

Community CHNA Implementation Plan Annual Report FY19

Organization description:

King's Daughters Medical Center is a locally controlled, not-for-profit, 455 bed regional referral center, covering a 150-mile radius that includes southern Ohio and eastern Kentucky. With more than 3,000 team members, King's Daughters offers comprehensive cardiac, medical, surgical, maternity, pediatric, rehabilitative, bariatric, psychiatric, cancer, neurological, pain care, wound care and home care services. KDMC operates more than 50 offices in eastern Kentucky and southern Ohio. KDMC's primary service area encompasses four counties in two states, Boyd, Carter and Greenup counties in Kentucky and Lawrence County in Ohio.

Needs Assessment:

The Community Health Needs Assessment (CHNA) was a collaborative effort between King's Daughters Medical Center, Bon Secours Kentucky, Our Lady of Bellefonte Hospital, local health departments, the Healthy Communities Coalition, and the CHNA Advisory Group. The assessment was conducted between November 2018 and June 2019 and included Boyd, Carter, Greenup counties in Kentucky and Lawrence County, Ohio. The CHNA included both primary (focus group and questionnaire) and secondary data analysis. The primary data was collected from community members and local leaders representing a broad spectrum of the service area. The focus groups included representation from public health in all four counties, as well as, individuals with special knowledge of the medically underserved, low income and vulnerable populations and people with chronic disease.

The goals of the assessment process were to:

- Determine what various agencies were doing to meet and/or improve healthcare needs in the communities King's Daughters serves.
- Learn more about what healthcare needs are not being met and why.
- Determine strengths and weakness of current resources.
- Investigate what else can be done to improve the health of the community.

King's Daughters used the following to gather information for the assessment:

- Community forums in all counties identified in the assessment
- Web/print survey
- Local, state and national data

Community partners, representing Boyd, Greenup, and Carter Counties in Kentucky and Lawrence County, Ohio from health care and public health in each county were part of the planning process.

Health needs to be met:

The priorities were developed based on focus group findings; analysis of quantitative health and social indicators as presented in the community health needs assessment; the resources available within the communities served; and KDMC's experience working with patients and families. KDMC's CHNA aligned with the efforts of other local agencies and considered the Healthy People 2030 proposed priorities.

These priorities were chosen:

1. Substance abuse/misuse
2. Obesity/diabetes
3. Cancer prevention
4. COPD (lung and breathing issues)
5. Heart disease/High blood pressure

KDMC committed to a three-year implementation after the 2016 CHNA and this report completes the reporting requirements for the 2017-19 Implementation Plan period. The report is based on the 2016 priorities.

How the strategies are being met:

Priority Area: Substance Abuse

Goal 1: Reduce illness, disability and death related to tobacco/substance abuse.

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
<p>Tobacco Cessation</p> <p>1. Increase smoking cessation attempts by adults through smoking cessation programs.</p>	<p>1a. Wellness educator hired. Educator trained and certified to offer smoking cessation programs.</p>	<p>Referrals sent from physician offices.</p> <p>EPIC electronic medical record generates referral for patients using tobacco. Wellness educator follows up with these referrals.</p>	<p>FY17 –benchmark 19 enrolled, with 8 successful quits</p> <p>FY18 – 10 enrolled, with 6 successful quits</p> <p>FY-19 – Update unavailable due to resignation of tobacco educator. Patients are referred to other local cessation programs.</p>
	<p>1b. Offer nontraditional alternatives for smoking cessation support.</p> <p>Text messaging support.</p> <p>Private group through social media/apps</p> <p>Kentucky Quit Line</p>	<p>NA</p>	<p>FY17-implemented two (2) alternative approaches for smoking cessation support.</p> <p>FY18 – 3 alternative approaches used for smoking cessation support</p> <p>FY18 – objective met</p>
<p>Schools.</p> <p>2. Increase school-based initiatives focused on the harmful effects of tobacco/substance abuse using King’s Daughters Wellness Educators.</p>	<p>Wellness educators provided substance abuse educational programs in schools, including tobacco (cigarettes and spit tobacco), vaping (e-cigarettes), and other drugs.</p>	<p><u>Ashland Independent Schools</u> – Ashland Middle School; Crabbe, Hagar, Oakview, Charles Russell and Poage Elementary Schools</p> <p><u>Boyd County Schools</u> – Ponderosa, Summit, Cannonsburg and Catlettsburg Elementary Schools</p> <p><u>Fairview Independent Schools</u> – Fairview Elementary</p> <p><u>Russell Independent Schools</u> – Russell Middle School</p>	<p>FY17 – 3 school districts, 5 schools and 58 adults, 2,822 students reached.</p> <p>Objective met FY17.</p> <p>FY18 – 3 school districts, 11 schools, 130 adults and 1,494 children reached</p> <p>FY19- 4 school districts, 14 schools, 299 adults and 3,076 children/youth reached</p>

