Year One Update

To Be Approved by the Board of Trustees on September 8, 2014.

Good Samaritan Hospital Medical Center
Community Health Needs Assessment and Implementation Plan
Introduction

Founded in 1959, Good Samaritan Hospital Medical Center is a 437-bed not-for-profit, acute care community hospital. It is one of six hospital members of Catholic Health Services of Long Island, an integrated health care delivery system that also includes three nursing homes, a regional home care and hospice network, and a community based agency for those with special needs. More than 17,500 employees and 4,600 credentialed physicians work within the CHS system, which meets the health care needs of 23 percent of Long Islanders. Good Samaritan is an employer of choice, with 3,700 full and part-time employees. The medical center is the first line of response during a medical emergency, with a fully staffed and equipped Emergency Department that handles more than 90,000 visits each year. At Good Sam, more than 2,600 babies are born each year.

To meet the needs of young and growing families, Good Samaritan opened Suffolk County’s first pediatric emergency room and offers the area’s only comprehensive multi-specialty, free-standing outpatient Center for Pediatric Specialty Care, as well as a Level III inpatient pediatric intensive care unit and neonatal intensive care unit. The hospital’s Women’s Imaging Center, accredited by the American College of Radiology for excellence in the performance of stereotactic and ultrasound guided biopsies, was named a Breast Imaging Center of Excellence and The Breast Health Center was granted three-year full accreditation by the National Accreditation Program for Breast Centers. It features Suffolk County’s first 3-D digital breast tomosynthesis system, an advanced mammography technology that is especially useful in imaging dense breast tissue. Minimally invasive gynecologic, general, and urologic surgery is enhanced with the use of the da Vinci® robotic-assisted surgical system.

The hospital also offers highly regarded and comprehensive interventional cardiology services providing diagnostic and therapeutic care for coronary artery blockages and heart rhythm disturbances. As a not-for-profit hospital, Good Samaritan continually reinvests its resources into the medical center, offering the latest technological advances in medicine in an environment that is caring, compassionate and close to home. To meet the needs of the region’s most vulnerable, uninsured and underinsured populations, the hospital is under contract with the Suffolk County Department of Health to operate the Martin Luther King, Jr., Community Health Center in Wyandanch.

Priorities Chosen

Based on the data collected and reported by Good Samaritan Hospital in the three-year Community Health Needs Assessment, June 2013, the hospital focused on chronic disease prevention through the provision of nutrition and weight management services; and on improving outcomes for cancer patients through the provision of a comprehensive array of educational, preventive, diagnostic and treatment services.

Update on Community Health Needs Assessment

Priority 1: Nutrition and Weight Management

Goal: To improve community health by reducing incidence of obesity and related co-morbidities such as heart disease by providing individuals with the tools and knowledge to positively impact food choices and activity levels.
Action Plan:

- The Healthier Families Program is a free, 10-week weight management program offered in conjunction with the Bay Shore School District and the Bay Shore Wellness Alliance, for children in grades 2 – 5 who have been identified as being at risk for obesity-related health issues. Since its inception in 2013, 60 children have participated and a survey was given after the program to measure change in behavior. Data collected will be used to benchmark future sessions. At least 50% demonstrated relevant improvement in these parameters at the end of the 10-week period. By survey of both students and parents, more than 90% demonstrated a greater knowledge and awareness of the importance of a healthy lifestyle and the need for its continuation. Our goal would be to maintain this level of improvement in future sessions.

- From October 2013 to July 1, 2014, the Bishop McHugh Health Center in Bay Shore, which cares for medically underserved residents, recorded 300 patient visits. The center’s primary focus is on managing patients’ chronic ambulatory conditions such as diabetes, hypertension and high cholesterol which are comorbidities of poor nutrition and obesity. It also focuses on preventive care and sees patients with various ailments such as upper respiratory infections and joint pain. Our goal is to meet or exceed by at least five percent the 150 referrals made last year for specialists and advanced testing.

- Free Bariatric Educational Seminars are held monthly, hosted by one of three Good Samaritan bariatric surgeons. Our benchmark is to reach 500 patients annually which Good Samaritan exceeded by 5% in 2013 and is projected to exceed by 8% in 2014.

