



2022 Community Health Needs Assessment

Implementation Strategy

Rapides Regional Medical Center



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Community Health Needs Assessment



About Rapides Regional Medical Center

In the spring of 2022, Rapides Regional Medical Center (RRMC) embarked on a comprehensive Community Health Needs Assessment (CHNA) process to identify and address the key health issues for our community.

Rapides Regional Medical Center (RRMC), based in Alexandria, Louisiana is a for-profit, 346-bed hospital serving central Louisiana. With approximately 1,500 employees, RRMC provides services primarily to residents of Rapides, Avoyelles and Grant parishes. RRMC is accredited by The Joint Commission.

It is RRMC's mission to provide high quality, efficient and compassionate healthcare for our patients and community. Rapides Regional Medical Center provides the following medical services: General Medicine, Trauma, General Surgery, Cardiovascular Surgery, Cardiac Rehabilitation, Neurology, Neurosurgery, Intensive Care and Telemetry, Oncology Services, Obstetrics and Gynecology, Orthopedic Services, Physical Therapy, Respiratory Services, Lithotripsy and various Outpatient Services. The Medical Staff includes more than 250 physicians and more than 60 specialties.

Rapides Regional Medical Center maintains a department dedicated to addressing its outreach objectives of serving the entire community, not only those who come through its doors. Building on a long tradition of service, the Community Outreach Department utilizes hospital strengths alongside those of other well-established community partners. This strategy allows RRMC to better understand and reach the most vulnerable sectors of the community, while meeting pressing healthcare needs. The goal is to improve the community's health status by empowering citizens to make healthy life choices.

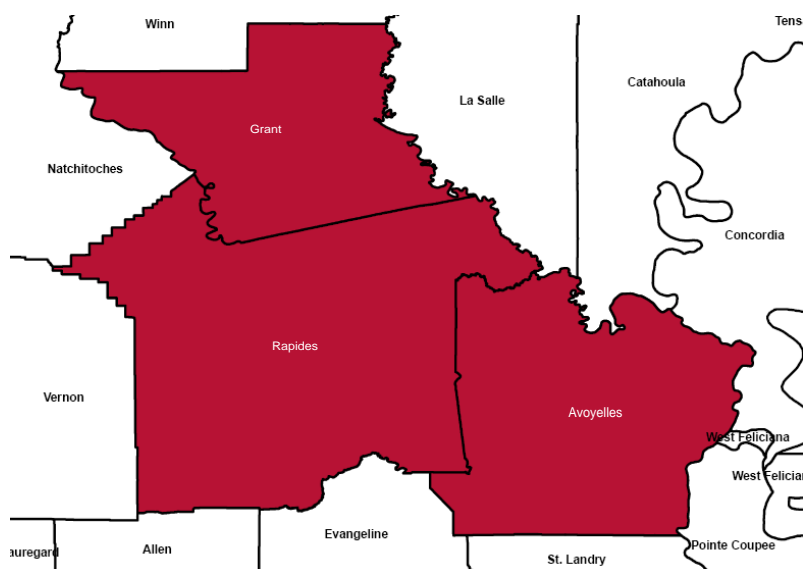
Hospital facts and figures:

- 346 licensed beds

RRMC completed its last Community Health Needs Assessment in 2019.

Definition of the Community Served

RRMC's community, as defined for the purpose of the Community Health Needs Assessment, includes the three-parish Service Area in Central Louisiana, including Avoyelles, Grant, and Rapides parishes. This community definition was determined based on the ZIP codes of residence of recent patients of Rapides Regional Medical Center. A geographical description of the study area is illustrated in the following map.



Significant Health Needs of the Community

The following “Areas of Opportunity” represent the significant health needs of the community, based on the information gathered through this Community Health Needs Assessment. From this data, opportunities for health improvement exist in the area with regard to the following health issues (see also the summary tables presented in the following section).

The Areas of Opportunity were determined after consideration of various criteria including: standing in comparison with benchmark data (particularly national data); identified trends; the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue. These also take into account those issues of greatest concern to the community stakeholders (key informants) giving input to this process.

