

Kittson Healthcare
2019 Community Health Needs Assessment Implementation Plan

Kittson Healthcare has reviewed our 2016 Community Needs Assessment and Implementation Plan. We also conducted a targeted Community Health Needs Assessment to key members of the community and to the senior citizen centers of the county to determine what the residents of our service area felt were opportunities for improving health and healthy living in Kittson Healthcare’s primary service area. We organized a meeting of individuals representing services and agencies from our county to review the assessments and data that we had collected.

As a result of this assessment, there was a consensus of concern for the continuation of emergency room, dental, retail pharmacy, and optometry services within our service area. Secondly, we reviewed surveys conducted of unmet senior citizen needs that if addressed would allow for extended “aging in place”. Third, as a facility, we want to continue to provide our residents, both adults and youth, with more information and support to promote healthier eating habits; knowledge of the effects of overuse of alcohol; the health consequences of tobacco usage, including vaping; the warning signs of cancer and heart disease; and the further promotion of the importance of vehicle seat belt usage. These were all areas of concern from our data assessment of 2019.

In reviewing our Implementation Plan of 2016, we have made progress in nearly all areas of our 2016 Implementation Plan. Kittson Healthcare established their own retail pharmacy in August, 2019 therefore, meeting the community’s concerns about ongoing pharmacy services following the retirement of our one pharmacy in the community of Hallock.

Though a variety of other needs were identified, the community recognized that it had limited resources and capacity and wanted to set realistic and achievable goals. The following provides an outline of what Kittson Healthcare will do to address the results of this Community Health Needs Assessment:

<u>AREA TO BE ADDRESSED</u>	<u>ACTIVITY TO BE CONDUCTED</u>	<u>TIMEFRAME</u>	<u>RESPONSIBLE PARTY</u>
Access and Continuation for healthcare, i.e. emergency room, dental, and optometry services	Ongoing assessment with the responsible parties involved with these services to determine if any are in danger of being discontinued, and if so, possible options to preserve vital services	This is an ongoing assessment as payers and needs of the population change, including a major issue of workforce challenges.	<u>Kittson Healthcare’s CEO</u> with involvement by community leaders and business people
Unmet needs of senior citizens	Ongoing assessment of available services and determine what additional services seniors need to better “age in place.”	Ongoing	<u>Kittson Healthcare’s CEO</u> with involvement of senior citizens, clergy, community leaders
<u>Promotion of healthier behaviors/lifestyles as related to the following:</u>			
Weight Management	Pursue education and training of 1-2 staff members in the CDC’s	Ongoing	<u>Kittson Healthcare’s Public Health Staff</u> with support from Kittson Healthcare’s

	program “I Can Prevent Diabetes”.		nutritional services staff and others.
*Cancer and heart disease	Continue to disseminate information to the public on signs and symptoms of cancer and heart disease. Encourage practitioners to follow the American Cancer Society recommendations for screenings.	Started fall of 2014, and as of 2016 and 2019 assessment, this intervention is ongoing	<u>Kittson Healthcare’s Community Nurse</u> and clinic personnel
*Prevention of vehicle related injuries	Continue to assemble vehicle safety information, specifically related to seat belt usage, and disseminate to both adults and to youth.	Started summer of 2014 As of 2016 and 2019 assessment, this intervention is ongoing.	<u>Kittson Healthcare’s Community Nurse</u> in collaboration with law enforcement
Mental Health Services	Increased mental health services to be offered to community members; Increase the PHQ assessments done in the medical clinics to help identify mental health concerns	Ongoing; Increased relationship with Northwest Mental Health Center, Crookston, for additional mental health services	<u>Kittson Healthcare’s CEO</u> and Clinic manager
Suicide Prevention and Education	Provide suicide education to healthcare staff, high school students and staff; community members to increase awareness and provide tools to utilize in the event of suspected risk	Education is scheduled for fall/winter of 2019 for schools, healthcare staff and the community with ongoing education and support in 2020.	<u>Kittson Healthcare Public Health and School Nurse staff</u>