

*Caring, Compassionate, Community*



**BRECKINRIDGE  
HEALTH**

# 2022 Community Health Needs Assessment

## Introduction:

Breckinridge Health, Inc., a nonprofit regional health system serving a six county area in Western Kentucky with a focus on the Breckinridge County community, has a rich growing tradition of responding to the needs of the community. In 2002 Breckinridge Memorial Hospital became Breckinridge Health, Inc. in order to encompass all of our subsidiaries. Breckinridge Health, Inc. includes Breckinridge Memorial Hospital (a 25 bed medical and surgical critical access hospital), Breckinridge Memorial Nursing Facility, Christa Dowell, APRN and Jill Jagers, APRN at the McDaniel's Family Care, Mandy Butler, APRN at the Cloverport Health Clinic, Dr. Ben Smith, Dr. Brian O'Donoghue, Misty Gilley, APRN, Julie Nixon, PA-C and Cathy Lewis, APRN at the Breckinridge Primary Care Clinic, Dr. Meena Patel at Breckinridge Health Clinic (Pediatrics), Breckinridge Surgical Services, Podiatry, Breckinridge Health Orthopedics, Oncology and our Outpatient Clinic Building located behind the hospital. People within the community have continued to turn to BHI, trusting their health and the health of those they love to BHI's care, building relationships that have been generations in the making. In turn, the bond between hospital and community has allowed BHI to grow, preserving the focus on caring not just for patients, but for neighbors and family. BHI strives every day to better serve the community through its mission: to continually reduce the burden of illness, injury and disability and to improve the health and functioning of the people of our communities. Today's healthcare environment is one of challenge, change and complexity, yet through collaborative efforts BHI seeks to focus on the "health" as much as the "care" in healthcare and prioritize the health status improvement of the communities it serves as a vital goal of the organization. The Community Health Needs Assessment is a tool that BHI will use to further identify the health needs of our communities.

# **Mission Statement**

## **Mission**

Our explicit purpose is to continually reduce the burden of illness, injury and disability and to improve the health and functioning of the people of our communities.

## **Vision**

We have arrived at a state of being, having raised the quality of care to unprecedented levels. Our health care service product is safe, effective, patient-centered, timely, efficient and equitable.

Safe – We avoid injuries to patients from the care that is intended to help them.

Effective – We provide services based on scientific knowledge to all who could benefit and refrain from providing services to those not likely to benefit.

Patient-Centered – We provide care that is respectful of and responsive to individual patient preferences, needs and values and ensure that patient values guide all clinical decisions.

Timely – We reduce waits and sometimes harmful delays for both those who receive and those who give care.

Efficient – We avoid waste, including waste of equipment, supplies, ideas and energy.



Equitable – We provide care that does not vary in quality because of personal characteristics such as gender, ethnicity, geographic location and socioeconomic status.

## Values

- Respect for every individual •Delivery of quality service
- Constant pursuit of excellence •Commitment to integrity

## THE COMMUNITY WE SERVE

**Below you will find the Census statistics collected in 2021**

Fact	Breckinridge County, Kentucky	United States
Population Estimates, July 1 2021, (V2021)	20,651	331,893,745
Population estimates base, April 1, 2020, (V2021)	20,432	331,449,281
Population, percent change - April 1, 2020 (estimates base) to July 1, 2021, (V2021)	1.10%	0.10%
Population, Census, April 1, 2020	20,432	331,449,281
Population, Census, April 1, 2010	20,059	308,745,538
Persons under 5 years, percent	5.80%	5.70%
Persons under 18 years, percent	22.40%	22.20%



Persons 65 years and over, percent	20.10%	16.80%
Female persons, percent	49.40%	50.50%
White alone, percent	94.90%	75.80%
Black or African American alone, percent	2.30%	13.60%
American Indian and Alaska Native alone, percent	0.50%	1.30%
Asian alone, percent	0.40%	6.10%
Native Hawaiian and Other Pacific Islander alone, percent	Z	0.30%
Two or More Races, percent	1.80%	2.90%
Hispanic or Latino, percent	2.10%	18.90%
White alone, not Hispanic or Latino, percent	93.20%	59.30%
Veterans, 2016-2020	1,564	17,835,456
Foreign born persons, percent, 2016-2020	0.60%	13.50%
Housing units, July 1, 2021, (V2021)	10,749	142,153,010
Owner-occupied housing unit rate, 2016-2020	81.80%	64.40%
Median value of owner-occupied housing units, 2016-2020	\$104,500	\$229,800