AREAS OF OPPORTUNITY IDENTIFIED THROUGH THIS ASSESSMENT	
ACCESS TO HEALTH CARE SERVICES	Barriers to Access <ul style="list-style-type: none"> – Appointment Availability – Finding a Physician Primary Care Physician Ratio Emergency Room Utilization Ratings of Local Health Care
CANCER	Cancer Deaths <ul style="list-style-type: none"> – Including Lung Cancer and Colorectal Cancer Deaths Cancer Incidence <ul style="list-style-type: none"> – Including Prostate Cancer and Colorectal Cancer Incidence Cancer Prevalence Cervical Cancer Screening [Age 21-65]
DIABETES	Diabetes Prevalence Prevalence of Borderline/Pre-Diabetes Blood Sugar Testing [Non-Diabetics] Kidney Disease Deaths Key Informants: Diabetes ranked as a top concern.
HEART DISEASE & STROKE	Heart Disease Deaths Heart Disease Prevalence Stroke Deaths Stroke Prevalence Blood Pressure Screening High Blood Pressure Prevalence High Blood Cholesterol Prevalence Overall Cardiovascular Risk Key Informants: Heart disease and stroke ranked as a top concern.
HOUSING	Condition of Neighborhood Homes Availability of Affordable Housing

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AREAS OF OPPORTUNITY (continued)	
INFANT HEALTH & FAMILY PLANNING	<p>Low-Weight Births Infant Deaths Teen Births</p>
INJURY & VIOLENCE	<p>Unintentional Injury Deaths - Including Motor Vehicle Crash Deaths Firearm-Related Deaths Homicide Deaths Violent Crime Rate Intimate Partner Violence Key Informants: Injury and violence ranked as a top concern.</p>
MENTAL HEALTH	<p>"Fair/Poor" Mental Health Days of Poor Mental Health Diagnosed Depression Symptoms of Chronic Depression Suicide Deaths Receiving Treatment for Mental Health Key Informants: Mental health ranked as a top concern.</p>
NUTRITION, PHYSICAL ACTIVITY & WEIGHT	<p>Low Food Access Fruit/Vegetable Consumption Meeting Physical Activity Guidelines Access to Recreation/Fitness Facilities Regular Walking "Fair/Poor" Local Physical Activity Opportunities Overweight & Obesity [Adults & Children] Key Informants: Nutrition, physical activity, and weight ranked as a top concern.</p>
ORAL HEALTH	<p>Dental Insurance Coverage Regular Dental Care [Adults & Children]</p>
POTENTIALLY DISABLING CONDITIONS	<p>Activity Limitations Arthritis/Rheumatism Alzheimer's Disease Deaths Caregiving</p>
RESPIRATORY DISEASE	<p>Lung Disease Deaths Pneumonia/Influenza Deaths Chronic Obstructive Pulmonary Disease (COPD) Prevalence COVID-19 Deaths</p>
SEXUAL HEALTH	<p>HIV/AIDS Deaths HIV Prevalence Chlamydia Incidence Gonorrhea Incidence</p>

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AREAS OF OPPORTUNITY (continued)

SUBSTANCE ABUSE	Cirrhosis/Liver Disease Deaths Drinking & Driving Riding with a Drunk Driver Unintentional Drug-Related Deaths Illicit Drug Use Use of Prescription Opioids Key Informants: Substance abuse ranked as a top concern.
TOBACCO USE	Cigarette Smoking Prevalence Use of Vaping Products Awareness of Smoking/Vaping Cessation Services/Programs

Community Feedback on Prioritization of Health Needs

Prioritization of the health needs identified in this assessment (see “Areas of Opportunity” above) was determined based on a prioritization exercise conducted among community stakeholders (representing a cross-section of community-based agencies and organizations) in conjunction with the administration of the Online Key Informant Survey.

In this process, these key informants were asked to rate the severity of a variety of health issues in the community. Insofar as these health issues were identified through the data above and/or were identified as top concerns among key informants, their ranking of these issues informed the following priorities:

1. Substance Abuse
2. Mental Health
3. Diabetes
4. Injury & violence
5. Nutrition, Physical Activity & weight
6. Heart Disease & Stroke
7. Tobacco Use
8. Respiratory Diseases including COVID
9. Sexual Health
10. Cancer
11. Potentially Disabling Conditions
12. Infant Health & Family Planning
13. Oral Health
14. Access to Healthcare

Not prioritized within the first above is the social determinant of Housing, which potentially impacts outcomes for all of the above.



Implementation Strategy



Implementation Strategy Adoption

This summary outlines Rapides Regional Medical Center's plan (Implementation Strategy) to address our community's health needs by 1) sustaining efforts operating within a targeted health priority area; 2) developing new programs and initiatives to address identified health needs; and 3) promoting an understanding of these health needs among other community organizations and within the public itself.

