

Fiscal Year 2018

# Progress report to our community

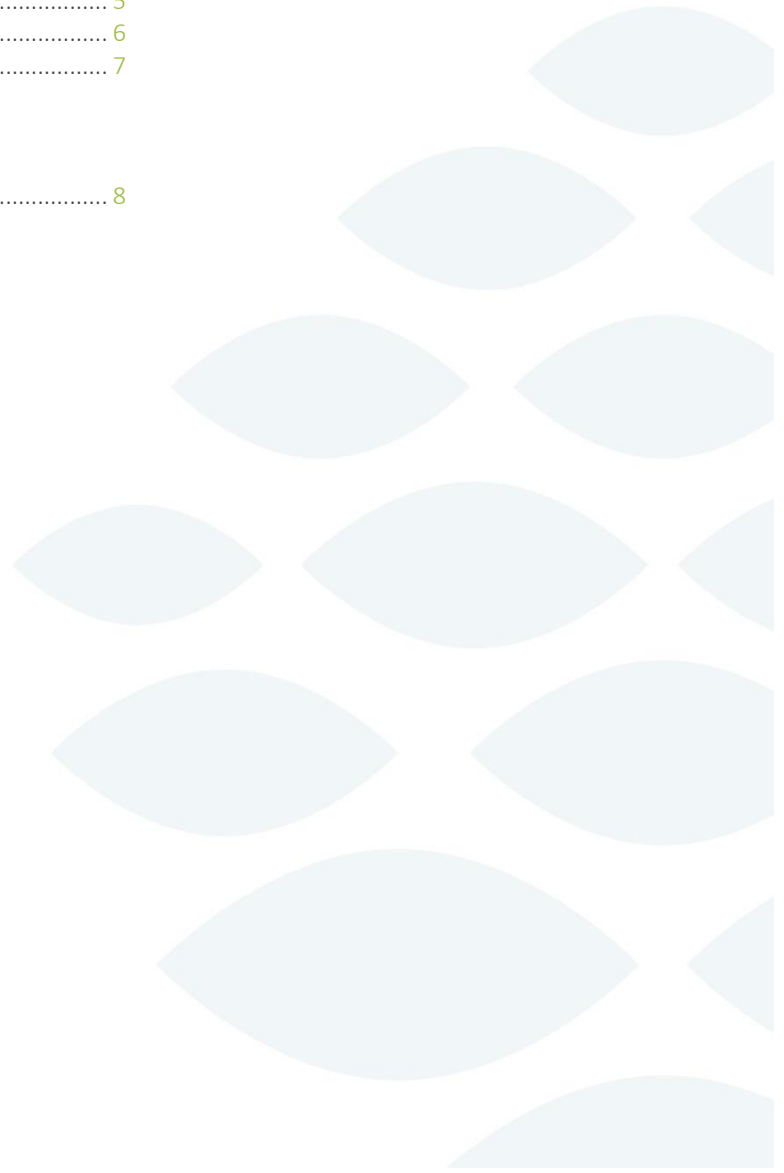
Addressing community health needs



**Northern Light**<sup>SM</sup>  
Blue Hill Hospital

# Table of Contents

Progress Report to Our Community	
Introduction.....	3
Progress Report Update	
Priority #1: Obesity (physical activity and nutrition) .....	4
Priority #2: Drug and Alcohol Abuse .....	5
Priority #3: Transportation .....	6
Systemwide Priority: Healthy Food Access .....	7
Conclusion .....	8





John Ronan, MBA, FACHE  
President

**Northern Light**  
**Blue Hill Hospital**

We are proud to announce that EMHS has become Northern Light Health! As Northern Light Blue Hill 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 Blue Hill Hospital have our own unique set of priorities that we are addressing:

- 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.

We are striving for better: 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,



John Ronan, FACHE  
President, Northern Light Blue Hill Hospital

# Progress report update

## FY 2018 Progress Report

### Priority #1: Obesity (physical activity/nutrition)

**Objective:** By September 30, 2018, Northern Light Blue Hill Hospital will sponsor or collaborate with community organizations to cosponsor six or more obesity-related events in the Blue Hill Peninsula community.

**Status:** Completed

**Approaches taken and resources used:** In fiscal year 2018 (FY18), Northern Light Blue Hill Hospital sponsored and participated in a wide variety of obesity related community programs and events. These events included Northern Light Blue Hill Hospital registered nurses partnering with our local Land Trust in an after school kids' club, Northern Light Primary Care, Stonington hosting a "Men's Health" event targeting self-employed lobstermen in the Deer Isle & Stonington community, co-hosting a free healthy meal ("Simmering Pot" program) on an ongoing, monthly basis, providing refrigerated food storage for food distribution to community members in need, co-hosting a race series with the YMCA, and bringing the expertise of our registered dietician and physical therapists to a lunchtime event in a local housing development targeting low-income seniors.

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

Healthy Peninsula; Healthy Acadia; Blue Hill Consolidated School; The Bay School; Blue Hill Heritage Trust (land conservation group); Northern Light Primary Care, Stonington; Island Health and Wellness Foundation; Northern Light Blue Hill Hospital nursing, nutrition, physical therapy, quality, and cardiology departments, WOW Pediatric Obesity program; Northern Light Health department of Community Health, Northern; Northern Light Blue Hill Hospital Wellness Committee; community health providers across multiple types of practices (participated in women's health fair), YMCA.

**Highlights:** In FY18, Northern Light Blue Hill Hospital engaged a number of community partners to sponsor and co-sponsor a wide variety of community programs and events aimed at helping neighbors of all ages follow an active, healthy lifestyle.