- Good Samaritan offered the New York State Diabetes Prevention Program starting in March 2014. An initial Risk Assessment for Diabetes prior to patients starting the program included questions about height, weight, medical and family history. Initially 13 people qualified and were enrolled in the 16-week program. The program helps prevent diabetes in people who have pre-diabetes or are at high risk for diabetes. Over the length of the program, a trained lifestyle coach leads one-hour weekly sessions to help participants improve their food choices, increase physical activity and learn coping skills to maintain weight loss. Each week, the participants are confidentially weighed in order to track their progress toward the two main goals of losing 5-7% of body weight and becoming more physically active. The class has met for seven weeks as of July 1, with an average of eight attending each week with a 75% attendance rate. Of those, four achieved the 7% weight loss goal to be attained by the end of the post-core sessions. On average, participants lost 12 pounds, with approximately 80% engaging in the 150 minutes of physical activity suggested by the program. These statistics serve as benchmarks for future programs.

- In October 2013, Good Samaritan hosted the First Annual Theresa Patnode Santmann Heart and Soul Symposium, a free seminar exploring aspects of wellness and chronic illness. Two hundred guests attended their choice of workshops. Another symposium is scheduled for October 7, 2014. The venue has been changed in order to support the goal of accommodating 25% more attendees from the previous year. Evaluation forms will be distributed to document change in knowledge about health related behaviors.

- In February 2014, Good Samaritan Hospital hosted a free “Open Your Heart to Health” event at Westfield South Shore Mall in Bay Shore in proximity to medically underserved communities. More than 700 community members had the opportunity to talk to cardiologists, open heart
surgeons, registered dietitians, cardiology technologists and nurses offering information on
cardiac health and prevention in addition to blood pressure, pulmonary function and cholesterol
screenings. Participants experienced hands-on activities featuring cardiac procedures while also
navigating their way through a larger-than-life inflatable heart. More than 100 participants were
identified to have elevated cholesterol levels and were referred to their physicians for follow-up
care. Our goal is to exceed the number of community members – benchmarked at 700 - reached
by 20% at the event scheduled for February 2015.

- Chairman of the Department of Cardiothoracic Surgery and Director of the St. Francis Hospital
  Open Heart Surgery Program at Good Samaritan Christopher La Mendola, MD, appeared on
  “Heart and Nutrition,” part of CHS’s Lifestyles at the Heart of Health television series airing on
  Telecare, reaching millions of viewers and available on Telecare’s website and CHS’s and Good
  Samaritan’s YouTube channels. It has been determined that those in underserved areas get
  health care information primarily online via their smartphones. This video has been viewed 83
times as of July 1, 2014. In 2014, additional educational videos including cardiac, cancer and
  other services will be made available both through YouTube and via Cablevision with numbers of
  viewers projected to increase by 50% and time spent viewing content tracked. This tracking
  information will be used to establish benchmarks for future video education initiatives.

- Health care professionals participate in free, community-based screenings for cholesterol and
  high blood pressure held at local libraries, street fairs and festivals, and community and hospital-
  based health fairs reaching more than 2,800 people. In addition, monthly blood pressure checks
  and educational tables are available at the Bay Shore-Brightwaters Public Library, Pronto of Long
  Island Community Day Fair and Wyandanch Public Library, in order to better reach medically
  underserved residents. Events included North Babylon Community Festival and Street Fair on
  5/18, West Babylon Fun Run and Wellness Fair on 5/21, Bay Shore Street Festival on 6/8 and
  Islip Street Fair on 6/22. We have benchmarked that approximately 10% of those screened are
  found to have abnormalities and are advised to seek medical follow-up with a physician. Our
  goal is to reduce this percentage by 5% a year through offering preventive information and
  awareness of high blood pressure and high cholesterol.

- From September 2013 to May 2014, nine free “Good Sam University” community lectures
  highlighting cancer, nutrition and cardiology were offered: “A Wheat Belly is a Weak Belly,” with
  45 in attendance, “DASH into Healthier Eating,” with 56 in attendance, “Staying Young At
  Heart,” with 42 in attendance, “Too Busy to Be Sick – Overlooked Symptoms of Heart Disease in
  Women,” with 47 attendees, “Healthy Meals for Healthy Hearts,” with 41 in attendance,
  “Colorectal Cancer: The Signs–Are You at Risk?” with 33 in attendance, “Food Myths Busted,”
  with 40 in attendance, “Guide to Stroke Survival,” with 28 in attendance and “Eat Like a
  Caveman: The Paleo Diet,” with 30 in attendance for a total of 362 members of the community
  attending. The next roster of programs begins in September 2014. The goal is to exceed the
  previous year’s attendance volume by five percent. Change in knowledge will be measured at
  the conclusion of each lecture via a survey instrument with the goal of at least 75% of
  respondents reporting increase in knowledge of each subject area.

