

## THE MEDICAL CENTER AT BOWLING GREEN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

<b>ACTION STEPS</b>	<b>RESPONSIBLE</b>	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Develop collaborative efforts to improve healthcare within Warren and surrounding counties.	Comm. Wellness	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green
Strengthen relationship with organizations below. List is not exclusive, other organizations and providers will be added as identified.														
American Cancer Society – Warren County Chapter	Comm. Wellness	Gray	Gray											Green
American Heart Association	EMS Comm. Wellness								Gray					Green
National Stroke Association (2014)	EMS Comm. Wellness		Yellow	Yellow										Green
American Red Cross	Comm. Wellness		Yellow					Gray		Gray				Green
Barren River District Health Department	Comm. Wellness	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green
Bowling Green Housing Authority	Comm. Wellness					Gray	Gray	Gray						Green
Fairview Primary Care Center	Comm. Wellness	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green
Kentucky Cancer Program	Comm. Wellness	Yellow	Yellow	Yellow	Yellow	Gray	Yellow	Gray	Gray	Yellow	Yellow	Yellow	Yellow	Green
Medicaid Managed Care Programs/Case Management	Care Coordination													Green
Refugee Assistance Center	Education Vivian McClellan											Gray		Green
Southcentral Kentucky Community Action	Comm. Wellness						Gray		Gray			Gray		Green
Western Kentucky University Institute for Rural Health Mobile Health Unit	Comm. Wellness		Yellow	Yellow	Gray					Gray		Gray		Green
WBKO	Comm. Wellness		Yellow		Gray					Gray		Gray		Green
Heart Disease and Stroke Prevention Task Force	Comm. Wellness		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green

**Yellow** - 2014 Action Steps accomplished/planned or ongoing  
**Gray** - 2013 Action Steps accomplished or ongoing

**C** – completed

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**Yellow** - 2014 Action Steps accomplished/planned or ongoing  
**Gray** - 2013 Action Steps accomplished or ongoing

**C** – completed

# THE MEDICAL CENTER AT BOWLING GREEN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

## STRATEGY 1 – STRENGTHEN PARTNERSHIPS WITH KEY COMMUNITY HEALTH PROVIDERS & ORGANIZATIONS

**Develop collaborative efforts to improve healthcare within Warren and surrounding counties.**

- WBKO – Health and Wellness Expo January 2014; Jan 2015
- Healthy Monday Campaign ongoing
- Wellness Wednesday – Jody Richards and Briarwood Elementary ongoing
- WKU – 10K Classic October 2014: Oct 2015
- Barren River Community Health Planning Council ongoing
- Heart disease and Stroke Prevention Task Force March 2014
- Logan Aluminum Health Fair July 2014
- Bright Project- Childhood Obesity (Barren River Initiative to Get Healthy Together) Aug 2014 – ongoing
- KY Partnership-Farm Family Health January 2015

**Strengthen relationship with organizations below. List is not exclusive, other organizations and providers will be added as identified.**

### **American Cancer Society – Warren County Chapter**

- Relay for life June 2014
- Transportation of cancer patients ongoing
- Cancer Committee Meetings Quarterly

### **American Heart Association**

- Heart walk Sept 2014
- Fit Friendly Worksite- Platinum Award

### **National Stroke Association**

- LEAP Stroke Program (Lifelong Education and Advocacy Program) February & 2014 & Oct 2014
- Power Sunday (Faith Based stroke education day) March & May 2014

### **American Red Cross**

- American Red Cross Blood Drive February & June 2014
- Tornado Preparedness Class February 2014
- Summer Safety Class May 2014
- Diabetes Forum November 2014
- Blood Drive May; July; Sept; Nov

### **American Lung Association**

- Freedom From Smoking class July- August 2015

### **Barren River District Health Department**

- Health Planning Council 2013 - 2015
- Cooper Clayton Facilitation Jan - Apr & Sep - Dec 2014
- HIV Testing monthly
- BMI Project( Bright) ongoing
- Community Health Worker April 2014- ongoing
- Diabetes Prevention Program September 2014 - Ongoing
- BMI project Dishman McGinnis & Parker Bennett August 2014 – Dec 2014
- 5210 project Dishman McGinnis(5 Fruits and Veggies Lesson) January 2015

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- 5210 project Dishamn McGinnis (0 sugar sweetened beverage) April 2015
- Measurement reassessment for BMI project May 2015

### HIDTA

- Give me a reason program July 2015

### Bowling Green Housing Authority

- Housing Authority Health Fair (Body Fat, EHAC, chest and stroke info) July 2014

### Fairview Primary Care Center

- Women's Health Specialists: follow-up on outpatient care and primary care services are referred to Fairview ongoing
- Newborn care and safety classes ongoing
- Patients with Diabetes are referred to the H&W Center for Diabetes education ongoing

### Kentucky Cancer Program

- Cooper Clayton Smoking Cessation Class Jan - Apr & Sep - Dec 2014
- Sun damage screenings May & June 2014, June & July 2015
- Relay for Life TMC Team May 2014
- Cancer Committee meetings Quarterly
- Plan to be tobacco free November 2014

