

## **Implementation Plan Health and Wellness Initiatives of Specialty Hospital of Meridian May 2017**

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

### Health and Wellness Initiatives

The **Lifestyle Improvement Initiatives** will be met by hosting /partnering with churches, fairs, events, assisted living centers, businesses and organizations throughout the community. We will concentrate on the following: Hypertension, Diabetes, Heart Disease, Strokes and Nutritional Education by providing handouts and health screenings. These events will be planned according to the resources available.

Initiatives toward meeting goals on **Wound Care** education to patients, family and caregivers will be achieved by:

#### Teaching/Education

- One on one demonstration
- Video
- Verbal explanation
- Pamphlets

Initiatives toward teaching on wound care in the community will be met by:

- Annual Skin and Wounds Products Fair
- Pamphlets

**Legislative Education for Wound Care** - The leadership of Rush Health Systems and The Specialty Hospital of Meridian will continue to visit Mississippi Senators and House Representative. Visits will consist of educational material regarding proposed regulations related to long term acute hospitals. The importance of the long term facility to Meridian, Mississippi and areas surrounding area as well as the patient population will be stressed. Visits will be made 3-4 times throughout the year while Congress is in session.

The **Elimination of Tobacco Use** initiative is currently being met on admission of all patients by assessing and inquiring of tobacco use and encouraging patients to stop smoking by offering cessation options. Pharmacy & physician collaboration will continue to identify pharmacological interventions to assist in the cessation of tobacco products.