



Knapp Medical Center

COMMUNITY HEALTH
IMPLEMENTATION STRATEGY
2023 - 2025



TABLE OF CONTENTS

Introduction.....3

Identifying Health Needs.....3

Priority 1: Improve Access to Primary Care Services & Specialists.....5

 Goal 1: Increase the Number of Primary Care Physicians & Specialists in the
 Mid-Valley Area.....5

 Goal 2: Operate Clinics to Provide Primary and Speciality Care in the Mid-Valley.....5

Priority 2: Improve Education and Services Around Chronic Diseases.....6

 Goal 1: Provide Free Healthcare Educational Opportunities.....6

 Goal 2: Work with Elected Representatives to Encourage Extension of Health Insurance to
 Uninsured Residents.....6

Priority 3: Address Shortage of Healthcare Workers / Foster Educational & Health Initiatives.....6

 Goal 1: Expand Healthcare Education in the Mid-Valley.....6

 Goal 2: Create Greater Awareness of the Epidemic of Diabetes in Our Community.....6

 Goal 3: Encourage Residents to Pursue Fitness and Healthy Eating.....7

 Goal 4: Help Build a Community Culture Which Values Exercise and Healthy Eating.....7

 Goal 5: Offer Healthy Foods at All Hospital-Related Events.....7

Needs Not Addressed.....8

Next Steps.....9

Adoption / Approval.....9

Questions and/or comments regarding Knapp Medical Center's Community Health Needs Assessment may be directed to:

Michael Swartz
Regional Manager for Communications & Grant Writing
Knapp Medical Center
1401 E. 8th Street
Weslaco, Texas 78596
mswartz@primehealthcare.com
(956) 973-5142

INTRODUCTION

Knapp Medical Center is a 227-bed not-for-profit acute care hospital located in Weslaco, Texas. Knapp is part of Prime Healthcare Services, a California-based system of more than forty hospitals nationwide. The Medical Center's primary service area is referred to as the Mid-Valley.

The Medical Center employs more than 500 people and is one of the Mid-Valley's largest private employers. More than 300 physicians, most of them independent professional practitioners, serve on the Knapp Medical Staff.

Knapp Medical Center serves a broad spectrum of patients in the community and provides numerous services to meet the needs of these patients. Examples of the services provided by the Medical Center include:

- ▶ 24 Hour Emergency Department – Advanced (Level III) Trauma Center
- ▶ Adult Medicine
- ▶ Cardiology
- ▶ Critical Care/ICU
- ▶ Inpatient and Outpatient Surgery
- ▶ Pediatrics
- ▶ Women's Health
- ▶ Obstetrics/Gynecology
- ▶ Neonatal Care

The Medical Center's Outpatient Center provides an array of services, including:

- ▶ Imaging
- ▶ Cardiopulmonary Services
- ▶ Endoscopy Procedures
- ▶ Wound Care
- ▶ Laboratory
- ▶ Rehabilitation

IDENTIFYING HEALTH NEEDS

A community health needs assessment was conducted during 2022. Community input was provided through a community health survey, including representatives from:

- ▶ Medical providers
- ▶ Local healthcare leaders
- ▶ Social service agencies
- ▶ Local school systems and universities
- ▶ Public health agencies
- ▶ Government officials
- ▶ Local businesses

Population demographics and socioeconomic characteristics of the community were gathered and reported utilizing various third parties. The health status of the community was then reviewed. Information on the leading causes of death and morbidity information was analyzed in conjunction with health outcomes and factors reported for the community by CountyHealthrankings.org and other third parties.

This data was analyzed and reviewed to identify health issues of uninsured persons, low-income persons and minority groups, and the community. As a result of the analysis described above, the following health needs were identified as the most significant health needs for the community:

- ▶ Lack of Primary Care Physicians / Access to Primary Care Physicians
- ▶ Healthy Behaviors / Lifestyle Choices
- ▶ Obesity
- ▶ Uninsured / Limited Insurance / Access
- ▶ Affordability of Healthcare Services
- ▶ Lack of Mental Health / Addiction Providers and Services
- ▶ Chronic Diseases (Diabetes, Heart Disease, Stroke, Kidney, Cancer)
- ▶ Poor Nutrition / Limited Access to Healthy Food Options
- ▶ Lack of Specialists / Access to Specialists
- ▶ Lack of Health Knowledge / Education

The identified health needs were reviewed by the Medical Center's management and priority areas, included in the table below, were determined based on their assessment of the qualitative and quantitative data. Identified needs were prioritized based on the following criteria:

1. The number of people affected by the issue or the size of the issue.
2. What are the consequences of not addressing this problem?
3. The impact of the problem on vulnerable populations.
4. The importance the problem is to the community.
5. The prevalence of common themes.

