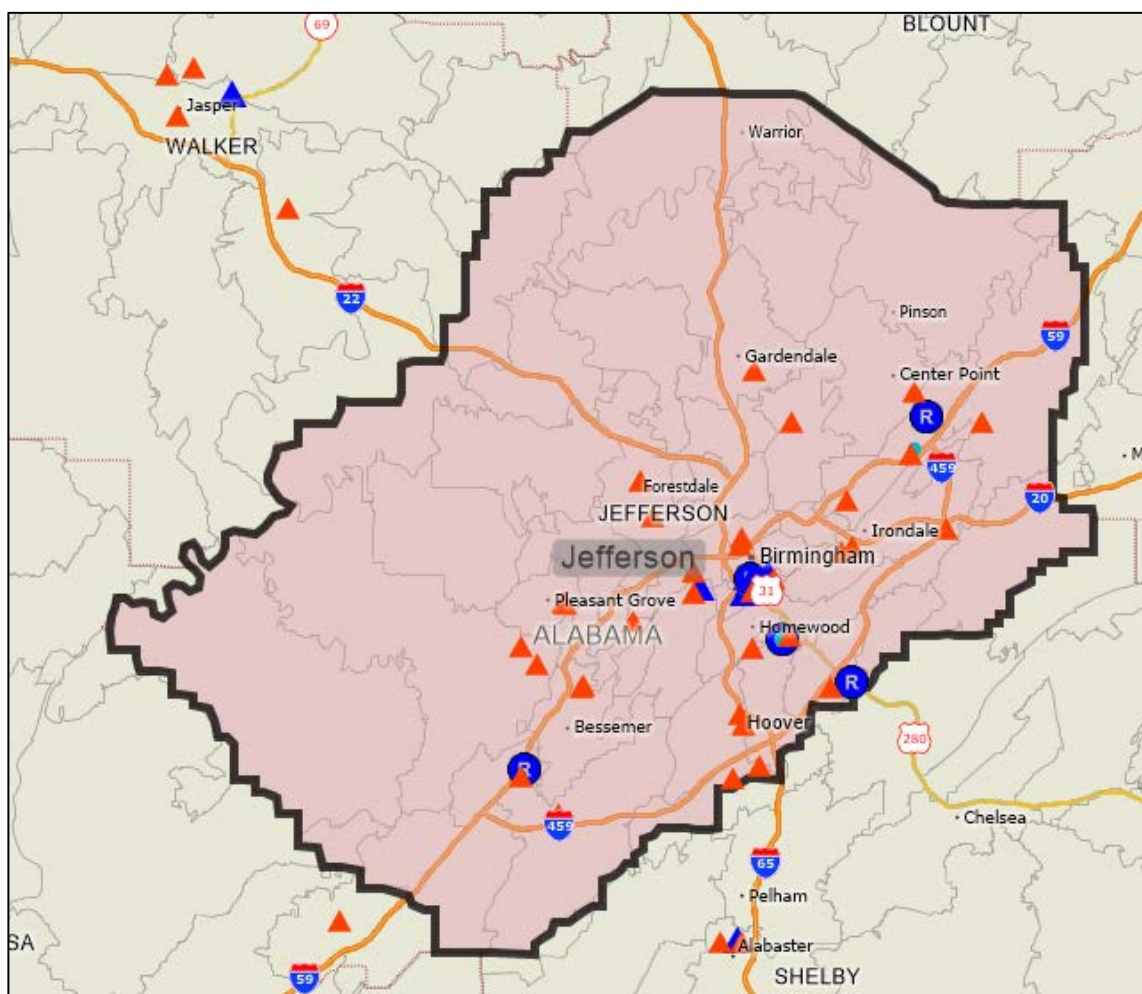




NOLAND HEALTH SERVICES

A Century of Service
Founded 1913



Community Health Needs Assessment

MAY 2019

Noland Hospital Birmingham



Welcome to Noland Health Services

Our Mission

Noland Health Services is dedicated to identifying and meeting the health care needs of the people and communities we serve by providing innovative, high quality health services in a compassionate, efficient and effective manner.

Our Vision

To be recognized as the healthcare provider of choice in our region.

Our Values

Our shared values guide us in accomplishing our mission.

About Us

Noland Health Services, Inc. is a not-for-profit corporation that operates five Long-Term Acute Care Hospitals (“LTACHs”) and nine senior housing communities located in various areas throughout the State of Alabama. Noland has a long and rich history of providing health care services and is the premier post-acute healthcare provider in Alabama. Noland has been a pioneer in the development of programs and services for the elderly and chronically ill since its inception.

Noland’s LTACHs are regionally-based specialty hospitals dedicated to meeting the complex clinical needs of patients who require extended hospital stays. LTACHs are certified by the Centers for Medicare and Medicaid Services (“CMS”) and licensed by the state of Alabama as a hospital. Our hospitals are located inside short-term acute care hospitals and are operated as separate legal entities and provide a full array of clinical services.



Interdisciplinary Treatment Teams

Our team of professionals offer an interdisciplinary approach to each patient's care. Meetings are held weekly to collaborate with the interdisciplinary team in an effort to project the type of patient care needed and define expected goals. Progress toward goals are monitored, reviewed and revised based on the patient's condition. Individualized plans and goals are developed according to patient diagnosis, needs of the patient, acute problems, and acceptable discharge plans.

Team members include:

- Physician Advisor
- Case Manager
- Nursing
- Dietary
- Rehab Services
- Pharmacy
- Respiratory
- Wound Care
- Spiritual Services
- Family

Noland Health Services Inventory

There are many services and programs that are already offered by Noland to residents of the service areas of Noland LTACH hospitals.

Specialty Services Offered:

- Ventilator Management/Weaning
- 24/7 Respiratory Therapy
- Daily Physician Visits
- ACLS RN Certified Nursing Staff
- Cardiac Monitoring
- Extensive Wound Management/Wound Vac
- In House Dialysis
- Long-Term IV Antibiotics
- Radiology/Laboratory Services
- TPN/Nutritional Support Services
- Prolonged Surgical Recovery
- Patient and Family Education
- Supplemental Rehabilitation Services (PT, OT, ST)
- Case Management/ Individualized Care Plans
- Discharge Planning



These services include providing treatment for a complete variety of complex medical conditions including, but not limited to:

- Pulmonary Disease
- Infectious Disease
- Congestive Heart Failure
- Uncontrolled Diabetes
- Cardiovascular Disease
- Renal Failure
- Sepsis
- Multi-System Complications
- Spinal Cord Injury
- Head Injury
- Malnutrition
- Wounds
- Neurological Conditions

Source: Nolandhospitals.com



Process and Methodology

Noland Health Services identified community health needs by undergoing an assessment process. This process incorporated a comprehensive review by the hospital's Community Needs Assessment Team along with secondary and primary data input using the expertise of Dixon Hughes Goodman, LLP. The team used several sources of quantitative health, social, and demographic data specific to the home county of each facility provided by local public health agencies, health care associations, and other data sources. Noland Health Services took advantage of this opportunity to collaborate with its administrators, physicians, public health agencies, and local organizations.

