

2024 Implementation Strategy

| GOAL 1 – Increase awareness and prevention of Lyme disease and diabetes | | | | | | |
|---|---|---|-------------------------------------|----------|---|---|
| OBJECTIVES | ACTION STEPS | ACCOUNTABILITY | TIMEFRAME | BUDGET | IMPACT WILL BE MEASURED AND EVALUATED THROUGH THESE INDICATORS | Data July – December 2024 |
| Increase awareness of Lyme Disease and available community resources | Continue educational program for informing the community both in person and virtually | Katie Donald | 2-3 Sessions Annually | \$1,000 | Attendance at events- virtual and in person | PAH holds a monthly Wellness Connection Seminar. These topics vary from month to month. |
| | Connect people to resources | Katie Donald | March-November annually | - | With online resources, we are able to see the traffic to the specific pages on the website through the analytics. Through social media we can also track the amount of people that have been engaged, exposed, etc. | Continuing to provide |
| | Resources available in lobby, website, handed out at events | Katie Donald | March-November annually | \$1,000 | The measurement will be the rate of the turnover of materials. | Measuring the turn over of materials is continuing to be tracked. |
| Conduct annual blood screening program | Continue to offer the testing program annually | Katie Donald Ben Hughes Jackie Sansig | 1 per year, generally in the spring | \$10,000 | Completion of Event followed by an evaluation of participants. | Event completed. |

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| | Identify strategy to track percentage of attendees who follow up with Punxsutawney Area Hospital physicians and results over time | Katie Donald | Annually prior to screening event | - | Evaluation will be completed by referrals based on attendees of the event who sought care from Punxsutawney Area Hospital Physicians. | This will be completed in 2025. |
| | Create an opt out button to gain permission to track data in conjunction with registration. | Katie Donald | Annually prior to screening event | - | When registering participants will have the ability to not participate in our more comprehensive follow up. | Completed. |
| | Re-establish structural relationships with PCPs for the blood screening participants. | Katie Donald Shelly Young | Annually prior to screening event | - | Annually PCP's will be asked to participate in program. | This will be completed in 2025. The event happened in July 2024 so we had already gotten their participation in the event established. |

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| | Expand current comprehensive blood screening program using evidence-based methodologies to address diabetes, heart disease and obesity rates in the region; by strengthening provider partnerships and targeting education to high risk patients. | Katie Donald Ben Hughes | Annually | - | Attendance at events, number of targeted emails opened, information view on the website. | 2024 Completed |
| | Survey physicians/ providers to strengthen collaborative efforts with stakeholders in blood screening | Katie Donald Shelly Young | Annually post screening event. | - | Evaluation of a survey | 2024 Completed |

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| | program. | | | | | |
| Provide education to the community | Continue to provide Wellness Connection Seminars on relevant topics related to Lyme Disease and Diabetes | Katie Donald | Monthly on different topics | \$1,000 per event | # seminars and topic # attend each seminar | Monthly seminars with total number of attendees is being tracked. |

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| Goal 2: Increase awareness and prevention of Cardiovascular Disease (heart disease, high blood pressure, etc.) | | | | | | |
|--|--|------------------------------------|---|--------|--|-------------------------------------|
| OBJECTIVES | ACTION STEPS | ACCOUNTABILITY | TIMEFRAME | BUDGET | IMPACT WILL BE MEASURED AND EVALUATED THROUGH THESE INDICATORS | Data July - December 2024 |
| Decrease readmissions through better chronic care management | Discharge planning – risk factor scores of 10 and above the patient is scheduled for an appointment within 7 days with their primary care provider; they get a discharge phone call within 72 hours – they look at med management, meeting with their physician; any home equipment. If they didn't go home with home health would they benefit for home health. | Deanna Beveridge Patti Dinsmore | Evaluate on a quarterly basis annually. | - | Evaluate follow up measures by direct conversations with patients and document findings. | Evaluation measures are continuing. |

