

Box Butte General Hospital
Community Health Improvement Plan
Work Plan

Objective 1.1 Reduce the proportion of adults with hypertension (Healthy People 2020: HD S 5.1)			
Strategy Cardiovascular Disease: Self-Measured Blood Pressure Monitoring Interventions for Improved Blood Pressure Control - When Used Alone (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Train healthcare professionals and community health workers on how to educate patients on self-measured blood pressure monitoring.	<ul style="list-style-type: none"> Assign mandatory training to 100% of healthcare providers and identified community health workers # of healthcare providers and community health workers trained annually. 	12/1/2020	Box Butte General Hospital and GNMSS
Train healthcare professionals and community health workers on how to ensure proper use and function of patient blood pressure monitors.	<ul style="list-style-type: none"> Assign mandatory training 100% of healthcare providers and identified community health workers # of patients advised annually 	12/1/2020	Box Butte General Hospital and GNMSS
Provide free blood pressure check stations in public areas.	<ul style="list-style-type: none"> # of self-monitored blood pressures completed annually at each station. 	12/1/2020	Box Butte General Hospital and GNMSS
Objective 1.2 Increase the proportion of adults who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity (Healthy People 2020: PA-2)			
Strategy Physical Activity: Creating or Improving Places for Physical Activity (Source: Community Preventive Services Task Force)			
Activity	Performance Measures	Target Date	Lead Partners
Work with key community partners to create a walkable community plan including complete streets policy	<ul style="list-style-type: none"> Walkable community plan in place Complete Streets policy adopted 	12/1/2020	Box Butte General Hospital, Panhandle Public Health District, City of Alliance, Alliance Recreation Center, Disability Rights Nebraska, Public transportation system

<p>Create walkable campus plan including worksite physical activity policy.</p>	<ul style="list-style-type: none"> ▪ Walkable campus and signage campaign adopted and systematically promoted. ▪ Worksite physical activity policy adopted ▪ Wellness program data indicators positively trending for employee physical activity. 	<p>12/1/2020</p>	<p>Box Butte General Hospital, Panhandle Worksite Wellness Council</p>
<p>Objective 1.3 Reduce the annual number of new cases of diagnosed diabetes in the population (Healthy People 2020: D-1)</p>			
<p>Strategy Combined Diet and Physical Activity Promotion Programs to Prevent Type 2 Diabetes Among People at Increased Risk (Source: Community Preventive Services Task Force)</p>			
<p>Activity</p>	<p>Performance Measures</p>	<p>Target Date</p>	<p>Lead Partners</p>
<p>Provide a minimum of two National Diabetes Prevention Program Community classes annually.</p>	<ul style="list-style-type: none"> ▪ Two community classes provided annually. 	<p>12/1/2020</p>	<p>Panhandle Public Health District, Box Butte General Hospital, Community Worksites.</p>
<p>Educate healthcare providers on referring pre-diabetic or increased risk patients to the National Diabetes Prevention Program.</p>	<ul style="list-style-type: none"> ▪ Annual healthcare provider education and update complete. 	<p>12/1/2020</p>	<p>Senior Level Leadership, organizational policy makers</p>
<p>Strategy Worksite: Assessment of Health Risks with Feedback (AHRF) to Change Employees' Health - AHRF Plus Health Education With or Without Other Interventions (Source: Community Preventive Services Task Force)</p>			
<p>Provide opportunity for all hospital employees and their spouses (if on their health plan) to complete a health evaluation and biometric screening</p>	<ul style="list-style-type: none"> ▪ Number of employees/spouses that complete biometric screening ▪ Number of employees/spouses receiving A1C 	<p>12/1/2020</p>	<p>Panhandle Public Health District, Panhandle Worksite Wellness Council</p>