Partnerships: 3. Increase substance abuse community initiatives and partnerships	3a. A KDMC team member serves on the Substance Abuse subcommittee for the Healthy Choices, Healthy Communities Coalition	Healthy Choices, Healthy Communities Coalition Substance Abuse subcommittee	FY17- 12 meetings attended FY18 – 4 quarterly coalition meetings and 10 substance abuse subcommittee meetings were attended FY19- 4 quarterly coalition meetings and 9 substance abuse subcommittee meetings were attended
	3b. Provided the following programs (a) Lunch and Learn (b) Youth Summit on Substance Use (c) Beyond Addiction: Help, Hope, Healing Conference	Pathways Mental Health Tri-County KY-ASAP Local Board Healthy Choices, Healthy Communities Coalition Boyd/Greenup Youth Leadership Carter County Youth Leadership	FY17- hosted 3 events Attendance: Youth Summit – 15 Lunch and Learn – 55 Beyond Addiction - 60 Objective met FY17.
	3c. Supported the Celebrating Families initiative by providing a wellness educator to assist with sessions and providing or coordinating the provision of food for meetings.	Hillcrest Bruce Mission.	FY17 – participated in 12-week session - 32 attended. Objective met FY17.

Other programs to address substance abuse:

Bridges Out of Addiction: This all-day seminar offered education and support to address substance use disorder (SUD) in our community. The seminar was at Ashland Community and Technical College in Ashland. The entire community was invited. The seminar offered main educational sessions and breakout sessions specific to such topics as family support, treatment and recovery, substance use disorder, and a community leadership session. Multiple experts were guest speakers and those overcoming addiction also provided their inspirational stories. In addition, community organizations offering support related to SUD also set up tables to offer support and answer questions. More than 300 attended.

Additional programming to reduce substance abuse were conducted at the South Point Nazarene Church, Fathers House of Prayer and New Life Fellowship Church. During these programs 243 individuals were served.

KDMC received notification of funding to implement a partnership with the Greenup County Drug Court to assist judicial involved individuals to overcome the obstacle to living a drug free life. The new program through KORE, kicked off in October 2019.

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
Inpatient Care 4. Provide primary substance abuse detoxification in KDMC Behavioral Medicine unit.	4a. Reclassified 4 inpatient beds as primary detoxification. Provided education for staff to care for these patients.	NA	FY17 - 75 patients served. FY18 – 205 pts. FY19 – 155 patients
	4b. Created linkages with addiction services in the community for patient referral to support their sobriety.	Pathways Alcoholics Anonymous Narcotics Anonymous	FY17 – 100% detox patients referred to community services. Objective met FY17.

Additional activities to address substance abuse:

Tobacco Education: To encourage people to either quit or not begin using tobacco, KDMC offered tobacco education in businesses, churches and other areas including: Greenup County Farm Bureau Tractor Show, Marathon Marine, Greenup County Library, Lawrence County Senior Center, Lawrence County Chamber of Commerce, Wurtland Nazarene Church, Grayson Senior Center, Go Red for Girl Scouts, and South Point Nazarene Church. During these visits 223 adults and 24 children/youth were reached.

In addition, smokeless tobacco use and vaping education was provided for 80 adults and 24 children/youth.