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| | Create a process to track and verify patients participation in their chronic care management with PCP. Validation of participation would be completed by creating a process to track and verify with individual providers in an effective way but timely way. This process would be created to ensure the follow up with patients and their PCP. | Deanna Beveridge Patti Dinsmore | Ongoing | - | Measured by evaluating the process of track/ verify by analyzing the data collected. | Data is reviewed quarterly. |

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| Community Blood Screening | Provide Supplemental information to patients, including blood pressures, heart disease screening questionnaire, provision of nutritional information. | Katie Donald Mandy Caylor | Monthly | \$5,000peryear in printing | Rate of disbursement. | Completed for 2024. |
| | After event, wrap around events on what did the test results mean, how to lower your cholesterol, diet and nutrition | Katie Donald Deanna Beveridge Amy Behrendt | Post screening event annually. | - | Identifying key issues and establishing events surrounding the topics. | Completed for 2024. |
| | Track the number of users over a five-year period | Katie Donald Ben Hughes | Post screening event annually. | - | Analyzing the data collection is complete. | Ongoing analysis. |

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| | Meet 2x annually with PCP to discuss needs of the community based on information gathered from The blood screening. | Katie Donald | 2xAnnually | - | Completion of meetings. | Completed for 2024. |
| Promote the hospital's Congestive Heart Failure Clinic and increase the Number of patients utilizing the clinic annually | Educate hospital staff, physicians and new cardiologist about the benefits of the hospital's Congestive Heart Failure Clinic | Katie Donald Michael Kascmar, CRNP Tom Moore | Quarterly Updates, Annually | \$1,000 a year for promotional informational printing | Evaluated by the number of connections made to providers and staff regarding the services that are available. | Delays based on CHF providers employment status changing with PAH. |
| | Send notice to providers and provide follow up – success stories | Katie Donald | Quarterly Updates, Annually | \$1,000peryear in postage | Completing the mailings both email and US Mail. | Identifying stories. |
| Reach out to the American Heart | Create a dialogue and relationship with the Regional and | Katie Donald | Quarterly Connections, Annually | - | Measured by having and analyzing the dialogue. | Ongoing establishment of relationship. |

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| Association to support their regional and national initiatives | national | | | | | |
| | American Heart Association in order to stay abreast of latest news and offerings | | | | | Ongoing visits to the American Heart Association Website. |
| | Deliver Educational Programs utilizing technology including an introduction to telemedicine. | Katie Donald Michael Kascmar, CRNP Tom Moore | Quarterly Programs, Annually | - | Measured by the number of programs that will be available to for patients and community members. | Cardio was featured at the Women's Clinic in October of 2024. |
| | Implement the use of the registry of high-risk patients to increase PCP follow-ups. | Katie Donald Shelly Young | Quarterly Updates, Annually | - | By using clinicians to evaluate and working directly with PCP's, establish a registry. It will be measured by its usefulness and 'completeness'. | In progress. |

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| | Make American Heart Association resources available to patients and share their resources with patients with appropriate | Katie Donald | Ongoing | \$1,000 per year | # resources distributed? | 500 hard copy, informational packets distributed. |
| Manage high risk population | Continue to enroll blood screening participants in the blood pressure/ high risk monitoring program. | Katie Donald Ben Hughes | During the screening event, Annually | \$5,000 per year | Adding additional participants. | Blood screening was completed in July of 2024. |
| | Increase clinical information provided to referring physicians for patients identified as high risk. | Katie Donald Michael Kascmar, CRNP | Quarterly Updates, Annually | \$500 per year | Evaluating the material to send and the amount of times connections were made. | Completed post Blood Screening. Connections made were tracked through emails sent to participants. |

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| | Create a tracking system to connect high risk patients with physician follow ups | Ben Hughes Shelly Young | Quarterly, Annually | - | By using clinicians to evaluate and working directly with PCP's, establish a registry. It will be measured by its usefulness and 'completeness'. | In progress. |
| Provide education to the community | Continue to provide Wellness Connection Seminars on relevant topics related to Cardiovascular Disease | Katie Donald | Monthly on different topics | \$1,000 per event | # seminars and topic # attend each seminar | Women's Health Fair featured Heart Health, 60 attendees |

