

Delaware Valley Hospital, Inc.
Community Service Plan Update – 2017 Results

Prevent Chronic Diseases

Focus Area: Reduce illness, disability and death related to tobacco use and secondhand smoke exposure

Objectives: Provide Delaware County residents with access to tobacco cessation classes through video-conferencing, eliminating the need to travel long distances.

Interventions/Strategy/Activities and Results:

DVH has changed its strategy for offering Tobacco Cessation classes- Two staff members were trained as facilitators of The American Cancer Society's Fresh Start program, so now programs are held locally, every few months.

- Two tobacco cessation programs of four sessions each were held.

Focus Area: Increase access to high quality chronic disease preventive care and management in both clinical and community settings

Objectives: Patients with Chronic Disease or and/or their caregivers will learn ways to manage their disease.

Interventions/Strategy/Activities and Results:

Promote the use of evidence-based interventions to prevent or manage chronic diseases through DVH's RN Patient Care Coordinator and/or certified dietician/nutritionist.

- DVH's certified dietician/nutritionist worked with 397 patients; providing diet counseling
- The RN Care Coordinator worked with 48 patients, at high risk for either ER visits or admission to the hospital, to help educate and provide support and reduce barriers to care

Two six week Stanford University Chronic Disease Self- Management programs (CDSMP) will be offered annually.

- Three 6 week Happy, Healthy and Wise workshop series were held that focus on chronic disease self management. 22 participants began the workshops; 17 completed them. Reviews were very enthusiastic and positive

Hold at least 1 Chronic Disease Self- Management Program Peer Leader Training.

- The class to train additional peer leaders was not held due to a lack of participants

Complete the Stanford University Diabetes Self-Management Program

- This was not completed. DVH felt that the diabetics attending the series of workshops gained significantly from the course. The RN Care Coordinator and the Certified Dietitian/nutritionist routinely work closely and 1 on 1 with diabetic patients.

The LifeSteps program will continue to be offered. The program was developed by the National Dairy Council. It addresses weight management through lifestyle changes. Participants weigh in weekly. Topics include physical activity, serving size, food choices, eating styles, lapses, staying active and in-step.

- The program was presented twice in 2017. 16 people began and 11 completed, losing a total of 92.4 pounds between them.

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Prevent Chronic Diseases (cont'd)

Interventions/Strategy/Activities and Results: (cont'd)

Sustain utilization of Prescription Trails Program through: 1) promotion of Get Out and Walk website; 2) implementation of a tracking system which uses smart phrases in the Electronic Medical Record (EMR); and 3) identification and demarcation of existing trails.

- DVH provided information about the Script Trails program and the Get Out and Walk website at all its outreach events and in its brochure racks.
- DVH's physical rehab department staff and its dietitian/nutritionist actively refer patients to the Script Trails program
- DVH's EMR does not have a way to track the use of the Script Trails program.

Promote a Healthy and Safe Environment

Focus Area: Injuries, violence and occupational health

Objectives: Evidence based falls prevention programming will be available to area residents

Interventions/Strategy/Activities and Results:

Continue to offer the evidence-based Matter of Balance program once per year

- DVH did not hold this program this year. In the spring, focus was placed on the Chronic Disease self-management program and in the fall, the hospital's wellness room underwent a remodel. The plan is to begin offering this again in the spring.

Sustain sponsorship of up to four (4) Del. Co. Office for the Aging's Tai Chi Programs

- Although DVH was willing to sponsor the program, the Office for the Aging informed us that they now have use of the venue without cost. DVH is still committed to assisting if needed.

Promote Mental Health and Prevent Substance Abuse

Focus Area: Prevent substance abuse and other mental, emotional and behavioral disorders

Objectives: Decrease the age-adjusted suicide rate in Delaware County by 10% from 18.5 to 16.65 per 100,000 by 12.31.2018; Decrease the number of suicide attempts in Delaware County by 12.31.2018.

Interventions/Strategy/Activities and Results:

Share data on suicide, suicide attempts and prevention efforts, death certificates data pertaining to suicide; means, age, gender. By sharing information, patterns and trends, if any can be identified and addressed.

- DVH continues to share its data

Offer venue for Gatekeeper trainings (ASIST, Safe Talk, QPR) if needed in Walton

- During 2017, Gatekeeper trainings were not held in Walton so DVH venue was not required.

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Promote Mental Health and Prevent Substance Abuse (cont'd)

Interventions/Strategy/Activities and Results: Secure trainers for the Stanford University Chronic Pain Self-Management course. DVH will pay for up to 2 trainers to take on-line course

- This is a goal for 2018 for DVH staff. However, in 2017 DVH began a Pain Management clinic in Walton, in conjunction with UHS providers

Increase availability of mental, emotional, and behavioral health services through the use of telemedicine technology.

- Telepsychiatry is now available on a very limited basis at DVH. The sole provider at this time is a private practice physician who takes a very limited number of insurers. Work continues to find a provider who can help fill this role.
- Del Co Mental Health and DVH worked in conjunction to try and secure additional MEB professional prescribers. Two candidates were considered. One decided to take a government job; the other decided not to re-locate on a full time basis at this time.