

HOSPITAL
FOR
**SPECIAL
SURGERY**

WHERE THE
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IN THE GAME

Hospital for Special Surgery Community Service Plan

2013–2017

*Advancing the State's Public Health Priorities
Year 2 Update*



Hospital for Special Surgery Community Service Plan Update – Year 2 (2015)

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, enhance quality of life for all and to advance the science of orthopedic surgery, rheumatology, and their related disciplines through research and education. HSS is a recognized leader in musculoskeletal medicine and has been so for more than a century. In fact, HSS is nationally ranked No. 1 in orthopedics, No. 3 in rheumatology and No. 7 in geriatrics by *U.S. News & World Report* (2015-16), 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 second 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 that was developed in 2003 in response to the pediatric obesity epidemic. The SNEAKER program is implemented in public schools and after-school programs located in underserved areas throughout NYC targeting children from ages 8 – 11 years. 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 in 2014 and refined in 2015. HSS is actively seeking funding to continue to support the expansion of the train-the-trainer program and exploring opportunities to build partnership with community based organizations (CBOs) and school-based organizations (SBOs). As such, the program has not been implemented to date.

Implementation in Schools

HSS implemented its full SNEAKER program in two schools and held a one-time workshop in one school reaching a total of 55 children. To date, SNEAKER has reached over 215 students, with results showing that children's knowledge increased in the areas of portion control, increased fiber and fruit consumption, decreased screen/TV time and participation in vigorous exercise. Recruitment of new schools is actively ongoing.

National Recognition

In 2015, the HSS SNEAKER program was accepted for a poster presentation at the American Public Health Association (APHA) highlighting its impact on knowledge and health behaviors of school-aged children with the goal of addressing childhood obesity in underserved communities. This gave us the opportunity to showcase the program nationally.

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 Programs

A 6-week Chronic Disease Self-Management Program was administered at the Selfhelp Innovative Senior Center in Flushing, Queens. Twenty Asian older adults attended the educational lectures, which focused on the knowledge and application of chronic disease self-management techniques. The program was highly successful with 100% of participants indicating the program increased their understanding of managing their health condition and felt they could apply what they learned to manage their health after participating in the program. Evaluation of program data showed that the program was well received by the participants since 100% of them expressed satisfaction towards the program and indicated they would recommend it to others.

Exercise Classes

ACBHI holds exercise classes at senior centers to help older adults improve their quality of life through improved mobility and musculoskeletal disease management. Eight 8-week sessions of Yoga were delivered reaching 76 participants and five Arthritis Foundation Exercise Program workshops were conducted reaching 89 participants. Evaluation of program data demonstrated that these classes have had a positive impact on participants who report feeling less pain, stiffness and fatigue and improved quality of life.

National Recognition

In 2015, ACBHI was accepted for a poster presentation at the 2015 American College of Rheumatology (ACR/ARHP) Annual Meeting highlighting the impact of the program in helping Asian seniors in underserved communities improve musculoskeletal outcomes.

The ACBHI program was featured in the American Association of Retired Persons (AARP) Bulletin on December 15, 2015. A 76 year old participant diagnosed with arthritis from the ACBHI program highlighted the impact of the program on her overall wellbeing and quality of life.

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 over 28,000 and referred over 4,000 for follow-up care. In 2015, a total of 386 children were evaluated during seven school-based screenings. Twelve children have been referred for follow-up care at HSS; 41 have been referred for primary care concerns including 18 children referred for nutritional consultation.

Community Partnerships

POP strives to build strong and lasting relationships with school administrators; as a result, the program has returned to P.S. 361 in the Lower East Side and P.S. 152 in Washington Heights Manhattan after a 5 year and 3 year absence respectively.

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

The *Neck Pain* lecture discussed common complaints about neck 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 36 older adult participants.

The *Foot & Ankle Pain* lecture discussed causes, symptoms and surgical/non-surgical treatment options for these often painful and debilitating conditions. This presentation was facilitated by two HSS residents and was attended by 40 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. This lecture followed by small group instruction of exercises was facilitated by three HSS residents and was attended by 28 older adult participants.

The fourth 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 24 older adults.

These lectures were highly successful for both older adults and HSS PGY-3 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. All residents indicated they were satisfied with the program, would likely use the information learned in their clinical practice and were significantly more prepared to present medical material to older adults. Older adult participants were highly satisfied and also rated the program highly with 99% 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 2015, seven lectures were facilitated by interdisciplinary HSS expert clinical staff reaching 162 individuals. Topics covered managing bone loss, nutrition for bones, exercises for bone health and falls prevention.

HSS presented its annual Bone Health Seminar focusing on primary and secondary prevention of osteoporosis. Topics included the importance of physical activity and nutrition, osteoporosis bone treatment options and falls prevention. Thirty-nine participants were reached through this program. In addition, HSS had numerous lectures and workshops that focused on this initiative. This included our 22nd Annual Senior Health and Fitness Day, Nutrition for Healthy Bones, How's My Posture, Caring for Our Feet, and Stronger Bones for Older Adults. In total, 143 participants were reached through these programs.