Median selected monthly owner costs -with a mortgage, 2016-2020	\$964	\$1,621
Median selected monthly owner costs -without a mortgage, 2016-2020	\$349	\$509
Median gross rent, 2016-2020	\$618	\$1,096
Building permits, 2021	3	1,736,982
Households, 2016-2020	7,731	122,354,219
Persons per household, 2016-2020	2.58	2.6
Living in same house 1 year ago, percent of persons age 1 year+, 2016-2020	89.50%	86.20%
Language other than English spoken at home, percent of persons age 5 years+, 2016-2020	3.00%	21.50%
Households with a computer, percent, 2016-2020	82.00%	91.90%
Households with a broadband Internet subscription, percent, 2016-2020	74.80%	85.20%
High school graduate or higher, percent of persons age 25 years+, 2016-2020	86.30%	88.50%
Bachelor's degree or higher, percent of persons age 25 years+, 2016-2020	14.40%	32.90%
With a disability, under age 65 years, percent, 2016-2020	16.40%	8.70%
Persons without health insurance, under age 65 years, percent	7.50%	9.80%
In civilian labor force, total, percent of population age 16 years+, 2016-2020	51.10%	63.00%


In civilian labor force, female, percent of population age 16 years+, 2016-2020	46.90%	58.40%
Total accommodation and food services sales, 2017 (\$1,000)	9,635	938,237,077
Total health care and social assistance receipts/revenue, 2017 (\$1,000)	46,718	2,527,903,275
Total transportation and warehousing receipts/revenue, 2017 (\$1,000)	17,255	895,225,411
Total retail sales, 2017 (\$1,000)	160,406	4,949,601,481
Total retail sales per capita, 2017	\$7,968	\$15,224
Mean travel time to work (minutes), workers age 16 years+, 2016-2020	33.8	26.9
Median household income (in 2020 dollars), 2016-2020	\$47,236	\$64,994
Per capita income in past 12 months (in 2020 dollars), 2016-2020	\$24,458	\$35,384
Persons in poverty, percent	17.10%	11.60%
Total employer establishments, 2020	284	8,000,178
Total employment, 2020	2,551	134,163,349
Total annual payroll, 2020 (\$1,000)	88,224	7,564,809,878
Total employment, percent change, 2019-2020	3.10%	0.90%
Total nonemployer establishments, 2019	1,363	27,104,006



All employer firms, Reference year 2017	243	5,744,643
Men-owned employer firms, Reference year 2017	S	3,480,438
Women-owned employer firms, Reference year 2017	S	1,134,549
Minority-owned employer firms, Reference year 2017	S	1,014,958
Nonminority-owned employer firms, Reference year 2017	205	4,371,152
Veteran-owned employer firms, Reference year 2017	S	351,237
Nonveteran-owned employer firms, Reference year 2017	S	4,968,606
Population per square mile, 2020	35.9	93.8
Population per square mile, 2010	35.4	87.4
Land area in square miles, 2020	569.81	3,533,038.28
Land area in square miles, 2010	567.17	3,531,905.43
FIPS Code	"21027"	"1"
NOTE: FIPS Code values are enclosed in quotes to ensure leading zeros remain intact.		

### Value Notes

Estimates are not comparable to other geographic levels due to methodology differences that may exist between different data sources.

Some estimates presented here come from sample data, and thus have sampling errors that may render some apparent differences between geographies statistically indistinguishable. Click the Quick Info  icon to the left of each row in TABLE view to learn about sampling error.

The vintage year (e.g., V2021) refers to the final year of the series (2020 thru 2021). Different vintage years of estimates are not comparable.

Users should exercise caution when comparing 2017-2021 ACS 5-year estimates to other ACS estimates. For more information, please visit the 2021 5-year ACS Comparison Guidance page.

### **Fact Notes**

- (a) Includes persons reporting only one race
- (c) Economic Census - Puerto Rico data are not comparable to U.S. Economic Census data
- (b) Hispanics may be of any race, so also are included in applicable race categories

### **Value Flags**

- - Either no or too few sample observations were available to compute an estimate, or a ratio of medians cannot be calculated because one or both of the median estimates falls in the lowest or upper interval of an open ended distribution.
- F Fewer than 25 firms
- D Suppressed to avoid disclosure of confidential information
- N Data for this geographic area cannot be displayed because the number of sample cases is too small.
- FN Footnote on this item in place of data
- X Not applicable
- S Suppressed; does not meet publication standards
- NA Not available
- Z Value greater than zero but less than half unit of measure shown

QuickFacts data are derived from: Population Estimates, American Community Survey, Census of Population and Housing, Current Population Survey, Small Area Health Insurance Estimates, Small Area Income and Poverty Estimates, State and County Housing Unit Estimates, County Business Patterns, Nonemployer Statistics, Economic Census, Survey of Business Owners, Building Permits.

