

IV. Response to Findings

a. Unaddressed Identified Needs

As mentioned in the previous section, cancer, mental health issues, HIV/AIDS, access to health care, STDs, asthma/lung disease and dental health were identified by survey respondents as items requiring more attention. Baltimore City community group stakeholders felt access to care, poverty and mental health issues were unaddressed.

The members of the UMMS Community Health Outreach and Advocacy team will continue to meet and discuss the items that are currently not being addressed by system hospitals and determine if programs and resources can be allocated to assist in those unaddressed areas. Currently areas are being addressed as resources allow. Many of the health needs mentioned in the first paragraph are met through UMMS community outreach efforts, described in the Community Benefits Implementation Plan section.

Available resources to assist in the unaddressed identified needs include:

- Baltimore City Health Department
- Baltimore City Government
- Anne Arundel County Government
- Baltimore County Government
- Howard County Government
- State of Maryland (governmental agencies)
- U.S. Health and Human Services Department
- Housing Office (HUD)

b. Community Benefits Implementation Plan

1. Initiatives

The following information highlights the initiatives Kernan has undertaken to meet the major health needs pertinent to Kernan's specialty patient population and identified in Healthy Baltimore 2015, Maryland's State Health Improvement Plan (SHIP) and in the UMMS market research survey.

- Chronic Disease: Heart Disease– Reduce deaths from heart disease.
 - Initiative 1 – Adapted Sports Festival was created to help disabled adults fight obesity and heart disease, diabetes
- Chronic Disease: Obesity – Reduce the proportion of children and adolescents who are considered obese
 - Initiative 2 – Promoting Physical Activity in High Schools through Sports
- Healthcare Access – Reduce the proportion of individuals who are unable to afford to see a doctor
 - Initiative 3 – Support Groups/Patient Education
- Chronic Disease – Reduce deaths from heart disease.
 - Initiative 4 – Take a Loved One to the Doctor Day/Spring Into Good Health – Targets obesity, diabetes, high blood pressure and cardiac issues.
- Healthcare Access - Increase the proportion of children and adolescents who receive dental care
 - Initiative 5 – Dental Care for those in Need

All initiatives are in the initial stages of measuring for outcomes.

Initiative 1

Chronic Disease: Obesity –reduce death from heart disease

Adapted Sports Festival

Obesity rates among adults with disabilities are approximately 57% higher than for adults without disabilities.

From the 2008 Behavioral Risk Factor Surveillance System, CDC

Physical Activity for People with Disabilities

According to the Centers for Disease Control, obesity affects people in different ways, and evidence shows that regular physical activity provides important health benefits for people with disabilities. Benefits of physical activity include improved cardiovascular and muscle fitness, improved mental health, and a better ability to do tasks of daily life.

Sufficient evidence now exists to recommend that adults with disabilities should also get regular physical activity. The Adapted Sports Festival helps to meet SHIP Vision Areas 5: - Chronic Disease #25 – Reduce deaths from heart disease. This is also the #4 in Healthy Baltimore 2015.

Patient care staff at Kernan noticed that disabled patients did not have opportunities or knowledge of how they could participate in sports, or how to get regular exercise, like their able-bodied counterparts.

With a desire to help improve the quality of life of its patient population, Kernan Orthopaedics and Rehabilitation Hospital organized and hosted its second Adapted Sports Festival on Saturday, September 18, 2010, and it's third on September 17, 2011. A fourth is planned for September 2012.

The purpose of the Adapted Sports Festival is to enable individuals of all abilities to lead active, healthy lifestyles. Kernan's staff felt that participation in sports and recreational pursuits could help to make this possible.

Designed as a fun-filled day for individuals with physical disabilities and their families, the day included chances to participate in hand cycling, bocce ball, wheelchair basketball, a wheelchair slalom course, volley ball and adapted golf. There was also a quad rugby demonstration.

The hospital's recreational therapy staff, along with other rehabilitation professionals at Kernan, encouraged patients to explore a wide range of outdoor activities. This process was incorporated into the rehabilitation program at Kernan, and continued once patients are discharged back to their homes and communities.

Current and former patients, as well as individuals with disabilities living in the community, attended the event and were encouraged to participate in a range of recreational activities. All activities were supervised by trained staff, taking into account individual needs and abilities. Equipment was adapted as necessary and patients were encouraged to utilize newly developed skills and techniques acquired through rehabilitation.

A part of the event was bringing in a disabled athlete, so that participants could ask questions and gain valuable in site into how others in similar physical conditions could participate in sports and lifestyle. Jesse Billauer was the keynote speaker for the 2010 event. On the verge of becoming a professional surfer, Jesse Billauer sustained a devastating injury when a wave pushed him headfirst into a shallow sandbar, leaving him paralyzed with a complete C-6 injury. Jesse did not let this injury keep him down. His desire to get back into the water led him to develop a system in which he could surf again, and with the help of others, developed a way to get individuals with spinal cord injuries surfing.

Initiative 1.

