### Strategy 1 – Strengthen Partnerships with Key Community Health Providers & Organizations

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<td>Develop collaborative efforts to improve healthcare within Simpson and surrounding counties.</td>
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<td>Strengthen relationship with organizations below. List is not exclusive, other organizations and providers will be added as identified.</td>
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<td>Franklin Simpson Chamber of Commerce</td>
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Yellow - 2014 Action Steps accomplished/planned or ongoing
Gray - 2013 Action Steps accomplished or ongoing
C – completed
Strategy 2.1 – Preventive Care & Disease Management: Obesity

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<tr>
<td>Increase awareness and utilization of The Medical Center’s outpatient medical nutrition counseling services through marketing of services located at the Health &amp; Wellness Center.</td>
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<td>Offer Healthy Weight/Healthy Life Classes at the Health &amp; Wellness Center twice a year, and make classes available for onsite employer groups.</td>
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<td>Provide healthy eating presentations by registered dietitian to school groups, civic organizations, employer groups, and community groups.</td>
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<td>Work with Community Partners to secure grant funding for additional walking and fitness trails in community</td>
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<td>Research grant funding in conjunction with community leaders to construct an indoor pool along with a therapy pool</td>
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<td>Offer Overeaters Anonymous</td>
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Yellow - 2014 Action Steps accomplished/planned or ongoing
Gray - 2013 Action Steps accomplished or ongoing

C – completed
### Strategy 2.2 – Preventive Care & Disease Management: Cardiovascular

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<tr>
<td>Provide education to community about heart disease and stroke risk factors.</td>
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<td>educate on how to modify risk factors through healthy lifestyle choices.</td>
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<td>Provide heart disease and stroke risk factors campaign utilizing newsletters,</td>
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<td>programs at the Health &amp; Wellness Center, and through Worksite Wellness for</td>
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<td>employer groups, civic organizations, and community organizations.</td>
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<td>Continue systematic approach by the hospital to identify and track all</td>
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<td>Discharge planning will start at admission and will involve coaching and</td>
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<td>follow-up services with the goal to improve quality of life for the patient</td>
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<td>and reduction of ED visit and readmissions</td>
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**Yellow** - 2014 Action Steps accomplished/planned or ongoing

**Gray** - 2013 Action Steps accomplished or ongoing

C – completed
Strategy 2.3 – Preventive Care & Disease Management: Other

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<tr>
<td>The Medical Center at Franklin will research the feasibility of starting a</td>
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<td>Health &amp; Wellness Center on the campus of the hospital.</td>
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<td>Offer frequent screenings open to the community</td>
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<td>Provide education on healthy lifestyle choices</td>
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<td>Educational classes to include Cooper-Clayton Smoking Cessation, Weight</td>
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<td>Work in collaboration with community leaders and identify areas for indoor</td>
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Strategy 3 – Access to Care

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<td>Open a rural Health Clinic on campus to provide another level of care for the community.</td>
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Gray - 2013 Action Steps accomplished or ongoing
STRAIGHT STRATEGY 1 – STRENGTHEN PARTNERSHIPS WITH KEY COMMUNITY HEALTH PROVIDERS & ORGANIZATIONS

Develop collaborative efforts to improve healthcare within Simpson and surrounding counties.

- WBKO – Health and Wellness Expo
- Healthy Monday Campaign
- WKU – 10K Classic
- Barren River Community Health Planning Council
- Job Fair sponsored by SKYTC, Chamber, & SHRM- health fair screenings
- American Red Cross –Flood Safety, Water Safety, Thunderstorm Safety
- Logan Aluminum Health Fair
- Harman Becker Wellness/Smoking Cessation Meeting
- Get Health Simpson Coalition
- Community Action (Community Connection and Commodities Distrib Day)
- Breast Cancer Seminar from Dr. Daniel
- Berry Plastics Health Fair
- Youth Action Meeting
- Alpha Baptist Church: Participated in Women’s Health Seminar

