

## IMPLEMENTATION STRATEGY

### Our Mission:

Memorial Health Care Systems is a community, not-for-profit organization with the mission:

***We enhance the quality of life for the individuals in our communities by providing excellence in health care services in the most appropriate settings.***

### Our Action Plan:

Memorial Hospital has assessed the five health needs identified in the community and describes the strategies and goals for each need below:

### IDENTIFIED HEALTH NEED I: MENTAL HEALTH

Community responses relate to concerns about mental health.

#### Mental Health Strategies/Goals

- A. **Strategy:** *A behavioral health practitioner regularly holds clinics at the Memorial Hospital Specialty Clinic giving patients ready access to mental health care close to home.*

**Goal:** Memorial Hospital will keep the behavioral health practitioner apprised of the services available to them as they diagnose and treat the patients of our community.

- B. **Strategy:** *Memorial Health Care Systems can aid in access to mental health care in our communities.*

**Goal:** Family physicians are well-equipped to provide mental health services and are one of the primary sources for mental health care in the U.S. (American Academy of Family Physicians). The family practice providers at Memorial Health Care Systems of Seward, Milford and Utica, manage patients' mental health care needs through diagnosing and treating many mental health conditions. They can make recommendations for further treatment from specialists if needed. This service provided by your primary care provider improves access to mental health care in our communities.

- C. **Strategy:** *Memorial Hospital offers mental health screenings to patients.*

**Goal:** Memorial Hospital utilizes the Edinburgh Postnatal Depression Screen which is completed with moms after delivery. This is completed during their hospital stay, a week after discharge, and at their 6-week follow up in the clinic. These screenings are further reviewed by the OB Supervisor to trend results and use these results to adjust patient and staff education. PHQ2/9 Depression Screen is a tool completed during Medicare Annual Wellness Exams in the clinic and is used to screen all patients in the hospital 10 years and older.

- D. **Strategy:** *Memorial Hospital offers Care Coordinator Nurse follow up with ER Patients.*

**Goal:** Memorial Hospital completes PHQ2/9 Depression screening on all ER patients 10 years and older. Patients scoring above a certain threshold on the depression screening that are discharged back to home will get follow-up phone calls and extra opportunities to review resources in the community with a registered nurse. These referral volumes and the associated socio-economic and mental health needs identified by the nurse navigator are tracked for trending to determine staff and patient education needs and further resources being accessed in the area.

E. **Strategy:** *Memorial Health Care Systems supports behavioral health access for area youth.*

**Goal:** Memorial Health Care Systems has partnered with Seward Public Schools, Milford Public Schools, Centennial Public Schools, and ESU 5 out of Beatrice to offer a full-time Licensed Mental Health Practitioner within the schools. This LMHP will practice under the 'Wellness4All' platform utilizing QPR, trauma focused Cognitive Behavioral Therapy. The LMHP meets students in their social context of their school. They are visible and proactive to help destigmatize mental health and reduce access barriers for students and their families.

F. **Strategy:** *Memorial Hospital is not equipped to provide long term inpatient mental health treatment. It is in the best interest of the patient to accept referral as we do not have staff with the expertise in inpatient mental health treatment.*

**Goal:** Memorial Hospital staff has worked alongside other community agencies to develop a comprehensive web resource that provides contact information for area mental health resources. When an inquiry is made for mental health support, 27 resources are identified and available to medical providers when caring for patients with suspected mental health issues.

## IDENTIFIED HEALTH NEED II: CANCER

Community responses relate to concerns about cancer incidences. Based on the 2018 Nebraska Cancer Registry data, 10,825 invasive cancers were diagnosed among Nebraska residents. Cancer was Nebraska's second leading cause of death, ranking behind of heart disease and accounting for over 3,498 deaths among Nebraska residents.

### Cancer Strategies/Goals

**A. Strategy:** *In 2018, Memorial Hospital Specialty Clinic enhanced the cancer care with three nurses completing chemotherapy administration certification. This gives patients chemotherapy administration access close to home.*

**Goal:** Memorial Hospital will work with area oncologists to keep them apprised of the services available in Seward as they diagnose and treat the patients of our community. As a critical access hospital, Memorial Hospital is not a full-cancer care facility, however, we will continue to monitor the needs of cancer patients and enhance the services we provide as appropriate.

