



2023 Implementation Strategy
Parkview Wabash Hospital, Inc.

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Introduction

Purpose

To grow and ensure the continued quality of Parkview Health's commitment to improving the health of our community, each of our licensed hospitals prepare a community health needs assessment (CHNA) and subsequent implementation strategy on a triennial basis. Using the knowledge gained from the 2022 CHNA results, this report will define Parkview Hospital's community health implementation strategy for the 2023 – 2025 assessment cycle as federally required by the Affordable Care Act. In doing so, this report will define:

- The community served
- The community's top health needs
- The CHNA/implementation strategy process
- How the hospital is addressing community needs
- Identified needs not being addressed

The contents of this report were formed in compliance with the requirements set forth by the IRS for tax-exempt health systems and hospitals.

Mission and Vision

Parkview Health Mission & Vision

Parkview's mission is to improve the health of our community members and inspire them to take steps to improve their well-being.

Parkview puts their patients at the center of everything they do, as an individual, as an employer and as our community.

Parkview Wabash Hospital

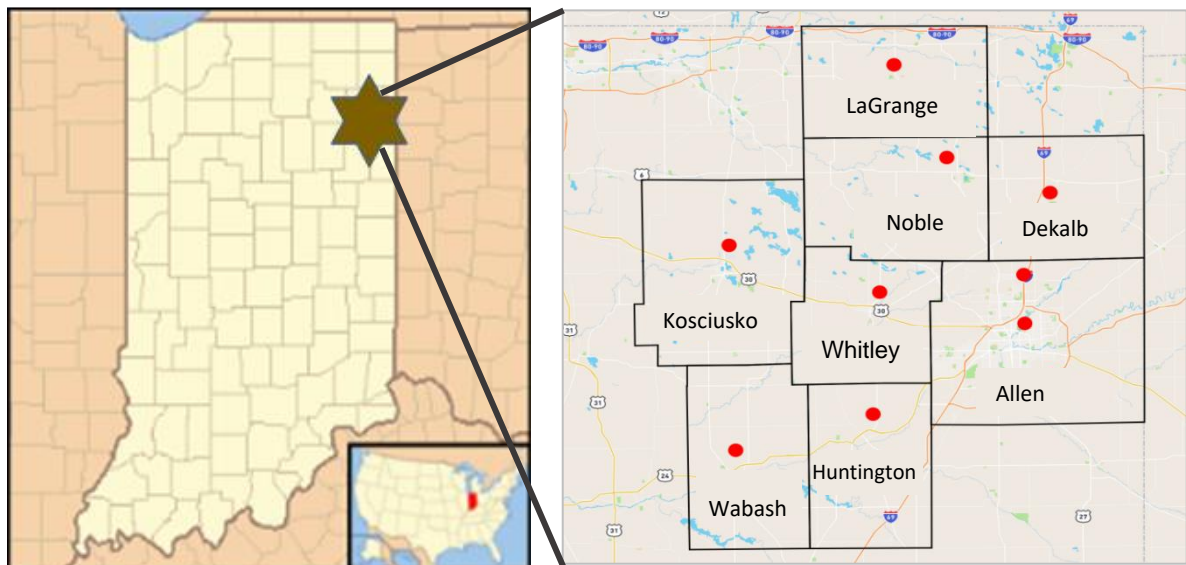
Parkview Wabash Hospital, Inc., is a not-for-profit, critical access hospital located in Wabash, Indiana. The hospital has been a member of Parkview Health since January 1, 2015.

Our facility, which opened in June 2018, is licensed for 25 beds. Currently, it is home to an inpatient unit that offers 14 medical/surgical beds and four beds for patients of higher acuity in our Constant Care Unit. The 24-hour emergency department is staffed by board certified physicians and nurses trained in emergency medicine and care. The ED has nine patient care rooms, with one designated for trauma. The hospital also offers a wide array of surgical services to include orthopedic, colorectal, gynecological, podiatry, urology, general surgery and pain management.

Our specialty services include: a CardioPulmonary Rehab Clinic, Infusion Center for ambulatory patients who require intravenous chemotherapy, hydration and blood transfusion; physical, occupational and speech therapy for adults and children; aquatic rehab; and sports medicine offered at The Rehab Place. The LifeBridge Senior Program offers intensive outpatient behavioral therapy for seniors. We also offer medication assisted treatment and intensive outpatient therapy for those suffering from substance use and mental health disorders.

