



In Partnership with  **Methodist**  
HEALTHCARE | SAN ANTONIO

# COMMUNITY HEALTH IMPLEMENTATION STRATEGY **2024 - 2026**

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## INTRODUCTION

Frio Regional Hospital is located in Pearsall, Texas.

Frio Regional Hospital is dedicated to providing quality health care services to the families in the Pearsall community. In partnership with Methodist Healthcare, the largest health care provider in South Texas, the hospital offers a wide range of services from childbirth, home health and emergency services to laboratory, radiology, and speech therapy.

Frio Regional Hospital operates an acute care hospital. The following services are provided:

- Birthing center
- Emergency services
- Eye surgery
- Gastroenterology
- Home health care
- Laboratory services/Microbiology services
- Physical and occupational therapy
- Ready care
- Radiology
- Rehabilitation
- Speech therapy
- Swing bed
- Wound care
- Neurology
- Orthopedic surgeon
- Podiatry
- General surgeon

## IDENTIFYING HEALTH NEEDS

A community health needs assessment was conducted during 2023.

Surveys of nine key informants were conducted. The survey participants were determined based on their a) specialized knowledge or expertise in public health, b) their affiliation with local government, schools, or c) their involvement with underserved and minority populations and represent a broad aspect of the community.

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:

- Health education
- Access to primary care physicians
- Access to medical specialists
- Obesity
- Transportation
- Shortage of healthcare workers
- Healthy behaviors and healthy lifestyle choices
- Access to mental health services - adults and children
- Treatment of and management of chronic diseases and conditions
- Access to and use of preventative care treatments

The identified health needs were reviewed by hospital management and priority areas, detailed 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.

#### **PRIORITY 1: HEALTH EDUCATION**

##### **GOAL 1: INITIATE ON-GOING COMMUNITY OUTREACH**

###### **STRATEGIES:**

- Offer prevention education to the community
- Community partnerships and collaborations

##### **GOAL 2: INFLUENCING HEALTHY BEHAVIORS**

###### **STRATEGIES:**

- Providing education in the community
- Partnering with community members to address food and nutrition

##### **GOAL 3: IMPROVING HEALTHY BEHAVIORS AND HEALTHY LIFESTYLE CHOICES**

###### **STRATEGIES:**

- Providing stress management education with community partners
- Partnering with community in offering free exercise programs

## **PRIORITY 2: ACCESS TO PRIMARY CARE PHYSICIANS**

### **GOAL 1: PRIMARY CARE WORKFORCE IS NOT GROWING FAST ENOUGH TO MEET POPULATION NEEDS IN THE RURAL AREAS**

#### **STRATEGIES:**

- Increase the number of trainees for primary care who are community based
- Improving for new patients to be able to get appointments with primary care offices and improving wait times

### **GOAL 2: QUALITY OF CARE**

#### **STRATEGIES:**

- Offering mammography screenings for women and men
- Educate and empower the community with partnerships

### **GOAL 3: IMPROVE PHYSICIAN AND MEDICAL STAFF INVOLVEMENT IN THE COMMUNITY**

#### **STRATEGIES:**

- Physicians build relationships with local organizations by attending events, joining community groups, or spending time in the community.
- Offering community health education

## **PRIORITY 3: ACCESS TO MEDICAL SPECIALISTS**

### **GOAL 1: TO IMPROVE ACCESS TO SPECIALTY CARE THROUGH EXPANDED FACILITIES AND HEALTHCARE FOR IMPACTED RESIDENTS**

#### **STRATEGIES:**

- Providing a variety of specialty care within the community
- Partnering and providing outreach programs

### **GOAL 2: TO PROVIDE TIMELINESS HEALTHCARE WHEN NEEDED**

#### **STRATEGIES:**

- Providing health care when the need is recognized
- Reviewing and improving scheduling systems

### **GOAL 3: TO PROVIDE HEALTH CARE SERVICES TO THE MEDICALLY UNDERSERVED**

#### **STRATEGIES:**

- Assistance with indigent services to those that qualify
- Interventions to increase access to health care professionals and improving communication