Identified Need	Hospital Initiative	Primary Objective of the Initiative	Single or Multi-Year Initiative Time Period	Key Partners and/or Hospitals in initiative development and/or implementation	Evaluation dates	Outcome	Continuation of Initiative
Obesity: Increase the proportion of the disabled community who are at a healthy rate. Decrease risk for stroke, diabetes; reduce death from heart disease.	Adapted Sports Festival	To encourage disabled community members to participate in sports and to keep as physically fit as possible, in order to reduce obesity and other health risk factors. People with disabilities find it much more difficult to exercise and maintain a healthy lifestyle than their able-bodied counterparts.	Multi-year All day event that occurs 10 a.m. – 4 p.m.	Baltimore Adaptive Recreation and Sports (BARS) Forest Park Golf Course Brain Injury Association	Fall 2010	Evaluations by participants requested that Kernan keep providing opportunities for sports/activities for people with disabilities.	This event marked the second year of the initiative. Will continue indefinitely.

Initiative 2

Chronic Disease: Obesity - Reduce the proportion of children and adolescents who are considered obese

Promoting Physical Activity in High Schools Through Sports

Studies show that regular physical activity reduces the risk for depression, diabetes, heart disease, high blood pressure, obesity, stroke, and certain kinds of cancer. Yet, the [2008 Physical Activity Guidelines Advisory Committee](#) notes that data from various national surveillance programs consistently show most adults and youth in the U.S. do not meet current physical activity recommendations, --45% to 50% of adults and 35.8% of high school students say they get the recommended amounts of moderate to vigorous physical activity.

Many high school students in the Baltimore and Howard County communities do not have a primary care physician and some do not have the resources to see a doctor to obtain a physical in order to participate in sports. The athletic trainers at Kernan Orthopaedics and Rehabilitation, as well as many of the sports medicine physicians, donate their time each summer to provide an opportunity for students to see a physician at their school and obtain a free physical in order to participate in athletics—an opportunity for

many of these students to remain active in order to reduce obesity. Additionally, the physicians and /or residents in the sports medicine program donate their time to attend athletic contests as team physicians for various schools.

Initiative 2.

Identified Need	Hospital Initiative	Primary Objective of the Initiative	Single or Multi-Year Initiative Time Period	Key Partners and/or Hospitals in initiative development and/or implementation	Evaluation dates	Outcome	Continuation of Initiative
Obesity: Reduce the proportion of children and adolescents who are considered obese.	Obtaining access to High School Sports by providing physicals.	Providing sports physicals and care to high school students who participate in sports activities. Studies show that keeping active in sports enables many students to ward off obesity and to set a course for a life time of physical fitness.	Multi-Year Event occurs over several Saturdays during the early summer – June/July.	Baltimore County Schools: Randallstown High School Milford Mill High School Mt. deSales Hereford High School Howard County Schools: Howard High School, Mt. Hebron High School, Glenelg High School	Yearly	Parents and students request that they can bring/arrange for their students to attend the free physicals. Many of these students do not have a physician or are seen by one on a regular basis.	Continuing

Initiative 3

Healthcare Access - Reduce the proportion of individuals who are unable to afford to see a doctor

Support Groups

As a specialty hospital, Kernan provides care to patients who have unique health care needs. In partnership with treating those who have been patients in the stroke, multi-trauma, spinal cord, or traumatic brain injury units, Kernan offers a series of classes and support groups that are open to patients, caregivers and the community. These free classes focus on prevention and wellness, while support groups are specifically tailored to the specialized needs of patients who have undergone a life changing event and rehabilitation process—and would otherwise not have access to appropriate providers and caregivers. Physicians, nurses and other caregivers are frequently guest speakers and provide information to those who may not have access.

Kernan provides education, serves as an advocate and supports the disability populations within its continuum of care. During FY 2011, Kernan provided and facilitated monthly support groups for brain

injury, stroke, spinal cord injury, amputee, caregivers', total joint, and trauma survivors' programs. Additionally, clients with multiple sclerosis were served by participating in Kernan's MS (Multiple Sclerosis) Day Program. These classes are open to all within the community.

Initiative 3.

Identified Need	Hospital Initiative	Primary Objective of the Initiative	Single or Multi-Year Initiative Time Period	Key Partners and/or Hospitals in initiative development and/or implementation	Evaluation dates	Outcome	Continuation of Initiative
Access to Care among disabled population	Assisting patients who are discharged from any physical rehabilitation facility and their loved ones to adapt to their new lifestyle	To help those experiencing a life-changing event, and/or their loved ones to be able to adapt to their new experience with the aid of support groups such as: Brain Injury, Stroke Spinal Cord Injury, Amputee, Caregivers, Trauma Survivors Wheelchair Basketball, Wheelchair Seating MS Day Program	Multi-year. Each group meets monthly or bi-monthly, depending upon needs of the group. Length of meeting varies from 1 – 2 hours.	UMMS and other hospitals within the community: Shock Trauma Center, UMMC, Maryland General, BWMC, St. Agnes, Howard County General	Ongoing	Family/ community members request that Kernan continue these groups as it gives them an outlet for questions and learning opportunities, friendships, etc. with others in similar circumstances.	Ongoing.

