

Warm Springs Rehabilitation Hospital of Kyle Community Health Implementation Strategy



***Prepared by Seton Family of Hospitals in collaboration with Warm Springs
Rehabilitation Hospital of Kyle.***

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Board of Directors on November 15, 2016.***

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For questions or comments on this report, please visit <https://www.seton.net/chna-feedback/>

Overview

Seton Family of Hospitals is a 501(c)(3) nonprofit organization with a long-standing history of serving Central Texas, not only as a health care provider, but as a leader and advocate for improving the health of the population as a whole. Its parent company, Ascension Health Texas (d/b/a Seton Healthcare Family) is a minority owner of Warm Springs Rehabilitation Hospital of Kyle (Warm Springs). These organizations collaborated to prepare this implementation strategy (IS) report and the term “Seton” refers to both Seton Family of Hospitals and Warm Springs Rehabilitation Hospital of Kyle in this report.

The 2010 Patient Protection and Affordable Care Act included an IRS mandate that changed Community Benefit reporting. Non-profit hospitals must now engage in a three-year cycle of addressing community health needs, beginning with a Community Health Needs Assessment (CHNA) for the communities it serves. Once CHNA is complete, each hospital must create and adopt an Implementation Strategy that describes the actions the hospital plans to address the health needs identified in the Community Health Needs Assessment. These mandates are required as a condition of maintaining the hospital’s federal tax exemption.

Community Health Needs Assessment (CHNA)

In 2016, Seton and its partners conducted eight CHNAs for the communities served by the Seton Healthcare Family and Warm Springs. The methodology for conducting the CHNAs included two main components:

- (1) Analysis of demographic and health data using primary sources such as the U.S. Census and the Behavioral Risk Factor Surveillance System and;
- (2) Collection of secondary data from community stakeholders (including residents, public health officials, nonprofit organizations, government and business stakeholders) through focus groups, community forums and surveys.

A detailed description of the methodology used to conduct the 2016 CHNAs is included in the CHNA reports, which are posted on the hospital websites of the communities they address.

Community Health Implementation Strategy

This plan identifies the actions Warm Springs, with the support of the Seton Healthcare Family, plans to take to address the prioritized needs identified in the Hays County CHNA, its service area. As required by the IRS, the Implementation Strategies also address any needs that will not be met.

The majority of Warm Springs’ actions are designed to serve local residents regardless of where they live or seek health care.

Warm Springs Rehabilitation Hospital of Kyle

Community Health Implementation Strategy

About Warm Springs Rehabilitation Hospital of Kyle

Warm Springs Rehabilitation Hospital of Kyle (Warm Springs) is the only freestanding, licensed rehabilitation hospital of its kind in Hays County, Texas, with 40 beds and both an inpatient and outpatient program. Patients who have experienced stroke, brain injury, neurological disease and deficits, amputations, pulmonary disease, orthopedic conditions, spinal cord injury and medically complex conditions may benefit from inpatient medical rehabilitation programs and services such as those provided by Warm Springs.

The hospital offers pharmacy, lab and imaging onsite and features an indoor heated salt water pool with the latest in rehabilitation technology. The hospital's medical staff is led by a board certified Physical Medicine & Rehabilitation Physician with Seton Brain and Spine Physicians in addition to over 50 specialized consulting physicians. Warm Springs is owned by Seton Healthcare Family and Post Acute Medical.

About the Hays County Community Health Needs Assessment

Seton collaborated with St. David's Foundation and Central Texas Medical Center to gather data and community input for the 2016 [Hays County Community Health Needs Assessment](#).

Prioritized Health Needs for Hays County

After carefully reviewing the data and community input, Seton prioritized five main health needs for Hays County in the 2016 CHNA:

Need 1: Chronic Diseases.

Need 2: Mental and Behavioral Health.

Need 3: Primary and Specialty Care.

Need 4: System of Care.

Need 5: Social Determinants of Health.

Seton recognizes that the five needs listed above are inter-connected and that many Hays County residents, especially the poor and vulnerable, have cross-cutting needs. The needs prioritized in the 2016 plan are similar to the needs identified in the 2013 [Hays County CHNA](#). The 2013 CHNA highlighted priorities including access to care, chronic disease, behavioral health, obesity and community collaboration.

