



Paoli Hospital

Main Line Health

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Community Health Needs Assessment:
***Community Health Needs Priorities
and Implementation Plan***

May 2013

About Paoli Hospital

Paoli Hospital, a member of Main Line Health, is a nationally recognized, non-profit, 222-bed acute care hospital and Level II Regional Trauma Center with outpatient facilities in Exton and Collegeville. In 2012, Paoli Hospital was named for the fourth time among the nation's 100 Top Hospitals® by Truven Health Analytics. It was one of only 20 medium-sized community hospitals nationwide and the *only* hospital in Pennsylvania to make the list in this category. Paoli was also recognized as one of the Philadelphia region's best hospitals by *US News & World Report* for excellence in five specialties including orthopaedics, geriatrics, nephrology, gastroenterology, and urology and is a multi-year recipient of the Premier "Award for Quality" for providing outstanding patient care and maintaining operational efficiency. Paoli is one of only three percent of hospitals nationwide to earn Magnet® Designation twice for its superior nursing staff and was among the first in the region to incorporate evidence-based design into its Patient Care Pavilion to improve patient safety, efficiency, satisfaction and healing.

In addition to striving for excellence in the care of our patients, Paoli Hospital has also always viewed community health as part of its mission. We employ a full-time community services director, as well as per diem staff, to provide health screenings, medical wellness lectures, and other health events for the communities we serve. As part of our outreach initiatives, we have developed many relationships with organizations that serve and impact children, adolescents, and young and older adults. We are actively involved in area schools, YMCA's, churches, senior living facilities and other community institutions.

The current CHNA report for our region has given us additional insights into specific community health needs. We will continue to provide assistance to the programs/facilities that we currently serve, and will add an increased focus to the priorities that have been highlighted in this report and that we have chosen to work on including health needs of the South Asian population, mental health, the underinsured, obesity and the senior population.

Priority: Improve access and care to the South Asian population

Supporting Information:

- According to the Paoli CHNA report, the Asian population makes up 7% of Paoli's CHNA population (whites = 83%). The largest concentration live in affluent neighborhoods, however, there are communities of varying socio-economic status.
- The Asian population in Paoli's CHNA area is predominately South Asian at 6%.
- In the Paoli CHNA area, concentrated portions of the Asian population live in King of Prussia (19406), Audubon (19403), Phoenixville (19460), Devon (19333) and Chester Springs (19475).

Goal 1: Understand the healthcare needs of the South Asian population in our communities

Goal Leader: Director of Community Services

Action Items:

- Conduct focus groups in each of the heavily populated South Asian communities to identify any specific/unique needs when accessing health care services.
- Provide appropriate screenings and educational seminars based on information obtained from focus groups.
- Educate hospital employees, including Paoli's spiritual care team, on any specific/unique needs of the South Asian population.
- Eliminate any barriers (if they exist) to effective utilization of our health care system by the South Asian population (i.e. communication/language).
- Incorporate any learnings found into new staff orientation training, culture of diversity training and computer-based training (CBT) materials.

Priority: Improve access and care to the South Asian population (continued)

Goal 1: Understand the health care needs of the South Asian population in our communities (continued)

Program or organization collaborating on the goal:

- South Asian civic groups and leaders
- Houses of worship
- Indian restaurants
- Family-centered maternity unit (Paoli Hospital)
- Physician providers
- MLH data analysis/research department

Priority: Improve awareness and access to behavioral health resources in the community

Supporting Information:

- 13% of adults in the Paoli CHNA area report having been diagnosed with a mental health condition and 60% of those adults report taking medication or receiving treatment for depression or other mental health conditions.
- Adults reporting high stress levels has increased from 15% to over 20% from 2002 to 2010. Stress has been identified as a top issue impacting the quality of health of area adults in an online study of local adults, as well as the MLH physician medical staff. According to The Journal of the American Medical Association (JAMA), stress hormones have damaging effects if the heart is exposed to elevated levels for a long time.
- Drugs and alcohol were cited as a top issue in the Paoli CHNA area by community groups, school nurses, community leaders, public safety officers and MLH physicians.
- Mental Health in the Paoli CHNA area is viewed generally as a top issue by community groups, school nurses, public officials and MLH physicians.