Medication Take Back Program: King's Daughters Family Pharmacy in Ashland accepts unused medications at any time, regardless of when a prescription was filled. This program gives the public the opportunity to prevent medication abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs. An easy-to-use container inside the Family Pharmacy at Medical Plaza B in Ashland makes it convenient to properly dispose of all types of medications. During FY19, five boxes containing prescription, over the counter and pet medications were collected and shipped out for proper disposal.

Priority Area: Obesity:

Goal 1. Promote health and reduce chronic disease risk by providing the knowledge and skills to increase the consumption of fruits and vegetables and other healthy foods for healthful diets and achievement and maintenance of healthy body weight.

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
Schools 5. Increase school-based initiatives focused on healthy living (good nutrition and physical activity)	5a. Wellness educators provided in classroom presentations focused on nutrition and healthy eating and physical activity.	Ironton Elementary Russell Middle School	FY16 benchmark –1,576 participants FY17- 1,632 participants = 4% increase FY18 – 2,108 participants = 29% increase FY19 – 252 participants

	5b. School wellness programming added, providing on campus services health and wellness services. <i>Healthy Living Challenge conducted 2017</i>	Boyd County Schools YMCA	FY17- 10 schools participated Objective met FY17.
Community Education 6. Improve access to healthy living education at fairs, schools, screenings and other events	6a. The Diabetes Education program provided healthy cooking events: A team member participates in the Healthy Choices, Healthy Communities Coalition Obesity Subcommittee. Staff provided nutrition/physical activity related education at community events.	1 st UMC, Greenup County Health Department, South Point Church of the Nazarene, Marathon Petroleum, Diabetes Support Group <u>Schools:</u> Ironton Elementary	FY17 – benchmark 2,554 FY18 – 3,293 served FY19- 723 served
Community Access 7. Increase access to healthy foods for vulnerable populations	Developed a plan for partnering with food programs to provide healthy food for those in need. (d) Meals-on-Wheels (e) Farmer’s Market (f) Food Feud (g) River Cities Harvest support	River Cities Harvest Community Kitchen Boyd County Cooperative Extension Service	FY17-Three (3) initiatives held FY18 – Five (5) initiatives held FY19 – Four (4) initiatives held

(d) Meals-on-Wheels – KDMC coordinates the meals delivery program in Ashland. Community Kitchen, a Meals-on-Wheels partner prepares the meals, which are then delivered by volunteers coordinated through KDMC. KDMC also provides financial support, dietary advice for the program and supplies the meals on holidays when the Community Kitchen is closed. There were 626 recipients during the year with 7,341 meals provided.

(e) Farmer’s Market – KDMC, working with the Boyd County Cooperative Extension Service, hosts a Farmer’s Market on site of its 24th Street parking lot. The farmer’s market brings fresh produce at a reasonable price to one of Ashland’s lower income neighborhoods, which also is a food dessert area. The market is open one day per week, June through September.

(f) The Food Feud is a friendly competition between KDMC and Our Lady of Bellefonte Hospital, which collects food for the River Cities Harvest. River Cities Harvest distributes the food to those in need in the area. In FY19, KDMC collected 16,487 pounds of food for River Cities Harvest.

(g) River Cities Harvest –KDMC donated 20,665 pounds of food from the hospital cafeteria, valued at \$34,510. The food is collected weekly and delivered to RCH by volunteers. KDMC also purchased \$3,375 worth of livestock from the Boyd County Fair, which was donated to RCH for processing and distribution to those in need.

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
<p>Physical Activity</p> <p>8. Support opportunities for individuals to be physically active</p>	<p>Hosted or sponsored events that encourage physical activity, including walks, fitness classes and runs.</p> <p><i>Glow Run</i> 5k race</p> <p>Fitness classes –Upper Township Firehouse and South Point Church of the Nazarene</p>	<p>Upper Township Firehouse: Ironton – 33 participated</p> <p>South Point Nazarene – 22 participants</p> <p>Church of the Ladder Day Saints – 46 participants</p> <p>King’s Daughters Sports Medicine/Marshall Orthopedics: <i>Glow Run</i> – 1,000 runners and walkers</p> <p>Summer Motion – 40 participants</p> <p>Russell Middle School – 204 participants</p>	<p>FY17 – Hosted 4 events, 1,613 participants.</p> <p>FY18 – 7 events, 1,545 participants</p> <p>Objective met FY18</p>

Goal 2: Improve patient knowledge about the relationship between height and weight through screening, counseling and education in the healthcare setting.

