BON SECOURS DEPAUL MEDICAL CENTER FY2020 – FY2022 IMPLEMENTATION STRATEGY September – December 2019

The Mission of Bon Secours Mercy Health, Inc. is to bring compassion to health care and to commit ourselves to help bring people and communities to health and wholeness as part of the healing ministry of Jesus Christ and the Catholic Church. Our mission leads us to create collaborative partnerships to address the health care needs of the underserved residents of Norfolk and Virginia Beach, Virginia. Through these partnerships, Bon Secours DePaul Medical Center is able to positively impact the health of the community in its service area.

The Community Health Needs Assessment (CHNA) examines qualitative input provided by community members coupled with quantitative data on health conditions in the area. Together the information forms a snapshot of important areas of health concern. A survey to gather information from the community was conducted in November and December 2018. Five (5) community focus groups were held January through April 2019. A collaborative team from Bon Secours DePaul Medical Center, Children's Hospital of The King's Daughters, Sentara Healthcare, and the Virginia Department of Health – Norfolk and Virginia Beach (Collaborative) worked together on the 2020 – 2022 CHNA.

DePaul Medical Center's senior leadership team met to review primary and secondary data gathered through the CHNA process (community meetings, community and key stakeholder surveys, and meetings with regional health systems and health departments). Recognizing the importance of each of the health concerns identified, the team evaluated them, the hospital's strategic goals, services currently provided, and the current CHNA Implementation Plan's progress. Based on these criteria, the team narrowed their focus to the top five health concerns selected by both the community and key stakeholders. The team then determined the areas in which they could have the greatest impact.

Using the results from the Community Health Needs Assessment (CHNA) survey, community focus groups, and analysis of secondary data, Bon Secours DePaul Medical Center developed the implementation strategy while also taking into account:

- Fit with the Bon Secours Health System Mission and Strategic Quality Plan
- High morbidity/mortality/negative outcome caused by need
- Service/Support for need is available within Bon Secours
- Service/Support for need is available in the region, outside of Bon Secours
- Strong partners are available to address this need
- Need is present in more than one region in Hampton Roads

The detailed process, participants and results are available in Bon Secours DePaul Medical Center's Community Health Needs Assessment Report which is available at Bon Secours' website: www.bonsecours.com.

The table below indicates the most significant health needs in our service area identified through the CHNA process.

Prioritized significant community health need	Addressed by DePaul Medical Center
Alcohol and Substance Abuse	Yes
Heart Conditions/Diabetes	Yes
Chronic Health in Aging Adults	Yes
Overweight/Obesity	Yes
Behavioral/Mental Health	No

The hospital completed its prior CHNA for tax year ending August 31, 2019, and its implementation strategy will be approved by the Board and in place by January 15, 2020. In order to align all hospital year-ends within the Bon Secours Mercy Health, Inc. system, a short period CHNA for tax year September 1, 2019 to December 31, 2019 is being prepared. The identified significant and prioritized health needs remain consistent from the prior CHNA. The hospital has not taken any actions towards the CHNA completed as of August 31, 2019 as its implementation strategy is still in development and not yet approved by the Board.

The following implementation strategy includes the health needs that will be addressed by DePaul.

PRIORITY: Alcohol and Substance Abuse

GOAL: Reduce risk of opioid dependency and addiction in community.

BACKGROUND ON STRATEGY

Opioid addiction is a long-lasting (chronic) disease that can cause major health, social, and economic problems. Opioids are a class of drugs that act in the nervous system to produce feelings of pleasure and pain relief.

Opioid addiction is characterized by a powerful, compulsive urge to use opioid drugs, even when they are no longer required medically. Opioids have a high potential for causing addiction in some people, even when the medications are prescribed appropriately and taken as directed. Many prescription opioids are misused or diverted to others. Individuals who become addicted may prioritize getting and using these drugs over other activities in their lives, often negatively impacting their professional and personal relationships. It is unknown why some people are more likely to become addicted than others.

