

Putting your health first.



**Community Health
Implementation Plan
2017-2019**

2017-2019 Community Health Improvement Plan

Monongahela Valley Hospital

Mission for Implementation

In the early 1900s, residents of the mid-Monongahela Valley received medical care from two hospitals — Memorial Hospital of Monongahela, which opened in 1902 in New Eagle, and the Charleroi-Monessen Hospital, which began providing medical care in 1909. Amidst changes in the communities, those two hospitals consolidated in 1972 to form Monongahela Valley Hospital (MVH). In 1978, the current 200-bed acute care hospital in Carroll Township, Pa. was dedicated with a mission to enhance the health of the residents of the mid-Monongahela Valley area. Monongahela Valley Hospital offers a medical staff of more than 225 physicians representing more than 40 medical specialties.

High-quality health care is one of the factors that is often used to assess a region's livability. MVH's patient- and family-centered innovative approaches to medical care help to make Washington and Westmoreland counties desirable places to live. Plus, MVH offers some medical therapies and services that are not provided at neighboring facilities and thus attracts visitors from surrounding regions.

Monongahela Valley Hospital and Washington Health System contracted with Washington County Health Partners (WCHP) to perform a joint Community Health Needs Assessment (CHNA). A CHNA is a systematic process that involves identifying and analyzing the community's health needs and the assets that are available in the community to prioritize, plan and act on identified needs. Qualifying hospitals are required to perform a CHNA every three years as mandated by the Affordable Care Act (ACA). As part of this effort and to meet federal IRS 990H requirements, this document serves as a community health improvement plan (CHIP) report for Monongahela Valley Hospital. This report is the companion piece to the Community Health Needs Assessment (CHNA) report that was finalized June 2016 (see separate document), and based, in part, off of several needs identified in that document.

Target Area/Population

Approximately 80 percent of Monongahela Valley Hospital's admissions are derived from 15 communities in three counties — Washington, Westmoreland and Fayette. These communities include: Belle Vernon, Charleroi, Donora, Monessen, Monongahela, New Eagle, West Newton, Bentleyville, Finleyville, Brownsville, California, Coal Center, Fayette City, Perryopolis and Roscoe.

The communities in closest proximity to the hospital are Carroll Township, Monongahela, Charleroi, Monessen and Monongahela, which are among some of the largest populated communities.

Priority Health Needs

Findings from the 2015 Community Health Needs Assessment were presented to Monongahela Valley Hospital’s Board of Trustees for recommendations on an implementation plan. The board considered several factors when identifying priorities. The official Community Health Needs Assessment report was finalized June 2016 (see separate document). The priority health needs for which Monongahela Valley Hospital will focus include:

- Lung Cancer Deaths (Account for 13% of total cancers at MVH)
- Mammography — Breast cancer and late-stage breast cancer deaths — (Breast cancer accounts for 26% of total cancers)
- Diabetes (Represents 28% of total admissions)
- Colorectal Cancer Deaths (Represents 8% of total cancers)
- COPD Deaths (Represents 5% of total admissions)
- Accidental Drug Poisoning Deaths (Statistics not available from the CHNA)
- Obesity/Adult Healthy Weight, Fruit and Vegetable Consumption, Youth Obesity (Adults with a BMI>30 is 38.5%)

Selected Implementation Strategy

The following implementation strategies outline actions Monongahela Valley Hospital will take over the next three years to address the priority health needs listed above

Lung Cancer Deaths — Lung cancer is the leading cause of cancer deaths. It kills more Americans each year than breast, prostate, colon and pancreatic cancers combined. In follow up to the Community Health Needs Assessment, Monongahela Valley Hospital will provide the advanced diagnostic testing and opportunities for screening.

Action	Anticipated Result
Use the Spin Thoracic Navigation system to access small lung lesions via multiple approaches	Use of the system will enable MVH physicians to detect lung cancer faster and less invasively at its earliest stages leading to more positive outcomes
Offer free Lung Cancer Screening Education Programs	Educate community members about the importance of early detection as well as recent advancements in early detection and treatments.
Maintain the Screening Center of Excellence designation from the Lung Cancer Alliance	Helps the Hospital to adhere to its commitment to comply with comprehensive standards based on best practices developed by professional bodies such as the American College of Radiology (ACR), the National Comprehensive Cancer Network (NCCN) and the International

	Early Lung Cancer Action Program (I-ELCAP) for controlling screening quality, radiation dose and diagnostic procedures within an experienced, multi-disciplinary clinical setting
--	---

Breast Cancer Deaths and Late Stage Breast Cancer — In terms of breast cancer, the American Cancer Society maintains that early detection is one of the best ways to save lives. Monongahela Valley Hospital will provide services and programs to encourage women to know their risks and to have their annual mammograms so that breast cancer can be detected at its earliest stages.

