

HOSPITAL
FOR
**SPECIAL
SURGERY**

WHERE THE
WORLD COMES
TO GET BACK
IN THE GAME

Hospital for Special Surgery Community Service Plan

2013 – 2017

*Advancing the State's Public Health Priorities
Year 1 Update*



Hospital for Special Surgery Community Service Plan Update – Year 1 (2014)

About Hospital for Special Surgery

Hospital for Special Surgery (HSS) is the oldest existing orthopedic hospital in the United States. Our mission is to provide the highest quality patient care, improve mobility, and enhance the quality of life for all and to advance the science of orthopedic surgery, rheumatology, and their related disciplines through research and education. The Hospital leads in its disciplines of orthopedics and rheumatology. In fact, HSS is nationally ranked No. 1 in orthopedics and No. 3 in rheumatology by *U.S. News & World Report* (2014-15), and has been among the top ranked hospitals in these specialties for 23 consecutive years.

The Communities We Serve

HSS assists many communities in New York City (NYC), the tri-state area, and around the world. While the Hospital's service area consists of the five boroughs of NYC, its immediate community extends north from 59th Street to 96th Street and east from Fifth Avenue to the East River. The suburban areas surrounding NYC, including those in New Jersey, Connecticut and Long Island, comprise the Hospital's secondary service area. However, given its specialized focus on musculoskeletal and rheumatologic care, the Hospital's reach and impact extend beyond its immediate service area to communities around the world.

What is the Community Service Plan (CSP)?

The New York State (NYS) Department of Health launched a five year Prevention Agenda spanning 2013 – 2017. The Prevention Agenda, a blueprint to improve the health of New Yorkers, outlines five priority areas and asks that hospitals, local health departments, and health care and community partners work together to establish goals to address selected health priorities and reduce health disparities. To view the five priority areas, please visit https://www.health.ny.gov/prevention/prevention_agenda/2013-2017/.

A hospital's Community Service Plan explains how the hospital will address their selected health priorities in collaboration with community partners. This document provides the public with an update on the progress HSS has made in meeting its CSP goals in the first year of its plan.

HSS Community Service Plan Programs

1. SNEAKER©
2. Asian Community Bone Health Initiative
3. Leon Root, MD Pediatric Outreach Program
4. Geriatric Resident Program
5. Osteoporosis Wellness Program
6. Osteoarthritis Wellness Program
7. Charla de Lupus (Lupus Chat)®
8. LANtern® (Lupus Asian Network)
9. VOICES 60+
10. Rheumatoid Arthritis Support & Education Program
11. Nursing Community Outreach

SNEAKER© (Super Nutrition Education for All Kids to Eat Right)

SNEAKER is a 7-week interactive nutrition and physical activity education program in NYC. It was developed in 2003 in response to the pediatric obesity epidemic, and is implemented in public schools and after-school programs located in underserved areas throughout NYC. The program teaches students the importance of eating a healthy, well-balanced diet; encourages children to make healthier food choices and educates students about how to be more physically active. SNEAKER also contains a parent/caregiver component wherein weekly newsletters are sent home to educate the parent/caregiver about the lessons their child learned in school so they can help foster healthy changes for the entire family.

Program Goals

Goal 1: Develop and implement a train the trainer manual/program

Goal 2: Increase locations in which SNEAKER is implemented

Goal 3: Increase participant knowledge of the importance of making healthier choices and staying active

Goal 4: Improve participant behaviors around food choices, screen time and physical activity

Train the Trainer Program

To expand the reach of this program, a first draft of a SNEAKER train-the-trainer manual was developed. The manual includes step-by-step directions in delivering lesson plans as well as supporting materials and program evaluation surveys. HSS is actively seeking funding partners to help support the manual's development and distribution.

Implementation in Schools

HSS implemented its full SNEAKER program at the Nathan M. Strauss Elementary School (PS 140) reaching 26 children. To date, SNEAKER has reached almost 150 students, with results showing that children's knowledge increased in the areas of portion control, increased fiber and fruit consumption, and participation in vigorous exercise. Recruitment of new schools is actively ongoing.

Implementation at HSS

In partnership with the HSS Food and Nutrition Department, the SNEAKER© curriculum was adapted for HSS pediatric outpatients. Key lesson plans were modified into interactive, monthly waiting area demonstrations for pediatric patients and their parents waiting for doctor appointments. Lessons were facilitated by a Registered Dietitian and certified Health Educator. A parent newsletter was distributed at the demos so the concepts learned could be implemented at home. Waiting area demonstration topics included: healthy snacks, healthy beverages and the importance of staying active.