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Goal 3: Position the hospital and community to respond to the National Opioid Crisis by using evidence-based practices and research while partnering to ensure efficacy.

| OBJECTIVES | ACTION STEPS | ACCOUNTABILITY | TIMEFRAME | BUDGET | IMPACT WILL BE MEASURED AND EVALUATED THROUGH THESE INDICATORS | Data July - December 2024 |
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| Identify health and human service in the local region to partner | Create a resource guide with local contacts for professionals | Katie Donald | Ongoing | - | Measured by the number of materials that created, dispersed, and/or utilized. | 1,500 informational pieces distributed |
| Online resources made available through the hospital's webpage | Redesign of the webpage to adequately provide educational resources. | Katie Donald | Quarterly Updates, Annually | - | The completion of updates on the website of the necessary links. | Materials identified but not added to the website. |
| | Identify web-based resources | Katie Donald | Quarterly Updates, Annually | - | Find web-based resources and create a connection to them using the pah.org website. | Ongoing. |
| | Post links through the webpage | Katie Donald | Quarterly Updates, Annually | - | Measured by the engagement of the posts-include post interaction. | Measurement in progress. |
| Connect to regional Players for better collaboration Of services | Identify key contacts in Law enforcement/Clearfield Jefferson Drug and Alcohol/Punxsutawney EMS,IRMC resources | Katie Donald Ben Hughes | Quarterly Updates, Annually | - | By making the key connections and Establishing a relationship. | Connections made with CJDAC. PREP employee in the PAH facility. |

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| Provide Resource list physicians and Providers in the region | Create a resource list For providers in Conjunction with IRMC To establish a cohesive PMCN resource list. | Katie Donald Deanna Beveridge Patti Dinsmore Gary Carnahan | Quarterly Updates, Annually | - | Completion of list creation and assessing its substance. | Completed but ongoing. |
| State Data provided Through the webpage And shared with collaborative partners | Notice to collaborative Partners of available resources | Katie Donald Deanna Beveridge Patti Dinsmore Gary Carnahan | Quarterly Updates, Annually | \$500 per year | Completion of connection being made to Partners yearly. | Completed but ongoing. |
| Collaborative grant identified | Research Opportunities with key stakeholders | Katie Donald | Quarterly Updates, Annually | - | Research on a regular basis the grants and funding sources that are available to assist With the goal. | Ongoing. |
| Create a PMCN Strategy to improve regional efforts | PMCN strategic plan to Identify opioid as a priority | Ben Hughes Paula Spack Jack Sisk Dr. Clark Simpson | Annually prior To PMCN reorganizational meeting | - | Confirmation that PMCN has it in their plan. | Confirmed |

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| Create Opioid Strategy document to address local needs. | Planning document Created Shared with Collaborative partner and Opioid stakeholders. | Paula Spack Gary Carnahan Dr. Bryan Dempsey | Quarterly Updates, Annually | - | Completion of planning documents with is Created collaboratively. | Currently being created. |

2024 Implementation Strategy

| Goal 4: Improve access to mental health services and supports | | | | | | |
|---|--|--|-------------------------------------|-----------|--|---|
| OBJECTIVES | ACTION STEPS | ACCOUNTABILITY | TIMEFRAME | BUDGET | IMPACT WILL BE MEASURED AND EVALUATED THROUGH THESE INDICATORS | Data July - December 2024 |
| ER expansion project | Determine the necessary components needed to assist with the care of mental health patients arriving in the ED | Ben Hughes Patti Dinsmore Dr. Clark Simpson Dr. Bryan Dempsey | First Quarter 2025 | \$5,000 | Evaluate and determine the functionality needed to care for mental health patients through real life visits. | Evaluation of number of patients identified and being reviewed for work flow in the new ED. |
| | In process of construction and need to reevaluate what will work in our space | | | | | |
| Develop a database of available community services | Create a database of resources of to assist patients with outpatient and other services. | Patti Dinsmore Brenda Cooper Katie Donald | First Quarter 2025, updated monthly | - | The creation of the database with a comprehensive guide to resources. | Completed but ongoing. |
| Establish relationship with IRMC for new behavioral health unit | Education on available services to hospital staff | Paula Spack Mandy Caylor | Quarterly | - | Completed yes/no | Not completed |
| | Establish referral process and process to direct admit to IRMC based on bed availability | Gary Carnahan Paula Spack | First Quarter 2025 | - | Completed yes/no | Not completed |
| | Determine marketing strategy and approach | Katie Donald | First Quarter 2025 | \$10,000 | Completed marking plan | No completed |
| Expand services | • Establish internal | Discharge | Q4 2024 | Beginning | # referrals | No referrals to date. |

