

Implementation Strategy
Skagit County Public Hospital District No. 2
DBA: Island Hospital
Anacortes, Washington

Approved May 18, 2017

Introduction

Skagit County Public Hospital District No. 2 (DBA: Island Hospital) is the center for health and wellness in west Skagit County, also serving north Whidbey Island and the San Juan Islands since 1962. Recognized as one of the most innovative small hospitals in the U.S., and honored in 2006 as one of our nation's "100 Top Hospitals" for performance improvement, Island Hospital is an integral part of the great quality of life on Fidalgo Island. Staffed by more than 190 physicians and health care providers, Island Hospital offers a quality and range of services typically found in a much larger facility. With 43 private beds, Island Hospital is one of the smallest hospitals in Washington providing Level III trauma care.

Our Promise

Your best health care experience begins at Island Hospital. We always place your emotional and medical needs first and foremost.

Our Mission

We will deliver quality, compassionate and personalized health care to the communities we serve.

Our Vision

Through collaboration with our physicians, staff and community we will develop innovative programs and provide medical services that enhance patient experiences and outcomes.

Our history began in 1958, when Skagit Public Hospital District No. 2 was founded. The first patients were admitted to Island Hospital in 1962. The hospital underwent significant expansion and/or renovations in 1990 (Emergency Department), 1996 (surgery, birth center and health resource center), 1998 (Medical Office Building), 2008 (renovation and expansion), 2009 (Sleep Wellness Center), 2012 (Medical Arts Pavilion housing Cancer Care, Physical Therapy and Wound Care) and 2016 (The Center Pain Management).

Island Hospital offers a full range of comprehensive medical services and support programs for your health care needs. Our medical staff is highly trained and specialized to provide the highest quality of care to our patients. In addition, as a commitment to the total well-being of each patient, Island Hospital offers a number of support programs to complement the medical services provided.

Island Hospital is the primary facility of Skagit County Public Hospital District No. 2, a government-owned Public Hospital District. Island Hospital operates four (4) family care clinics and five (5) specialty clinics offering a wide range of services to the communities we serve.

In December 2013, Island Hospital published a Community Health Needs Assessment Report (“CHNA Report”). In that 2013 CHNA Report, mental health and substance abuse were identified as the community’s primary health needs and access to health care and obesity were identified as the community’s secondary health needs.

Based on the 2013 community health needs assessment, Island Hospital worked diligently to better serve our community’s needs. Since the most recently conducted community health needs assessment, Island Hospital has taken the following steps to address those needs.

Mental Health

- Onsite and online promotion
- Video for Gala
- Post mental-health-crisis contact line info in Resource Center
- Partner with medical social workers for referral/crisis assistance
- Educate families concerning Washington State Advance Directives if there is cognitive impairment affecting healthcare choices
- *Community Ed programs:*
 - Support Groups (Art & Healing for Cancer Patients, Grief, Prostate Cancer, Breast Cancer & Cancer Caregiver)
 - Meditation for Everyday Living (class)
 - Aromatherapy for Stress Relief (class)
 - Improving Your Aging Memory (class)
 - Essential Oils for Stress Relief (class)
 - Memory Awareness (screening)
 - Parenting: Positive Discipline (class)
 - Senior Sexuality (class)
 - Journey of Dementia (4 Part Series class)
 - Nutritional Approaches to Depression & Anxiety

Chronic Disease

- Implemented patient care processes that create a proactive approach to Diabetes, Cardiovascular Disease, Hypertension, and Asthma. This quality measures ensure appropriate management of these Chronic Diseases within best practice time frames and data matrix.
- Provide Care Coordination and Licensed Social Work embedded in the Primary Care environment to engage patients in their care. This work focuses on healthy lifestyle issues such as smoking and obesity which contribute significantly to Chronic Disease.
- *Community Ed Programs:*
 - Diabetes Class (3x year)
 - Heart Health Presentation (1 special event in February 2017 - partnership with Anacortes Senior Activity Center)
 - Improving Aging Memory Class (3x year)

- Osteoporosis: Exercise & Nutrition Class (3x year)
- Urinary Leakage Class (3x year)
- Skin Cancer Class (Annually)
- Alzheimer's Class (Annually)
- Cholesterol Screening (4x year)
- Blood Pressure Screening (weekly)
- Colon Cancer Screening (Annually)
- Skin Cancer Screening (2x year)
- Breast Cancer Screening (1x year)
- Hearing Screening (1x year)
- Bone Density Screening (4x year)
- Memory Screening (6x year)
- Pulmonary Function Screening (2x year)
- Swallow Screening (2x year)

On December 31, 2016, Island Hospital published a CHNA Report, which is available online at <https://www.islandhospital.org/publicdocuments>. That CHNA Report identifies Island Hospital's community, the process followed in conducting our community health needs assessment, the significant community health needs that were identified, and resources that were available at that time to address those significant community health needs.

In conducting the community health needs assessment, Island Hospital collected information about community health needs through interviews conducted in November 2016. The CHNA Report identifies the organizations that participated in the community health needs assessment. These findings were supplemented with quantitative data obtained from various public sources.

Based on that community health needs assessment, Island Hospital identified the following significant community health needs, in order of priority.

- Behavioral Health
- Access to Health Care
- Chronic Diseases

Island Hospital is pleased to submit this Implementation Strategy. We do so both as a matter of compliance with Section 501(r)(3) of the Internal Revenue Code, as mandated in the Patient Protection and Affordable Care Act, and as an obligation to those we serve. As an organization, we have taken this change in law as an opportunity to improve our community service and continuously focus on meeting the changing health care needs of our community.

Consistent with the requirements of Section 501(r)(3), this Implementation Strategy identifies Island Hospital's planned responses to each significant community health need. If Island Hospital does not plan to address a health need, this Implementation Strategy explains why.

BEHAVIORAL HEALTH

<u>Planned Action</u>	<u>Planned Resource Commitment</u>	<u>Planned Collaborations</u>	<u>Anticipated Impact</u>

ACCESS TO HEALTH CARE

<u>Planned Action</u>	<u>Planned Resource Commitment</u>	<u>Planned Collaborations</u>	<u>Anticipated Impact</u>

CHRONIC DISEASES

<u>Planned Action</u>	<u>Planned Resource Commitment</u>	<u>Planned Collaborations</u>	<u>Anticipated Impact</u>