

St. Luke's Des Peres Hospital

Community Health Needs Assessment Implementation Plan

November 2019



 St. Luke's
Des Peres
HOSPITAL

Our specialty is you.

Overview

St. Luke's Des Peres Hospital (STLDPH) developed this Implementation Plan based on our 2019 Community Health Needs Assessment and identification of these health priorities:

- Access to Care
- Nutrition and Weight Status

Action Teams were created to formulate strategic and measurable implementation plans to address these priorities. This implementation plan summary provides a path forward, to improve the health of our community with specific actions and objectives.

Any feedback or input about the implementation plan can be provided to St. Luke's Hospital (STLH) by emailing SLHCommunityBenefit@stlukes-stl.com, or by writing to:

St. Luke's Hospital
Community Outreach
232 S. Woods Mill Road
Chesterfield, MO 63017

Access to Care

Access to "comprehensive, quality health care services is important for promoting and maintaining health, preventing and managing disease, reducing unnecessary disability and premature death and achieving health equity for all Americans" (Healthy People 2020). While facilitating access to care is integral to promoting health equity and favorable health outcomes, it is a deeply complex issue, encompassing insurance coverage, access to health services, availability of necessary prescription drugs and the timeliness and acceptability of care. Race, ethnicity, socioeconomic status, age, sex, disability status, sexual orientation, gender identity and residential location all impact access at the individual level. Barriers to accessing health services lead to unmet needs, delays in care, financial burdens and preventable hospitalizations.

Program Goals:

Improve access to comprehensive and quality healthcare services

Program Objectives:

Expand current education class offerings

Add mammography van visits to STLDPH campus and to surrounding rural physician offices

Host National Healthcare Decision Day events on STLDPH campus and St. Luke's Convenient Care in Des Peres, MO

Host a Drug Take Back day on STLDPH campus

Add community health screenings to STLDPH campus

Action Plan:

Work with our physicians, health educators, and other qualified health professionals to host community education classes. Explore opportunities to film or record classes to extend the access of health education to those without ability or access to transportation.

Work with the STLH Cancer Center and the mammography van to schedule screenings in the STLDPH service area.

Coordinate community access to Care Management and Pastoral Care staff members to review or complete advance directive paperwork at selected community health fairs and National Healthcare Decision Day.

Coordinate with Drug Enforcement Agency (DEA), local police and pharmacy staff to facilitate and host a National Drug Take Back day.

Community education nurses, dietitians, and other health professionals will provide low to no cost community health screenings that include blood pressure, cholesterol and blood glucose.

Expected Outcomes:

Decrease barriers to healthcare access and increase community member involvement in healthcare.

Outcome Measurements:

Community education classes and webinars:

- Evaluate success of program through pre/post tests
- Solicit participant feedback to improve class offerings and content

Record number of participants and zip codes related to mammography van screenings. Follow up calls to ensure that patients connect with a healthcare provider.

Record number of participants and zip codes related to advance directives. Record percentage of individuals that do not have an advance directive.

Record number of participants and zip codes related to health screenings. Follow up calls to ensure and record that patients connect with a healthcare provider.

Hospital Departments Involved:

Care management, Clinical Education, Finance, Medical Library, Marketing, Pharmacy, Community Outreach, Continuing Medical Education and the Cancer Center

Potential Community Partners:

Saint Louis County Police Department, Des Peres Police Department, DEA, Gateway Coalition for End of Life Care, Saint Louis County Department of Health, Des Peres Lodge Recreation Center and City of Kirkwood

Nutrition & Weight Status

There is overwhelming evidence supporting the health benefits of eating a nutritious diet and maintaining a healthy body weight. Yet even with the abundance of resources available to support healthy eating and physical activity, the number of overweight adults in our community continues to rise, with widespread impact both in the short- and long-term. Diet and body weight are related to health status, health outcomes, and overall health spending, and maintaining a nutritious diet and a healthy weight can reduce risk for a wide variety of chronic conditions, including: heart disease, diabetes, and cancer.

In addition to individual lifestyle factors and health behaviors, public policies and the built environment reinforce how individuals can access healthy food and physical activity in settings such as schools, worksites, health care organizations, and communities (Healthy People 2020). Social factors, such as societal and cultural norms, social support, knowledge and attitudes also shape the decisions that individuals make in regards to their health, and health disparities exist according to race, ethnicity, gender, age and socio-economic status.

Program Goals:

Promote health and reduce chronic disease risk through consumption of healthful diets and achievement and maintenance of healthy body weight

Program Objectives:

Create internal and external walking maps for the STLDPH campus

Add refillable water bottle stations throughout STLDPH campus

Expand current community education class offerings related to nutrition and exercise

Action Plan:

Coordinate with therapy services and graphics to measure and create walking maps and sign markers for campus

Survey staff to determine highest traffic area and coordinate with maintenance to install new water bottle refilling station

Work with our physicians, health educators, and other qualified health professionals to host community education class related to nutrition and exercise.

Expected Outcomes:

Improve and/or maintain healthy weight status of STLDPH employees and community members through increased education, physical activity and healthy food and drink options

Outcome Measurements:

Complete campus walking map and track number of handouts printed and dispersed

Install at least one new refillable water bottle station and track number of bottles saved

Community education classes and webinars:

- Evaluate success of program through pre/post tests
- Solicit participant feedback to improve class offerings and content

Hospital Departments Involved: Maintenance, Marketing, Food and Nutrition, Bariatrics, Clinical Education, Community Outreach, Medical Library, Therapy Services, Graphics and Finance

Potential Community Partners: Saint Louis County Department of Health, Des Peres Lodge Community Center and Missouri Coalition for the Environment