Breckinridge Health understands the importance of serving the health needs of its communities. In order to do that successfully, we must first take a comprehensive look at the issues our patients, their families and neighbors face when making healthy life choices and health care decisions.

Breckinridge Health published their first federally compliant community health needs assessment in 2014. The previous CHNA completed in 2019 for implementation during fiscal years 2020-2022 has been significantly impacted by the COVID-19 pandemic. Despite the challenging environment that limited staff capacity, available responses and community events, BHI made efforts to address each area of need identified in the last CHNA. In January 2022, Breckinridge Health began the process of re-assessing the health needs of the community. Community needs were identified by comparing each community's value for each health indicator to that of the state and nation. Breckinridge Health conducted a survey in the county with approximately 200 responses received the opinions of the community were well stated.



# Results of Health Needs Assessment

Top needs as Identified by the survey in Breckinridge County were Cancer, Mental Health and Heart Disease

## Cancer:

Cancer Deaths (age-adjusted rate per 100,000 population) 2013-2017	Breckinridge	Kentucky
All Cancers	195	193
Lung and Bronchus	72	63
Colorectal	23	17
Breast		21
Prostate		19

About the Indicator: Breast Cancer Death Rate is the number of deaths per 100,000 females. Prostate Cancer Death Rate is the number of deaths per 100,000 males.

Data for counties with fewer than 15 deaths is considered unstable and has been suppressed.

Data Source: [Kentucky Cancer Registry](#)

Breckinridge Health offers many cancer screenings to include colonoscopies, lung cancer screenings and mammography. In order to bring the most accurate testing to the community, BHI will be installing a new 3D mammography machine in 2023.

We very excited to announce a new service we are bringing to Breckinridge County and surrounding counties. Cancer has riddled families in this county for too long. And without resources close to home, many struggle. Breckinridge Health has joined forces with the National Rural Oncology Collaborative to provide cancer support and treatments. Patients and their families will be able to draw from the power, inspiration and support found here at Breckinridge Health. An ongoing Community Advisory Board is forming and is made up of a very diverse group of individuals in our community. They will make sure that the program meets the needs and concerns of our community around cancer care. This program will provide

first-of-its-kind care that exceeds what is found in other rural settings. We will treat the entire person, both mind and body. It will start by providing the mental and emotional support needed in fighting cancer and to surviving cancer. In the future, the program will serve patients by offering chemotherapy infusions. That way people in our community can stay here for their treatment. We are looking for volunteers in our community to assist with helping our cancer patients and their families.

### Mental Health:

Mentally Unhealthy Days (per month) 2018-2020	Breckinridge	Kentucky
County	4 (0.6-7.9)	5 (4.9-5.3)
County Group	5 (3.6-6.7)	5 (4.9-5.3)

About the Indicator: Average number of days in the past 30 days when mental health, including stress, depression, and problems with emotions, was not good.

Data Source: [BRFSS](#)

Breckinridge Health is aware of the growing needs for behavioral health specialists. To expand on the services of BHI, Jill Jagers, APRN is currently in school to become a mental health nurse practitioner and plans to see patients for BHI once degree is accomplished. In the meantime, we are supporting the Primary Care Physicians who are currently attempting themselves to manage their patient’s Behavioral Health needs by making appropriate referrals and managing medications as needed.

Breckinridge Health also has an outpatient geriatric psych program (Tranquility). They provide group, individual and family counseling for individuals who are struggling with

- Decreased ability to cope with change
- Inability to adjust to retirement
- Loss & grief
- Depressed mood
- Difficulty coping with health/physical changes
- Difficulty concentrating
- Sleep or appetite changes
- Anger
- Feelings of hopelessness or helplessness
- Worry



- Anxiety, nervousness
- Isolation, loneliness or social withdrawal

## Heart Disease:

Heart Disease Deaths (per 100,000 population) 2014–2018	Breckinridge	Kentucky
<a href="#">Heart Disease Deaths (per 100,000 population)</a>	200	195

About the Indicator: Age-adjusted rate of deaths (due to heart disease) per year.

