

THIBODAUX REGIONAL HEALTH SYSTEM

2022 Community Health Needs Assessment Strategies and Action

Nutrition, Physical Activity and Weight				
Goal	Strategies	Target Population	Metrics/Measures	Potential Partnerships (Internal/External)
Improve the health and well-being of the region through prevention, fitness, education, rehabilitation, and focused sports and wellness services.	Strategy 1: Continue to provide Well-Fit - an integrated medical care and fitness program to help individuals lead the highest quality, most active lifestyle possible.	<ul style="list-style-type: none"> Adults over 18yrs old with medical issues or lifestyle improvement needs 	<ul style="list-style-type: none"> Pre and Post <ul style="list-style-type: none"> Walk Distance PROMIS Score Weight Completion Rate 	<ul style="list-style-type: none"> Providers Medical Advisory Council Fitness Center of Thibodaux Regional
	Strategy 2: Provide Diabetes Self-Management Program to assist patients in optimizing diabetes control.	<ul style="list-style-type: none"> Adults over 18 years old with T1, T2, & Gestational diabetes 	<ul style="list-style-type: none"> Annual <ul style="list-style-type: none"> A1C Weight loss Patient Volumes 	<ul style="list-style-type: none"> Providers
	Strategy 3: Provide individualized Medical Nutrition Therapy to assist with lowering cholesterol, promoting weight loss and optimizing diet.	<ul style="list-style-type: none"> Adults interested in improving dietary lifestyle choices 	<ul style="list-style-type: none"> Diagnosis Specific Metrics Patient Volumes 	<ul style="list-style-type: none"> Providers
	Strategy 4: Provide Bariatric Nutrition Preparation for individuals prior to weight loss surgery.	<ul style="list-style-type: none"> Adults who are pre or post bariatric surgery. 	<ul style="list-style-type: none"> Weight Loss Patient Volumes 	<ul style="list-style-type: none"> General Surgeons
	Strategy 5: Offer Wellness Nutrition Sessions for individuals interested in weight loss nutrition counseling with a Registered Dietitian.	<ul style="list-style-type: none"> Adults interested in improving dietary lifestyle choices 	<ul style="list-style-type: none"> Patient Volumes 	<ul style="list-style-type: none"> Providers
	Strategy 6: Offer Sports Nutrition Sessions to help athletes reach their specific fitness and/or sport related goals.	<ul style="list-style-type: none"> Adolescents and college age adults with interest in improving nutrition for sports 	<ul style="list-style-type: none"> Participant Volumes Individualized Personal Goals 	<ul style="list-style-type: none"> High Schools Local University
	Strategy 7: Continue initiatives to increase the activity of children and	<ul style="list-style-type: none"> School aged children throughout our region 	<ul style="list-style-type: none"> Playground equipment for schools 	<ul style="list-style-type: none"> Bayou Community Children's Museum

	improve their knowledge base of nutrition.		<ul style="list-style-type: none"> • RISE volleyball club volumes • TRHS Swim team volumes • Education classes • Sports complex youth events • Event volumes of trainers and dietitian sessions with schools 	<ul style="list-style-type: none"> • Elementary schools and other entities • Fitness Center of Thibodaux Regional • Sports Complex of Thibodaux Regional • Regional Schools
	Strategy 8: Continue initiatives to increase the activity of adults and improve their knowledge base of nutrition.	<ul style="list-style-type: none"> • Community members throughout our region 	<ul style="list-style-type: none"> • Education classes offered (Welltalks, Cooking classes, Parkinson’s events) • Sports complex adult event volumes (leagues, lessons etc) • Fitness Center visits • Fit Mama pregnancy classes • 	<ul style="list-style-type: none"> • Fitness Center of Thibodaux Regional • Sports Complex of Thibodaux Regional • NSU
	Strategy 9: Develop and implement a schedule of community events to increase the activity in the way of running, walking and cycling.	<ul style="list-style-type: none"> • Community members throughout our region 	<ul style="list-style-type: none"> • Events Held • Participants at Events 	<ul style="list-style-type: none"> • The Haven • The American Cancer Society
	Strategy 10: Develop and implement a plan to support local food banks assisting in ensuring proper nutritional support for the underserved.	<ul style="list-style-type: none"> • Community members receiving support from local Food Banks 	<ul style="list-style-type: none"> • Pounds of food • Events held 	<ul style="list-style-type: none"> • Good Samaritan Food Bank
	Strategy 11: Develop and implement a plan to help regional businesses to improve the health risks of their employees	<ul style="list-style-type: none"> • Adults between 18 - retirement 	<ul style="list-style-type: none"> • Number of Health Screenings • Number of health fairs 	<ul style="list-style-type: none"> • City of Thibodaux • Lafourche Parish Government • Regional Businesses

