

# **Reynolds Memorial Hospital**

## Community Health Implementation Plan

Prepared for: Reynolds Memorial Hospital

Prepared by: Health Affairs Institute

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May 15, 2025

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# 1 Strategy One: Healthy Living Presentation – Wesley Park

**Priorities Targeted:** Obesity and Related Co-morbid Disease will be addressed through monthly activities developed for a local senior living community.

*Table 1: Healthy Living Presentation – Wesley Park*

Healthy Living Presentation for the Residents of Wesley Park	
Objectives	Present a nutrition and/or physical activity lesson each month for the residents of Wesley Park Senior Living Facility.
Activities	<ul style="list-style-type: none"> <li>Plan monthly lessons with Jessica Brown, Wesley Park Director of Activities</li> <li>Develop dietitian lesson plans</li> <li>Provide 60-minute lesson</li> <li>Develop and provide WVU Medicine educational materials for each lesson</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>WVU Medicine Dietitian – RMH</li> <li>Wesley Park</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>WVU Director of Clinical Nutrition</li> <li>Wesley Park Director of Activities</li> </ul>
Resources	<ul style="list-style-type: none"> <li>Educational handouts/print materials</li> <li>Nutrition related props and supplies</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>Survey</li> <li># participants</li> <li># educational materials distributed</li> </ul>
Point of Contact	Director of Clinical Nutrition, WVU Medicine, Wheeling Hospital and Reynolds Memorial Hospital

# 2 Strategy Two: Nutrition Presentations

**Priorities Targeted:** Targeting the priority areas of Obesity and Related Co-morbid Disease, staff will provide public educational information about nutrition topics via local Rotary Club meetings in Wheeling, WV and St. Clairsville, OH.

*Table 2: Nutrition Presentations*

Nutrition Presentations	
Objectives	Serve as a guest speaker at local Rotary Clubs in 2024, providing sound nutritional information and answering questions to educate the members.
	<p>Wheeling Rotary Club, Tuesday, October 3, 2024</p> <p>St. Clairsville Rotary Club, Tuesday, November 6, 2024</p>

Activities	<ul style="list-style-type: none"> <li>• Coordinate details of Tuesday, October 3, 2024 lunch presentation in Wheeling with Jamie Crow</li> <li>• Coordinate details of Tuesday, November 7, 2024 lunch presentation in St. Clairsville with Jessica Rine</li> <li>• Develop 60-minute lesson</li> <li>• Develop and prepare accompanying WVU Medicine handouts and educational materials</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• WVU Medicine Dietitian - Reynolds Memorial Hospital</li> <li>• Rotary Club of Wheeling</li> <li>• Rotary Club of St. Clairsville</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• WVU Director of Clinical Nutrition</li> <li>• Rotary Club of Wheeling</li> <li>• Rotary Club of St. Clairsville</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Print materials</li> <li>• Nutrition related props and supplies</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• Verbal feedback</li> <li>• # participants</li> <li>• # educational materials distributed</li> </ul>
Point of Contact	Director of Clinical Nutrition, WVU Medicine, Wheeling Hospital and Reynolds Memorial Hospital

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### 3 Strategy Three: Nutrition Goes to School

**Priorities Targeted:** Addressing the priority health areas of Obesity and Related Co-morbid Disease with area youth, this strategy aims to present monthly nutrition lessons to 3<sup>rd</sup>-5<sup>th</sup> graders at local elementary schools across three counties.

*Table 3: Nutrition Goes to School*

Nutrition Goes to School	
Objectives	Present a nutrition lesson monthly for five months to 3 <sup>rd</sup> -5 <sup>th</sup> grades at local elementary schools in Ohio County, Marshall County, and Belmont County public and Catholic schools.
Activities	<ul style="list-style-type: none"> <li>• Contact county Superintendent or Director of Child Nutrition in summer, prior to upcoming academic year</li> <li>• Dietitians collaborate to develop nutrition and physical activity lesson curriculum</li> <li>• Collaborate with marketing to develop print materials</li> <li>• Coordinate with each school's administration to create a schedule for the school year</li> <li>• Assign each dietitian 1-3 school sites</li> <li>• Provide 30-minute lesson</li> </ul>

Planning Partners	<ul style="list-style-type: none"> <li>• Provide WVU Medicine print educational materials for each participant for each lesson</li> <li>• WVU Medicine Dietitians (Wheeling Hospital and Reynolds Memorial Hospital)</li> <li>• Ohio County Schools</li> <li>• Marshall County Schools</li> <li>• Belmont County Schools</li> <li>• Diocese of Wheeling Charleston Schools</li> <li>• <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a></li> <li>• WVU Medicine Marketing</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Ohio County Schools Director of Child Nutrition</li> <li>• Ohio County Schools Administration</li> <li>• Marshall County Schools Director of Child Nutrition</li> <li>• Marshall County Schools Administration</li> <li>• Belmont County Schools Administration</li> <li>• Diocese of Wheeling Charleston Schools</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Print materials</li> <li>• Nutrition related props and supplies</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• Nutrition pre-test given at first lesson</li> <li>• Nutrition post-test given at last lesson</li> <li>• # participants</li> <li>• # educational materials distributed</li> </ul>
Point of Contact	Director of Clinical Nutrition, WVU Medicine, Wheeling Hospital and Reynolds Memorial Hospital

## 4 Strategy Four: Preventing Diabetes Presentation

**Priorities Targeted:** Targeting the priority health area of Obesity and Related Co-morbid Disease, hospital staff will provide educational information to Belco Works, Inc. Professional Learning.

