

St. Francis Hospital
Community Service Plan Executive Summary
2019-2021
Year Two Update (2020)

We, at Catholic Health, humbly join together to bring Christ's healing mission and the mission of mercy of the Catholic Church expressed in Catholic health care to our communities.

Catholic Health (CH) is an integrated health care delivery system with some of the region's finest health and human services agencies. CH includes six hospitals, three skilled nursing facilities, a regional home nursing service, hospice and a multiservice, community-based agency for persons with special needs. Under the sponsorship of the Diocese of Rockville Centre, CH serves hundreds of thousands of Long Islanders each year, providing care that extends from the beginning of life to helping people live their final years in comfort, grace and dignity.

Selection of Community Health Priorities for 2019-2021

As a faith-based organization, the interventions and outreach provided to the community is rooted in our mission and is part of the health care ministry of the Catholic Church. These programs address needs of the community and the New York State (NYS) Prevention Agenda priorities for 2019-2021 to improve the health and well-being of all Long Islanders and to promote health equity in all populations who experience disparities.

St. Francis Hospital is a member of the Long Island Health Collaborative (LIHC), a grant-funded Population Health Improvement Program for Long Island. Collaborators include hospitals, Nassau and Suffolk County Health Departments, academic partners, community-based organizations, physicians, health plans, schools and libraries, local municipalities and other community partners who held a vested interest in improving community health and supporting the New York State Department of Health (NYSDOH) Prevention Agenda.

In 2019, members of the LIHC reviewed extensive data sets selected from both primary and secondary data sources to identify and confirm prevention agenda priorities for the 2019-2021 community health needs assessment cycle. For detailed information about the data review, please refer to the hospital's Community Health Needs Assessment.

Community partners selected the following areas of focus for Long Island from the New York State Prevention Agenda priorities:

1. Prevent Chronic Disease
Focus Area 4: Chronic Disease Preventive Care and Management
2. Promote Well-Being and Prevent Mental and Substance Use Disorders
Focus Area 2: Mental and Substance Use Disorders Prevention

The health disparity that partners are focusing on is the inequities experienced by those in low-income neighborhoods. As such, low income—one social determinant of health—precludes members from these communities from accessing preventive and/or medical care due to their difficulty in affording copayments/deductibles (if insured) or care at all if they are uninsured. Additionally, financially-stressed individuals have difficulty affording nutritious foods, leaving them more vulnerable to poorer chronic disease management outcomes, since nutrition and diet play a pivotal role in almost every chronic disease.

St. Francis Hospital partners with community-based organizations in select communities to hold culturally relevant chronic disease management educational programs.

Due to COVID-19, many outreach activities traditionally held in the community were paused in mid-March; however, some were offered as virtual events. Some St. Francis outreach activities held in the community resumed fall 2020, when it was deemed appropriate and safe to do so.

Summary of Interventions, Strategies and Community Outreach Activities

Prevent Chronic Disease

Goals and selected interventions concentrate on Focus Area 4: *Chronic Disease Preventive Care and Management*, with additional programming addressing other focus areas.

Interventions include:

- The Cultural Competency Health Literacy train-the trainer program (offered by the LIHC) concluded in January 2020.
- The Live Better public information campaign (developed and managed by LIHC) concluded in January 2020
- To prevent illnesses, disease and other health problems, or to detect illness at an early stage, offer regularly scheduled preventive health screenings in local communities, particularly those in medically-underserved communities, including blood pressure, body mass index (BMI), glucose, cholesterol, and prostate cancer.
 - Blood pressure screenings were held at eight local libraries and senior living centers from January through mid-March, including Atria of Roslyn, Amsterdam at Harborside, East Williston Library, Great Neck Senior Center, Jasa Holliswood, Port Washington Library, Shelter Rock Library and Westbury Public Library. Screenings were provided to 220 community members. Screenings at community locations will resume when permitted.
- St. Francis Hospital Outreach bus screened 654 patients for blood pressure, total cholesterol, HDL and BMI from January through September.
- *Healthy Sundays'* community outreach events are held in collaboration with churches, houses of worship and communities. Events are held three to five times per year and include health screenings, education and referrals to care along with select partners offering free or discounted services.
 - Two events are scheduled for fall 2020. One event was held in October where 153 patients received flu vaccinations. Another event is scheduled for November.