Noland sought outside assistance from the Dixon Hughes Goodman CHNA team in this process. DHG provided data, organized community input, facilitated priority sessions, and supported the report drafting process.

The assessment process consists of five steps pictured below:





The “2019 Community Health Needs Assessment” identifies local health and medical needs and provides a plan to indicate how Noland Health’s hospitals may respond to such needs. This document suggests areas where other local organizations and agencies might work with Noland to achieve desired improvements and illustrates ways, as a medical community, are meeting our obligations to efficiently deliver medical services.

The data assessment piece was completed during March and April of 2019. In this step, service areas were defined, external data research was completed, and key findings were summarized. As the data assessment was completed, the community input phase was started.

Surveys were conducted with persons with knowledge of public health. In addition, physicians were asked to complete written surveys and administrators were interviewed. A summary of this dialog was created and is included in this report. Prioritization then took place to summarize and overlay data elements with key community input findings.

From this prioritization, priorities were decided based upon the significance of the need to the service area, and Noland Health’s ability to impact the need. Based on these priorities, each of the five Noland Hospitals decided on which priorities would be included in their implementation strategy and which priorities would not be addressed. These can be found in the Implementation Strategy document. This report and strategy were then approved by the board and made “widely available” on the Noland Health website.

On the following page is a list of steps that were taken in each phase of the process.



CHNA Documentation Process

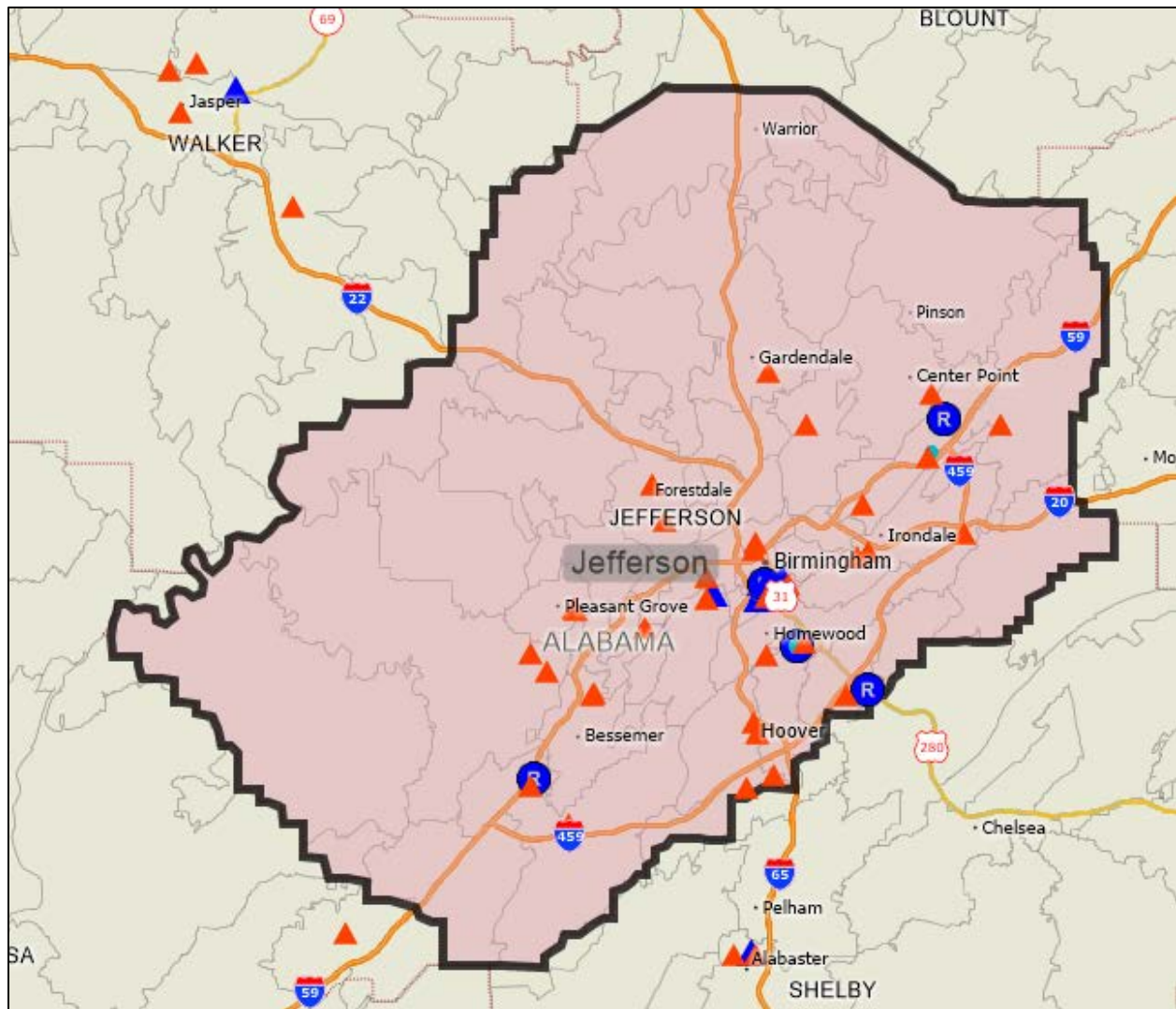
Data Assessment
Community Definition
Secondary Data Downloads
Compilation of Secondary Data into the Community Assessment
Conduct External Data Research
Provide Data Assessment Key Findings
Develop Data Summary Per County
Community Input
Identify Community Interviewees
Hospital Administrators
Community Health Professionals
Physicians
Facility Partners
Care Staff
Secure Input
Conduct Written Physician Interviews (Surveys)
Summarize Responses
Prioritization/Implementation Strategy
Create Summary of Data Assessment and Community Input
Prepare Prioritization
Reporting
Confirm Board Date for CHNA Findings
Develop Outline of the CHNA Report
Create CHNA Report
Develop Implementation Strategy
Develop Board Presentation of CHNA
Review and Edit Changes from the Board
Publish CHNA Report on Website
Complete Form 990 Schedule H
Attach Implementation Strategy to Form 990
File Form 990 Schedule H



Community Served

Noland Health Services specializes in long term acute care hospitals (LTACH) for patients who require care due to chronic diseases or complex medical conditions. Noland's hospitals are located in Anniston, Birmingham, Dothan, Montgomery, and Tuscaloosa. Noland is the largest provider of long term acute care in Alabama. LTACHs are innovative regional referral hospitals dedicated to meeting the complex treatment and clinical education needs of patients and families who require extended (generally exceeding 25 days) or specialty focused stays in a hospital setting.