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| through IRMC's Integrated Behavioral Health Building | referral process/protocol • Market services | Planning | for services to go live Jan 2025 | Jan 2025 | # referrals admitted #direct transfer from ED # in each level of service Avg. length of stay Discharge disposition | The facility is not open yet. |
| Decrease the number of suicides | Complete creation and implementation of suicide risk assessment with patients | Gary Carnahan Paula Spack Deanna Beveridge Katie Donald | First Quarter 2025 | - | # screened # at risk | In Progress. |
| | Create process to manage patient if screened and at risk | Gary Carnahan Paula Spack Deanna Beveridge Katie Donald | First Quarter 2025 | - | # received follow up services and support | In Progress |
| Collaborate with Clearfield Jefferson Drug and Alcohol Commission to make the PREP Program available | Continue to market program | Katie Donald | Ongoing | \$10,000 | <ul style="list-style-type: none"> Track referral to program based on what they are seeing <ul style="list-style-type: none"> they track people placed into programs and pull data on those falling through the cracks who recovery specialist and can meet with primary or secondary code related to SUD and not seeking as resource maybe track referral and then those not in county community member vs hospital referral | Ongoing. |

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|---|--|------------------------|-----------|--------|--|--|
| | Provide required staff education | Mandy Caylor | Ongoing | - | # trained and on what | Completed. |
| Serve community need by Supporting IRMC's BH Outreach Program to connect emergency department BH patients with outpatient | Collaborate with Ambulatory Social Work to connect them to BH patients to address ED identified SDOH or other service need | Ambulatory Social Work | Ongoing | | # of referrals to Ambulatory Social Work # connected to Ambulatory Social Work Compare ED visit rate on quarterly basis for BH patients connected to outreach services and those that are not (possibly pull connected with Ambulatory Social Work vs. didn't) | 50 referrals to a new position in PPG as a social worker these were not all from the ED. |
| | Review ED logs weekly to identify patients appropriate for additional BH services and complete post-discharge phone calls | Ambulatory Social Work | ongoing | | # of phone calls # social worker reaches # of patients who follow-up with PCP in 7 days post ED visit | Not completed, BH unit is not open at IRMC yet. |

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| | Work with community providers to develop opioid prescribing guidelines | Ambulatory Social Work | ongoing | | # providers adopting guideline # reduce dependence on opioids in offices following guidelines | Ongoing |
| Increase access to inpatient rehab | Form relationships with facilities in the region that can support patients in need. | Dr. Bryan Dempsey | ongoing | - | # connections made | 3 connections made to other facilities. |
| Increase awareness of available services | Create a collaborative resource guide between PAH, IRMC, and ACMH with local contacts for professionals | Patti Dinsmore | First Quarter 2025 then ongoing | - | Creation of guide | Completed but ongoing. |

GOAL 5 – Increase access to resources and health literacy

| OBJECTIVES | ACTION STEPS | ACCOUNTABILITY | TIMEFRAME | BUDGET | IMPACT WILL BE MEASURED AND EVALUATED THROUGH THESE INDICATORS | Data July – December 2024 |
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| Create community health resource directory | Collect information on available community resources and | Katie Donald | First Quarter 2025 then ongoing | \$10,000 | # screened # and type of need identified | Ongoing. |

