkin and McGregor Schools
- Minnesota Department of Health
- Stratis Health

**Goal**

**To improve the health of community residents by encouraging healthy eating, physical activity and weight management.**

**Timeframe**

FY2016-FY2018

**Scope**

This strategy will focus on residents of Aitkin County and the Garrison and Lake Mille Lacs area.

**Strategies & Objectives**

**Strategy #1: Continue to provide comprehensive wellness programming, including wellness coaching and worksite wellness.**

- Riverwood will provide education on health benefits of and how to lead a more active lifestyle through a quarterly newsletter to Aitkin County and area residents.
- Riverwood will maintain an on-site fitness center for its staff, as well as wellness coach use in introducing clients to ways to support and maintain their fitness.

**Strategy #2: Promote healthy eating and offer nutritious meal options.**

- Establish a Farm2Riverwood program where Riverwood will buy and serve fresh farm produce from local famers in its cafeteria and to its hospital patients.
- Riverwood will support and be a sponsor for the Aitkin Farmers Market.

**Strategy #3: Encourage and support opportunities for physical activity.**

- Riverwood will promote and support local activities designed to increase physical activity (such as community walks/runs and other fitness & wellness programs).
- Riverwood will support school sporting and athletic programs.

**Strategy #4: Train Riverwood staff to support patients on their health and wellness goals.**

- Riverwood’s Patient Centered Healthcare Home Care coordinators will be trained and certified by Clinical Health Coaching.

**HEART DISEASE & STROKE**

**Community Partners/  
Planned Collaboration**

- Minneapolis Heart Institute
- Minnesota Department of Health
- Stratis Health
- Healthy Northland

**Goal**

**To help prevent heart disease and stroke and offer access to treatment.**

**Timeframe**

FY2016-FY2018

**Scope**

This strategy will focus on residents of Aitkin County and the Garrison and Lake Mille Lacs area.

**Strategies & Objectives**

**Strategy #1: Offer wellness coaching to help individuals reduce their risk factors such as obesity, hypertension, diabetes, etc. for heart disease.**

- The wellness coach will offer in-person visits as well as phone follow-ups.
- RHCC’s on-site fitness center will be used to demonstrate how to use fitness equipment to support and enhance an individual’s health and wellness.

**Strategy #2: Help RHCC patients monitor blood pressure.**

- Riverwood will provide blood pressure cuffs for its patients with hypertension issues to check out for use in monitoring their blood pressure.

**Strategy #3: Partner with Minneapolis Heart Institute to provide a community education seminar with a cardiology specialist presenter.**

- In addition to the presentation, we will offer heart health handouts and displays to support greater learning among participants.

**Strategy #4: Participate in Healthy Northland’s multi-year Public Health Community Wellness Grant from the Minnesota Department of Health, and the Centers for Disease Control and Prevention to prevent obesity, diabetes, heart disease and stroke.**

- As a partner clinic, work with a Healthy Northland clinical consultant and Stratis Health to monitor measures of heart disease including hypertension control, undiagnosed hypertension and BMI data. The project will also include integrating home blood pressure monitoring into clinical practice.

**Strategy #5: Riverwood cares for Congestive Heart Failure (CHF) patients via a comprehensive program.**

- At Riverwood, the process of caring for congestive heart failure patients will involve a protocol that is initiated upon hospital admission with multidisciplinary staff consulting on each patient.
- Upon hospital admission, CHF patients will receive a special handbook, which is reviewed with the patient and family. We will encourage patients to use the handbook at home as it has information on when to call the doctor, when to come in to the ER, a weight log, a walking log, and questions to ask your doctor in preparation for clinic visits.
- We will also provide scales free of charge to CHF patients for daily weight tracking.

**Strategy #6: Use Minnesota Community Measures as a trusted source of health data to improve health and the patient experience.**

- Clinical staff will use the V4 set of four treatment goals that, when reached together, represent the gold standard for managing vascular disease.

