



NATHAN LITTAUER

Hospital & Nursing Home

2018 Community Service Plan Update

Nathan Littauer Hospital & Nursing Home is committed to providing safe, high-quality health and wellness services and improving the health of our communities in a caring, contemporary environment. Our mission is accomplished not only through the efforts of our own dedicated employees, services and programs, but in cooperation with dedicated community partners.

Following a Community Health Needs Assessment (CHNA), completed in 2016 in coordination with our local health department and with input from local health and human service providers, a three year Community Service Plan (2016-2019) was developed. We were tasked by New York State Department of Health (as were all NYS hospitals and local health departments) to cooperatively prioritize our community needs and identify focus areas using the framework provided by New York State's Prevention Agenda.

Our Community Service Plan is our guide to the future and our compass. The priorities we identified for action for the 2016-2019 time periods were: To "increase access to high quality chronic disease preventive care and management in both clinical and community settings in regards to colorectal cancer" and to "increase the proportion of NYS babies who are breastfed." As described under each priority is a summary of the area of focus and progress we have made, as well as the challenges we have encountered.

Priority #1- Increase access to high-quality chronic disease preventive care and management in both clinical and community settings in regards to colorectal cancer, specifically **to increase the percentage of adults aged 50-75 years who received a colorectal cancer screening by 5%**. By improving colorectal cancer awareness and screening more people, we will be addressing an identified disparity: access to care.

According to the Centers for Disease Control and Prevention (CDC), lifestyle factors that may contribute to an increased risk of colorectal cancer include – lack of regular physical activity, a diet low in fruit and vegetables, a low-fiber diet, being overweight and obesity, alcohol consumption, and tobacco use. Based on data from a New York State Department of Health research team, 30.9% of Fulton County residents are obese, 23.7% have good insecurities, 21.2% report heavy or binge drinking. Twenty-nine percent of all adults in Fulton County smoke.

Accomplishments:

- Littauer Primary Care Centers (PCC) continue our efforts to identify those at risk for colorectal cancer and encourage those who meet the criteria to be screened.
- Our Primary Care staff is trained to offer alternative screening processes for those patients who choose not to have the recommended colonoscopy.
- Transportation vouchers are now available to patients who would otherwise face the barrier of accessing care.
- HealthLink Littauer offered six evidence based self-management programs in 2018 to teach community members how to manage their own care, improve communication skills, increase their activity level and improve their nutritional status to live a healthier life.
- HealthLink Littauer & Fulton County Public Health continue their efforts to increase community awareness of risk factors and the need for screening at health fairs, community and worksite wellness events, and through social media.
- On May 12, 2018, HealthLink Littauer hosted the second annual “Healthy Neighbor Event” in collaboration with New York Oncology Hematology. Attendance increased to over 75 farming family members (up from 50 in 2018) who were educated on cancer prevention and best practices. Doctors and Registered Nurses, Self-Management peer educators and ancillary staff were on site to answer questions and promote health literacy and communication.
- HealthLink Littauer continues to offer ongoing community health and wellness education and referrals, including cholesterol, glucose, blood pressure, and BMI screenings as well as programs and events to engage community members in increasing physical activity (Zumba and Zumba Gold, Gentle and Chair Yoga, and Tabata).
- Nathan Littauer Hospital’s Registered Dietitians provide outpatient nutrition counseling (as requested by provider) as well as nutrition specific community education programs which include the evidence-based weight management program CORE 4.
- Nathan Littauer Hospital in partnership with the NYS Cancer Services program offers breast, cervical and colorectal screening free of charge to uninsured and under insured community members.
- Nathan Littauer Hospital produced media campaigns including: “100 Reasons To Get A Mammogram” which ran in our local newspaper every day during the month of October in 2016, 2017, and 2018. Fulton County Public Health also completed social media campaigns during the month of October to promote breast cancer awareness and the importance of screening.

Challenges Include:

- Dedicating staff time to plan, implement, evaluate and track activities.
- Engagement of our target population – to accept the severity of the problem for our community and empowering each person to do something about their health such as: smoking cessation, weight management, and increasing physical activity and participating in evidence-based educational programs.
- Access to training for research-based interventions is limited as is the monitoring/tracking/process strategies.

- Access to public transportation for community members to get to classes, events, and appointments with providers is limited.
- We have a large Medicaid population which utilizes Medicaid transportation, which doesn't allow for transportation to educational events.
- Person support systems of patients are limited which prevents them from accessing care. For example, not being able to complete a colonoscopy because no one is available to monitor at home post-procedure.
- Weather is at times a challenge when we are planning outdoor events.