Data Source: [Kentucky State Data Center - Vital Statistics](#)

According to the CDC, Heart disease is the leading cause of death in the United States. The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine. Breckinridge Health has the only cardiac rehab program in the county and plans to further educate the importance of the program once a heart attack has happened. They participate with Norton’s to utilize Norton’s Stemi Protocol to improve access to care for patients suffering a specific type of heart attack and also are working towards becoming an accredited Chest Pain center. We also encourage our employees to better their health with our go365 wellness program as well as offering smoking cessation classes. BHI plans to work on wellness programs for the community to better educate and assist with preventative care on heart health.

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# Conclusion

Breckinridge Health strives every day to meet and surpass the needs of our community by offering the following services:

## Nursing Department

The nursing department staffs the acute care area of Breckinridge Health. The department is comprised of registered nurses, licensed practical nurses, certified nursing assistants and unit secretaries. A team approach to providing patient care is utilized.

## Swing Bed Program

Breckinridge Health Swing Bed Program is a hospital based skilled care program designed to help you if you are no longer in need of acute care in a hospital but still need more rehabilitation before you return home. Even if you have received inpatient care or surgery at another hospital, you can choose Breckinridge Memorial Hospital for Swing Bed care. Stays are anticipated to be short term and can be utilized for a variety of conditions including but not limited to: stroke, heart disease, joint replacement and other surgeries, respiratory diseases, newly diagnosed diabetics and extended antibiotic therapy. Our Swing Bed program is geared towards patients with Medicare as this is a covered benefit. However, we can accommodate people of all ages, as some insurance companies may cover this service. Anyone (family, patients or hospital staff) may contact Breckinridge Memorial Hospital regarding our Swing Bed Program. Patients, currently at another hospital, can ask to coordinate a transfer to Breckinridge Health Swing Bed Program. For more information about our services or to arrange a stay, please call the Breckinridge Memorial Hospital Discharge Planner at 270-756-7000.

## Breckinridge Memorial Nursing Facility

Breckinridge Memorial Nursing Facility is an 18 bed long term care facility located on the second floor of the hospital. The nursing facility staffs registered nurses, licensed practical nurses and certified nursing assistants as well as an activities director and ward clerks. BMNF provides both Medicare skilled and nonskilled services to the residents of the community that qualify for care. Along with assistance with the activities of daily living, BMNF also provides socialization through activities offered daily. Operated within the guidelines of the Medicare and Medicaid standards of care, BMNF strives to make the residents and families feel as at home as possible while caring for their loved ones during the time when they are unable to care for themselves in the home environment any longer. It really shows with their 5 star rating! For more information, contact Kathy White, RN, Director of Nursing at 270-756-6533

## Cardiopulmonary Dept.

The cardiopulmonary department offers a wide variety of services including blood gases, EKG's, pulmonary function studies, ventilation care, stress testing, holter monitoring, as well as routine respiratory therapy. The department is staffed 24 hours a day by licensed Respiratory Therapists.

## Pulmonary Rehabilitation

For patients who have COPD, asthma, emphysema, or shortness of air, pulmonary rehabilitation is vital to their recovery. The program uses exercise, education, psychological and emotional support to help you to learn how to deal with your disease. Pulmonary Rehab helps a patient to strengthen their lungs and improve overall fitness. Call Pam Board at 270-756-0704 for more information.

## The Sleep Center

Our Sleep Center is overseen by a Board Certified Sleep Specialist, Dr. Warren Shaikun, BHI Sleep Center is staffed with respiratory therapists, and RPSGT(Registered Polysomogram Technologists) who have been trained in sleep lab procedures. Patients no longer have to drive out town for a sleep study. If you are experiencing symptoms of a sleep disorder, talk to your physician and explore effective treatment options. Breckinridge Health Sleep Center is fully accredited by The Joint Commission BHI now offers at home sleep studies as well! For more information, call Pam Board at 270-756-0704.

## Imaging Services Department

Several different modalities are combined at Breckinridge Memorial to comprise the imaging services department: radiology and fluoroscopy, ultrasound, low dose C.T. scanning (can reduce radiation exposure by up to 60%), MRI's, nuclear medicine, and digital mammography. The imaging services department is formed by the combination of different departments. Each department has registered and experienced technologists performing the highest quality procedures. They utilize the latest technology to perform their duties and they adhere to a strict safety, quality improvement and quality control policy. The department is staffed 24 hours a day, 7 days a week.