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
<p>Inpatient/Outpatient</p> <p>9. Increase the number of patient contacts that include assessment of BMI (HP2020)</p>	<p>Patients assessed by physicians and allied healthcare providers for BMI. Data entered into the EPIC medical record.</p> <p>Biometrics including BMI used as part of employee and community wellness programming</p>	<p>Physicians and Allied Healthcare providers in the KDMC system</p>	<p>FY17 – benchmark set 96.4% of patients</p> <p>FY18 – 100% of patients were assessed</p> <p>Objective met FY18</p>

Priority Area: Access to Care

Goal 1: To improve access to comprehensive, quality health care services for the achievement of health equity (HP2020)

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
<p>School Setting</p> <p>10. Increase access to medical care for school students and staff in school-based clinics.</p>	<p>Established school-based clinics in four school districts.</p> <p>Evaluated absence rates for students and staff</p>	<p>Ashland Independent Schools</p> <p>Boyd County Schools</p> <p>Carter County Schools</p> <p>Fairview Schools</p>	<p>FY17 Benchmark – 329 student and 143 staff wellness visits (based on school year data 8/1/16-7/31/17)</p> <p>FY18 – 253 student and 196 staff 481 wellness visits (based on school year data: 8/1/17-7/31/18)</p> <p>FY19 – 414 student and 88 staff. Total 502 wellness visits, (based on school year data: 8/1/18-7/31/19)</p>
<p>Hospital Setting</p> <p>11. Improve access to primary care providers</p>	<p>Established Call Center to assist patients with getting appointments within 24 hours of call</p>	<p>NA</p>	<p>Appointment availability has greatly improved. While monitored, the process of tracking missed same day appointments has been discontinued.</p>
<p>12. Increase community access to medical advice/services through 24/7 Care Line (amended to advice/services proved through the Patient Access Center)</p>	<p>(a) Promoted the 24/7 Care Line</p>	<p>NA</p>	<p>FY17 – Benchmark – 25,565 people served.</p> <p>FY18 – 26,060 people served</p> <p>FY19 – 32,147 people served</p>

(a) The 24/7 Care Line provides free access to nurses to answer medical questions and other access points for patients to receive assistance. This includes aiding patients that have difficulty reaching their physician's office, need prescriptions filled, or have questions regarding health issues.

Other Activities to Impact Access to Care:

Mobile Services: KDMC offers mobile health services in underserved areas. Three mobile units provide mammography, cardiac services, and occupational health in areas without these services. During FY19, 2,116 women received mammograms on the mobile mammography unit. Of these women, 532 were in the report counties. The mammography unit visited businesses, schools, health departments, physician offices and other community sites in eastern Kentucky and southern Ohio counties. The cardiac mobile unit provided healthy heart screenings, wellness screenings, immunization clinics, flu shots and lung function testing in the target region. The general health unit provided occupational health, hearing screenings, lung function testing and health screenings throughout the service region. The cardiac and general health units provided 281 people with over 1,481 free tests.

Low Cost Blood Profiles: To help bring affordable testing to those that are uninsured, underinsured or have limited coverage, KDMC offers low cost blood profiles each month. The blood profile includes fasting lipid panel (total cholesterol, high density cholesterol, low density cholesterol and triglycerides); comprehensive metabolic panel which gives the current status of the metabolism, including the health of the kidneys and liver, electrolyte and acid/base balance, glucose and blood protein levels. In addition, the test includes a complete blood count, which helps the individual determine general health status and screen for or monitor conditions affecting the blood, including anemia, infection, inflammation, bleeding disorders or cancer. The test also includes TSH or thyroid stimulating hormone, which screens for and aids in the diagnosis of thyroid disorders. For a nominal additional fee, the participant can add A1c testing, which provides a three-month average of blood glucose levels and is a primary tool in diagnosing and managing diabetes mellitus. The blood profiles are \$25, with the A1c and additional \$5 charge. During FY19, KDMC hosted monthly blood profile events, with 1,801 people participating. 1,488 people added the A1c test to their blood profile.