### Medicaid Managed Care Programs/Case Management

- Better choices Better Health (Coventry Cares) Oct – Nov 2014
- KYnectors set up at Health and Wellness Center during wku screening April 2014

### Refugee Assistance Center

- Monthly speaker on health and safety topics May 2014- ongoing
- Warren County Services Health Fair April 2014 & April 2015

### Warren County Senior Center

- Arthritis Exercise Class June 2015
- Speaker's Bureau (Exercise, Nutrition, Diabetes, Stroke Screenings) Jan – April 2015

### Southcentral Kentucky Community Action

- Better Choices Better Health Oct – Nov 2014
- ICARE food Drive July 2014

### Western Kentucky University Institute for Rural Health Mobile Health Unit

- Free Blood Sugar Screening (Edmonson & Butler Counties) February & March & Sept 2014
- Osteoporosis/Bone Density Screening Mar – Apr; Aug - Sept 2014 & March & May 2015
- Blood Sugar and Cholesterol Screening February & April & Sept 2014 Feb. & April 2015
- Free HbA1C and Glucose Screening August 2014
- 11<sup>th</sup> St. Missionary Baptist church ( partner with Mobile unit) Glucose/ AIC September 2014
- Brownsville Senior Center Partner with IRH Glucose AIC screenings September 2014
- Bowling Green Towers Partner with IRH Glucose/ AIC screenings September 2014

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## WBKO

- Health and Wellness Expo Jan 2014; Jan 2015
- Chest Pain Drills February 2014
- The Medical Center 10K Classic Oct 2014, Oct 2015
- Help promote community education such as chest pain, stroke awareness and annual health conferences ongoing
- 90 seconds to better health monthly

## Heart Disease and Stroke Prevention Task Force

- Care Collaborative – Blood Pressure education cards and tracking February 2014 - ongoing

## STRATEGY 2.1 – PREVENTIVE CARE & DISEASE MANAGEMENT: DIABETES

### Enhance awareness and utilization of the outpatient diabetes education program through marketing of services to community and healthcare providers.

- Recognition to physician's office with highest diabetes referrals monthly
- Promoting services to physicians monthly
- Worksite Wellness Boards monthly
- Health & Wellness Expo January 2014
- *WellNews* Jan - March 2014 & April - July
- ENSPIRE health coaching for CHC employees April 2014
- CHC benefit health screenings March 2014
- Doctors Day March 2014
- Letter to physicians on Diabetes Education to help their practice March 2014
- Men's Health Conference June 2014
- WEMS Health and Safety Fair: Diabetes Presentation May 2014
- Adult Day Care – Diabetes Presentation June 2014
- Promoting Diabetes Prevention Program - WBKO and radio July 2014
- Chandler Park Assisted Living: Diabetes Presentation November 2014
- Women's Conference September 2014
- Noon Lion's Club: Diabetes presentation (Tammy Davis) January 2015
- *WellNews* July 2015
- Logan Aluminum Healthy Lifestyle Health Fair/MN July 2015
- Diabetes Presentation – Adult Day Care June 2015
- Warren Rural Electric Health Fair (Glucose screening) June 2015
- Wellness Boards Restock (Diabetes) June 2015

### Provide community diabetes education forum.

- Planning for November 2014 November 2014

### Provide CME on Diabetes related topics to physicians and CEU's for Nurses

- Diabetes Medication Update: Melinda Joyce (CME and CEU)
- Charcot Foot (CEU)
- Obesity and Bariatric Surgery: The Effects on Diabetes (CEU)
- New Treatment Options for Diabetes (CME and CEU) December 2014
- Step Wisely: Standards of Care for the Diabetic Foot (CME) June 2015

### Feature articles on benefits of diabetes education in community newsletter, *WellNews*, and in Physician Newsletter.

## THE MEDICAL CENTER AT BOWLING GREEN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

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|---|---|
| <ul style="list-style-type: none"> <li>• WellNews “Education Helps Woman Get Diabetes Under Quick Control”</li> <li>• WellNews “Real Men do take care of their Health”</li> <li>• WellNews: Pre-Diabetes Separating Fact from Fiction</li> <li>• WellNews: Diabetes Prevention Program</li> <li>• WellNews “Program Promotes Lifestyle Changes to Prevent Diabetes</li> </ul> | <p>January - March 2014</p> <p>April – June 2014</p> <p>July- Sept 2014</p> <p>July – Sept 2014</p> <p>July – Sept 2015</p> |
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**Present 90 Seconds to Better Health segment on diabetes ( Dr.Hammad)** June 2014

**Explore opportunities to identify readmissions of patients with diabetes and enhance patient referral process for outpatient diabetes education.**

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|--|---|
| <ul style="list-style-type: none"> <li>• Met with hospitalists in May 2013 to look at simplifying referral process</li> <li>• Community Health Worker Program</li> </ul> | <p>May 2013</p> <p>April 2014-ongoing</p> |
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**Explore opportunities to develop ED admissions identification process related to diabetes complications.**

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| <ul style="list-style-type: none"> <li>• Martin with IT has ability to pull ED admissions for patients with diabetes</li> <li>• Community Health Worker program</li> </ul> | <p>April 2014 - ongoing</p> <p>April 2014- March 2015</p> |
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**Develop process to ensure patients have regular healthcare provider.**