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Priority: Improve awareness and access to behavioral health resources in the community (continued)

Goal 1: Improve community awareness of existing behavioral health resources

Goal Leader: Vice President, Behavioral Health Services

Action Items:

- Expand behavioral health resource directory (especially outpatient) and distribute to area providers: physicians, schools, senior centers, nurses, etc.
- Partner with MLH community services to conduct educational programs on stress reduction, and on key concerns related to depression and substance abuse.
- Continue to partner with behavioral health payors, i.e., Magellan, and other provider groups on “resource awareness” fairs.

Program or organization collaborating on the goal:

- Behavioral Health
- Community Services
- Marketing

Priority: Improve awareness and access to behavioral health resources in the community (continued)

Goal 2: Improve patient access to MLH's outpatient behavioral health services

Goal Leader: Vice President Behavioral Health Services

Action Items:

- Reduce average wait times by implementing procedures to rapidly expand intake capacity during periods of peak demand.
- Eliminate delays in transfer between levels of behavioral health care within MLH.
- Implement "Open Access" procedures (walk-ins and crisis visits) for general outpatient services.
- Develop a consistent approach to providing crisis intervention services at all of the MLH EDs.
- Create linkages with specific specialty services that have high demand for behavioral health services across MLH, i.e., oncology, cardiology and palliative care.
- Embed behavioral health care providers in one or more MLH primary care practices to offer onsite consultation and collaboration.

Programs or organizations collaborating on the goal:

- Behavioral Health
- Main Line HealthCare
- MLH Emergency Departments
- Specific Specialty Providers

Priority: Address the needs of the uninsured population

Supporting Information:

- Self-reported health status correlates with socio-economic indicators, such as poverty. Respondents from the 2010 PHMC Household Health Survey are nearly three times more likely to report fair or poor health if living under the 200% FPL. Fair or poor health is also correlated with chronic conditions.
- The Paoli CHNA areas have a relatively small proportion of households living at the federal poverty level. A larger proportion live in households earning just two times the FPL, however, the total percentage remains low.
- MLH's charity care program extends to families making up to five times the FPL.
- Less than 4% of residents in the area lack insurance coverage (CHNA report), but the socio-demographics of the CHNA area indicate that there may be pockets within the area where there are persons in need of subsidized health care.

Priority: Address the needs of the uninsured population (continued)

Goal 1: Ensure health care access for the uninsured population in our community

Goal Leader: Vice President, Financial Operations for PH

Action Items:

- Continue to provide charity care for those in need. In the past fiscal year, Paoli Hospital extended \$1.9 million in charitable care.
- Strengthen relationships with two Free Care Clinics: The Clinic in Phoenixville, and Community Volunteers in Medicine. Paoli Hospital provides diagnostic testing along with inpatient and outpatient procedures at no cost to the patient or clinic.
- Maintain procedures at Paoli Hospital to identify eligible patients who qualify for MLH's Charity Care Program.
- Create awareness among hospital employees of MLH's Charity Program and eligibility by including information in new employee orientation, eligibility posters in departments and annual review at Leadership meetings.
- Increase community awareness of MLH's Charity Program and eligibility by including eligibility information at wellness and screening events, general outreach activities and in MLH medical staff offices.

Programs or organizations collaborating on the goal:

- Paoli/MLH Finance, Patient Access, Patient Access and PH Medical Staff
- Community Volunteers in Medicine
- Phoenixville Clinic
- Hospital Departments
- Community Services
- Medical Staff and Sales Liaisons

Priority: Reduce the number of overweight and obese individuals in our community and prevent persons at risk from becoming overweight and obese

Supporting Information (Adults):

- Obesity is defined as a body mass index (BMI) of greater than or equal to 30. Adult overweight is defined as a body mass index in the range of 25-30.
- One of the largest changes has been an increase in the number of Americans in the obese category. Obesity has doubled, and in some cases tripled, between 1970 and 2008. (*Centers for Disease Control and Prevention U.S. Obesity trends. August 12, 2010*)
- Individuals who are overweight and obese have an increased risk for type 2 diabetes, heart disease and certain types of cancer. (*Dietary Guidelines for Americans, 2010*)
- Paoli Hospital Community Health Needs Assessment (PH CHNA) identified obesity as the top health concern by community leaders, school nurses, MLH medical staff and community members.
- Although obesity in the PH CHNA area is at 20%, which is below the South PA level of 26.3%, the percentage of obese persons has been trending upward since the year 2002.



