

Caring, Compassionate, Community



**BRECKINRIDGE
HEALTH**

2019 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 at the McDaniels Family Care, Mandy Butler, APRN at the Cloverport Health Clinic, Dr. Ben Smith, Dr. Brian O'Donoghue, Marinetta VanLahr, APRN and Cathy Lewis, APRN at the Breckinridge Primary Care Clinic, Breckinridge Surgical Services, 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

<u>Fact Demographics</u> <u>Census.gov/quickfacts</u>	<u>Breckinridge County, Kentucky</u>	<u>United States</u>
<u>Population estimates, July 1, 2018, (V2018)</u>	<u>20,388</u>	<u>327,167,434</u>
<u>Population estimates base, April 1, 2010, (V2018)</u>	<u>20,051</u>	<u>308,758,105</u>
<u>Population, percent change - April 1, 2010 (estimates base) to July 1, 2018, (V2018)</u>	<u>1.70%</u>	<u>6.00%</u>
<u>Population, Census, April 1, 2010</u>	<u>20,059</u>	<u>308,745,538</u>
<u>Persons under 5 years, percent</u>	<u>6.20%</u>	<u>6.10%</u>
<u>Persons under 18 years, percent</u>	<u>22.80%</u>	<u>22.40%</u>
<u>Persons 65 years and over, percent</u>	<u>19.30%</u>	<u>16.00%</u>

<u>Female persons, percent</u>	<u>49.70%</u>	<u>50.80%</u>
<u>White alone, percent</u>	<u>95.40%</u>	<u>76.50%</u>
<u>Black or African American alone, percent</u>	<u>2.10%</u>	<u>13.40%</u>
<u>American Indian and Alaska Native alone, percent</u>	<u>0.50%</u>	<u>1.30%</u>
<u>Asian alone, percent</u>	<u>0.40%</u>	<u>5.90%</u>
<u>Native Hawaiian and Other Pacific Islander alone, percent</u>	<u>Z</u>	<u>0.20%</u>
<u>Two or More Races, percent</u>	<u>1.60%</u>	<u>2.70%</u>
<u>Hispanic or Latino, percent</u>	<u>1.70%</u>	<u>18.30%</u>
<u>White alone, not Hispanic or Latino, percent</u>	<u>94.10%</u>	<u>60.40%</u>
<u>Veterans, 2013-2017</u>	<u>1,430</u>	<u>18,939,219</u>

<u>Foreign born persons, percent, 2013-2017</u>	<u>0.30%</u>	<u>13.40%</u>
<u>Housing units, July 1, 2018, (V2018)</u>	<u>10,820</u>	<u>138,537,078</u>
<u>Owner-occupied housing unit rate, 2013-2017</u>	<u>78.10%</u>	<u>63.80%</u>
<u>Median value of owner-occupied housing units, 2013-2017</u>	<u>\$95,200</u>	<u>\$193,500</u>
<u>Median selected monthly owner costs -with a mortgage, 2013-2017</u>	<u>\$900</u>	<u>\$1,515</u>
<u>Median selected monthly owner costs -without a mortgage, 2013-2017</u>	<u>\$332</u>	<u>\$474</u>
<u>Median gross rent, 2013-2017</u>	<u>\$550</u>	<u>\$982</u>
<u>Building permits, 2018</u>	<u>3</u>	<u>1,328,827</u>

<u>Households, 2013-2017</u>	<u>7,467</u>	<u>118,825,921</u>
<u>Persons per household, 2013-2017</u>	<u>2.64</u>	<u>2.63</u>
<u>Living in same house 1 year ago, percent of persons age 1 year+, 2013-2017</u>	<u>86.10%</u>	<u>85.40%</u>
<u>Language other than English spoken at home, percent of persons age 5 years+, 2013-2017</u>	<u>3.10%</u>	<u>21.30%</u>
<u>Households with a computer, percent, 2013-2017</u>	<u>74.40%</u>	<u>87.20%</u>
<u>Households with a broadband Internet subscription, percent, 2013-2017</u>	<u>64.50%</u>	<u>78.10%</u>
<u>High school graduate or higher, percent of persons age 25 years+, 2013-2017</u>	<u>80.40%</u>	<u>87.30%</u>