Mental Health				
Goal	Strategies	Target Population	Metrics/Measures	Potential Partnerships (Internal/External)
To help service the mental health needs of the community.	Strategy 1: Provide stress education classes, Behavioral Health assessments, counseling services and support groups to patients of the Cancer Institute.	<ul style="list-style-type: none"> • Cancer patients in our region 	<ul style="list-style-type: none"> • Patient Volumes • Burns Depression Checklist • Suicide Risk Assessment 	<ul style="list-style-type: none"> • Providers • Cancer Institute Staff • LCSW
	Strategy 2: Provide Stress Reduction education classes, behavioral Health assessments and counseling for WellFit patients	<ul style="list-style-type: none"> • Patients participating in WellFit Classes 	<ul style="list-style-type: none"> • Promis Assessment Scores • Suicide Risk Assessments 	<ul style="list-style-type: none"> • Providers • Hospitals • Outpatient Mental Health Clinics • Therapists • Nursing Homes • Local Businesses
	Strategy 3: Provide Outpatient Counseling for hospital employees and their families through EAP services.	<ul style="list-style-type: none"> • Employees of the hospital and their family members 	<ul style="list-style-type: none"> • Patient Volumes • Burns Depression checklist • Suicide Risk Assessments 	<ul style="list-style-type: none"> • Providers • Schools • Employee Assistance Program • Hospital managers
	Strategy 4: Provide Behavioral Health Assessments and counseling to Cardiac Rehab patients.	<ul style="list-style-type: none"> • Members of the Cardiac Rehab program 	<ul style="list-style-type: none"> • Participant Volumes • Burns Depression Checklist • Suicide Risk Assessment 	<ul style="list-style-type: none"> • Providers • Nurses • LCSW
	Strategy 5: Provide Behavioral Health Assessments and counseling to Inpatient Physical Rehab Patients	<ul style="list-style-type: none"> • Patients of the IP rehab Program 	<ul style="list-style-type: none"> • Volume • Burns Depression Checklist • Suicide Risk Assessment 	<ul style="list-style-type: none"> • IP Rehab Staff and provides • LCSW
	Strategy 6: LCSW to provide management and oversight of the PEC placement process in the ED.	<ul style="list-style-type: none"> • Psychiatric patients in the community who need hospitalization 	<ul style="list-style-type: none"> • Reduce wait times of placement to the next level of care 	<ul style="list-style-type: none"> • Providers • Nurses • LCSW

Heart Disease and Stroke				
Goal	Strategies	Target Population	Metrics/Measures	Potential Partnerships (Internal/External)
Provide Inpatient, Outpatient and Community Outreach Services related to heart disease and stroke prevention, screening and education.	Strategy 1: Provide cardiovascular services through a Heart and Vascular Center equipped with the latest heart care and vascular technology.	<ul style="list-style-type: none"> • Patients requiring heart care 	<ul style="list-style-type: none"> • Patient Volumes 	<ul style="list-style-type: none"> • Cardiovascular Institute of the South (CIS) • Cardiovascular Surgeons • Providers
	Strategy 2: Provide a Comprehensive Cardiac Rehabilitation Program to help heart patients recover and return to optimal health after a cardiac event.	<ul style="list-style-type: none"> • Adults over 18 with cardiac disease as determined by their physician. 	<ul style="list-style-type: none"> • Patient Volumes 	<ul style="list-style-type: none"> • American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) • Providers • Outpatient Rehabilitation
	Strategy 3: Provide a Comprehensive Peripheral Arterial Disease Supervised Exercise Program (HEALTHY STEPS) for those suffering from Peripheral Arterial Disease and Intermittent Claudication.	<ul style="list-style-type: none"> • Adults over 18 with peripheral arterial disease as determined by their physician. 	<ul style="list-style-type: none"> • Patient Volumes 	<ul style="list-style-type: none"> • American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) • Providers • Outpatient Rehabilitation
	Strategy 4: Provide Inpatient Rehabilitation Program for patients who are medically stable but continue to need physical assistance following a stroke.	<ul style="list-style-type: none"> • 18-year-old and older patients. • Patients under the age of 18 accepted on a case-by-case basis. 	<ul style="list-style-type: none"> • Patient Volumes • Patient Outcomes <ul style="list-style-type: none"> ○ Case Mix Index ○ Pre and Post Functional Improvements ○ Discharge Disposition 	<ul style="list-style-type: none"> • Providers • Other Hospitals • Commission on Accreditation of Rehabilitation Facilities • American Stroke Association

