

2022

Community Health Implementation Plan



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I. Introduction

Merrick Medical Center (MMC) is located in Central City, Nebraska, with an additional rural health clinic in Fullerton, Nebraska. In June of 2022 a new facility will open that will feature acute in-patient rooms, trauma and isolation rooms, state of the art operating and procedure rooms, rehab services, laboratory, imaging, specialty and rural health clinics. Our mission is centered on providing personalized, compassionate, and quality health services to our community. In that spirit, we seek to improve the lives and health of our community through collaboration and a relentless pursuit of quality. A Community Health Needs Assessment (CHNA) was completed in 2021 with our community partners and residents in order to identify the top health needs impacting our community. From this process, the following priorities were identified:

1. Physical Activity
2. Cancer
3. Diabetes

More information on the 2021 CHNA can be found at <https://www.bryanhealth.com/about-bryan-health/community-health-needs-assessment/>

This document outlines the Community Health Implementation Plan (CHIP) to address the community's health needs as determined by the 2021 CHNA.

Purpose and Goals of the CHIP

MMC and our community partners make efforts in our local community to ensure we meet our Mission of improving community health. The CHIP is a critical piece of this work to ensure we are appropriately and effectively working with our community.

The goals of this CHIP are to:

1. Describe the actions MMC intends to take to address the health need and the anticipated impact of these actions.
2. Identify the resources MMC plans to commit to address the health need.
3. Describe any planned collaboration with other facilities or organizations in addressing the health need.
4. Ensure compliance with section 501(r) of the Internal Revenue Code for not-for-profit hospitals under the requirements of the Affordable Care Act.

II. Priority 1: Physical Activity

Objective	To provide additional resources, counseling, and support for patients who may benefit from increased physical activity, dietary or exercise counseling.
Community Indicators	<ul style="list-style-type: none"> • 31% of Merrick County survey respondents reported no leisure time physical activity time in past 30 days • 42% of Merrick County adults were considered obese (Body Mass Index [BMI] = 30+), 9% above the state average (33%) • Heart Disease is rated 2nd cause of death in Merrick County • Merrick County has a significantly higher population per provider ratio for primary care providers (3,867:1) than the state (1,330:1)
Key Strategies	<ul style="list-style-type: none"> • Capture data during office visits that can be used to target patients based on BMI range. • Promote healthy dietary choices and exercise habits through provider discussions and education.
Three Year Goals	<p>Increase number of patients who have a documented BMI range² during a calendar year by 10% by the end of 2023</p> <ul style="list-style-type: none"> x Improve the patients receiving exercise counseling during clinic² visits by 20%. x Increase the percentage of patients receiving dietary counseling² during clinic visits by 20%.

III. Priority 2: Cancer

Objective	Improve cancer detection by increasing the number of preventative cancer screenings completed for breast, cervical, and colorectal cancers.
Community Indicators	<ul style="list-style-type: none"> • Cancer is a leading cause of death in the Merrick County, Central District Health Department area and across the state • Respondents to the Central District Health Department Community Survey identified cancer as one of the top three health concerns • Breast, prostate, lung and colorectal cancer are the leading types of cancer diagnosed in Merrick County • Merrick County female breast, lung and colorectal cancer incidence is higher than the state average
Key Strategies	<ul style="list-style-type: none"> • Expand diagnostic and preventative testing for the detection and screening of cancers in our community. • Utilize pre-visit planning to address cancer screening care gaps during routine and annual office visits.
Three Year Goals	<ul style="list-style-type: none"> • Improve breast cancer screenings by 20% by the end of 2023. • Improve cervical cancer screenings by 20% by the end of 2023. • Improve colorectal cancer screenings by 20% by the end of 2023.

IV. Priority 3: Diabetes

Objective	Promote diabetes management and improve in-clinic support for diabetic patients.
Community Indicators	<ul style="list-style-type: none"> • Diabetes rates in Merrick County are 5% higher than state rates • Roughly 1 in 5 adults (21%) in Merrick county were 65 years and older, higher than the state of Nebraska rate (16%). • Mean age in Merrick County is 43.6, higher than state (36.5) • 34% of CDHD survey respondents reported they typically drink more than one sugar sweetened beverage per day • Merrick County binge and heavy drinking exceeds CDHD area and state • 22% of CDHD survey respondents reported they typically eat less than one serving of vegetables per day
Key Strategies	<ul style="list-style-type: none"> • Collaborate with diabetic educators and counselors to increase participation in patient education and management programs. • Implement clinic care management to assist with between visit support for diabetic patients who are uncontrolled or needing additional assistance. • Utilize continuous glucose monitoring when appropriate for patients to manage diabetes and promote self-management. • Review care gap reports within the electronic health system to identify patients who have overdue diabetic labs and complete outreach to close gaps in care.
Three Year Goals	<ul style="list-style-type: none"> • Achieve Hemoglobin A1c poor control (poor control is defined as an A1c of >9) for diabetic patients at a rate of equal to or less than 24% by 2023. • Establish care management program for the clinic by the end of 2022, with an established patient panel by the end of 2023.

V. Authorization/Approval

This Community Health Improvement Plan was put forth to the Merrick Medical Center Board of Trustees on Thursday, April 21st, 2022.