- Patients are referred to Fairview Primary Care Center or Med Center Primary Care

**Provide diabetes education at community outreach events.**

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| <ul style="list-style-type: none"> <li>• Health &amp; Wellness Expo</li> <li>• Free Blood Sugar Screening in Edmonson and Butler Counties</li> <li>• Edmonson County Back to school bash</li> <li>• Logan Alumni Health Fair ( Healthy Lifestyle)</li> <li>• 11th Street Missionary Baptist Church A1C and Glucose screenings</li> <li>• Diabetes prevention program (DPP)</li> <li>• Diabetes Prevention Program</li> <li>• Bowling Green Towers ( partner with IRH) Glucose/ AIC screening</li> <li>• Diabetes forum</li> <li>• Free cholesterol and glucose screening at H&amp;W Center</li> <li>• Noon Lion’s Club (Diabetes)</li> <li>• Group Diabetes Class</li> <li>• Changing group class to a one day boot camp</li> <li>• Diabetes Prevention Group</li> <li>• Pre-diabetes Class</li> <li>• Diabetes Support Groups</li> <li>• Healthy Habits for A Healthier You</li> <li>• Group Diabetes Education Camp</li> <li>• Woodcraft Health Fair (Glucose Screenings)</li> <li>• The Medical Center 10K Classic Health and Fitness Expo (Diabetes)</li> <li>• Free Cholesterol and Glucose Screenings</li> <li>• Group Diabetes Education Camp</li> <li>• Diabetes Support Groups</li> <li>• International Center (Diabetes)</li> <li style="padding-left: 20px;">International Center (Diabetes)</li> </ul> | <p>January 2015</p> <p>February - March - Sept 2014</p> <p>July 2014</p> <p>July 2014</p> <p>September 2014</p> <p>August –December 2014 &amp; April 2015 – July 2015</p> <p>September 2014</p> <p>November 2014</p> <p>November 2014; April 2015</p> <p>January 2015</p> <p>January 2015- March 2015</p> <p>April 2015</p> <p>January 2015</p> <p>March 2015</p> <p>Monthly</p> <p>May 2015</p> <p>June – Sept 2015</p> <p>April 2015</p> <p>October 2015</p> <p>Fall 2015</p> <p>Fall 2015</p> <p>Fall 2015</p> <p>September 2015</p> <p style="text-align: right;">September</p> |
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**Offer onsite diabetes education classes for employer groups through**

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## TMC Worksite Wellness Program.

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| <ul style="list-style-type: none"> <li>• Promote Diabetes Prevention Program to employer groups</li> <li>• Offer onsite diabetes education to any employer group interested</li> <li>• Wellness Boards Restock( Diabetes)</li> <li>• International Center (Diabetes)</li> </ul> | <p>July 2014 - ongoing<br/>ongoing<br/>June 2015<br/>September 2015</p> |
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## Provide diabetes education through Commonwealth Health Free Clinic.

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| <ul style="list-style-type: none"> <li>• Patients are referred to Health and Wellness Center</li> <li>• James, RN at Free Clinic helps diabetics with some self-management tips</li> </ul> | <p>ongoing<br/>ongoing</p> |
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## Research feasibility of providing diabetes education to patients in rural counties in conjunction with WKU Mobile Health Unit.

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| <ul style="list-style-type: none"> <li>• Offering free blood sugar screenings in Edmonson and Butler Counties</li> <li>• Offered free glucose screenings at BG Towers</li> </ul> | <p>Feb – March – Sept 2014<br/>Feb – March 2014</p> |
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## STRATEGY 2.2 – PREVENTIVE CARE & DISEASE MANAGEMENT: OBESITY

### Increase awareness and utilization of The Medical Center’s outpatient medical nutrition counseling services through marketing of services.