- Regularly scheduled lectures, symposiums and education events.
 - The St. Francis Hospital Community Health Fair, held each year in April, was cancelled for 2020 and will resume in 2021.
- Smoking cessation programs are offered to reduce the risk of diseases caused by or affected by smoking. At St. Francis Hospital we offer the American Lung Association's Freedom from Smoking program.
 - St. Francis Hospital offers the American Lung Association's Freedom from Smoking program. Nineteen individuals were counselled in smoking cessation from January through June. Patients from April through September were counselled via telehealth.
- Student Athlete screenings are offered to high school athletes to detect cardiac issues and prevent possible adverse events during athletic events.
 - From January through March, 81 students were screened with 6 referred for follow up. A student athlete screening will be held on November 4.
- The Diabetes Prevention Program is a lifestyle change program that can help at risk individuals reduce their risk of developing type 2 diabetes.
 - Diabetes Prevention Program sessions were held from January through June. An April session was cancelled, and May and June sessions were held virtually. In-person classes resumed in August. Year-to-date, there were 74 patient visits for classes.

Promote Well-Being and Prevent Mental and Substance Use Disorders

Goals and selected interventions will concentrate on Focus Area 2: *Mental and Substance Use Disorders Prevention* with additional programming in Focus Area 1: *Promote Well-Being*.

Interventions include:

- Promotion of all programs, events and education offered by LIHC members that speak to the prevention of mental and substance use disorders.
- Participation in local task forces addressing opioid use disorders.
- Support groups bring together people who are going through or have gone through similar experiences. St. Francis Hospital offers free support groups open to all community members, including the Brave Hearts for those recovering from open heart surgery, Stroke Support group, Healthy Back Wellness, Movement and Relaxation for Weight Management, Stretch and Tone, Renew/Relax/Restore, Chair Exercise for all ages, and Stress Management.
 - The Ovarian/GYN support group met early in the year with five participants. Sessions scheduled for April and beyond will resume when permitted.
 - The Stroke Support Group met from January through September with 35 patient visits noted. After March, the sessions were conducted via telehealth.
 - The Diabetes Support Group had in-person meetings in January and February. In May, a telehealth session was held. In person meetings resumed in the fall. A total of 51 patient visits were held to date.
 - The stress management program was conducted from April through July via telehealth. Classes resumed in October with options for both in-person and via the telehealth. Year-to-date, 215 patient sessions were held.

- The Spirit, Mind, Body Meditation program was conducted from April through July via telehealth, and in person classes resumed in September. Year-to-date, 155 patient sessions were held.
- Distribution of CH's *Mental Health and Substance Use Disorder Services Guide* to CH partners within the hospital and at hospital outreach events.
- St. Francis offered its first Suicide Prevention Program in June with the option for participants to attend either in person or online; there were 13 participants.
- Narcan Training programs.
 - Most events for 2020 were cancelled due to COVID-19. Year to date, 13 individuals were trained. Virtual classes are under consideration.

In addition to the two selected New York State priority and focus areas, St. Francis Hospital also participates in community outreach activities that address other New York State Prevention Agenda priorities.

Promote a Healthy and Safe Environment

- Free, evidence-based fall prevention programs designed to improve balance and strength and help reduce falls and build confidence in older adults.
 - One falls prevention lecture was held early in the year at the Magnolia Senior Center where 30 patients were educated in reducing the risk of fall. Subsequent events were postponed until it is safe to resume.
 - St. Francis Hospital offers a *Moving for Balance* class that includes gentle movements for posture, flexibility, strength and balance to help with falls prevention. The spring classes were cancelled due to COVID-19. In-person classes resumed in the fall. Year-to-date, 33 patient sessions were recorded.