2015:
- Partnered with Get Healthy Simpson Coalition & UK Cooperative Ext to do Franklin Simpson Middle School Health Fair (Blood Pressure and education on good health practices)
- Interagency Meeting
- Community Connection & Commodities Distribution Day
- Youth Action Meeting
- Get Health Simpson Coalition
- Sponsored Simpson Co Community Health Fair – 30 vendors offering free screenings and health information on a variety of topics. Dr. Daniel participated in promoting breast CA awareness. Food drive incorporated and donated to local food pantries.
- UK Extension office luncheon (what problems our community is facing)

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
- Transportation of cancer patients
- Cancer Committee Meetings
- Relay for Life Fundraiser
- Scrub Sale – 10% donations toward Relay for Life
- Relay for Life fundraisers (Easter baskets, Mother’s Day baskets, Jewelry)

American Heart Association
- Heart walk

National Stroke Association
- LEAP Stroke Program (Lifelong Education and Advocacy Program)
- Power Sunday (Faith Based stroke education day)

American Red Cross
- American Red Cross Blood Drive
THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN
2013-2015

- Tornado Preparedness Class February 2014
- Summer Safety Class May 2014
- Diabetes Forum November 2014
- Blood Drive Feb & June 2015

Kentucky Cancer Program Cooper Clayton program
- Cooper Clayton Smoking Cessation Class Jan - Apr & Sep - Dec 2014
- Relay for Life TMC Team May 2014
- Sun damage screenings May & June 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

Southcentral Kentucky Community Action
- Community Connection & Commodities Distribution Day (Community Action)—educated about health risks and upcoming wellness screenings, Jan 2014
- Volunteer luncheon – provided BP and balance screenings April 2014

Western Kentucky University Institute for Rural Health Mobile Health Unit
- Free Blood Sugar Screening (Edmonson & Butler Counties) February & March 2014
- Osteoporosis/Bone Density Screening March 2014
- Blood Sugar and Cholesterol Screening February 2014

Simpson County Health Department
- Get Healthy Simpson Co Coalition (tested blood pressures) April – June 2014
- Get Healthy Simpson Coalition Meeting Jan, Feb, March 2014

Franklin-Simpson Schools
- Franklin Simpson Middle School Health Fair (Blood Pressure Screening for students) Jan 2014

Franklin Simpson Chamber of Commerce
- Franklin-Simpson Community Health Fair, provided multiple free screenings to public March 2014
- Interagency Meeting- Group of local agencies (school system, city, literacy, newspaper) meet monthly to discuss community needs April - June 2014; July, Sept; Oct –Dec 2014
- Garden Spot Run sponsored by TMCF Rehab August 2014

AARP
- Driver Safety Course at Health & Wellness Center monthly

WBKO
- Health and Wellness Expo Jan 2014
THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN
2013-2015

- Chest Pain Drills
- The Medical Center 10K Classic
- Help promote community education such as chest pain, stroke awareness and annual health conferences
- 90 seconds to better health