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| <ul style="list-style-type: none"> <li>• Overeaters Anonymous</li> <li>• Recognition to physician offices with highest MNT referrals</li> <li>• Promote services to physicians</li> <li>• Worksite Wellness Boards</li> <li>• Health &amp; Wellness Expo</li> <li>• <i>WellNews</i></li> <li>• ENSPIRE health coaching for CHC employees</li> <li>• CHC benefit health screenings</li> <li>• Doctor’s Day</li> <li>• Letter to physicians on Diabetes Educations to help their practice</li> <li>• Men’s Health Conference</li> <li>• Chandler Park Assisted Living – Nutrition</li> <li>• Bowling Green High School – Nutrition</li> <li>• The Medical Center Teen Volunteer Presentation – Nutrition</li> <li>• Healthy Eating Presentation – Adult Day Care</li> <li>• The Boys and Girls Club (Body Fat and Blood Pressure)</li> <li>• Housing authority health fair ( body fat, EHAC, chest &amp; stroke info)</li> <li>• Barren River Adult day care ( healthy eating)</li> <li>• Jody Richards elementary Fall Festival (Height, weight, pulse, EHAC, nutrition)</li> <li>• Wellness Board restock ( Obesity and Cancer)</li> <li>• Falls prevention health fair Living hope ( nutrition)</li> <li>• Surgical weight loss support group</li> <li>• Surgical weight loss support group</li> <li>• Expectant Parent Fair</li> <li>• Brass – Preventative Health (Marilyn Wheat)</li> <li>• Logan Aluminum Health Fair ( Healthy Lifestyle)</li> <li>• Butler County High School (BMI,Body Fat Analysis)</li> <li>• Barren River Adult Day Care (Heart Healthy New Year’s Resolutions)</li> <li>• BMI project ( 0 sugary Beverages) Dishman</li> <li>• BMI project (5 fruits and vegetables to Dishman)</li> <li>• BMI project (0 sugary beverages) Dishman</li> </ul> | <p>weekly<br/>monthly<br/>monthly<br/>monthly<br/>Jan. 2014 &amp; January 2015<br/>Jan. - March 2014 &amp; Jan. 2015<br/>April 2014 - ongoing<br/>March 2014<br/>March 2014<br/>March 2014<br/>June 2014<br/>March 2014 &amp; June 2014<br/>March 2014<br/>June 2014<br/>June 2014<br/>August 2014<br/>July 2014<br/>July 2014<br/>September 2014<br/>July 2014<br/>September 2013<br/>August-September 2014 &amp;<br/>Jan.- June 2015<br/>September 2014<br/>October 2014<br/>July 2014<br/>November 2014<br/>Jan 2015<br/>December 2014<br/>Jan 2015<br/>April 2015</p> |
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| • Lion's Club (Medical Nutrition Therapy) Sarah Widener  | Jan 2015         |
| • Family Night at Plano Elementary (Sugar Demo)  | March 2015       |
| • Individual Grocery Tour with Dietitian available by appt   | Jan 2015         |
| • Lions Club Presentation on promotion of Wellness Center  | Jan 2015         |
| • Warren County Senior Services (Nutrition and Promotion)  | March 2015       |
| • BRASS – Nutrition  | March 2015       |
| • Healthy Weight Healthy Life  | April 2015       |
| • BRASS- Preventative Care (Marilyn Wheat)   | April 2015       |
| • Enspire Nurse refers pre-diabetics as they are identified in Crimson Care Manager to Diabetes Prevention Program | ongoing          |
| • Better choices, better health class  | April – May 2015 |
| • Personal Grocery Tours with Registered Dietitian   | ongoing          |
| • Vision Source Health Fair (body fat screenings)  | June 2015        |
| • The Medical Center Teen Volunteer Presentation (Healthy Lifestyle)   | June 2015        |
| • Measurement assessments for BRIGHT project   | May 2015         |
| • Health and Safety Fair at South Warren Middle School (nutrition and exercise)                                    | May 2015         |
| • Woodcraft Health Fair (Body Fat Screenings)  | April 2015       |
| • Career Day at Briarwood (nutrition)  | March 2015       |
| • Bowling Green High School College and Career Fair (nutrition)  | March 2015       |
| • Warren Rural Electric Health Fair (Body Fat)   | June 2015        |
| • First Baptist in Woodburn (Body Fat)   | June 2015        |
| • Woodburn First Baptist (BP, stroke screenings, body fat, EHAC) MV/AA   | September 2015   |
| • BMI measurements at Parker Bennett Curry   | September 2015   |
| • Jody Richards Elementary Fall Festival (5210 promo and EMS)/JG   | September 2015   |
| • WellNews "7 Rules For Healthy Restaurant Eating"   | Fall 2015        |
| • The Medical Center 10K Classic Health and Fitness Expo (Body Fat)  | October 2015     |
| • Free Body Fat Screening  | Fall 2015        |
| • Free Cholesterol and Glucose Screening   | Fall 2015        |
| • Surgical Weight Loss Seminars  | Fall 2015        |
| • Surgical Weight Loss Support Group   | Fall 2015        |

### **Coordinate community forum to address obesity epidemic utilizing the HBO documentary Weight of the Nation in 2013.**

- Completed in 2013

### **Offer Healthy Weight/Healthy Life Classes at the Health & Wellness Center twice a year, and make classes available for onsite employer groups.**

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|-------------------------------------|---|
| • Healthy Weight/Healthy Life Class | Jan - Feb 2014<br>April – May 2014<br>Aug – Sept 2014 |
| • Healthy Weight/Healthy Life       | April- May 2015                                       |

### **Provide healthy eating presentations by registered dietitian to school groups, civic organizations, employer groups, and community groups.**

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| • Grocery Store Tour (Sarah Widener)                                 | quarterly              |
| • Health & Wellness Expo: Presentation (Tim O'Nan and Sarah Widener) | January 2014           |
| • Gynecological Cancer Event: Presentation (Sarah Widener)           | February 2014          |
| • Chandler Park Assisted Living :Presentation (Sarah Widener)        | March 2014             |
| • Chandler Park Assisted Living- Nutrition                           | March 2014 & June 2014 |
| • Bowling Green High School – Nutrition                              | March 2014             |
| • Congestive Heart Failure Class – Nutrition                         | April 2014             |