Identified Priority	Correlated Community Health Need
Improve Education and Services Around Chronic Diseases	▶ Healthy Behaviors / Lifestyle Choices
	▶ Obesity
	▶ Chronic Diseases (Diabetes, Heart Disease, Stroke, Kidney, Cancer)
	▶ Poor Nutrition / Limited Access to Healthy Food Options
	▶ Lack of Health Knowledge / Education
Improve Access to Health Care	▶ Lack of Primary Care Physicians / Access to Primary Care Physicians
	▶ Uninsured / Limited Insurance / Access
	▶ Affordability of Healthcare Services
	▶ Lack of Mental Health / Addiction Providers and Services
	▶ Lack of Specialists / Access to Specialists

PRIORITY 1: IMPROVE ACCESS TO PRIMARY CARE SERVICES & SPECIALISTS**GOAL 1: INCREASE THE NUMBER OF PRIMARY CARE PHYSICIANS & SPECIALISTS IN THE
MID-VALLEY AREA****STRATEGIES:**

- ▶ Continue Internal Medicine Residency Program at Knapp Medical Center, which began in 2020
- ▶ Seventh class of UTRGV / Knapp Medical Center Family Practice Residency Program to begin in July 2023
- ▶ Add additional specialists to Knapp Medical Staff (including cardiologists for newly-reopened cardiac catheterization laboratory, surgeons and urologists)
- ▶ Recruit a surgeon to the Mid-Valley
- ▶ Build relationships with other healthcare organizations and physician groups in the community who may wish to employ a family practice resident(s) or internal medicine resident(s) once they complete the 3-year program (such as Valley Women's Specialists and graduating resident Dr. Indira Perales)

GOAL 2: OPERATE CLINICS TO PROVIDE PRIMARY & SPECIALTY CARE IN THE MID-VALLEY**STRATEGIES:**

- ▶ Increase access to primary care by opening an urgent care clinic to provide after-hours care during evenings and weekends, beginning in 2023
- ▶ Continue to provide clinic space for an Internal Medicine Residency Program at Knapp Medical Center, with 36 resident physicians (in the Knapp Medical Arts Pavilion in Weslaco)
- ▶ Continue to operate "The Clinic" Family Practice in Weslaco, to increase access of care in the area
- ▶ Continue to operate a Family Practice Residency Clinic in Mercedes, to see patients there while training 18 Family Practice physician residents
- ▶ Open a surgical clinic in the Mid-Valley.

PRIORITY 2: IMPROVE EDUCATION AND SERVICES AROUND CHRONIC DISEASES**GOAL 1: PROVIDE FREE HEALTHCARE EDUCATIONAL OPPORTUNITIES**

STRATEGIES:

- ▶ Continue free Senior Health Talks and Doc Talks, to offer residents a chance to hear a physician speak and answer questions on healthcare topics such as diabetes, heart disease, stroke, cancer, preventive medicine, etc.
- ▶ Continue free health fairs to address kidney disease, heart disease, diabetes, women's health, etc.
- ▶ Continue education messages on chronic diseases as well as COVID-19 through social media such as Facebook as well as through patient education TV screens in hospital waiting area.

GOAL 2: WORK WITH ELECTED REPRESENTATIVES TO ENCOURAGE EXTENSION OF HEALTH INSURANCE TO UNINSURED RESIDENTS

STRATEGIES:

- ▶ Provide information to patients on how to apply for insurance coverage
- ▶ Hospital provides millions of dollars in charity care each year
- ▶ Support creation of health care district to help address uninsured population, by working with other hospitals in Hidalgo County as well as county and city officials and state representatives.

PRIORITY 3: ADDRESS SHORTAGE OF HEALTHCARE WORKERS; PROMOTE HEALTH EDUCATION**GOAL 1: EXPAND HEALTHCARE EDUCATION IN MID-VALLEY**

STRATEGIES:

- ▶ Expand healthcare education in the Mid-Valley by opening a new nursing school which will train future RNs to care for the population in the Mid-Valley and help provide educational healthcare information to patients. Target date to open RN School: Fall 2023.

GOAL 2: CREATE GREATER AWARENESS OF THE EPIDEMIC OF DIABETES IN OUR COMMUNITY, HOW IT CAN BE PREVENTED AND HOW IT CAN BE CONTROLLED

- ▶ Improve services for diabetes and other patients with chronic diseases through treatment through The Clinic Family Practice and the Internal Medicine Residency Program at Knapp in Weslaco, as well as through Mid Valley Urgent Care and the Family Health Center in Mercedes; along with providing patients with information on how to prevent diabetes and manage the condition



- ▶ Enhance education regarding diabetes and other chronic diseases such as high blood pressure, obesity, etc. through community lectures, free health fairs, community events, etc.
- ▶ Continue to distribute culturally-sensitive Diabetes Food Charts which were developed at Knapp Medical Center by hospital volunteers
- ▶ Collaborate with community organizations on health and wellness initiatives including senior health fairs, health fairs at schools, health fairs for teachers, police, fire fighters and other public servants, low-cost and free screenings, etc.