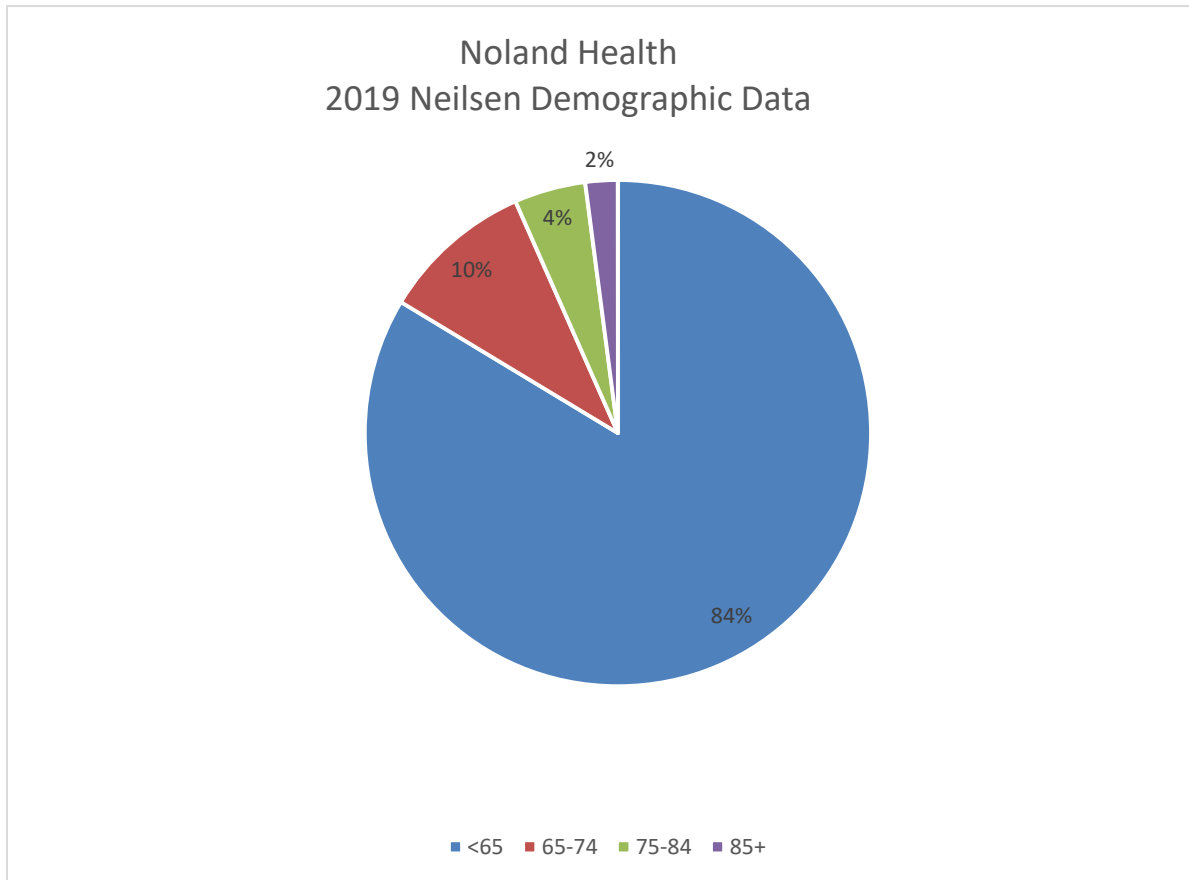
For the purpose of this assessment, we have used each facility's home county as its service area. Using a county definition as the service area is crucial for our analysis as many of our secondary data sources are county specific and serve as a comparison tool to other counties, the state of Alabama, and the United States.





Demographics

In order to present the data in a way that would tell a story of the community and also identify needs, we used a framework based on demographics and many key health factors. Additionally, taking a closer look at the age break down of Jefferson County, 16% of the county population is 65+. This aging population became the focus of the CHNA.



The needs of the elderly acute patient and their families are the target focus of our Community Health Needs Assessment and allow us to focus on health needs that are most likely to be needs our hospitals can impact in our communities.



Data Assessment - Secondary Data

Many different sources were looked at in order to create a snapshot of each Noland Facility's home county and more specifically, their target patients. The following sources were used in this process:

Demographics: Nielsen demographics were used to create maps of total population and breakdowns of the elderly population. This information was pulled for each county and the state of Alabama. Additionally, multiple income/poverty maps were created. 2019 and 2024 demographics were included.

2018 County Health Rankings: This source is a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. It gives a general snapshot of how healthy each county is in relation to others in the same state. It measures and ranks both health outcomes and health factors that lead to those outcomes. Each indicator is weighed, standardized, and ranked in order to come up with an overall ranking of health for each county in Alabama. Ranking areas included:

Health Outcomes

- Length of Life
- Quality of Life

Health Factors

- Healthy Behaviors
- Clinical Care
- Social & Economic Factors
- Physical Environment

Other Health Indicators Sources: Nielsen Demographics, State Cancer Profiles, CDC.gov, Ruralhealthinfo.org, Census.gov, and CMS.Gov:

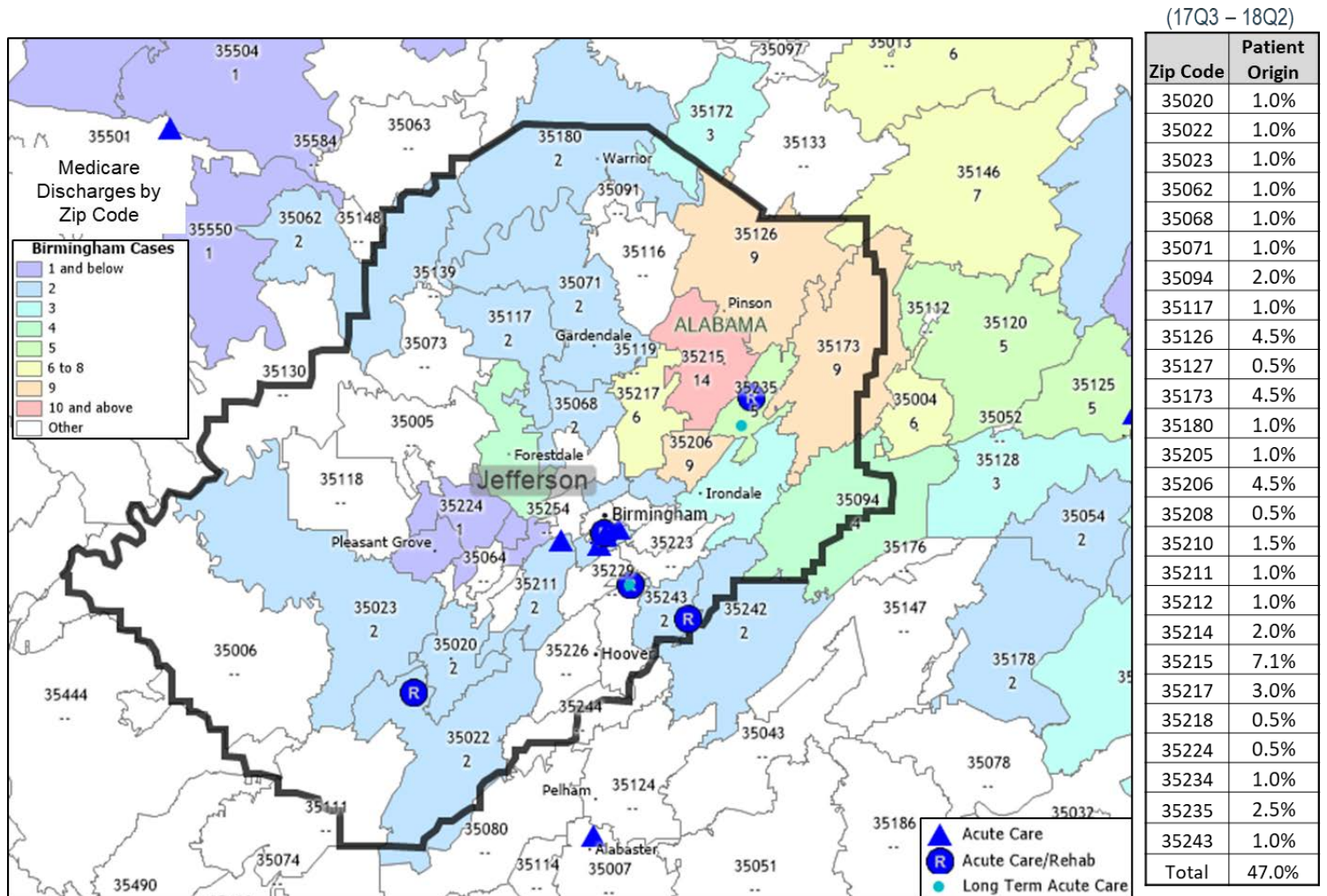
Certain indicators that relate directly to the aging population were researched and added. These indicators were at a county and state level. Some of these indicators included:

- 2019 – 2024 Demographic information
- % Insured / Uninsured
- % Medicare Beneficiaries with Diabetes
- % Medicare Beneficiaries with Heart Disease
- % Medicare Beneficiaries with Hypertension
- % Medicare Beneficiaries with COPD
- Prevalence of Cancer Incidence and Death Rates
- Crime Rates
- % Medicare Beneficiaries with Depression
- % of Population with Access to Healthy Lifestyle Choices
- % of Substance Abuse / Tobacco



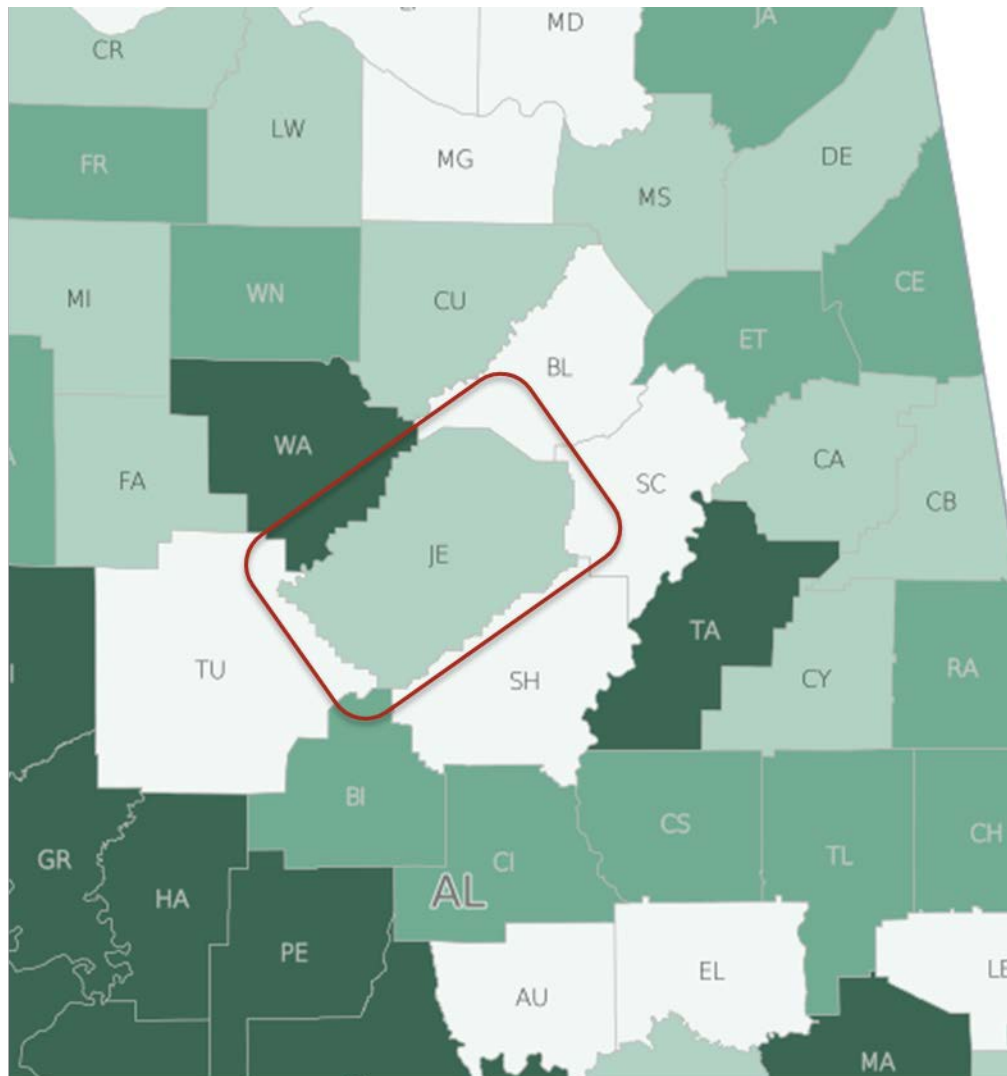
Noland Birmingham- Jefferson County Data

The Community Health Needs Assessment focuses on Jefferson County which represents just under half of the Medicare patients served by Noland Health Birmingham.