Parkview Wabash Hospital, Inc., also provides a Physician Specialty Clinic for physicians to travel to Wabash on scheduled weekdays to accommodate the needs of patients who require consultations, follow-up visits and procedures. Specialties include cardiology, urology, neurology, pain management, podiatry, ENT, nephrology and oncology.

Figure 1. Counties with Parkview Hospitals



Community Served

The facilities of Parkview Wabash Hospital, Inc., is a rural community hospital within the health system's service area. According to the U.S. Census Bureau's American Community Survey 2016-2020, Parkview Wabash Hospital serves a population of 30,976. In addition, the median household income of Wabash County residents is approximately \$56,611, with 12.4% living below the federal poverty level. Approximately 7.7% of Wabash County residents do not have health insurance. The median age of the population is 42.4 years old. Much of the population is classified as white (93.4%), followed by 2.9% Hispanic/Latino and 0.5% Black/African American (2020).

Summary of 2022 Community Health Needs Assessment

Parkview Health is pleased to share the 2022 Community Health Needs Assessment (CHNA) for Parkview Wabash Hospital, Inc. in Wabash County. This report provides an overview of the approach taken to identify and prioritize significant health needs in Wabash County, as federally required by the Affordable Care Act. The Health Services and Informatics Research (HSIR) group at Parkview's Mirro Center for Research and Innovation designed and conducted both primary and secondary data collection and analysis activities. Data collection was focused on the eight counties in northeast Indiana that comprise Parkview's primary service area and where a Parkview hospital is located, including: Allen, DeKalb, Huntington, Kosciusko, LaGrange, Noble, Wabash and Whitley.

The purpose of this CHNA report is to offer a comprehensive understanding of the health and social needs of Wabash County to guide Parkview Wabash Hospital, Inc.'s strategic community health improvement plan for addressing the identified needs (*CDC - Assessment and Plans - Community Health Assessment - STLT Gateway, 2019*). Parkview Wabash Hospital, Inc. will use the findings in this report to identify and develop efforts to improve the health and quality of life for residents in the counties we serve.

Approach

The HSIR group assessed the overall health needs of the Parkview Health region, as well as the needs of each individual county. Community health needs of interest were based on past CHNAs and secondary data from the Healthy Communities Institute (HCI) database. The HSIR team used surveys to gather input from individual community members and healthcare and social service providers (i.e., physicians, nurses, social workers) to understand local health concerns, needs, and service availability.

Historically, we have found that Hispanic, Amish and people of Burma (Myanmar) populations have been an underrepresented voice in our CHNA surveys. Thus, the HSIR group used contacts familiar to these populations to distribute surveys and sent a mobile team of surveyors to target locations to ensure that we captured the community health concerns of these special populations.

Summary of Findings

The findings in this report are a result of the analysis of an extensive set of secondary data (over 200 indicators from national and state data sources) and primary data (209 surveys) collected from community members and healthcare/social service providers. Below are the top ten health concerns and health service needs as ranked by the Hanlon method and survey data, respectively.

Wabash County's Top Ten Health Concerns*

- Mental health
- Chronic obstructive pulmonary disease
- Asthma
- Obesity
- Kidney disease
- Cardiovascular disease (stroke, coronary heart disease)
- Cancer
- Alzheimer's disease/dementia
- Substance use/abuse (drugs, alcohol, tobacco)
- Diabetes

* After Hanlon method applied to secondary and primary data; merged categories of concerns are in parentheses

Wabash County's Top Ten Health Service Needs*

- Substance use disorder services
- Mental health services
- Access to healthy food
- Childcare
- Health insurance
- Senior services
- Job training
- Gun safety
- Access to primary care providers
- Access to birth control

* As indicated by community and provider concerns expressed in survey data

Prioritization Methodology

To organize and rank order significant health needs across the Parkview Health eight-county region, primary data from community and provider surveys and secondary data were combined using a modified Hanlon score. Each health indicator corresponded to a health concern from the survey, thus health domains from the survey were used to cluster health indicators.

For each health indicator, scores for percentage of the population affected (size), percentage of community respondents endorsing the corresponding health concern (seriousness), percentage of provider respondents endorsing the corresponding health concern (seriousness), trend in health indicator (seriousness), and existence of evidence-based interventions (effectiveness of intervention) were assigned.