## Rural Health Clinics

You will be able to see Dr. Brian O'Donoghue, Dr. Benjamin Smith, Misty Gilley, APRN, Julie Nixon, PA-C and Cathy Lewis, APRN in the new Breckinridge Primary Care Clinic located in the New Town Shopping Center next to IGA. Dr. Charles Peebles, DPM has also recently joined Breckinridge Primary Care to offer podiatry assistance. To schedule an



appointment please call 270-580-2250. Hours will be Monday through Friday from 8am to 4pm central time.

Breckinridge Health Inc. owns and oversees the Cloverport Health Clinic at 209 Elm Street in Cloverport. The staff, which includes Mandy Butler, APRN, can help patients with physical exams, many acute and chronic illnesses, monitoring of hypertension, and diabetes. EKG's, blood work, x-rays, and suturing can be done at the clinic. Contact the clinic at 270-788-3000.

Breckinridge Health also owns and oversees McDaniels Family Care located at 9798 South Hwy 259 in McDaniels KY. The staff, which includes Christa Dowell, APRN and Jill Jagers, APRN can help patients with physical exams, many acute and chronic illnesses, monitoring of hypertension, and diabetes. EKG's, blood work, x-rays, and suturing can be done at the clinic. Contact the clinic at 270-902-4411.

### Diagnostic Laboratory

Breckinridge Health Inc.'s diagnostic laboratory is staffed with highly skilled professionals with over 200 years combined laboratory experience. The laboratory uses state of the art equipment with cutting edge technology to perform a full spectrum of testing. The advanced lab management system allows for fast and easy patient processing, resulting in a rapid turnaround time for test completion. This healthcare service allows your physician to have your past or present laboratory results at his/her fingertips to compare with admission or ER results. Your out-of-town physician can also FAX or send orders to our laboratory to save you unnecessary trips out of town. The lab is open 24 hours a day, 7 days a week with no appointments necessary. And remember...we know the value of you!

## Dietary Department

Breckinridge Health's dietary department is staffed with a wonderful, caring staff ready to meet the culinary needs of our patients. The Dietary Supervisor, under the direction of the Registered Dietitian, maintains the day to day departmental functions, including patient and staff meal services, and ensures that the highest sanitary conditions are met each day in our kitchen. Our Registered Dietitian provides overall direction of the department, updating menus seasonally, along with providing in-patient and out-patient nutritional care for our patients and those in our community. Please contact Mary Ann Ratliff, RD, LD at 270-756-7000 ext: 633 or by email: [mratliff@breckhealth.org](mailto:mratliff@breckhealth.org).

## Emergency Department

Breckinridge Health Inc. has 24 hour emergency department physician coverage through Concord Medical. The department is staffed by registered nurses who have certification in advanced cardiac life support and trauma nursing. Breckinridge Health and emergency transport teams follow established protocols and closely coordinate with the interventional cardiology team at one of five receiving Norton Healthcare hospitals.

## Outpatient Clinics

Breckinridge Health Inc. offers the following clinics with physicians from surrounding areas: cardiology with Norton Healthcare, general surgery, orthopedics, and Sleep. To schedule an appointment you or your physician may contact 270-580-2256.

## Tranquility Program

The Tranquility Program is designed to aid individuals in coping with life's challenges. Tranquility patients must have Medicare as their primary insurance. The program offers group sessions, a safe place for seniors to discuss life changes and family issues; educational sessions on how families



can be supportive and encouraging during the aging process; and assistance in coordinating as well as tips on how to manage medications. Each participant will receive a free lunch. Transportation is provided within a 40 mile radius of Hardinsburg as permitted and care is coordinated with each client's primary physician to ensure a cohesive approach to their healthcare plan. Call 270-756-0707 for more information.

### Walk In Clinic

Breckinridge Health now offers an after-hours Walk In Clinic located in Breckinridge Memorial Hospital Emergency Department. You never need an appointment, and we're easy to find! The BHI Family Care Walk In Clinic offers non-emergency care for toddlers two years of age to seniors. We'll let your doctor know about your visit should you need follow-up care. The hours of operation are 24 hours a day! For more information please call 270-756-7000.