*Table 4: Preventing Diabetes Presentation*

<b>Preventing Diabetes Presentation</b>	
Objectives	Serve as a guest speaker at Belco Works, Inc. Professional Learning on Friday, March 15, 2024, providing sound diabetes information, including prevention, diagnosis, signs and symptoms, treatment, and carbohydrate counting.
Activities	<ul style="list-style-type: none"> <li>• Coordinate with Anne Hanning, CEO, Belco Works, Inc. to plan for Friday, March 15, 2024 presentation</li> <li>• Develop 60-minute lesson</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• WVU Medicine Director of Clinical Nutrition</li> </ul>

Implementation Partners	<ul style="list-style-type: none"> <li>• WVU Medicine Wheeling Hospital Howard Long Wellness Center Group Fitness and Yoga Instructor</li> <li>• Belco Works, Inc.</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• WVU Medicine Director of Clinical Nutrition</li> <li>• WVU Medicine Wheeling Hospital Howard Long Wellness Center Group Fitness and Yoga Instructor</li> <li>• Anne Hanning, CEO, Belco Works, Inc.</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• Print materials</li> <li>• # participants</li> <li>• Verbal feedback</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>• WVU Medicine Director of Clinical Nutrition</li> <li>• WVU Medicine Wheeling Hospital Howard Long Wellness Center Group Fitness and Yoga Instructor</li> </ul>

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## 5 Strategy Five: Healthy Living Presentation – Wheeling Park

**Priorities Targeted:** Targeting the priority health areas of Mental Health and Obesity and Related Comorbid Disease, this strategy aims to provide health education as a professional learning opportunity for Wheeling Park High School teachers, staff and administrators.

*Table 5: Healthy Living Presentation - Wheeling Park*

Healthy Living Presentation - Wheeling Park	
Objectives	Serve as a guest speaker at Wheeling Park High School (WPHS) Professional Learning on December 21, 2024. Provide sound health information, including yoga and breathing poses, and answer questions to educate the teachers, staff, and administrators.
Activities	<ul style="list-style-type: none"> <li>• Coordinate with Jennifer Hemplemann, WPHS teacher and Wellness Coach</li> <li>• Develop a 60-minute lesson</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• WVU Medicine Director of Clinical Nutrition</li> <li>• WVU Medicine Wheeling Hospital Howard Long Wellness Center Group Fitness and Yoga Instructor</li> <li>• Ohio County Schools</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• WVU Medicine Director of Clinical Nutrition</li> <li>• WVU Medicine Wheeling Hospital Howard Long Wellness Center Group Fitness and Yoga Instructor</li> <li>• Wheeling Park High School Professional Learning</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Print materials</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• # attendees</li> </ul>

Point of Contact

- Verbal feedback
  - WVU Medicine Director of Clinical Nutrition
  - WVU Medicine Wheeling Hospital Howard Long  
Wellness Center Group Fitness and Yoga Instructor
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## 6 Strategy Six: Community Health Outreach

**Priorities Targeted:** Targeting all prioritized health areas, the Quality Management team conducts weekly health fairs to educate the public on a variety of topics, in a variety of settings.

*Table 6: Community Health Outreach*

Community Health Outreach	
Objectives	Quality Management will conduct weekly health fairs at assorted locations.
Activities	<ul style="list-style-type: none"><li>• Blood Pressure Screenings</li><li>• Diabetic Education</li><li>• Medication Reconciliation</li><li>• Disease-specific Education</li></ul>
Planning Partners	<ul style="list-style-type: none"><li>• Regional Housing Authority</li><li>• High Rise Locations</li><li>• Senior Centers</li></ul>
Implementation Partners	<ul style="list-style-type: none"><li>• Regional Housing Authority</li><li>• High Rise Locations</li><li>• Senior Centers</li></ul>
Resources	<ul style="list-style-type: none"><li>• Blood pressure screening materials and supplies</li><li>• Diabetic education materials and supplies</li><li>• Medication reconciliation materials and supplies</li><li>• Disease-specific materials and supplies</li></ul>
Evaluation Activities	<ul style="list-style-type: none"><li>• Post-surveys</li><li>• # attendees, date, location of event</li><li>• # print materials or other supplies disseminated per event</li></ul>
Point of Contact	Quality Management

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## 7 Strategy Seven: Stop the Bleed Program

**Priorities Targeted:** Targeting the health area of community education in a youth-centric way, this program aims to provide “Stop the Bleed” training to area schools on a rotating, ongoing basis throughout the school year.