Implementation Strategy for Warm Springs Rehabilitation Hospital of Kyle

The following Community Health Implementation Strategy for Warm Springs Rehabilitation Hospital of Kyle addresses all the above needs. For each category of need prioritized in the 2016 CHNA for Hays County, Seton has provided information below that describes:

- Key **actions** to address the need and their **anticipated impact**,
- Available **resources**, and
- Potential **collaborations**.

Since many of the needs identified in 2016 reflect needs from the 2013 CHNA, many efforts to address needs in this implementation strategy are continuations of previous work.

Needs that will not be addressed

Given the specific focus and mission of Warm Springs as an inpatient rehabilitation hospital, Warm Springs recognizes that some community health needs may fall outside our direct line of service and expertise. Additionally, these needs may be better served by the Seton Family of Hospitals and other community partners whose mission is to address these needs directly. However, given that all of these health needs are interrelated, Warm Springs will incorporate implementation strategies for all areas of need.

Summary of Proposed Actions

The Warm Springs Implementation Plan addresses the health needs in the order of priority identified through the Hays County CHNA.

Need 1: Chronic Disease

<p>Initiative: diabetes education Action: provide diabetes education, including nutritional support, for patients who are newly diagnosed Need(s) Addressed: Chronic diseases</p>		
<p>Impact:</p> <ul style="list-style-type: none"> • Improved health outcomes, including better management of blood sugar, diet, weight. • Reduced emergency department usage and hospital admissions. 	<p>Resources:</p> <p>Nurses, case managers, dietician, physician</p>	<p>Collaboration:</p>

<p>Initiative: support of post-amputee patients Action: assist post-amputee patients to adjust physically and psychologically after the loss of a limb and resume active and productive lives through services such as prosthetic training Need(s) Addressed: Chronic diseases</p>		
Impact:	Resources:	Collaboration:
<ul style="list-style-type: none"> Improvement in preparedness to function in the community 	Nurses, therapists, case managers.	

<p>Initiative: stroke support and education Action: In partnership with Seton, educate stroke survivors, as well as their families and caregivers, through Warm Springs' participation in community stroke support group Need(s) Addressed: Chronic diseases</p>		
Impact:	Resources:	Collaboration:
<ul style="list-style-type: none"> Offer help and support for those adjusting to the changes in their lives brought about by stroke Increased awareness of community resources Increased education on recovery, rehabilitation and prevention of recurrent stroke 	<ul style="list-style-type: none"> Education materials for stroke survivors and families. Community resource materials. 	Seton Medical Center Hays.

<p>Initiative: community health education Action: provide health screenings to community members at local health fairs. Such screenings include balance screening, handgrip strength screening, and blood pressure screening. Need(s) Addressed: chronic disease</p>		
Impact:	Resources:	Collaboration:
<ul style="list-style-type: none"> Increased education, awareness and early detection, which will <ul style="list-style-type: none"> Result in the prevention, or a delay in the onset, of chronic diseases Keep existing chronic diseases from worsening 	Nurses, therapists, clinical navigators, administration.	Seton

Need 2: Mental Health

Initiative: improved access to mental and behavioral health services		
Action: assist patients in locating behavioral health support mechanisms after discharge		
Need(s) Addressed: Mental and behavioral health, system of care		
Impact:	Resources:	Collaboration:
<ul style="list-style-type: none"> Improved access to mental and behavioral health services, providers and resources Increased awareness of the availability of such services, providers and resources 	Social workers, case managers, psychologists.	Mental and behavioral health providers in the community

Needs 3 & 4: Primary and Specialty Care & System of Care

Initiative: access to primary care		
Action: connect discharging patients with primary care providers in the area		
Need(s) Addressed: Primary and specialty care, System of Care		
Impact:	Resources:	Collaboration:
<ul style="list-style-type: none"> Reduction in readmissions due to patients receiving the necessary follow-up care and medications through regular appointments with their primary care provider 	Social workers and case managers	Primary care providers in the community

Need 5: Social Determinates of Health

Though we recognize the importance of social determinates and the impact they have on a patient's health, Warm Springs is not directly addressing this prioritized health need. Resource constraints and limited expertise in this area restrict Warm Springs' ability to adequately address this community health need.

Conclusion

Developing this Community Health Implementation Strategy was a collaborative effort of many areas within Warm Springs, Seton and our partners. Warm Springs views this document as dynamic and evolving plan of how we serve our communities. As we learn more from our community and build new investments and capabilities, this plan will change and grow.