



**Commonwealth Regional Specialty Hospital
Community Health
Needs Assessment &
Strategic Implementation Plan**

November 2012

Commonwealth Regional Specialty Hospital
Communities Health Needs Assessment Committee

Commonwealth Regional Specialty Hospital
Community Health Needs Assessment & Strategic Implementation Plan

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Organizational Description

The Medical Center at Bowling Green (the “Corporation”), is a private non-stock, nonprofit Kentucky corporation that operates a hospital facility in Bowling Green, Kentucky, under the name “The Medical Center at Bowling Green” and, since 1993, a hospital and long term care and rehab facility in Scottsville, Kentucky under the name “The Medical Center at Scottsville.” The two facilities are part of one corporation but are separately licensed by the State of Kentucky. References herein to “The Medical Center” refer to the combined facilities. References herein to “The Medical Center at Bowling Green” refer to the Corporation’s facilities in Bowling Green, Kentucky, and references herein to “The Medical Center at Scottsville” refer to the Corporation’s facilities in Scottsville, Kentucky.

The Corporation has been determined by the Internal Revenue Service (the “IRS”) to be a charitable organization as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the “Code”) and is exempt from federal income taxation by virtue of Sections 501(a) and 501(c)(3) of the Code.

The Corporation is owned and controlled by Commonwealth Health Corporation, Inc., a non-stock, nonprofit Kentucky corporation (“Commonwealth”), under a holding company arrangement, which was established in 1984. Commonwealth has been determined by the IRS to be a charitable organization as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the “Code”) and is exempt from federal income taxation by virtue of Sections 501(a) and 501(c)(3) of the Code.

The Medical Center at Bowling Green was originally founded as the City Hospital in 1926. In 1946, the city hospital became jointly owned by the City of Bowling Green, Kentucky and the County of Warren, Kentucky and was operated by the Bowling Green-Warren County Hospital Commission (the “Commission”) as a public hospital. In 1977, the Corporation became the successor to the Commission with a stated purpose of leasing and operating existing Commission facilities and financing, constructing and operating a new hospital facility.

Today, The Medical Center at Bowling Green has expanded to approximately 462,000 square feet and its campus has doubled in size through purchases by the Corporation and Commonwealth.

Commonwealth Regional Specialty Hospital

In 2004, Commonwealth Health Corporation opened the doors of Commonwealth Regional Specialty Hospital. Commonwealth Regional Specialty Hospital offers residents of the area convenient access to experienced physicians, quality healthcare services and health information.