According to 2018 County Health Rankings, Jefferson County ranks 21 out of 67 for Health Outcomes and 7 out of 67 in Health Factors.

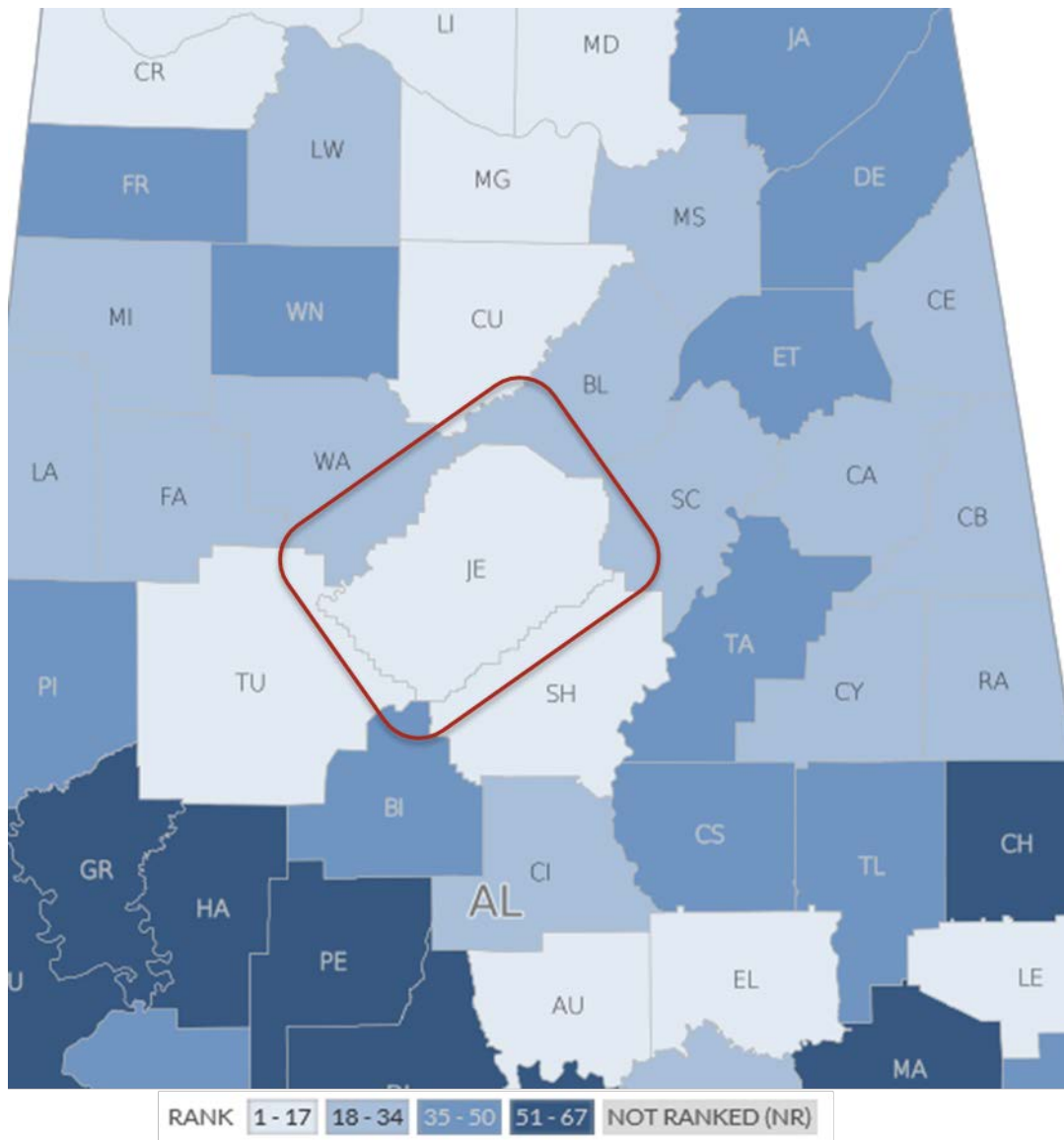


RANK 1 - 17 18 - 34 35 - 50 51 - 67 NOT RANKED (NR)

Health Outcomes Rankings

	2018	2016
Health Outcomes	21	28
Length of Life	34	33
Quality of Life	16	25

Alabama: 67 Counties



Health Factors Rankings

	2018	2016
Health Factors	7	3
Health Behaviors	7	3
Clinical Care	2	2
Social & Economic Factors	20	21
Physical Environment	64	28