According to the Hanlon scores, the top health concerns were mental health, obesity, and chronic disease.

Prioritization Process

Parkview Wabash Hospital will adopt the health priority of Mental Health that was set for all hospitals in the Parkview Health system on August 22, 2022.

As a continuation of the prioritization process, Parkview Wabash Hospital held a community meeting on September 12, 2022 to engage Wabash County community leaders in helping determine two additional health priorities for the county over the next three years. The areas of education, government, social service agencies and recreation were all represented in the meeting, along with members of the Parkview Wabash Hospital administrative team.

The group of stakeholders conducted a thoughtful review of the 2022 CHNA data and engaged in a prioritization grid exercise, which involved examining the top 10 health priorities identified via survey of the community and local providers. The findings were summarized in the CHNA. Participants were then asked to rate significance, severity, suitability, and SDOH (Social Determinants of Health) for each of the 10 priorities.

Following this, the stakeholders were asked to vote on their top two recommendations for the two additional health priorities. Great discussion ensued before voting began. From this discussion, it was unanimously agreed upon that a vote was not necessary. All concurred that the following should be the health priorities for Wabash County: Substance Abuse/Use and Obesity.

The recommendations of the committee were presented to the Parkview Wabash Hospital Board Executive Planning committee on September 30, 2022. They voted unanimously to adopt Substance Abuse/Use and Obesity as additional priorities.

For more detail regarding prioritization methodology please see page 40 of Parkview Wabash Hospitals CHNA:

<https://www.parkview.com/media/file/2022%20Wabash%20County%20CHNA.pdf>

Implementation Strategy Process

Based on the 2022 CHNA results, our prioritization sessions and collaboration with our internal and external partners, our health initiatives have transitioned to the following:

- Substance Use Disorder/Mental Health
- Obesity

In addressing each prioritized health issue identified above, Parkview Wabash Hospital created the following implementation strategy to define how they intend to address each identified. This process requires expertise from Community Health Improvement staff, program leads, community nurses and health workers, and partner organizations. Parkview Wabash Hospital's Community Health Improvement committee, a committee consisting of hospital board members, hospital leadership and community stakeholders, reviewed and adopted the implementation strategy on May 15, 2023.

Community Health Implementation Plan

Implementation Plan for each Health Priority

Implementation strategies are illustrated below according to health priority.

Substance Use Disorder/Mental Health

Identified Health Need: Substance Abuse Disorder/ Mental Health				
Goal: Decrease the number of those under age 18 who smoke in Wabash County				
Objective: Decrease health risks of smoking and second-hand smoke				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> • "Too Smart to Start" for 2nd grade students • "Smoking is Gross" for 5th grade students • Middle/High School education 	<ul style="list-style-type: none"> • Participation by all county school • Number of students 	<ul style="list-style-type: none"> • Present pig lung models, and interactive activities to 5th grade students • Use pig lung models, jar of tar, jar of phlegm, Mr. Gross Mouth, posters and interactive activities for 2nd grade students • Provide materials for all students to take home and share with family 	<ul style="list-style-type: none"> • Behavior change • Increased knowledge • Improved health for students and families 	<ul style="list-style-type: none"> • Wabash County Tobacco Free Coalition • All county elementary schools, middle schools and high schools

Identified Health Need: Substance Abuse Disorder/ Mental Health				
Goal: By December 31, 2025, increase MAT/IOP program participants by 30% as measured by the number of individuals enrolled in the program				
Objective: Improve the rate of recovery and reduce the risk of mortality for those enrolled in the program.				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
Medication Assisted Treatment Program	<ul style="list-style-type: none"> • Number of patients who complete intake assessments • Percent of patients who show for intake assessments • Number of patients enrolled in the MAT program • Number of opioid/alcohol related deaths in Wabash County • Number of opioid/alcohol related arrests in Wabash County 	<ul style="list-style-type: none"> • Complete construction project to expand clinical space and group room • Manage alcohol and opioid withdrawal through medication • Therapy sessions – group, individual, families and couples • Provide peer recovery coaches • Relapse prevention • Maintenance once out of the program • Medical Detox 	<ul style="list-style-type: none"> • Increased knowledge of impact of addictions • Behavior change • Heal physical damage attributed to addictions • Mend relationships • Improved overall health and outlook on life 	<ul style="list-style-type: none"> • LifeBridge • Wabash County Drug Steering Committee • Court System • DCS • Substance Abuse and Mental Health Services Administration

