

## **Community Health Needs Assessment (CHNA)**

### **Annual Implementation Strategy**

Guthrie Cortland Medical Center  
134 Homer Avenue, Cortland, NY, 13045

FY2022

#### **General Information**

**Contact Person:** Jennifer Yartym

Date of Written Plan: October 1, 2021

Date Written Plan Was Adopted by Organization's Authorized Governing Body: October 26, 2021

Date Written Plan Was Required to Be Adopted: November 15, 2021

Authorizing Governing Body that Adopted the Written Plan: Guthrie Cortland Medical Center Board of Trustees

Name and EIN of Hospital Organization Operating Hospital Facility: Guthrie Cortland Medical Center 15-0532079

Address of Hospital Organization: 134 Homer Ave, Cortland, NY 13045

#### **Purpose of Implementation Strategy**

This Implementation Strategy has been prepared to comply with federal tax law requirements set forth in Internal Revenue Code section 501(r) requiring hospital facilities owned and operated by an organization described in Code section 501(c)(3) to conduct a community health needs assessment at least once every three years and adopt an implementation strategy annually to meet the community health needs identified through the community health needs assessment. This Implementation Strategy is intended to satisfy each of the applicable requirements set forth in proposed regulations released April 2013.

#### **I. List of Community Health Needs Identified in Written Report**

List of Community Health Needs Identified in CHNA Written Report, Ranked by CHNA's Priority:

- Access to Mental Health Care (focus: substance abuse)
- Cancer Incidence - Lung
- Obesity
- Preventable Hospital Events
- HIV Screenings

#### **II. Health Needs Planned to Be Addressed by Facility**

List of Significant Health Needs the Facility Plans to Address include:

- Access to Mental Health Care (focus: substance abuse)
- Cancer Incidence - Lung
- Obesity

Please refer to the attached tables which provide a detailed description of intervention actions (including collaborative efforts), population description, Guthrie resources utilized, and evaluation tools by measurable effectiveness criteria. These tables are stratified by priority health need.

### **III. Health Needs Facility Does Not Intend to Address**

List of Significant Health Needs the Facility Does Not Plan to Address include:

- Preventable Hospital Events
- HIV Screenings

Due to available resources these needs will not be addressed through an implementation strategy in the subsequent fiscal years. However, due to the overlap in disease etiology between the identified priority needs and these needs an impact is anticipated.

Additionally, seven interventions present in the FY 2021 Implementation plan were not included in the FY 2022 Implementation Plan as constraints due to COVID-19 will limit the ability to develop and provide these interventions. These interventions include FY 2021 Obesity Interventions 2, 4, 5, 6, Lung Cancer Intervention 1, and Mental Health Care Interventions 3 and 7. Three alternative interventions were added to the FY 2022 Implementation Plan including Obesity Interventions 3, 4 and 5.

**FY2022 Guthrie Cortland Medical Center Implementation Strategy- Priority Need Obesity**

	<b>Intervention Description</b>	<b>Population Description</b>	<b>Effect Measure</b>	<b>Evaluation of Intervention</b>	<b>Program Frequency</b>
<b>Intervention #1</b>	<p>Intervention #1: Provide standardized education to primary care providers regarding ways to treat and counsel overweight and obese patients.</p> <p>The program will be offered face to face by a Guthrie Bariatrician. The purpose of this program will be to provide primary care providers with resources to successfully counsel patients about their weight (expand Obesity Care into Primary Care).</p> <p>Suggested Core Competencies for the Primary Care Providers (PCP) will include:</p> <ol style="list-style-type: none"> <li>a. Evaluation and treatment of the obese patient (adult and pediatric)</li> <li>b. Dietary therapy for the obese patient</li> <li>c. Pharmacotherapy for the obese patient</li> <li>d. Common medications and their effect on weight loss</li> <li>e. Writing an exercise prescription</li> <li>f. Including obesity management in your clinical practice – including reimbursement</li> <li>g. Coding and billing for obesity related services</li> </ol>	<p>Population: Guthrie PCP network that covers Cortland County, NY</p> <p>Clients receive intervention within the PCP office or in the community</p> <p>Sample Size per class may vary dependent upon outreach facility and provider involvement</p>	<p>Continue core curriculum as described, including progress note templates and counseling materials/meal plans</p>	<p>Evaluate protocol specified clinical (patient) and provider outcome measures</p>	<p>Annually</p>

**FY2022 Guthrie Cortland Medical Center Implementation Strategy- Priority Need Obesity**

	<b>Intervention Description</b>	<b>Population Description</b>	<b>Effect Measure</b>	<b>Evaluation of Intervention</b>	<b>Program Frequency</b>
<b>Intervention #2</b>	<p>Intervention #2: Continue partnership with GoNoodle, a company that provides online movement videos and games, to get elementary age kids moving more at school and at home. The goal is to increase physical activity among kids.</p> <p>Guthrie is fully funding the cost of GoNoodle's premium version, GoNoodle Plus, for 185 public and private elementary schools in the region.</p>	<p>Population: Elementary age children from Cortland County, NY</p>	<p>Count of students active across the 185 schools</p>	<p>Measure the percentage of addressable market</p>	<p>Annually – Ongoing</p>
<b>Intervention #3</b>	<p>Intervention #3: Screen for food insecurity, facilitate and actively support referrals to healthy food resources. Food security resource referrals will include Seven Valleys Health Coalition Supports for Health Program, Food Pantries, Meals on Wheels, SNAP and WIC.</p>	<p>All Guthrie patients in Cortland County, NY</p>	<p>Number of patients screened for food insecurity</p> <p>Number of patients who received food assistance resources</p>	<p>Increase the percentage of Guthrie patients in Cortland County with perceived food security</p>	<p>Annually- Ongoing</p>

