

THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

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

ACTION STEPS	RESPONSIBLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Develop collaborative efforts to improve healthcare within Simpson and surrounding counties.		Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	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		Gray	Gray			Gray								Green
American Heart Association										Gray				Green
National Stroke Association (2014)			Yellow	Yellow										Green
American Red Cross			Yellow				Gray	Gray		Gray				Green
Kentucky Cancer Program		Yellow	Yellow	Yellow	Yellow	Yellow	Gray	Gray	Gray	Yellow	Yellow	Yellow	Yellow	Green
Medicaid Managed Care Programs/Case Management														Green
Southcentral Kentucky Community Action							Gray		Gray			Gray		Green
Western Kentucky University Institute for Rural Health Mobile Health Unit			Yellow	Yellow	Gray					Gray		Gray		Green
Simpson County Health Department				Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray		Green
Franklin-Simpson Schools		Gray	Gray		Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Green
Franklin Simpson Chamber of Commerce				Gray					Gray					Green
AARP		Gray												Green
WBKO		Gray	Yellow											Green
Heart Disease and Stroke Prevention Task Force		Gray		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green
Emergency Operations Committee		Yellow												Green

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

C – completed

**THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN
2013-2015**

Strategy 2.1 – Preventive Care & Disease Management: Obesity

ACTION STEPS	RESPONSIBLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Increase awareness and utilization of The Medical Center's outpatient medical nutrition counseling services through marketing of services located at the Health & Wellness Center.		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green
Offer Healthy Weight/Healthy Life Classes at the Health & Wellness Center twice a year, and make classes available for onsite employer groups.		Yellow	Yellow						Gray	Gray				Green
Provide healthy eating presentations by registered dietitian to school groups, civic organizations, employer groups, and community groups.		Yellow	Yellow	Yellow	Gray	Gray		Gray		Gray	Gray	Gray		Green
Work with Community Partners to secure grant funding for additional walking and fitness trails in community		Yellow												Green
Research grant funding in conjunction with community leaders to construct an indoor pool along with a therapy pool														Green
Other				Gray	Gray	Gray	Gray	Gray	Gray	Gray				Green
Offer Overeaters Anonymous		Yellow	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

**THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN
2013-2015**

Strategy 2.2 – Preventive Care & Disease Management: Cardiovascular

ACTION STEPS	RESPONSIBLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Provide education to community about heart disease and stroke risk factors. Educate on how to modify risk factors through healthy lifestyle choices.		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green
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.		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green
Continue systematic approach by the hospital to identify and track all congestive heart failure patients who are admitted.		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green
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 visit and readmissions		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green
Other		White	White	Gray	Gray	Gray	Gray	Gray	Gray	Gray	White	White	White	Green

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

C – completed

**THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN
2013-2015**

Strategy 2.3 – Preventive Care & Disease Management: Other

ACTION STEPS	RESPONSIBLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
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														
Provide education on healthy lifestyle choices														
Educational classes to include Cooper-Clayton Smoking Cessation, Weight Management and Exercise														
Work in collaboration with community leaders and identify areas for indoor exercise programs														

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

C – completed

**THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN
2013-2015**

Strategy 3 – Access to Care

ACTION STEPS	RESPONSIBLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Open a rural Health Clinic on campus to provide another level of care for the community.														

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

C – completed

THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

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 January 2014
- Healthy Monday Campaign ongoing
- WKU – 10K Classic October 2014
- Barren River Community Health Planning Council ongoing
- Job Fair sponsored by SKYTC, Chamber, & SHRM- health fair screenings April 2014
- American Red Cross –Flood Safety, Water Safety, Thunderstorm Safety May 2014
- Logan Aluminum Health Fair July 2014
- Harman Becker Wellness/Smoking Cessation Meeting July 2014
- Get Health Simpson Coalition July 2014-Nov 2014
- Community Action (Community Connection and Commodities Distrib Day) July, Oct –Dec 2014
- Breast Cancer Seminar from Dr. Daniel October 2014
- Berry Plastics Health Fair Sept 2014
- Youth Action Meeting Oct-Nov 2014
- Alpha Baptist Church: Participated in Women’s Health Seminar October 2014