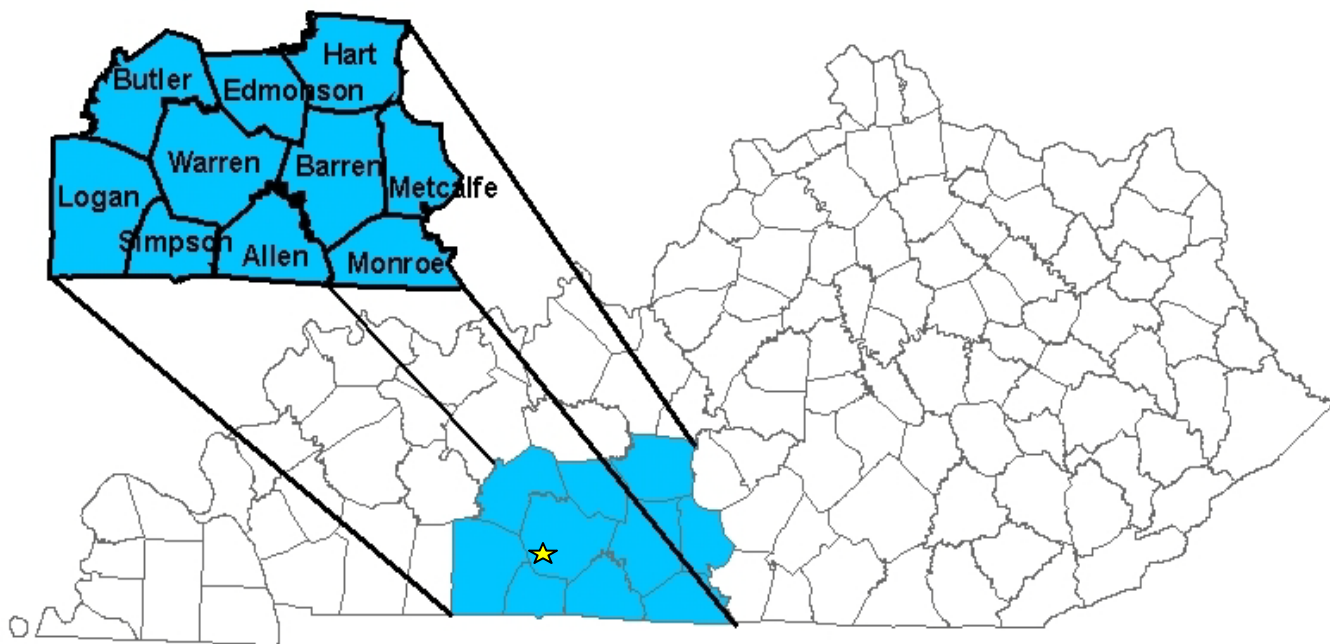
Commonwealth Regional Specialty Hospital's purpose is to serve the needs of patients and physicians of the Greater Bowling Green area. It is a Long-Term Acute Care (LTACH), Specialty hospital focused on treating complex, high acuity patients with advanced clinical skills, compassion and sensitivity to the needs of the patient and family. Commonwealth Regional Specialty Hospital uses a multidisciplinary approach and occupies 28 licensed beds. Commonwealth Regional Specialty Hospital acts as a "hospital-within-a-hospital" leasing space from The Medical Center. It operates as a separate and distinct entity with its own board of directors, medical staff, and employees.

Service Area Description

The primary service area for Commonwealth Regional Specialty Hospital is Warren County and the contiguous counties of Allen, Barren, Butler, Edmonson, Logan, and Simpson, which had a population according to the 2010 U.S. Census of approximately 244,900 and an estimated July 1, 2011 population of approximately 247,000. Bowling Green, Kentucky, where the Corporation's major facilities are located is the county seat of Warren County. According to the 2010 U.S. Census, Bowling Green had a population of approximately 58,000 and Warren County had a population of approximately 113,700. Bowling Green has recently been designated a metropolitan statistical area.