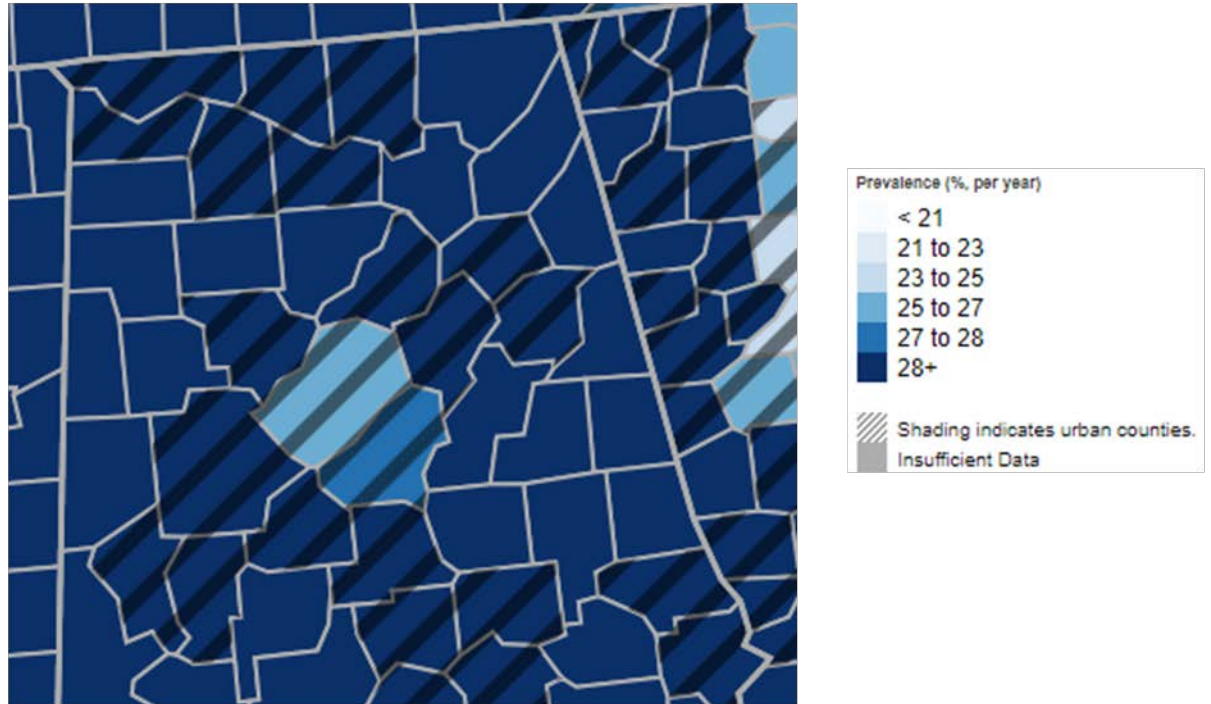
Alabama: 67 Counties



A few indicators arose that corresponded to the community input and will be addressed in the implementation strategy. They are illustrated in the following graphics.

Jefferson County has a high percent of Medicare Beneficiaries with Diabetes.

% of Medicare Beneficiaries with Diabetes

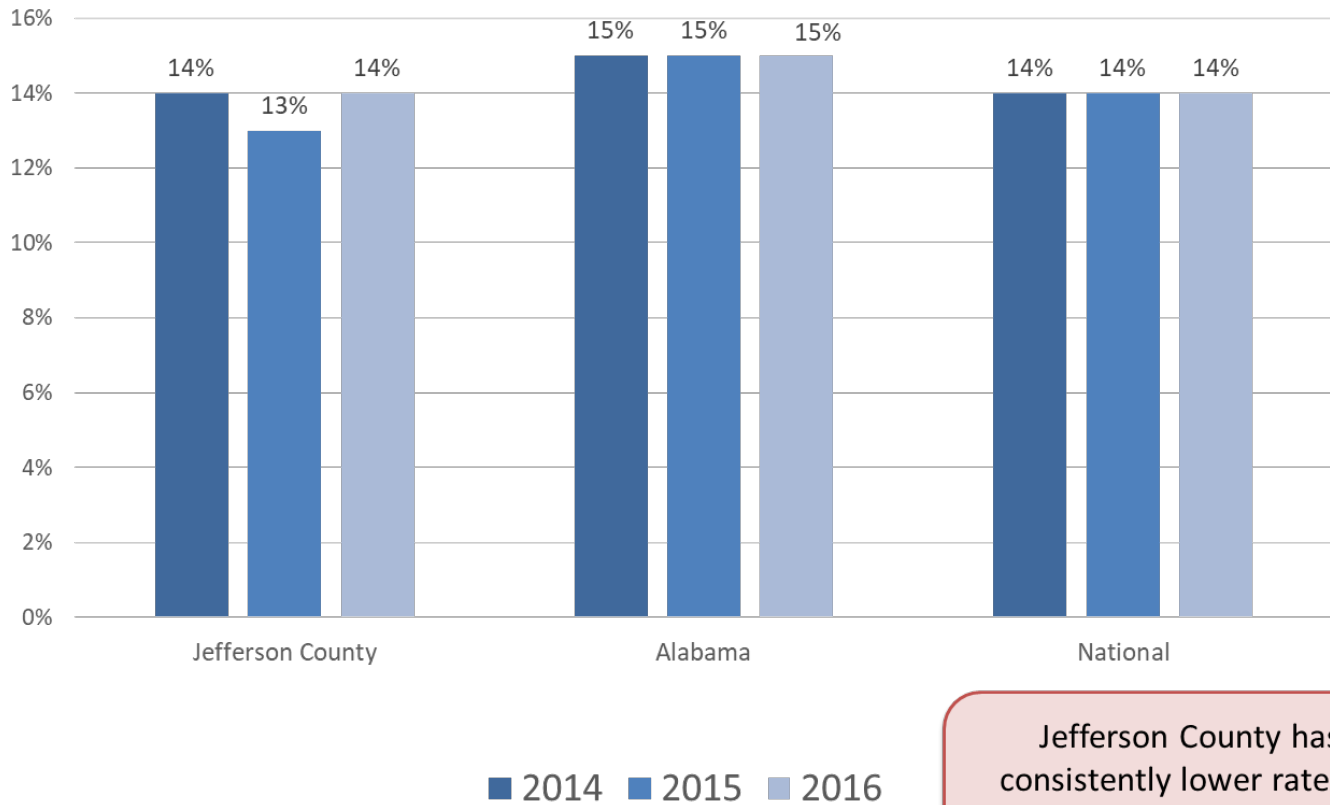


	% of Medicare Beneficiaries with Diabetes	Reference
Jefferson County - AL	26%	Based on 10,000+ Beneficiaries
Alabama	30%	Based on 10,000+ Beneficiaries
United States	27%	Based on 10,000+ Beneficiaries



In addition, among Medicare Beneficiaries in Jefferson County, there is a lower percent with Heart Failure than Alabama by 1%.