*Table 7: Stop the Bleed Program*

<b>Stop the Bleed Program</b>	
Objectives	Each academic year, conduct multiple Stop the Bleed training sessions at a designated school. Rotate schools yearly each academic year during 2024-2025, 2025-2026, and 2026-2027 academic years.
Activities	<ul style="list-style-type: none"> <li>• Send confirmation letter and emails to School Administration</li> <li>• Collaborate to develop activities and educational plans for the program</li> <li>• Coordinate with individual administrators or school nurses to plan calendar of programming</li> <li>• Verify that site contact for each school will be present on site to monitor students</li> <li>• Develop schedule for students in each grade level</li> <li>• Introduction and participation form</li> <li>• Completion certificate</li> <li>• Prepare print materials</li> <li>• Gather items for activities with students</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• Ohio Valley School districts</li> <li>• Administration</li> <li>• School nurses</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Wheeling Central High School</li> <li>• Wheeling Park High School</li> <li>• Linsly Academy</li> <li>• Brooke County Schools</li> <li>• John Marshall High School</li> <li>• Cameron High School</li> <li>• Wetzel County Schools</li> <li>• Ohio County middle and elementary school staff</li> <li>• St. Clairsville Schools</li> <li>• Bridgeport High School</li> <li>• Martins Ferry High School</li> <li>• Buckeye Local Schools</li> <li>• Harrison Hills Schools</li> <li>• Bellaire Schools</li> <li>• Union Local Schools</li> <li>• Buckeye Trail Schools</li> <li>• Monroe County Schools</li> <li>• Barnesville Schools</li> <li>• Steubenville High School</li> </ul>

Resources	<ul style="list-style-type: none"> <li>• Meadowbrook Schools</li> <li>• St. Mary Grade School (St. Clairsville)</li> <li>• St. Mary Grade School (Martins Ferry)</li> <li>• Marketing materials</li> <li>• Educational power point presentation</li> <li>• Hands on practice</li> <li>• Take-home materials</li> <li>• Items needed for student activities</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• # attendees per event per school</li> <li>• Date and location of each school event</li> <li>• Verbal feedback from administration, staff, parents</li> </ul>
Point of Contact	Transport Coordinator

## 8 Strategy Eight: Healthcare Careers Exploration Day

**Priorities Targeted:** Targeting all priority health areas in a youth-centric way, this program aims to educate area youth about career possibilities in healthcare.

*Table 8: Healthcare Careers Exploration Day*

Healthcare Careers Exploration Day	
Objectives	Each academic year, conduct five sessions in the fall or winter months: 2024-2025, 2025-2026, 2026-2027.
Activities	<ul style="list-style-type: none"> <li>• Distribute flyers to each school during the fall preceding their scheduled session</li> <li>• Meet with administration and staff to coordinate activities and educational plans</li> <li>• Coordinate with individual managers to plan calendar of programming (including times, locations, and supply needs)</li> <li>• Coordinate tours of emergency department, operating room, nursery, and general nursing floors</li> <li>• Develop schedule for non-clinical areas such as occupational therapy, physical therapy, labs, radiology, and respiratory therapy</li> <li>• Introduction and participation document home to parents</li> <li>• Obtain permission slips and HIPPA forms signed by students and teachers prior to starting the program</li> <li>• Learn about ancillary areas such as pharmacy, dietary, housekeeping, laundry, security, and maintenance</li> <li>• Prepare print materials</li> <li>• Gather supplies for activities with students</li> </ul>

Planning Partners	<ul style="list-style-type: none"> <li>• Meet with college representatives during the day</li> <li>• Ohio Valley Schools</li> <li>• College representatives</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Wheeling Central High School</li> <li>• Wheeling Park High School</li> <li>• Linsly Academy</li> <li>• John Marshall High School</li> <li>• St. Clairsville High School</li> <li>• Buckeye Local High School</li> <li>• Bridgeport High School</li> <li>• Shadyside High School</li> <li>• Bellaire High School</li> <li>• Martins Ferry High School</li> <li>• Union Local High School</li> <li>• Buckeye Trail High School</li> <li>• Barnesville High School</li> <li>• Meadowbrook High School</li> <li>• Monroe County Schools</li> <li>• College representatives</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Marketing</li> <li>• Designated space within each school</li> <li>• Snacks and lunch for participants</li> <li>• Take-home educational materials</li> <li>• WVU tshirts for student participants</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• # participants per school</li> <li>• Date and location of each event</li> <li>• Feedback surveys</li> </ul>
Point of Contact	Transport Coordinator

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