

**COLORADO COUNTY
COMMUNITY NEEDS ASSESSMENTS
IMPLEMENTATION REPORT
May 2024**

In order to understand the health needs of Colorado County the Columbus Community Hospital (CCH) contacted Dr. Jeff Hatala to perform a **Community Health Needs Assessment in 2022**. The consultants gathered existing data and information of the county from numerous secondary sources and worked with CCH to establish focus groups to learn the community's perception of the county's health status.

Since the 2022 Assessment there has been the following demographic changes:

- Joan Huffman, TX Senator replaced TX Senator Lois Kolkhorst
- Justin Linderman replaced Curly Wied as Sheriff of Colorado County
- Unemployment rate is 3%, compared to 4.7% in 2021
- Obesity rate is 37%, compared to 41.9% in 2022
- Physical activity - CCH opened a Wellness Center in 2023 that services physical therapy and a fitness center, giving the community an alternate source for better health.

Based on the statistical data and feedback from the focus groups, the following is the implementation report:

1. Recommendation: Continue to rebuild following COVID:

Plan: *The community is rebounding to its normal activities following COVID. Patients are showing up in person for their appointments with their physician. The Hospital has eliminated the mask requirements for outpatient services. Visitors can now visit the patients in the Hospital without restrictions. CCH has introduced the free screenings, such as, Cholesterol, A1C and PSA to the public which were halted during COVID. The Hospital was able to return back to normal staffing. Presently there is only one Agency Nurse, compared to COVID when it was at its peak, there were approximately 15 Agency Nurses.*

2. **Recommendation:** Continue to work to develop the repository of community information, perhaps with one of the new organizations in town.

Plan: CCH is partnering with Department of State Health Services (DSHS), Texas A&M Agri Life, local Church's, Chamber of Commerce, KULM Radio, local Civic Clubs to develop a repository for community information.

CCH has a website, currently monitored by Groundswell Health (a marketing firm) with a current calendar for all events at the hospital. Groundswell is very helpful with monitoring "health analytics" to keep up the demand for offering information to the public.

Facebook is the primary source for messaging. It can introduce new information with far less effort than the monumental advertising campaigns.

3. **Recommendation: Mental Health**

Plan: CCH continues to partner with TEXANA, the local mental health services department. TEXANA Center's Behavioral Healthcare (or Mental Health) Services provides assessment, treatment and supportive assistance to those affected by serious and persistent mental illness.

The Behavioral Health Task Force of Colorado County was organized in 2021. The team has provided resources for Behavioral Health issues to the health sector and the community. They were instrumental in the hiring of a County Mental Health Officer.

CCH is in conversation with Gratia Plena a 501(c)(3) charitable nonprofit organization which offers clinical mental health counselling. This service would greatly benefit the community as Gratia Plena can also provide psychiatric medication to their patients, since they have a physician overseeing prescriptions.

4. **Recommendation: Diabetes**

Plan: The first CCH National Diabetes Prevention Program lifestyle change program was held starting April 05, 2023 through March 27, 2024. The cohort was composed of 16 pre-diabetic participants who committed to

completing the 26-session course spanning over the period of 1 year.

We continue to collaborate with UT Health Houston & the TX Department of State Health Services to secure resources to continue this great program.

CCH also offered free A1C screenings to the public in February 2024.

CCH plans on holding a Diabetic Conference in November 2024.

OTHER ACCOMPLISHMENTS:

Completed a 3-year construction project at CCH, included the following:

- **Hospital**
 - a. Added: 6 beds to P.A.C.U., 6 beds to intake, 2 OR rooms, a YAG room for ophthalmology procedures, storage room, central sterile, physician lounge and staff breakroom. Relocated the surgery waiting room next to the cafeteria and added a consult room.
 - b. Renovated the OB department: added a procedure area, a consult room, OB/Manager's office, isolation nursery and doctors' dictation room, along with Expanding the nursery,
 - c. Relocated materials management and pharmacy
 - d. Replaced flooring throughout the hospital
 - e. Painted throughout
 - f. ER - added an ED room with 2 beds, renovated the waiting room and isolation room, added a decontamination shower, new EMS entrance. Updated trauma bays and nurse's station.
 - g. Mechanical Room - new generator, chiller, steam boiler and upgraded the water service
 - h. Replaced the roof and HVAC system
 - i. Added parking lots: +61 parking and +71 staff parking spaces
 - j. Renovated and added signage
 - k. Remodeled - new photos and furniture
 - l. New canopies at the ER entrance and EMS
 - m. Extended the lab and renovated the entire suite making the waiting room larger.
 - n. Relocated and expanded the Chappel
 - o. Renovated and added a dining room to the cafeteria