HSS Asian Community Bone Health Initiative

The HSS Asian Community Bone Health Initiative (ACBHI) was designed to help address musculoskeletal issues in the Asian older adult community by helping seniors stay active and better manage chronic bone and joint disease through culturally relevant education and exercise programs targeted to this specific community.

Program Goals

Goal 1: Increase Asian older adults' awareness of musculoskeletal conditions such as osteoarthritis (OA) and osteoporosis (OP)

Goal 2: Increase knowledge of chronic disease self-management techniques, the importance of and techniques for improved provider-patient communication and falls prevention

Goal 3: Improve musculoskeletal health among Asian seniors

Community Education Lectures

Osteoarthritis Lectures

One educational lecture was provided by visiting orthopedic surgeons from China at senior centers in Flushing, Queens reaching a total of 32 participants. *OA & the Hip*, facilitated in Mandarin, focused on hip osteoarthritis diagnoses and treatment, including the promise of Platelet Rich Plasma (PRP) Therapy.

Osteoporosis Workshop

An HSS registered nurse and exercise instructor gave an Osteoporosis Workshop at the Selfhelp Innovative Senior Center in Flushing, Queens. Thirty-five Asian older adults attended the interactive workshop, which covered risk factors; the importance of bone density exams and how to understand the results; common medicines & supplements; and both recommended and discouraged exercises for those with osteoporosis and osteopenia.

These programs were highly successful with 86% of participants indicating that they understood the educational program content and felt confident that they could manage their symptoms after participating in the program's health lectures.

Exercise Classes

ACBHI holds exercise classes at senior centers to help them improve their quality of life through improved mobility and musculoskeletal disease management. Eight 8-week sessions of Yoga were delivered reaching 146 participants and five Arthritis Foundation Exercise Program workshops were conducted reaching 87 participants. Evaluation of program data has shown that these classes have had a positive impact on participants who report feeling less pain, stiffness and fatigue and improved quality of life.

New York State Award

ACBHI was awarded an Honorable Mention Community Health Improvement Award from the Healthcare Association of New York State (HANYS) in recognition of its outstanding efforts to educate and make a measurable impact on the health of Asian older adults living in NYC.

Leon Root, MD Pediatric Outreach Program

The Leon Root, MD Pediatric Outreach Program (POP) conducts musculoskeletal screenings in NYC elementary schools and day care centers located in culturally diverse, low-income neighborhoods. During the screening, a team of HSS experts in orthopedics evaluates children for musculoskeletal concerns and primary health needs. Following the screening, children may be referred for further musculoskeletal evaluation or primary care concerns such as nutrition and dental care. POP coordinators aid parents with referral visits, follow-up options and, provide education about their referral.

Program Goals

Goal 1: Increase access to musculoskeletal services of children from socially disadvantaged communities via partnerships with schools and daycare centers

Goal 2: Increase parents knowledge of musculoskeletal conditions such as scoliosis, joint pain, injury prevention and primary care issues such as nutrition

Goal 3: Screen a total of 3,315 children through 39 musculoskeletal screenings (by the end of 2016)

Musculoskeletal Screenings

To date, the program has screened nearly 27,000 children and referred over 4,000 for follow-up care. In 2014, a total of 470 children were evaluated during seven school-based screenings. Twenty-eight children have been referred for follow-up care at HSS; 44 have been referred for primary care concerns including 21 children referred for nutritional consultation.

Community Partnerships

POP partnered with one new elementary school, the Metropolitan Lighthouse Charter School, which is located in the Bronx. In addition, POP forged a new collaboration with Escuelita Hispana Montessori, a daycare center located on the Lower East Side of Manhattan.

Educating Parents

A needs assessment was implemented to address parents' needs and interests in learning about their child's musculoskeletal health. Surveys were completed by 254 parents representing culturally diverse and socially disadvantaged communities. The results revealed that over 80% of parents were interested in learning more about a variety of musculoskeletal topics. To this end, POP piloted five lectures about *musculoskeletal injury prevention* in young children and teens in collaboration with the HSS Nursing Department and New York Presbyterian Hospital (medical students). In addition, one lecture was presented on nutrition with a focus on *Healthy Weight for Healthy Bones*, in collaboration with the HSS Food & Nutrition Department. In total, POP educational efforts reached 99 parents.

