

Implementation Plan

Health and Wellness Initiatives of CGH

May, 2017

Over the next three years, Choctaw General Hospital, in concert with its many community partners will focus its energy in these areas:

PRIORITY: Senior Health

Objective - Create effective programs to enhance the health of our Seniors in the areas of Fall prevention, nutrition and mental wellness.

Strategy - Choctaw General has implemented a program of emphasis on prevention of falls amount Senior adults.

- Don't Fall Y'all is the title of a series of meeting, information and interaction with our community of Senior Adults aimed at reducing the number/severity of accidental falls.
- Will hold Lunch and Learns with Orthopedic surgeons covering Falls and how to avoid injury
- Activities to include a program on sensory and space perception awareness from the Physical Therapy Department

PRIORITY: Lifestyles

Objective: Create programs to improve nutrition, physical activity and lifestyle behaviors that will reduce incidences of heart disease, cancer and diabetes.

Strategy - Choctaw General is implementing a program of nutritional awareness for our Senior population as well as other community members.

- "What's for Supper - Eating to Live, Living to Eat" is designed to accomplish three goals:
 - Promoting Proper calorie consumption for nutritionally challenged Senior Adults, making sure Seniors are eating enough calories to sustain their lifestyle
 - Promoting lighter menus for adults to be consumed at the night meal
 - Promoting exercise appropriate to all age groups.
- Will work with the Alabama Cooperative Extension Service and our own Clinical Dietician to assist us with program development

PRIORITY: Healthier Youth Activities

Objective: Educating young people on how to live healthier lives in rural Alabama and promoting awareness of health careers available to them will help create a healthier county/community

- Strategy - Choctaw General Hospital will:
- Sponsor the Choctaw County Healthcare Scholars Summit, a gathering of the top five sophomore high school students in county schools interested in a healthcare career. Students will meet at CGH to get "hands on" experience from doctors, nurses and other allied health employees.
 - Will work with West Central Alabama Health Education Coalition to offer this same program and other information.
 - Will sponsor program in conjunction with the West Central Alabama Health Education Coalition to promote Mental Health Awareness program for teenagers in Choctaw County. This program will focus on developing mentors for helping teens in crisis and help to train school counselors and Emergency Department caregivers on recognizing crisis symptoms among teens.
 - CGH partners with the Alabama Department of Public Health in developing ways to involve telehealth in the ED of CGH so that physicians can consult with Psychiatrists on care plans for mentally ill patients in crisis

PRIORITY: Mental Health Focus

Objective - Create programs that emphasize community discussions and problem solving regarding mental health issues including patients waiting for placement and community drug education.

- Strategy - Choctaw General Hospital will
- Work with West Central Alabama Health Education Coalition to sponsor a Mental Health Awareness program for teenagers in Choctaw County. The program focus will be on developing mentors for teens in crisis and helping to train school counselors and Emergency Department caregivers on recognizing crisis symptoms among teens.
 - Will partner with the Alabama Department of Public Health to develop ways to involve telehealth in the Emergency Department of CGH so that physicians can consult with Psychiatrists on care plans for mentally ill patients in crisis.

PRIORITY: Accident Prevention

Objective - Partner with community leaders to promote accident prevention with emphasis on fall prevention and motor vehicle safety

- Strategy - Choctaw county has a very high rate of MVA's on rural roads. Our plan to address this issue:
- Partnering with the Alabama Department of Transportation to sponsor workshops/seminars on safe driving for rural residents in the community education room at CGH.