Identified Health Need: Substance Use Disorder/Mental Health				
Goal: Through December 31 st , 2025, provide transportation to 100% of the patients of MAT/IOP who have been identified in need				
Objective: To decrease the barriers those with mental health and substance use disorders encounter on their journey to recovery				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
Public transportation to medically necessary appointments	<ul style="list-style-type: none"> • Number of trips provided • Rider survey 	<ul style="list-style-type: none"> • Schedule rides with public transit for all known appointments for therapy and assessments 	<ul style="list-style-type: none"> • Riders receive safe, on-time transportation to and from their desired destinations • Improved attendance resulting in improved outcomes 	<ul style="list-style-type: none"> • Wabash County Public Transit

Identified Health Need: Substance Use Disorder				
Goal: Through December 31 st , 2025, 30% of the residents will successfully complete the 9-month program				
Objective: To provide individuals with mental health and addictions the tools and resources for recovery, prevention and transition				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
Substance Use Screening	<ul style="list-style-type: none"> • Number of residents • Number of tests conducted 	<ul style="list-style-type: none"> • Provide a safe, stable, structured environment for women to live • One-on-one connections with others in recovery • 12-step meetings • Assistance finding employment 	<ul style="list-style-type: none"> • Residents will be gainfully employed • Improved self-esteem • Increased knowledge of community resources and support • Ability to live independently and substance free 	<ul style="list-style-type: none"> • Waypoint Women's Transitional Home • Parkview Behavioral Health • Bowen Center • Drug Court • Probation Dept.

Identified Health Need: Mental Health				
Goal: By December 31 st , 2025 Lessen the stigma and better the mental health of Wabash County				
Objective: Improve knowledge and/or behavior related to mental health in 100% of program participants				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
Blessings in a Backpack	<ul style="list-style-type: none"> • Number of program participants • Teacher effectiveness survey 	<ul style="list-style-type: none"> • Provide free weekend food to elementary students who receive free or reduced lunch from the school 	<ul style="list-style-type: none"> • Decrease childhood hunger for students each weekend that facilitates improved mental health and improved school performance • Increase community awareness 	<ul style="list-style-type: none"> • Community individuals and businesses

Identified Health Need: Mental Health				
Goal: By December 31, 2025, increase Mom's support group to 12				
Objective: To provide moms with social, emotional and educational support to reduce the number of moms with postpartum depression.				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Mom's Support Group 	<ul style="list-style-type: none"> Number of those in the program Surveyed clients report the program is beneficial to their mental health 	<ul style="list-style-type: none"> Eliminate barriers by providing childcare during classes Provide classes at least monthly Provide a format that allows for discussion and opportunities to talk and vent frustrations Weigh newborns of breastfeeding moms to insure progress along the growth chart 	<ul style="list-style-type: none"> Moms create friendships/connections with others, they develop coping skills and parenting skills. Healthy moms makes for healthy children. 	<ul style="list-style-type: none"> BABE of Wabash County PWB Foundation

Identified Health Need: Substance Use				
Goal: By December 31, 2023, 20 people will successfully complete Freedom from Nicotine Classes				
Objective: Help people to quit smoking in order to reduce health risks associated with smoking				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> Freedom from Smoking 	<ul style="list-style-type: none"> Number of participants enrolled Number of participants who quit Number of participants who are still tobacco free after 6 months 	<ul style="list-style-type: none"> Education on how/why to quit 6-week membership to the Y Personal training Nicotine replacement treatment help Nutrition class 	<ul style="list-style-type: none"> Improved overall health Improved mental health Improved financial status as a result of no longer purchasing tobacco 	<ul style="list-style-type: none"> Wabash County Tobacco Free Coalition Wabash County YMCA Purdue Extension QuitNow Indiana

Identified Health Need: Mental Health

Goal: By December 31, 2025, increase the number of Wabash residents utilizing Meals on Wheels by 20%.

Objective: Reduce the stress and burden of the cost of food, task of preparation and challenge of shopping to improve mental health.

Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
Meals on Wheels	<ul style="list-style-type: none">• Number of people enrolled	<ul style="list-style-type: none">• Home delivery of meals• Social contact with delivery people who are able to potentially assess mental health and other needs	<ul style="list-style-type: none">• Improved health as the result of meals offered• Improved mental health by both social contact from delivery people and less worry about meals	<ul style="list-style-type: none">• Meals on Wheels• Volunteer Drivers

Obesity

Identified Health Need: Obesity				
Goal: Decrease rates of obesity and chronic disease.				
Objective: Enroll participants in exercise program				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
<ul style="list-style-type: none"> • Y Not Get Healthy 	<ul style="list-style-type: none"> • Number of participants • Pounds and/or inches lost • BMI reduced • Pre and post body composition assessments • Number of times visiting Y 	<ul style="list-style-type: none"> • 3-month membership to the Y • Access to free classes • Free Personal Training • Monthly challenges and incentives 	<ul style="list-style-type: none"> • Behavior change • Increased knowledge • Increased access to physical fitness equipment and activities • Increased community awareness and engagement 	<ul style="list-style-type: none"> • Wabash City Schools • Wabash County YMCA

Identified Health Need: Obesity				
Goal: Decrease the rates of obesity in Wabash County				
Objective: Improve regularity of physical activity, decrease weight, strengthen social connections and/or improve overall health of 100% of the participants				
Program	Indicator	Interventions	Anticipated Impact	Internal/External Partners
Liking For Biking	<ul style="list-style-type: none"> • Weigh-in and weigh-out • Number of program participants 	<ul style="list-style-type: none"> • One-hour bike ride, led by local cycling club, offered at no cost • Participants may go as far/fast as they want each week and build up; trained cyclists stay with them 	<ul style="list-style-type: none"> • Increased physical activity • Sense of team/community • Weight loss • Improved health 	<ul style="list-style-type: none"> • Rock City Bike Club • Visit Wabash County

Significant Health Needs Not Addressed by the Implementation Strategy

Health needs identified and why the hospital does not intend to address these as part of the implementation strategy:

- **Kidney disease** – This is not an area of priority as there are limited resources to address the need. There are resources elsewhere in the Parkview Health System.
- **Chronic disease** – While Parkview Wabash Hospital, Inc., did not select chronic disease as a priority, many of our programs will indirectly have an impact. The intent is to help reduce and even prevent the presence of chronic conditions by addressing obesity, substance use and mental health concerns with emphasis on healthy lifestyles.
- **Asthma** – This issue was not a priority for community members, and therefore would likely not receive sufficient support to succeed. Individuals' primary care providers address these needs.
- **Cancer** – This is not likely to be resolved at this time. While we did not choose cancer as a primary need, Parkview Wabash Hospital, Inc., offers an oncologist on-site two days, as well as an oncology certified nurse practitioner three days a week. We offer chemotherapy four days per week.
- **Diabetes** - While Parkview Wabash Hospital, Inc., did not select diabetes as a top health priority, we do understand its prevalence in our community. Our registered dietitians work with patients on a one-on-one basis through physician referral and inpatient consults. We also believe our continued efforts to focus on obesity as a priority will positively impact diabetes.
- **Cardiovascular disease** – As with diabetes, we believe our emphasis on obesity will serve to mitigate the risk of cardiovascular disease. Parkview Wabash Hospital, Inc., boasts a strong Cardiopulmonary Rehabilitation program that dates back to 1983. It was one of the first programs of its kind in a rural community.
- **Child abuse and neglect** – The hospital does not have the expertise to address this issue. We will continue to monitor and report all suspected concerns observed to Child Protective Services.

Although all needs are not being addressed, we are continually watching these areas and understand that there could be changes that would prompt us to redirect. Choices in priorities are always difficult to make. In the outlying communities, it is an additional challenge as our resources are very limited, and the resources and organizations within the community are limited as well.

For More Information

Parkview would like to extend gratitude towards its community partners for their collaboration with the 2022 CHNA and 2023 Implementation strategy process that addresses the health needs of Wabash County. For additional information about Parkview Wabash Hospitals 2022 CHNA or 2023 Implementation Plan, please contact us.

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Board Approval

Approved by the Community Health Improvement Committee
of the Parkview Wabash Hospital, Inc. Board of Directors
15 May 2023