Resident Geriatric Training Program

The Resident Geriatric Training Program provides third-year orthopedic surgery residents with enhanced communication skills to improve provider-patient communication while also empowering older patients to be better advocates and partners in their own healthcare. The program includes meetings with the Program Coordinator, a licensed social worker, where the residents can discuss their approach to caring for older patients and presentations to participants of the HSS Greenberg Academy for Successful Aging.

Program Goals

Goal 1: Provide educational sessions led by orthopedic residents to older adults about relevant musculoskeletal issues

Goal 2: Sensitize PGY3 orthopedic residents to the health care needs of older adults

Goal 3: Empower older adults to be better advocates and partners in their own health care

Goal 4: Improve the ability of residents to provide information about musculoskeletal disease at an appropriate literacy level

Community Education Programs

Three older adult education programs were implemented by seven residents reaching a total of 94 older adults. The *Shoulder Pain* lecture discussed common complaints about knee pain as well as common symptoms and causes. Prevention and treatments including drug/non-drug and surgical/non-surgical options were also discussed. This presentation was facilitated by two HSS residents and was attended by 44 older adult participants.

Exercises for Older Adults with Osteoporosis taught participants with osteoporosis about how bones develop through all stages of life and how to exercise safely in order to make one's bones stronger and denser through weight-bearing and resistant exercises. The HSS residents presented a lecture followed by small group instruction of exercises to 31 older adults attending.

The third lecture, *Exercises for Older Adults with Osteoarthritis*, demonstrated to participants with osteoarthritis how to exercise safely and effectively and also touched on how to prevent the joints from "freezing up" and improving and maintaining joint mobility. This presentation was facilitated by three residents and was attended by 30 older adults.

These lectures were highly successful for both older adults and HSS residents. Program evaluation results revealed residents showed improvement in knowledge about older adult issues, and in their attitude toward older or aging adults. Anxiety levels decreased, especially with regards to enjoying the interaction with older adults. One Resident stated that "conveying medical information is important, but showing my understanding of their needs helps get the information across." All residents indicated they were satisfied with the program and would likely use the information learned in their clinical practice. Older adult participants were highly satisfied and also rated the program highly with 95% feeling that the Residents were sensitive to their needs and almost all (99%) indicating they would recommend this program to a friend or family member.

Osteoporosis Wellness Initiative (OWI)

Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million U.S. women and men aged 50 and older (www.nof.org). In New York State, at least 3 million women and men over 50 either have osteoporosis or are at significant risk of developing osteoporosis. Each year programs that focus on osteoporosis are built into the HSS community education curriculum to address both treatment and prevention of this disease.

Program Goals

Goal 1: Increase awareness and knowledge of osteoporosis and its treatment options, including self-management techniques

Goal 2: Implement a digital platform as a way to bring bone health education to older adults

Goal 3: Develop comprehensive health education materials about bone health and osteoporosis

Community Education

HSS's OWI offers a monthly lecture series about bone health, targeted to those community members living with osteopenia or osteoporosis. In 2014, five lectures were facilitated by interdisciplinary HSS expert clinical staff reaching 124 individuals. Topics covered managing bone loss, nutrition for bones, exercise for bone health and falls prevention.

In addition, HSS presented its annual Bone Health Seminar titled *Healthy Bones: Build Them for Life*. This half-day seminar focused on primary and secondary prevention of osteoporosis. HSS brought together expert clinicians to discuss an overview of vitamin D and why it's important in bone health, nutrition and vitamin D outlining how to get enough Vitamin D from dietary sources and supplements to support bone health and physical activity for bone health, which outlined various activities that support muscle and bone strength. Forty-one participants were reached through this program.

Digital Programming

The HSS website offers two programs through online webinars (1) The Bone Health Seminar mentioned above and (2) a YouTube clip on exercise and bone health

Partnerships

HSS collaborated with Memorial Sloan Kettering Cancer Center on an educational seminar for people suffering from breast cancer about the importance of maintaining bone health. Thirty-five participants were reached through this program.

Exercise Programming

HSS offers a variety of weekly exercise-based wellness classes for those living with musculoskeletal conditions aimed at improving fitness, flexibility and overall wellness. Classes include yogalates, Pilates, tai chi, dance and yoga. To date, our programming has reached over 425 people with participants reporting improvements in quality of life and physical function and decreases in pain, stiffness and fatigue. Specifically, there was a 16% decrease in the number of participants that had muscle/joint pain and a decrease in pain interference on five of seven quality of life items. In addition, the number of participants feeling stiffness and fatigue significantly decreased by 18% and 29%, respectively.