**B. Strategy:** *Memorial Hospital provides cancer services to area patients appropriate for a critical access hospital. Memorial Hospital staff is trained to administer infusion therapy onsite and the facility is equipped to provide care to patients receiving certain chemotherapy and related cancer treatments close to home.*

**Goal:** For patient comfort, privacy and safety, MHCS includes three therapy suites, increasing the number of patients who can receive the service simultaneously. Staff will continue to remind referring providers of the availability of this service to those we serve.

**C. Strategy:** *Memorial Hospital offers specific screenings in support of physician diagnostics.*

**Goal:** Memorial Hospital provides excellent screening resources to our physicians through onsite 3D mammography and colonoscopies. Added in 2019, Memorial Hospital offers bronchoscopies to aid in the detection of lung diseases including cancer. Staff will continually undergo training as necessary to assure patient safety and improved patient outcomes.

Mammography service area provides enhanced patient comfort and privacy. We will continue to assure that this service is available to our community and that it is staffed with excellent physicians within a comfortable, private environment.

### IDENTIFIED HEALTH NEED III: AGING ISSUES

Community responses were received relating to aging issues as a health need. Memorial Health Care Systems recognizes that Seward County is comprised of 17.2% who are 65 years of age or older, higher than 16.2% in the State of Nebraska. Access to care is important for aging citizens.

#### Aging Issues Strategies/Goals

- A. Strategy:** *Senior citizens of Seward County have access to dependable, skilled medical providers which is vital in supporting the community's residents as they age.*
- Goal:** Memorial Health Care Systems is a regional provider for the citizens of Seward County and its surrounding counties, and employs ten readily-accessible, highly qualified physicians who specialize in Family Practice. Aiding the MHCS physicians are five physician assistants. These physicians and PAs have practices throughout Seward County, in three free-standing clinics located in Milford, Utica, and Seward.
- B. Strategy:** *The community's aging population has access to specialty care within eighteen specialties located in the Memorial Hospital Specialty Physicians Clinic, attached directly to Seward Memorial Hospital. Specialists from various cities, especially Lincoln, Nebraska travel to Seward to hold clinic hours and perform procedures specific to their specialty.*
- Goal:** MHCS will continue to monitor and recruit physician specialists based on need and specialist availability.
- C. Strategy:** *Memorial Hospital is comprised of 24 swing beds providing inpatient acute care/rehabilitation services to patients of all ages with accessibility to cardiopulmonary, physical, occupational and speech therapy. MHCS Therapy Services provides full outpatient therapy services as well.*
- Goal:** The therapy department will continue to evaluate its services, including aquatic therapy, for best practices in geriatric patient rehabilitation.
- D. Strategy:** *The MHCS Social Services department guides aging patients to obtain appropriate resources, services and living arrangements following hospitalization and/or rehabilitation.*
- Goal:** The Social Services Department has created a comprehensive list of aging services available to the community. The department will continue to monitor and update the listing as necessary.
- E. Strategy:** *Seward County nursing homes are required to have medical directors.*
- Goal:** As a longstanding commitment to the aging population of Seward County, Memorial Health Care Systems physicians serve as medical directors to one area nursing home.
- F. Strategy:** *Total joint replacement surgeries are offered onsite at Memorial Hospital.*
- Goal:** A common problem for the aging population is the development of joint issues. Two surgeons specializing in orthopedics perform hip and knee surgery at Memorial Hospital on a regular basis. To assure that this service is available on an ongoing basis, the surgical staff will stay vigilant to assure that the surgeon has access to all needed equipment, trained staff, and facilities to perform his duties in the safest manner with optimal outcomes.

## IDENTIFIED HEALTH NEED IV: Heart Disease and Stroke

Community responses identified heart disease and stroke as a health need in 2016, 5.8% of Nebraska adults reported ever being diagnosed with coronary heart disease or had a heart attack and 2.8% of Nebraska adults reported ever being told they had a stroke. In 2016, heart disease was the cause of death for 3,318 and stroke was the cause of death for 784 (DHHS.ne.gov).