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- |   |                       |
|---|-----------------------|
| • Eating for Two  | March, May, Aug 2014  |
| • Eating for Two  | May 2015              |
| • Pre-diabetes  | March & August 2014   |
| • Wellness Wednesday at Jody Richards on Nutrition              | March 2014            |
| • Healthy Eating Presentation – Corvette Museum (Sarah Widener) | July 2014             |
| • Logan Aluminum Health fair ( Healthy Life style)              | July 2014             |
| • Lunch and Learn ( nutrition) Corvette Museum/ SW              | July 2014             |
| • Healthy weight healthy life ( SW)                             | August-September 2014 |
| • Eating healthy during the Holidays ( SW)                      | November 2014         |
| • Women in Charge Luncheon (How busy women balance nutrition)   | March 2015            |
| • Warren County Senior Services (Nutrition and Promotion)       | March 2015            |
| • BRASS (Nutrition)   | March 2015            |
| • Chandler Park Assisted Living (Nutrition)                     | April 2015            |
| • International Center (Nutrition)                              | April 2015            |
| • Healthier Habits for a Healthier you                          | May 2015              |
| • Foster Grandparents training (Nutrition)/SW                   | August 2015           |
| • Foster Grandparents training (Nutrition)/SW                   | August 2015           |
| • Adult Day Care (Nutrition) MV                                 | September 2015        |
| • BRASS (Preventative Health) MW                                | September 2015        |

**Research grant funding in conjunction with health department to build permanent farmers market structure to assist in access to fresh fruit & vegetables.**

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|--|----------------|
| • Access grants for Farmers Market   | ongoing        |
| • Partnered to offer at Boys and Girls Club monthly with the Mobile Farmer’s MKT | Aug – Oct 2014 |
| • Mobile Farmer’s Market at boys and girls club ( BP screenings)                 | Aug 2014       |

**Offer Overeaters Anonymous**

ongoing

**STRATEGY 2.3 – PREVENTIVE CARE & DISEASE MANAGEMENT:  
CARDIOVASCULAR**

**Provide education to community about heart disease and stroke risk factors.  
Educate on how to modify risk factors through healthy lifestyle choices.**

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|--|---|
| • Stroke support groups  | monthly                                 |
| • Mended Hearts support groups   | monthly                                 |
| • Congestive Heart Failure Class   | Quarterly                               |
| • Kentucky Partnership for Farm Family Health and Safety                                 | January and September 2014              |
| • TMC demonstrates Chest Pain Drills on WBKO Media                                       | February 2014                           |
| • Women-In-Charge Luncheon: “Matters of the Heart”                                       | February 2014                           |
| • Stroke screening   | May 2014 & March 2015                   |
| • Chandler Park Assisted Living: Stroke Presentation (Bill Singletary)                   | May 2014                                |
| • Chandler Park Assisted Living: Heart/Chest Pain Presentation                           | July 2014                               |
| • International Center: Stroke Presentation (Bill Singletary)                            | May 2014                                |
| • ENSPIRE health coaching for CHC employees  | April 2014                              |
| • CHC benefit health screenings  | March 2014                              |
| • LEAP (Lifelong Education and Advocacy Program)   | Feb-March 2014, Oct. 2015, & March 2015 |
| • Power Sunday (March Drive)   | March & May 2014                        |
| • Woodburn First Baptist Church (Stroke and Chest Pain education)                        | March 2014                              |
| • 11 <sup>th</sup> Street Missionary Baptist Church (Stroke, EHAC, Chest Pain education) | May 2014                                |
| • BG Women’s Club (Hands only CPR) EHAC, Chest Pain education                            | March 2014                              |
| • Bowling Green Christian Church (Heart Health Presentation)                             | April 2014                              |