Heart Disease and Stroke Prevention Task Force

- Care Collaborative – Blood Pressure education cards and tracking

Emergency Operations Committee

- Franklin is participating through EMS

STRATEGY 2.1 – PREVENTIVE CARE & DISEASE MANAGEMENT: OBESITY

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

- Overeaters Anonymous
- Recognition to physician’s office with highest MNT referrals
- Promote services to physicians
- Worksite Wellness Boards
- Health & Wellness Expo
- Well/News
- ENSPIRE health coaching for CHC employees
- CHC benefit health screenings
- Overeaters Anonymous
- Doctor’s Day
- Letter to physicians on Diabetes Educations to help their practice
- Men’s Health Conference
- Chandler Park Assisted Living – Nutrition
- Bowling Green High School – Nutrition
- The Medical Center Teen Volunteer Presentation – Nutrition
- Healthy Eating Presentation – Adult Day Care
- The Boys and Girls Club (Body Fat and Blood Pressure)
- Housing authority health fair (body fat, EHAC, chest & stroke info)
- Barren River Adult day care (healthy eating)
- Jody Richards elementary Fall Festival (Height, weight, pulse, EHAC, nutrition)
- Wellness Board restock (Obesity and Cancer)
- Falls prevention health fair Living hope (nutrition)
- Surgical weight loss support group
- Surgical weight loss support group
- Expectant Parent Fair
- Brass – Preventative Health (Marilyn Wheat)
- Logan Aluminum Health Fair (Healthy Lifestyle)
- Butler County High School (BMI, Body Fat Analysis)
- Barren River Adult Day Care (Heart Healthy New Year’s Resolutions)
- BMI project (0 sugary Beverages) Dishman
- BMI project (5 fruits and vegetables to Dishman)
- BMI project (0 sugary beverages) Dishman
- Lion’s Club (Medical Nutrition Therapy) Sarah Widener
- Family Night at Plano Elementary (Sugar Demo)
- Individual Grocery Tour with Dietitian available by appt

February 2014
Oct 2014
ongoing
monthly
February 2014-ongoing
ongoing
January 2014
January - March 2014
March 2014
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March 2014
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January 2014
April 2014
March 2014
weekly
March 2014
March 2014 & June 2014
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June 2014
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September 2014
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August-September 2014 &
Jan.- June 2015
September 2014
October 2014
July 2014
November 2014
Jan 2015
December 2014
Jan 2015
April 2015
Jan 2015
March 2015
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

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

- Healthy Weight/Healthy Life Class January - February 2014
  April – May 2014
  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.

- 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
- 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

Work with community partners to secure grant funding for additional walking and fitness trails in community.

- Get Healthy Simpson County Coalition has received grant to build walking trails January 2014

Research grant funding in conjunction with community leaders to construct and indoor pool along with a therapy pool.

- Wellness Calendar Events: Jan-March 2014
- Weight & Body Mass Index
Other

- Community Connection & Commodities Distribution Day (speech on walking and exercise) April – June 2014

Offer Overeaters Anonymous

ongoing

STRATEGY 2.2 – 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.

- Stroke support groups
- Mended Hearts support groups
- Congestive Heart Failure Class
- Kentucky Partnership for Farm Family Health and Safety
- TMC demonstrates Chest Pain Drills on WBKO Media
- Women-In-Charge Luncheon: “Matters of the Heart”
- Stroke screening
- Blood Pressure & Heart Rate Screening
- AARP lunch & learn for heart health
- Community Connection & Commodities Distribution Day (Community Action) regarding heart & blood pressure screenings
- Chandler Park Assisted Living: Stroke Presentation (Bill Singletary)
- Chandler Park Assisted Living: Heart/Chest Pain Presentation
- International Center: Stroke Presentation (Bill Singletary)
- ENSPIRE health coaching for CHC employees
- CHC benefit health screenings
- LEAP (Lifelong Education and Advocacy Program)
- LEAP
- Men’s Health Conference
- Women-In-Charge Luncheon: Heart Attack Symptoms
- A Day Just for Women
- Congestive Heart Failure class
- I am Women: Preventing Strokes and recognizing Unique Symptoms in women forum
- Back to school bash (Warren County HS)
- Norton Healthcare/UK Healthcare Stroke Care Network (Train the trainer)
- International Center: Chest pain presentation
- L.D. Brown Ag Expo Center (Chest/Stroke information)
- Senior Service Expo (Chest pain/Stroke information)
- Barren River Adult Day Care (Heart Healthy New Year’s Resolution)
- International Center (Chest Pain)
- Wellness Boards restock (Heart Attack flyers)
- Career Day at Jody Richards Elementary School (chest pain awareness)
- Potter Gray Career Day (Chest pain awareness)
- Congestive Heart Failure (CHF) Class
- Stroke Support Groups
- Brain Protector Program (Warren East Middle School)
- Stoke (Know your Risk) Flyers in Wellness Boards
- National Wear Red Day – provided info to customers at hospital on heart disease awareness
- 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

CME and CEU’s offered for the following topics:
THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN
2013-2015

- 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

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

Continue systematic approach by the hospital to identify and track all
congestive heart failure patients who are admitted.

