

2018 CHNA End of Assessment Summary

Priority 1: Mental Health (Diagnosis, Placement, Aftercare & Public Education)

- Nemaha Valley Community Hospital regularly provides mental health education to the staff of NVCH and the public. Various outlets are used when providing mental health education and those include in-person presentations, social media posts, print media and radio advertising.
- Additional investment in education for NVCH staff include:
 - Providing Mental Health First Aid classes for staff
 - Regularly updating mental health screening and placement procedures, resources and contacts in the emergency room and other necessary areas of the hospital
- Three major mental/behavioral health priorities that NVCH have accomplished are:
 - The addition of an in-house Mental Health Therapy service in our rural health clinic, Seneca Family Practice
 - Investing in the opportunity for one of our family physicians to enroll in the UC Irvine/UC Davis Train New Trainers Primary Care Psychiatry Fellowship
 - Offering Psychiatry services via tele-health in our Outpatient Clinic
- Two public educational events that NVCH sponsored included:
 - Nationally known suicide prevention speaker, Kevin Hines who spoke with the community about suicide prevention.
 - Northeast Kansas Women of Ag event where the primary focus of the event was on mental health awareness
- Other accomplishments for the mental health priority include:
 - Distributing gun locks from the local sheriff's office to hand out to community members
 - Conducted a public interview on the mental health services NVCH offers
 - Promoted Suicide Prevention month to community and staff members
 - Partnered with United 4 Youth and has a staff member serving on its board

Priority 2: Alcohol Abuse (focus on underage/driving)

- This health need is not part of the hospital Mission of Critical Operations. We will partner with other organizations as appropriate.
 - The hospital has partnered with United 4 Youth and has a hospital employee serving on its board. This organization's primary focus is underage drinking.
 - NVCH also provided financial support for United 4 Youth as well to assist with education for the schools.
 - Provided educational information on underage drinking to the staff of NVCH and the public. The educational information included table tents throughout the hospital and clinic and information in the monthly newsletter that gets distributed to 2,300 community members throughout Nemaha County.
 - Partnered with Mirror's Inc for drug and alcohol abuse counseling.

Priority 3: Cancer Care

- Nemaha Valley Community Hospital has made great strides in Cancer Care collaboration, education and community outreach in our community and surrounding communities.

- Four collaborations and community outreach that NVCH has maintained include:
 - Offering Dermatology services in our Outpatient clinic through Kansas Medical Clinic.
 - Clinic is held at NVCH multiple times a month
 - On-site skin cancer checks offered to Industrial Wellness businesses.
 - Certifying two staff members as Freedom From Smoking program instructors with the American Lung Association.
 - This program is for tobacco users who are ready to quit. Because most people already know that smoking is bad for their health, the program focuses almost exclusively on how to quit, not why to quit.
 - Freedom From Smoking classes are currently offered to community members and employees at Industrial Wellness businesses.
 - The Race Against Breast Cancer (RABC) whose primary focus is to pay for a full range of screening/diagnostic mammography services to those who live and work in Northeast Kansas counties.
 - The proceeds of our Annual Bunco for Breast Cancer event are donated to the RABC
 - Physician education on RABC services is done regularly so they can talk to patients about getting a mammogram
 - Midwest Cancer Alliance – Several staff completed the iSURVIVE Cancer Survivorship educational training session. The training session focused primarily on helping ease the transition for the patient, cancer survivorship care planning and how our primary care physicians can provide the best care for cancer survivors.
- NVCH staff does regular Cancer Care education through in-person presentations, social media posts, print media and radio advertising. Educational pieces include:
 - Posted “What to expect when getting your mammogram” educational video on social media for community members to view.
 - Education regarding preventative health care visits and early detection were available at our annual health fair.
 - Annual donation of sunscreen is made to the local swimming pool and golf course for community use.
 - PSA regarding sunscreen usage and skin cancer risk are posted on social media, print media and radio ads throughout the summer months.
 - Additional Cancer Care educational information is posted regularly on social & print media and radio advertising.
- Other accomplishments for the Cancer Care priority include:
 - A Cancer Resource notebook. This notebook is designed to be a central set of comprehensive information and educational materials available for individuals who have recently been given a cancer diagnosis.
 - Discussion is being held regarding offering a local chemotherapy option for our community and surrounding communities

Priority 4: Obesity (Healthy Foods/Exercise)

- NVCH sponsors many activities within the area that promote nutrition, physical fitness, outdoor activities, and exercise for the entire family. Some of those activities include:
 - Annual Health Fair
 - Regular In-house Diabetes Education/Classes and Support Group
 - Community wide Annual Lunch and Learn at the beginning of each year that promote healthy eating habits.

- Business presentations that promote healthy habits while at work
- Community Day at the Park. This event is community sponsored, open to the public and filled with outdoor activities.
- Regular support of area school sports, golf tournaments and summer food programs
- The hospital promotes, encourages, and provides education on healthy habits through social media, print media and radio ads on a monthly basis.
- NVCH maintains communication with current and potential Industrial Wellness businesses by offering:
 - Workplace health survey
 - Annual onsite biometric screenings
 - Freedom From Smoking classes
 - CPR/First Aid training
 - Skin cancer screenings
 - Lunch and Learn session
 - COVID-19 education
 - On-site education regarding stress reduction in the workplace

Priority 5: Health Education (Public)

- The hospital regularly provides health and wellness education to the public through in-person presentations, social media, print media and radio ads including:
 - A series of social media live videos that promoted physical exercise, deep breathing, proper stretching for lower back pain, body mechanics with gardening/landscaping and other outdoor activities and other beneficial health related topics.
 - Quarterly Lunch and Learn educational session devoted to educating and promoting NVCH departments and the services they offer.
 - CPR/First Aid taught to area high school students
 - Human growth and development class taught to area high school students
 - Health education articles/ads in monthly newsletter that is distributed to 2,300 community members throughout Nemaha County
 - Diabetic support group offered monthly at NVCH
 - Grief support group offered monthly at NVCH
 - Attended Career Fair at area high school
 - Slide show that plays in multiply waiting rooms which highlights the Hospital's services and informs viewers about health-related issues
- NVCH has a car seat technician which regularly educates the public on proper car seat usage. The same technician does multiple car seat safety checks through the year.

Priority 6: Substance Abuse (Meth, Marijuana, Opioids, etc.)

- This health need is not a part of the hospital Critical Mission of Critical Operation. Will partner with other organizations as appropriate
 - The hospital has partnered with United 4 Youth and has a hospital employee serving on its board. A secondary focus of this organization is reducing drug abuse.
 - NVCH also provided financial support for United 4 Youth as well to assist with education in the schools.
- At the annual Health Fair staff promote discarding old prescriptions at local police department.
 - Promoted Nemaha County Sheriff's departments efforts to collect discarded prescriptions.

Priority #7: Child Care

- This health need is not part of hospital Mission of Critical Operations. Will partner with organizations as appropriate.
- Sponsors and provides education for the area babysitting clinic
- Provides CPR to area high school students
- Provides education on infection prevention and child immunizations through in-person presentations, social media, print media and radio ads.
- Provided special clinics to promote vaccinations for childcare providers.