

Adventist HealthCare Rehabilitation

2017-2019 Community Health Needs Assessment Implementation Strategy

Adopted May 15, 2017



Implementation Strategy Development & Adoption

Adventist HealthCare Rehabilitation’s 2017-2019 [Community Health Needs Assessment](#) (CHNA) was reviewed and approved by the Adventist HealthCare Board of Trustees in November of 2016. Based on the findings, as well as input from the community, Adventist Rehabilitation’s Operational Leadership Team prioritized the needs identified in the CHNA in order to guide the development of an Implementation Strategy. The following factors were considered in completing the prioritization process:

- **Incidence and Prevalence:** How big of a problem is the need in the community?
- **Presence and Magnitude of Disparities:** Are some populations disproportionately burdened?
- **Change over Time:** Has the need improved, worsened, or seen no change in recent years?
- **Alignment with County Priority Areas:** Is the health area aligned with Montgomery County’s priority areas?
- **Community Input:** Based on the primary survey data, Healthy Montgomery Community Conversations, and input from the Center for Health Equity and Wellness Advisory Board, what are the most significant areas of need as identified by the community?
- **Existing Resources, Expertise, and Partnerships:** Does the hospital have resources, existing programing, expertise, or existing/potential partnerships that can be leveraged to effectively address the need?
- **Gaps and Resources in the Community:** Are there existing resources sufficiently addressing the need or are additional resources needed? Where specifically do the gaps lie?
- **Potential for Measurable and Achievable Outcomes:** Are there relevant outcome measures? Will it be possible to make an impact?



The final prioritized list of needs for Adventist HealthCare Rehabilitation’s 2017-2019 Community Health Needs Assessment is as follows:

- | | |
|---------------------------|-----------------|
| 1. Traumatic Brain Injury | 8. Obesity |
| 2. Stroke | 9. Diabetes |
| 3. Amputee | 10. Neurology |
| 4. Spinal Cord Injury | 11. Housing |
| 5. Cardiovascular Health | 12. Food |
| 6. Lymphedema | 13. Education |
| 7. Cancer | 14. Orthopedics |

Based on the prioritization process, Adventist HealthCare Rehabilitation has elected to focus its initiatives on concussion care education and awareness for student athletes.

Implementation Strategy Overview: Concussion Care and Prevention

Identified Need

According to the Maryland Core Injury and Violence data, in 2014 Maryland had over 620 TBI related hospitalizations and 17,932 emergency department visits for youth ages.¹ Looking specifically within athletics, there has been increasing conversation around concussions, as more serious neurological complications such as depression and memory problems have been linked to suboptimal concussion care earlier in life.² The American Academy of Neurology found that athletes are at greatest risk of repeat injury within the first 10 days after a concussion, with repeated impact increasing the likelihood of later health complications.³ Additionally, the National Athletic Trainers' Association states that over 50% of high school athletes and collegiate athletes do not report concussions during football due to unawareness of symptoms and signs.⁴ In order to address the growing concerns surrounding TBI, the following implementation strategy aims to continue a partnership with Montgomery County Public High Schools in conducting concussion baseline testing, prevention, and management programs for student athletes.

Goal

Increase awareness of, and education around, concussions for student athletes.

Strategy: Concussion Education, Baseline Testing and Athletic Training for Montgomery County High School Student Athletes

Overview & Activities

Adventist HealthCare Rehabilitation has partnered with Montgomery County Public Schools to provide baseline concussion testing and athletic trainers in 13 of 25 high schools. Baseline testing is a pre-season exam conducted by trained professionals to assess an athlete's cognitive functions including learning and memory skills, ability to concentrate and problem solving skills. In the event that the athlete suffers a concussion, the results from these tests can be used in comparison with similar post-injury tests. Adventist HealthCare Rehabilitation uses ImPACT™ (Immediate Post-Concussion Assessment Cognitive Test), a web-based, computerized tool used to measure memory, processing speed, reaction time, attention span and problem solving skills. In addition to the baseline testing, Adventist HealthCare Rehabilitation has implemented an athletic trainer program at each of the 13 schools. This has included training and placing an athletic trainer in each of the schools to assist with concussion awareness and education as well as timely on-site injury prevention and management. Specific program activities include:

- Education sessions for students to increase knowledge and awareness of concussion symptoms, acute treatments, importance of recovery, and effects on every day activities beyond sports
- Implementing ImPact™ baseline testing for student athletes in 13 Montgomery County high schools (with each student baseline tested every 2 years)
- Maintaining and making available baseline test results to students, parents, and students' health care providers at no cost
- Providing retests following a concussion at no cost
- Providing follow-up testing and analysis for students as needed at a reasonable rate
- Training and placing full-time athletic trainers in 13 Montgomery County high schools
 - Trainers attend all 'home' athletic events as well as 'away' varsity football games
 - Trainers perform functions within the six domains of athletic trainers as established by the National Athletic Trainers Association: prevention; clinical evaluation and diagnosis; immediate care; treatment, rehabilitation, and reconditioning; organization and administration; and professional responsibilities.
 - In addition, trainers assist in implementing school and system wide responsibilities related to the health and safety of student athletes.
- Providing American Heart Association CPR/AED recertification for athletic staff at 13 Montgomery County high schools

Objectives

- Reduce the number of concussions among student athletes at the participating Montgomery County Schools
- Reduce the number of injuries among student athletes at the participating Montgomery County Schools
- Increase knowledge and awareness of concussion symptoms and care, as well as self-efficacy for identifying and reporting concussion symptoms among student athletes at the participating Montgomery County Schools

Collaborative Partners

- Montgomery County Public Schools: Churchill, Clarksburg, Einstein, Kennedy, Richard Montgomery, Northwest, Paint Branch, Poolesville, Rockville, Springbrook, Watkins Mill, Wheaton, and Wootton

Committed Resources

- Staff time and funding for administration, implementation, and evaluation of all program activities including education, baseline testing, and the athletic trainer program

Other Areas of Need Addressed by Adventist HealthCare Rehabilitation

While Adventist HealthCare Rehabilitation has identified concussion care and prevention as its priority area for this Implementation Strategy period, the hospital will continue to address other areas of need through existing community health outreach programs, education, and financial contributions.

In addition to the action items listed in the table below, Adventist HealthCare Rehabilitation as a part of Adventist HealthCare is committed to providing financial support to improve the health and wellbeing of our community through the Community Partnership Fund. The Adventist HealthCare Community Partnership fund provides funding for 501(c)(3) non-profit organizations whose activities align with our mission and the following funding objectives:

- **HEALTH AND WELLNESS:** Support community health services, education, and prevention and wellness programs
- **PARTNERSHIPS:** Leverage partnerships to address socioeconomic disadvantages that affect health
- **CAPACITY BUILDING:** Improve community health through collaborative partnerships, economic and workforce development, and advocacy

When reviewing applications, the priorities for the Community Partnership Fund include:

- Activities that address a priority area of need identified in our hospitals' Community Health Needs Assessments
- Activities that target populations in Adventist HealthCare's service area that are socially and economically disadvantaged or medically underserved
- Activities that align with Adventist HealthCare's community-based mission
- Activities that have a measurable impact on the community being served

Area of Need	Action	Evaluation
Traumatic Brain Injury	<p>In addition to the activities described in the implementation strategy above, Adventist HealthCare Rehabilitation provides additional support in the community around traumatic brain injury.</p> <ul style="list-style-type: none">• Brain Injury Support Group: For those with both traumatic and non-traumatic brain injuries, this group provides support and education, as well as guidance around available community resources. Participants are encouraged to bring family and	<p>Brain Injury Support Groups:</p> <ul style="list-style-type: none">• Number of support groups held• Number of encounters

