

2019

Twin County Regional Healthcare

Implementation Strategy

To Address Significant Community Health Needs

Carroll, Grayson and Galax City, VA

Paper copies of this document may be obtained at Twin County Regional Healthcare, 200 Hospital Drive, Galax, VA 24333 or by phone 276-236-8181. This document is also available electronically via the hospital website <http://www.tcrh.org>

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Overview

The Community Health Needs Assessment (CHNA) defines priorities for health improvement, creates a collaborative community environment to engage stakeholders, and an open and transparent process to listen and truly understand the health needs of the community served by Twin County Regional Healthcare (Carroll, Grayson and Galax City, VA). This document is the Twin County Regional Healthcare (TCRH) Implementation Plan outlining how the hospital plans on addressing significant health needs in the community.

The CHNA is contained in a separate document.

Twin County Regional Healthcare's Board of Directors approved and adopted this Implementation Strategy on August 26, 2019

Starting on **September 15, 2019**, this report is made widely available to the community via Twin County Regional Healthcare's website, www.tcrh.org, and paper copies are available free of charge at Twin County Regional Healthcare.

Community Health Improvement/ Implementation Plan 2019

To successfully make our community healthier, it is necessary to have a collaborative venture which brings together all of the care providers, citizens, government, schools, churches, not-for-profit organizations and business and industry around an effective plan of action. The community health needs assessment was completed previously and posted on TCRH's website.

Based on the results of the CHNA, TCRH has selected three of the identified significant health needs to address.

1. Access to care
2. Mental health
3. Healthy lifestyles

Access to Care

Actions to address access to care:

1. Recruit a pediatrician to Twin County Pediatrics
2. Recruit primary care physicians to Twin County Physician Practices

3. Recruit a nurse practitioner to Twin County Behavioral Health
4. Recruit primary care physician(s) to the Twin Counties in 2020 and beyond as indicated by the Medical Staff Development Plan
5. Develop a centralized, online repository of area health resources

Anticipated impact of these actions:

- Increased access to primary and behavioral health care
- Increased visits to the new practitioners
- Decreased wait times to see providers
- Increase awareness to providers and the community about resources available for referral and utilization

Programs and resources the hospital plans to commit to access to care:

- Recruitment resources – human and financial
- Community resources to coordinate the resource guide
- Marketing resources to publicize practitioners

Collaboration between the hospital and others:

- TCRH will coordinate with the Mount Rogers Public Health Department, Grayson Public Health, Department of Social Services, Transportation agencies, etc. to coordinate and distribute the resource guide

Mental Health

Actions to address mental health:

1. Recruit a nurse practitioner to Twin County Behavioral Health (also mentioned in access to care)
2. Expand the existing 12-bed inpatient center for Behavioral Health at TCRH

Anticipated impact of these actions:

- Increased access to behavioral health care
- Increased visits to behavioral health
- Decreased wait times to see a behavioral health provider

Programs and resources the hospital plans to commit to access to care:

- Recruitment resources – human and financial
- Cost of expansion of center

Collaboration between the hospital and others:

- No collaboration at this time.

Healthy Lifestyle

Actions to address a healthy lifestyle:

1. Continue the Cooking Matters program
2. Continue the chronic disease and stroke support groups at TCRH
3. Continue the WorkPoint Wellness Employer Initiatives on prevention screenings, establishing primary care physicians for employees and tobacco cessation education.
4. Continue lactation counseling and infant nutrition program on the Women's Health Unit and in the Twin County Pediatric clinic.
5. Continue healthy lifestyles outreach and education throughout the communities and promote education at health events such as cardiovascular risk screening, early heart attack care, hands only CPR, tobacco cessation.
6. Initiate Phase IV Cardiac Rehab program at Curtis Bartlett Fitness Center to allow more capacity at the hospital's level II and III cardiac rehab programs.

Anticipated impact of these actions:

- Decrease chronic disease incidence
- Improve nutrition
- Decrease tobacco use

Programs and resources the hospital plans to commit to access to care:

- Human resources for outreach and education - Cost of staff for education
- Cost of Cooking Matters program

Collaboration between the hospital and others:

- Continue to work with community partners, agencies, employers, and organizations to promote health, wellness and education

Community input was received into the 2019 implementation plan during a community meeting on Friday, August 23, 2019. Additionally, there is a link on the TCRH's website for the community to provide written input into the CHNA and implementation plan.

TCRH does not intend to address the following significant health needs:

1. Substance misuse and family issues - TCRH will defer and support efforts of other substance abuse agencies and programs.