- Good Samaritan participated at CHS Healthy Sundays community outreach events, (St. Patrick’s
  in Bay Shore, 10/27; St. John’s in Central Islip, 11/10; Mt. Carmel in Patchogue, 12/15; St. Anne’s
  in Brentwood, 1/19; St. Luke’s in Brentwood, 3/16; St. Patrick’s, 5/4 and Our Lady of the
  Miraculous Medal in Wyandanch, 6/22) providing cholesterol screenings, blood pressure checks
  and flu vaccines with 924 parishioners from medically underserved parishes attending. In 2013
we established benchmarks of 512 screenings done and 117 individuals identified with high blood pressure, 113 with high cholesterol, 17 with high blood sugar and 33 with high Body Mass Index. There were 105 participants referred for follow-up care to the Bay Shore Bishop McHugh Health Center. The goal is reduce abnormal levels by 5% per year.

- Within the hospital, the Department of Nutrition and Food Service holds three Farmer’s Markets during the summer to provide its 3,800 employees and more than 10,000 visitors with the opportunity to purchase local, fresh and organic produce and baked goods. In addition, menu changes in the visitors’ coffee shop resulted in the elimination of fried foods and the inclusion of seasonal locally grown produce. Also, healthy snack choices have replaced many previous options in the hospital’s vending machines, enabling patients’ families to make better food choices which benefit overall health.

- Good Samaritan is exploring the possibility of participating in the “Rethink Your Drink” initiative, focusing on reducing high-calorie, sugary drinks served in the employee cafeteria, visitor coffee shop, and hospital sponsored meetings and events as well as educating staff and visitors about the health benefits of choosing low-calorie, unsweetened beverages. Dietary staff is currently conducting a beverage audit to establish a benchmark for reduction in the consumption of these products. The goal of the program is to offer less than 20% in high calorie choices.

- Good Samaritan offered four Continuing Medical Education programs (three on open heart surgery and one on cardiology for EMT personnel) with more than 100 in attendance.

Priority 2: Cancer Prevention

Goal: Reduce cancer mortality and morbidity with education, screenings and support. Provide the latest treatment options for those with malignant disease, with special attention to health disparities such as a higher incidence of cancer in specific populations.

Action Plan:

- From the 105 participants referred to Bishop McHugh Health Center, 8 were referred to Cancer Center at Good Samaritan.

- In conjunction with the Suffolk County Department of Health, Good Samaritan offered “Learn to Be Tobacco Free,” a six-week smoking cessation program, at the Long Island Cancer Help and Wellness Center located in Bay Shore, in January and February 2014 with 16 attending. Participants received a follow-up phone call three months after the conclusion of the course followed with a survey at 6 and 12 months. In addition, the county offers support groups on the first Wednesday of every month and a nurse practitioner is available by phone to further assist past and present participants. The six month follow-up letter will go out the end of August and results are expected back during the month of September. Of the 12 who attended in January, eight were certified (attending four out of the six classes) with three smoke-free at the last session establishing a 38% quit rate as a benchmark. The July 2014 session has enrolled 20 individuals and the goal will be to achieve at least a 35% quit rate. Participates’ success rate of quitting as a result of this program meets and exceeds Good Samaritan’s benchmark of at least a 25% quit rate.
• The Good Samaritan Hospital Foundation aligned with Breast Cancer Help, Inc. to provide outreach, education and programs including Zumba, Yoga, Reflexology, Reiki and Creative Art and Writing, for cancer survivors on Long Island. Programs are offered at the Long Island Cancer Help and Wellness Center, Bay Shore, to provide non-medical support for those dealing with cancer. More than 900 participants benefitted from the various programs, offered three days a week, from October 2013 to June 2014. Attendees are requested to complete a survey several months after attending a program. Less than 2% return surveys. The majority of those who responded stated that the programs benefitted their well-being. The plan is to collect surveys after a series of programs (at least six) in order to increase returns by 10%.

• Good Samaritan is looking to increase the number of cancer survivors benefitting from the programs at the Long Island Cancer Help and Wellness Center by offering more programs five days a week. In late 2013/early 2014, the hospital added to the services offered to include bereavement support and smoking cessation, as well as support groups, lectures and screenings. Efforts are being made to grow the number and variety of programs offered and to increase community partnerships in order to reach a greater number of cancer survivors. The current benchmark is 80 participants/month. The goal is to increase this to 100.

• All CHS entities participate as a team in the American Cancer Society’s “Making Strides Against Breast Cancer” walks, sharing information about early detection, prevention, research, patient services, and advocacy for hundreds of breast cancer survivors. In 2012, more than 300 individuals participated as walkers and information was distributed to nearly 1000 attendees, which established the benchmark for future endeavors. The goal is to increase those numbers by 10% annually.

