



Cleveland Clinic

Indian River Hospital

COMMUNITY HEALTH IMPROVEMENT PLAN

2019 - 2021

Executive Summary

May 8, 2019

I. Introduction

A Community Health Needs Assessment (CHNA) is a community driven process to identify unmet health care and human service needs of a population which results in the identification of possible interventions and a plan called a Community Health Improvement Plan (CHIP).

Cleveland Clinic Indian River Hospital has developed a 2018 CHNA in collaboration with the Indian River County Hospital District, Treasure Coast Community Health, Visiting Nurses Association, and Whole Family Health Center. The Board of Directors has previously received and approved the CHNA at the December, 2018 meeting. The following is a review of the process and the proposed IRMC Community Health Improvement Plan.

This written plan is intended to satisfy the requirements set forth in Internal Revenue Code Section 501(r) (3) regarding community health needs assessments and implementation strategies. The overall purpose of the IRMC Community Health Improvement Plan (implementation strategy) is to align the hospital's limited resources, program services, and activities with the findings of the 2018 CHNA.

II. Overview

The CHNA was conducted on behalf of Indian River Medical Center by Professional Research Consultants, Inc. (PRC). PRC is a nationally recognized healthcare consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States since 1994. This assessment incorporates data from both quantitative and qualitative sources. Quantitative data input includes primary research (the PRC Community Health Survey) and secondary research (vital statistics and other existing health-related data); these quantitative components allow for comparison to benchmark data at the state and national levels. Qualitative data input includes primary research gathered through an Online Key Informant Survey.

On October 12, 2018, members of the Indian River Medical Center Board, the Indian River Healthcare District Board, Health and Social Services providers met in a public meeting with community stakeholders to review the results and participate in a facilitated prioritization session of the issues identified in the Community Health Needs Assessment.

As the result, there were 10 Indian River County priorities agreed upon. IRMC was identified as the Lead organization in the collaborative effort in three priorities; **Skin Cancer** (p. 3), **Mental Health** (p. 4) and **Stroke** (p. 5). The other health needs identified as priorities by the CHNA will be led by other facilities and/or organizations and IRMC will collaborate with them in improving the health of Indian River County. (See Table 1)

On December 12, 2018, the Indian River Medical Center Board met to review and approve the Community Health Needs Assessment and endorsed the leadership role in the three priorities.

On April 29, 2019, CCIRH Executives met to review the proposed CHIP for each of the three priorities with the lead Physician leaders and administrative directors to review and confirm Strategies/Tactics, Monitoring/Metrics and Actions.

**Table 1.
2019 - 2021 Community Health Improvement Plan**

| PRIORITY | LEAD |
|--|---------------|
| 1. Access to Healthcare | VNA |
| 2. Mental Health | IRMC |
| 3. Infant Health | Healthy Start |
| 4. Heart Disease & Stroke | IRMC |
| 5. Nutrition, Physical Activity & Weight | DOH |
| 6. Substance Abuse | TCCH |
| 7. Injury & Violence (Falls) | VNA |
| 8. Cancer (Skin Cancer) | IRMC |
| 9. Diabetes | TCCH |
| 10. Oral Health | TCCH |

Key to Abbreviations:

IRCHD-Indian River County Hospital District

IRMC- Indian River Medical Center

MHC-Mental Health Collaborative

PC-Partners Collaborative

TCCH-Treasure Coast Community Health Center

HS-Healthy Start

VNA-Visiting Nurses Association

WFHC-Whole Family Health Center

DOH/IRC-Department of Health/Indian River County

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| HOSPITAL FACILITY | Cleveland Clinic, Indian River Hospital |
| CHNA SIGNIFICANT HEALTH NEED | Skin Cancer |
| CHNA REFERENCE PAGE | 90 |
| DESCRIPTION OF NEED: | Skin Cancer in IRC markedly exceeds state and national averages |
| <p>CHNA DATA:</p> <ul style="list-style-type: none"> • A total of 21.3% of surveyed Indian River County adults report having been diagnosed with skin cancer. This is more than double state (9.1%) and national (8.5%) levels. • Since the risk of skin cancer increases with age, this local increase may be in part due to IRC median age of 51.4 years, compared to a state median of 41.6 and a national median of 37.7 years of age. • Since the risk of skin cancer is also increased in fair skinned individuals, the high proportion of whites in IRC 85.7% compared to 75.9% for the state and 73.4% for the US may also be playing a role. • While most skin cancers can be treated with local therapy, a significant proportion can be lethal. • The primary cause of skin is exposure to ultraviolet light, present in abundance in IRC. | |
| <p>STRATEGIES/TACTICS:</p> <ul style="list-style-type: none"> • The best way to reduce skin cancer incidence is by reducing UV exposure. • The best way to reduce the risk from a developing skin cancer is through earlier detection. • Early detection initially increase skin cancer rates (due to lead time bias), but in time will reduce patient morbidity and mortality • With our community partners, we will implement a community education campaign to teach the public how best to identify lesions that should be checked and reduce unnecessary UV damage while still maintaining an active lifestyle. • We will also set up education programs to teach local caregivers how to better identify skin cancers at earlier stages. We will also instruct them on how to educate their patients on sun safe behavior. | |
| <p>MONITORING/METRICS:</p> <ul style="list-style-type: none"> • We will keep track of the number of IRC residents present at education events. • At some events we will have a pre and post questionnaire to assess how well resident have understood the information and assess their motivation to reduce UV exposure • For caregiver training, there will be pre- and post-test images to determine how well they have learned to identify early skin cancers. | |
| <p>COLLABORATIVE MEMBERS:</p> <ul style="list-style-type: none"> • Treasure Coast Community Health, Inc. • Florida Department of Health - Indian River County • Visiting Nurse Association of the Treasure Coast • Whole Family Health • Senior Resource Association • Indian River County School District • American Cancer Society • Indian River County Recreational Department • Indian River Hospital District | |