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GOAL 5 – Increase access to resources and health literacy

| OBJECTIVES | ACTION STEPS | ACCOUNTABILITY | TIMEFRAME | BUDGET | IMPACT WILL BE MEASURED AND EVALUATED THROUGH THESE INDICATORS | Data July – December 2024 |
|------------|--|--|-----------|--------|--|---------------------------|
| | create database for the community that will be available online and print copy to provide patients | | | | | |
| | Continue to ask inpatients question related to SDOH and if indicate a need provide resource guide and supplement food if they not food as need | Discharge Planning | Ongoing | - | | In Progress. |
| | Evaluate possible staff need and approach to be able to follow up with those who identify a need | Katie Donald Paula Spack Gary Carnahan Patti Dinsmore | Ongoing | - | | In Progress. |
| | Work to expand asking SDOH | Paula Spack Gary Carnahan Dr. Dempsey | Ongoing | - | | In Progress. |

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GOAL 5 – Increase access to resources and health literacy

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| | questions in the ER and hope person doing triage can do follow up and add this to what they would already ask | Deanna Beveridge Katie Donald | | | | |
| Improve health literacy | Bring mobile wellness unit out into community to help increase access to preventative care | Katie Donald | Ongoing | \$5,000 | # locations mobile wellness unit was at # served by mobile wellness unit? | 11 locations 1,000 ppl served |
| | Educate children at the Punxsutawney Area School District on health and wellness | Katie Donald | Ongoing | \$1,000 | # joint programs # children participating in programs | Wellness Days Grades 3-4-5-6 650 kids |
| | Partner with IUP and other organizations to increase knowledge or awareness of preventative care | Katie Donald Sarah Walker | Ongoing | \$3,000 | #partners #programs offered # participating in programs | 3- IUP, Rotary, Chamber 8 Programs 550 ppl |

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| | Assist patient who qualify for financial assistance or may be uninsured or underinsured | Finance Department | Ongoing | - | # assisted | 50 |
| | Ensure all print, digital and social messaging is accessible and written at a reading level the general population can read and understand | Katie Donald Mandy Caylor | Ongoing | - | | Completed |

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GOAL 6 – Increase awareness and strategies to reduce obesity and maintain a healthy weight

| OBJECTIVES | ACTION STEPS | ACCOUNTABILITY | TIMEFRAME | BUDGET | IMPACT WILL BE MEASURED AND EVALUATED THROUGH THESE INDICATORS | Data July – December 2024 |
|---|---|----------------|-----------------------------|---------|--|---------------------------|
| Provide education, resources and support to the community | Continue to provide Wellness Connection Seminars on relevant topics related to overweight, obesity and healthy weight | Katie Donald | Monthly on different topics | - | # seminars and topic # attend each seminar | Seminar 1 Attendee 60 |
| | Create recipe guides | Dietician | Monthly | \$1,000 | Creation of guides | Ongoing |
| | Provide information on healthy shopping, reading food labels, etc. | Dietician | Monthly | - | # of resources provided | 4 handouts |
| | Offer consults with Dietician | Dietician | Ongoing | - | # consults # lost weight Pounds lost | Not completed |
| | Collaborate with the school district to provide wellness days for students and faculty | Katie Donald | Quarterly | \$1,000 | #students participate #faculty participate | 650 kids 26 facility |

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| | Collaborate with the school district to provide blood pressure and stress screening for teachers | Katie Donald | Quarterly | \$1,000 | #screened #high bp or high stress #connected to resources | 70 12 12 |
| | Provide education on the importance of exercise | Rehab Staff | Quarterly | - | #participate in education session | Not competed |
| | Partner for National Night Out and other community events and provide education on exercise and wellness where appropriate | Rehab Staff Pediatric Staff | Ongoing | \$5,000 | #events and topic # participating in events | 2 Events Topic: Pediatric Wellness # participating: 400 |
| Improve the quality of food available at PAH | Review menu and meals available through food service to ensure we are providing healthy meals and options | Dietician | Ongoing | - | # of menus reviewed | 1 month's worth |

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|--|--|------------------------|-----------|--------|--|---|
| Collaborated with IRMC to provide bariatric services | Refer appropriate patients to services at IRMC | Primary Care Providers | Ongoing | - | #referrals #received services #received surgery Total pounds lost | 35 referrals 20 services 4 surgeries Unknown |