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Priority: Reduce the number of overweight and obese individuals in our community and prevent persons at risk from becoming overweight and obese (continued)

Goal 1: Increase awareness and education on healthy eating/nutrition, and promote physical activity to improve the health status of the community

Goal Leaders: Exercise Physiologist, Senior Nutritionist

Action items:

- Continue to offer community outreach health education and screenings
 - Screenings for cholesterol, glucose, BMI, blood pressure.
 - Nutrition lectures on healthy weight, fruit and vegetable consumption, whole grains, cooking tips.
 - Health and wellness fairs using nutrition and fitness booths focusing on healthy weight, portion control, label reading, fruit and vegetables and whole grains.
 - Promote Main Line Health (MLH) Well Ahead website featuring videos by physicians, registered dietitians (RD's) and physical therapists, healthy recipes, event calendars, printable education materials.
- Continue to support Paoli Hospital (PH) community partnerships that encourage healthy lifestyles
 - Activate Chester County (ACC) – A county-wide coalition advocating healthy eating and fighting obesity. PH is on the ACC Steering Committee and also co-chairs the Activate Paoli group.
 - Downingtown West HS – PH provides Wellness Wednesday monthly activities for students and faculty.
 - Wegmans – Malvern, Downingtown, Collegeville. Lectures on various disease prevention topics.
 - Arthritis Foundation, American Cancer Society – PH sponsors local 5K Runs for these organizations.
 - Legislative – Reps. Milne, Kampf, & Truet – health activity fairs
 - Spring Ford School District – 2nd & 4th grade nutrition curriculum
 - Chester County Food Bank – PH sponsors year-round healthy food collections
 - Chester County Health Dept. – Provide support for Chester County Health Assessment and Act CC programs.

Priority: Reduce the number of overweight and obese individuals in our community and prevent persons at risk from becoming overweight and obese (continued)

Goal 1: Increase awareness and education on healthy eating/nutrition, and promote physical activity to improve the health status of the community (continued)

Action items (continued):

- Paoli Business Association – Support Activate Paoli walking initiatives
- Willistown Township Park and Recreation Dept. – Partnered with PH in the summer reading and wellness program **GO WILMA**.
- Paoli and Malvern Library - Partnered with PH in the summer reading and wellness program **GO WILMA**. PH also provides nutrition seminars at the library led by PH staff.
- YMCA's: Brandywine, Central Chester County, Upper Main Line – PH staff provides health fairs, summer camp programs and screenings.
- Vanguard – Provide numerous health seminars and health fairs for their employees.
- Immaculata University – Serve on their student safety and wellness committee.
- United Way – Provides key leadership in Activate Chester County coalition.
- Develop education materials on obesity -related health conditions with standardized content and messaging in conjunction with MLH hospital partners.

Programs or organizations collaborating on the goal:

- Community Partnerships
- Community Health Services
- Diabetes Center
- MLH System Resources



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Main Line Health

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Priority: Reduce the number of overweight and obese individuals in our community and prevent persons at risk from becoming overweight and obese (continued)

Goal 2: Educate MLH health care providers on the value and importance of nutrition for both general and disease specific patients

Action items:

- Provide general nutrition education to physicians through presentations at Grand Rounds, department meetings, etc. and through sales liaison physician visits.
- Distribute educational materials to PCP practices.

Program or organization collaborating on the goal:

- Paoli Physician Liaisons
- Marketing
- Paoli Medical Leadership/Champions (Matt Callahan, MD; Mike Harkness, MD)
- Community Health Services



Paoli Hospital
Main Line Health

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Priority: Reduce the number of overweight and obese individuals in our community and prevent persons at risk from becoming overweight and obese (continued)

Goal 3: Promote healthy weight and the benefits of physical activity to Paoli employees

Action items:

- Provide funding for the Paoli Wellness Council to continue and enhance employee wellness activity offerings.
- Promote increased utilization of the Paoli Wellness Council “Employee Portal” to provide increased awareness regarding healthy cooking, nutrition and fitness, along with listings of wellness activities (walks, clubs, gyms) throughout Paoli’s CHNA area.
- Continue employee health fairs and screenings.
- Develop educational materials with standardized content and messaging in conjunction with MLH hospitals.
- Long term, through MLH Human Resource (HR) departments, construct benefit plan offerings that provide incentives and tools for employees to maintain healthy lifestyles.
- Work with Paoli cafeteria and MLH System to promote the “**Just 4 You**” wellness and healthy eating initiatives to offer healthier meal options.