Opioids change the chemistry of the brain and lead to drug tolerance, which means that over time the dose needs to be increased to achieve the same effect. Taking opioids over a long period of time produces dependence, such that when people stop taking the drug, they have physical and psychological symptoms of withdrawal (such as muscle cramping, diarrhea, and anxiety). Dependence is not the same thing as addiction; although everyone who takes opioids for an extended period will become dependent, only a small percentage also experience the compulsive, continuing need for the drug that characterizes addiction.

Opioid addiction can cause life-threatening health problems, including the risk of overdose. Overdose occurs when high doses of opioids cause breathing to slow or stop, leading to unconsciousness and death if the overdose is not treated immediately. Both legal and illegal opioids carry a risk of overdose if a person takes too much of the drug, or if opioids are combined with other drugs (particularly tranquilizers called benzodiazepines).

-adapted from https://ghr.nlm.nih.gov/condition/opioid-addiction

OBJECTIVE #1: Monitor opiate prescribing patterns within DePaul Medical Center.

ACTION PLAN

Activity	Target Date	Anticipated Impact or Result
Establish baseline opiate prescribing frequencies for emergency department, inpatient, and outpatient	December 2020	Understand scope of opiate use within facility in order to effectively work towards reducing incidences of substance abuse.
Reduce the prescribing of opiates by 5% from established baseline in emergency department, inpatient, and outpatient	December 2021	Improve safe prescription practices throughout facility.
Reduce the prescribing of opiates by 10% from established baseline in emergency department, inpatient, and outpatient	December 2022	Improve safe prescription practices throughout facility.
Resources Committed: • Staffing		Intended Partnerships:

OBJECTIVE #2: Increase awareness of opioid and substance abuse risks through school and community partnerships.

Activity	Target Date	Anticipated Impact or Result
Partner with clinical staff and community partners to provide opioid and other resiliency training within middle and high schools within the market. Goal of 1 school interaction for the year. This may include children in ages other than listed in KPI.	December 2020	 Reduce substance abuse-related injuries and deaths in youth. Increase awareness of harm from substance abuse and other negative health behaviors.
Partner with clinical staff and community partners to provide opioid and other resiliency training within middle and high schools within the market. Goal of 3 school interactions for the year.	December 2021	 Reduce substance abuse-related injuries and deaths in youth. Increase awareness of harm from substance abuse and other negative health behaviors.

ACTION PLAN		
Activity	Target Date	Anticipated Impact or Result
 Partner with clinical staff and community partners to provide opioid and other resiliency training within middle and high schools within the market. Goal of 5 school interactions for the year. 	December 2022	 Reduce substance abuse-related injuries and deaths in youth. Increase awareness of harm from substance abuse and other negative health behaviors.
Resources Committed:		 Intended Partnerships: Local Middle and High Schools Norfolk Community Services Board Norfolk Sheriff's Department

PRIORITY: Heart Conditions/Diabetes

GOAL: Improve access to healthcare opportunity to treat and manage cardiovascular disease.

BACKGROUND ON STRATEGY

Cardiovascular diseases are a group of disorders of the heart and blood vessels which include: coronary heart disease, cerebrovascular disease, peripheral arterial disease, rheumatic heart disease, congenital heart disease, and deep vein thrombosis and pulmonary embolism. Cardiovascular diseases includes numerous problems, many of which are related to a process called atherosclerosis.

Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can block the blood flow. This can cause a heart attack or stroke.

Heart disease remains the leading cause of death in the U.S. and stroke continues to rank fifth, according to the National Center for Health Statistics Mortality Data Report for 2017. Research shows people living with diabetes are at least two times more likely to develop and die from cardiovascular disease.

The most important behavioral risk factors of heart disease and stroke are unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol. The effects of behavioral risk factors may show up in individuals as raised blood pressure, raised blood glucose, raised blood lipids, and overweight and obesity. These "intermediate risks factors" can be measured in primary care facilities and indicate an increased risk of developing a heart attack, stroke, heart failure and other complications.

Cessation of tobacco use, reduction of salt in the diet, consuming fruits and vegetables, regular physical activity and avoiding harmful use of alcohol have been shown to reduce the risk of cardiovascular disease. In addition, drug treatment of diabetes, hypertension and high blood lipids may be necessary to reduce cardiovascular risk and prevent heart attacks and strokes. Health policies that create conducive environments for making healthy choices affordable and available are essential for motivating people to adopt and sustain healthy behavior.