Action	Anticipated Result
Perform a risk assessment before every woman has a screening mammogram	Assess a woman’s breast cancer risk at Stage Zero – before cancer has even been identified
Offer genetic testing to women who are identified to be at risk for developing breast cancer	Provides a 25-gene panel of which the breast cancer genes, BRCA1 and 2, are included. Those who have BRCA mutations have a 50 to 85 percent chance of developing breast cancer. If the test indicates a woman carries the genes, preventative therapies can be examined to reduce her cancer risk.
Offer walk-in mammograms every weekday for women with and without a prescription	Encourages women who may be overdue for a mammogram or who may never have had one to make an instant decision to get one, and makes it convenient for women to have this annual diagnostic screening
Offer free breast cancer education/screening events	Offers women an opportunity to learn about breast cancer and to have a screening
Sponsor Mamm & Glamm an event where women can have mammograms with an afternoon of pampering	Encourages women to have their screening mammograms in a comfortable setting on a Saturday when it could be more convenient for those who work full-time, plus the pamper helps to relax those who may be anxious about the screening
Maintain the Breast Imaging Center of Excellence designation	The Breast Imaging Center of Excellence designation indicates that Monongahela Valley Hospital’s patients receive the same high level of diagnostic imaging services as people who go to some of the country’s most renowned health centers
Continue to pass the Mammography Quality	Ensures the Hospital meets uniform quality standards to assure early breast cancer

Standards Act (MQSA) Inspection.	detection.
---	------------

Diabetes — Monongahela Valley Hospital recognizes that diabetes has a significant impact on the health of our communities. Individuals with diabetes are more likely to develop heart disease, kidney disease, vision problems and amputations. To effectively serve the needs of the communities served, MVH will provide educational programming and screenings to help diagnose people with diabetes and help them manage their conditions.

Action	Anticipated Result
Staff the Center for Diabetes & Endocrinology	Staff provides high-quality outpatient and inpatient diabetes management and education as well as a prevention education diabetes prevention education Staff coordinates diabetes education and care with other Monongahela Valley Hospital services such as Clinical Nutrition, Human Services and the Center for Wound Management
Maintain The Joint Commission Certification for Inpatient Diabetes Management	By maintaining The Joint Commission's Certificate of Distinction for Inpatient Diabetes Care, MVH will fulfill specific education requirements and adhere to monitoring protocols that foster better outcomes across all inpatient settings.
Provide outpatient education programs tailored to individual needs	Help people effectively manage their diabetes through group education classes, individual counseling, blood sugar monitoring, insulin and oral medication self-management, nutrition counseling, meal planning and exercise and stress management
Provide healthy eating and supermarket shopping tours	Educate local residents about healthy eating so those with pre-diabetes or diabetes will make smart choices that help them control their diabetes
Provide general outpatient education classes, seminars, programming	Assist people with diabetes in self-management training, understanding meal plans and understanding blood sugar readings to they can control their diabetes

Colorectal Cancer deaths — Colorectal cancer deaths and invasive colorectal cancer are another two areas where MVH can and does make a meaningful impact on the community.

Action	Anticipated Result
Conduct free colorectal cancer screenings and distribute take-home testing kits	Educate the community about the signs and symptoms of colorectal cancer and provide testing for early diagnosis

COPD Deaths — Chronic Obstructive Pulmonary Disease (COPD) affects an estimated 30 million individuals in the United States and over half of them have symptoms of COPD and do not know it. Early screening can identify COPD before major loss of lung function occurs. Monongahela Valley Hospital is introducing a major initiative to help people with chronic health problems, including COPD, understand and coordinate the care their physician has prescribed for them.

Action	Anticipated Result
Introduction of the Community Care Network	<p>Help patients receive the best health care possible through a comprehensive series of care coordination and educational strategies that support each physician’s care plans</p> <p>Help ensure patients are following treatment plans and actually taking prescribed medications.</p> <p>Focus on eliminating missed appointments with PCPs and specialists</p> <p>Provide in-home monitoring to help identify changes in symptoms earlier in order to reduce Unnecessary readmissions</p>

Accidental Drug Poisoning Deaths — Poisoning is the leading cause of injury death in the United States. Drugs — both pharmaceutical and illicit — cause the vast majority of poisoning deaths. Southwestern Pennsylvania is experiencing a drug crisis due to the number of overdoses. Listed below are ways Monongahela Valley Hospital is addressing the drug abuse and drug poisoning epidemic.

Action	Anticipated Result
Narcan training	Instruct first responders and educators how to recognize a drug overdose and the proper administration of the overdose antidote naloxone commonly known as Narcan to save lives
Partner with local law enforcement for Drug Take Back Day	Keep prescription and illegal drugs off of the streets
Create substance abuse	Provide education about diversion behaviors,

programming for the community and health care professionals	medicated assisted treatment and ways to prevent reoccurrences
Support community anti-drug initiatives such as the Belle Vernon Area Reality Tour	Educate children, teens and parents on the dangers of drugs to keep them from experimenting and a life of addiction

Obesity, fruits and vegetable consumption — A diet rich in fruits and vegetables can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower the risk of eye and digestive problems and have a positive effect on blood sugar. Monongahela Valley Hospital focuses on the services and programs listed below related to this critical need.

Action	Anticipated Result
Offer a Weight Control and Wellness Program	Develop weight loss plans for each participating individual that will lead to healthy eating and weight loss
Offer healthy cooking classes	Teach people who want to control their weight and their families how to cook healthy meals
Participation in summer farmer's markets	Provide samples of healthy foods made with fruits and vegetables and walk with participants from vendor to vendor to help them make wise fruit and vegetable choices
Healthy Eating Classes and Supermarket Tours	Educate local residents about healthy eating through the selection of fresh healthful products Teach participants how to read a food label to maximize nutritional value Lower blood pressure by decreasing sodium intake Identify nutrition stumbling blocks
Maintain a bariatric surgery program	Help people who have 100 pounds or more to lose weight which could lead to reduction or elimination of high blood pressure and diabetes medications and a higher quality of life