

Prairie Lakes Healthcare System Implementation Strategy 2019

This Implementation Strategy report summarizes Prairie Lakes Healthcare System's (PLHS) plans to address the prioritized needs from the 2019 Community Health Needs Assessment. PLHS recognizes that the Implementation Strategies in this report are to be used as a guide and will serve as a framework in addressing the identified needs. As PLHS moves forward, many resources, on-going commitments and partnerships will be necessary to effectively assist in creating healthier communities in Watertown SD and the surrounding area.

Topics PLHS will address

1) Behavioral Health

- Current PLHS activities:
 - Conduct a screening for hospital patients to assess for risk of self harm
 - Provide a monthly grief support group for community members through Pastoral Care
 - Offer an annual allowance for an assistance program to PLHS employees and their immediate family members to seek mental health services
 - Educate patients on available mental health services and assist in disbursing local resource materials

- Current collaboration with others:
 - Assist Human Service Agency (HSA) with efforts to recruit a Psychiatrist
 - Help coordinate a "Mental Health First Aid Training" in 2016 and 2019 through a HSA program
 - Provide financial support to:
 - Watertown School District: "See Something, Say Something" initiative encouraging students to share concerns or threats of any type
 - HSA: Suicide prevention services and annual suicide awareness walk
 - Serenity Hills, an HSA residential facility and safe house for those suffering from mental illness or addictions: Sustain operations
 - Watertown Area Transit: Transportation of individuals to mental health appointments

- Proposed PLHS activities:
 - Continue to conduct the activities listed above
 - Plan and financially sponsor behavioral health education for employees of organizations who interact with the public
 - Resources Committed:
 - Staff time
 - Financial resources
 - Anticipated impact- Empower individuals who interact with people who may suffer from mental health issues by providing them with knowledge and tools to handle difficult situations and provide support

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- Proposed activities to collaborate with others:
 - Continue to financially support the following organizations/activities:
 - HSA's suicide prevention services and annual suicide awareness walk
 - Serenity Hills
 - Watertown Area Transit
 - Continue to financially support Watertown School District initiatives
 - Partner with mental health providers to offer education on stress management to our patients and the community
 - Resources Committed:
 - Staff time
 - Financial resources
 - Anticipated impact:
 - Reduce the stigma of mental illness and stress management
 - Equip those with stress to effectively self-manage
 - Continue offering free rides to mental health appointments to minimize the transportation barrier

2) Nutrition Health and Obesity

- Current PLHS activities:
 - Offer the following services by certified dietitians:
 - “Core 4” a 12-week weight management maintenance program which equips participants with the tools to live a healthy lifestyle
 - Education and screenings at health fairs and educational events
 - Respond to questions submitted through the “Ask A Dietitian” feature on prairielakes.com
 - Provide education to school children as they tour PLHS
 - Screen inpatients for malnutrition, which may lead to a dietitian consultation
 - Distribute information on community resources such as free meals and food pantries
 - Provide and serve meal in community for those in need twice a year
- Current collaboration with others:
 - Dietitians assist with the local PACH (People Against Child Hunger) program on food selection
 - Provide weekly meeting room space for Food Addicts in Recovery Anonymous
 - Provide financial support to:
 - Boys and Girls Club: Support their mission and encourage children to be healthy and develop healthy lifestyle
 - Watertown Area Transit: Transportation of individuals to dietitian appointments
- Proposed PLHS activities:

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- Continue to conduct the activities listed above
 - Expand services offered by certified dietitian:
 - Partner with Boys & Girls Club to offer education
 - ◆ Anticipated impact: Educate children on healthy food and cooking choices to promote a healthy lifestyle.
 - Partner with both PLHS and non-PLHS dietitians to offer healthy cooking classes and education in the community
 - ◆ Anticipated impact: Educate the public on healthy food and cooking choices to promote a healthy lifestyle
 - Expand the Core 4 program through discounts and promotion
 - ◆ Anticipated impact: Increase the availability of Core 4, which equips participants with the tools to have a healthy lifestyle
 - Implement a Food Recovery program to donate left-over prepared food from the hospital to non-profits who can redistribute to those in need
 - ◆ Anticipated impact: Deliver healthy foods to those in the community in need
 - Improve the completion rate of inpatient malnutrition surveys so dietary services can be involved when appropriate
 - Anticipated impact: Increase the number of at-risk individuals for malnutrition to be seen by a dietitian
 - Resources Committed:
 - Staff time
 - Financial resources
- Proposed activities to collaborate with others:
- Continue to financially support the following organizations:
 - Boys and Girls Club
 - Watertown Area Transit
 - Support community support groups by providing meeting space, speakers, and educational topics
 - Resources committed:
 - Provide meeting space
 - Financial resources
 - Anticipated impact:
 - Educate individuals to make healthy nutrition choices
 - Continue offering free rides to health-related appointments to minimize the transportation barrier

3) Preventative Care Services and Awareness

- Current PLHS activities:

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- Provide health education with a focus on prevention through a variety of events, media, and online platforms
- Promote health screenings:
 - Colon cancer – Direct access colonoscopy and EGD screenings allow patients to be treated sooner and at a lower cost
 - Breast cancer – Encourage mammograms at primary care clinics
 - Target Heart Screen – Cash payment
 - Stroke Screen - Cash payment
- Current collaboration with others:
 - Partner with Better Choices Better Health to offer free diabetes education workshops
 - Partner with local businesses and schools to educate staff and students on disease prevention
 - Provide financial support to:
 - Watertown Area Transit: Transportation of individuals to healthcare appointments
- Proposed PLHS activities:
 - Continue to conduct the activities listed above
 - Expand and enhance educational events offered by providers
 - Anticipated impact: Increase the number of community members reached with education
 - Create Public service announcement regarding new screening guidelines
 - Anticipated impact: Increase awareness of screening guidelines and when community members should start regular screenings
 - Establish a cash-pay lung cancer screening
 - Anticipated impact: Improve the early detect rate of lung cancer
 - Resources committed:
 - Staff time
 - Meeting room space
- Proposed activities to collaborate with others:
 - Continue the following collaborations
 - Local businesses and schools to educate staff and students on disease prevention
 - Better Choices Better Health to offer free diabetes education workshops
 - Continue to provide financial support to the Watertown Area Transit for the transportation of individuals to healthcare appointments
 - Partner with community providers to encourage screenings
 - Support community support groups by providing meeting space, speakers, and educational topics
 - Resources committed:
 - Staff time
 - Meeting room space

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- Financial resources
- Anticipated impact:
 - Equip the public with awareness, knowledge and resources to better manage their health.
 - Continue offering free rides to health related appointments to minimize the transportation barrier

4) Drugs, Smoking and Alcohol Use

- Current PLHS activities:
 - Pain Therapy:
 - Financially support a physical therapist to become a Certified Pain Specialist accreditation
 - Offer free community pain education classes
 - Utilize material from the national “Choose PT” campaign to promote physical therapy for safe pain management
 - Provide education with a focus on diseases caused by smoking, alcohol use, and drug use through a variety of events, media, and online platforms
 - Provide education on smoking cessation to patients
 - Secured a full-time pulmonologist who will start the summer of 2019
 - Pulmonary function tests and pulmonary rehabilitation provided to individuals
- Current collaboration with others:
 - Rehabilitation department is working with HSA to consider pain control therapy options in place of taking pain medication
 - Provide financial support to:
 - Serenity Hills, an HSA residential facility and safe house for those suffering from mental illness or addictions
 - Drug Free, Alcohol Free, Safe & Healthy (DASH) Organization
 - Watertown Healthy Youth
- Proposed PLHS activities:
 - Continue the activities listed above
 - Promote the new full-time pulmonologist
 - Anticipated impact: Increase pulmonology access
 - Increase smoking cessation education offerings through a variety of events, media, and online platforms
 - Anticipated impact: Help reduce the number of individuals who smoke in our service area
 - Resources committed:
 - Staff time
 - Financial resources

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- Meeting room space
- Proposed activities to collaborate with others:
 - Rehabilitation will continue to collaborate with HSA to consider pain control therapy options in place of pain medication
 - Continue to provide financial support to
 - Serenity Hills
 - DASH
 - Watertown Healthy Youth
 - Participate in community education to promote the prevention of drug and alcohol use and smoking
 - Work with area providers regarding pain contract and diversion of medication
 - Resources committed:
 - Staff time
 - Financial resources
 - Anticipated impact:
 - Increase education to help reduce the number of individuals who use drugs, alcohol or tobacco products

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Significant needs not addressed

Many issues emerged that were beyond the scope or control of PLHS. Issues such as dental care, oral health, sexually transmitted infections and teen pregnancy will be deferred to the appropriate community organizations. Please find more information below.

1) Uninsured

- PLHS has charity care and financial assistance programs available and employees help patients explore these options
- The PLHS charge master was posted on the website to ensure price transparency
- A Quick Care walk-in clinic opened summer 2018 in Watertown and accepts cash payment
- PLHS Emergency Department treats all patients regardless of ability to pay

2) Dental care / oral health

- Other organizations are addressing the need
- PLHS doesn't have the expertise or providers to effectively address the need
- PLHS will share the information regarding the need identified with the Watertown Area Dental Society
- PLHS provides financial support to bring the Delta Dental Bus to Watertown and will share the schedule with others

3) Sexually transmitted infections

- Other organizations are addressing the need
- PLHS doesn't have the expertise or providers to effectively address the need
- Local primary care clinics provide education to patients and the school district provides student education.
- PLHS provides financial assistance to the Watertown Family Planning Clinic operated by Sanford Clinic

4) Teen pregnancy

- Other organizations are addressing the need
- PLHS doesn't have the expertise or providers to effectively address the need
- Local primary care clinics provide education in the school
- PLHS provides financial assistance to the Watertown Family Planning Clinic operated by Sanford Clinic