

Fiscal Year 2018

Progress report to our community

Addressing community health needs

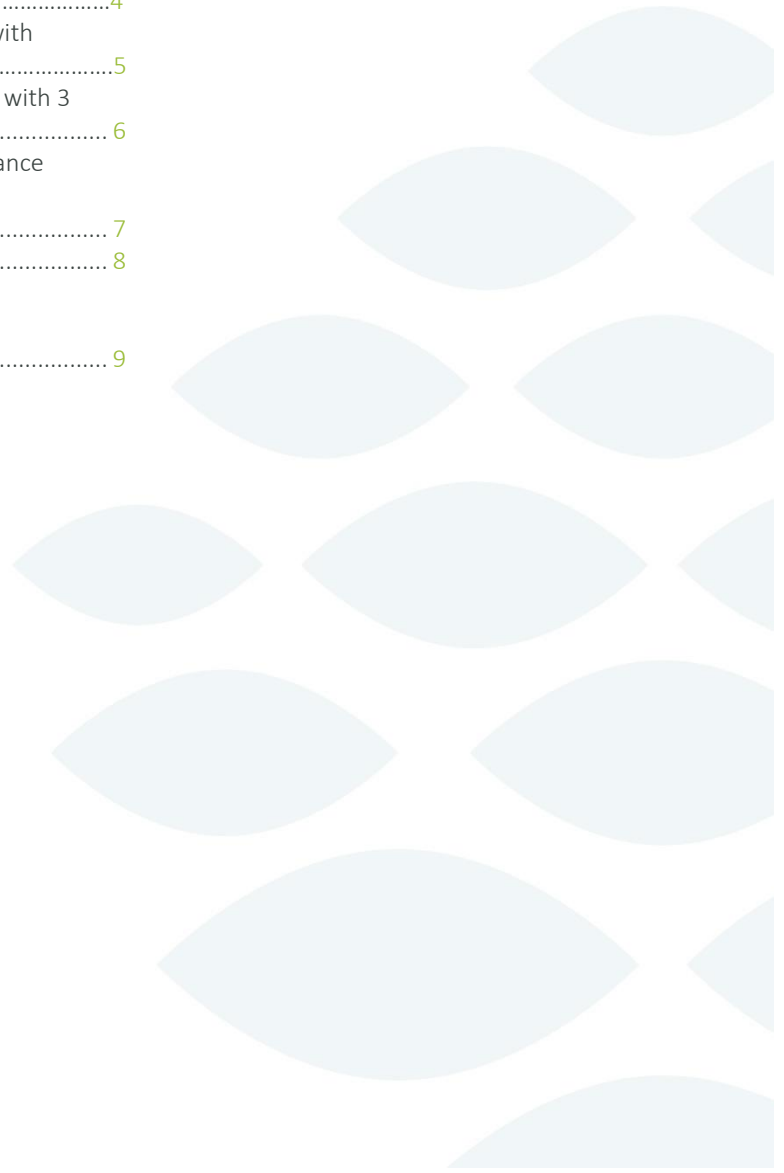


Northern LightSM

A.R. Gould Hospital

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Gregory T. LaFrancois,
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President

A.R. Gould Hospital

We are proud to announce that EMHS has become Northern Light Health! As Northern Light AR Gould Hospital, we're still the same passionate, hard-working folks our communities have come to trust for their healthcare needs. More than a name change, our new brand conveys our promise to lead Maine on a path to better health. We have come together to move healthcare in a new direction, creating a system that works for our patients, our people, and our communities.

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](#). We used that assessment and public input to develop a three-year strategy to improve the health and well-being of the communities that we serve.

The following is an update on the progress of that community health improvement plan for our fiscal year 2018. As a member organization of Northern Light Health, we at Northern Light AR Gould Hospital have our own unique set of priorities that we are addressing including:

- Decrease sedentary lifestyles in youth through family engagement
- Decrease number of adults aged 20 – 65 with cardiovascular disease risk factors
- Improve health status of adults over 65 with three or more chronic conditions
- Improve access to mental health, substance abuse services and early intervention

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.

We are striving for: better access to health services, better care for our patients, and better ways to address the health issues that affect our communities. With the strength of our system and the relationships built with our communities, we know that together we'll create a healthier Maine.

Sincerely,



Gregory LaFrancois
President, Northern Light AR Gould Hospital

Progress report update

FY 2018 Progress Report

Priority #1: Decrease prevalence of sedentary lifestyles in youth through family engagement

Objective: By September 2018, increase by 50 the number of Northern Light AR Gould pediatric patients reporting at least 60 minutes of physical activities based on their participation in the Fit and Fun Passport Challenge.

Status: In progress

Approaches taken and resources used: In fiscal year 2018 (FY18), Northern Light AR Gould hosted and enhanced many community events that helped to get kids active and families involved. Fit and Fun Challenges were held quarterly featuring activities appropriate for the corresponding season. Passport cards encouraged ongoing involvement of participants, offering prizes at different levels of engagement. By grouping activities together in a challenge, it helped us to better promote events through print materials, radio advertising and social media. Many first-time participants and several repeat participants joined all year. Several first-time events took place as well.