	<p>friends.</p> <ul style="list-style-type: none"> • Grupo de Apoyo para Personas con una Lesión Cerebral: In addition to the English language brain injury support group, an additional group is offered in Spanish. • Cognitive Game Night: 	
Traumatic Brain Injury, Stroke, & Neurology	<p>Adventist HealthCare Rehabilitation also offers programs to support individuals with cognitive and speech-language needs.</p> <ul style="list-style-type: none"> • Cognitive Game Night: Led by a speech-language pathologist, game nights provide a fun environment for cognitive stimulating games. Education and discussion is also provided around cognitive strategies, as well as methods for continuing cognitive rehabilitation at home. • Community Aphasia Group: Led by a speech-language pathologist, this group provides opportunities for individuals to work on successful communication and social interaction in a supportive, positive, and small group setting. 	<p>Cognitive Game Night</p> <ul style="list-style-type: none"> • Number of groups held • Number of encounters <p>Community Aphasia Group</p> <ul style="list-style-type: none"> • Number of groups held • Number of encounters
Amputee	<p>Amputee Support Group: This group focuses on the emotions and challenges of living life as an amputee. It is the groups focus to be positive, creative and resourceful in examining an amputee’s experiences. Many topics are discussed including prosthetic development, therapeutic devices and training, as well as emotional counseling and support.</p>	<p>Amputee Support Group</p> <ul style="list-style-type: none"> • Number of groups held • Number of encounters

Other Areas of Need Not Directly Addressed by Washington Adventist Hospital

WAH does not directly address the areas of need included in the table below through ongoing education or programing. However, these areas may be addressed through the Adventist HealthCare Community Partnership Fund which aims to provide funding for community organizations working to address needs identified in our community health needs assessment.

Area of Need	Rationale
Spinal Cord Injury, Lymphedema, and Orthopedics	Adventist HealthCare Rehabilitation does not currently provide ongoing community outreach or programs specific to spinal cord injury, lymphedema, and orthopedics due to limited resources, and a focus on areas that were identified as higher priority during the CHNA prioritization process.

<p>Cardiovascular Health, Cancer, Obesity, and Diabetes</p>	<p>Adventist HealthCare Rehabilitation does not currently provide ongoing community outreach or programs specific to chronic disease due to limited resources, and a focus on areas that were identified as higher priority during the CHNA prioritization process. Chronic disease is being addressed by other organizations in the community including Washington Adventist Hospital and Shady Grove Medical Center, both of which are part of the Adventist HealthCare system.</p>
<p>Social Determinants of Health: Housing, Food Access, Education</p>	<p>Adventist HealthCare Rehabilitation does not currently provide ongoing community outreach or programs specific to housing, food access, and education due to limited resources, and a focus on areas that were identified as higher priority during the CHNA prioritization process.</p>

¹ Traumatic Brain Injury Advisory Board. (2016). *2016 annual report of the Maryland Traumatic Brain Injury Advisory Board*. Retrieved from <http://bha.dhmh.maryland.gov/Documents/2016%20Maryland%20Traumatic%20Brain%20Injury%20Advisory%20Board%20Report.pdf>

² Abreu, M. A., Edwards, W., & Spradley, B. D. (2016). The War Against Concussions. *Sport Journal*, 1-12.

³ Giza, C. C., Kutcher, J. S., Ashwal, S., Barth, J., Getchius, T., Gioia, G. A., Gronseth, G. S., Guskiewicz, K., Mandel, S., Manley, G., McKeag, D. B., Thurman, D. J., & Zafonte, R. (2013). Summary of evidence-based guideline update: Evaluation and management of concussion in sports. *The American Academy of Neurology*. Retrieved from https://www.aan.com/uploadedFiles/Website_Library_Assets/Documents/3Practice_Management/5Patient_Resources/1For_Your_Patient/6_Sports_Concussion_Toolkit/guidelines.pdf

⁴ Broglio, S. P., Cantu, R. C., Gioia, G. A., Guskiewicz, K. M., Kutcher, J., Palm, M., & Valovich McLeod, T. C. (2014). National Athletic Trainers' Association position statement: Management of sport concussion. *Journal of Athletic Training (Allen Press)*, 49(2), 245-265. Retrieved from EBSCOhost