% Medicare Beneficiaries with Heart Failure

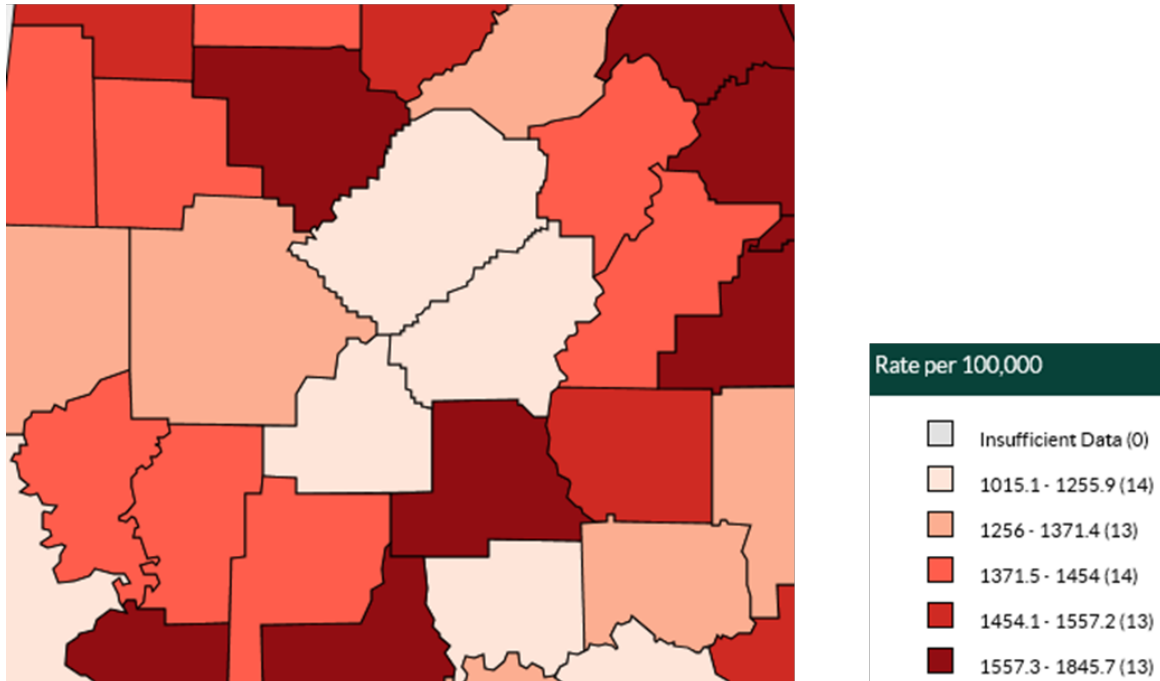


Jefferson County has consistently lower rates of heart failure than the state and same as national average.



Jefferson County has a lower death rate of Heart Disease among the 65+ population than the state average.

Heart Disease Death Rate/100,000 65+



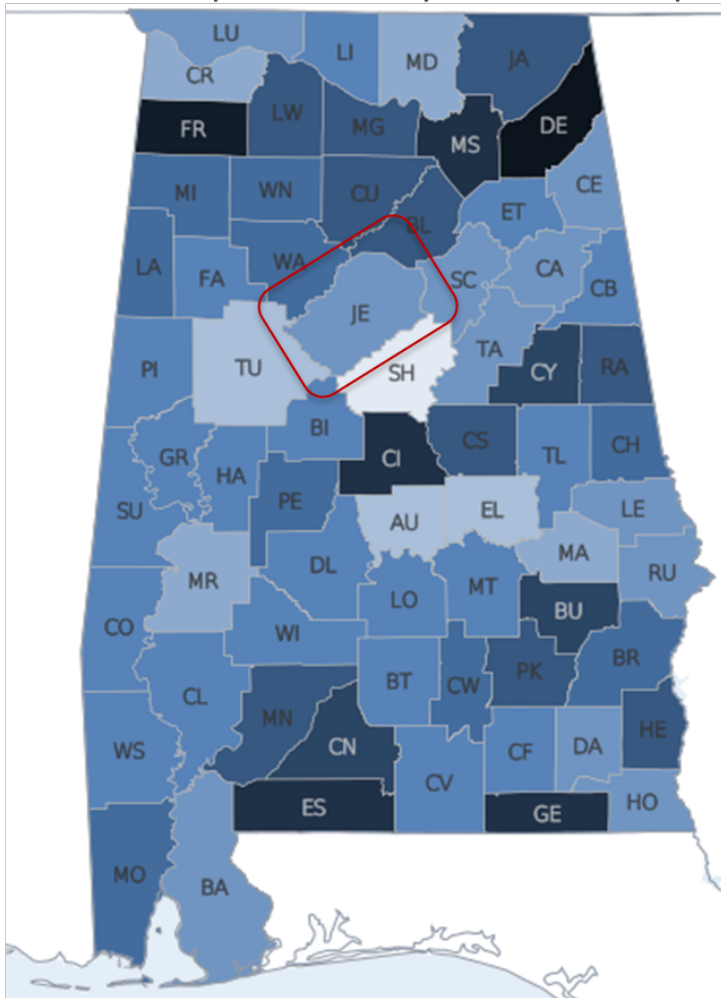
CDC 2019	
	Heart Disease Death Rate per 100,00 65+
Jefferson County - AL	1127.6
Alabama	1336.4
National	1062.7

Jefferson County's Heart Disease Death Rate is lower than the state average but higher than the national average.



Jefferson County's percent of uninsured population is slightly below the state average.

Percent Uninsured Under 65 | All Races | Both Sexes | All Incomes



Average Uninsured Rate for Jefferson County is 10%, which is less than the state average.

	Uninsured Rates
Jefferson County	10%
Alabama	11%
Top U.S. Performers	6% (10 th percentile)



Community Input Findings

Subsequent to the secondary data assessment, the Community Needs Assessment Team had dialogue with key hospital administrators, case workers, physicians, and those with knowledge/expertise in public health. During this phase, the team disseminated surveys in which respondents were able to comment and discuss general community health issues of their specific service area. Comments were also encouraged on those needs specific to long term care and the aging population. Through these numerous interviews and surveys, a summary of community input was created. This summary would eventually be used to help focus on priorities and ultimately, implementation strategies.

The list below includes organizations of respondents who participated and assisted in this phase. They included experts in the field of public health, long term care, hospital administration, medicine, case management and regulatory affairs. All input was collected and summarized during March and April 2019. Each administrator solicited input from staff and physicians. Respondents included, but not limited to:

Lincare Home Infusion

Outpatient Hospice

Alacare Home Health & Hospice

St. Vincent's Home Healthcare

AL Hospice Care of Birmingham

Central Alabama Home Health

In addition several physicians, registered nurses and pharmacy employees gave input. Respondents included physicians from the following specialties.

- Pulmonology
- Hospitalist
- Internal Medicine (2)
- Physician



The following summary was created based on the responses from Community Input. The light grey highlighted rows were the most often mentioned (4+ times.)

Issue	Responses
Education and Resources	
Health Education	12
Case Managers / Transition of Care	7
Health Providers Accessibility	6
Understanding Care Options	4
Low Volume	2
Medication Education	2
Increase Workshop / Health Fair	1
Access to Appropriate Resources	
Financial Barriers	12
Uninsured/Underinsured	12
Medication Barriers	5
Timely Access	4
Transportation	4
Lack of Resources	3
Appropriate Referrals	1
Prevention & Screening	
Non-compliance	2
Health Issues of the Elderly	
Falls	3
Alzheimer's & Dementia	3
Increased Aging Population	1
Increase Infection	1
UTI	1
Health Issue of LTACH Patients & Families	
Referral channels	4
Family/Social Support	3
Medicare Criteria	3
Lack of Reimbursement	3



Prioritization of Needs Identified by Data and Input

Prioritization was developed and presented to Noland Hospital Administrators and other hospital division leadership. Criteria used included importance to the service area (elderly residents with acute needs), relevance of the health issues to the population served, and the ability of Noland to effectively impact and improve the health issue.

