

# Collaborating for a Healthy Community: Community/Hospital Partnerships

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# Who We Are

Peninsula  
Regional  
Medical  
Center (PRMC)

- Moving beyond hospital walls to deliver population health
- 117 years of Community Service

MAC, Inc.  
Living Well  
Center of  
Excellence

- Link to evidence-based programs and home and community-based services across Maryland's Eastern Shore

# Peninsula Regional Medical Center (PRMC)

Committed to  
Community Partnerships



Determined to Provide Access to  
Additional Preventive Options

Important to Create  
Sustainable Systems



Importance of “Engagement”

# MAC Inc. Living Well Center of Excellence

MARYLAND ACCESS POINT  
(Information & Assistance)



Evidence-based program  
training and implementation



Home and community-  
based services



Wellness and physical activity

Nutrition (Meals on Wheels  
and Congregate Meals)



Ability to reach seniors and  
people with disabilities



Assisted Transportation and  
Community Outreach



Life After Breast Cancer  
Cancer Thriving and Surviving

# Why We Came Together

Missions Aligned



Serving same population



Commitment to coordinating care

Need to leverage existing resources



Self-management to improve quality of life



CHW ability to reach 'hard to reach' clients

# What We've Done Together

## Maryland's Cancer Survivorship Goals:

- 1) Enhance quality of life of MD cancer survivors
- 2) Empower cancer patients to take an active role in managing pain

### CDSMP/CPSMP/CTS

- # of participants
- Key findings: 9.5% reported improved general health status and a 14.3% reduction in fatigue. Those who took the chronic pain workshop reported a 19.1% reduction in pain

### Community Health Workers

- # Referrals from Care Transitions
- # Referrals from TLCCS
- # Homecare visits by PHC

### Co-sponsored Conferences for Professionals and Community

- Healthy Eating Lunch and Learn for hospital staff and physicians
- Nourishment for Life: Healing Meals and Cooking Demonstration
- Palliative Care Conference

# Our Partnership Has Expanded

## Living Well Advisory Committee

- State partners
- Hospitals and clinicians
- Home care
- Community organizations
- Nonprofits
- Eastern Shore Area Health Education Center
- Foundations

## County Health Departments

- Somerset
- Wicomico
- Worcester

## Federally Qualified Health Centers

- Three Lower Counties Community Services
- Crisfield Clinic

# CDSMP and CPSMP Cancer Survivors January - June 2014 (N=67)

Survey Question(s)	Chronic Disease	Chronic Pain	Total (All Respondents)
General Health	13.0	5.9	9.5*
Symptoms	-4.0	18.3	7.3
Fatigue	10.7	18.6	14.3*
Shortness of Breath	-10.0	36.6	16.9
Pain	11.4	19.1*	15.5*
Strengthening Exercise	116.7*	9.4	26.3*
Aerobic Exercise	36.4*	11.1	19.0*
Confidence About Doing Things	13.3	5.1	8.9*
Daily Activities	15.3	19.2	17.4*
Medical Care	12.9	-4.3	3.6

If the question's scale was arranged that a decrease in the mean was desirable, such as with a reduction of symptoms, the scale was reversed for consistency during analysis and the percent is shown as a positive number. \*Statistically significant, p-value < 0.05

# New Initiative Living Well: Cancer Thriving and Surviving (CTS)

## CTS is part of Stanford CDSME Suite of Programs

- 6-week small-group workshop meets once a week for about 2 hours
- Led by a pair of peer leaders with similar health problems
- Includes tools, skills and strategies for overcoming barriers, interacting with the health team, and action planning

## Topics Include:

- Healthy eating
- Physical activity
- Managing stress
- Working with health care providers
- Better communication with family, friends and co-workers
- Managing emotions and relationships
- Managing fatigue and effects of treatment

## Grant support

- 2-year Susan G. Komen National Awarded to Maryland Chapter
- Proposal submitted for 1.5 year grant to DHMH Maryland Department of Health and Mental Hygiene Maryland Cancer Fund for Cancer Primary Prevention Grants

# Living Well Cancer Thriving and Surviving Trainings

Eastern Shore – December - January

A blue downward-pointing arrow indicating the flow from the Eastern Shore training to the Baltimore/Central Maryland training.

Baltimore/Central Maryland –September 2015

A blue downward-pointing arrow indicating the flow from the Baltimore/Central Maryland training to the Western MD training.

Western MD – March 2016

# Next Steps

Formal MOUs to hire and train 9 CHWs and support workshops; Includes quality assurance monitoring, documentation of services needed and clients' progress toward improved self-management



EHR referrals to Cancer Thriving and Surviving Program: Assess and track participant action plans; Access to other resources including home and community-based services



Document partnership activities as a replicable model for other hospitals and community-based agencies in the transition to Maryland's new innovative all-payer system