Commonwealth Regional Specialty Hospital CHNA Service Area

★ Commonwealth Regional Specialty Hospital



Existing Licensed Healthcare Resources in BRADD Area

Facility Name	City	Type	Licensed Beds
CAL TURNER REHAB AND SPECIALTY CARE	SCOTTSVILLE	LONG TERM CARE	110
BARREN COUNTY HEALTH CARE CENTER	GLASGOW	LONG TERM CARE	94
GLASGOW HEALTH & REHABILITATION CENTER	GLASGOW	LONG TERM CARE	92
GLASGOW STATE NURSING FACILITY	GLASGOW	LONG TERM CARE	100
GLENVIEW HEALTH CARE FACILITY	GLASGOW	LONG TERM CARE	60
NHC HEALTHCARE, GLASGOW	GLASGOW	LONG TERM CARE	194
T J SAMSON COMMUNITY HOSPITAL	GLASGOW	LONG TERM CARE	16
MORGANTOWN CARE & REHABILITATION CENTER	MORGANTOWN	LONG TERM CARE	122
EDMONSON CARE AND REHABILITATION CENTER	BROWNSVILLE	LONG TERM CARE	74
HART COUNTY HEALTH CARE CENTER	HORSE CAVE	LONG TERM CARE	104
AUBURN HEALTH CARE	AUBURN	LONG TERM CARE	66
CREEKWOOD PLACE NURSING & REHAB CENTER, INC	RUSSELLVILLE	LONG TERM CARE	104
METCALFE HEALTH CARE CENTER	EDMONTON	LONG TERM CARE	71
MONROE HEALTH AND REHABILITATION CENTER	TOMPKINSVILLE	LONG TERM CARE	104
FRANKLIN-SIMPSON NURSING AND REHABILITATION CENTER	FRANKLIN	LONG TERM CARE	98
BOWLING GREEN NURSING AND REHABILITATION CENTER	BOWLING GREEN	LONG TERM CARE	66
CHRISTIAN HEALTH CENTER	BOWLING GREEN	LONG TERM CARE	32
COLONIAL MANOR CARE AND REHABILITATION CENTER	BOWLING GREEN	LONG TERM CARE	48
GREENWOOD NURSING & REHABILITATION CENTER	BOWLING GREEN	LONG TERM CARE	128
HOPKINS CARE AND REHABILITATION CENTER	WOODBURN	LONG TERM CARE	50
KINDRED TRANSITIONAL CARE AND REHABILITATION ROSEWOOD	BOWLING GREEN	LONG TERM CARE	176
MAGNOLIA VILLAGE CARE AND REHABILITATION CENTER	BOWLING GREEN	LONG TERM CARE	60
THE MEDICAL CENTER AT SCOTTSVILLE	SCOTTSVILLE	CRITICAL ACCESS HOSPITAL	25
T J SAMSON COMMUNITY HOSPITAL	GLASGOW	ACUTE	180
CAVERNA MEMORIAL HOSPITAL	HORSE CAVE	CRITICAL ACCESS HOSPITAL	25
LOGAN MEMORIAL HOSPITAL	RUSSELLVILLE	ACUTE	75
MONROE COUNTY MEDICAL CENTER	TOMPKINSVILLE	ACUTE	49
THE MEDICAL CENTER AT FRANKLIN	FRANKLIN	CRITICAL ACCESS HOSPITAL	25
GREENVIEW REGIONAL HOSPITAL	BOWLING GREEN	ACUTE	211
RIVENDELL BEHAVIORAL HEALTH SERVICES	BOWLING GREEN	PSYCHIATRIC	125
SOUTHERN KENTUCKY REHABILITATION HOSPITAL	BOWLING GREEN	REHABILITATION	60
THE MEDICAL CENTER AT BOWLING GREEN	BOWLING GREEN	ACUTE	337
ORTHOPEDICS PLUS PHYSICAL THERAPY - SCOTTSVILLE	SCOTTSVILLE	REHAB	0
THE MEDICAL CENTER AT SCOTTSVILLE	SCOTTSVILLE	REHAB	0
THE MEDICAL CENTER AT SCOTTSVILLE	SCOTTSVILLE	RURAL HEALTH CLINIC	0
MCPEAK SURGERY CENTER	GLASGOW	AMULATORY SURGICAL CENTER	0
JUST FAMILY, INC.	GLASGOW	ADULT DAY HEALTH	0
TJ SAMSON ADULT DAY HEALTH CARE CENTER	GLASGOW	ADULT DAY HEALTH	0
GLASGOW KIDNEY CENTER	GLASGOW	END STAGE RENAL DIALYSIS	0
T J SAMSON KIDNEY CARE	GLASGOW	END STAGE RENAL DIALYSIS	0
T J SAMSON COMMUNITY HOSPITAL HOME CARE PROGRAM	GLASGOW	HOME HEALTH AGENCY	0