	Strategy 5: Provide a comprehensive Outpatient Rehabilitation Program consisting of physical, occupational and speech therapy following a stroke.	<ul style="list-style-type: none"> All post -stroke patients in our community and surrounding areas. 	<ul style="list-style-type: none"> Patient Volumes Patient Outcomes Patient Satisfaction 	<ul style="list-style-type: none"> Providers Other Hospitals Other Rehab centers
	Strategy 6: Participate in community events to promote heart health and stroke prevention.	<ul style="list-style-type: none"> Community members throughout our region 	<ul style="list-style-type: none"> Participant Volume Number of Events 	<ul style="list-style-type: none"> Cardiovascular Institute of the South (CIS) AHA
	Strategy 7: Educate on the signs and symptoms of heart attack and stroke and actions that should be taken to improve outcomes.	<ul style="list-style-type: none"> Community members throughout our region 	<ul style="list-style-type: none"> Number of Events 	<ul style="list-style-type: none"> Providers American Stroke Association
	Strategy 8: Monitor and improve strategies for early recognition and treatment of strokes.	<ul style="list-style-type: none"> Patients requiring stroke care 	<ul style="list-style-type: none"> Door to Tpa times Door in to Door out for LVO Mortality rates Readmission rates 	<ul style="list-style-type: none"> Louisiana Emergency Response Network American Stroke Association Get w/ the Guideline Stroke Registry Our Lady of the Lake Providers

Cancer

Goal	Strategies	Target Population	Metrics/Measures	Potential Partnerships (Internal/External)
Provide a full range of cancer screenings and education for early detection and prevention to improve the survival rates of the community and surrounding areas.	Strategy 1: Provide cancer screenings and education for early detection and prevention. <ul style="list-style-type: none"> Prostate Cancer Oral Cancer Lung Cancer Colon Cancer Breast Cancer 	<ul style="list-style-type: none"> Community members throughout our Region 	<ul style="list-style-type: none"> Participant Volumes Number of Abnormal Screening Results Number of Positive Screening Results 	<ul style="list-style-type: none"> Providers
	Strategy 2: Provide a Patient Navigation Program as a patient support service in	<ul style="list-style-type: none"> Patients receiving cancer treatment 	<ul style="list-style-type: none"> Patient Volumes Number of Positive Pathologies 	<ul style="list-style-type: none"> Providers

	which patients are guided through Cancer Care.		<ul style="list-style-type: none"> • Patient Barriers to Care 	
	Strategy 3: Host and/or Participate in Local Races and community events to increase awareness, raise funds, and provide support for cancer patients and their families.	<ul style="list-style-type: none"> • Community members throughout our region • Cancer patients • Family members of cancer patients 	<ul style="list-style-type: none"> • Participant Volumes • Funds Raised • Number of events 	<ul style="list-style-type: none"> • Relay for Life • Providers • United Way • Local University
	Strategy 4: Utilize grant funding to assist with transportation, financial support, preventative items, and nutritional support for cancer patients.	<ul style="list-style-type: none"> • Patients receiving cancer treatment 	<ul style="list-style-type: none"> • Patient Assisted 	<ul style="list-style-type: none"> • Thibodaux Regional Auxilians • United Way • Individual Donors
	Strategy 5: Identify oncology subspecialties that could provide services in the Cancer Institute.	<ul style="list-style-type: none"> • Patients afflicted with cancer that would benefit from care closer to home • Physician specialists that refer to cancer services 	<ul style="list-style-type: none"> • Number of Subspecialists offered at the Cancer Institute 	<ul style="list-style-type: none"> • LCMC, FMOL, LSU Health Sciences Center, MD Anderson, Mary Bird Perkins and Women’s Hospital

