

THIBODAUX REGIONAL HEALTH SYSTEM

Community Health Needs Assessment Strategies and Actions

Nutrition, Physical Activity and Weight

Goal	Strategies	Metrics/Measures	Potential Partnerships
Improve the health and well-being of the region through prevention, fitness, education, rehabilitation, and focused sports and wellness services.	Strategy 1: Implement 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"> • 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"> • 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"> • 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"> • 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"> • 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"> • Participant Volumes • Individualized Personal Goals • Group Sizes for Education 	<ul style="list-style-type: none"> • High Schools
	Strategy 7: Offer a Healthy Lifestyle Changes Group Series to promote healthy eating and regular physical exercise.	<ul style="list-style-type: none"> • Participant Volumes • Weight Loss 	

	Strategy 8: Develop and implement a medically cleared weight management system that meets all weight loss needs.	<ul style="list-style-type: none"> • Weight Loss • PROMIS Score • Participant Volumes 	<ul style="list-style-type: none"> • Optifast • HNT • Providers • Fitness Center of Thibodaux Regional
	Strategy 9: Develop and implement a program to increase the activity of children and improve their knowledge base of nutrition.	<ul style="list-style-type: none"> • Schools provided playground equipment • Education classes • Books distributed 	<ul style="list-style-type: none"> • Lafourche Parish Elementary Schools
	Strategy 10: 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"> • Events Held • Participants at Events 	<ul style="list-style-type: none"> • The Haven • The American Cancer Society
	Strategy 11: 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"> • Pounds of food • Events held 	<ul style="list-style-type: none"> • Good Samaritan Food Bank

Mental Health			
Goal	Strategies	Metrics/Measures	Potential Partnerships
To help service the mental health needs of the community.	Strategy 1: Provide Inpatient Behavioral Health services to male and female patients age 30+ in need of medical and mental health treatment.	<ul style="list-style-type: none"> • Suicide Risk Assessment • Falls • Seclusion • Restraints • Patient Volumes 	<ul style="list-style-type: none"> • Providers • Hospitals • Outpatient Mental Health Clinics • Therapists • Nursing Homes
	Strategy 2: Provide an Intensive Outpatient Behavioral Health Program to male and female patients age 18+ with a mental health diagnosis.	<ul style="list-style-type: none"> • Conversion Rates – Referral to Admit • Patient Volumes • Brief Psychiatric Rating Scale (BPRS) Scores • Suicide Assessments 	<ul style="list-style-type: none"> • Providers • Hospitals • Outpatient Mental Health Clinics • Therapists • Nursing Homes • Court Systems • Schools • Local Businesses

	Strategy 3: Provide Outpatient Behavioral Health Counseling for patients 16+ with mental health diagnosis or concerns.	<ul style="list-style-type: none"> • Patient Volumes 	<ul style="list-style-type: none"> • Hospitals • Providers • Employee Assistance Programs • Local Businesses • Workman's Compensation • Schools • Court Systems
	Strategy 4: Coordinate an Alzheimer's Support Group for patients diagnosed with Alzheimer's disease and their family members.	<ul style="list-style-type: none"> • Participant Volumes 	<ul style="list-style-type: none"> • Alzheimer's Association • Providers • Hospitals • Nursing Homes
	Strategy 5: Develop and implement exercise programs focused on stress reduction	<ul style="list-style-type: none"> • Exercise classes focused on stress reduction • Participants 	<ul style="list-style-type: none"> • Medical Fitness Association • Power Wellness

Heart Disease and Stroke

Goal	Strategies	Metrics/Measures	Potential Partnerships
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"> • 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"> • Pre and Post <ul style="list-style-type: none"> ○ Blood Pressure ○ Weight ○ Body Mass Index (BMI) ○ Waist Circumference ○ Physical Function ○ Quality of Life ○ Depression Incidence ○ Smoking Cessation 	<ul style="list-style-type: none"> • American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) • Providers • Outpatient Rehabilitation