### Heart Disease and Stroke Strategies/Goals

**A. Strategy:** *The Memorial Hospital Cardiac Rehabilitation Department offers services to those patients affected by heart disease. Following the American Heart Association's guidelines, Memorial Hospital's comprehensive rehab program helps patients recover and rehabilitate from heart events in a controlled, comfortable environment.*

**Goal:** Memorial Hospital offers a state-of-the-art cardiac rehab facility complete with new exercise equipment, monitoring equipment and classroom to aid trained nurses as they guide cardiac patients toward healthier lifestyles and strengthened hearts.

**B. Strategy:** *MHCS provides regular education on heart disease and stroke through publications, presentations, advertising and community education events.*

**Goal:** MHCS will continue to include educational opportunities relating to the prevention of heart disease and stroke.

**C. Strategy:** *Memorial Hospital's Specialty Physicians Clinic provides the community with the expertise of physicians who specialize in cardiology and cardiovascular services.*

**Goal:** MHCS intends to continue this service in effort to provide access to cardiology and cardiovascular medical care close to home.

**D. Strategy:** *The emergency services department of Memorial Hospital is adept at diagnosing, treating, stabilizing and transporting heart and stroke patients when necessary.*

**Goal:** Emergency staff will continue to assure that the department is well equipped and staff is prepared to care for emergency patients presenting with cardiac/stroke emergencies.

## IDENTIFIED HEALTH NEED V: High Blood Pressure

Community responses relate to concerns about high blood pressure. Nebraska statistics show that more than 1 in 4 Nebraska adults have high blood pressure. Memorial Health Care Systems is a regional health care provider for the citizens of Seward County and its contiguous counties with readily accessible high quality primary, obstetrical, mental health, medical, surgical, pediatric and long-term health care programs and services. Memorial Hospital offers a wide variety of care and resources for this community health need based on the current range of Active Staff physicians serving our Community and Service Area along with the following programs.

### High Blood Pressure Strategies/Goals

- A. **Strategy:** *The MHCS annual Health Fair provides the community-at-large with health screenings and education.*

**Goal:** The annual MHCS Health Fair held each April with an attendance of approximately 1600, provides multiple health and wellness screenings which include effective methods to detect medical concerns including high blood pressure.. This event is free of charge. Screenings include blood chemistry to identify unhealthy lipids and cardiac risk ratio, BMI testing and blood glucose screening. Attendees also visit manned displays representing fitness centers, healthy eating options, and the MHCS childhood obesity program.

- B. **Strategy:** *Fridays for You, monthly community wellness talks hosted by MHCS, include topics such as healthy lifestyle choices, diet, 'knowing your numbers,' and exercise.*

**Goal:** The challenges of weight management and the importance of understanding the health concerns associated with high blood pressure are factored when determining programming for the free monthly community education called MHCS Fridays for You presentations.

- C. **Strategy:** *Memorial Hospital's Specialty Physicians Clinic provides the community with the expertise of physicians who specialize in cardiology and cardiovascular services.*

**Goal:** MHCS intends to continue this service in effort to provide access to cardiology and cardiovascular medical care close to home.

- D. **Strategy:** *MHCS is committed to supporting the health and wellness efforts of the communities we serve.*

**Goal:** MHCS partners with many community organizations in support of wellness efforts to enhance population health in our service area. MHCS provides support in the form of MHCS staff time, monetary donations, give-away items, and medical professional input to assure the success of various events. We will continue to support community organizations in their efforts to enhance the health and wellness of our population.

**Memorial Health Care Systems Board Directors**  
**Approval/Signature**

The Community Assessment was reviewed and approved by the Memorial Health Care Systems Board of Directors on August 31, 2022. The five (5) health issues identified in the Assessment are currently being met through services in Seward County or through referral.

*Mike Hecker*

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Mike Hecker, Chairman  
MHCS Board of Directors

Form 990 available for review upon request.