There are also a number of underlying determinants of CVDs or "the causes of the causes". These are a reflection of the major forces driving social, economic and cultural change – globalization, urbanization and population aging. Other determinants of CVDs include poverty, stress and hereditary factors.

-adapted from https://www.heart.org/news/addressing-heart-disease-brain-health-and-diabetes-is-critical-to-reducing-deaths-in-the-u-s, https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease, https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)

OBJECTIVE #1: Improve readmission conversion rates for STEMI and CHF patients.

ACTION PLAN

Activity	Target Date	Anticipated Impact or Result
Establish baseline for readmissions	December 2020	Reduce hospitalizations among STEMI and CHF
among STEMI and CHF patients		patients
Establish current conversion rates		
for cardiology practices and cardiac		
rehab.		
Develop strategic interventions		
through MMC Readmissions		
Committee		
Reduce STEMI and CHF	December 2021	Reduce hospitalizations among STEMI and CHF
readmission from baseline by		patients
improving conversion rates.		
Continue readmission reduction	December 2022	Reduce hospitalizations among STEMI and CHF
efforts by improving conversion		patients
rates.		
Resources Committed:		Intended Partnerships:
Staffing		

OBJECTIVE #2: Increase attendance at diabetes community education classes.

Activity	Target Date	Anticipated Impact or Result
Establish baseline attendance and referral mechanism for diabetes classes. Identify and establish partner sites in community to offer diabetes classes.	December 2020	Reduce hospitalizations among heart disease patients
 Increase attendance by 5% over 2020 baseline. Offer community classes at 1 church and 1 community organization. 	December 2021	Reduce hospitalizations among heart disease patients
 Increase attendance by 10% over 2020 baseline. Offer community classes at 2 churches and 1 city site. 	December 2022	Reduce hospitalizations among heart disease patients

ACTION PLAN		
Activity	Target Date	Anticipated Impact or Result
Resources Committed: • Staffing		Intended Partnerships:

PRIORITY: Chronic Health in Aging Adults

GOAL: Improve access to healthcare opportunity to treat and manage chronic conditions for aging population.

BACKGROUND ON STRATEGY

One in four Americans has multiple chronic conditions, those that last a year or more and require ongoing medical attention or that limit activities of daily living. That number rises to three in four Americans aged 65 and older.

This high prevalence has several underlying causes: the rapidly growing population of older adults, the increasing life expectancy associated with advances in public health and clinical medicine, and the high prevalence of some risk factors, such as tobacco use and physical inactivity. In 2014, 14.5% (46.3 million) of the US population was aged 65 or older and is projected to reach 23.5% (98 million) by 2060.

As a person's number of chronic conditions increases, his or her risk for dying prematurely, being hospitalized, and even receiving conflicting advice from health care providers increases. People with multiple chronic conditions also are at greater risk of poor day-to-day functioning. Aging adults experience higher risk of chronic disease. In 2012, 60% of older adults managed 2 or more chronic conditions. Chronic conditions can lower quality of life for older adults and contribute to the leading causes of death among this population.

Having multiple chronic conditions is also associated with substantial health care costs. Approximately 71% of the total health care spending in the United States is associated with care for the Americans with more than one chronic condition. Among Medicare fee-for-service beneficiaries, people with multiple chronic conditions account for 93% of total Medicare spending. People with multiple chronic conditions face substantial out-of-pocket costs of their care, including higher costs for prescription drugs.

-adapted from https://www.cdc.gov/chronicdisease/about/multiple-chronic.htm

OBJECTIVE #1: Improve awareness of chronic health conditions and social determinants of health through community education.