Osteoarthritis Wellness Initiative

In an effort to assist in the prevention and management of osteoarthritis (OA), HSS offers the community free and low-cost education and wellness-based exercise programs. The goal is to educate the population about the importance of increasing physical activity and improving quality of life.

Program Goals

Goal 1: Implement a digital platform as a way to expand the reach of the Initiative's educational programming

Goal 2: Increase participant knowledge of arthritis, arthritis symptoms, options for treatment and self-management techniques

Goal 3: Improve musculoskeletal health among exercise class participants by decreasing musculoskeletal pain, stiffness, fatigue, falls and health limitations; improving health status level of physical activity and self-efficacy for exercise and improving balance

Community Education Programs

HSS's OAI offered programs focusing on various aspects of prevention and management of OA and its symptoms. In 2014, eight programs were offered reaching 170 individuals. Programs focused on managing hand pain, OA of the hip, lower back pain and ways to strengthen and stabilize core muscles. HSS also hosted its annual *Living with Osteoarthritis Seminar*. This half-day program featured experts from HSS discussing OA treatments and self-management techniques. In partnership with the Arthritis Foundation, HSS collaborated on the *ABCs of Arthritis* program to provide an overview of OA and common self-management techniques.

Digital Programming

This year we added to our digital library with three new webinars focused on OA management. These webinars were filmed during HSS's OA seminar (described above). In addition, one YouTube video was produced; the video takes viewers through a mini-meditation that they can use to deal with pain due to chronic illness. Over 200 people have viewed the OA webinars and over 600 people have viewed the YouTube video.

Community Partnerships

HSS has recently forged a relationship with Lenox Hill Neighborhood House, a local senior center, whereby we offer senior center members lectures about musculoskeletal health and general wellness. HSS continues to partner with the NY chapter of the Arthritis Foundation around providing self-management focused community education programs.

Exercise Programming

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Charla de Lupus (Lupus Chat)®

Charla de Lupus/Lupus Chat (“Charla”) is a national program developed in 1994 to address health disparities among African American and Latina women with lupus. The program provides support and education for people with lupus and their loved ones. Culturally relevant strategies are employed by staff and peer volunteers to help increase understanding of this complex illness and its treatment, improve medical adherence, and enhance coping and healthy behaviors.

Program Goals

Goal 1: Increase access to high quality reproductive health care for culturally diverse teens with lupus, by partnering with designated reproductive health care centers in underserved communities, to provide training to reproductive health providers, to increase knowledge of lupus and reproductive health care issues specific to lupus.

Goal 2: Improve culturally relevant knowledge, self-management skills and self-efficacy related to reproductive health care and sexual health among traditionally underserved, culturally diverse teens/young adults with lupus, with a focus on serving Latino/African American communities.

Engaging Community Partners

Charla deepened its commitment to community capacity building by identifying and partnering with two large adolescent healthcare centers; Community Healthcare Network and Planned Parenthood of NYC.

Community Healthcare Network (CHN)

CHN is a not-for-profit organization comprised of 11 community-based health centers that provide comprehensive (reproductive) healthcare services to medically underserved neighborhoods. An educational in-service was provided for 19 CHN reproductive healthcare providers, and discussed the impact of health disparities related to reproductive health for Latino/African American populations nationally and locally and an overview of lupus, its treatments, and specific reproductive health concerns of teens/young adults. Opportunities for partnership between reproductive health and rheumatology professionals to enhance patient outcomes was also discussed. The program was a huge success with providers indicating they felt “better equipped to manage SLE patients/teens” and recognizing the importance of considering contraception methods and STI use for SLE patients.

Planned Parenthood (PPNYC)

PPNYC has a 90 year history of providing comprehensive reproductive healthcare and educational programs for women, teens and families. Charla offered an in-service training for 19 reproductive healthcare providers from PPNYC similar to the CHN in-service described above. The presentation contributed to providers’ learning and future care for patients by increasing their knowledge, understanding and confidence in providing the appropriate contraceptive options.

In an effort to increase access to reproductive healthcare services, HSS has added both CHN and PPNYC to its reproductive healthcare referral protocol. The organizations have identified liaisons at all 15 of their sites throughout NYC to help enhance access to appropriate reproductive health care for adolescents with lupus.

LANtern® (Lupus Asian Network)

LANtern is a national support and education program culturally and strategically designed to serve Asian Americans with lupus and their loved ones, with a mission of creating and expanding networks of hope and understanding for improved quality of life.