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| HOSPITAL FACILITY | Cleveland Clinic, Indian River Hospital |
| CHNA SIGNIFICANT HEALTH NEED | Mental Health |
| CHNA REFERENCE PAGE | 62 |
| DESCRIPTION OF NEED: | Mortality due to Suicide |
| <p>CHNA DATA:</p> <ul style="list-style-type: none"> • The Suicide Age-Adjusted Mortality in Indian River County between 2014-2016 was 14%. In 2017 it rose to 23.7% which is well above the Florida rate of 14.1% • 10.2 percent of Indian River County adults believe that their overall mental health is fair or poor. 65% of key stakeholders perceived mental health as a major problem within the community. • 18.6 percent of Indian River County adults have been diagnosed by a physician as having a depressive disorder which is above the state average of 14.2%. The prevalence of chronic depression is highest in women, adults over the age of 65 and adults with lower incomes | |
| <p>STRATEGIES/TACTICS:</p> <ul style="list-style-type: none"> • The best way to prevent suicide is to identify and support those people at risk. We will work with our “gatekeepers” within the Cleveland Clinic system such as the Emergency Department, Urgent Cares and Primary Care Physicians to identify those consumers at risk for suicide and provide them with available resources for crisis intervention. We will educate and encourage those medical providers to utilize the Columbia Suicide Severity Rating Scale (C-SSRS) which is a free, evidenced-based tool that can be utilized to identify suicide risk and appropriate crisis interventions. • We will work collaboratively with our Community Partners (who are already working to institute educational and stigma reducing programs) to educate the community and improve access to appropriate mental health care. | |
| <p>MONITORING/METRICS:</p> <ul style="list-style-type: none"> • We will keep track of the number of providers that receive training on the Columbia Suicide Severity Rating Scale (C-SSRS) identifying risk factors for suicide and available referral for crisis intervention. • We will monitor the suicide death rate in Indian River County annually utilizing the FLHealthCharts data. • We will document Cleveland Clinic involvement with our community partners around their initiative for education and stigma reduction. | |
| <p>COLLABORATIVE MEMBERS:</p> <ul style="list-style-type: none"> • Treasure Coast Community Health, Inc. • McCabe Connections Center • The Mental Health Collaborative of Indian River County • Mental Health Association of Indian River County • New Horizons of the Treasure Coast • UF Center for Psychiatry and Addiction • Whole Family Health • Legacy Mental Health Center • Indian River County School District • Indian River Hospital District | |

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| HOSPITAL FACILITY | Cleveland Clinic Indian River Hospital |
| CHNA SIGNIFICANT HEALTH NEED | Stroke |
| CHNA REFERENCE PAGE | Page 73 - 85 |
| DESCRIPTION OF NEED: | Stroke is the 5 th leading cause of mortality in the United States and in IRC, it is also a leading cause of disability |
| CHNA DATA: | |
| <ul style="list-style-type: none"> Stroke is the 5th leading cause of mortality in IRC, and the leading cause of disability. Of all Strokes - nearly 1 of 4 - are in people who have had a previous stroke. About 87% of all strokes are ischemic strokes, in which blood flow to the brain is blocked. Stroke is a leading cause of serious long-term disability. Stroke reduces mobility in more than half of stroke survivors age 65 and over. Stroke is the fifth leading cause of death in IRC that varies with race and ethnicity. Risk of having a first stroke is nearly twice as high for blacks as for whites, and blacks have the highest rate of death due to stroke. Though stroke death rates have declined for decades among all race/ethnicities, Hispanics have seen an increase in death rates since 2013. | |
| STRATEGIES/TACTICS: | |
| <ul style="list-style-type: none"> Community and Caregiver Education on Stroke Prevention and Risk factors <ul style="list-style-type: none"> - Preventing Stroke through Healthy Living <ul style="list-style-type: none"> <i>No Cigarette Smoking</i> <i>Limited Alcohol intake</i> <i>Exercise</i> <i>Healthy Diet</i> <i>Healthy Weight</i> Signs and Symptoms: <i>BEFAST</i> – Balance, Eye, Face, Arm, Speech, Time to call 911 <ul style="list-style-type: none"> -Integration and coordination of area EMS efforts and process to facilitate rapid | |
| MONITORING/METRICS: | |
| <ul style="list-style-type: none"> We will work to implement a community education campaign about signs and symptom recognition and early EMS activation as well as the importance of maintaining an active and healthy lifestyle. Number of Indian River County residents and Caregivers at education events. Assessment of Education efforts: pre- and post- questionnaire to assess understanding of the information regarding stroke prevention. Caregiver training will be implemented with hospital wide rotational training events to include Skill Fairs and monthly stroke education reviews for all the caregivers at CCIRH. | |
| COLLABORATIVE MEMBERS: | |
| <ul style="list-style-type: none"> Indian River County Fire and Rescue Indian River Shores EMS American Heart Association Treasure Coast Community Health Florida Department of Health Visiting Nurse Association of the Treasure Coast Senior Resource Association Indian River Hospital District | |