DIABETES	
<b>Community Partners/ Planned Collaboration</b>	<ul style="list-style-type: none"> <li>• Aitkin County Public Health</li> <li>• Minnesota Department of Health</li> <li>• Stratis Health</li> </ul>
<b>Goal</b>	<b>To help prevent diabetes and help those with diabetes to better manage this disease for better health.</b>
<b>Timeframe</b>	FY2016-FY2018
<b>Scope</b>	This strategy will focus on residents of Aitkin County and the Garrison and Lake Mille Lacs area.
<b>Strategies &amp; Objectives</b>	<p><b>Strategy #1: Offer National Diabetes Prevention Program, a 16-week class series to promote healthy lifestyles and weight management.</b></p> <ul style="list-style-type: none"> <li>• Riverwood will partner with local organizations serving community residents and seniors to get the word out about this prevention program.</li> </ul> <p><b>Strategy #2: Offer diabetes education to patients who are newly diagnosed with diabetes and existing patients.</b></p> <ul style="list-style-type: none"> <li>• Individual appointments and group classes will be made available to newly diagnosed and existing patients with a medical provider’s referral for instruction of self-blood glucose monitoring; initiation or adjustments of oral medications, insulin and other therapies; Insulin pump assessment/initiation; Continuous Glucose Monitoring System (iPro); and Diabetes nutrition support.</li> <li>• Riverwood will continue to offer diabetes education to the community through outreach activities such as seminars, health fairs or newsletter articles.</li> </ul> <p><b>Strategy #3: Use Minnesota Community Measures (MNCM) as a trusted source of health data to improve health and the patient experience.</b></p> <ul style="list-style-type: none"> <li>• Integrate D5 resources created by MNCM to make it easier for people with diabetes to work with their healthcare providers to set and achieve goals to better manage their condition.</li> </ul> <p><b>Strategy #4: Participate in Healthy Northland’s multi-year Public Health Community Wellness Grant from the Minnesota Department of Health, and the Centers for Disease Control and Prevention to prevent obesity, diabetes, heart disease and stroke.</b></p> <ul style="list-style-type: none"> <li>• As a partner clinic, Riverwood will work with a Healthy Northland clinical consultant and Stratis Health to monitor measures of pre-diabetes and diabetes, including blood sugar levels, BMI data and hypertension control.</li> <li>• Link patients to evidence-based self-management programs for diabetes prevention.</li> </ul>

**ACCESS TO HEALTH CARE**

**Community Partners/  
Planned Collaboration**

- CentraCare Health

**Goal**

**To support enhanced access to primary and specialty care services.**

**Timeframe**

FY2016-FY2018

**Scope**

This strategy will focus on residents of Aitkin County and the Garrison and Lake Mille Lacs area.

**Strategies & Objectives**

- Strategy #1: Recruit physicians and advanced practice providers to provide primary care across Riverwood’s clinics.**
  - Riverwood will continue to actively recruit and hire practitioners as access needs change and evolve.
- Strategy #2: Strengthen and expand specialty care services in Aitkin to meet identified healthcare needs of local residents.**
  - Riverwood will continue to assess the specialty care needs within the service area and seek out appropriate partnerships in support of enhanced access where necessary and feasible.
- Strategy #3: Riverwood will explore the feasibility of developing a local kidney dialysis unit in Aitkin.**
  - Riverwood will pursue a potential partnership with CentraCare Health to bring a kidney dialysis unit to Aitkin.
- Strategy # 4: Riverwood offers Financial Counseling for those underinsured or uninsured patients having difficulty paying their medical bills.**
  - Riverwood will continue to actively work with uninsured patients to identify any and all health insurance coverage options in support of enhanced access to healthcare.



## INJURY & VIOLENCE

### Community Partners/ Planned Collaboration

- Toward Zero Deaths (Minnesota traffic safety program)
- City and County Law Enforcement

### Goal

**To help prevent harm to individuals from injuries and violence.**

### Timeframe

FY2016-FY2018

### Scope

This strategy will focus on residents of Aitkin County and the Garrison and Lake Mille Lacs area.

### Strategies & Objectives

#### **Strategy #1: Offer Level III Trauma Care for victims of accidents and other trauma incidents.**

- Riverwood will annually provide community outreach awareness of its designation as a Level III Trauma Center.

#### **Strategy #2: Promote awareness of community classes and campaigns.**

- Riverwood will help publicize a Falls Prevention class offered annually in Aitkin by Aitkin County CARE.
- Riverwood will help promote awareness on dangers of texting and/or drinking alcohol and driving through the local TZD (Toward Zero Deaths) traffic safety campaign.

**Substance Abuse**

**Community Partners/  
Planned Collaboration**

- City & County Law Enforcement
- Aitkin County Health & Human Services

**Goal**

**To help inform and educate community members about drug abuse prevention and treatment.**

**Timeframe**

FY2016-FY2018

**Scope**

This strategy will focus on residents of Aitkin County and the Garrison and Lake Mille Lacs area.

**Strategies & Objectives**

**Strategy #1: Evaluate the feasibility of developing a program to offer Vivatrol to Riverwood patients suffering from heroin and opioid withdrawal.**

- This treatment will help those addicted to opioids such as codeine, morphine, heroin and OxyContin. It has been primarily approved for opioid addicts who have gone through detoxification and have been free of opioids for at least seven days.

**Strategy #2: Riverwood will offer community education on prescription drug dependence and how it can be prevented.**

- This may take the form of a community health presentation or newspaper article that could also be shared on social media.

**Strategy #3: Riverwood will collaborate with other health systems when possible to offer provider education on prescription opioid drug dependence and how it can be prevented.**

- Plan a session for physicians on opioid policy education.