Prevent Communicable Diseases

- Offer free flu vaccinations at events in underserved communities, at Healthy Sundays outreach, hospital health fairs and other community venues.
 - The St. Francis outreach bus provided 517 flu vaccines at community locations thus far in 2020.
- St. Francis receive a grant from the Mother Cabrini Health Foundation that will be used to reach low-income Asian/Pacific Islander (API) community members and provide specific, accurate information about COVID-19. This includes how to avoid infecting high-risk persons, such as individuals who are elderly, overweight/obese, persons with diabetes and persons with asthma. Outreach will include distribution of multilingual printed information, use of API language, traditional media and the use of the Internet via a webpage and other efforts. Other outreach methods include social media, an online virtual resource center and texting reminders. Topics will include the need to wash hands, wear masks and monitor for symptoms, the utility of having a thermometer and pulse oximeter to measure blood oxygenation levels. Grant funds will also be used to hire an outreach coordinator, interpreters, obtain outreach materials, digital platforms and supplies for distribution, such as face masks, gloves, thermometers, pulse oximeters, hand sanitizers and disinfectants.

To learn more about program data, projections and outcomes for the priority areas, please see the St. Francis Hospital Community Health Needs Assessment and Attachment E found at (stfrancisheartcenter.chsli.org).

Living the Mission

The CH mission is the driving force behind all community outreach activities. In addition to the interventions summarized above, St. Francis Hospital, along with the CH Continuing Care Division, provide additional outreach programs that emphasize the health care ministry of the Catholic Church and social determinants of health.

CH Mission and Social Determinants of Health

- The American Heart Association Long Island Heart Walk was held virtually in 2020. Catholic Health staff collectively walked more than 23 million steps and was the official winner of the Long Island Steps Challenge. St. Francis Hospital was the first place team, walking more than 6 million steps.
- American Cancer Society Making Strides Against Breast Cancer Walk, was held virtually in 2020
- Programs that support staff resiliency such as Code Lavender and daily prayer.
- Blood drives supporting New York Blood Services.
 - Three blood drives were held in 2020 collecting 290 pints of whole blood. Blood drives at the hospital will resume in November by appointment. Staff are also encouraged to donate at the New York Blood Services donation centers using the St. Francis group code.
- Cancer Survivor celebrations
 - The annual St. Francis Hospital Cancer Survivor Celebration, which had been scheduled for June, was cancelled for this year due to COVID-19 concerns.
- Collection drives for food, clothing and school supplies
- Adopt-a-family collections at Christmas
- Gift of Life partnership that provides cardiac corrective procedures for children who do not have access to, nor the means to pay for medical care.
 - A procedure for a child who had been scheduled for March was postponed, along with all other subsequent cases, due to international travel restrictions related to COVID-19.
- Support of international medical mission trips
 - A medical mission trip which had been scheduled for Jamaica was cancelled, and re-scheduled to next year due to travel restrictions related to COVID-19.
- Bereavement camp for children (*Good Shepherd Hospice*) was not held in 2020.
- Continuous food collection/distribution (*Maryhaven Center of Hope*)

Dissemination of the Plan to the Public

The St. Francis Hospital Community Health Needs Assessment and attachments are available to read or download from the hospital's website at stfrancisheartcenter.chsli.org. Copies are also available upon request.

Conclusion

The Community Service Plan is intended to be a dynamic document. Using the hospital's strengths and resources St. Francis Hospital along with community partners, will continue to work to address health disparities and needs. The hospital strives to improve the overall health and well-being of individuals and families by expanding free health promotion and disease prevention education, screenings and programs in communities where they are most needed. St. Francis Hospital is committed to living the CH mission, promoting good health, access to care and serving the community.