Programs or organizations collaborating on the goal:

- Paoli Wellness Council
- Community Health Services
- Marketing
- Aramark
- Human Resources



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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community

Supporting Information:

- 65% of Paoli's population over age 65 is planning to age-in-place over the next ten (10) years.
- 30% of all adults are providing care (caregivers) for adults 60 years of age or older.
- Paoli has the largest percent of residents using formal in-home care both within the system and the region (over age 65).
- According to Paoli's CHNA survey results, the barriers to exercise vary by age – older adults are more likely to report that “health problems” prevent them from getting exercise.
- Paoli's CHNA identified that approximately one in three older adults are coping with a chronic condition, more than the other age groups.
- While there are various social programs available for seniors, only 19% have used or are aware of the various social programs available.
- Physical activity is beneficial for the health of the 65 and over population. It can reduce the risk of certain chronic diseases, may relieve symptoms of depression, helps to maintain independent living and enhances overall quality of life. Research has shown that even among frail and very old adults, mobility and functioning can be improved through physical activity. Strength training is recommended as part of a comprehensive physical activity program among older adults and may help to improve balance and decrease risk of falls. (Older Americans 2012: Federal Interagency Forum on Aging-Related Statistics)



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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community (continued)

Goal 1: Reduce the incidence of falls in older adults

Goal Leader: Injury Prevention/Outreach Coordinator

Supporting Information:

- Falls can be a barrier to independent living. Almost one in four older adults in the PH area has fallen in the past year.
- According to Paoli's CHNA survey results, the barriers to exercise vary by age – older adults are more likely to report that “health problems” prevent them from getting exercise.
- Falls remain the leading cause of injury death for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. (CDC)
- In 2010, over 2.3 million older Americans were treated in emergency departments for non-fatal injuries from falls and more than 650,000 were hospitalized. (CDC) As a result, injuries sustained from fall events may require additional monitoring, increase length of hospital stay and increase use of health care dollars for our service area population.
- From 9/2011 to 9/2012, 267 patients were admitted to Paoli Hospital Trauma Services after falling from a standing position. This only demonstrates a small piece of the region's fall-related injuries, as it does not include other services and sister hospitals, other fall-related injuries (from steps, ladder, etc.) or those patients who did not have a significant injury requiring admission. (PH Trauma Registry)
- In addition to pain and suffering, and the high cost of rehabilitation, falls with or without injury also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, often self-limit activities and social engagements. These limitations can result in further physical decline, depression, social isolation and feelings of helplessness.



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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community (continued)

Goal 1: Reduce the incidence of falls in older adults (continued)

Action Items:

- Provide Education and Fall Prevention Programs to the Paoli Hospital Service Area:

In-Patient Population

- Specific staff (Physical Therapist, Injury Prevention Educator, and/or Occupational Therapist) to meet with patients and/or family of those individuals admitted with a fall-related diagnosis. The purpose is to understand and identify some of the issues that may have led up to the fall, with the goal to address those issues prior to discharge.
- Referral to Department of Health (DOH) Injury Prevention staff will be provided based on county availability (currently available only in Chester County) for home safety inspection if agreeable to patient and/or family.
- Provide a patient education packet to include the CDC's "Check for Safety" brochure, CDC's "Help Seniors Live Better, Longer: Preventing Traumatic Brain Injury in Older Adults," and The National Highway and Traffic Safety Administration's (NHTSA) "Stepping Out – Mature Adults – Be Healthy, Walk Safely."



Paoli Hospital
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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community (continued)

Goal 1: Reduce the incidence of falls in older adults (continued)

Action Items (continued):

- Provide Education and Fall Prevention Programs to the Paoli Hospital Service Area (continued):

Community Population

- Provide a patient education packet to include the CDC’s “Check for Safety” brochure, CDC’s “Help Seniors Live Better, Longer: Preventing Traumatic Brain Injury in Older Adults,” and The National Highway and Traffic Safety Administration’s (NHTSA) “Stepping Out – Mature Adults – Be Healthy, Walk Safely,” Packet will also contain slip resistant socks (if applicable based on funding).
- Fall Prevention information made available on MLH website.
- Provide fall-related informational programs to all area senior communities and Senior Supper events.
- Evidence-based fall prevention education program – **Matter of Balance®** – to be offered to PHSA sites. The **Matter of Balance®** program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. This program has been adapted from the original intervention to be more suitable for community-dwelling older adults by allowing small group sessions to be led by a trained facilitator. The program was designed to benefit, community-dwelling older adults who are concerned about falls, sustained falls in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength and are age 60 or older, ambulatory and able to problem solve. Program consists of eight (8) two-hour sessions.