Priority: Poverty/Unemployment

Goal 1: To improve opportunities for employment among residents in an effort to build the economy and improve overall health.

Objective	Strategies Used	Collaborative Partners	Progress to Meeting Goal
13. Promote clinical and non-clinical health careers in the community	13a. The Human Resources Team participated in career fairs and provided information about what healthcare careers were in demand. Other staff participated, as requested, in career days at local schools.	Ashland Community and Technical College Ohio University, Ironton Collins Career Center Morehead State University NSNA Conference Marshall University Shawnee State University Scioto County Career Fair	FY17 - 11 health career promotional events FY18 – 9 health career promotional events and 249 served FY19 – 14 health career promotional events with 995 served
	13b. Worked with schools to help them create medical assistant and/or nursing aid programs through providing equipment and supplies. Provided financial support for two nursing instructors to ACTC. Donated clinical supplies to nursing and other medical discipline programs.	Ashland Independent Schools (FY17). This program expanded enrollment in FY18. Ashland Community and Technical College (ACTC) FY18 Collins Career Center (CCC) FY19	FY17 – one (1) school, three (3) programs FY18 – One (1) new program added at ACTC for Certified Medical Technician. Agreement signed FY18 for implementation FY19 for new programs at CCC FY19-Added new program at Collins Career Center

Support for Clinical Education Programs: Supplies and equipment was provided to area schools with education programs in clinical areas. These include Collins Career Center, Lawrence County, Ohio; Shawnee State University, Scioto County, Ohio; and Ashland Independent Schools, Boyd County, Kentucky. These donations allow students greater opportunity to learn in a more realistic environment. Total cost of the support was \$69,426.

Bridges Out of Poverty: Bridges out of poverty was offered in an all-day session for the entire Ashland community. Education was provided from trainers using Dr. Ruby Payne’s book *Bridges Out of Poverty*. Everyone that attended received books and education material. Leaders in the community were offered education and strategies to help with poverty in our community. Leaders were equipped and empowered to implement learned strategies in our Ashland Area community. Three hundred (300) community members attended.

Young Women Lead: KDMC sponsors and provides staff for planning and execution of the Young Women Lead Conference. The conference is a two-day event where high school age girls. The purpose of the event is to empower high school girls to embrace their strengths and to reach their full potential. Nationally recognized women leaders share their insights on real life issues and how to overcome them in order to achieve successful and fulfilling careers. In addition, teens connect with local women leaders to learn from them. Nearly 600 young women attended the conference.

Young Men Lead: KDMC also sponsors and provides staff for planning and execution of the Young Men Lead Conference. The conference focuses on high school age boys. The purpose of the event is to empower these young men to embrace their strengths and to reach their full potential. Nationally recognized leaders share their insights on real life barriers to success and how to overcome them in order to achieve successful and fulfilling careers. In addition, teens connect with local male leaders to learn from them. Nearly 315 young men attended the conference.

Nursing instruction support was provided to the Ashland Community and Technical College to help assure a continuing program for registered nurses in the region.