Objective 1.4 Increase the contribution of fruits to the diets of the population aged 2 years and older (Healthy People 2020: NWS-14) Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older (Healthy People 2020: NWS-15)			
Strategy Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables (Source: CDC/NCCDPHP)			
Activity	Performance Measures	Target Date	Lead Partners
Start or expand farm-to-institution programs in schools, hospitals, workplaces, and other institutions	<ul style="list-style-type: none"> ▪ Develop a diverse, community committee comprised of area stakeholders to work on establishing farm-to-institution program ▪ # of institutions that have implemented farm-to-institution programs. 	December 1, 2020	Panhandle Public Health District, Panhandle Worksite Wellness Council, Area Schools, UNL Extension, Box Butte General Hospital, Chamber, local farming representatives, and other area non-profits
Ensure access to fruits and vegetables at workplace meetings and events	<ul style="list-style-type: none"> ▪ Adopt BBGH workplace meeting and event guidelines for healthy food. ▪ Partner with Panhandle Worksite Wellness Council to leverage internal success for policy adoption and implement how-to with other businesses 	December 1, 2020	Panhandle Public Health District, Panhandle Worksite Wellness Council, Area Schools, Box Butte General Hospital, Chamber
Establish policies to incorporate fruit and vegetable activities into schools as a way to increase consumption	<ul style="list-style-type: none"> ▪ BBGH maintains representation on the staff and student wellness committee for at least one school in the Box Butte County area. ▪ Educate on the importance of policy-level strategies to increase staff and student fruit and veggie consumption 	December 1, 2020	Box Butte General Hospital, Hemingford Public Schools, Alliance Public Schools, St. Agnes Schools, Immanuel Lutheran School

Objective 2.1 Increase the proportion of adults who were counseled about cancer screening consistent with current guidelines (Healthy People 2020: C-18)			
Strategy Cancer Screening: Multicomponent Interventions–Colorectal Cancer (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Attend community events to educate the public on the importance of cancer screening and early detection.	<ul style="list-style-type: none"> ▪ Number of people educated during community events ▪ Number of events attended per year 	December 1, 2020	BBGH
One on one education on the importance of screening with FOBT kits.	<ul style="list-style-type: none"> ▪ Number of FOBT kits distributed per year ▪ Number of FOBT kits returned per year 	December 1, 2020	Panhandle Public Health District, clinics, local providers
Utilize patient portal reminders for FOBT, and colonoscopy cancer screening reminders.	<ul style="list-style-type: none"> ▪ Number of reminders sent out per year 	December 1, 2020	Clinics, local providers
Strategy Cancer Screening: Multicomponent Interventions–Breast Cancer (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Attend community events to educate the public on the importance of cancer screening and early detection.	<ul style="list-style-type: none"> ▪ Number of people educated during community events ▪ Number of events attended per year 	December 1, 2020	BBGH
One on one education on the importance of mammogram screening.	<ul style="list-style-type: none"> ▪ Number of mammograms conducted annually. 	December 1, 2020	Panhandle Public Health District, clinics, local providers
Utilize patient portal reminders for mammogram screening reminders.	<ul style="list-style-type: none"> ▪ Number of reminders sent out per year 	December 1, 2020	Clinics, local providers
Strategy Cancer Screening: Multicomponent Interventions–Cervical Cancer (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Attend community events to educate the public on the	<ul style="list-style-type: none"> ▪ Number of people educated during community events 	December 1, 2020	Insert lead partner

importance of cancer screening and early detection.	<ul style="list-style-type: none"> Number of events attended per year 		
One on one education on the importance of cervical cancer screenings.	<ul style="list-style-type: none"> Number of referrals for PAP smear, and vaginal exams for cancer screening reminders. 	December 1, 2020	Panhandle Public Health District, clinics, local providers
Objective 2.2 Reduce the proportion of females with human papillomavirus (HPV) infection (Healthy People 2020: STD-9)			
Strategy Vaccination Programs: Community-Based Interventions Implemented in Combination (Source: The Community Guide)			
Patient education on the importance of HPV vaccine.	<ul style="list-style-type: none"> Number of patients educated annually. HPV vaccination rate for Box Butte County. 	December 1, 2020	Providers
Recall/reminder calls to improve completion of HPV series	<ul style="list-style-type: none"> Number of reminder calls each year Number of completed HPV series 	December 1, 2020	Providers, GNMSS staff
Education of Providers at GNMSS clinic on the importance of HPV Vaccine	<ul style="list-style-type: none"> Number of providers educated per year 	December 1, 2020	Providers
Educate the public at community events on the importance of HPV Vaccine	<ul style="list-style-type: none"> Number of events attended per year 	December 1, 2020	BBGH & GNMSS staff
Objective 2.3 Reduce tobacco use by adults (Healthy People 2020: TU-1)			
Strategy Tobacco Use and Secondhand Smoke Exposure: Quitline Interventions (Source: Community Preventive Services Task Force)			
Expand patient and employee tobacco cessation program and resources.	<ul style="list-style-type: none"> Develop tobacco cessation resource repository Track amount of patients and employees that register and complete tobacco cessation programming. 	December 1, 2020	Panhandle Public Health District, Panhandle Worksite Wellness Council, Tobacco Free Nebraska