		<ul style="list-style-type: none"> ○ Heart Failure Ejection Fraction 	
	<p>Strategy 3: Provide a Comprehensive Peripheral Arterial Disease Supervised Exercise Program (HEALTHY STEPS) for those suffering from Peripheral Arterial Disease and Intermittent Claudication.</p>	<ul style="list-style-type: none"> ● Pre and Post <ul style="list-style-type: none"> ○ Blood Pressure ○ Weight ○ Body Mass Index (BMI) ○ Waist Circumference ○ Physical Function ○ Quality of Life ○ Depression Incidence ○ Smoking Cessation ○ Heart Failure Ejection Fraction 	<ul style="list-style-type: none"> ● American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) ● Providers ● Outpatient Rehabilitation
	<p>Strategy 4: Provide Inpatient Rehabilitation Program for patients who are medically stable but continue to need physical assistance following a stroke.</p>	<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
	<p>Strategy 5: Provide a comprehensive Outpatient Rehabilitation Program consisting of physical, occupational and speech therapy following a stroke.</p>	<ul style="list-style-type: none"> ● Patient Volumes ● Patient Outcomes ● Patient Satisfaction 	<ul style="list-style-type: none"> ● Providers ● Other Hospitals
	<p>Strategy 6: Participate in community events to promote heart health and stroke prevention.</p>	<ul style="list-style-type: none"> ● Participant Volume ● Number of Events 	<ul style="list-style-type: none"> ● Cardiovascular Institute of the South (CIS)
	<p>Strategy 7: Educate the community on the signs and symptoms of a stroke and actions they should take to improve outcomes.</p>	<ul style="list-style-type: none"> ● Number of Events 	<ul style="list-style-type: none"> ● Providers ● American Stroke Association

	Strategy 8: Develop and implement strategies for early recognition and treatment of strokes.	<ul style="list-style-type: none"> • Door to Tpa times • Mortality rates • Readmission rates 	<ul style="list-style-type: none"> • Louisiana Emergency Response Network • American Stroke Association • Our Lady of the Lake • Providers
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Cancer

Goal	Strategies	Metrics/Measures	Potential Partnerships
Provide a full range of cancer screenings and more effective treatments to improve the survival rates of the community and surrounding areas.	Strategy 1: Provide cancer screenings for early detection and prevention. <ul style="list-style-type: none"> • Prostate Cancer • Oral Cancer • Lung Cancer 	<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: Utilize grant funding to provide mammogram services to patients in need.	<ul style="list-style-type: none"> • Patient Volumes 	<ul style="list-style-type: none"> • United Way
	Strategy 3: Provide Tobacco Cessation Classes at no charge to qualified participants.	<ul style="list-style-type: none"> • Participant Volumes • Number of Participants that quit smoking • Number of classes offered 	<ul style="list-style-type: none"> • Providers • Smoking Cessation Trust • Insurance Companies
	Strategy 4: Provide a Patient Navigation Program as a patient support service in which patients are guided through Cancer Care.	<ul style="list-style-type: none"> • Patient Volumes • Number of Positive Pathologies • Patient Barriers to Care 	<ul style="list-style-type: none"> • Providers
	Strategy 5: 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"> • Participant Volumes • Funds Raised 	<ul style="list-style-type: none"> • Relay for Life • Providers • United Way • Local University
	Strategy 6: Utilize grant funding to assist with transportation, financial support, preventative	<ul style="list-style-type: none"> • Patient Assisted 	<ul style="list-style-type: none"> • Thibodaux Regional Auxilians • United Way • Individual Donors

	items, and nutritional support for cancer patients.		
	Strategy 7: Identify and recruit medical specialties to enhance cancer care services.	<ul style="list-style-type: none"> Specialties Recruited 	<ul style="list-style-type: none"> LSU Health Sciences Tulane School of Medicine

Diabetes

Goal	Strategies	Metrics/Measures	Potential Partnerships
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"> 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"> Patient Volumes Hemoglobin A1C Levels Patient Adherence 	<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"> 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"> Gaps in care decreased 	<ul style="list-style-type: none"> Providers