Priority #2- Promote healthy women, infants and children, **specifically focus on increasing the proportion of NYS babies who are breastfed.** Infants who are breastfed are less likely to be obese, develop respiratory and gastrointestinal infections, have lower risks of childhood cancers, developing asthma, and have a lower risk of Sudden Unexpected Infant Death (SUID). Mothers also benefit from breastfeeding. Evidence shows that moms who breastfeed have a decreased risk of developing breast and ovarian cancer, they have less incidences of postpartum depression, osteoporosis, and they are more likely to return to their pre-pregnancy weight.

Accomplishments:

- Nathan Littauer Hospital continues to have one of the few, International Board Certified Lactation Consultants (IBCLC) in the region. The number of patients seen by our IBCLC RN in 2018 was 197 year to date compared to 77 patients in 2017.
- As of October 2018, the percentage of moms who are exclusively breastfeeding is 55.6%, the year to date for 2018 is 60.9%. The percent of moms that breastfed at any point during their hospital stay is 69%. The supplementation rated year to date, has gone down from 15% in 2017 to 8.2% in 2018.
- Nathan Littauer Hospital continues to increase access to care for breastfeeding moms by facilitating breastfeeding support groups in different cities within our service area on different days of the week. In 2018 we were able to establish a working relationship with a local business (Mohawk Harvest Co-op) that will extend hours to us in 2019 to host at their location. Our support groups all encourage peer on peer support and education.
- Nathan Littauer Hospital was able to secure funding to continue the distribution of a baby box to every baby born at our hospital. According to some studies, baby boxes are proven to decrease the rate of Sudden Unexpected Infant Death (SUID). Each baby box contains supplies and educational material including access to Baby Box University which supports safe sleeping and breastfeeding efforts. New in 2018, Nathan Littauer Hospital became an official distribution center for baby boxes. This means all babies, no matter where they are born, will have access to a baby box should the parents so choose.
- Nathan Littauer Hospital celebrated World Breastfeeding Week on August 1, 2018 to identify and promote educational messages on the benefits of breastfeeding for mother and baby. Social media was utilized to promote social norms and behaviors to promote positive attitudes towards breastfeeding. Providers were on hand to answer questions along with multiple community agencies, Fulton County Public Health, local law enforcement, EMS and fireman. Our attendance grew from 100 community members in 2017 to 125 in 2018.

- Nathan Littauer Hospital's IBCLC has consulted with a local business, Townsend Leather, to promote the addition of a private and safe breastfeeding and pumping space on their campus. Nathan Littauer Hospital partnered with the Fonda Fair Board and supplied the equipment and services to construct a breastfeeding and pumping station on site for the week of the Fonda Fair. The administration of Nathan Littauer Hospital has also approved to increase the size of the breastfeeding and pumping station on the second floor of the hospital by 100% to increase access for our growing demand for space in our employee population and hospital visitors who are now choosing to breastfeed.
- Since January of 2017, one hundred percent of Nathan Littauer Hospital's maternity staff has completed the 20 hour module "10 Steps To Successful Breastfeeding." In 2018, this continues and 54% of our OB and pediatric providers have been trained.
- Nathan Littauer Hospital became a Milk Depot in 2017 and in 2018 we continue to be the only milk depot within 100 miles increasing access for local moms to drop off milk to be distributed to babies in need.
- Fulton County Public Health (FCPH) promotes breastfeeding at newborn home visits as well as sending informational packets to families of newborns that do not receive a visit from a FCPH RN. Their Health Educator developed a brochure that is distributed in the packet and at home visits.
- Challenge noted in 2017 was to increase the number of moms in the Medicaid population who were willing to breastfeed. Nathan Littauer Hospital added an RN to be stationed in our Women's Health Primary Care with the sole purpose to meet with expectant moms and their family for prenatal education in hopes of raising this number.

Challenges Include:

- Access to practical, research-based interventions.
- Access to monitor/track/process strategies.
- Recruitment of qualified staff in specialty areas.
- Storage of materials and the need to convert spaces are costly.
- The registration process was very extensive and time intensive to become and remain a milk depot.
- Fewer families are opting to have a home visit with FCPH RNs and Telehealth, which was a planned intervention, was not utilized due to the app not being completed.