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- Wellness Wednesday at Jody Richards (Heart Health) February 2014
- Men's Health Conference June 2014
- Women-In-Charge Luncheon: Heart Attack Symptoms August 2014
- A Day Just for Women September 2014
- Chandler Park assistant living ( Heart Health / Chest Pain) July 2014
- Mobile Farmer's Market at boys and girls club ( blood pressure screenings) August 2014
- Women's in charge luncheon (heart health) Jacqueline Dawson, M.D. August 2014
- Community farmer's market at girls and boys club ( Chest Pain) September 2014
- Heart Walk Education staff aspirin packets and EHAC info September 2014
- FEAST (food allergy walk) Walk JG- ( smoking cessation, EHAC, Stroke) September 2014
- I am Women: Preventing Strokes and recognizing Unique Symptoms in women forum October 2014
- Vascular screening ongoing
- Free Cholesterol and Glucose screenings September 2014
- Jody Richards Elementary Fall Festival ( height/Weight/ Pulse/EHAC/ Nutrition) September 2014
- Expectant Parent Fair September 2014
- Logan Aluminum Health Fair ( Healthy Lifestyle) July 2014
- Housing Authority Health Fair ( body fat, EHAC, chest & stroke info) July 2014
- Back to school bash ( Warren County HS) July 2014
- Norton Healthcare/UK Healthcare Stoke Care Network (Train the trainer) Jan 2015
- International Center: Chest pain presentation Jan 2015
- L.D. Brown Ag Expo Center (Chest/Stroke information) Jan 2015
- Senior Service Expo (Chest pain/Stroke information) Jan 2015
- Barren River Adult Day Care (Heart Healthy New Year's Resolution) Jan 2015
- International Center (Chest Pain) Jan 2015
- Wellness Boards restock (Heart Attack flyers) Jan 2015
- Career Day at Jody Richards Elementary School (chest pain awareness) March 2015
- Potter Gray Career Day (Chest pain awareness) March 2015
- Congestive Heart Failure (CHF) Class January & June 2015
- Stroke Support Groups Monthly 2015
- Franklin Community Health Fair (stroke information) March 2015
- Stoke (Know your Risk) Flyers in Wellness Boards May 2015
- Vision Source Health Fair (Blood Pressure and Stroke screenings) June 2015
- Wellness boards Restock (Stroke) April 2015
- Warren Rural Electric Health Fair (Blood Pressure and stroke Screenings) June 2015
- First Baptist in Woodburn (Blood Pressure and Stroke Screenings) June 2015
- Warren East Middle School Health and Safety Fair (Brain Protector Program) May 2015
- Adult Day Care (FAST- Stroke) May 2015
- Chandler Park Assisted Living (FAST and Stroke Screenings) May 2015
- International Center ( FAST- Stroke) May 2015
- Expectant Parent Fair (chest pain/stroke magnets) April 2015
- Woodcraft Health Fair (Blood pressure) April 2015
- Enspire Nurse: Utilizes the Crimson Care Manager to refer patients to Community Paramedics if they qualify AMI and CHF patients.
- Enspire nurse continues to refer CHF classes at the Health and Wellness Center to patients on follow up calls.
- Signature Healthcare of BG (BP and stroke screenings) July 2015
- Bendix Health Fair (BP, stroke screenings 30, prevention, EHAC) MV August 2015
- Healthy Aging Expo (BP, stroke screenings, prevention, EHAC) MV September 2015
- Woodburn First Baptist (BP, stroke screenings, body fat, EHAC) MV/AA September 2015
- City of Bowling Green Health Fair (EHAC, Stroke information) September 2015
- Women's Conference (BP-68, stroke screenings-68, info) September 2015
- BG Junior High Fall Festival (Drug Kits, EHAC, stroke information) September 2015
- American Business Women Association (H&W Center/Chest Pain/Stroke sypmt) September 2015
- The Medical Center 10K Classic Health and Fitness Expo (Blood Pressure) October 2015
- Free Blood Pressure Screenings Fall 2015

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- Free Stroke Screenings Fall 2015
- Vascular Screenings Fall 2015
- Free Cholesterol and Bone Density Screenings Fall 2015
- Stroke Support Group Fall 2015
- Mended Hearts Fall 2015
- LEAP (LifeLong Education and Advocacy Program) October 2015
- Congestive Heart Failure (CHF) Class November 2015

CME and CEU's offered for the following topics:

- Cath Conference (CME and CEU)
- Dual Anti-platelet Therapy after Stent Placement and Risks and Requirements of Discontinuing Therapy (CME and CEU)
- ACLS Renewal (CME)
- ECG Review: Interpreting the waveforms and understanding how waveforms facilitate identifying Cardiac Disease (CME/ Med Students) August 2014
- CHF Planning (CME/Noon Didactic & Med Students)
- ACLS Provider/ACLS Renewal (Nursing)
- Hypothermia Treatment Post Cardiac Arrest (CEU)
- 12 Lead (CEU)
- IABP (CEU)
- Critical Care Pharmacology (CEU)
- Stroke Rehab/Early Detection/Risk (CME and CEU)
- NIH Stoke Scale (CEU)
- Acute Coronary Syndrome: Reperfusion Strategies (CME) Feb 2015
- Supraventricular Arrhythmias: Identification and Treatment (CME) Feb 2015
- ACLS Renewal (CME) Feb 2015
- Is Sleep Apnea a Risk Factor for Cardiovascular Disease(CME) March 2015
- Cardiac Hemodynamics (CME) April 2015
- Acute Myocardial Infarction Management (CME) April 2015
- Accelerated Basic Cardiac Arrhythmia (CEU) Jan & April 2015
- ACLS Renewal (CEU) Monthly
- PALS Renewal (CEU) Jan 2015
- Pediatric Simulation (PALS) (CEU) Jan 2015
- ACLS Provider (CEU) March 2015
- 12 Lead ECG Interpretation (CEU) April 2015
- Minimizing the Risk and Maximizing the value of the NIHSS (CME) March 2015
- Multidisciplinary rapid response team Training Simulation (CEU) Jan 2015
- IV Tpa Administration Competency (CEU) March 2015
- Stroke Continuum of Care (CEU) March 2015
- Arterial Blood Gas Interpretation(CME) May 2015
- Basic Cardiac Arrhythmia (CEU) May 2015
- PALS Provider (CEU) June 2015
- PALS Renewal (CEU) June 2015
- IAPB (CEU) June 2015
- Accelerated Basic Cardia Arrhythmia (CEU) July 2015
- ACLS Renewal (CEU) monthly
- ACLS Provider (CEU) May & June 2015
- Pediatric Certification Review Course (CEU) July 2015
- IV Tpa Administration Competency (CEU) May 2015
- Groundbreaking Changes in the management of acute stroke CME from Nortons/UK stroke October 2015