TJ. SAMSON COMMUNITY HOSPITAL HOME CARE PROGRAM HOSPICE	GLASGOW	HOSPICE	0
LINCARE, INC.	GLASGOW	MOBILE HEALTH SERVICE	0
T J SAMSON COMMUNITY HOSPITAL	GLASGOW	MOBILE HEALTH SERVICE	0
GPA PRIMARY CARE CENTER	GLASGOW	PRIMARY CARE CENTER	0
SPECTRUM CARE ACADEMY OF GLASGOW I	CAVE CITY	PRTF I	0
SPECTRUM CARE GLASGOW II	GLASGOW	PRTF I	0
GLASGOW PHYSICAL THERAPY	GLASGOW	REHAB	0
HEARTLAND REHABILITATION SERVICES	GLASGOW	REHAB	0
NHC HEALTHCARE GLASGOW	GLASGOW	REHAB	0
T J SAMSON COMMUNITY HOSPITAL REHABILITATION CENTER	GLASGOW	REHAB	0
THE BARREN RIVER REGIONAL CANCER CENTER, INC.	GLASGOW	SPECIALIZED MEDICAL TECHNOLOGY SERVICES	0
CERTIFIED MEDICAL ASSOCIATES	MIDDLETOWN	MOBILE HEALTH SERVICE	0
MORGANTOWN CARE AND REAHBILIATION CENTER	MORGANTOWN	REHAB	0
ORTHOPEDECS PLUS PHYSICAL THERAPY - MORGANTOWN	MORGANTOWN	REHAB	0
ACTIVE DAY OF BROWNSVILLE	BROWNSVILLE	ADULT DAY HEALTH	0
EDMONSON CARE AND REAHBILIATION CENTER	BROWNSVILLE	REHAB	0
ASSOCIATES IN PHYSICIANS SERVICES	BROWNSVILLE	RURAL HEALTH CLINIC	0
THE OLE HOMEPLACE ADULT DAY HEALTH CARE CENTER – HART CO.	MUNFORDVILLE	ADULT DAY HEALTH	0
HEARTLAND REHABILITATION SERVICES	HORSE CAVE	REHAB	0
CAVERNA MEMORAIL HOSPITAL PHYSICIANS OFFICES	HORSE CAVE	RURAL HEALTH CLINIC	0
CMH MUNFORDVILLE PHYSICIANS OFFICE	MUNFORDVILLE	RURAL HEALTH CLINIC	0
FAMILY MEDICAL CENTER OF HART COUNTY	MUNFORDVILLE	RURAL HEALTH CLINIC	0
ACTIVE DAY OF RUSSELLVILLE	RUSSELLVILLE	ADULT DAY HEALTH	0
LIFELINE HEALTH CARE OF LOGAN CO.	RUSSELLVILLE	HOME HEALTH AGENCY	0
AUBURN COMMUNITY FAMILY CLINIC	AUBURN	LIMITED SERVICE CLINIC	0
LIFESKILLS RESIDENTIAL DEVELOPMENT	RUSSELLVILLE	MENTALLY RETARTED/DEVELOPMENTALLY DISABLED GROUP HOME	0
LOGAN MEMORIAL HOSPITAL PHYSICIAN NETWORK	RUSSELLVILLE	NETWORK	0
LOGAN PHYSICIAN PRACTICE NETWORK	RUSSELLVILLE	NETWORK	0
ORTHOPEDECS PLUS PHYSICAL THERAPY - RUSSELVILLE	RUSSELLVILLE	REHAB	0
EDMONTON ADULT DAY HEALTH CARE	EDMONTON	ADULT DAY HEALTH	0
METCALFE CO. ADULT DAY CARE	EDMONTON	ADULT DAY HEALTH	0
METCALFE HEALTH CARE CENTER	EDMONTON	REHAB	0
EDMONTON PRIMARY CARE CENTER	EDMONTON	RURAL HEALTH CLINIC	0
KELLY SERVICES, INC.	EAST BRUNSWICK	NP	0
MONROE COUNTY MEDICAL CENTER	TOMPKINSVILLE	ADULT DAY HEALTH	0
MONROE COUNTY MEDICAL CENTER HOME HEALTH AGENCY	TOMPKINSVILLE	HOME HEALTH AGENCY	0
FOUNTAIN RUN RURAL HEALTH CLINIC	FOUNTAIN RUN	RURAL HEALTH CLINIC	0
LIVING WELL HEALTHCARE, LLC	TOMPKINSVILLE	RURAL HEALTH CLINIC	0
TERESA SHEFFIELD, APRN, LLC	TOMPKINSVILLE	RURAL HEALTH CLINIC	0
ACTIVE DAY OF BOWLING GREEN	BOWLING GREEN	ADULT DAY HEALTH	0
BARREN RIVER ADULT DAY CARE CENTER	BOWLING GREEN	ADULT DAY HEALTH	0
BOWLING GREEN HEMODIALYSIS CENTER	BOWLING GREEN	END STAGE RENAL DIALYSIS	0
DAIALYSIS OF WARREN COUNTY	BOWLING GREEN	END STAGE RENAL DIALYSIS	0