The following five categories were identified as priorities of issues to be addressed. Issues in these categories were brought up numerous times and serve as a framework for each facility's implementation strategies.

#1. Education and Awareness: Lack of education and awareness was targeted as a major issue from community input. Lack of health education covers all areas from patient and family education to education of resources and options in understanding the role of LTACHs in the continuum of care.

- Overall Health Education: Disease identification, prevention, and chronic management
- Understand and engage with care navigation resources
- Education on channels to access health providers and additional care
- Education on care options

#2. Access to Appropriate Resources: The top access issues mentioned in community input are cost/financial barriers, uninsured/underinsured, medication barrier, timely access to healthcare, and transportation. The uninsured and underinsured not only have access problems in seeing physicians and receiving necessary tests, but like those struggling with financial barriers, they experience issues in receiving their proper medications primarily due to cost and transportation. Education on resources such as Senior Services can help. This of course "piggy backs" off the #1 issue of Education and Awareness. Pharmacies are becoming new valuable resource in drug cost reduction and help.

#3. Prevention & Screening: Prevention and screening for disease becomes increasingly important as people age. In coordination with proper education, understanding the importance of instituting a consistent cadence for taking medication and the side effects of current drug regimen is a critical step towards preventing disease and managing chronic conditions. Support for patients can be accessed across the care continuum.

#4. Health Issues Impacting the Elderly: Physical instability / Falls and Alzheimer's & Dementia, increased aging population, increased infection, and UTIs were all mentioned frequently in community input concerns even though the majority of the issues did not rise to the top of 4 or more mentions. It is noted that these are interrelated and can fall under several other groups of concerns.

#5. Health Issues of LTACH Patients and Families: Through administrators, Case Workers and physician expertise in the LTACH setting, a number of issues were identified in the community input phase that dealt specifically with LTACH patients and their families. Family support and



education on referral channels was found to be the top two critical needs because of the family's integral role in the decision making process and successful patient outcomes. Many of the issues mentioned in all sections directly affect the family as much as the patient. Knowledge of the LTACH environment is crucial for a family. The understanding of how LTACHs fit in the continuum of care is also important, not only for the families, but for discharge planners and other acute care staff. Specifically related to patients of LTACHs, there is an issue of receiving the proper physician referrals required to access additional care or transitional care after discharge from LTACH. A recurring concern was that there are Medicare criteria and reimbursement issues for physicians that exclude patients in need of care or makes access to specialized care more difficult to obtain and provide.

Each category mentioned above can be linked to the others. For instance, lack of knowledge of resources could lead to an access issue which in turn leads to a lack of prevention or screening and ultimately one of the major issues impacting the elderly. These issues are prioritized and used in implementation strategies for each specific facility. Below is a ranking of priorities that were developed in these specific areas. Specific strategies and action steps for these strategies will be explained in the implementation document. Often the strategies fall into more than one area and therefore are listed in both areas.

Community Needs Selected	
1	Access to Appropriate Resources
2	Education and Resources
3	Health Issue of LTACH Patients & Families
4	Health Issues of the Elderly
5	Prevention & Screening

Noland Health will initiate the development of implementation strategies for health priorities identified above. This Implementation Plan will be addressed over the next three years. The team will work with community partners and health issue experts on the following.

- Identify what other local organizations are doing to address the health priority
- Develop support and participation for these approaches to address health needs
- Develop specific and measurable goals so that the effectiveness of these approaches can be measured
- Develop detailed work plans
- Communicate with the assessment team and ensure appropriate coordination with other efforts to address the issue



The team will then develop a monitoring method at the conclusion of the Implementation Plan to provide status and results of these efforts to improve community health. Noland Health is committed to conducting another health needs assessment in three years.

In addition, Noland Health will continue to play a leading role in addressing the health needs of those within the community, with a special focus on the aging population of Alabama. As such, community benefit planning is integrated into our Hospital's annual planning and budgeting processes to ensure we continue to effectively support community benefits.

Board Approval

This Community Health Needs Assessment Report for fiscal YE June 30, 2019 was adopted by the Noland Health Board of Directors at its meeting held on May 8, 2019. The Board of Directors will approve implementation strategies for each facility to address the above mentioned prioritized needs.



Appendix A - Community Input Questions

Community Health Needs Assessment – Interview Guide - Administrators

Written Survey - Physicians

1. What do you see as the 2 or 3 major health issues facing community residents 65 and older?

- 1.
- 2.
- 3.

For issue #1 identified above please answer the following:

- A. What resources are available in your community to address this health issue?
 - B. Do members of the community have reasonable access to these resources?
 - C. Identify programs and/or resources that could help address the need.
 - D. How can the healthcare community (providers, physicians, others) make an impact on this issue?
-

For issue #2 identified above please answer the following:

- A. What resources are available in your community to address this health issue?
 - B. Do members of the community have reasonable access to these resources?
 - C. Identify programs and/or resources that could help address the need.
 - D. How can the healthcare community (providers, physicians, others) make an impact on this issue?
-

For issue #3 identified above please answer the following:

- A. What resources are available in your community to address this health issue?
 - B. Do members of the community have reasonable access to these resources?
 - C. Identify programs and/or resources that could help address the need.
 - D. How can the healthcare community (providers, physicians, others) make an impact on this issue?
-

For Community Advocates/Agencies:

Name:

What is the name of your organization?

What services do you offer that address health issues in your community (specifically those 65 and older)?

Are there any barriers to accessing your services?

Are there any barriers to accessing medical resources?

Are there any barriers to accessing community resources?

Are there any barriers to care coordination?

Are there specific barriers for the uninsured and underinsured?

Are there any specific data elements or studies that you use that would be helpful to advance these



health priorities?

Are there activities that Noland Health could participate in that would help accelerate improvement in some of these health priorities? (Non-financial)

Is there any additional information you would like to share about the people you serve, your programs, or your community's health in general?

For Physicians:

Practice Name: Physician Name(s): Specialty:

Are there any barriers to accessing your services?

Are there any barriers for your patients in accessing other medical resources?

Are there any barriers for your patients in accessing community resources?

Are there any barriers to care coordination?

Are there specific barriers for the uninsured and underinsured?

Are there activities that Noland Health could participate in that would help accelerate improvement in some of these health priorities? (Non-financial)

Are there prevention efforts that would significantly impact the health of your patients?

What other information that you would like to share about your community's health?