**Provide heart disease and stroke risk factors campaign utilizing newsletters,**

## **THE MEDICAL CENTER AT BOWLING GREEN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015**

**programs at the Health & Wellness Center, and through Worksite Wellness for employer groups, civic organizations, and community organizations.**

- |  |                         |
|--|-------------------------|
| • 911 Campaign: Heart and Stroke   | 2013-2015               |
| • Health & Wellness Expo (Primary Stroke Center)                           | January 2014            |
| • Congestive Heart Failure Class   | Feb 2014                |
| • WellNews "Rehab Helps Stroke Survivors Take Back Their Lives"            | January - March 2014    |
| • Worksite Wellness Boards: Matters of Your Heart                          | February 2014           |
| • Worksite Wellness Boards: Spot a Stroke F.A.S.T.                         | May 2014                |
| • WellNews "Track these Crucial Numbers(Chol,Triglycerides,Blood Pressure) | April 2014              |
| • WellNews "Surviving in the Stroke Belt"                                  | April - June 2014       |
| • WellNews "Spot the signs of a Stroke"                                    | April - June 2014       |
| • WellNews "Women: There's a Day Just for You"                             | July - Sept 2014        |
| • WellNews "Heart Help"  | July – Sept 2014        |
| • Letter to Cardiologists referring patients to CHF class                  | July 2014               |
| • WellNews " Two hearts Two Wake-up Calls"                                 | October – November 2014 |
| • WellNews "Stroke Recovery Last"  | October – November 2014 |
| • WellNews "Making a Leap forward after Stroke"                            | Jan – March 2015        |
| • WellNews " Stroke Recovery Lasts a Lifetime"                             | Fall 2015               |
| • WellNews "A Call To 911 Saves Tim Meyer's Life"                          | Fall 2015               |

**Continue systematic approach by the hospital to identify and track all**

- |   |         |
|---|---------|
| • ENSPIRE coach, Amy Topp reaches out to CHF patients for follow up and discuss CHF class | ongoing |
|---|---------|

**Discharge planning will start at admission and will involve coaching and follow-up services with the goal to improve quality of life for the patient and reduction of ED visits and readmissions.**

ongoing

- |  |            |
|--|------------|
| • Community Health Worker program implemented  | April 2014 |
| • ENSPIRE program implemented with RN Amy Topp | ongoing    |

**Research the feasibility of starting a Heart Failure clinic through utilization of the WKU Mobile Health Unit.**

- Not feasible at this time but partnered to offer HbA1c screenings to rural communities

**Committee for Chest Pain Accreditation / Stroke Center Accreditation Committee and Surveys**

- |           |         |
|-----------|---------|
| • Meeting | monthly |
|-----------|---------|

### **STRATEGY 2.4 – PREVENTIVE CARE & DISEASE MANAGEMENT: LUNG CANCER**

**Provide education on hazards of smoking specific to lung cancer, stroke, and heart disease through events such as the Health & Wellness Expo, Men's Health Event, Women's Conference, Worksite Wellness, and Speakers Bureau.**

- |   |                |
|---|----------------|
| • Health & Wellness Expo (Lung Health Screenings)                           | January 2014   |
| • Worksite Wellness Boards: Available Lung Cancer Screening Promotion       | March 2014     |
| • Chandler Park Assisted Living: Cancer Prevention Presentation             | August 2014    |
| • TMC is offering low-dose CT scans that can detect early stage lung cancer | 2014 - ongoing |

## THE MEDICAL CENTER AT BOWLING GREEN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

• Smoking surcharge applied to CHC employee benefit	April 2014
• Cooper Clayton Smoking Cessation classes at hospital	April 2014
• ENSPIRE health coaching for CHC employees	April 2014
• WellNews "Smoke Alarm: Are you at Risk for Lung Cancer"	April - June 2014
• Men's Health Conference	June 2014
• Franklin Simpson Middle School ASPIRE program	January 2014
• Drakes Creek Middle School ASPIRE program	April 2014
• WellNews: "What to know about your CT scans"	April – June 2014
• Cancer Support Group	Monthly
• COPD class	June 2014
• A Day Just for Women	Sept 2014
• Plan to be Tobacco Free	November 2014
• Wellness boards (obesity and cancer)	Aug 2014
• Women's Conference	September 2014
• Cancer support group	October –November 2014
• FEAST (Food Allergy) walk( Smoking cessation, EHAC, stroke)	September 2014
• Freedom From Smoking Facilitator Training	January 2015
• Women in charge luncheon (Kyhealthnow) Stephanie Gibson, M.D.	January 2015
• Wellness Boards restock (Smoking flyer)	March 2015
• Promote Lung cancer screenings to be covered by insurance	June 2015
• Freedom from Smoking promotion at Harman International	April 2015
• Freedom from Smoking at Health and Wellness Center	July 2015 – August 2015
• Freedom from Smoking at Luvata Franklin	July 2015 – August 2015
• WellNews: "The Fiery Debate over Electronic Cigarettes"	April – June 2015
• Chandler Park Assisted Living (Cancer Prevention) MW	August 2015
• Freedom from Smoking Class/MV	August 2015
• Freedom from Smoking at Luvata in Franklin/MN	July 2015
• Freedom from Smoking at Luvata in Franklin/MN	July 2015
• Freedom from Smoking Class/MV	August 2015
• Freedom from Smoking Class/MV	August 2015
• Freedom from Smoking Class/MV	August 2015
• Freedom from Smoking Class/MV	August 2015
• Freedom from Smoking Class/MV	September 2015
• Freedom from Smoking Class/MV	September 2015
• BRASS (Preventative Health) MW	September 2015
• WellNews "Are You Craving a Cigarette?"	Fall 2015