LIFELINE HEALTH CARE OF WARREN COUNTY	BOWLING GREEN	HOME HEALTH AGENCY	0
THE MEDICAL CENTER HOME CARE PROGRAM	BOWLING GREEN	HOME HEALTH AGENCY	0
HOSPICE OF SOUTHERN KENTUCKY	BOWLING GREEN	HOSPICE	0
QUICK CARE CLINIC	BOWLING GREEN	LIMITED SERVICE CLINIC	0
LIFESKILLS, INC.	BOWLING GREEN	MENTAL HEALTH CENTER	0
LINCARE, INC.	BOWLING GREEN	MOBILE HEALTH SERVICE	0
WESTERN KENTUCKY UNIVERSITY MOBILE HEALTH & WELLNESS	BOWLING GREEN	MOBILE HEALTH SERVICE	0
FAIRVIEW COMMUNITY HEALTH CENTER	BOWLING GREEN	PRIMARY CARE CENTER	0
ACTIVE DAY OF BOWLING GREEN	BOWLING GREEN	REHAB	0
BLUEGRASS OUTPATIENT CENTER	BOWLING GREEN	REHAB	0
GREENWOOD NURSING AND REAHBILIATION CENTER	BOWLING GREEN	REHAB	0
PHOENIX REHAB, LLC	BOWLING GREEN	REHAB	0
TFC PHYSICAL THERAPY	BOWLING GREEN	REHAB	0
WESTERN KENTUCKY UNIVERSITY SPEECH CLINIC	BOWLING GREEN	REHAB	0
HOSPICE OF SOUTHERN KENTUCKY, INC.	BOWLING GREEN	RESIDENTIAL HEALTHCARE FACILITY	0
COMMONWEALTH HEALTH FREE CLINIC	BOWLING GREEN	SPECIALIZED HEALTH CLINIC	0
OCCUPATIONAL HEALTH PROFESSIONALS, INC.	BOWLING GREEN	SPECIALIZED HEALTH CLINIC	0
WESTERN KENTUCKY DIAGNOSTIC IMAGING	BOWLING GREEN	SPECIALIZED MEDICAL TECHNOLOGY SERVICES	0
SCOTTSVILLE PRIMARY CARE CLINIC	Scottsville	PHYSICIAN OFFICE/LAB	0
DICKINSON, L. G.	GLASGOW	PHYSICIAN OFFICE/LAB	0
DOCTORS CLINIC	CAVE CITY	PHYSICIAN OFFICE/LAB	0
GLASGOW PEDIATRIC ASSOCIATES	GLASGOW	PHYSICIAN OFFICE/LAB	0
GLASGOW URGENT CLINIC	GLASGOW	PHYSICIAN OFFICE/LAB	0
IMMEDIATE CARE CLINIC, LLC	GLASGOW	PHYSICIAN OFFICE/LAB	0
JAMES P. CREWS	GLASGOW	PHYSICIAN OFFICE/LAB	0
NORTHSIDE PEDIATRICS	GLASGOW	PHYSICIAN OFFICE/LAB	0
SMALL, KAREN	GLASGOW	PHYSICIAN OFFICE/LAB	0
SOTHERN MEDICAL LABORATORY	GLASGOW	PHYSICIAN OFFICE/LAB	0
WOMEN AND CHILDREN'S CLINIC, PSC	GLASGOW	PHYSICIAN OFFICE/LAB	0
SAHETYA MEDICAL GROUP	BROWNSVILLE	PHYSICIAN OFFICE/LAB	0
CAVERNA MEMORAIL HOSPITAL	HORSE CAVE	PHYSICIAN OFFICE/LAB	0
FAMILY MEDICAL CENTER	MUNFORDVILLE	PHYSICIAN OFFICE/LAB	0
FAMILY MEDICAL CENTER OF HART COUNTY	MUNFORDVILLE	PHYSICIAN OFFICE/LAB	0
DEWEY E. WOOD, M.D.	RUSSELLVILLE	PHYSICIAN OFFICE/LAB	0
DR. ERIN M. RANCK MEDICAL PRACTICE	RUSSELLVILLE	PHYSICIAN OFFICE/LAB	0
CARTER, ANTHONY	TOMPKINSVILLE	PHYSICIAN OFFICE/LAB	0
JOHN V. ADAMS, M.D.	FRANKLIN	PHYSICIAN OFFICE/LAB	0
THE MEDICAL CENTER AT FRANKLIN	FRANKLIN	PHYSICIAN OFFICE/LAB	0
ASSOCIATES IN PHYSICIAN SERVICES	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
BOWLING GREEN BIOLOGICALS	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
BOWLING GREEN DERMATOLOGY & SKIN CANCER SPECIALISTS	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
BOWLING GREEN MEDICAL CLINIC	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
GEORGE A. WATSON, M.D.	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
GORDON B. NEWELL, M.D.	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0