Priority: Diabetes

Goal 1: Reduce the disease and economic burden of diabetes mellitus (DM) and improve the quality of life for all persons who have, or are at risk for DM. (HP2020)

Objective	Strategies	Collaborative Partners	Progress to Meeting Goal
School-based 14. Provide diabetic education and/or testing in schools	Evaluated youth and adult diabetic needs in schools. * Plan developed to address needs during FY18 and FY19. Screening for diabetes	Boyd County High School Fairview High School Catlettsburg Elementary	FY17 – Evaluation complete and plan developed. FY18 – 244 kids and 8 adults served FY19 – 37 adults screened
15. Provide a fun, educational environment for diabetic youth	Healthy Kids day held at Boyd County Middle School to education children about diabetes prevention and healthy living.	Boyd County Schools	FY17-work in progress FY18 – 244 kids and 8 adults served Objective achieved FY18

Other Activities to Impact Diabetes:

Screenings: KDMC during its general and healthy heart screenings included a non-fasting blood glucose test. This test provides the participant an indicator of risk of diabetes and depending on the test reading, the individual was counseled on diabetes prevention or to visit their healthcare provider for further fasting blood testing. This test was provided during 26 events and for 834 individuals in the focus area.

Education: Diabetes prevention education was provided for 1,417 individuals (1,217 adults and 200 children) through partnerships with the following: Boyd County High School, KDMC Cardiology, South Point Church of the Nazarene, Greenup County Fair, Grayson Sr. Ctr., Wurtland Nazarene, Lawrence Co. Chamber, Greenup Library, Lawrence Co. Sr. Ctr., Marathon Petroleum, Upper Tygart FWB, Greenup Tractor Club, Summer Motion, Ironton Elementary, and Ashland Town Center Mall.

Low Cost Blood Tests: As part of KDMC’s Low Cost Blood Profiles, individuals receive a fasting glucose test. This test can tell the individual if they have abnormal blood sugar readings. KDMC hosted monthly events, with 1,801 people tested. In addition, for an extra \$5 an A1c test can be added to the profile. During fiscal 2019, 1,488 people added the A1c test to check their three-month average blood sugar reading.

Priority: Hypertension

Goal 1: Improve cardiovascular health and quality of life through prevention, detection, and treatment of hypertension.

Objective	Strategies	Collaborative Partners	Progress to Meeting Goal
16. Increase hypertension education among community members	<p>16a. Multiple events addressing hypertension education were held in the primary counties. Materials were provided to participants on how to lower or maintain a healthy blood pressure.</p> <p>16b. Provide at least two (2) hypertension activities in each county. Hypertension screening and education included as part of General and Healthy Heart screenings.</p>	Boyd County High School, KDMC Cardiology, South Point Church of the Nazarene, Greenup County Fair, Ashland Technical College, Grayson Sr. Ctr., Wurtland Nazarene, Lawrence Co. Chamber, Greenup Library, Lawrence Co. Sr. Ctr., Marathon Petroleum, Upper Tygart FWB, Greenup Tractor Club, Summer Motion, Ironton Elementary, and Ashland Town Center Mall	<p>FY17 – benchmark 1,049 educated</p> <p>FY18 – 1,301 educated</p> <p>FY19 – 797 educated</p>

<p>17. Increase blood pressure screenings in the community to identify those at risk for hypertension early.</p>	<p>Multiple screening events addressing hypertension were held in the primary counties. In addition to the blood pressure screening, each participant was provided educational materials on maintaining a healthy level of blood pressure.</p>	<p>Boyd County High School, KDMC Cardiology, South Point Church of the Nazarene, Greenup County Fair, Grayson Sr. Ctr., Wurtland Nazarene, Lawrence Co. Chamber, Greenup Library, Lawrence Co. Sr. Ctr., Marathon Petroleum, Upper Tygart FWB, Greenup Tractor Club, Summer Motion, Ironton Elementary, and Ashland Town Center Mall</p>	<p>FY17 – 52 events, 1,095 screened</p> <p>Events: Boyd Co. – 30 Carter Co. – 7 Greenup Co. – 8 Lawrence, OH – 7</p> <p>FY18 – 28 events; 676 screened</p> <p>Events: Boyd Co. - 20 Carter Co. – 2 Greenup – 1 Lawrence, OH - 5</p> <p>FY19 - 26 events; 834 screened</p> <p>Events: Boyd Co. - 14 Carter Co. – 3 Greenup – 5 Lawrence, OH - 4</p>
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Additional activities to address hypertension:

Know Your Numbers education increases awareness of patient results for cholesterol and blood pressure so that individuals can better address these heart health indicators for better health. During FY19, 310 individuals received this education.