- p. Added an Atrium Conference Room
- q. Upgraded IMU, Nurses station, med room, Respiratory Therapy, Sleep Study, Staffing lounge, nurses' storage and Physical Therapy rooms.
- r. Upgraded and renovated the north wing of the hospital
- s. Installed new handrails
- t. Added an employee entrance and hallway

2. Professional Building

- a. Added a vestibule
- b. Renovated building: new flooring, wall cover, roof, and elevator

3. Wellness Center - completed July 2023

- a. New Physical Therapy area - over 2,000 visits a month
- b. Pool, accommodates PT patients and Fitness Center members
- c. Community Room
- d. Fitness Center
- e. Demonstration Kitchen
- f. Orthopedic Suite

Note: The Wellness Fitness Center offers yoga, pilates, water exercise, step classes and the indoor pool for individual exercising. Approximately 700+ members!

4. Columbus Medical Clinic

- a. Moved the PT offices to the Wellness Center
- b. Renovated the existing physical therapy clinic and added physician offices.
- c. Second floor - added physician offices and a visiting suite for physicians.
- d. Updated and added an additional waiting area and registration to the lobby.

Campus Wide:

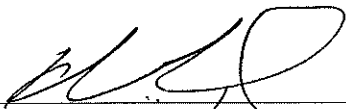
- Added 3D Mammography, Ultra Sound, Nuclear Medicine machines to the Radiology Department. Radiology has shown increased volume due to the physician recruiting and closure of St. Mark's Medical in LaGrange, TX. Nuclear Med stress test numbers have increased.
- Increased volume in out-patient infusions, over 200 encounters a month

- Increased volume in the OB Department, over 45 deliveries a month
- CCH Laboratory - Installed the Roche Cobas Pro Intergrated System (Chemistry 503 and Immunoassay 801) and the Hematology Ssymex XN-10.
- Opened a new service line in October 2023 - Carl Dahlberg, M.D., Pulmonologist and Ashrah Allahwala, MD., Internal Medicine.
- Mohsen Aboeella, M.D., Pediatrician start date is July 2024. This is a much-needed service line for CCH to provide, since the clinic has been without a Pediatrician for 2 years.
- Hired Nurse Practitioners and Physician Assistants for the Columbus Medical Clinic and Orthopedic Clinics.
- Recruited Nurses and implemented the "Team Nursing" concept. Hospital is fully staffed.
- Implementing a new Hospital Wide Health Stream program called "CERNER", September 2024.
- Extended the Acute Care hours at Columbus Medical Clinic (7:00 a.m. - 4:30 p.m.), giving patients options for early appointments.
- Extended service lines such as: Cardiology, Urology, Dermatology, Oncology, ENT's, Maternal Health. Also added an outside Speech Therapy Group. Waiting to introduce Mental Health services from an outside group.
- Implementing Pulmonary Rehabilitation program to be held at the Wellness Center. Carl Dahlberg, M.D., Pulmonologist, Medical Director.
- The CCH Nurse Managers and Radiology Manager have been steadily recruiting by visiting different Job Fairs such as Victoria College School of Nursing, Victoria College, Houston Community College, Katy Workforce, Columbus HS, Weimar HS, Schulenburg HS and Sealy Job Fair.

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- *Educated the public on Managed Care Insurance Plans. The physicians wrote a letter to explain some of the challenges that people face on selected insurance plans.*

Houston Galveston on Aging Counsel came on-site during open enrollment and assisted people in choosing an appropriate health plan for their specific needs.

- *In October 2024, CCH will host a forum with the employers in the area, educating them on the insurance plans that are accepted at the hospital and clinics.*



Drew Lynch, CCH Board President
May 16, 2024 - Board of Directors Meeting