**FY2022 Guthrie Cortland Medical Center Implementation Strategy- Priority Need Obesity**

	<b>Intervention Description</b>	<b>Population Description</b>	<b>Effect Measure</b>	<b>Evaluation of Intervention</b>	<b>Program Frequency</b>
<b>Intervention #4</b>	<p>Intervention #4: Expand access to evidence-based self-management interventions for individuals with chronic disease.</p> <p>Develop processes to identify and refer eligible patients to programs including Chronic Disease Self-Management Classes, National Diabetes Prevention Programs (offered by Seven Valleys Health Coalition) and the American Heart Association Check Change Control Challenge.</p>	All Guthrie patients in Cortland County, NY	<p>Number of Guthrie patients referred to an evidence-based chronic disease intervention</p> <p>Number of Guthrie patients who participate in the National Diabetes Prevention Program</p> <p>Number Guthrie of patients who participate in a Chronic Disease Self-Management Course</p>	<p>Number Guthrie practices that have workflows for identifying and referring patients to evidence-based disease management programs</p> <p>Percentage of patients who complete an evidence-based disease management program</p>	Annually-ongoing
<b>Intervention #5</b>	<p>Intervention #5: Implement a worksite- based physical activity and nutrition program including employee access to walking routes, employee gym facilities, and informational messaging about nutrition.</p>	Population: Employees at Guthrie Cortland Medical Center	Number of participants in worksite based physical activity challenges	Increase the number of opportunities for employees to engage in physical activity with social support.	Annually – Ongoing

**FY2022 Guthrie Cortland Medical Center Implementation Strategy- Priority Need Obesity**

	<b>Intervention Description</b>	<b>Population Description</b>	<b>Effect Measure</b>	<b>Evaluation of Intervention</b>	<b>Program Frequency</b>
<b>Intervention #6</b>	<p>Intervention #6: Focus on the promotion and addition of healthy options and menus in Guthrie hospital cafeterias.</p> <p>In addition to serving size and nutrition facts, provide labeling and information to indicate foods that are vegetarian, appropriate for those with gluten sensitivity or a Guthrie Good Healthy Choice pick.</p> <p>Promote healthy menus and food choices through the "Motivational Monday" initiative and other cafeteria- led initiatives designed to help patrons make healthier eating choices.</p>	<p>Population: All Guthrie employees and general public in Cortland County, NY</p>	<p>Count of healthy food options that become available.</p>	<p>Evaluate and track the number of healthy options added to menus and overall consumption of healthy alternatives</p>	Annually
<b>Intervention #7</b>	<p>Intervention #7: Focus on promoting/enhancing the collaboration with Cortland Breastfeeding Partnership (promote childhood nutrition).</p> <p>Continue to promote skin-to-skin contact after all deliveries and C-sections by recovering mothers on the OB Unit and keeping mother/baby together to increase breastfeeding rates.</p> <p>Additionally, offer free childbirth education classes, which includes breastfeeding education.</p>	<p>Population: All Guthrie employees and general public in Cortland, NY</p>	<p>Number of participants attending education classes.</p> <p>Evaluate collaboration with Cortland Breastfeeding Partnership.</p> <p>Evaluate methods of success promoting skin-to-skin contact in the OB Unit.</p>	<p>Evaluate and track the number of people attending education classes.</p> <p>Review collaboration with Cortland Breastfeeding Partnership.</p>	Annually

**FY2022 Guthrie Cortland Medical Center Implementation Strategy- Priority Need Cancer Incidence - Lung**

	<b>Intervention Description</b>	<b>Population Description</b>	<b>Effect Measure</b>	<b>Evaluation of Intervention</b>	<b>Program Frequency</b>
<b>Intervention #1</b>	<p>Intervention #1: Promote the health and wellness of employees, patients, and communities through tobacco cessation.</p> <p>Provide smoking cessation resources to employees and community members who wish to quit, including quit aids, therapeutic counseling, relapse prevention counseling, and access to mental health professionals.</p> <p>Enforce and Encourage TGC Policy of tobacco-free environments on all Guthrie campuses.</p>	<p>Population: All Guthrie employees and general public in Cortland County, NY</p>	<p>The number of individuals receiving/ accessing tobacco cessation resources</p> <p>The number of individuals that cease use of tobacco products</p>	<p>Assessment of the number of individuals who reportedly received tobacco cessation resources and quit within one year</p>	<p>Annually-Ongoing</p>