#### **PRIORITY 4: OBESITY**

##### **GOAL 1: PREVENTION OF OBESITY**

###### **STRATEGIES:**

- Partnering and providing education of management to the community
- By promoting small lifestyle changes to prevent the gradual increase in weight

##### **GOAL 2: TO WORK WITH CITIZENS TO ACHIEVE A SHARED GOAL THROUGH THE COORDINATED USE OF RESOURCES AND ACTION**

###### **STRATEGIES:**

- Partner and educate on maintenance and prevention
- To encourage the community to organize for change

##### **GOAL 3: WORKING WITH THE COMMUNITY IN MAKING A HEALTHIER ENVIRONMENT**

###### **STRATEGIES:**

- Partnering and providing nutrition education
- Partnering in improving and supporting breastfeeding

#### **PRIORITY 5: SHORTAGE OF HEALTHCARE WORKERS**

##### **GOAL 1: STRENGTHEN INTERNAL HEALTH CARE FORCE**

###### **STRATEGIES:**

- Taking care of core staff
- Accepting and addressing current complaints and addressing them

##### **GOAL 2: ENSURE GREATER INTERNAL COMMUNICATION**

###### **STRATEGIES:**

- Offer townhall meetings
- Checking internal communication processes

##### **GOAL 3: INVEST IN MARKETING TO THE FORTHCOMING GENERATION**

###### **STRATEGIES:**

- Reaching out to local high school students by providing career fairs
- Offering externships and partnering with trade schools, universities, and local schools

## PRIORITY 6: HEALTHY BEHAVIORS AND LIFESTYLE CHOICES

### GOAL 1: OFFERING LIFESTYLE CHOICES

#### STRATEGIES:

- Partnering and setting goals to help change and maintain healthy behaviors
- Partnering and setting up a support group with community

### GOAL 2: OFFERING SKILLS TO THE COMMUNITY FOR MAKING GOOD DECISIONS

#### STRATEGIES:

- Partnering and offering cooking classes to the community
- Providing education on evaluating the different options the community has available

### GOAL 3: HAVING GOALS AND COMMUNICATION WITH THE COMMUNITY

#### STRATEGIES:

- Setting small goals with community on positive lifestyles/behaviors
- Partnering and brainstorming solutions with the community

## 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, Frio Regional Hospital 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 Frio Regional Hospital. The following chart outlines how some of the needs identified in the assessment are addressed by others or in different ways:

IDENTIFIED NEED	REASON THE NEED IS NOT ADDRESSED
Health education	<ul style="list-style-type: none"> <li>○ Establishing on-going community outreach and also partnering with other organizations in the community.</li> </ul>
Transportation	<ul style="list-style-type: none"> <li>○ The identified need is being addressed by another organization in the community.</li> </ul>



IDENTIFIED NEED	REASON THE NEED IS NOT ADDRESSED
Access to mental health services	<ul style="list-style-type: none"> <li>The identified need is being addressed primarily by another organization in the community. However, we do partner when requested.</li> </ul>
Treatment of and management of chronic diseases and conditions	<ul style="list-style-type: none"> <li>The identified need is being addressed primarily by another organization in the community and also by AHEC (TAB) that meets once a month at FRH to plan, discuss, and partner with FRH as needed.</li> </ul>
Access to and use of preventative care treatments	<ul style="list-style-type: none"> <li>The identified health need is addressed by FRH, however FRH also partners with community organizations that offer education and assist to sponsor events by the other organizations and/or committees.</li> </ul>

#### NEXT STEPS

This Implementation Plan will be rolled out over the next three years, from 2024 through the end of 2026. The Hospital 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

Frio Regional Hospital is committed to conducting another health needs assessment within three years.

#### ADOPTION / APPROVAL

Frio Regional Hospital's Board of Directors approves the Implementation Strategy that has been developed to address the priorities of the Community Health Needs Assessment conducted in 2023.