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

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.

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

Other

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

- Meeting monthly

STRATEGY 2.3 – PREVENTIVE CARE & DISEASE MANAGEMENT: OTHER

The Medical Center at Franklin will research the feasibility of starting a Health & Wellness Center on the campus of the hospital.

Offer frequent screenings open to the community.

- TMC is offering low-dose CT scans that can detect early stage lung cancer 2014 - ongoing

Provide education on healthy lifestyle choices.

- 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
- Dress in blue day: Booth in front lobby of hospital providing information to customers/staff about colon cancer and risk factors March 2015

Educational classes to include Cooper-Clayton
Smoking Cessation, Weight Management and Exercise.

- Smoking surcharge applied to CHC employee benefit April 2014
- Cooper Clayton Smoking Cessation classes at hospital April – June 2014
- Cooper Clayton Smoking Cessation classes July 2014 & Sept

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)
- Diabetes Medication Update: Melinda Joyce (CME and CEU)
- Charot Foot (CEU)
• Obesity and Bariatric Surgery: The Effects on Diabetes (CEU)
• New Treatment Options for Diabetes (CME and CEU)  December 2014

Work in collaboration with community leaders and identify areas for indoor exercise programs.

Wellness Calendar Events:  Jan – March 2014
• Walk to Wellness
• Hearing Screening
• Alzheimer’s Support Group
• Nerve or Muscle Pain Screening
• Cancer Support Group
• Colon Cancer Awareness—gave out information and materials  March 2014

Wellness Calendar Events:  April – June 2014
• Senior Fitness Challenge
• Beginners Aerobics
• Hearing Screening
• “Men in the Kitchen”
• Blood pressure & heart rate screening
• Bone Density Screening
• Yoga Class
• Diabetes Screening
• Hand Screening
• Education: Tips on how to reduce blood pressure
• Weight, BMI, Body fat, waist circumference screen
• “Healthy Springtime Meals” class
• Alzheimer Support Group
• Vestibular (Dizziness) screening
• CHF Support Group
• Walk to Wellness
• Tornado Safety class
• Memory Screening
• Dry Needling Screening

• Coordinated Distracted Driving Program at Franklin Simpson High School  March 2014

Wellness Calendar Events:  July - Sept 2014
• Hearing screening
• “Cooking with the Kids”
• Beginners Aerobics
• Weight, BMI, Body Fat Screening
• Blood pressure and HR Screening
• Senior Fitness Challenge
• COPD Education Class
• Yoga Classes
• Neck Screening
• Walk to Wellness
• Stop Smoking Support Group
• “Cooking for Better Health”
• Diabetes Screening
• Dry Needling Screening
• Congestive Heart Failure Support Group  Oct – Dec 2014
THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN
2013-2015

- BMI screening
- Bone Density screening

2015:

Wellness Calendar Events:
- Beginning Aerobics       Jan – June 2015
- Hearing Screening        Jan – June 2015
- Cooper Clayton Smoking Cessation Jan – Feb 2015
- Diabetes Support Group   Jan – June 2015
- Blood Pressure & Heart Rate Screening Jan – June 2015
- Delightful Springtime Meals March 2015
- COPD Education Class & Support Group March & April 2015
- Weight, BMI, Body Fat & Waist Circumference Screening March – June 2015
- One Beat at a Time Healthy Eating Feb 2015
- Yoga                     April – June 2015
- Balance Screening        April 2015
- Dysphagia Screening      May 2015
- Support Functional Screening June 2015
- Delightful Springtime Meals April 2015
- Medicare Education Class May 2015
- Grillin & Chillin with Dad (cooking series with men and kids) June 2015
- Dermascan skin screening June 2015

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 them a Reason” Planning 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

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

Youth Action – MCF sponsored trick or treat anti-drug bags  
  October 2014

STRATEGY 3 – ACCESS TO CARE

Open a Rural Health Clinic on campus to provide another level of care for the community.

- Need already met in the community