KDMC also provided stroke education, which includes discussion of blood pressure’s role in stroke. Through partnerships with the Marathon Petroleum, Greenup County High School, New Life Fellowship Church, Boyd County High School, Lawrence Co. Chamber of Commerce, Greenup County Library, Lawrence County Senior Center, Greenup County Tractor Club and others, KDMC reached 898 individuals with stroke education in the primary service area.

Community Health Activities other than Implementation Plan:

The medical center provides free educational and screening services in an area broader than the primary market. This area includes multiple counties in eastern Kentucky, southern Ohio and western West Virginia. KDMC works with churches, schools, businesses and community groups to help improve health throughout the Tri-state area. As a leader in healthcare in the area, KDMC is often called upon to provide screenings and health education in more remote regions where there are no providers to offer these services. The following activities, which contribute to community health, but are not specific to the Implementation Plan goals and objectives were provided (covered areas include primary, secondary and tertiary counties unless otherwise stated):

Screenings, immunizations and physicals:

- Carpal Tunnel screening – 84 adults screened
- Colon Cancer screening – 30 adults screened
- Diabetic Foot Screening – 29 adults screened
- General health screening (total cholesterol, blood pressure and blood sugar tests) – 137 adults screened, total tests provided – 95 (secondary, tertiary counties)
- Healthy Heart screening (total cholesterol, blood pressure, blood sugar and EKG) – 95 adults screened, total tests provided – 475 screened (secondary, tertiary counties)

- Prostate cancer – 8 adults screened
- Shoulder screening – 38 adults served
- Skin cancer – 37 adults
- Sports physicals- 120 adults (college), 1,608 youth
- Surgical Weight Loss screening – 40 adults served
- Flu shots – 1,296

Health education:

- Automated External Defibrillator – 230 adults served
- Blood Donations – 562 served
- Brain health- 4 adults, 200 children served
- Breast cancer – 2,960 adults, 105 children/youth served
- Concussion – 12 adults served
- Congestive heart failure – 194 adults
- Colon cancer – 412 adults, 50 children
- Diabetes – 113 adults, 50 children served (secondary, tertiary counties)
- Fire safety – 85 adults, 400 children
- First aid- 10 adults, 115 children served
- Flu prevention – 227 adults and 131 children served
- Hand washing- 427 adults, 132 children served
- Healthy Heart Education – 245 adults and 50 children/youth (secondary/tertiary counties)
- Heart Challenge – 4 adults, 200 children
- Hydration – 78 adults, 226 children served
- Immunizations- 15 adults served
- Lung cancer – 200 adults served
- Mission Heart – 74 adults
- Nutrition education – 50 adults, 250 children/youth served (secondary/tertiary counties)
- Pregnancy/Parenting education – 150 adults and 73 children served
- Prostate cancer – 357 adults, 105 youth/children served
- School bus safety- 165 adults, 300 children served
- Signs and Symptoms of Heart Attack – 271 served
- Skin cancer – 342 adults, 60 children served
- Stroke – 163 served (secondary/tertiary counties)
- Stop the Bleed – 20 served
- Summer safety- 180 adults, 160 children/youth served
- Tobacco - 163 adults, 100 children/youth (secondary and tertiary counties)
- Wheel of Health (assorted health topics) – 20 adults served

KDMC's CPR Training Center provided basic life support, advanced life support and/or pediatric advanced life support training to 3,591 individuals.

AED Donations were made in all four counties in the primary service area. These include donations to Greenup County Sherriff's Department – 2 AED's; Westwood Fire Protection District – 1 AED; Ashland-Boyd County-Catlettsburg Office of Emergency Management – 1 AED; City of Ashland Department of Police – 2 AED's; Boyd County Public Schools – 2 AED's; Ashland Independent School District – 4 AED's; Safe Harbor – 1 AED; Ironton Police Department – 2 AED's; Boyd County Sherriff's Department – 2 AED's; Carter County Sherriff's Office – 2 AED's; Greenup County School District – 2 AED's; Wurtland Volunteer Fire District, Inc. -1 AED; Little Sandy Fire Department – 1 AED. An additional AED was donated to the Floyd County Sheriff's Office., which is in KDMC's secondary market.

