

# Fort Loudoun Medical Center

## 2017-2019 Community Needs Assessment

### Implementation Plan

#### Identified Community Needs:

1. Increase access to care
2. Stroke
3. Obesity
4. Pulmonary Disease / Smoking

#### Implementation Strategy to Address Needs:

##### 1. Increase access to care

- **Physician recruitment**
  - Fort Loudoun Medical Center will continue to aggressively recruit physicians and physician extenders as needed for primary care and specialty services.
- **Prescription for Success**
  - Fort Loudoun Medical Center will collaborate with the Loudon County Health Council and local service agencies to create and maintain a registry of health-related programs for local physicians to use for patient referrals to those programs. Physicians can hand their patients a Prescription for Success referral for weight loss, diet, exercise, smoking cessation, and other health education programs.

##### 2. Stroke

- **Stroke Center designation**
  - Fort Loudoun Medical Center is working to become the accredited Stroke Center for Loudon County. Residents experiencing a stroke will have local access to state-of-the-art stroke care beginning with EMS transport through diagnosis, intervention, and recovery.
- **Community Stroke Education**
  - Fort Loudoun Medical Center will develop and implement a community-wide stroke education program in Loudon County to improve and ensure awareness of stroke, stroke symptoms and the need for rapid treatment.

### **3. Obesity**

- **Covenant Kids Run**
  - Each year, as part of the Covenant Health Knoxville Marathon, children in Kindergarten through 8<sup>th</sup> grades participate in the Covenant Kids Run. With a kick-off in January each year, participants work on completing 26.2 miles of activity with the final mile taking place on race day of the Marathon. The intent of the program is to get youth to engage in physical activity and develop healthy habits. Participation in 2017 exceeded 1,400. Fort Loudoun Medical Center will champion the Kids Run in its communities by encouraging participation through local schools with a goal of increasing participation each year.
- **Community Hikes**
  - To encourage adults to be more active, Fort Loudoun will host and lead a community hike each quarter using local trails in Loudon County. Annually, a Hiking 101 program will be held to encourage new hikers and to link them with existing clubs and community trails and greenways.
- **Fort Loudoun Patch Program**
  - Beginning in 2017 Fort Loudoun Medical Center initiated a program with the Loudon County Health Council to encourage residents to get out and walk local trails and greenways. Participants agree to walk 25 miles during April – May, record their trails and distances and redeem their hard work for a 2.5-inch embroidered patch. Each subsequent year will have a new patch to be earned.

### **4. Pulmonary Disease / Smoking**

- **Digital Outreach for Prevention**
  - Promote the Covenant Health Smoking Cessation App
- **Local Health Department and Schools**
  - Partner with the local health department in implementing Loudon County's Tobacco Initiative by providing school-based tobacco education through the Fort Loudoun Medical Center pulmonary department.