

2021-2023 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:
 - Zero Suicide Academy for multiple NVCH staff.
 - Partnership with the Health Innovation Network of Kansas (HINK) Behavioral Task Force. Fiduciary and lead organization for HINK's SPIN (Suicide Prevention Improvement Network).
 - Regularly updating mental health screening and placement procedures, resources and contacts in the emergency room and other necessary areas of the hospital.
- Two major mental/behavioral health priorities that NVCH have accomplished are:
 - The addition of Behavioral Health Services in our rural health clinic, Seneca Family Practice. Services include tele-health Psychotherapy, Medication Assessment and Medication Management.
 - Implemented drug, alcohol, depression screenings with ER, OB and Wellness visits. This focuses on Mental Health.
- Two public educational events that NVCH sponsored/promoted included:
 - Partnered with area hospitals to promote the STAY; Suicide Awareness Campaign. Funds raised during this campaign were donated to Damon's Purpose, a local group who advocates for suicide awareness/prevention and encourages/promotes openness about mental health and mental wellness.
 - Northeast Kansas Women of Ag event where a portion of the focus was on mental health awareness.
- Other accomplishments for the mental health priority include:
 - Promoted Suicide Prevention month to community and staff members.
 - Partnered with United 4 Youth and has a staff member serving on its board.
 - Several organizations who participated in our Annual Health Fair provided Mental Health education/resources.
 - Onboarded a Community Health Worker to help connect, advocate, educate and coach individuals as they navigate all aspects of the health system.
 - Partnering with Health Innovation Network of Kansas (HINK) on a 4 year \$1.2M grant from the Health and Human Services Administration (HRSA) to support the development of a suicide prevention improvement network across a 12-county area in primarily in northeast Kansas.

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 to assist with education for the schools.

- Several organizations who participated in our Annual Health Fair provided education/resources regarding Alcohol Abuse.
- Additional investment in education for NVCH staff include:
 - NVCH Social Services Director is SBIRT (screening, brief intervention & referral for treatment) Certified.
 - NVCH Social Services Director completed the experts series: Improving Outcomes for Families Affected by Prenatal Alcohol Exposure.
 - Onboarded a Community Health Worker to help connect, advocate, educate and coach individuals as they navigate all aspects of the health system.

Priority 3: Drug – Substance Abuse

- Nemaha Valley Community Hospital has initiated education and community outreach regarding substance abuse in our community and surrounding communities.
- Onboarded a Community Health Worker to help connect, advocate, educate and coach individuals as they navigate all aspects of the health system.
- Five collaborations and community outreach that NVCH has maintained include:
 - Participated in the NCHS Health Fair and provided education on prescription drug abuse and vaping and other inhaled substances.
 - Participated in the Mountain Plains Addiction Technology Transfer Center Network (MPATTC) Cannabis Series:
 - Cannabis and Physical and Mental Health – What do we/think we know
 - The Green Adolescent Brain
 - Older Adult
 - Cannabis & Maternal
 - Provided the community Freedom from Smoking classes.
- Several organizations who participated in our Annual Health Fair provided education/resources regarding Drug and Substance Abuse.
 - Promoted Nemaha County Sheriff's department's efforts to collect discarded prescriptions.

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:
 - Several organizations who participated in our Annual Health Fair provided education/resources regarding Obesity (Healthy Foods/Exercise)
 - Regular In-house and online Diabetes Education & Prevention Classes and Support Group
 - Presentations to area businesses and school topics included:
 - Making lab improvements through diet changes
 - Healthy eating habits
 - Deficiencies of vitamins and minerals found in teens
 - Energy drink education and risks
 - Regular support of area school sports, golf tournaments and summer food programs
- NVCH participated in the KHA Virtual Career Fair. This included a feature video of our full-service Lab Department. We also participated in KHA's Happy in Health Care Campaign.

- The hospital promotes, encourages, and provides education on healthy habits through social media, print media and radio ads monthly.
- NVCH maintains communication with current and potential Industrial Wellness businesses by offering:
 - Workplace health surveys
 - Annual onsite biometric screenings
 - Freedom From Smoking classes
 - Stop the Bleed/CPR/First Aid training
 - Skin cancer screenings
 - Lunch and Learn sessions
 - On-site education of various topics

Priority 5: Exercise – Health and Fitness

- The hospital regularly provides health and wellness education to the public through in-person presentations, social media, print media and radio ads.
- Public educational events that NVCH sponsored/promoted include:
 - Semiannual Fall Prevention Classes
 - Annual Learn to Ride Bicycle Camp
 - Hosted Race to Remember 5K
 - Staff participated in Walk Kansas
 - Provided annual Sports Physicals to area school/students
 - 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
 - Attended Career Fair at area high school and Highland Community College
 - 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 set technician who regularly educates the public on proper car seat usage. The same technician does multiple car seat safety checks throughout the year.
- NVCH maintains communication with current and potential Industrial Wellness businesses by offering:
 - Workplace health survey
 - Annual onsite biometric screenings
 - Freedom From Smoking classes
 - Stop the Bleed/CPR/First Aid training
 - Skin cancer screenings
 - Lunch and Learn sessions
 - On-site education of various topics
- Several organizations who participated in our Annual Health Fair provided education/resources regarding Exercise – Health & Fitness
- NVCH participated in the KHA Virtual Career Fair. This included a feature video of our full-service Lab Department.

Priority #6: Childcare

- This health need is not part of hospital Mission of Critical Operations. Will partner with organizations as appropriate.
- NVCH has a car seat technician who regularly educates the public on proper car seat usage. The same technician does multiple car seat safety checks throughout the year.
- 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.
- Several organizations who participated in our Annual Health Fair provided education/resources regarding Childcare – Health & Wellness.

Priority 7: 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 in house services in our Outpatient clinic.
 - Clinic is held at NVCH weekly.
 - Feature video for Dermatology. This video airs on SCTV during sporting events. It can also be found on our website and on social media.
 - On-site skin cancer checks offered to Industrial Wellness businesses.
 - Certifying one staff member as Freedom from Smoking program instructor 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.
 - 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/events, social media posts, print media and radio advertising. Educational pieces include:
 - Education regarding preventative health care visits and early detection were available at our annual health fair.
 - Breast Cancer Risk Assessment tool (Gail Model Assessment) is available on our website.

- 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.
- Late Night Mammo Event held every October.
- Bingo for Lung Cancer event held every November.
- Other accomplishments for the Cancer Care priority include:
 - Offer a Low Dose CT Lung Cancer screening in our Radiology department.
 - Maintain 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.
 - Plan for Oncology services in our newly remodeled facility.