GOAL 3 ENCOURAGE RESIDENTS TO PURSUE FITNESS AND HEALTHY EATING

STRATEGIES:

- ▶ Help sponsor fitness events, such as a 5K Walk / Runs to benefit terminally-ill patients, etc.
- ▶ Promote healthy eating through news articles / media interviews with dietitians, physicians, etc.

GOAL 4: HELP BUILD A COMMUNITY CULTURE WHICH VALUES EXERCISE AND HEALTHY EATING

STRATEGIES:

- ▶ Encourage various forms of exercise – encouraging staff and the community to participate in walking in the park, 5K events, etc.
- ▶ Attend health fairs and distribute educational information on healthy food choices, etc.

GOAL 5: OFFER HEALTHY FOODS AT ALL HOSPITAL-RELATED EVENTS

STRATEGIES:

- ▶ Offer healthy food choices at events at the Medical Center, including a salad bar with fresh fruits and vegetables, and in our conference center
- ▶ Offer healthy foods in the Medical Center cafeteria, at reasonable prices
- ▶ Offer recipes for healthy foods at health fairs, etc.
- ▶ Encourage schools and other community organizations to offer healthy foods, and provide advice and guidance as requested

NEEDS NOT ADDRESSED

Some issues identified through the Community Health Needs Assessment have not been addressed in this plan. In initial discussion and subsequent prioritization, Knapp Medical Center considered the levels to which some needs were already being addressed in the service area. Additionally, some community needs fall out of the scope of expertise and resources of Knapp Medical Center. The following chart outlines how some of the needs identified in the assessment are addressed by others or in different ways:

IDENTIFIED NEED	HOW THE NEED IS ADDRESSED
Lack of Mental Health Providers / Addiction Providers & Services	<p>▶ Knapp Medical Center does not have enough resources to address this need on its own. The Medical Center has sought grant money to address this need, but to date grant funding has not been available due to limited resources available through local funding sources. The Medical Center will continue to encourage growth in the local medical community so that mental health providers will be encouraged to consider locating practices in the Mid-Valley area. The Medical Center will also encourage a holistic approach to health care, including addressing the physical, mental and emotional needs of patients, through the UTRGV / Knapp Family Health Center in Mercedes (which does include one licensed professional counselor, Dr. Jennifer Ortega, who is available to meet with patients.)</p>

NEXT STEPS

This Implementation Plan will be rolled out over the next three years, from FY 2023 through the end of FY 2025. The Medical Center will work with community partners and health issue experts on the following for each of the approaches to addressing the identified health needs:

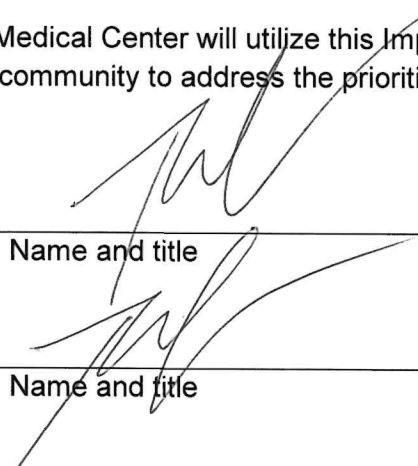
- ▶ Develop work plans to support effective implementation
- ▶ Create mechanisms to monitor and measure outcomes
- ▶ Provide on-going status and results of these efforts to improve community health

Knapp Medical Center is committed to conducting another health needs assessment within three years.

ADOPTION / APPROVAL

Knapp Medical Center's Board of Directors approves the Implementation Strategy that has been developed to address the priorities of the Community Health Needs Assessment conducted in FY 2022.

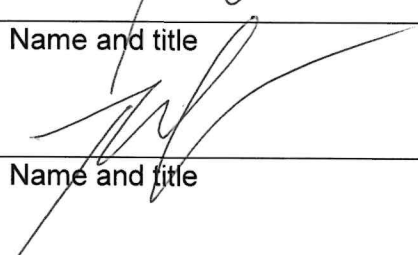
The Medical Center will utilize this Implementation Strategy as a roadmap to collaborate with their community to address the priorities, particularly for the most vulnerable.



Name and title

Date

10.2-2023



Name and title

Date

10.2-2023