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) Jan 2015
- Interagency Meeting Jan – March 2015
- Community Connection & Commodities Distribution Day Jan – Feb 2015
- Youth Action Meeting Jan – March 2015
- Get Health Simpson Coalition Jan – Feb 2015
- 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. March 2015
- UK Extension office luncheon(what problems our community is facing) May 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 May 2014
- Transportation of cancer patients ongoing
- Cancer Committee Meetings Quarterly
- Relay for Life Fundraiser November 2014
- Scrub Sale – 10% donations toward Relay for Life Feb 2015
- Relay for Life fundraisers(Easter baskets, Mother’s Day baskets, Jewelry) April – May 2015

American Heart Association

- Heart walk Sept 2014

National Stroke Association

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

American Red Cross

- American Red Cross Blood Drive February & June 2014

THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

<ul style="list-style-type: none"> • Tornado Preparedness Class • Summer Safety Class • Diabetes Forum • Blood Drive 	<p>February 2014 May 2014 November 2014 Feb & June 2015</p>
Kentucky Cancer Program Cooper Clayton program	
<ul style="list-style-type: none"> • Cooper Clayton Smoking Cessation Class • Relay for Life TMC Team • Sun damage screenings • Cancer Committee meetings • Plan to be tobacco free 	<p>ongoing</p> <p>Jan - Apr & Sep - Dec 2014 May 2014 May & June 2014 Quarterly November 2014</p>
Medicaid Managed Care Programs/Case Management	
<ul style="list-style-type: none"> • Better choices Better Health (Coventry Cares) • KYnectors set up at Health and Wellness Center during wku screening 	<p>Oct – Nov 2014 April 2014</p>
Southcentral Kentucky Community Action	
<ul style="list-style-type: none"> • Community Connection & Commodities Distribution Day (Community Action)—educated about health risks and upcoming wellness screenings, • Volunteer luncheon – provided BP and balance screenings 	<p>Jan 2014 April 2014</p>
Western Kentucky University Institute for Rural Health Mobile Health Unit	
<ul style="list-style-type: none"> • Free Blood Sugar Screening (Edmonson & Butler Counties) • Osteoporosis/Bone Density Screening • Blood Sugar and Cholesterol Screening 	<p>February & March 2014 March 2014 February 2014</p>
Simpson County Health Department	
<ul style="list-style-type: none"> • Get Healthy Simpson Co Coalition (tested blood pressures) • Get Healthy Simpson Coalition Meeting 	<p>April – June 2014 Jan, Feb, March 2014</p>
Franklin-Simpson Schools	
<ul style="list-style-type: none"> • Franklin Simpson Middle School Health Fair (Blood Pressure Screening for students) 	<p>Jan 2014</p>
Franklin Simpson Chamber of Commerce	
<ul style="list-style-type: none"> • Franklin-Simpson Community Health Fair, provided multiple free screenings to public • Interagency Meeting- Group of local agencies (school system, city, literacy, newspaper) meet monthly to discuss community needs • Garden Spot Run sponsored by TMCF Rehab 	<p>March 2014</p> <p>April - June 2014; July, Sept; Oct –Dec 2014</p> <p>August 2014</p>
AARP	
<ul style="list-style-type: none"> • Driver Safety Course at Health & Wellness Center 	<p>monthly</p>
WBKO	
<ul style="list-style-type: none"> • Health and Wellness Expo 	<p>Jan 2014</p>

THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

- Chest Pain Drills February 2014
- The Medical Center 10K Classic Oct 2014
- 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

Emergency Operations Committee

- Franklin is participating through EMS ongoing

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 weekly
- Recognition to physician’s office with highest MNT referrals monthly
- Promote services to physicians monthly
- Worksite Wellness Boards monthly
- Health & Wellness Expo January 2014
- *WellNews* January - March 2014
- ENSPIRE health coaching for CHC employees April 2014
- CHC benefit health screenings March 2014
- Overeaters Anonymous weekly
- Doctor’s Day March 2014
- Letter to physicians on Diabetes Educations to help their practice March 2014
- Men’s Health Conference
- Chandler Park Assisted Living – Nutrition March 2014 & June 2014
- Bowling Green High School – Nutrition March 2014
- The Medical Center Teen Volunteer Presentation – Nutrition June 2014
- Healthy Eating Presentation – Adult Day Care June 2014
- The Boys and Girls Club (Body Fat and Blood Pressure) August 2014
- Housing authority health fair (body fat, EHAC, chest & stroke info) July 2014
- Barren River Adult day care (healthy eating) July 2014
- Jody Richards elementary Fall Festival (Height, weight, pulse, EHAC, nutrition) September 2014
- Wellness Board restock (Obesity and Cancer) July 2014
- Falls prevention health fair Living hope (nutrition) September 2013
- Surgical weight loss support group August-September 2014 &
- Surgical weight loss support group Jan.- June 2015
- Expectant Parent Fair September 2014
- Brass – Preventative Health (Marilyn Wheat) October 2014
- Logan Aluminum Health Fair (Healthy Lifestyle) July 2014
- Butler County High School (BMI,Body Fat Analysis) November 2014
- Barren River Adult Day Care (Heart Healthy New Year’s Resolutions) Jan 2015
- BMI project (0 sugary Beverages) Dishman December 2014
- BMI project (5 fruits and vegetables to Dishman) Jan 2015
- BMI project (0 sugary beverages) Dishman April 2015
- 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

THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

- 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

THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

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 | monthly |
| • Mended Hearts support groups | monthly |
| • Congestive Heart Failure Class | January 2014 |
| • 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 |
| • Blood Pressure & Heart Rate Screening | Jan-March 2014 |
| • AARP lunch & learn for heart health | Feb 2014 |
| • Community Connection & Commodities Distribution Day (Community Action) regarding heart & blood pressure screenings | Feb 2014 |
| • 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 |
| • LEAP | April 2015 |
| • Men's Health Conference | June 2014 |
| • Women-In-Charge Luncheon: Heart Attack Symptoms | August 2014 |
| • A Day Just for Women | September 2014 |
| • Congestive Heart Failure class | October 2014 |
| • I am Women: Preventing Strokes and recognizing Unique Symptoms in women forum | October 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 |
| • Brain Protector Program (Warren East Middle School) | May 2015 |
| • Stoke (Know your Risk) Flyers in Wellness Boards | May 2015 |
| • National Wear Red Day – provided info to customers at hospital on heart disease awareness | Feb 2015 |
| • Ensfire Nurse: Utilizes the Crimson Care Manager to refer patients to Community Paramedics if they qualify AMI and CHF patients. | |
| • Ensfire 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
- *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

Continue systematic approach by the hospital to identify and track all

THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

congestive heart failure patients who are admitted.

ongoing

- 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.

- Community Health Worker program implemented
- ENSPIRE program implemented with RN Amy Topp

April 2014
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.

ongoing

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)
Contact Eric Gregory
- ENSPIRE health coaching for CHC employees
- CHC benefit health screenings
- Dress in blue day: Booth in front lobby of hospital providing information to customers/staff about colon cancer and risk factors

planning for April 2015

April 2014

March 2014

March 2015

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

- Smoking surcharge applied to CHC employee benefit
- Cooper Clayton Smoking Cessation classes at hospital
- Cooper Clayton Smoking Cessation classes

April 2014

April – June 2014

July 2014 & Sept

CME and CEU's offered for the following topics:

- Tumor Conference (CME)
- Lung Cancer: Staging, Treatment, and Outcomes (CME and CEU)
- Brain and Spine (CME)
- Oncology Certification Review Course (CEU)
- Diabetes Medication Update: Melinda Joyce (CME and CEU)
- Charot Foot (CEU)

August 2014

THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

- 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:

- 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

Jan – March 2014

March 2014

Wellness Calendar Events:

- 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

April – June 2014

- Coordinated Distracted Driving Program at Franklin Simpson High School

March 2014

Wellness Calendar Events:

- 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

July - Sept 2014

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.

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|--|-------------------------|
| • Planning Substance Abuse Forum (Warren, Simpson, Allen Counties)
Contact Eric Gregory | planning for April 2015 |
| • 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.

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|--|------------------------|
| • Women-in-Charge Luncheon completed in 2013 | ongoing |
| • Prescription Drug Abuse Materials at Health & Wellness Center | January - March 2014 |
| • <i>WellNews</i> “Skipped Prescriptions Pose a Major Health Threat” | February 2014 |
| • Ask The Pharmacist | April 2014 – June 2014 |
| • <i>WellNews</i> “Recognizing Signs of a Drinking Problem” | April – June 2015 |
| • <i>WellNews</i> “The Most Commonly Abused Prescription Drugs” | |

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.

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|--|--------------|
| • Market the locations and the initiative in <i>WellNews</i> in 2014 | |
| • <i>Wellnews</i> Lock your meds day and drop off locations for prescription drugs | October 2014 |

THE MEDICAL CENTER AT FRANKLIN CHNA STRATEGIC IMPLEMENTATION PLAN 2013-2015

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