Initiative 4

Chronic Disease - Reduce deaths from heart disease.

Take a Loved One to the Doctor Day/Spring Into Good Health

Take a Loved One to the Doctor Day and Spring Into Good Health are two annual events that focus on improving health in the West Baltimore community, based on identified needs from the 2008 Baltimore City Health Status Report and the 2005 Jackson Organization/UMMC 2005 Community Needs Assessment. Last fall's annual event was held in September 2010, on the west side of Baltimore City at the University Park across from the UMMC. That location was chosen because of the convenient accessibility to all forms of public transportation and local businesses for event participants. From community resources, to on-site screening for vascular disease and glaucoma, to prevention and wellness information, and testing for cholesterol, HIV, and diabetes, this event had something for everyone. Free prostate screenings and flu shots were also offered to participants. The attendees could "ask the expert" questions about specific health concerns, and how to access care. Members of UMMS Community Health Outreach and Advocacy team hospitals were also on hand to provide information and screenings. The event was attended by over 2000 people. An additional event – Spring into Good Health – was held in April 2010 at Mondawmin Mall, to provide another opportunity for community screenings and health

information. The attendance at these events backs up the results from surveys requesting more health information, and access, to our community members. Because of survey results and information received from stakeholders, as well as Healthy Baltimore 2015 and SHIP, additional screening events are planned for the summer of 2011 and winter of 2012.

Initiative 4.

Identified Need	Hospital Initiative	Primary Objective of the Initiative	Single or Multi-Year Initiative Time Period	Key Partners and/or Hospitals in initiative development and/or implementation	Evaluation dates	Outcome	Continuation of Initiative
Chronic Disease – Reduce deaths from heart disease by targeting obesity, diabetes, high blood pressure and other cardiac issues.	Take A Loved One to the Doctor Day – to provide access to health education, screenings, medical care and community resources for at risk cardiac community members with no or limited access to care.	To provide opportunities for health screening and education to members of the community who do not have access to medical care, health screenings and education.	Multi-year Twice each year – September and April.	UMMS Community Health Outreach and Advocacy team hospitals: UMMC Kernan Hospital, Maryland General Hospital, Mt. Washington Pediatric Hospital, Baltimore City Health Department, Baltimore City Government	Fall 2010 Spring 2011	Event attendees, as well as health care providers/vendors were surveyed. Results concluded that events such as this are helpful to the community and bring health care opportunities to those who do not have access to care.	Effort is currently in its 8 th year. Will continue.

Initiative 5

Healthcare Access - Increase the proportion of children and adolescents in need who receive dental care

Dental Services.

Kernan provides a complete dental practice, including nine treatment areas for general and pediatric dentistry. In addition to the reception and business areas, the suite also includes areas for disinfection, sterilization, X-ray and laboratory, and facilities for comprehensive dental treatment under general anesthesia.

A special mission of the Kernan Dental Service is to serve children and adults who have limited access to oral health care in the community. This population includes mentally and/or physically disabled individuals, as well as many children in the Maryland Medicaid Program.

Mentally disabled adults experience a range of oral health problems greater than that seen in the general population. Their disabilities can make even routine care difficult, sometimes requiring the use of general anesthesia. The dentists at Kernan have taken up the challenge of treating this special group of people. Staff visits area schools to instruct students on oral care, as well as participate in community health fairs. Dental education was provided to Kernan’s adopted school, Dickey Hill Elementary School students, as well as students attending the St. Michael’s School health fair. The dental clinic staff has formed relationships with dental practices throughout Maryland so that all patients have resources to dental care. The hospital plans to revise its dental clinic web page to include forms and resource data to enable patients to have all information that they need available to them prior to arriving for an appointment.

During FY 2011, the dental clinic saw 10,470 patients and performed 1,417 procedures in the dental operating room, filling a much needed gap in care throughout the State of Maryland.

Initiative 5.

Identified Need	Hospital Initiative	Primary Objective of the Initiative	Single or Multi-Year Initiative Time Period	Key Partners and/or Hospitals in initiative development and/or implementation	Evaluation dates	Outcome	Continuation of Initiative
Increase the proportion of children and adolescents who receive dental care by providing access to oral health care	Dental Program/Clinic to combat lack of dental care for disabled children and adults as well as low income families.	To provide care to children and adults who have limited access to oral health care, especially special needs patients.	Multi-year program Take oral screenings to neighboring elementary/middle school each year.	Area Schools, hospitals, primary care and dental practices throughout the State of Maryland that cannot treat special needs children and adults. MChip program; University of Maryland School of Dentistry	Yearly	10,470 clinic visits and 1,417 procedures of patients including disabled and /or low income adults and children in FY 2011.	Yes. Visits to area schools and community groups confirm that many area children do not see a dentist regularly and are uninformed regarding oral care.

IV. Appendix

Please see attachments that contain the following:

- a. Survey Sample
- b. UMMS CHNA Survey Report