

Fiscal Year 2019

Progress report to our community

Addressing community health needs



Northern LightSM

Blue Hill Hospital

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John Ronan, MBA, FACHE
President

Northern Light
Blue Hill Hospital

Our new brand, Northern Light Health, is now in its second year of existence and the changes are evident at Northern Light Blue Hill Hospital. With increased clinical connections to our fellow Northern Light Health organizations, we are making strides to lead Maine on a path to better health.

In 2016, EMHS partnered with three other Maine healthcare systems and the Maine Center for Disease Control and Prevention to create a Community Health Needs Assessment (CHNA). We used that assessment along with public input to develop a three-year strategy to improve the health and well-being of the communities that we serve.

This report is an update on the progress of that community health improvement plan for fiscal year 2019, which is the final year of our three-year plan. Northern Light Blue Hill Hospital has its own unique set of priorities that we are addressing, including:

- Obesity (physical activity and nutrition)
- Drug and alcohol abuse
- Transportation

We are also working together with other Northern Light Health members throughout the state to prevent and treat opioid addiction and to improve access to healthy food for patients, families, and communities.

As Northern Light Blue Hill Hospital, we are inspired by the resiliency of the people we serve, and we look forward to helping them, and the community at large, become healthier and more productive in the year ahead. We will do that by constantly imagining new ways to provide care and continuing to engage our communities in health and wellness outreach.

Sincerely,



John Ronan, MBA, FACHE
President, Northern Light Blue Hill Hospital

Progress report update

FY 2019 Progress Report

Priority #1: Obesity (physical activity and nutrition)

Objective: By September 30, 2019, Northern Light Blue Hill Hospital will sponsor or collaborate with community organizations to cosponsor 10 or more obesity-related events or programs in the Blue Hill Peninsula community.

Status: Completed

Approaches taken and resources used: In fiscal year 2019 (FY19), Northern Light Blue Hill Hospital offered many community obesity-related events including a Men's Wellness screening event in Stonington, women's heart health events in Blue Hill, and a monthly free meal at the Simmering Pot. We also wrote supporting letters for Blue Hill Heritage Trust's successful community garden grant application, co-sponsored a free community meal with them, providing free trail guides to guests, and delivered the keynote at the Land Trust's annual meeting on the role of the Trust in promoting community health. We provided in-person education to community volunteers regarding exercising safely in the roadway during spring roadside clean up in Sedgwick and Blue Hill, hosted annual Women's Wellness Fair with nationally known weight-loss expert Lori Schaeffer. Blue Hill Hospital's clinic in Castine grew vegetables on site to donate to families in need.

Partners engaged: Northern Light Blue Hill Hospital partnered with the following entities on this priority:

Blue Hill Heritage Trust, Healthy Peninsula, Healthy Acadia, Blue Hill Hospital staff from the following departments: quality, medical staff, primary care in Blue Hill, Castine, and Stonington, community relations, rehabilitation, dietary services, social work/discharge planning, and town offices in Sedgwick and Blue Hill

Highlights: In FY19, Northern Light Blue Hill Hospital was pleased to continue to provide obesity-related programming to our communities, and work in partnership with other community organizations.

Outcome Measure: In FY19, Northern Light Blue Hill Hospital achieved completion of over 10 obesity-related events or programs in the Blue Hill Peninsula community.

Project Leads: Zoë Tenney, APRN, Director for Primary Care Clinical Quality and Kelley Columer, Director, Communications

Next Steps: In fiscal year 2020 (FY20), Northern Light Blue Hill Hospital will continue to offer and support these types of free events in our community. Because we have solidified these relationships with our community partners and operationalized provision of these types of programs, we did not select this area as a priority within our 2019 Community Health Strategy.

FY 2019 Progress Report

Priority #2: Drug and alcohol abuse

Objective: By September 30, 2019, increase the number of qualified Medication Assisted Treatment (MAT) prescribers who are currently treating MAT patients from 1 to 6

Status: In progress

Approaches taken and resources used: In FY19, Northern Light Blue Hill Hospital expanded access to treatment for people with opioid use disorders by increasing primary care MAT prescribers from one to four X-waivered providers, and from one to three primary care sites. We also developed and refined Cerner electronic health records (HER) workflows regarding controlled medication monitoring in alignment with System and State requirements, surveyed primary care providers to better understand their barriers and challenges related to MAT prescribing, re-educated staff and providers at all sites regarding controlled medication management policy and State law, and continued to keep prescribers informed of opportunities to complete their required opioid-related Continuing Medical Education (CME).

Partners engaged: Northern Light Blue Hill Hospital partnered with the following entities on this priority:

Northern Light Acadia Hospital, Northern Light Clinical Informatics and IS, Northern Light compliance and legal teams, Healthy Acadia, Downeast Treatment Center, Northern Light medical group leadership, Northern Light Blue Hill Hospital's medical staff members, medical staff office, and primary care clinic staff

Highlights: In FY19, Northern Light Blue Hill Hospital was proud to expand access to treatment for people with opioid use disorders by increasing primary care MAT prescribers as well as available locations.

