

COLORADO COUNTY
COMMUNITY NEEDS IMPLEMENTATION STRATEGY
July 28, 2015

In order to understand the health needs of Columbus County (Columbus), the Columbus Community Hospital (CCH) contacted Dr. Tina Fields and Dr. Jeff Hatala to perform a community health needs assessment. The consultants gathered existing data and information of the county from numerous secondary sources and worked with CCH to establish focus groups to learn the community's perception of the county's health status.

Based on the statistical data and feedback from the focus groups, the following accomplishments were achieved:

- 1. Recommendation:** Institute a Community Advisory Board that serves as a bridge between the hospital and the community.

Accomplishments: *A Steering Committee was organized consisting of City leaders, businesses and organization representatives. The committee is designed to bring leaders together and discuss ways of improving the community.*

- 2. Recommendation:** Present a program for people as they approach 65 about how to pick a Medicare health plan.

Accomplishments: *The CCH Community Relations Coordinator offers Medicare Recipients education on Part D Plans.*

- 3. Recommendation:** Consider having "meal prep on a budget" demonstrations.

Accomplishments: *Texas Agriculture Agent presented meal prep classes on a budget at the Columbus WIC office and the Food Pantry.*

- 4. Recommendation:** Building on the informal "social centers" that elderly have created on their own.

Accomplishments: *The following groups have been organized such as; Friends of CCH Exercise Group, Garwood Gadabouts; Older Texan Fair, Sheridan Go Getters.*

Wharton County Jr. College sponsors the Senior Citizen Program for Colorado County. The program provides a meal and activity program to senior citizens 60 years and older. "Meals on wheels" are available for homebound qualified seniors. A medical referral is required. The Senior Citizen Center's activities are held daily, Monday through Friday along with the center meal program. A special afternoon activity program is provided at the Wharton Center from 2:00 p.m. until 4:00 p.m. Reservations are not required to participate in the activities. However, please contact the office or a center to make application for meals at centers. To reserve a meal, call one day prior. All services, meals, and activities are provided at no cost. The WCJC Senior Citizen Center is funded by the Houston-Galveston Area Council, the Department of Aging & Disabilities Services (DADS), and donations from local resources

5. Recommendation: Market diabetes nutrition.

Accomplishments: Columbus Community Hospital's Diabetes Outpatient Training Site offers the latest information and instruction on diabetes care through our Diabetes Self-Management Course. Our program is accredited through The American Association of Diabetic Educators (AADE), and is a Recognized Diabetes Education Program. Our classes are held in a series of four visits, each taught by registered nurses and dieticians who are trained in diabetes care and management.

Spanish Diabetes Classes were offered by CCH, UTMB Residents Program, The Texas Ag Extension Office, and the Wesley Nurse. The classes were titled: "Si Yo Puedo".

6. Recommendations: Work with Texas Workforce Commission to identify ways to train local youth on skills that can lead to livable wages and local.

Accomplishments: The Steering Committee, Columbus Chamber of Commerce and CCDIC are working together to gauge employment situations and identify problems.

CCH offers scholarships for Allied Health Professionals.

CCH participates in the HOSA program through CISD. This program gives the students an opportunity to observe healthcare professionals in a working environment.

CCH Family Physicians partner with the Texas Statewide Preceptorship Program (TSPP), which is a unique educational partnership connecting volunteer members of the Texas Academy of Family Physicians to students from the eight Texas medical schools. The medical students work, usually for a month at a time, in the offices of experienced Texas family physicians. This exposure allows students to observe firsthand the challenges and satisfactions of primary care physicians, and to examine Family Practice as a serious personal career option.

Columbus Community Hospital hosts the Zelda Allen School of Vocational Nursing Students for their clinical rotation. Students in the 12-month program learn how to provide basic bedside care to patients such as taking vital signs, applying dressings, helping patients with bathing and personal hygiene, administering prescribed medications, and participating in health care teaching. These graduates are then eligible to take the National Licensure Exam for Practical Nurses as approved by the Texas Board of Nursing.

Columbus Physical Therapy sponsors students through the PT Program from the following schools: St. Augustine College, San Antonio; UTMB, Galveston; Texas State University, San Marcos; University of Texas, San Antonio. The students from the PTA Program are from the following schools: PIMA Community College, Blinn Jr. College; Wharton Jr. College. They also have students in the Pre-PT Program that observe in their clinic.

- 7. Recommendations:** Identify underlying (root causes) of such issues as depression, child abuse, spouse abuse, and elder abuse.

Accomplishments: A program called, "Take a Stand" which emphasizes bullying awareness was presented at the Columbus Junior High by the Texas Ag Extension Office.

- 8. Recommendations:** Obesity is a concern expressed by all the focus groups. Addressing this will require education and attitude change.

Accomplishments: CCH, TX Ag Extension Agent, Wesley Nurse and the Dept. State Health Services sponsor The Circus of Health held in July of each year. The event emphasizes

childhood health topics such as obesity, dental hygiene, safety information and car seat checks.

- 9. Recommendations:** Consider allowing medical and other students to participate in a rural rotation to CCH.

Accomplishments: *UTMB Residents Program - CCH is one of the sites that offer rural training experience for Residents.*

Columbus Medical Clinic has partnered with the Texas Statewide Preceptorship Program (TSPP) offering medical students the opportunity to work with Family Medicine Physicians. The medical students work, usually a month at a time, in the offices of experienced members of the Texas Academy of Family Physicians.

Health Occupation Student Association (HOSA) rotates every Tuesday and Thursday at CCH during the school year. The Students who are in pursuit of healthcare professions volunteer in the hospital departments such as; Medical Records, Radiology, Emergency Room and Respiratory Therapy.

OTHER ACCOMPLISHMENTS:

CCH sponsors free prostate screenings during National Men's Health Week each year from Monday thru Friday in the Hospital Lab.

*The Circus of Health is an annual event and is held the third week in July. The sponsors include: CCH, TX Ag Extension Agent, Wesley Nurse and the Dept. State Health Services. Columbus Medical Clinic gives **free** backpacks to the elementary students. The backpacks are filled with school supplies, which are donated by the community. CCH also offers car seat checks at the event. Car seats are given at **no cost** to families in need and are sponsored by Texas Children's Hospital and Woman's Hospital of Texas. Along with Texas Medical Association Foundation, Hard Hats for Little Kids and the physicians at Columbus Medical Clinic, the kids are given bicycle helmets at the Circus of Health. CCH's employees volunteer their time to the event.*

*During February, which is American Heart Month, CCH offers **free** Coronary Risk Panel and Glucose testing to the community. The employees volunteer their time to the event.*

The Physicians from CCH give **free** physical examinations in May to CISD and St. Anthony's athletic departments.