Program or organization collaborating on the goal:

- System hospitals
- Area community centers
- Area senior living communities
- Area YMCAs
- Chester County Department of Health



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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community (continued)

Goal 2: Increase education and socialization of our senior population

Goal Leader: Injury Prevention/Outreach Coordinator, Director of Community Services

Supporting Information:

- Older adults tend to have smaller social networks and are more likely to experience feelings of loneliness. Older seniors feel more isolated than younger seniors. Social disconnectedness and perceived isolation are greater among those who have worse health. (National Social Life, Health, and Aging Project [NSHAP], 2009)
- Only 19% have used or are aware of various social programs available.
- Majority of Paoli CHNA population have access to transportation.
- 15% of our senior population is employed at some level.
- Paoli's CHNA identified that approximately one in three older adults are coping with a chronic condition, more than the other age groups.
- Older adults (age 65+) in the Paoli area are almost three times as likely than younger adults to have been diagnosed with diabetes. (CHNA)
- The CDC has reported that the number of Americans diagnosed with diabetes has tripled since 1980. This increase has been linked to obesity, inactivity and older age.



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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community (continued)

Goal 2: Increase Education and Socialization of our senior population (continued)

Action Items:

- Website: educational information on senior health and lifestyle
- Health Awareness events: Senior Expos with area legislators; older adult community groups (7 per year)
- Senior Supper – evening: monthly with wellness educational focus/social programming
- Senior Breakfast – morning: monthly with educational/recreational programming
- Senior Breakfast Corner – daily in cafeteria (social-focused)
- Screenings: preventative care – cholesterol, BP, Stroke (approx. 60 screening events per year at senior living communities and senior centers)
- Flu clinics – free flu vaccines provided at approximately eight (8) senior focused events
- Seminars – healthy living and preventative care focused topics (30 per year)
- Brown bag: medication review with a pharmacist (anticipate quarterly)



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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community (continued)

Goal 2: Increase Education and Socialization of our senior population (continued)

Programs or organizations collaborating on the goal:

- *Partnerships:*
 - Wellington Retirement Community – Brown Bag partner
- *Site Hosts:*
 - Great Valley Senior Center – Senior Breakfast
 - Surrey Senior Services – Berwyn
 - Downingtown Senior Center
 - Pat's Senior Daycare – Frazer
 - AARP – Malvern
 - Devon Manor – Devon
 - Shannondell – Audubon
 - St. Martha's Manor – Downingtown
 - Audubon/Lionville YMCA Senior group
 - Tel Hai Retirement Community – Honey Brook
 - Ashbridge Manor – Downingtown
 - Freedom Village – Coatesville
 - Area churches



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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community (continued)

Goal 3: Provide resources to seniors and family caregivers of seniors

Goal Leader: Injury Prevention/Outreach Coordinator

Supporting Information:

- Based on the Paoli CHNA, our 65+ age population shows the largest percentage growth. This represents the continued aging of the baby boomer generation.
- Currently, the Paoli CHNA area has a substantial older (age 65+) population (13.3%), which is projected to be the fastest growing of the age segments.
- NICHE (Nurses Improving Care for Healthsystem Elders) is the leading nurse-driven program designed to help hospitals improve the care of older adults. This program promotes the use of geriatric nurse practitioners, gerontologists and geriatric resource nurses in the hospital setting to develop age appropriate protocols and evidence-based practices.
- As the population ages, formal and informal care giving will continue to be an important issue. 65% of Paoli's population over age 65 is planning on aging-in-place over the next ten (10) years.
- There is a steady increase in the number of adults who report that they provide care for an older adult. Currently, 30% of all adults are providing care (caregivers) for adults 60 years of age or older.
- End-of-life and care giving support are key concerns for physicians affiliated with Paoli Hospital and other Main Line facilities.
- As the health care needs of these older adults increase, they may transition to the need for formal home care services, assisted living or skilled nursing home care.
- About one in ten older adults lack prescription drug coverage. This clearly demonstrates the need to provide resource direction for qualifying seniors.



