

Community Service Plan 2014-2016

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John T. Mather Memorial Hospital
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Mather Hospital Activities Addressing NYS Prevention Priority Agenda Objectives

Prevent Chronic Diseases Action Plan

Focus Area 1:

Reduce Obesity in Children and Adults

Mather launched a Comprehensive Medical Weight Management Program, which helps individuals achieve optimal health and maintain their best personal body weight. Nutrition health and lifestyle behavior education classes are held at convenient times weekly for 10 consecutive weeks. Each participant receives a full nutrition evaluation, weekly support, follow ups and metabolic testing. An individualized meal plan is customized to each participant's health goals and lifestyle. To help reinforce and maintain new lifestyle behaviors, a 16-week maintenance program is available after the initial program. The program is supervised by a physician who specializes in weight loss and all meetings and classes are conducted by Registered Dietitian Nutritionists.

As part of the Healthy Hospital Initiative, Mather continued its efforts to reduce the amount of meat purchased by 20% over three years. Its cafeteria featured Meatless Mondays, on which all meats are eliminated from the menu. The elimination of red meats and processed meats (including sausage and hot dog) just one day a week can help improve heart health. In addition, the cafeteria increased its vegetarian options throughout the week and continued to offer a daily "Healthy Plate" that meets standards for total calories and saturated fat and includes fruit and vegetables. The healthy plate is a value meal encouraging employees to choose the healthier option by offering it at a reduced cost. Mather also greatly reduced the amount of sugary drinks and candy in its vending machines, replacing them with healthy drinks and snacks displayed in prominent positions.

Mather concluded up its Rethink Your Drink program under which a Registered Dietitian educated Suffolk County worksites on the link between sugary drinks and health. The program helped 45 worksites – exceeding our goal of 35 – implement a healthy beverage policy and has provided them water pitchers, coolers, filters and reusable water bottles. Rethink Your Drink had been funded by a grant from the New York State Department of Health - Healthy Heart Program.

Mather's Bariatric Center of Excellence, a leader in the area, performed more than 700 weight loss surgery procedures in 2015 with a proven record of patient safety. Mather

Hospital, together with Dr. Arif Ahmad, Director of the Bariatric Program at Mather, is designated a Center of Excellence in Metabolic and Bariatric Surgery™ by the Surgical Review Corporation (SRC).

Focus Area 3:

Increase Access to High Quality Chronic Disease Preventive Care and Management in Both Clinical and Community Setting

Mather Hospital held community seminars on managing diabetes and congestive heart failure in zip codes, such as Coram and Middle Island, with higher than expected CHF admissions and with populations affected by disparities.

Mather's CHF Support Group, a program for CHF patients and their caregivers in the community, met monthly. The program helps CHF patients better understand and successfully manage their chronic disease, improve compliance, improve follow-up with their doctors after hospitalization and improve their quality of life. It also gives them an opportunity to have their questions and concerns answered by expert physicians and clinicians and offers them the support of others with the same diagnosis. The program is offered to all patients who have been hospitalized with a diagnosis of CHF through a direct mailing.

Support group classes ranged from 2 to 22 members attending and averaged about 10 individuals. The support group was publicized through fliers at the hospital, at local senior communities and in the local senior day care center. Any patients admitted with CHF received a mailing about the support group. Because many CHF patients have comorbidities, topics for the support group also included COPD/respiratory issues, arthritis, osteoporosis, back and neck pain, and nutrition.

Mather also initiated a weekly CHF Caregiver Support Group for inpatients on its Telemetry and 2 South patient units to help caregivers prepare for CHF patients being discharged home. Patients connected to that program were not readmitted to the hospital within 30 days. Another caregiver support group has recently been launched on our oncology unit.

At Mather's HealthyU seminar series and health fair and at the Greater Port Jefferson Chamber of Commerce Health & Wellness Expo, for which Mather is a major sponsor, the hospital distributed free stool guaiac testing kits with colon cancer prevention and screening information to people 50 and over.

At those same health fairs and at our Community Interactive Health Fair at Smith Haven Mall, a Fortunato Breast Health Center nurse discussed breast health and screening and demonstrated breast self-exam using breast prosthesis. Information on breast health also was distributed at the Hospital's Families Walk for Hope (more than 600 attendees) and at our Paint Port Pink breast cancer educational seminar (35 attendees).

In addition, we continued to offer free mammograms for those in our community who were uninsured or underinsured at the Fortunato Breast Health Center. The free mammograms are underwritten by the FBHC's Fund for Uninsured, which is funded through donations and fundraising events such as the Pink Rock Golf Classic.

Mather continued to offer a bimonthly Stroke Support Group open to stroke survivors and their caregivers in the community. Stroke education also was provided on lifestyle changes and medication management and through blood pressure and risk assessment screenings at the three major health fairs mentioned above. In February, a "Go Red for Women" display was set up in the Hospital lobby with information on heart attacks and strokes in women.

Mather offered free Lung Cancer Screenings for smokers and ex-smokers who met certain requirements. National studies have shown that screening with low-dose CT can detect lung cancer at its earliest and most treatable stage. In 2015 the program screened 503 patients, 12 of whom were diagnosed with lung cancer and 9 of whom underwent surgery as a result.

For our 2600 employees, we offered a free Diabetes education program at the hospital and a "Get to Know Your Numbers" program at which employees were screened for their A1C level, blood pressure and BMI. As a member of the Long Island Hospital Network, Mather participated in the Conifer Care program in which employees with complex and chronic health issues are offered the services of a personal health nurse to assist in managing their specific healthcare needs.

Promote Mental Health and Prevent Substance Abuse Action Plan

Focus Area 2 - Prevent Substance Abuse and other Mental Emotional Behavioral Disorders

Mather's Outpatient Chemical Dependency Clinic, including drug and alcohol programs, had about 12,000 patient visits in 2015. The clinic in 2016 also launched a new program specifically targeting adolescent drug use.

Mather nurses who formed a committee to speak at local schools and community organizations about the dangers of substance abuse met with Assistant Suffolk County Executive Lisa Santeramo to plan future collaborations on substance abuse education.