Diabetes

Goal	Strategies	Target Population	Metrics/Measures	Potential Partnerships (Internal/External)
To provide early detection and treatment of diabetes, and to help educate individuals diagnosed with diabetes how to manage and live their healthiest life, resulting in decreased complications.	Strategy 1: Offer Weekly glucose screenings to members of our community at no charge	<ul style="list-style-type: none"> • Adults over 18 interested in assessing their blood glucose levels. 	<ul style="list-style-type: none"> • Participant Volumes 	<ul style="list-style-type: none"> • Community Members
	Strategy 2: Focus on improving patients’ Hemoglobin A1C levels through a multi-disciplinary team	<ul style="list-style-type: none"> • Adults over 18 years old with T1, T2, & Gestational diabetes 	<ul style="list-style-type: none"> • Patient Volumes • Hemoglobin A1C Levels 	<ul style="list-style-type: none"> • Providers

	Strategy 3: Provide Diabetes Self-Management Program to assist patients in optimizing diabetes control.	<ul style="list-style-type: none"> Adults over 18 years old with T1, T2, & Gestational diabetes 	<ul style="list-style-type: none"> Annual <ul style="list-style-type: none"> A1C Weight loss Patient Volumes 	<ul style="list-style-type: none"> Providers
	Strategy 4: Evaluate gaps in care for diabetic patients and develop a plan to address gaps.	<ul style="list-style-type: none"> Adults over 18 years old with T1, T2, & Gestational diabetes 	<ul style="list-style-type: none"> Gaps in care decreased 	<ul style="list-style-type: none"> Providers

Tobacco Use

Goal	Strategies	Target Population	Metrics/Measures	Potential Partnerships (Internal/External)
To improve the health of our community by providing additional resources and support to encourage tobacco users to quit and positively reinforcing those who do not use tobacco while encouraging them to never start.	<p>Strategy 1: Assess status of tobacco use of all patients and provide educational resources.</p> <p>Strategy 2: Exploring option for ER discharge instructions to include smoking cessation information and follow up care for anyone who screens positive for tobacco use at triage.</p>	<ul style="list-style-type: none"> Inpatient admits Patients who are diagnosed with cancer and seen at the Cancer Institute ER patients Clinic patients ER patients that screen positive for tobacco usage at triage 	<ul style="list-style-type: none"> Evaluation of data - % assessed Smoking Cessation Intervention Smoking cessation instructions included in discharge packet 	<ul style="list-style-type: none"> Providers 1-800-Quit Now Red Brick Health American Association for Respiratory Care American Cancer Society Providers 1-800-Quit Now Red Brick Health

	<p>Strategy 3: Provide education on the risks associated with tobacco use and benefits of smoking cessation at community events.</p>	<ul style="list-style-type: none"> • Community members throughout the region 	<ul style="list-style-type: none"> • Number of Events 	<ul style="list-style-type: none"> • Providers • 1-800-Quit Now Resources • Red Brick Health
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Substance Abuse

Goal	Strategies	Target Population	Metrics/Measures	Potential Partnerships (Internal/External)
<p>To provide help and resources to those in our community struggling with substance abuse disorders</p>	<p>Strategy 1: Provide outpatient resources to all ER patients with positive substance use/abuse screen</p>	<ul style="list-style-type: none"> • ER patients that screen positive for current Substance abuse during triage • Any ER patient with a diagnosis of overdose or substance abuse 	<ul style="list-style-type: none"> • Substance Abuse counseling/detox/therapy resources provided • A prescription for Narcan is provided to anyone with an opioid overdose diagnosis 	<ul style="list-style-type: none"> • Lafourche Behavioral Health Clinic • Magnolia Family Services • Teche Action Clinics (Thibodaux, Galliano, Houma, Dulac, Morgan City, Franklin, Pierre Part) • Bayou Oaks Health Services • Psychological Healthcare of South LA • Terrebonne Mental Health Clinic • Compass • Terrebonne Addictive Disorders Clinic • St. Mary Behavioral Health Center • St. Mary Addictive Disorders Clinic • Assumption Mental Health Clinic