Program Goals

Goal 1: Provide educational programs to professionals to improve knowledge, clinical skills, and dialogue about lupus as an Asian American health issue, to ensure the provision of quality health care.

Goal 2: Recruit and train additional Asian American lupus peer health educators and expand LANtern's peer training curriculum to reflect their enhanced role in community engagement.

Goal 3: Develop and implement culturally relevant educational and psychosocial support initiatives to increase chronic disease self-management knowledge and skills for Asian American patients with lupus and their loved ones.

Professional Education Program for Healthcare Students

HSS and the Asian Pacific-American Medical Students Association at SUNY Downstate Medical Center jointly developed a training initiative for local students in medicine and other health care specialties. An interdisciplinary panel of guest rheumatologists, a psychiatrist in cultural research, and a personal lupus story highlighted the clinical aspects of lupus in adults and children, antiphospholipid syndrome, and cross-cultural practices for these future healthcare professionals. Twenty-two people attended the program. Participants indicated that the program provided “invaluable insight into patient health, and clear medical/treatment insight.”

Peer Health Educator (PHE) Training Program

LANtern revised the PHE training curriculum, to engage additional Asian Americans to become Peer Health Educators and as community partners. The revised curriculum consisted of six training sessions that covered a comprehensive overview of lupus and treatment, Eastern and Western treatment methods, coping and emotional health, helping skills for Peer Health Educators, and community resources. Seven recruits completed the PHE training program, and were either bilingual patients living with lupus or significant others. Participants indicated that they improved their communications skills and learned about cultural factors related to lupus.

Community Programs

LANtern held a *Lunar New Year Luncheon* in Manhattan's Chinatown to promote lupus peer connections and learning. Sixty-two participants attended the program. Participants formed connections and found support and encouragement from one another to set forth personal goals for their health and wellness.

The *Lupus Health and Wellness Day* was an educational initiative, in collaboration with the Charles B. Wang Community Health Center, to enhance lupus knowledge, health management, and wellness. The featured topic “Western Medications for Lupus: What Do We Need to Know?” was presented in English and Mandarin by HSS. The program also included a learning opportunity about the Affordable Care Act, nutrition, lupus medications and body-mind relaxation methods.

VOICES 60+ Senior Advocacy Program

The mission of VOICES 60+ is to enhance the medical care experience of low income, ethnically diverse (primarily Hispanic and African American) HSS patients 60 and older, by helping them to navigate and access the support, education, and community resources they need to manage their rheumatologic and/or musculoskeletal disorders to improve their quality of life.

Program Goals

Goal 1: Increase self-management skills of culturally diverse older adults through coaching techniques, to empower patients to better understand their arthritis-related illness and treatment

Goal 2: Train professional service providers at community-based settings to assess for health literacy of their older adults clients and train them in evidence-based coaching methods to utilize during client-provider encounters.

Community Programs for Older Adults

HSS facilitated two workshops for 88 community dwelling ethnically diverse older adults, at two of Lenox Hill Neighborhood House's senior center locations and Isabella Geriatric Naturally Occurring Retirement Communities (NORC). The workshops, in English and Spanish, utilized evidence-based strategies to improve patient-healthcare provider communication. Another workshop was conducted for Dorot, Inc.'s University with Walls. This telephonic workshop for homebound older adults was titled "Take Control of your Doctor Visit". In addition, HSS hosted annual holiday events with an educational component focused on improving patient-provider communication, and participated in two senior health fairs reaching approximately 625 community dwelling older adults.

VOICES 60+ Holiday Event

In an effort to reduce isolation common to older adults during the holiday season and build social connections, VOICES 60+ held its annual Holiday Event with a presentation, in English and Spanish, by an HSS rheumatologist about enhancing patient-provider communication.

Programs for Professional Service Providers

HSS implemented evidence-based strategies to improve patient-healthcare provider communication through interventions targeted to professional service providers. These interventions will enable service providers to replicate the evidenced-based methods used to help older adults better communicate with their healthcare team (the SILS, Ask Me 3 and Teach-back) with their clients who are primarily homebound. We facilitated two training workshops for service providers of Isabella Geriatric Center for Naturally Occurring Retirement Community (NORC) and Lenox Hill Neighborhood House (social workers, case managers, registered nurses, and administrative staff), who have extensive contact with clients throughout the senior center and NORC. These programs were widely successful with the service providers indicating they had a better understanding of how to assess their patients' health literacy levels. They also learned ways to empower clients to help them improve their relationships with their health care team and their overall well-being.