GRAVES-GILBERT CLINIC	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
GREENWOOD URGENT CLINIC	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
PEDIATRIC ASSOCIATES OF BOWLING GREEN	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
PRIMECARE MEDICINE ASSOCIATES, PLLC	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
SAHETYA, K.G.	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
STELLAR HEALTH CARE	SMITHS GROVE	PHYSICIAN OFFICE/LAB	0
TAPP MEDICAL CLINIC	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
URGENTCARE	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
WESTERN KENTUCKY UNIVERSITY HEALTH CAENTER LABORATORY	BOWLING GREEN	PHYSICIAN OFFICE/LAB	0
ANATOMIC PATHOLOGY LABORATORY OF GLASGOW	GLASGOW	LAB	0
SOUTHERN MEDICAL LABORATORY	GLASGOW	LAB	0
FAMILY MEDICAL CENTER OF HART COUNTY	MUNFORDVILLE	LAB	0
BOWLING GREEN ASSOCIATES, PATHOLOGISTS LAB	BOWLING GREEN	LAB	0
PREVENTION LIFESKILLS, INC	BOWLING GREEN	ALCOHOL AND DRUG ADDICTION	0

*** Kentucky Cabinet for Health and Family Services. (2012).BRADD Licensed Health Care Facilities [Table].*OIG Directories*.Retrieved from URL<http://chfs.ky.gov/os/oig/directories.htm>.

Mission, Vision, and Values

MISSION

Commonwealth Health Corporation's mission is to care for people and improve the quality of life in the communities we serve.

VISION

Commonwealth Health Corporation will be an innovative leader in healthcare delivery and outcomes.

WHAT WE VALUE

Quality

We are committed to providing the highest level of care and service at every opportunity.

People

People are our most valuable resource. We work together to achieve our organization's goals. We treat everyone with honor, dignity, and respect.

Accountability

Each of us is responsible for managing our resources ethically and wisely.

Purpose

The Community Health Needs Assessment has been completed for the following reasons:

- To help meet the Hospital's mission to care for people and improved the quality of life in the communities we serve.
- To comply with the Patient Protection and Affordable Care Act of 2010 and maintain the Hospital's tax exempt status.
- To establish community health needs for the Hospital's service area, to determine areas of greatest need and for the Hospital to develop a strategic plan to address those needs.
- To involve internal and external resources to ensure needs of individuals are met and that efforts are not duplicated.
- To create a sustainable process for conducting Community Health Needs Assessments that can be continued for future assessments.

Executive Summary

The Patient Protection and Affordable Care Act of 2010 included a provision that requires every tax exempt, non-governmental hospital to:

- Conduct a Community Health Needs Assessment (CHNA) at least every three years;
- Adopt a Strategic Implementation Plan that includes how the needs identified in the assessment will be met; and
- Report to the Internal Revenue Service via its 990 tax form how it is meeting its implementation plan.

The Community Health Needs Assessment Report details the process used to collect, disseminate and prioritize the information in the assessment. Commonwealth Regional Specialty Hospital worked closely with local healthcare and public health leaders throughout the assessment process.

The end result of the assessment process was the development by the hospital of a strategic plan to address the major needs identified.

Process

In September of 2011, Commonwealth Regional Specialty Hospital joined with the Barren River District Health Department and numerous other health care providers, community organizations and leaders to form the Barren River Community Health Planning Council. The goal of the Council was to plan and implement a community health needs survey and assessment process followed by identification of key health care needs for the community and then development of strategic plans to meet those needs. The process used was primarily based on the Mobilizing for Action through Planning and Partnership (MAPP). Meetings were held twice monthly for three months and then monthly.

