

Yuma Regional Medical Center 2019 CHNA Implementation Plan

Addressing Significant Health Needs

Yuma Regional Medical Center conducted its last CHNA in 2019. Working collaboratively with our Yuma County public health partners Yuma Regional Medical Center adopted the below listed community health priorities as it worked to address the top health concerns within our defined service area (Yuma County). In alignment with our mission, goals and strategic priorities — it was determined at that time that Yuma Regional Medical Center would focus on developing and/or supporting strategies and initiatives to improve:

1. Mental Health
2. Access to Healthcare Services
3. Diabetes
4. Substance Abuse
5. Heart Disease & Stroke
6. Nutrition, Physical Activity & Weight
7. Cancer

Strategies for addressing these identified health priorities are outlined below:

Priority Area: Mental Health

High incidence of those who reported fair or poor mental health. Symptoms of chronic depression. Suicide deaths (particularly in young adults), ratio of mental health providers. Of note, key informants rated mental health as a top concern.

Goals:

- Increase availability / access to behavioral health providers in community
- Improve ratio of providers
- Increase awareness among teens – reduce / eliminate teen suicide

Strategy 1: Recruit additional behavioral health providers to community to expand access to care (increased providers = more appointments)

Target Population(s): Patients currently needing to travel for care due to no available providers / appointments.

Strategy 2: Partner to host Behavioral health community town hall to build community awareness and support

Target Population(s): Community leaders, key stakeholders, social service, law enforcement and those directly impacted (families / patients).

Strategy 3: Expand facilities / resources to support added behavioral health services

Target Population(s): Yuma County (service areas). Patients and families seeking services.

Strategy 4: Develop inpatient and intensive outpatient behavioral health services

Target Population(s): Yuma County (service area)

Priority Area: Access to Health Care Services

Barriers to access attributed to: Inconvenient office hours, lack of available appointments (wait time to get an appointment), primary care physician ratio well below national standard. Emergency department utilization high volume of non-acute care.

Goals:

- Expand availability of appointments
- Expand availability of primary care across community
- Minimize trend to use emergency department for minor health needs
- Improve physician ratio

Strategy #1: Expand Family & Community Medicine Residency program (growing our own)

Target Population(s): Medical students with strong interest in serving community

Strategy #2: Expand clinic hours and location to serve more people

Target Population(s): Serving Yuma County residents and visitors

Strategy #3: Recruit and retain additional providers to meet community need

Target Population(s): Serving Yuma County residents and visitors

Priority Area: Diabetes

High incidence of deaths attributed to diabetes. Overall prevalence of diabetes is high among adults. Key informants ranked diabetes as a top concern.

Goals:

- Reduce incidence through diabetes education (inpatient & outpatient)
- Enhance programs aimed at early intervention (children / families services)
- Recruit additional providers to include pediatric endocrinology

Strategy #1: Expand availability of diabetes support / education (inpatient & outpatient)

Target Population(s): Patients diagnosis as diabetic or borderline.

Strategy #2: Recruit pediatric endocrinologist and develop local peds specific programs

Target Population(s): Serving Yuma County residents and visitors

Strategy #3: Recruit additional specialists (adult endocrinology)

Target Population(s): Serving Yuma County residents and visitors

Priority Area: Substance Use

High incidence of cirrhosis / liver disease deaths and unintentional drug-related deaths. Key informants ranked substance use as a top concern.

- barriers to access attributed to: Inconvenient office hours, lacked of available appointments (wait time to get an appointment), primary care physician ratio well below national standard. Emergency department utilization high volume of non-acute care.

Goals:

- Reduce number of patients having to travel out of town for substance detox and treatment
- Expand awareness / education among students and parents

Strategy #1: Develop medical detox and treatment facility / services in Yuma County
Target Population(s): Yuma County service area

Strategy #2: Partner with community leaders, schools and families to enhance awareness through outreach and education
Target Population(s): Yuma County service area

Priority Area: Heart Disease and Stroke

Heart disease and stroke among leading cause of deaths in Yuma County. Prevalence of heart disease and stroke high. High pressure and high blood cholesterol also prevalent. Overall cardiovascular risk is high.

Goals:

- Increase awareness in community about risk of heart disease and stroke
- Improve outcomes – earn stroke center of excellence

Strategy #1: Expand community patient / education of risk factors for heart disease and stroke
Target Population(s): Yuma County service area

Strategy #2: Implement YRMC stroke team
Target Population(s): Yuma County service area

Priority Area: Nutrition, physical activity and weight

Low fruit and vegetable consumption and growing number of those with reported food insecurity. High incidence of overweight / obesity. Access to recreation and fitness facilities. Key informants ranked nutrition, physical activity and weight as a top health concern.

Goals:

- Reduce incidence of obesity among children through expanded education
- Partner with local community to increase consumption of fruits and vegetables
- Reduce incidence of malnutrition among YRMC patients through screening and dietary early intervention

Strategy #1: Provide children / families healthy eating / lifestyle program

Target Population(s): Yuma County service area with focus on children at risk

Strategy #2: Partner with local community to increase consumption of fruits and vegetables

Target Population(s): Yuma County service area

Strategy #2: Provide malnutrition screening for YRMC inpatients with follow-up and nutrition care plan / support by registered dietician

Target Population(s): YRMC inpatients

Priority Area: Cancer Care

Cancer is a leading cause of death in Yuma County. Identified high prevalence of cancer (non-skin) in Yuma County.

Goals:

- Improve lung cancer early detection / reduce deaths (lung cancer)
- Reduce need for emergency department by cancer patients

Strategy #1: Implement lung screening program

Target Population(s): Yuma County service area – those with history of smoking

Strategy #2: Develop after-hours phone line for cancer patients – expanded access to care team and thereby reduce need to seek treatment in emergency dept. unless necessary.

Target Population(s): YRMC Cancer Center patients & families