



Community Health Implementation Plan

2022

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Top Health and Disease Concerns	
Drug and/or alcohol use	69.0%
Cancers	43.8%
Obesity	36.4%
Mental Health Problems	34.2%

Strategy One: Continuation of support programs for Individuals with Substance Use and Abuse

- Priority Targeted: GMH leadership is aware of the ongoing issues related to drug and alcohol use in their service area. There is a continued need for resources that can help those suffering from substance abuse. In response to existing knowledge and community input, the leadership team deems it necessary to prioritize this topic.

Reverse the Cycle- Peer Recovery Support Specialists in the Emergency Room and Mother/Infant Care Unit.

Reverse the Cycle is a program that was launched in conjunction with the Potomac Highlands Guild and The Mosaic Group in April 2021. The purpose of this program is to reduce the number of substance use disorders in local communities. As a comprehensive response program, this program includes a universal screening of patients who are at risk for substance use. This allows the program to educate patients on substance use. In addition, if a patient is suffering from substance abuse, individual treatment is provided to them, leading to a successful outcome. The program also includes peer-to-peer intervention, initiation of medications when appropriate, and intensive community outreach. Grant Memorial Hospital has referred many patients to this program. A majority of the patients referred to this program were patients in the Emergency Room and in the Mother/Infant Care Unit. GMH utilizes the Emergency Room/MICC nursing personnel to help identify individuals in need through screening methods.

Strategy Two: Expanding oncology services to offer survivorship and cessation programs

- **Priority Targeted:** Cancer continues to remain one of the top health concerns for this hospital's area. GMH is proud to have opened a Cancer Center at the beginning of 2022. The hospital plans to educate community members, physicians and schools about the oncology and cessation services provided at Grant Memorial Hospital. The GMH team also plans to enhance their efforts related to cancer screenings, community support, and prevention education during the next implementation cycle.

A survivorship policy has been implemented to meet the Nation Comprehensive Cancer Network (NCCN) guidelines. This includes the prevention of new cancers and other late effects, surveillance for cancer recurrence or metastasis, assessment of late psychological and physical effects, interventions for the consequences of cancer treatment, coordination of care between providers and planning for the ongoing care to improve mortality. In addition, a Survivorship Committee has been established and the committee is moving forward in preparing activities that will be available to cancer survivors, current cancer patients and their families as well as locals in the community. These activities will enhance the lives of cancer survivors, current cancer patients and those that have been affected by cancer by creating supportive relationships and a sense of belonging to these individuals.

Grant Memorial Hospital plans to implement a smoking cessation program by certifying a member of the oncology/infusion staff to become a smoking cessation specialist. We will begin offering these courses to the public in 2023. We will promote the smoking cessation program by sharing this program on social media sites including GMH's website, local radio stations as well as local newspapers. We will also make local physicians aware of the program so that the information can be shared with their patients who use tobacco products.

Strategy Three: Offering Healthy Saturday Blood screening events with A1C

- **Priority Targeted:** During the previous CHNA cycle, obesity and chronic disease appeared among the community's top health concerns and were prioritized by hospital leadership to address through programming. GMH implemented strategies to address these health topics, and leadership was not surprised to see these prevalent issues rise once again to the top of the list. This cycle, building on experiences from the last and in response to community requests and ideas collected through the survey data, GMH's team has once again prioritized this topic.

On the first Saturday of each month, GMH will offer a blood screening event for the community that includes three options for blood screening panels for a reasonable fee. Community members are asked to schedule an appointment between the hours of 6am-9am and the number of appointments are limited to 200 to ensure timely registration and completion of services. Grant Memorial Hospital has partnered with a local pharmacy to provide patients with the option to add a hemoglobin A1C test to their profile to determine if their blood sugars are within a normal range. A copy of the test results is sent to the patient as well as the patient's primary care provider. GMH also provides their employees with a free yearly blood screening coupon in order to promote health and wellness. GMH also offers their employees a free membership to local fitness centers located in Grant and Hardy Counties.

Strategy Four: Supporting community sponsored events to improve mental wellness

- **Priority Targeted:** GMH's team felt it was necessary to prioritize Mental Health. As healthcare workers, GMH's team witnessed the mental health decline that the COVID-19 pandemic has had on their community. Community feedback supported this decision to prioritize Mental Health in the community. Based on the data collected, many residents reported social isolation and felt there was a decline in connection to their community. Grant Memorial Hospital feels it is necessary to prioritize this issue for their upcoming implementation cycle to improve the community's mental wellbeing.

GMH will sponsor community events to promote well-being and community mindedness. This includes three upcoming events for 2023. Currently, GMH have partnered with the Landes Art Center in Petersburg to offer an interactive movie experience for people of all ages. GMH partners with the LAC by providing healthy snacks to the public for free during sponsored events.