**Outcome Measure:** In FY18, the outcome measure for this CHIP was achieved by Northern Light Blue Hill Hospital to sponsor or collaborate with community organizations to cosponsor six or more obesity-related events in the Blue Hill Peninsula community.

**Project Lead:** Zoe Tenney, FNP, Primary Care clinical quality director; Kelley Columber, director, Communications

**Next Steps:** In fiscal year 2019 (FY19), Northern Light Blue Hill Hospital will continue this important work and increase the number and variety of events we sponsor and participate in.

## FY 2018 Progress Report

### Priority #2: Drug and alcohol abuse

**Objective:** 100% of Northern Light Blue Hill Hospital-employed prescribers will have received their three hours of continuing medical education, or CME (opioid prescribing) by 12/31/2017.

**Status:** Completed

**Approaches taken and resources used:** In FY18, Northern Light Blue Hill Hospital Director of Primary Care Clinical Quality and Director of Physician Practices worked with all employed ambulatory prescribers and managers (in family medicine, orthopedics, surgery and women's health) to ensure that they had participated in three or more hours of opioid-related CME in accordance with Maine State Law.

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

- Northern Light Beacon Health
- Maine Quality Counts
- Maine Medical Association
- Northern Light Health's community health and advocacy experts

**Highlights:** As healthcare providers, we have a responsibility to our patients and the community to provide safe, evidence-based, comprehensive and compassionate care to people using controlled substances, including opioids. An important element of providing this care involves staying up to date with current best practices. To that end, the medical staff at Northern Light Blue Hill Hospital diligently participated in opioid-related continuing medical education during 2017 and updated our policies, procedures, and workflows related to controlled substance management.

**Outcome Measure:** In FY18, 12 employed prescribers (representing all who were applicable) participated in three or more hours of continuing medical education related to opioid prescribing.

**Project Lead:** Zoe Tenney, FNP, director, Primary Care clinical quality; Mike Murnik, MD, senior physician executive; Tammy Dickey, director Physician Practices

**Next Steps:** In FY19, and on an ongoing base into the future, Northern Light Blue Hill Hospital will continue to make medical providers aware of opportunities for ongoing opioid-related CME and of relevant updates in Maine law and health system policy.

## FY 2018 Progress Report

### Priority #3: Transportation

**Objective:** By September 30, 2018, we will increase the number of Northern Light Blue Hill Hospital care sites offering local transportation resources to patients from zero to nine.

**Status:** Completed

**Approaches taken and resources used:** In FY18, Northern Light Blue Hill Hospital finalized the updated transportation resource guide, distributed 650 copies to the four family practice clinics, as well as 14 additional departments of the hospital, 10 town offices, and two community health organizations. Later in the year, we followed up with department managers and nurses regarding the use of the form and positive feedback was received.

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

- Northern Light Blue Hill Hospital’s community relations department
- Patient Advisory Council
- Managers of ambulatory, emergency department, and in-patient departments
- Local community health organizations
- Local municipal offices

**Highlights:** Northern Light Blue Hill Hospital was pleased with the enthusiastic response to the form by managers, patients, and frontline staff. Feedback from managers and nurses included “Patients love it and I think it’s great too!”, “This is wonderful!”, and “....this is a big piece of needed resources!”

**Outcome Measure:** In FY18, the outcome measure for this CHIP achieved by Northern Light Blue Hill Hospital was to reach nine healthcare sites within Northern Light Blue Hill Hospital. We ultimately reached 29 locations; including town offices and community health organizations.

**Project Lead:** Zoe Tenney, FNP, director, Primary Care clinical quality; Kelley Columber, director, Communications

**Next Steps:** In FY19, Northern Light Blue Hill Hospital will continue to address patient’s transportation challenges, specifically by improving our support of and referrals to local paramedicine services that offer home-based, non-urgent EMS visits.

## FY 2018 Progress Report

### Systemwide priority: Healthy food access – healthy hospital food

**Objective:** Northern Light Blue Hill Hospital will reformulate three recipes to improve the nutritional content of food options offered at foodservice venues (cafeteria, vending, catering), U.S. DHHS and CDC’s Health and Sustainability Guidelines for Federal Concessions and Vending Operations Guidelines by September 30, 2018.

**Status:** Completed

**Approaches taken and resources used:** In FY18, Northern Light Blue Hill Hospital used the recently purchased software Computrition in collaboration with Northern Light’s community health staff and Healthcare Without Harm’s program- “Less Meat, Better Meat”

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

- Healthcare Without Harm
- Northern Light community health staff

**Highlights:** In FY18, Northern Light Blue Hill Hospital was able to reformulate three recipes to reduce the amount of animal protein while increasing vegetables and plant based proteins.

**Outcome Measure:** In FY18, the outcome measure for this objective was achieved by Northern Light Blue Hill Hospital who reformulated three recipes offered in its cafeteria which averaged 101 meals per day. Beef was the focus of two recipes and a reduction of chicken in the third recipe. Not only was saturated fat, cholesterol and sodium reduced, the cost reduction created by limiting animal-based protein allowed for an increase in quality and sustainability. For example, grass-fed beef purchased in Maine replaced conventional ground beef and organic beans replaced conventional beans.

**Project Lead:** Barb Haskell, CDM, CFPP- executive chef

**Next Steps:** In FY19, Northern Light Blue Hill Hospital will continue to work on food access through supporting “backpack programs,” which provide free food for children in need over the weekend during the school year, by working with schools, community health organizations, and families on the Blue Hill Peninsula.

## 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.



**Northern Light  
Blue Hill Hospital**  
57 Water Street  
Blue Hill, ME 04614

[northernlighthealth.org](http://northernlighthealth.org)