On November 15, 2022, the RRMC Community Benefit Committee approved this Implementation Strategy to undertake the outlined measures to meet the health needs of the community.

This Implementation Strategy document is posted on the hospital's website at:
<http://rapidesregional.com/about/rapides-cares.com>

Hospital-Level Community Benefit Planning

Priority Health Issues To Be Addressed

In consideration of the top health priorities identified through the CHNA process — and taking into account hospital resources and overall alignment with the hospital's mission, goals and strategic priorities — it was determined that RRMC would focus on developing and/or supporting strategies and initiatives to improve:

- Diabetes, Nutrition, Physical Activity & Weight
- Heart Disease & Stroke
- Cancer
- Injury and Violence
- Access to Healthcare services
- Maternal & Infant Health

Priority Health Issues That Will Not Be Addressed & Why

In acknowledging the wide range of priority health issues that emerged from the CHNA process, RRMC determined that it could only effectively focus on those which it deemed most pressing, most under-addressed, and most within its ability to influence.

Health Priorities Not Chosen for Action	Reason
Mental Health	RRMC has limited resources, services and expertise available to address Mental Health and Disorders. Other community organizations have infrastructure and programs in place to better meet this need. Limited resources excluded this as an area chosen for action.
Substance Abuse & Tobacco	RRMC has limited resources, services and expertise available to address alcohol, tobacco and other drug issues. Other community organizations have infrastructure and programs in place to better meet this need. Limited resources excluded this as an area chosen for action.
Sexual Health	RRMC believes that this priority area falls more within the purview of the health department and other community organizations. Limited resources and lower priority excluded this as an area chosen for action.
Potentially Disabling Conditions	Advisory Committee members felt that more pressing health needs existed. Limited resources and lower priority excluded this as an area chosen for action.
Oral Health	Advisory Committee members felt that more pressing health needs existed. Limited resources and lower priority excluded this as an area chosen for action.
Respiratory Diseases including COVID-19	Advisory Committee members felt that more pressing health needs existed. Limited resources and lower priority excluded this as an area chosen for action.

Implementation Strategies & Action Plans

The following displays outline Rapides Regional Medical Center’s plans to address those priority health issues chosen for action in the FY2023-FY2025 period.

Diabetes, Nutrition, Physical Activity and Weight

Community Partners/ Planned Collaboration	<ul style="list-style-type: none"> • American Diabetes Association • American Heart Association • American Cancer Society • National Kidney Foundation • Junior League of Alexandria
Goal	To increase awareness of nutrition, physical activity and weight status as contributing factors in chronic health diseases (diabetes, heart disease and cancer)
Timeframe	FY2023-FY2025
Scope	These strategies will focus on the residents in the service area.
Strategies & Objectives	<p>Strategy #1: Provide free monthly Diabetes/Nutrition classes – taught by Registered Dietician and Registered Nurse.</p> <p>Strategy #2: Promote physical activity through sponsorship of active community events, i.e. 5K runs, bicycle events, sporting events.</p> <p>Strategy #3: Provide nutritional information and healthy lifestyle recommendations at various community events/health fairs.</p> <p>Strategy #4: Establish RRMC walking path to promote physical activity.</p> <p>Strategy #5: Participate in Step Out to Stop Diabetes Walk.</p> <p>Strategy #6: Offer services to Employer including vital signs, BMI calculation and Diabetes evaluation.</p>
Financial Commitment	<p>Diabetes/Nutrition Classes - \$1,000</p> <p>Community event sponsorship - \$50,000</p> <p>Health fairs/Community Events - \$1,500</p> <p>RRMC Walking Path - \$1,000</p> <p>Step Out to Diabetes - \$1,000</p> <p>Employer Services - \$500</p>
Anticipated Impact	<ul style="list-style-type: none"> • 70 participants in Diabetes/Nutrition Classes • Sponsorship of 40 community events • Participate in 6 Community Health Fairs • Participate in 3 Employer screening events
Plan to Evaluate Impact	<ul style="list-style-type: none"> • Report number of participants in Diabetes/Nutrition Classes • Report number of community events sponsored • Report Health Fair participants • Report Employer Screening participants
Results	<i>Pending</i>