CME and CEU's offered for the following topics:

• Tumor Conference (CME)	
• Lung Cancer: Staging, Treatment, and Outcomes (CME and CEU)	August 2014
• Brain and Spine (CME)	
• Oncology Certification Review Course (CEU)	
• The Diagnosis and Management of Thyroid Modules (CME)	May 2015
• Recent therapies in Luekemia's (CME)	June 2015
• Tumor Board (CME)	Weekly
• Brain and Spine (CME)	Monthly

### **Work in conjunction with community partners for implementation of smoke free environments throughout the community.**

• Worksite Wellness Council Website launched September 2013	ongoing
• Kentucky Cancer Program: ASPIRE Program began December 2013	ongoing
• Work with Barren River District Health Department to facilitate Cooper Clayton Smoking Cessation Classes	ongoing
• Barren River Smoke – Free Coalition	ongoing

## THE MEDICAL CENTER AT BOWLING GREEN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

- Letters to primary care physicians and OB/GYN on Quit Now Kentucky referral July 2014

### Continue to provide Cooper Clayton Smoking Cessation Classes at the Health & Wellness Center.

- Cooper Clayton class at Health & Wellness Center January - April 2014
- Cooper Clayton class at The Medical Center for employees April 2014
- Cooper Clayton Class at Health & Wellness Center Sep. 2014 & Jan.–April 2015

### Commission on Cancer / Survey

- Meeting quarterly
- Focus will be on Lung Cancer 2014

### STRATEGY 2.5 – PREVENTIVE CARE & DISEASE MANAGEMENT: DRUG AND ALCOHOL ABUSE & ADDICTION

#### Work in conjunction with community partners to educate adults and children about hazards of drugs and alcohol abuse through community forum.

- Planning Substance Abuse Forum (Warren, Simpson, Allen Counties) planning for April 2015  
Contact Eric Gregory
- ENSPIRE health coaching for CHC employees April 2014
- CHC benefit health screenings March 2014
- HIDTA Project “Give me a Reason” Planning 2015
- Warren Central High Back to School Bash (drug kits and info)/MN July 2015
- BG Junior High Fall Festival (Drug Kits, EHAC, stroke information) September 2015

#### Provide drug and alcohol abuse & addiction educational materials at the Health & Wellness Center and at community outreach events including a Women-in-Charge Luncheon in 2013.

- Women-in-Charge Luncheon completed in 2013
- Prescription Drug Abuse Materials at Health & Wellness Center ongoing
- *WellNews* “Skipped Prescriptions Pose a Major Health Threat” January - March 2014
- Ask The Pharmacist February 2014
- *WellNews* “Recognizing Signs of a Drinking Problem” April 2014 – June 2014
- *WellNews* “The Most Commonly Abused Prescription Drugs” April – June 2015
- Give Me a Reason planning
- On the Move Education Trailer planning
- *WellNews* “Fighting Teenage Drug Abuse” Fall 2015

#### Participate in the National Drug Take Back Initiative by promoting National Drug Take Back Days to hospital employees, patrons at the Health & Wellness Center and to businesses through Worksite Wellness.

- Market the locations and the initiative in *WellNews* in 2014
- *Wellnews* Lock your meds day and drop off locations for prescription drugs October 2014

#### CME program for physicians on Trends in Drug Abuse.

- CME program utilizing KASPER
- Lisa Hyman – legislation on KASPER report update March 2014



# THE MEDICAL CENTER AT BOWLING GREEN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

## STRATEGY 3 – ACCESS TO CARE

**Address national and local shortage of nurses and physical therapists with completion and opening of The Medical Center – WKU Health Sciences Complex on hospital campus by Fall 2013.**

- WKU Health Sciences Complex completed in 2013

**Work in conjunction with community health partners to develop directory of available health services and resources for the community.**

- Bill Singletary, discharge planners, social workers utilize directory resources ongoing
- Worksite Wellness Council: Worksite Wellness Resource Website ongoing
- Worksite Wellness Workshop to Promote Resources: January 2014

**Research feasibility of working in conjunction with WKU Mobile Health Unit to provide preventative and limited primary care to underserved areas in Butler and Edmonson counties.**

- Free Blood Sugar Screenings in Edmonson and Butler Counties February & March & Sept 2014
- Free Blood Glucose Screenings in Butler, Edmonson and Simpson March & April 2015