Rheumatoid Arthritis (RA) Support and Education Programs

Rheumatoid Arthritis (RA) can present enormous physical, emotional and social challenges. The HSS RA support and education programs address the specific psychosocial and psycho-education needs of the RA population by helping to enhance self-management and coping strategies among its participants.

Programs Goals

Goal 1: Provide on-going disease-specific education and psychosocial support to people with newly or recently diagnosed RA to enhance self-management and coping strategies related to a recent diagnosis

Goal 2: Provide disease-specific education to a broad community population to raise awareness about essential treatment issues in RA

Goal 3: Provide on-going disease-specific education and psychosocial support to people with long-standing RA to enhance self-management and coping strategies.

Early RA Support & Education Program

HSS provided eight sessions of its RA support and education program to 111 participants. This two hour monthly program featured eight one-hour lectures on Early-RA specific topics. The lecture was followed by a support group, co-facilitated by an MSW and a rheumatology nurse manager/nurse practitioner. Topics include exercise and Early RA, understanding labs and test results, RA medications, nutrition, managing daily life activities, managing fatigue and managing pain.

RA Focused Public Education Lectures

HSS implemented two community education lectures on RA specific topics. The lectures were each one hour, with time allocated for Q & A. *The Rheumatoid Arthritis and Infectious Disease: Recommendations for Staying Well* lecture presented current guidelines on recommended vaccinations and preventative antibiotics for people with RA on immunosuppressive medications. This lecture, attended by 22 people, was presented by an infectious disease specialist with expertise in rheumatology.

The Rheumatoid Arthritis and Oral Health lecture informed participants of the link between RA inflammation, oral health and disease activity. Sixteen people attended this lecture, which was presented by an oral pathologist with clinical expertise in autoimmune disease.

These programs have had profound impact on participants' ability to cope with their RA. Patients reported "I find the group the most important part of my treatment; I would not be handling it well without the group, "; "I feel more in control"; "I am not so afraid to take RA medication; I feel more at ease about it." Participants also expressed they found the information particularly helpful in their self-management "getting the expertise of clinicians who know RA well was so helpful".

Collaboration with Community Partners

HSS partnered with the Arthritis Foundation (AF) to include its RA programs on the AF's "Help-Line" as a primary resource for RA patients in the NY Metropolitan area. All three programs are also listed on the AF web site calendar of events, resulting in increased referrals.

Nursing Community Education Outreach

The Nursing Community Education Outreach program works with local senior centers and community based organizations to provide self-management education to older adults. The aim of the initiative is to develop self-care knowledge and provide self-management support strategies on issues germane to seniors.

Program Goals

Goal 1: Increase module library to include topics identified in the 2014 needs assessment

Goal 2: Expand outreach to seniors beyond the Inwood/Washington Heights locale

Goal 3: Explore the health education needs of other populations

Goal 4: Provide education sessions in Spanish and Chinese to address a more diverse audience

Goal 5: Update teaching methods to be more interactive

Goal 6: Measure knowledge gained and behavior changes with respect to health care utilization

Community Education Programs

The community education module library was expanded to 16 educational sessions highlighting preventive care and disease management. Topics include smoking cessation, healthy heart, healthy bones, benefits of exercise and coping with Alzheimer's and dementia. In addition, service outreach was extended at an additional senior center, New York Foundation for Senior Citizens at Brown Gardens. Monthly educational sessions were scheduled at this site. The committee also partnered with the United States Bone and Joint Initiative (USBJI) to present a topic on *Experts in Arthritis* to a visually impaired audience at the Visions of Selis Manor located in NYC. The committee also extended programming to teaching homecare attendants who work for the Prime Care agency serving seniors.

Total participants for all sessions have surpassed 320 which includes the Visions session that had 160 visually impaired participants. A summary of the results of the senior center lectures showed the average improvement in knowledge assessed through pre-tests and post-tests across sessions to be 6.6%. Eighty-nine percent of survey responders reported they learned something new.

Future Direction

The HSS Nursing Community Education Outreach team plans to continue expansion to include two additional sites and secure a speaker commitment from more HSS registered nurses and clinicians from other disciplines (nutritionists, social workers and pastoral care). Future modifications to the curricula will target skills training, confidence and the ability to demonstrate management of self-care. The use of an audience response system will be introduced to enhance subject participation, interaction and to improve data capture used for evaluation metrics.

Funding

Members of the community education team have received an internal educational grant to support the program's growth and development. The grant will be used to upgrade technology used to provide the educational sessions and underwrite some of the administrative services to manage the educational programming.