Heart Disease & Stroke

Community Partners/ Planned Collaboration	<ul style="list-style-type: none"> American Heart Association American Stroke Association National Institutes of Health American Red Cross
Goal	To educate service area residents on cardiovascular health.
Timeframe	FY2023-FY2025
Scope	These strategies will focus on the residents in the service area.
Strategies & Objectives	<p>Strategy #1: Provide educational materials, presentations and screenings to community residents on cardiovascular health.</p> <p>Strategy #2: Educate the community on availability of free resource – Heart Health profiler.</p> <p>Strategy #3: Provide Basic Life Support (BLS) training to community organizations.</p> <p>Strategy #4: Educate the community on stroke awareness with Tackle Stroke program.</p> <p>Strategy #5: Partner with local schools to promote Jump Rope for Heart.</p> <p>Strategy #6: Host Women’s Event to promote Heart Health education.</p>
Financial Commitment	<p>Education Materials - \$1500</p> <p>Community BLS training - \$1,000</p> <p>Tackle Stroke - \$2,000</p> <p>Heart Health Profiler - \$3,500</p> <p>Women’s Event - \$5,000</p>
Anticipated Impact	<ul style="list-style-type: none"> 500 service area residents educated on cardiovascular health 500 Heart Health Profiler assessments completed BLS training to 100 community residents 2,000 Tackle Stroke participants 100 Jump Rope for Heart participants 50 participants in Women’s Event
Plan to Evaluate Impact	<ul style="list-style-type: none"> Report number of service area residents educated on cardiovascular health Report number of Heart Health profiler assessments completed Report number of community residents trained in BLS Report number of Tackle Stroke participants Report Jump Rope for Heart participants Report Women’s Event participants
Results	<i>Pending</i>

Cancer	
Community Partners/ Planned Collaboration	<ul style="list-style-type: none"> • Cancer Screening Project • American Cancer Society • Colon Cancer Alliance • American Academy of Dermatology • National Council on Skin Cancer Prevention
Goal	To educate service area residents on cancer prevention and screenings
Timeframe	FY2023-FY2025
Scope	These strategies will focus on the residents in the service area.
Strategies & Objectives	<p>Strategy #1: Provide educational materials on cancer (colorectal, skin, breast, prostate, cervical, lung) to community groups/health fairs/events.</p> <p>Strategy #2: Partner with American Academy of Dermatology and local dermatologists to offer “Spot Me” as a skin cancer screening event.</p> <p>Strategy #3: Partner with National Council on Skin Cancer Prevention and the American Academy of Dermatology to increase awareness of signs and symptoms of skin cancer by promoting “Don’t Fry Day.”</p> <p>Strategy #4: Provide monetary support for cancer research and prevention to ACS through Colors of Courage.</p>
Financial Commitment	Education materials for cancer awareness/screening -\$1,000 Don’t Fry Day - \$250 Spot Me Event - \$400 ACS Donation - \$5,000
Anticipated Impact	<ul style="list-style-type: none"> • 150 participants for “Don’t Fry Day” • 65 participants for “Spot Me” • 500 participants in health fairs/community events • Donation to ACS for cancer research
Plan to Evaluate Impact	<ul style="list-style-type: none"> • Report number of participants for “Don’t Fry Day” • Report number of participants for “Spot Me” • Report number of participants in health fairs/community events • Report ACS donation
Results	<i>Pending</i>

Injury and Violence

Community Partners/ Planned Collaboration

- Louisiana State Police
- Safe Kids
- National Highway Traffic and Safety Administration
- Rapides Senior Citizen Centers
- American College of Surgeons

Goal

To decrease traumatic injury in defined service area

Timeframe

FY2023-FY2025

Scope

These strategies will focus on the residents in the service area.

Strategies & Objectives

Strategy #1: Partner with Louisiana State Police to conduct Sudden Impact programs including hospital based, on-site, mock crash and mock trial.

Strategy #2: Educate community on ATV safety through various events.

Strategy #3: Provide fall prevention education targeting senior citizens in service area.

Strategy #4: Provide monthly child passenger safety seat checks.

Strategy #5: Provide hemorrhage control education to service area residents.

