

**Millcreek Community Hospital**  
**ERIE COUNTY COMMUNITY HEALTH IMPROVEMENT PROGRAM**  
**2016-2019 Implementation Plan**

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| <b>STRATEGIC ISSUE:</b> Lifestyle Behavior Change   |
| <b>PRIORITY AREA:</b> Nutrition, Physical Inactivity, Tobacco, Alcohol/Other Substance Use Disorder   |
| <b>GOAL:</b> In the osteopathic tradition, Millcreek Community Hospital is a leader in providing whole person health care which includes prevention and lifestyle behavior changes for the mind, body, and spirit.                                  |
| <b>AVAILABLE RESOURCES:</b> Detoxification Unit<br>Affiliated Primary Care Physician Group<br>Clinical Pharmacists certified in tobacco cessation<br>Dieticians<br>LECOM Medical Fitness and Wellness Center<br>Community educational opportunities |

**ALIGNMENT WITH STATE/NATIONAL PRIORITIES**

**Healthy People 2020:** One of the Healthy People 2020’s topics, goals and objectives is to “Improve access to comprehensive, quality health care services... Comprehensive, quality health care services is important for the achievement of health equity and for increasing the quality of a healthy life for everyone.”

**National Prevention Strategy:** “The National Quality Strategy will promote quality health care in which the needs of patients, families, and communities guide the actions of all those who deliver and pay for care. It will incorporate the evidence-based results of the latest research and scientific advances in clinical medicine, public health, and health care delivery” (Report to Congress, *National Strategy for Quality Improvement in Health Care*, March 2011, <<http://www.healthcare.gov>>).

**Pennsylvania:** “The Hospital & Healthsystem Association of Pennsylvania is a statewide membership services organization that advocates for nearly 240 Pennsylvania acute and specialty care, primary care, subacute care, long-term care, home health, and hospice providers, as well as the patients and communities they serve. To advocate for and provide services to Pennsylvania’s hospitals and health systems as they strive to deliver safe, efficient, quality health care to the patients and communities they serve” (The Hospital and Healthsystem Association of Pennsylvania, <<http://www.haponline.org>>).

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|--|--------------------|----------------------------------|
| <b>OBJECTIVE #1:</b> Improve health of residents of Erie County by decreasing tobacco use                                      |                    |                                  |
| <b>ACTION PLAN</b>   |                    |                                  |
| <b>Strategy</b>  | <b>Target Date</b> | <b>Lead Person/ Organization</b> |
| Increase the number of patients who receive education/technical assistance related to tobacco cessation during hospitalization | current            | Pharmacy Manager                 |
| Increase the number of patients who  | 2018               | LECOM Clinical Pharmacy faculty  |

|  |                  |                                 |
|--|------------------|---------------------------------|
| receive education/technical assistance related to tobacco cessation at affiliated outpatient clinics |                  |                                 |
| Provide community education on the dangers of tobacco use and the benefits of cessation              | 2018             | LECOM Clinical Pharmacy faculty |
| <b>MEASURES OF SUCCESS</b>   |                  |                                 |
| <b>Source</b>  | <b>Frequency</b> |                                 |
| Total Number of Smoking Cessation Coded for MAE practices  | Annually         |                                 |
| Change in tobacco use status as capture in electronic health records                                 | Annually         |                                 |
| Attendance and/or participation in community outreach activities                                     | Episodically     |                                 |

|   |                    |   |
|---|--------------------|---|
| <b>OBJECTIVE #2:</b> Improve health of residents of Erie County by increasing physical activity |                    |   |
| <b>ACTION PLAN</b>  |                    |   |
| <b>Strategy</b>   | <b>Target Date</b> | <b>Lead Person/ Organization</b>                                |
| Increase membership at the LECOM Medical Fitness and Wellness Center                            | current            | Executive Director of LECOM Medical Fitness and Wellness Center |
| Provide community education on the benefits of physical activity                                | 2018               | Executive Director of LECOM Medical Fitness and Wellness Center |
| <b>MEASURES OF SUCCESS</b>  |                    |   |
| <b>Source</b>   | <b>Frequency</b>   |   |
| Membership volume and utilization of services   | Quarterly          |   |
| Attendance and/or participation in community outreach activities                                | Episodically       |   |

|  |                    |                                    |
|--|--------------------|------------------------------------|
| <b>OBJECTIVE #3:</b> Improve health of residents of Erie County by improving nutrition   |                    |                                    |
| <b>ACTION PLAN</b>   |                    |                                    |
| <b>Strategy</b>  | <b>Target Date</b> | <b>Lead Person/ Organization</b>   |
| Ensure ideal nutrition relative to the medical or surgical needs of the patients by adherence to diet orders and patient preferences | current            | Food Services Manager<br>Dietician |
| Provide education on nutrition to patients, families, staff, and the community   | 2018               | Dietician                          |
| <b>MEASURES OF SUCCESS</b>   |                    |                                    |

| Source  | Frequency    |
|---|--------------|
| Food services quality assessment and performance improvement activities | Quarterly    |
| Volume of Dietary Consults  | Quarterly    |
| Attendance and/or participation in community outreach activities        | Episodically |

| <b>OBJECTIVE #4:</b> Improve health of residents of Erie County by decreasing alcohol/other substance use |             |  |
|---|-------------|--|
| <b>ACTION PLAN</b>  |             |  |
| Strategy  | Target Date | Lead Person/ Organization                        |
| Encourage alcohol/other substance cessation and maintenance of abstinence                                 | current     | Millcreek Community Hospital Detoxification Unit |
| <b>MEASURES OF SUCCESS</b>  |             |  |
| Source  | Frequency   |  |
| Total Admissions to the Detoxification Unit   | Quarterly   |  |
| Attendance and/or participation in AA facilitated at MCH  | Annually    |  |
| Patient experience surveys post-discharge   | Quarterly   |  |