Outcome Measure: In FY19, the outcome measure(s) for this CHIP by Northern Light Blue Hill Hospital was only partly achieved. We had intended to increase prescribers from 1 to 6 but succeeded in increasing only from 1 to 4.

Project Leads: Zoë Tenney, APRN, Director for Primary Care Clinical Quality and Mike Murnik, MD, Senior Physician Executive.

Next Steps: In FY20, Northern Light Blue Hill Hospital aims to further expand access to evidence-based treatment for people with opioid use disorders by helping more primary care providers successfully complete X waiver training and implementing Emergency Department-based MAT treatment initiation.

FY 2019 Progress Report

Priority #3: Transportation

Objective: By September 30, 2019, increase referrals from Northern Light Blue Hill Hospital's family practice offices to local community paramedicine programs by 10%.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Blue Hill Hospital worked in close partnership with Healthy Peninsula, three local ambulance services, and Maine Health Access Foundation to help expand access to community paramedicine services on the Peninsula.

Partners engaged: Northern Light Blue Hill Hospital partnered with the following entities on this priority:

Healthy Peninsula, Age-friendly Coastal Communities partners (including Friends in Action, At Home Downeast, Healthy Island Project, Beth Wright Cancer Center, Surry Friends Association, and the Blue Hill Chamber of Commerce), Maine Health Access Foundation, Peninsula Ambulance, Memorial Ambulance, Castine First Responders, Blue Hill Hospital staff from the following department; social work, population health/quality, emergency department, discharge planning, social work, primary care, laboratory, and medical staff

Highlights: In FY19, Northern Light Blue Hill Hospital was proud to participate substantively in the development of expanded community paramedicine services on the Blue Hill Peninsula. In addition to external community partner work, we engaged with our emergency department and inpatient nursing leadership, the social work and discharge planning departments, the lab director, and registered nurses from all three primary care locations in the planning process. We have developed a workflow for identifying patients, making referrals, communicating results, engaging social work, and coordinating with community resources. We have completed changes to the electronic health record (EHR) so that we can place referrals specifically for community paramedicine, which will allow us to track referral data going forward. As a result of this work, and the efforts of our partners at Healthy Peninsula and the local ambulance services, community paramedicine services have become available to Blue Hill Hospital primary care patients all across the Peninsula, and access to skilled community health resource support (for helping people manage issues related to social determinants of health) had been significantly strengthened and formalized.

Outcome Measure: In FY19, Northern Light Blue Hill Hospital increased referrals for this service by over 10% and expanded the services to all three ambulance corps and all three primary care locations.

Project Leads: Zoë Tenney, APRN, Director for Primary Care Clinical Quality and Tammy Dickey, Director for Physician Practices

Next Steps: In FY20, Northern Light Blue Hill Hospital will continue to work on expanding patient access to care by increasing the number of patients referred annually to our paramedicine programs from approximately 25 to 45 in FY20.

FY 2019 Progress Report

Systemwide priority: Healthy food access – backpack program

Objective: By September 30, 2019, increase the number of elementary school-aged children on the Blue Hill Peninsula with access to the “backpack program” (provides free food for children in need over the weekend during the school year) to at least 36 families.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Blue Hill Hospital worked with the regional coordinator of the school backpack program to support the provision of food for children in need on the weekends. The food was donated by our local food pantry and delivered to the schools. During the summer months when school was not in session, we continued to facilitate the provision of free food to families in need through participation in the “Mainers Feeding Mainers” program. In this arrangement, our primary care office in Blue Hill shared free fresh produce from a local farm with an estimated thirty families.

Partners engaged: Northern Light Blue Hill Hospital partnered with the following entities on this priority:

Blue Hill Hospital’s dietary, social work, quality and medical staff departments, Tree of Life Food Pantry, Blue Hill Consolidated School, Blue Hill school board, George Stevens Academy, Nichols Day Camp, Healthy Peninsula, Mainers Feeding Mainers program, Good Shepherd Food Bank, and King Hill Farm

Highlights: In FY19, Northern Light Blue Hill Hospital was happy to achieve our goal of increasing access to healthy food for children in our region, while strengthening relationships with community partners including schools and local farms.

Outcome Measure: In FY19, Northern Light Blue Hill Hospital increased the number of families accessing healthy food to approximately 50.

Project Leads: Barbara Haskell, Manager, Food and Nutrition Services and Kelley Columber, Director, Community Relations

Next Steps: In FY20, Northern Light Blue Hill Hospital intends to continue to screen for food insecurity, to offer emergency food boxes directly from clinics to people in need, to expand the Mainers Feeding Mainers program over the summer to Castine and Stonington, and to continue to provide free refrigerated storage for the Magic Food Bus and other local food insecurity-related programs.

Conclusion

Northern Light Blue Hill Hospital continues work on identified priorities through the Community Health Strategy and is thankful for the participation and support of our community members and many area organizations for contributing their knowledge of local community health needs related to our priorities of action. Through existing and future partnerships, collaborative efforts are essential in addressing the identified community health strategies prioritized within.

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