Strategy Tobacco Use and Secondhand Smoke Exposure: Smoke-Free Policies (Source: Community Preventive Services Task Force)			
Educate and encourage tobacco free policies to include parks, county grounds and facilities, multi-unit housing	<ul style="list-style-type: none"> Number of tobacco-free parks, county grounds and facilities, multi-unit housing 	December 1, 2020	Panhandle Public Health District, Panhandle Worksite Wellness Council, Tobacco Free Nebraska
Objective 3.1 Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care (Healthy People 2020: AHS-6.2)			
Strategy Reducing Structural Barriers for Clients (Colorectal Cancer , Breast Cancer , Cervical Cancer) (Source: The Community Guide)			
Activity	Performance Measures	Target Date	Lead Partners
Decreasing barriers for walk-in visits	<ul style="list-style-type: none"> Number of walk-in immunization clinics Number of walk-in mammogram clinics per year Number of walk-in Sports Physical clinics per year Number of navigation to services performed by the community health worker per year 	December 1, 2020	BBGH
Support local transportation services through funding to reduce the barrier of transportation	<ul style="list-style-type: none"> Number of funding opportunities pursued per year Budget line item for community transportation services 	December 1, 2020	BBGH
Automated appointment reminders via telephone	<ul style="list-style-type: none"> Number of telephone reminders per year 	December 1, 2020	BBGH
Education on resource guide of additional community services available	<ul style="list-style-type: none"> Number of staff educated on resource guide Link to Panhandle Resource Guide on BBGH website 	December 1, 2020	BBGH

Objective 4.1 Increase depression screening by primary care providers (Healthy People 2020: MHMD-11)			
Strategy Mental Health and Mental Illness: Collaborative Care for the Management of Depressive Disorders (Source: Community Preventive Services Task Force)			
Activity	Performance Measures	Target Date	Lead Partners
Provide training to nurses and primary care providers regarding Depression screening tool, protocol and available resources (for anxiety and depression) (Screening Tools will include: PHQ-9 (depression) and the GAD-7 (Anxiety))	<ul style="list-style-type: none"> ▪ # Primary Care Providers trained ▪ # nurses trained 	December 1, 2020	Region 1, Panhandle Public Health District
Offer Circle of Security to maintain staffing capacity of a trainer.	<ul style="list-style-type: none"> ▪ # of enrolled and completed in the program ▪ # of classes offered annually. 	December 1, 2020	Panhandle Partnership
SimplyWell refer moderate to high at-risk employees to primary care providers and EAP.	<ul style="list-style-type: none"> ▪ # Employees that are referred to primary care provider and EAP. ▪ # Screenings completed vs # referrals from SW Health Coaches 	December 1, 2020	SimplyWell BBGH Wellness Committee Family Resources of Greater NE
Objective 4.2 Increase understanding, recognition, and response to the effects of all types of trauma			
Strategy Suicide Risk: Screening in Adolescents, Adults, and Older Adults (Source: United States Preventive Services Task Force)			
Activity	Performance Measures	Target Date	Lead Partners
Educate providers and staff with identifying and preventing suicide risk.	<ul style="list-style-type: none"> ▪ # of employees educated. 	December 1, 2020	Nebraska Hospital Association Joint Commission Environment of Care Committee
Educate providers and staff using QPR training.	<ul style="list-style-type: none"> ▪ # of employees educated. 	December 1, 2020	Panhandle Mental Health Center