**FY2022 Guthrie Cortland Medical Center Implementation Strategy- Priority Need Cancer Incidence - Lung**

	<b>Intervention Description</b>	<b>Population Description</b>	<b>Effect Measure</b>	<b>Evaluation of Intervention</b>	<b>Program Frequency</b>
<b>Intervention #2</b>	<p>Intervention #2: Promote the importance of lung cancer screening and treatment.</p> <p>Inform and educate high-risk populations about lung cancer screenings (patients who are 55 - 80 years of age, have a 30-pack history of smoking, and are a current smoker or have quit within the last 15 years).</p> <p>Promote earlier detection of lung cancer with the goal of more successful treatment.</p>	Population: All Guthrie lung cancer screening patients	The number of high-risk patients receiving appropriate lung cancer screenings	Measure increase in lung cancer screenings from previous year for high-risk patients	Annually-Ongoing



**FY2022 Guthrie Cortland Medical Center Implementation Strategy- Priority Need Access to Mental Health Care**

	<b>Intervention Description</b>	<b>Population Description</b>	<b>Effect Measure</b>	<b>Evaluation of Intervention</b>	<b>Program Frequency</b>
<b>Intervention #1</b>	<p>Intervention 1: Use Patient Health Questionnaire-9 (PHQ-9) to evaluate depression in patients when appropriate.</p> <p>Use PHQ-9 as a clinical and research tool to evaluate and measure depression severity in patients. The resulting score for the questionnaire depicts a patient's clinical need for mental health care.</p> <p>Use PHQ-9 screening tool based on scores to determine if a mental health referral is justified.</p>	Population: Patients receiving the PHQ-9 tool	Track the number of patients assessed by the PHQ-9 tool	The number of patients who are referred to a Mental Health Provider after completion of the Patient Health Questionnaire-9	Annually-Ongoing
<b>Intervention #2</b>	<p>Intervention #2: Continue collaboration with Family Counseling Services.</p> <p>When patients are offered Naloxone, patients will be offered referral to Family Counseling Services COTI team for access to peer support, additional Naloxone, and treatment services.</p> <p>Working with Family Counseling Services, provide education to Guthrie Social Workers, Crisis Workers and Care Coordinators on local resources and other drug and alcohol topics as identified. Through enhanced collaboration and education provided by Family Counseling Services, care transitions for patients with drug and alcohol dependency needs will be improved.</p>	Population: Guthrie Providers and Patients	<p>Number of referrals</p> <p>Evaluate the referral process into Family Counseling Services from Guthrie.</p>	Continuous evaluation of referral process	Annually-Ongoing

**FY2022 Guthrie Cortland Medical Center Implementation Strategy- Priority Need Access to Mental Health Care**

	<b>Intervention Description</b>	<b>Population Description</b>	<b>Effect Measure</b>	<b>Evaluation of Intervention</b>	<b>Program Frequency</b>
<b>Intervention #3</b>	<p>Intervention #3: Provide provider education for opiate prescribing and management.</p> <p>Address the appropriate prescribing practices of opiates. Education will include information such as the various types of opiates, drug duration, hazards of long-term use, etc.</p>	Population: Guthrie Providers	The number of providers receiving education to combat the epidemic of opioid abuse in Guthrie communities	Count of providers receiving education on opiate prescribing	Annually-Ongoing
<b>Intervention #4</b>	<p>Intervention #4: Implement changes in discharge planning process to increase patient access to substance abuse resources.</p> <p>Increase availability of/access to overdose reversal (Naloxone) for patients through implementation of the NYS Opioid Overdose Prevention Program</p> <p>Implement discharge planning process changes to include contact information for substance abuse resources. Additionally, if the patient consents, staff or Social Work will initiate the appointment making process.</p>	Population: Guthrie Patients	<p>The number of discharges created with contact information for substance abuse resources</p> <p>Number of patients who receive Naloxone</p>	The number of patients that allow staff social work to initiate resource contact	Annually-Ongoing

**FY2022 Guthrie Cortland Medical Center Implementation Strategy- Priority Need Access to Mental Health Care**

	<b>Intervention Description</b>	<b>Population Description</b>	<b>Effect Measure</b>	<b>Evaluation of Intervention</b>	<b>Program Frequency</b>
<b>Intervention #5</b>	<p>Intervention #5: Continue drug disposal and events promoting safe drug disposal using safe disposal units</p> <p>MedSafe® drug disposal units are installed for use at multiple Guthrie hospitals. MedSafe® drug disposal units allow for safe and anonymous disposal of unused or expired medications by community members. The units are available for the community during pharmacy hours.</p> <p>“Opioid Take Back Day” is an annual event that utilizes the MedSafe® bins to encourage employees and community members to clean out unneeded medications from their medicine cabinets and drop them in the bin at the pharmacy to be disposed of properly. The focus on this day will be on the safe disposal of opioids to help prevent the misuse of these drugs in light of the recent epidemic of opioid abuse in our communities.</p>	Population: Community members in Cortland, NY	Monthly use of MedSafe® drug disposal units	The frequency in which the MedSafe® drug disposal units need to be emptied will be evaluated to determine what other resources are warranted	Annually-Ongoing