

**Chadron Community Hospital  
and Health Services  
Community Health Improvement Plan  
Work Plan**

<b>Objective 1.1</b>	Reduce the proportion of persons engaging in binge drinking during the past 30 days—adults aged 18 years and older (HP 2020 SA-14.3)		
<b>Objective 1.2</b>	Reduce the proportion of persons engaging in binge drinking during the past month—adolescents aged 12 to 17 years		
<b>Strategy</b>	Communities Mobilizing for Change on Alcohol (CMCA)		
<b>Activity</b>	<b>Performance Measures</b>	<b>Target Date</b>	<b>Lead Partners</b>
Host a Distracted Driving and Drunk Goggles education activities in each area high schools	<ul style="list-style-type: none"> <li>Percentage of of area high schools will hosting activity</li> </ul>	December, 2020	Chadron Community Hospital
Strengthen and enforce middle/high school policies and Human Performance Project best practices regarding underage drinking and contributing factors	<ul style="list-style-type: none"> <li>Number of HPP trainings offered for school sponsors, coaches and administration</li> <li>Percentage of area middle and high schools that participate in HPP</li> <li>Number and type of promotions of HPP in NE website through written and verbal communication; monitor need for other languages for policy manuals and phases of implementation</li> </ul>	December, 2020	Chadron Community Hospital Region 1 Behavioral Health Authority Area Schools Dawes/Sioux Community Prevention Team
Promote training opportunities to individuals entrusted with the responsibility of serving or selling alcohol and tobacco to provide them with strategies to avoid illegally selling to underage youth or intoxicated persons.	<ul style="list-style-type: none"> <li>Number of people participating in Responsible Beverage Server Training annually</li> <li>Number of people participating in TIPS training annually</li> </ul>	December, 2020	Chadron Community Hospital Panhandle Public Health Panhandle Prevention Coalition Panhandle Partnership Training Academy Nebraska State Patrol, Region 1 Behavioral Health Authority Dawes/Sioux Community Prevention Team

<p>Promote business follow laws to maintain a minimum of 90% compliance rate on tobacco and alcohol compliance checks</p>	<ul style="list-style-type: none"> <li>▪ Percentage of area stores in compliance on tobacco checks</li> <li>▪ Percentage of area stores in compliance on tobacco checks</li> </ul>	<p>December, 2020</p>	<p>Chadron Community Hospital Panhandle Public Health, Panhandle Prevention Coalition Nebraska State Patrol Region 1 Behavioral Health Authority Dawes/Sioux Community Prevention Team</p>
<p><b>Objective 1.3</b> Reduce cigarette smoking by adults (HP 2020 TU-1.1)</p>			
<p><b>Objective 1.4</b> Reduce use of cigarettes by adolescents (past month) (HP 2020 TU-2.2)</p>			
<p><b>Strategy</b> <u>Tobacco Use and Secondhand Smoke Exposure: Comprehensive Tobacco Control Programs</u></p>			
<p><b>Activity</b></p>	<p><b>Performance Measures</b></p>	<p><b>Target Date</b></p>	<p><b>Lead Partners</b></p>
<p>Expand patient and employee tobacco dependency program and resources.</p> <ul style="list-style-type: none"> <li>▪ Develop tobacco cessation resource repository</li> <li>▪ Develop policy for patients receiving nicotine replacement</li> <li>▪ Develop policy for referral to the Quitline</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cessation resource repository developed</li> <li>▪ Policy for patients receiving nicotine replacement developed</li> <li>▪ Policy for referral to Quitline developed</li> <li>▪ Number of people receiving assistance for nicotine replacement therapy or Chantix</li> </ul>	<p>December, 2020</p>	<p>Chadron Community Hospital Panhandle Public Health District</p>
<p>Educate and encourage tobacco free policies to include parks, county grounds and facilities, multi-unit housing</p>	<ul style="list-style-type: none"> <li>▪ Number of parks, county grounds and facilities, multi-unit housing to which education is provided</li> </ul>	<p>December, 2020</p>	<p>Chadron Community Hospital Panhandle Public Health District</p>
<p><b>Objective 1.6</b> Reduce the suicide rate (HP 2020 MHMD-1)</p>			
<p><b>Strategy</b> <u>Integrated Care</u></p>			
<p><b>Activity</b></p>	<p><b>Performance Measures</b></p>	<p><b>Target Date</b></p>	<p><b>Lead Partners</b></p>

Participate in LOSS initiative	<ul style="list-style-type: none"> <li>Number of LOSS Team encounters</li> <li>Number of presentations for community education</li> </ul>	December, 2020	Regional 1 Behavioral Health Authority LOSS Teams Chadron Community Hospital
<b>Strategy</b> <u>Circle of Security</u>			
<b>Activity</b>	<b>Performance Measures</b>	<b>Target Date</b>	<b>Lead Partners</b>
Maintain Circle of Security classes	<ul style="list-style-type: none"> <li>Number of CoS classes provided</li> <li>Number of families and/or participants</li> </ul>	December, 2020	Chadron Community Hospital
<b>Strategy</b> <u>Love and Logic</u>			
<b>Activity</b>	<b>Performance Measures</b>	<b>Target Date</b>	<b>Lead Partners</b>
Maintain Love and Logic classes	<ul style="list-style-type: none"> <li>Number of CoS classes provided</li> <li>Number of families and/or participants</li> </ul>	December, 2020	Chadron Community Hospital
<b>Strategy</b> <u>Pain Management/Mental Health Services</u>			
<b>Activity</b>	<b>Performance Measures</b>	<b>Target Date</b>	<b>Lead Partners</b>
Develop new Psychologically-Integrated Pain Management Program	<ul style="list-style-type: none"> <li>Patient utilization</li> <li>Number of Referrals</li> </ul>	December, 2020	Chadron Community Hospital
<b>Strategy</b> <u>Families and Schools Together (FAST)</u>			
<b>Activity</b>	<b>Performance Measures</b>	<b>Target Date</b>	<b>Lead Partners</b>
Maintain FAST program in community	<ul style="list-style-type: none"> <li>Number of cycles per year, per location</li> </ul>	December, 2020	Chadron Community Hospital Chadron FAST Team
<b>Objective 2.1:</b> Reduce the proportion of adults who are obese (HP 2020 NWS-9)			
<b>Objective 2.2:</b> Increase the percentage of Panhandle adults who meet the objectives for aerobic physical activity and muscle strengthening activity (HP 2020 PA-2.4)			
<b>Objective 2.3:</b> Reduce the annual number of new cases of diagnosed diabetes in the population (HP 2020 D-1)			
<b>Strategy</b> <u>Diabetes: Combined Diet and Physical Activity Promotion Programs to Prevent Type 2 Diabetes Among People at</u>			