Partners engaged: Northern Light AR Gould Hospital partnered with the following entities on this priority:

University of Maine Presque Isle; Aroostook County Action Program; School Administrative District 1; local recreational departments from the towns of Mapleton, Mars Hill, Presque Isle, and Fort Fairfield; the Presque Isle Housing Authority; the Northern Lighthouse; the city of Presque Isle; Wintergreen Arts Center; the Aroostook State Park; the Nordic Heritage Center; Bigrock; the Presque Isle Historical Society; and many others

Highlights: In FY18, Northern Light AR Gould used the Fit and Fun Passport Challenge to engage many families in a wide variety of activities. This not only got the children active, but also got the families involved. Many new events were added while continuing with other successful events.

Outcome Measure: In FY18, Northern Light AR Gould was successful by the large number of participants that engaged in an activity. We had 12 children participate in almost all activities. They earned a variety of prizes for different accomplishments they achieved.

Project Lead: Jamie Guerrette, Northern Light AR Gould Community Health

Next Steps: In fiscal year 2019 (FY19), Northern Light AR Gould will continue to offer activities through Fit and Fun Passport Challenge with the goal of getting children active and families engaged in physical fitness.

FY 2018 Progress Report

Priority #2: Decrease number of adults ages 20-65 with cardiovascular disease risk factors – patients

Objective: Decrease to 10% the number of Northern Light AR Gould Hospital primary care patients smoking through the provision of education and available resources by September 2018.

Status: In progress

Approaches taken and resources used: In FY18, Northern Light AR Gould Hospital continues to provide educational information and resources to patients upon discharge.

Partners engaged: Northern Light AR Gould Hospital partnered with the following entities on this priority:

- Aroostook County Action Program; The Quit Link; Northern Light AR Gould Hospital's clinical informatics

Highlights: In FY18, Northern Light AR Gould Hospital sent staff to the Tobacco Conference. The information presented confirmed that Northern Light AR Gould was on track with appropriate resources and information shared with patients. Northern Light AR Gould will continue to support patients as needed.

Outcome Measure: In FY18, measurable data for this objective is under review.

Project Lead: Members of Total Health team and staff trained in community interventions; Linda Menard CME and Conference Room Coordinator; Becky Stepp, office of Clinical Information

Next Steps: In FY19, Northern Light AR Gould Hospital will continue to provide information and resources to patients in the hopes of decreasing smoking rates by 10% as reported to their primary care providers.

Priority #2: Decrease number of adults ages 20-65 with cardiovascular disease risk factors – staff

Objective: Decrease the number of Northern Light AR Gould Hospital staff smoking, using education and available resources by 4% by October, 2018.

Status: In progress

Approaches taken and resources used: In FY18, Northern Light AR Gould Hospital continued to provide staff with resources and opportunities to quit. Resources are provided to staff on the first day, as part of their new staff orientation. Staff is aware of our non-tobacco policies on campus during this time. We have had very few new employees identify as smokers. Quit line resources are available throughout campus for quick, private assistance as needed. Northern Light AR Gould continues to be a Gold Level hospital, with policies and procedures in place to ensure we meet the needs of our staff.

Partners engaged: Northern Light AR Gould Hospital partnered with the following entities on this priority:

- Aroostook County Action Program, the Quit Help Line, Northern Light AR Gould Hospital's Total Health Team

Highlights: In FY18, Northern Light AR Gould Hospital continued to provide education to new staff and current employees. New signage has also been approved for placement around all campus locations. Signage will go up in 2019.

Outcome Measure: In FY18, the outcome measure for this CHIP achieved by Northern Light AR Gould is unknown as many resources are provided privately to employees. We are aware of at least one staff member that has quit smoking and made many life style changes as a result. This was highlighted in our employee newsletter. We also have a Sleep Medicine provider who offers additional resources that patients have accessed. We continue to support the Great American Smokeout campus-wide as well.

Project Lead: Linda Menard, CME and Conference Room Coordinator.

Next Steps: In FY19, Northern Light AR Gould Hospital will continue with our mission to provide resources to employees that want to quit smoking. We will continue to provide resources to them as well beginning with their first day and continuing through a variety of opportunities. Northern Light AR Gould will continue to work with other agencies to remain current and up to date on resources. Updated signage will also be placed campus-wide in 2019.

FY 2018 Progress Report

Priority #3: Improve health status of adults over 65 with three or more chronic conditions

Objective: By September 2018, 10 patients will complete the Chronic Disease Management Education (Stanford Model) class.

Status: In progress

Approaches taken and resources used: In FY18, Northern Light AR Gould Hospital provided two trainers to teach two Living Well for Better Health classes on campus. The classes were well attended and, as a result, the classes will continue into 2019.