	<p>Strategy 2: Provide a prescription for Narcan to anyone with an opioid overdose diagnosis</p> <p>Strategy 3: Utilize the Prescription Monitoring Program (PMP) to ensure patients are not seeking controlled substances from other providers</p> <p>Strategy 4: Collect urine drug screens on all new patients to obtain a baseline and every 6 months on all established patients to monitor medication compliance.</p> <p>Strategy 5: Utilize non-medication interventions to treat pain when possible in place of or in order to wean medication regimens to the lowest possible therapy</p>	<ul style="list-style-type: none"> • Any ER patient with an opioid overdose diagnosis • New and established patients of the Pain Management Clinic • Patients receiving prescriptions from Thibodaux Regional Pain Management Clinic Physicians • New and established patients of the Pain Management Clinic that are deemed good candidates for procedures 	<ul style="list-style-type: none"> • Prescriptions provided • Morphine milligram equivalents (MME/day) • Compliancy rates • Percentage of patient volume that undergoes a procedure 	<ul style="list-style-type: none"> • River Parishes Mental Health Clinic • Pain Management Physicians • Providers • Prescription Monitoring Program (PMP) • Lab Corp • HPG Contract Vendors • Pain Management Physicians
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Access to Healthcare Services

Goal	Strategies	Target Population	Metrics/Measures	Potential Partnerships (Internal/External)
<p>To provide timely and accessible care for the regional population seeking healthcare services.</p>	<p>Strategy 1: Continue to recruit primary and specialty care physicians to provide access to comprehensive healthcare services close to home.</p> <p>Strategy 2: Utilize process improvement methodologies to improve appointment scheduling for physician visits.</p> <p>Strategy 3: Utilize process improvement methodologies to improve access to scheduling imaging services.</p> <p>Strategy 4: Increase availability of primary and specialty care services in satellite clinics in an effort to have comprehensive services closer to populations seeking care.</p>	<ul style="list-style-type: none"> • Individuals and families without primary care physicians • New and existing patients seeking specialist care who do not wish to travel long distances for care • Patients seeking primary or specialty care services • Patients seeking imaging services • New and existing patients seeking primary and specialty care who do not wish to travel long distances for care 	<ul style="list-style-type: none"> • Number of Providers in network • Covered lives in the region • Third next available appointment to be seen by providers • Patient volume • Number of days to schedule • Third next available appointment to be seen by providers • Patient volume 	<ul style="list-style-type: none"> • Primary Care providers • Specialist providers • Process Improvement leadership within the organization • Providers • Process Improvement leadership within the organization • Providers • Providers • Other Healthcare Partners in the Region

Additional Health Needs

Thibodaux Regional chose to focus on the top 7 needs identified by the CHNA Report, along with Access to Healthcare Services to be included in the CHNA Implementation Strategy. Additional health needs identified that may have strategies currently in place but are not listed separately in the plan include:

- **Oral Health** – Thibodaux Regional believes more pressing health needs exist. Limited resources and lower priority excluded this as an area chosen for action.
- **Respiratory Diseases** - Thibodaux Regional feels that efforts outlined herein to improve chronic health conditions will have a positive impact on potentially disabling conditions and that a separate set of initiatives was not necessary.
- **Potentially Disabling Conditions** – Thibodaux Regional feels that efforts outlined herein to improve chronic health conditions will have a positive impact on potentially disabling conditions and that a separate set of initiatives was not necessary.
- **Injury & Violence** - Other community organizations have infrastructure and programs in place to better meet this need. We partner with and support The Haven in their mission to empower survivors of family violence and sexual assault to live safe, independent, and violence free lives.
- **Infant Health & Family Planning** - Thibodaux Regional provides classes on infant health and family planning. Resources are also in place via the parish health department and other community organizations.
- **Sexual Health** - Thibodaux Regional believes that this priority area falls more within the purview of the parish health department and other community organizations. Limited resources and lower priority excluded this as an area chosen for action.