The hospital used the data collected through the survey to develop a strategic plan that addresses strengthening of partnerships with community health providers and organizations, preventive care and disease management and access to care.

The assessment results and strategic plan were submitted to the hospital board for review and approval and then made available to the community.

**COMMONWEALTH REGIONAL SPECIALTY HOSPITAL
IMPLEMENTATION STRATEGIES FOR ADDRESSING COMMUNITY
HEALTH NEEDS
2013 – 2015**

Through the research and recommendations from the Community Health Needs Assessment and hospital staff, administration and Board of Directors the following strategies will guide COMMONWEALTH REGIONAL SPECIALTY HOSPITAL leadership in addressing our community’s health needs over the next three years.

1. Strengthen Partnerships With Key Community Health Providers & Organizations

A very beneficial component of the Community Health Needs Assessment process for the hospital was participating as an active member of the Barren River Community Health Planning Council. This reinforced for us the importance of each community health provider in our quest to meet the healthcare needs of all individuals in our community. Over the next three years, Commonwealth Regional Specialty Hospital will focus on continuing to strengthen relationships with the following organizations and to develop collaborative efforts to improve health care within Warren and surrounding counties. Partnerships may include joint funding of initiatives, providing leadership on governing boards, information sharing and cooperative work on health related grants. This list is not meant to be exclusive and other organizations/providers will be added as identified. Through the CHNA these agencies were identified as those that directly address community health needs and serve the populations in most need within Commonwealth Regional Specialty Hospital’s service area:

American Cancer Society – Warren County Chapter
Kentucky Heart & Stroke Association
Barren River District Health Department
Bowling Green Housing Authority
Fairview Primary Care Center
Kentucky Cancer Program
Medicaid Managed Care Programs/Case Management
Refugee Assistance Center
Southcentral Kentucky Community Action
Western Kentucky University Rural Health Institute & Mobile Unit

Commonwealth Regional Specialty Hospital also obtained input from our referring physicians by asking two qualitative questions. The first question centered on what is Commonwealth Regional Specialty Hospital not doing that we could be doing and the second question asked about the services we are providing for our elderly population. A consensus from the referring physicians for the first question was that we could do more marketing to physicians in surrounding areas. Dr. Pravin Avula, our Quality Medical Director, suggested ways to market specifically to the physicians in the Barren County/Glasgow Area.

Our referring physicians answered the second question regarding services that are provided for the elderly population in a positive response. Collectively, the responses included our clinical expertise in caring for ventilator dependent patients in the process of weaning, renal patients requiring dialysis, and cardiac and vascular patients requiring an extended stay in an acute care setting. Dr. Douglas Thomson, Commonwealth Regional Specialty Hospital's Chief Medical Officer, emphasized the unique and individualized social services plans of care for the elderly population. Our social services team takes pride in finding proper placement in the continuum of care for the elderly. Proper skilled nursing facilities, inpatient rehab hospitals, nursing homes, home health, assisted living facilities, and hospice care are carefully considered when finding placement for our elderly population.

2. Preventative Care & Disease Management Focus

The Community Health Needs Assessment provided data specific to preventative care and disease management. Council members reviewed the data and determined the following focus areas: Diabetes, Obesity, Cardiovascular Disease, Lung Cancer, Alcohol and Drug Abuse Addiction. Alcohol and Drug Abuse Addiction doesn't apply to the LTACH population at Commonwealth Regional Specialty Hospital, nor does Commonwealth Regional Specialty Hospital have programs implemented to support Alcohol and Drug Abuse Addiction. Therefore that topic will not be addressed.

The hospital's plan to address these is as follows with the overall goal to educate individuals on the importance of taking ownership of their health and wellbeing. As an entity of CHC, Commonwealth Regional Specialty Hospital used a system wide implementation strategy narrowing our focus, from highest to lowest priority: Heart Disease, Diabetes, Obesity, and Lung Cancer.