In addition, KDMC did an AED round-up where local agencies with existing AEDs could bring their AEDs in for servicing through KDMC's Bio-Medical Engineering Department. The AEDs were checked and those needing repaired were done at no charge to the owner. KDMC also replaced batteries, provided pads and training where needed. This was an approximate investment on KDMC's part of \$3500-\$5,000.

Support groups – KDMC provides various support groups for individuals with disease and/or their caregivers. During FY19, the following groups were offered.

- Adult Diabetes Mellitus – 44 attended
- Look Good, Feel Better – 2 attended
- Parkinson’s Disease – 75 attended
- Breast Cancer – 35 attended

Clinical Research: KDMC supports clinical research in both cardiac and oncology.

Other Community Activities:

Blood Drives- KDMC hosted 17 blood drives on KDMC campuses. A total of 562 community and team members donated blood.

First Aid Station – KDMC offers first aid station support for area events. During the fiscal year, 10 adults and 25 children were served.

Food Feud – The Food Feud is a food drive competition between KDMC and Our Lady of Bellefonte Hospital to see which hospital can collect the most non-perishable food for donation to River Cities Harvest. A total of 25,747 pounds of food was collected. KDMC’s contribution was 16,487 pounds.

Backpack Program- This is a partnership with the Ashland Alliance. Team members filled backpacks with school supplies for 110 elementary, middle and high school aged children to ensure students start the school year with the necessary school supplies and at least one new outfit of clothes.

Adopt-a-family- team members adopted 27 families (includes 84 individuals) and 86 individual children, providing gifts and food to those in need at Christmas time.

Build-a-Bed- Build-a-Bed is an effort of Morehead State University that puts together beds for underprivileged children in the region. These beds come into KDMC’s primary service area through an application process where parents/guardians can apply for beds for their children. The applicants must meet income eligibility guidelines. KDMC’s Ambassador team helped build, wrap and distribute 100 beds. KDMC supplied 35 bed kits (comforter, sheets, pillow) for the beds. In addition, 12 hygiene kits (including shampoo, conditioner, soap, tooth brush and toothpaste) and 15 stuffed toys were.

Childbirth Classes – Childbirth classes help mothers-to-be and their partners become more comfortable with the birth experience, learn birthing options, nutrition, the labor process, and pain management, to help them make the best decisions about how they wish to give birth. Parents-to-be also learn about the benefits of breast feeding. During FY19, the Women’s Health team continued to partner with local OB/GYN physicians, offering a childbirth classroom in the doctor’s practice and provided a nurse childbirth educator/lactation consultant on Monday and Wednesday during the office’s busiest appointment days. By abandoning the traditional all-day childbirth class and providing more one-on-one or small group education sessions in the doctor’s office, KDMC has been able to reach more mothers-to-be, serving 262 mothers and 315 (when including significant others) total in these sessions.

CPR Training Center – 3,591 people trained. KDMC provided free training (value \$18,190) and issued 414 cards for the following:

- First Responders – Includes police, fire departments and EMS providers (Ashland Police, Boyd Co., Carter Co., Greenup Co., Air Evac., Portsmouth, Lawrence Co. OH, West Liberty Police, Upper township VFD, Magoffin Co. FD, Jackson Co. OH EMS, Boyd Co. 911, US Army, Rowan Co. EMS, Logan Co. EMS, Paintsville FD, Morgan Co. EMS, MTS, Cabell Co. WV EMS, MedCare EMS and Coal Grove FD) – 311 cards issued (BLS, PALS and ACLS included)
- College students (includes ACTC, OUS, Shawnee State, Marshall University, Big Sandy CTC, Northern KY University, Kentucky Christian University, Morehead State, Walden University) – 103 cards issued (BLS, PALS and ACLS included)

Pathways, Inc. KDMC provided 22 beds and a wheelchair to Pathways, Inc. a not-for-profit mental health provider to assist with their services.