### Cardiac Rehabilitation

For patients who have had a heart attack, stent placement, heart failure, valve repair and/or replacement, or by-pass surgery, cardiac rehabilitation is vital to their recovery. Rehab has been proven to reduce hospital stays and allows the patient to return to their usual daily activities sooner. Patients can begin rehabilitation as soon as two to three weeks after their event. The program uses exercise, education, dietary counseling, psychological and emotional support to help recovery from heart disease. By using education and exercise, cardiac rehab helps a patient to strengthen their heart and improve cardiovascular fitness. This program is covered by Medicare, Passport and most major medical insurance plans. For more information call Bethany Bennett, RN, BSN at 270-756-6592.

### Central Scheduling

The central scheduling department schedules and pre-registers patients prior to coming to the hospital for their tests. The central scheduling office is now located in the new addition of the hospital. The department schedules carotid ultrasounds, echocardiograms, venous and arterial exams, EEG, stress tests, ultrasounds, CT scans, MRI's, screening and diagnostic mammograms, lumbar epidural injections, and outpatient infusions and injections. For more information, call 270-756-6561.

### Breckinridge Surgical Services

The hospital offers inpatient and outpatient surgery. Some of the surgery options offered by Dr. George Gilliam available at the hospital include laparoscopic gall bladder surgery, hernia repair, colonoscopy, upper endoscopy, appendectomy, breast biopsy, excision biopsy of lesions or masses, feeding tube insertion, hemorrhoidectomy, mastectomy, and colon surgeries. Dr. George Gilliam is located at 207A Fairgrounds Rd, Hardinsburg KY 40143. For more information call 270-580-2256.

### Outpatient Infusion Clinic

Outpatient infusions and injections are provided in the surgery department. These include epidural injections, port flushes, iron infusions, Reclast, Remicade, IV antibiotics, blood transfusions, wound care, and IM/SQ injections. For more information, call 270-756-6548.

### Breckinridge Health Orthopedics

BHI providers include board-certified orthopedic surgeons that are part of the company, Spine Consultants, LLC. They offer comprehensive orthopedic services from the time of injury or diagnosis and throughout the treatment and rehabilitation process. They continue to try to provide services that our patients have to travel great distances to get, orthopedics is a prime example of that. If you have orthopedic needs please ask your



provider to refer you to Breckinridge Health Orthopedics! Scope of services performed include but are not limited to the following:

- Sports medicine and injuries
- Hand surgery
- Orthopedic trauma
- Foot and ankle surgery
- General orthopedic surgery
- Total joint replacement

For more information, call 270-580-2256.

#### Breckinridge Memorial Therapy Services

Breckinridge Memorial Therapy Team is led by our Director Amber Boarman, ST. Breckinridge Memorial therapy department is the only Outpatient Clinic to offer all three therapies Physical, Occupational and Speech Therapy at the same location.

We provide therapy for: neck, back & shoulder injuries, sports medicine & joint replacement rehab, work & accident-related injuries, strokes & other neurological disorders, pediatric patients, arthritic disorder, generalized weakness, balance issues, carpal tunnel, plantar fasciitis, tendonitis, bursitis, amputees, decreased activities of daily living, vestibular rehab, traumatic brain injury, difficulty swallowing, memory deficient, and language deficits. For more information please call 270-756-6543.

## **Breckinridge Health Clinic (Pediatrics)**

You will be able to see Dr. Meena Patel, pediatrician at Breckinridge Health Clinic located at 203 Fairgrounds Road in Hardinsburg. Dr. Patel sees patients from newborn to young adult. Her office is open Monday-Friday, closed on Thursdays. To schedule an appointment, please call 270-756-2171.

## **Oncology**

Breckinridge Memorial Hospital has partnered with the National Rural Oncology Collaborative at Community Infusion Services and Cancer Support Community to bring comprehensive cancer care to your community. In partnership with Cancer Support Community, the National Rural Oncology Collaborative and Breckinridge Memorial Hospital are providing **free state-of-the art support services right here in your community.**

Our free cancer support programs include five core components: Support Services, Education, Healthy Lifestyle, Social Connections, and Resources & Referrals. We offer interactive sessions led by health professionals or volunteers focused on healthy lifestyles, educational programming, support for patients and loved ones impacted by cancer.

Done with treatment and on the road to recovery? A survivorship program that includes group support, exercise tailored to abilities, training in relaxation and stress management, tips for nutritious eating, as well as additional resources is available to you.

Access to licensed professionals, personalized support, and counseling for cancer patients and their loved ones is available by phone, text, and video chat through our Cancer Support Helpline. For more information, please call 270-580-4949.