<u>Bachelor's degree or higher, percent of persons age 25 years+, 2013-2017</u>	<u>9.90%</u>	<u>30.90%</u>
<u>With a disability, under age 65 years, percent, 2013-2017</u>	<u>17.10%</u>	<u>8.70%</u>
<u>Persons without health insurance, under age 65 years, percent</u>	<u>7.80%</u>	<u>10.00%</u>
<u>In civilian labor force, total, percent of population age 16 years+, 2013-2017</u>	<u>54.00%</u>	<u>63.00%</u>
<u>In civilian labor force, female, percent of population age 16 years+, 2013-2017</u>	<u>47.30%</u>	<u>58.20%</u>
<u>Total accommodation and food services sales, 2012 (\$1,000)</u>	<u>8,674</u>	<u>708,138,598</u>

<u>Total health care and social assistance receipts/revenue, 2012 (\$1,000)</u>	<u>39,883</u>	<u>2,040,441,203</u>
<u>Total manufacturers shipments, 2012 (\$1,000)</u>	<u>29,695</u>	<u>5,696,729,632</u>
<u>Total merchant wholesaler sales, 2012 (\$1,000)</u>	<u>36,032</u>	<u>5,208,023,478</u>
<u>Total retail sales, 2012 (\$1,000)</u>	<u>148,162</u>	<u>4,219,821,871</u>
<u>Total retail sales per capita, 2012</u>	<u>\$7,382</u>	<u>\$13,443</u>
<u>Mean travel time to work (minutes), workers age 16 years+, 2013-2017</u>	<u>31.6</u>	<u>26.4</u>
<u>Median household income (in 2017 dollars), 2013-2017</u>	<u>\$44,057</u>	<u>\$57,652</u>

<u>Per capita income in past 12 months (in 2017 dollars), 2013-2017</u>	<u>\$20,735</u>	<u>\$31,177</u>
<u>Persons in poverty, percent</u>	<u>17.90%</u>	<u>11.80%</u>
<u>Total employer establishments, 2017</u>	<u>274</u>	<u>7,860,674</u>
<u>Total employment, 2017</u>	<u>2,416</u>	<u>128,591,812</u>
<u>Total annual payroll, 2017 (\$1,000)</u>	<u>78,318</u>	<u>6,725,346,754</u>
<u>Total employment, percent change, 2016-2017</u>	<u>-2.90%</u>	<u>1.50%</u>
<u>Total nonemployer establishments, 2017</u>	<u>1,319</u>	<u>25,701,671</u>
<u>All firms, 2012</u>	<u>1,367</u>	<u>27,626,360</u>
<u>Men-owned firms, 2012</u>	<u>777</u>	<u>14,844,597</u>

<u>Women-owned firms, 2012</u>	<u>410</u>	<u>9,878,397</u>
<u>Minority-owned firms, 2012</u>	<u>F</u>	<u>7,952,386</u>
<u>Nonminority-owned firms, 2012</u>	<u>1,315</u>	<u>18,987,918</u>
<u>Veteran-owned firms, 2012</u>	<u>150</u>	<u>2,521,682</u>
<u>Nonveteran-owned firms, 2012</u>	<u>1,183</u>	<u>24,070,685</u>
<u>Population per square mile, 2010</u>	<u>35.4</u>	<u>87.4</u>
<u>Land area in square miles, 2010</u>	<u>567.17</u>	<u>3,531,905.43</u>
<u>FIPS Code</u>	<u>"21027"</u>	<u>"00"</u>

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. Beginning in January 2019, 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. On July 24th Breckinridge Health brought together a Community Focus Group of a variety of people from the community.

Results of Health Needs Assessment

Top needs as Identified by the Community Focus Group in Breckinridge County were Services, Improving BHI reputation through community outreach and Employee Recruitment/Retention.

Growth of Services:

Breckinridge Health offers a variety of specialties and have grown in their services to include, Rural Health Clinics, Surgical Services, Sleep Lab, Cardiac Rehab, Nursing Facility, Swing Bed, Outpatient Therapy, Behavioral Health, Walk In Clinic, Nuclear Medicine, Pulmonary Rehab, Radiology, Lab, ER. In the past year, in an effort to help with the burdens of our community, Breckinridge Health has added an ENT physician as well as a PA. There are continuous efforts to expand on the services to include orthopedics as well. In collaboration with the Hospital Board, Breckinridge Health will continue to strive to increase services for the community

Improve Reputation:

Breckinridge Health will continue to improve on Public Relations through Community Education, volunteerism in the community collaborating with community members and providing excellent care. The physicians and nurse practitioners will be presenting on different healthcare topics quarterly to educate the community. Breckinridge Health will also provide a free health fair yearly with free health screenings.

