



## **2015 COMMUNITY SERVICE PLAN UPDATE**

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Saint Joseph's Medical Center will continue coordinating and focusing its resources on the management of the chronic diseases of diabetes and hypertension which have a high prevalence and impact on the community we serve. We will continue and expand our collaboration with community partners to further develop and implement more effective strategies to address and promote the health of our local population and the greater Yonkers community. Our goal will be to continue increasing access to high quality preventive care and better management of these chronic diseases in both clinical and community settings.

In 2014, the Medical Center's prevention agenda activities reached over 1000 people in the Yonkers community. Through a review of the results of our various initiatives, we have focused our efforts on introducing creative methods to improve participation and compliance with the prevention agenda. Recognizing the challenges of having people maintain healthy lifestyles and adhere to their medical management plan, the Medical Center is committed to improving the health of its culturally diverse population.

### **Goals 2015**

#### **Goal I**

Improve the clinical outcomes of the Hospital's Family Health Center's (FHC) adult patients with diabetes and/or hypertension through the following initiatives:

- A. Improve compliance with scheduled visits through a new personal notification system and follow-up by FHC staff.
- B. Reduce hospital admissions due to complications related to hypertension/diabetes through improved culturally relevant chronic disease self-management education. Periodically provide each patient with evidenced based educational materials (e.g. American Diabetes Association, American Heart Association, etc.) and an in-services provided by a staff member (e.g. Physician, Registered Nurse, etc.).
- C. Maintain standard protocols for patient visits to include but not limited to:
  - Blood pressure taken and shared with patient
  - Patient/provider medication review
  - Weight/dietary intake and assessment
  - Exercise assessment
  - Periodic foot exams
- D. Track a sample of patients on the following measures:
  - Reduction of their HgbA1C3 Levels
  - Reduction of their Blood Pressure

- Patient self-reporting on better management/compliance with their medical management plan
  - Admissions related to diabetes/hypertension
- E. Make referrals to appropriate clinicians (e.g. Cardiologists, Ophthalmologists, Podiatrists, Registered Dietitians, etc.) within a set schedule as defined by treating provider for patients with elevated blood sugar/HgbA1C3, elevated blood pressures or other complications.

## **Goal II**

Improve the health and wellness of Saint Joseph's Medical Center employees (approximately 650 live in the city of Yonkers) through prevention and better self-management of the chronic diseases of diabetes and hypertension. Utilizing evidenced based educational materials the program will provide staff instruction and education on the importance of annual physicals, routine screenings, weight management, exercise, and diet.

The wellness program for 2015 will include the following initiatives:

- A. Provide educational programs on diabetes, hypertension and other chronic diseases that impact our employee population. Physicians and other clinicians (e.g. Dietitians, Certified Registered Nurses, etc.) will provide various in-services for staff through a number of venues, including "Lunch and Learn" sessions and evening seminars. These educational programs will also be made available to our local community and their content will be posted on the Medical Center's website.
- B. Implementation of a "Know Your Numbers" program. The program will provide employees with a comprehensive process that includes routine screenings for various chronic diseases, education on the results of the screenings, and appropriate clinical referrals for staff whose results exceed established clinical ranges (i.e. Blood Pressure above the 140/90 range).
- C. Establish weight loss and exercise challenge programs. Working with various community partners, the Medical Center will develop walking/exercise clubs, weight loss challenges, healthy eating programs, and other employee wellness initiatives to assist in preventing or better managing chronic diseases. To incentivize staff and increase participation, employees will be offered discounted/free healthy lunch options, gift cards for healthy food items at local shops and be eligible for prizes for both participation in the programs and reaching established goals.

Saint Joseph's Medical Center will continue to expand its outreach in the City of Yonkers to optimize the results of its prevention agenda. The Medical Center will continue to utilize its website to disseminate information on its Community Service Plan and activities related to improving the health and wellness of the residents of Yonkers. In addition, we will continue promoting our activities through local media and actively work with our partners to optimize communication to our community about our prevention agenda.