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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community (continued)

Goal 3: Provide resources to seniors and family caregivers of seniors

Action Items:

- Create information on website related to caregiver support and resources for the aging.
- Develop blog/social media to connect those in similar situations to self collaborate.
- Determine interest for a specific support group for caregivers of seniors.
- Conduct focus groups with representation reflective of our patient population to identify specific needs of the senior community:
 - provide opportunities for senior consumer input (at least annually)
 - provide opportunities for senior care giver input (at least annually)



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Priority: Older Adults- Meet the key demands of the growing geriatric population in our community (continued)

Goal 3: Provide resources to seniors and family caregivers of seniors

Action Items (continued):

- Evaluate feasibility of hiring a geriatric certified nurse practitioner to assist and educate staff, physicians and families on the caring of seniors with health issues while in the hospital setting. For example: management of appropriate age and dosage issues related to medication orders to avoid over-medication of the senior population; bedside cognitive and neurological assessments to avoid hospital-related delirium events, promotion of early mobility, etc.
- Compile a resource list of short- and long-term care options, including aging-in-place options, for clinical staff to facilitate the discharge planning process.
- Evaluate the need for a MLH System medical director specifically trained in gerontology. Responsibilities would include the development of protocols and best practice initiatives related to senior care, oversight of and support for senior specific educational programs and system-wide review of health care delivery and access for geriatric patients.
- Explore the development of a senior-focused hospice program.

Program or organization collaborating on the goal:

- Main Line Health System Hospitals
- Trinity House
- Area Churches (Ministerium)
- Chester County Department of Aging
- Paoli Hospital Palliative Care program
- Jefferson Health System Home Network
- Area legislators

Priority: Cultural/Diversity

Supporting Information

Cultural awareness and competence improves the quality of care and health outcomes. Being culturally competent and understanding the varying health needs of diverse populations is important to eliminate disparities of care and to remove any cultural barriers for accessing care.

There may be pockets of diverse population in the PH community. Although there is limited information on these sub-populations, they may contain persons with varying health needs that may need to be addressed.

Goal 1: PH will participate in the Main Line Health System-wide Diversity and Inclusion Initiative that is comprised of numerous high level committees and Diversity and Cultural Competence work groups.

Action Items:

- Active participation on MLH “Disparities in Care Work Group” to assess current and projected state of care across MLH related to diverse patient base (racial, cultural, age, gender, sexual preference).
- Active participation on MLH “Community Work Group” to convey the findings and recommendations of the community health needs assessment, better understand the health needs of pockets of diverse populations and ensure that care and education is aligned with the health needs of the community.



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The following health needs are important to the community, however they are not being addressed with specific implementation plans, as services to address these areas are already being provided throughout the PH and MLH System communities.

Cardiovascular Disease

PH currently provides services to address cardiovascular health in the community. PH promotes and participates in community events focused on identifying risk factors and preventing heart disease, promoting healthy nutrition, smoking cessation and screening programs. A new screening program being initiated is angio-screening for employers in the community. Additionally, other MLH hospitals have identified cardiovascular disease as a priority and a MLH System-wide Work Group is being implemented to coordinate and share best practices across the health system for addressing this health need. PH will actively participate in the work group.

Cancer/Screenings and Prevention

PH currently provides services to address cancer in the community. PH conducts prostate, skin and breast cancer screenings in the community. PH is also developing a lung nodule clinic to provide early screening for lung cancer. The PH Cancer Center is accredited by the American College of Surgeons as a Community Hospital Comprehensive Cancer Program and employs both a social worker and risk assessment counselor to assist with outreach and address the needs of the community.



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Arthritis

Although arthritis was the most common chronic condition among adults in the PH CHNA area, the percentage of adults in the area with arthritis is lower than in SEPA. Regardless, PH currently addresses risk factors for arthritis by focusing on obesity and the care of the senior population. Additionally, PH conducts several community events per year on rheumatology related conditions.

Lung Health

PH currently provides services to address lung health in the community. PH follows CMS guidelines for pneumonia care and 96% of all inpatients now receive the core guidelines. As noted, a lung nodule clinic is being developed to provide early screening for lung cancer and the PH has the only Joint Commission certified pulmonary lab in the region that serves a wide community. Additionally, PH, as a member of the MLH System, is active in the promotion of smoking cessation.

Injury Prevention

As a result of the CHNA conducted at MLH in 2009, the need for a trauma center in Chester County was identified. In response to this need, PH opened a Trauma Center in 2011 to serve the community of the county. As part of this program, PH provides outreach education on injury prevention. Additionally, the Bryn Mawr Rehab Hospital provides safe driving programs throughout the PH community.



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