• YouTube videos including highlights of the Theresa Patnode Santmann Heart and Soul Symposium, Breast Cancer Services and Cancer Center were posted from October 2013 through May 2014. The benchmark for views was 1,000. These videos received more than 1,500 views which is 34% better than projected. Additional educational videos will be created with viewership measured to ensure relevance with the goal of increasing of views by 20%.

• Screenings for Head and Neck Oral Cancer, Skin Cancer and Prostate Cancer were offered in October 2013 and May 2014 with 96 attending. On October 16, 2013, 16 people were screened for Prostate Cancer with no abnormal findings. An Oral Head and Neck Cancer Screening was held on May 7, 2014 with 23 attending and six referrals for follow up with a surgeon. On May 21, 2014, a Skin Cancer Screening was done on 37 patients resulting in 20 referrals for follow up with 15 being referred for biopsies with a dermatologist. In order to address the disparities in early diagnosis and effective treatment found in minority patients, future screenings will focus on promoting these events specifically to minorities, those who lack private health insurance, and those who do not have a regular physician.

• The National Comprehensive Cancer Network (NCCN) guidelines recommend that all individuals with a diagnosis of triple negative breast cancer (TNBC) be referred for cancer genetic counseling. African American women are at increased risk of being diagnosed with TNBC. Due to the increased frequency of TNBC in carriers of \textit{BRCA1} gene mutations, the NCCN recommends that a cancer genetics professional be involved in the evaluation and testing of such individuals. Good Samaritan performed a retrospective analysis of breast cancer diagnoses between 2010 and 2012. During those three years, 71 individuals with a diagnosis of TNBC received care at Good Samaritan. Of those 71, 19 (27%) were known to be referred for genetic counseling. Of the
19 referred individuals, 15 were seen by a cancer genetic counselor, 14 underwent genetic testing for Hereditary Breast and Ovarian cancer (BRCA1 and BRCA2 genes) and two were found to carry a cancer-predisposing gene mutation. The information learned from this retrospective data review prompted the initiation of a new protocol involving the genetic counseling staff and the breast health nurse navigators. Through this protocol, the genetic counseling staff at Good Samaritan obtains a list of all patients diagnosed with TNBC each month from the breast health nurse navigators. The breast health nurse navigators also specifically note TNBC diagnoses and coordinate a referral to genetic counseling with the patient’s treating physician(s). In addition, in June 2014 a letter reviewing this study’s findings and an informational pocket-sized laminated referral card was sent to all surgeons, oncologists, and gynecologists on staff. The goal is to increase the percentage of eligible patients referred for genetic counseling to 50%.

- Activities related to an electronic physician education publication as well as cancer patient navigation system remain in planning stages for implementation in late 2014.

Lessons Learned:

As a result of the partnership of parents and students, Good Samaritan and Bay Shore Schools, using a collaborative approach, has utilized the lessons learned from a successful Healthier Families Program that enables families to change health behavior patterns. As a result, Good Samaritan has reached out to additional school districts and organizations such as Youth Enrichment Services to expand the program and reach additional parents and their children.

In addition, diabetes has been identified as the most rapidly growing chronic disease, affecting one out of every 12 adult New Yorkers.* As such, Good Samaritan will continue its collaboration with the Suffolk County Department of Health in offering its 16-week Diabetes Prevention Program to help prevent diabetes in people who have pre-diabetes or are at high risk for diabetes.

Conclusion:

As a direct outgrowth of the federal government’s Community Health Needs Assessment initiative launched in 2013, a newly formed collaborative, Long Island Health Collaborative, of local hospitals, county health departments, health and welfare organizations, and colleges have worked together in launching a website where people can access information on health care resources, prevention and wellness. From January to July 1, 2014 there have been 2,093 visitors to the website.

Good Samaritan’s manager of public and external affairs is an active member of the Long Island Health Collaborative, attending regional meetings and assessing the inventory of services such as walking programs that will enhance the hospital’s initiatives. In addition, a universal screening wellness tool of health behaviors will be used at community health and wellness programs that meet a minimum of two sessions per year. Data is de-identified and entered into an Island-wide database that is coordinated by Stony Brook University to track aggregate health behavior changes as a result of attending hospital programs.
Good Samaritan will continue to address the priority areas of chronic disease discussed while continuing to work with community partners to best address health disparities while striving to improve the overall health and well-being of the individuals in this community through outreach, education and screenings.

*https://www.health.ny.gov/prevention/prevention_agenda/physical_activity_and_nutrition/*