ACTION PLAN		
Activity	Target Date	Anticipated Impact or Result
 Partner with medical providers and community groups to provide education at SeniorHealth Lunch & Learns on five health topics from the CHNA survey. Speakers will provide a pre- and post- test to group to demonstrate knowledge gained. 	December 2020	 Increase patient awareness of top chronic health conditions for area. Reduce hospitalizations among aging population for chronic health conditions.
 Partner with medical providers and community groups to provide education at SeniorHealth Lunch & Learns on five health topics from the CHNA survey. Speakers will provide a pre- and post- test to group to demonstrate knowledge gained. 	December 2021	 Increase patient awareness of top chronic health conditions for area. Reduce hospitalizations among aging population for chronic health conditions.
 Partner with medical providers and community groups to provide education at SeniorHealth Lunch & Learns on five health topics from the CHNA survey. Speakers will provide a pre- and post- test to group to demonstrate knowledge gained. 	December 2022	 Increase patient awareness of top chronic health conditions for area. Reduce hospitalizations among aging population for chronic health conditions.
Resources Committed:		Intended Partnerships:

PRIORITY: Overweight/Obesity

GOAL: Positively impact the incidence of childhood and adult obesity.

BACKGROUND ON STRATEGY

Good nutrition, physical activity, and a healthy body weight are essential parts of a person's overall health and well-being. Together, these can help decrease a person's risk of developing serious health conditions, such as high blood pressure, high cholesterol, diabetes, heart disease, stroke, and cancer. Most Americans, however, do not eat a healthy diet and are not physically active at levels needed to maintain proper health. Fewer than 1 in 3 adults and an even lower proportion of adolescents eat the recommended amount of vegetables each day. Compounding this is the fact that a majority of adults (81.6%) and adolescents (81.8%) do not get the recommended amount of physical activity. Obesity often results in lost workdays, lower productivity, and negative health outcomes, including diabetes and depression. In 2017, the National Survey of Children's Health found that 23.1% of Virginia's 10 – 17 year olds were overweight or obese and in 2013, Norfolk and Virginia Beach adults had an obesity rate of 30.5%.

In understanding the need for reduction of obesity within its service area, DePaul will provide programming aimed at reducing obesity in its service area. DePaul also partners with other organizations in the community to provide support.

Evidence Base Sources:

Healthy People 2020 http://www.healthypeople.gov
Data Resource Center for Child & Adolescent Health http://www.childhealthdata.org
Greater Hampton Roads Community Indicators Dashboard http://www.grhconnects.org

OBJECTIVE #1: Continue programming in the East Ocean View community aimed at reducing the incidence of obesity through a variety of weight loss and physical activity programs.

Activity	Target Date	Anticipated Impact or Result
Continue working with East Ocean View residents to develop programs and educational opportunities that increase knowledge of healthy eating and exercise. • Measure, through surveys and interval screenings, health behavior changes in food, exercise, and cooking habits.	December 2020	 Increase knowledge of nutrition recommendations and healthy snack options. Increase knowledge of beneficial foods and methods to grow own food in community garden. Enhance partnership with City of Norfolk officials to promote a healthy community environment. A 10% decline in the rate of obesity for Passport to Health participants. Increase number of families participating in program.
Continue working with East Ocean View residents to develop programs and educational opportunities that increase knowledge of healthy eating and exercise. • Measure, through surveys and interval screenings, health behavior changes in food, exercise, and cooking habits.	December 2021	 Increase knowledge of nutrition recommendations and healthy snack options. Increase knowledge of beneficial foods and methods to grow own food in community garden. Enhance partnership with City of Norfolk officials to promote a healthy community environment. A 10% decline in the rate of obesity for Passport to Health participants. Increase number of families participating in program.

ACTION PLAN		
Activity	Target Date	Anticipated Impact or Result
Continue working with East Ocean View residents to develop programs and educational opportunities that increase knowledge of healthy eating and exercise. • Measure, through surveys and interval screenings, health behavior changes in food, exercise, and cooking habits.	December 2022	 Increase knowledge of nutrition recommendations and healthy snack options. Increase knowledge of beneficial foods and methods to grow own food in community garden. Enhance partnership with City of Norfolk officials to promote a healthy community environment. A 10% decline in the rate of obesity for Passport to Health participants. Increase number of families participating in program.
Resources Committed:		ntended Partnerships:
 Staffing 		East Ocean View Athletic Association
 Funding for activities 		East Ocean View Civic League
 Funding for presenters 		East Ocean View Community Center
 Funding for community garden 		New Life Christian Church
Catering		

OBJECTIVE #2: Reduce the incidence of obesity through a variety of Bon Secours InMotion and Medical Surgical weight loss and physical activity programs.