Employee Recruitment/Retention:

Recruitment and retention are problems throughout the world. With turnover rates, Breckinridge Health does its part and will continue to do their part in making every attempt to keep the best and brightest. From time to time, CNA classes are offered as well as sign on bonuses for nurses and cnas as well.

In meeting with several groups from the community, Breckinridge Health is in agreeance that the following are major issues in this community.

- Behavioral/mental health for adolescents and adults
- Overweight/obesity, chronic diseases (such as diabetes and heart disease)

The problem of adult/child obesity has reached epidemic levels, both nationally and in Breckinridge County. As of 2016, 37 percent of Breckinridge County adults were considered overweight and/or obese. In the 2019 health rankings, Breckinridge County has decreased to 32 percent. This is major improvement but still needs to continue to decrease. It is widely recognized that being overweight or obese can lead to a variety of chronic diseases including heart disease, diabetes, hypertension, cancer, stroke and osteoarthritis. With both a large young population and an aging population, it is critical to address this issue to not only to enhance health and well-being but to reduce healthcare costs over the long term.

Actions being taken in response:

- * Participate in and support the Diabetes Support Group as well as Juvenile Diabetes Day Camp.
- * Participate in the Longest Day of Play to promote families be active outside
- * Co-Sponsor Free Summer Youth Golf Program at the local Community Center
- *Maintain Wellness Program for Employees of the Hospital
- * Develop and distribute educational kits with information on healthy habits, safety and nutrition to area parents, scout leaders and teachers.

* Breckinridge Health will also help reduce the impact of obesity and other chronic health conditions through the provision of community education classes aimed at healthy lifestyles and managing health conditions, and education via active partnership with community organizations

Expand and Integrate behavioral health.

Breckinridge Health is aware of the growing needs for behavioral health specialists. To expand on the services of BHI, they are currently accepting applications for a mental health nurse practitioner to see patients at the McDaniels Family Care.

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

To better suit the needs of our community we have combined Breckinridge Clinic, and Family Care Clinic into the Breckinridge Primary Care Clinic. You will be able to see Dr. Brian O'Donoghue, Dr. Benjamin Smith, Marinetta VanLahr, APRN, and Cathy Lewis, APRN in the new Breckinridge Primary Care Clinic located in the New Town Shopping Center next to IGA. Dr. Robert Knox, ENT has also recently joined Breckinridge Primary Care to offer outpatient procedures such as tonsillectomy and ear tubes. 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 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 turn-around 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.

Emergency Department

Breckinridge Health Inc. has 24 hour emergency department physician coverage through Inspire Medical. The department is staffed by registered nurses who have certification in advanced cardiac life support and trauma nursing. The Emergency Department was recently awarded the Trailblazer Award. Breckinridge Health collaborates with Norton Healthcare through the network to expedite patient care when a STEMI heart attack is suspected and diagnosed. Breckinridge Health and emergency transport teams follow established protocols and closely coordinate with the interventional cardiology team at one of three receiving Norton Healthcare hospitals.

Outpatient Clinics

Breckinridge Health Inc. offers the following clinics with physicians from surrounding areas: cardiology with Dr. Harris and Dr. Beanblossom, general surgery with Dr. David Faber, and Sleep Study with Dr. Shaikun. To schedule an appointment you or your physician may contact 756-0420 for wound clinic and cardiology and 270-580-2256 for general surgery.

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. David Faber 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. David Faber is located at 607 Old Hwy 60 in Hardinsburg KY. For more information call 270-580-2256.

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 Memorial Therapy Services

Breckinridge Memorial Therapy Team is led by our Director Gabriel Dunham PT, DPT. 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.

In working with our community, not only will we continue to strive to give the best healthcare to our community but will also be working with our local organizations to prepare educational programs to be presented to the community to help better suit their needs. These will not only be offered to the adults in our community but we will also be assisting to bring educational programs to the schools on teenage pregnancy, diabetes, nutritional programs as well as helping with programs that are already in place such as the backpack program and salvation army. We are striving to make healthcare more accessible to the community and give Breckinridge County a better understanding on the importance of preventative yearly exams.