Financial Commitment

Sudden Impact - \$12,000
 ATV Safety Events - \$500
 Fall Prevention Education - \$500
 Child Passenger Safety Seat Checks - \$1,500
 Hemorrhage Control - \$300

Anticipated Impact

- 2,500 participants in Sudden Impact
- 500 participants in ATV safety events
- 100 participants in fall prevention education
- 100 child seat checks
- 100 participants in hemorrhage control education

Plan to Evaluate Impact

- Report number of participants in Sudden Impact
- Report number of participants in ATV safety events
- Report number of participants in fall prevention education
- Report number of child seats checked
- Report number educated on hemorrhage control

Results

Pending

ACCESS TO HEALTH SERVICES

	<ul style="list-style-type: none"> • Primary Care Physicians in the Service Area • Louisiana State University Family Residency and Oral Maxillofacial Programs • Tulane Gynecology and Ophthalmology Programs • Louisiana State University at Alexandria (LSUA) • Louisiana College (LC) • Northwestern State University (NSU)
Goal	<p>To increase access to care in the service area To assist individuals with identifying Primary Care Providers To educate residents in the service area on appropriate utilization of primary care/urgent care/emergency care To provide funding to increase graduation rate, quality of healthcare workforce</p>
Timeframe	FY2023-FY2025
Scope	These strategies will focus on residents in the service area.
Strategies & Objectives	<p>Strategy #1: Continue the Cooperative Endeavor Agreement with the State to provide indigent health care services.</p> <p>Strategy #2: Provide all patients discharged from the Emergency Department with a primary care provider referral.</p> <p>Strategy #3: Provide Physician Directories at Community functions/Health fairs and screenings.</p> <p>Strategy #4: Provide transportation for patients.</p> <p>Strategy #5: Support the LSU Family Residency, LSU Oral Maxillofacial Residency, Tulane Gynecological Residency and Tulane Ophthalmology Residency programs which provides access to care to the service area residents.</p> <p>Strategy #6: Provide funds to local universities to increase healthcare workforce development.</p> <p>Strategy #7: Collaborate with AHEC to host students for summer program.</p> <p>Strategy #8: Provide Phlebotomy class and MLS class.</p> <p>Strategy #9: Offer Rural Trauma Team Development Course to rural hospitals.</p>
Financial Commitment	<p>Physician Directories - \$1,500 Transportation Funds - \$2,000 LSU Family Residency Program - \$3,800,000 Nursing Schools - \$150,000 LSU OMFS Residency - \$300,000 Tulane Gynecology Residency - \$1,000,000 Tulane Ophthalmology Residency - \$650,000 Phlebotomy Class/MLS Class – \$108,527 RTTDC - \$11,172</p>
Anticipated Impact	<ul style="list-style-type: none"> • Distribute 1200 physician directories • Provide \$2,000 in transportation funds for patients • 18 LSU Family Practice residents • 30 nursing graduates • 12 AHEC students • Phlebotomy graduates • MLS graduates • RTTDC courses

Plan to Evaluate Impact	<ul style="list-style-type: none"> • Report # of physician directories distributed • Report amount of transportation funds distributed to patients • Report number of LSU Family residents • Report number of nursing graduates • Report amount spent on transportation services
Results	<i>Pending</i>
Maternal/Infant Health	
Community Partners/ Planned Collaboration	<ul style="list-style-type: none"> • Nurse Family Partnership • Department of Health and Hospitals/FIMR
Goal	To improve maternal/infant health in the service area
Timeframe	FY2023-FY2025
Scope	These strategies will focus on the residents in the service area.
Strategies & Objectives	<p>Strategy #1: Provide free Childbirth Classes to service area residents – Prepared Childbirth, Breastfeeding, and Sibling.</p> <p>Strategy #2: Distribute baby packets to expectant mothers providing education, community resources and safe sleep information.</p> <p>Strategy #3: Provide free Perinatal Loss Support Group.</p> <p>Strategy #4: Provide Grandparenting class to service area residents.</p>
Financial Commitment	<p>Childbirth Classes - \$3,000</p> <p>Baby Packets - \$600</p> <p>Perinatal Loss Support Group - \$500</p> <p>Grandparent Class - \$500</p>
Anticipated Impact	<ul style="list-style-type: none"> • 100 participants in Childbirth Classes • 200 Baby Packets distributed to expectant mothers • 40 participants in Perinatal Loss Support Group • 50 participants in Grandparenting classes
Plan to Evaluate Impact	<ul style="list-style-type: none"> • Report number of participants in Childbirth Classes • Report number of baby packets distributed to expectant mothers • Report number of participants in Perinatal Loss Support Group • Report number of participants in Grandparenting Classes
Results	<i>Pending</i>