Activity	Target Date	Anticipated Impact or Result
Provide nutrition education and physical activity through Medical Surgical Weight Loss programs. Track number of people participating in programs. Expand programs to community settings.	December 2020	 Increase number of people attending programs. Reduce BMI for people enrolled in programs
Provide nutrition education and physical activity through Medical Surgical Weight Loss programs. • Track number of people participating in programs. • Expand programs to community settings.	December 2021	 Increase number of people attending programs. Reduce BMI for people enrolled in programs.
Provide nutrition education and physical activity through Medical Surgical Weight Loss programs. Track number of people participating in programs. Expand programs to community settings.	December 2022	 Increase number of people attending programs. Reduce BMI for people enrolled in programs.
Partner with middle and high schools to provide nutrition and physical activity education to students.	December 2020	 Increase awareness of nutrition and physical activity health benefits. Increase number of children participating in education programs.

ACTION PLAN		
Activity	Target Date	Anticipated Impact or Result
Partner with middle and high schools to provide nutrition and physical activity education to students.	December 2021	 Increase awareness of nutrition and physical activity health benefits. Increase number of children participating in education programs.
Partner with middle and high schools to provide nutrition and physical activity education to students.	December 2022	 Increase awareness of nutrition and physical activity health benefits. Increase number of children participating in education programs.
Resources Committed: • Staffing • Funding for presenters		Intended Partnerships: • Local Middle and High Schools

PRIORITY: Behavioral/Mental Health

GOAL: DePaul Medical Center will not add any additional strategies to directly address this community need and thus not be making it one of its top priorities. DePaul will continue the mental health initiatives identified in the previous CHNA through offering community education. Referrals to local community service boards by the emergency department Life Coaches and the Bon Secours Care-A-Van will also continue. Active participation in coalitions addressing behavioral/mental health, especially in the area of opioid abuse, will continue.

There are other resources in the DePaul service area with more resources or expertise to address behavioral and mental health, some of which are listed below.

Community Resources Available:

- Norfolk Community Services Board
- Virginia Beach Community Services Board
- Maryview Medical Center Behavior Medicine Services
- Response Sexual Abuse Support Services
- The Barry Robinson Center
- Veterans Affairs Medical Center

OTHER IDENTIFIED COMMUNITY HEALTH NEEDS NOT ADDRESSED IN IMPLEMENTATION STRATEGY

Although DePaul Medical Center recognizes the importance of all the needs identified by the community and key stakeholders, resources are limited within the organization to prioritize all of these needs. There are other providers and organizations addressing these needs with specialized programs and services, many of whom serve on the regional Community Health Needs Assessment Coalition. DePaul Medical Center is prepared to collaborate or assist with these efforts beyond the current set of services we provide.

The table below provides names of some resources in the area that can help meet the identified needs of the community:

ACCESS	Lake Taylor Hospital
Catholic Charities of Eastern Virginia	Norfolk Department of Public Health
Chesapeake Free Clinic (Dental)	Old Dominion University
Chesapeake Regional Medical Center	Operation Blessing (Dental)
Children's Hospital of The King's Daughters	Response – Sexual Abuse Support Services
Eastern Virginia Medical School	Senior Services of Southeastern Virginia
Foodbank of Southeastern Virginia	Sentara Healthcare
Geriatrics Life Care	The Barry Robinson Center
Hampton Roads Community Health Center(s)	United Way of South Hampton Roads
Hampton Roads Community Foundation	Veterans Affairs Medical Center
Jewish Family Services	Virginia Supportive Housing

For a list of additional resources available to meet identified needs of the community, please review the Virginia Department of Health's Community Services Resource Guide at https: www.vdh.virginia.gov/Resources.

The Bon Secours DePaul Medical Center 2020 – 2022 Implementation Strategy was approved by the Bon Secours Hampton Roads Board of Directors on December 3, 2019.