Cardiovascular:

- Continue to provide education to the community about risk factors associated with heart disease and stroke, and how to modify those risk factors through healthy lifestyle choices. This will be an ongoing campaign utilizing all media outlets, newsletters, programs at the Health & Wellness Center, and through Worksite Wellness for employer groups, civic organizations, etc.
- Continue the systematic approach by the hospital to identify and track all congestive heart failure patients who are admitted. Discharge planning will start at admission and will involve coaching and follow up services post discharge. The goal will be improved quality of life for the patient and reduction of ED visits and readmissions.
- Research the feasibility of starting a Heart Failure Clinic through utilization of the WKU Mobile Health Unit.

Diabetes:

- Commonwealth Regional Specialty Hospital will enhance awareness and utilization of the outpatient Diabetes Education Program recognized by the American Diabetes Association and located at the Health & Wellness Center through marketing of services to community and health care providers.
 - Provide Community Diabetes Education Forums.
 - Physician CME Diabetes Program.
 - Articles on the benefits of Diabetes Education in the hospital's community newsletter, *WellNews*, and in the hospital's *Physician Newsletter*
 - *A 90 Seconds to Better Health* TV segment on Diabetes.
 - Explore opportunities to identify readmissions of patients with a diagnosis of diabetes and enhance the process to refer patients for outpatient diabetes education.
 - Explore opportunities to develop a process to identify ED admissions related to complications due to diabetes. Develop a process to assure patients have a regular healthcare provider.
 - Diabetes education at hospital community outreach events (Health & Wellness Expo, Women's Conference, etc.).
 - Offer onsite Diabetes Education Classes for employer groups through The Medical Center Worksite Wellness Program.
-

- Provide diabetes education through the Commonwealth Health Free Clinic.
- Research feasibility of providing diabetes education to patients in rural counties in conjunction with WKU Mobile Health Unit.

Obesity:

- Increase awareness and utilization of The Medical Center's outpatient Medical Nutrition Counseling services located at the Health & Wellness Center through marketing of services to community and healthcare providers.
- Community Forum to address obesity epidemic utilizing the HBO documentary *Weight of the Nation* in 2013.
- Offer Healthy Weight/Healthy Life Classes at the Health & Wellness Center twice a year, and make the classes available for onsite employer groups.
- Provide Healthy Eating presentations by registered dietitian to school groups, civic organizations, employer groups, etc.
- Research grant funding in conjunction with the health department to build a permanent Farmers Market structure to assist in access to fresh fruits & vegetables for individuals.

Lung Cancer:

- Provide education on the hazards of smoking specific to lung cancer (as well as stroke and heart disease) through community outreach events (Health & Wellness Expo, Men's Health Event, Women's Conference, etc.), and through Worksite Wellness and Speakers Bureau.
- Work in conjunction with community partners for implementation of smoke free environments throughout the community.
- Provide Cooper Clayton Smoking Cessation Classes at the Health & Wellness Center.

3. Access to Care

- Completion and opening by fall semester of 2013 of The Medical Center-WKU Health Sciences Complex on the hospital campus to house the university's nursing and physical therapy programs. This project addresses the national and local shortage of nurses and physical therapists.
- Promote utilization of Urgentcare and Quick Care services in lieu of ED visits when appropriate through community and worksite education.

- Work in conjunction with community health partners to develop a directory of available health services and resources for the community.
- Research feasibility of working in conjunction with WKU Mobile Health Unit to provide preventative and limited primary care to underserved areas in Butler & Edmonson counties.
- Enhance awareness to healthcare providers, discharge planners, and case managers with managed care throughout the region of services available through CRSH for patients in need of long term care hospitalization through direct mailing of information, follow up calls and open house/tour of facility.
- Research and build relationships with quality, long term care facilities throughout the region for patients needing additional care after discharge from CRSH.

Communication Plan

Commonwealth Regional Specialty Hospital will publish the Community Health Needs Assessment, inclusive of the survey results and strategic plan, on its website and make hard copies available to the public upon request. The results will also be incorporated into the hospital's annual IRS tax form 990 submission.

Conclusions

Commonwealth Regional Specialty Hospital has been totally committed to the Community Health Needs Assessment throughout the process. The Community Health Needs Assessment has strengthened relationships with other healthcare providers and organizations in the community. The survey led to data driven identification of key community health needs. The hospital has developed a detailed strategic plan to address these needs over the next three years with the ultimate goal to improve the quality of life in the communities we serve.