<b>Increased Risk</b>			
<b>Activity</b>	<b>Performance Measures</b>	<b>Target Date</b>	<b>Lead Partners</b>
Educate providers on importance of referral to the National Diabetes Prevention Program (NDPP)	<ul style="list-style-type: none"> <li>▪ Number of providers educated on NDPP</li> <li>▪ Number of referrals to NDPP</li> </ul>	December, 2020	Chadron Community Hospital Panhandle Public Health District
Adoption of screening, testing, and referral into practice	<ul style="list-style-type: none"> <li>▪ Number of providers that adopt a policy to diagnose prediabetics</li> <li>▪ Number of providers that adopt a policy to refer to NDPP, including bi-annual retrospective querying</li> </ul>	December, 2020	Chadron Community Hospital Chadron Medical Clinic Panhandle Public Health District Legend Buttes Health Services
Utilize EHR and other available software to alert patients of upcoming classes and recall into clinic.	<ul style="list-style-type: none"> <li>▪ Number of NDPP classes that have reminder sent to patients</li> <li>▪ Number of patients with A1C in prediabetic range identified by retrospective querying that are recalled into clinic using reminders</li> </ul>	December, 2020	Chadron Community Hospital Chadron Medical Clinic Panhandle Public Health District Legend Buttes Health Services
Offer a minimum of 2, striving for 3, NDPP classes per year	<ul style="list-style-type: none"> <li>▪ Number of NDPP Program classes that start per year</li> <li>▪ Maintain at least one trained lifestyle coach on staff</li> </ul>	December, 2020	Western Community Health Resources Chadron Community Hospital
Provide opportunity for all Chadron Community Hospital employees to complete a health evaluation and biometric screening	<ul style="list-style-type: none"> <li>▪ Number of employees</li> <li>▪ Number of employees receiving A1C or blood glucose</li> </ul>	December, 2020	Chadron Community Hospital Panhandle Worksite Wellness Council
Maintain NDPP in worksite wellness plan, to offer to employees during paid work	<ul style="list-style-type: none"> <li>▪ Number of employees who participate in a NDPP class per year</li> </ul>	December, 2020	Chadron Community Hospital

time			
<b>Strategy</b> <u>Diabetes Management: Team-Based Care for Patients with Type 2 Diabetes</u>			
<b>Activity</b>	<b>Performance Measures</b>	<b>Target Date</b>	<b>Lead Partners</b>
Provide DSME to patients in need	<ul style="list-style-type: none"> <li>Percentage of identified patients who receive DSME per year</li> </ul>	December, 2020	Chadron Community Hospital
Achieve status as American Diabetes Association recognized education program	<ul style="list-style-type: none"> <li>Successful recognition as ADA Recognized Education Program</li> </ul>	December, 2018	Chadron Community Hospital
<b>Objective 2.4:</b> Reduce the proportion of adults with hypertension (HP 2020 HDS-5.1)			
<b>Strategy</b> <u>Cardiovascular Disease: Team-Based Care to Improve Blood Pressure Control</u>			
<b>Activity</b>	<b>Performance Measures</b>	<b>Target Date</b>	<b>Lead Partners</b>
Develop blood pressure training and competencies for staff and providers	<ul style="list-style-type: none"> <li>Number of providers and staff trained on correctly taking blood pressures</li> <li>Percentage of staff who maintain blood pressure competencies annually</li> </ul>	December, 2020	Chadron Community Hospital Panhandle Public Health District
Develop and implement plan to educate patients on self-measured blood pressure monitoring	<ul style="list-style-type: none"> <li>Number of clinic providers complete training on self-measured blood pressure monitoring</li> </ul>	December, 2020	Chadron Community Hospital
Distribute wallet blood pressure cards to clinics to distribute to patients for self-measured blood pressure monitoring	<ul style="list-style-type: none"> <li>Percentage of clinics will receive blood pressure wallet cards.</li> </ul>	December, 2020	Panhandle Public Health District Chadron Community Hospital
Increase the availability of free blood pressure checks in the community	<ul style="list-style-type: none"> <li>Number of free blood pressure checks done in the community each year</li> </ul>	December, 2020	Chadron Community Hospital Panhandle Public Health District
<b>Strategy</b> <u>Cardiovascular Disease: Reducing Out-of-Pocket Costs for Cardiovascular Disease Preventive Services for</u>			

Patients with High Blood Pressure and High Cholesterol

<b>Activity</b>	<b>Performance Measures</b>	<b>Target Date</b>	<b>Lead Partners</b>
Promote Prescription Assistance Program to patients with hypertension	<ul style="list-style-type: none"><li>▪ Number of patients prescribed hypertensive medication who utilize Prescription Assistance Program</li></ul>	December, 2020	Western Community Health Resources Chadron Community Hospital