Partners engaged: Northern Light AR Gould Hospital partnered with the following entities on this priority:

- Aroostook Area Agency on Aging

Highlights: In FY18, Northern Light AR Gould Hospital held two classes on campus. Both were well attended and the participants stated they were beneficial. Additional informational sessions were held throughout the year at a variety of venues.

Outcome Measure: In FY18, the outcome measure for this objective achieved by Northern Light AR Gould Hospital was successful completion of the program by participants. Two classes were held with more classes being planned now. Instructors were Karen Enman and Ruth Hanson.

Project Lead: Karen Enman, MSN, RN; Ruth Hanson, RN

Next Steps: In FY19, Northern Light AR Gould Hospital will continue to provide Living Well for Better Health. There are plans underway to provide a train the trainer course in November. The instructors will also take advantage of opportunities that arise to promote the class at different venues. A variety of educational opportunities in addition to Living Well for Better Health will be provided as the opportunities arise with seniors; this is most often done at our Healthy Aging luncheons.

FY 2018 Progress Report

Priority #4: Improve access to mental health/substance abuse services and early intervention (Systemwide priority)

Objective: By September 30, 2018, increase by three the number of provider sites providing patient education materials surrounding prescription drug safety. Provide educational events for the public.

Status: In progress

Approaches taken and resources used: In FY18, Northern Light AR Gould used a multidisciplinary approach to creating this education card and utilized the resources of our print shop to facilitate the distribution. We created forums for discussion on opioid misuse as well as provided speakers for other groups planning similar events.

Partners engaged: Northern Light AR Gould Hospital partnered with the following entities on this priority:

- WAGM-TV, Aroostook County Action Program, Presque Isle Library, Maine AgriWomen, Presque Isle Police Department, AMHC

Highlights: In FY18, Northern Light AR Gould created a patient information card regarding the risk of use of opioids. This was targeted for both primary care and specialty services where short term opioids may be prescribed. We considered this a public health message and requested that the information be given to all departing patients, regardless of their medication list. We had good adoption in most sites and gave out 14,924 opioid harm patient education cards. We served as a community leader in having conversations about the issues around opioid use. This included a Healthy Aging panel discussion and speakers at our Women's Health Conference. In addition, we assisted the media in creating a pain management alternative series. Also, we assisted with distribution of a health care providers' toolkit for opioid prescribing designed by the Aroostook County Action Program.

Outcome Measure: In FY18, the outcome measure for this objective achieved by Northern Light AR Gould Hospital was that 14,924 opioid patient education cards were distributed to patients and multiple community members learned about opioid harm reduction from experts at live events and a television series. The opioid card distribution was not established until the third quarter of FY18.

Project Leads: David Weed, DO, FAASM, FCCP; medical director of Northern Light Sleep Medicine Services; medical director Population Health/Quality AR Gould Hospital; president Medical Staff AR Gould Hospital; Laura Turner, LSW, AR Gould Hospital community liaison

Next Steps: In FY19, Northern Light AR Gould Hospital has decided that we need to continue to share this important public health message regarding the use of opioids. We will continue to hardwire its use in the current settings and an interdisciplinary team is working to update and revise the current language. We are also committed to continue being a leader in the area of outreach on this important topic.

FY 2018 Progress Report

Systemwide priority: Healthy food access – screen and intervene

Objective: Increase the number of screenings for food insecurity from 58.5% (baseline of June 2017) to 80% by 9/30/2018.

Status: In progress

Approaches taken and resources used: In fiscal year 2018 (FY18), Northern Light AR Gould Hospital used the Centricity record to prompt the screening questions and document responses. In the event of a positive response, staff would provide food resource guides and an Aroostook County Action Program case management referral if the patient was willing. Regular feedback was provided to primary care practice leadership in terms of compliance by the project lead.

Partners engaged: Northern Light AR Gould Hospital partnered with the following entities on this priority:

- Aroostook County Action Program
- Good Shepard Food Bank
- United Way of Aroostook

Highlights: In FY18, Northern Light AR Gould Hospital piloted a grant funded project to provide food bags at Family Practice Internal Medicine to those patients who wanted one. The pilot lasted six months. Northern Light AR Gould Hospital also partnered with the United Way of Aroostook to organize the Summer Gap feeding program that helped feed children who did not get USDA lunches during the gap created by harvest break in SAD 1. 26,682 patients were screened for food insecurity in FY18

Outcome Measure: In FY18, the outcome measure for this objective achieved by Northern Light AR Gould Hospital was 64% of patients seen in primary care were screened for food insecurity. Our goal of 80% was achieved in quarter 3.

Project Lead: Laura Turner, community liaison

Next Steps: In fiscal year 2019, Northern Light AR Gould Hospital Hopes to continue this screening process and have it implemented with the new electronic record (Cerner) and will continue to post the resource and maintain the relationship with Aroostook County Action Program. With the end of harvest recess in the school district, the Summer Gap program has been sunsetted.

Conclusion

Northern Light AR Gould 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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