Digital Programming

This year we added to our digital library two webinars focused on osteoporosis prevention. These webinars were filmed during the Annual Bone Health seminar (mentioned above).

Partnerships

HSS collaborated with the Arthritis Foundation (AF) for an educational program on the connection between Rheumatoid Arthritis (RA) and Osteoporosis. Ten 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, core stabilization and yoga. To date, our programming has reached over 762 people with participants reporting improvements in quality of life and physical function and decreases in pain, stiffness and fatigue. Specifically, there was an 18% 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 15% and 31%, respectively.

Osteoarthritis Wellness Initiative (OAWI)

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 OAWI offered programs focusing on various aspects of prevention and management of OA and its symptoms. In 2015, three programs were offered reaching 35 individuals. Programs focused on managing hand pain, OA of the hip, lower back pain and ways to properly exercise with OA.

Digital Programming

This year we added to our digital library two webinars focused on OA treatments and physical activity. These webinars were filmed during HSS's Living with Osteoarthritis seminar. In addition, one YouTube video was produced. The video clip gives viewers a mini snapshot of the overall seminar. Over 211 people have viewed the OA webinars and YouTube video.

Community Partnerships

HSS continues to partner with Lenox Hill Neighborhood House offering seniors programming on musculoskeletal health and general wellness. In partnership with the Arthritis Foundation, HSS collaborated on the *ABCs of Arthritis* program where twenty individuals attended this program. Additionally, HSS hosted the *Move More, Feel Great: Arthritis and Diabetes 101* program in collaboration with the Arthritis Foundation to provide information on the association between the two conditions, tips for eating healthy and being physically active. This program reached twenty-one people.

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, core stabilization and yoga. To date, our programming has reached over 762 people with participants reporting improvements in quality of life and physical function and decreases in pain, stiffness and fatigue. Specifically, there was an 18% 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 15% and 31%, respectively.

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.

Collaborating with Planned Parenthood of NYC (PPNYC):

HSS collaborated with PPNYC on a workshop titled, “Parent –Teen Night”, a PPNYC program that focused on sexual decision making, accessing reproductive health care, and communicating about reproductive healthcare. Thirty-seven participants attended the workshop with 33 completing surveys (15 teens, 18 parents/guardians). Results indicated increase in teens’ intention to talk with their rheumatologist, partners and parents about reproductive health. Ninety percent of participants indicated that the session increased their understanding of reproductive health and lupus related issues. All respondents strongly agreed that the information was clear and informative and over 90% were satisfied with the program. All parents agreed they felt more comfortable talking with their child and their child’s doctors about reproductive health care.

Center Teen Night and Parent Work shop at Local PPNYC Site

After reviewing results from our “Parent-Teen Night” workshop, we followed-up with a visit to a local PPNYC site to demystify the reproductive health clinic experience for teens and their parents, beginning with a facility tour. Separate workshops for teens/young adults and parents were conducted to discuss reproductive health questions, and review the clinic’s process, resources and support. All participants strongly agreed they were satisfied with the program.

Collaborating with Mt. Sinai’s Adolescent Health Center’s “Sinai Peers Encouraging Empowerment through Knowledge Peer Education (SPEEK) Program: Reproductive Health and Lupus Teen Summit

Using two national evidence based curriculums designed to motivate adolescents to make healthy sexual decisions and decrease risky sexual behaviors, we collaborated with the SPEEK program, to implement a psycho-educational day long workshop. Added to the curriculum were important concepts about lupus and its treatment. The workshops were led by the SPEEK teen peer health educators, a Lupus Nurse Practitioner and a certified public health educator. Fifteen teens /young adults attended. Pre-/post-tests was given, using a 45-item mixed true/false and Likert –scale survey. Results showed a 49% increase in intentions to use condoms, and a 36% increase in efficacy around self-management of birth control use and in talking with their partners/doctor about reproductive health

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 and Service Providers: HSS hosted a lupus seminar with the National Asian Pacific American Medical Students Association-Region II, for medical students and other professional disciplines in NY and NJ focusing on the clinical treatment of lupus in adults and children from a cross-cultural and multi-disciplinary perspective. In collaboration with the Asian Health and Social Service Council, LANtern addressed the challenges of living with a chronic illness as part of a panel presentation for the membership organizations serving the Asian American community. Both educational programs were well received by sixty-eight participants, with 100% strongly agreeing/agreeing that the knowledge gained could potentially improve their future practices as healthcare professionals.

Peer Health Educator (PHE) Survey: LANtern conducted a volunteer satisfaction survey with its Peer Health Educators (PHE). All respondents (100%) "strongly agreed" that they were satisfied with their volunteer experience. Communication style, cultural sensitivity, and compassion were skills cited to help promote lupus awareness, understanding and knowledge.

Community Programs

LANtern held a *Lunar New Year Luncheon* in Manhattan's Chinatown where 65 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 "Managing Joint Pain, Arthritis, and Lupus" was presented in English and Chinese by HSS. The program also included education about Hepatitis B, rice and salt in cultural cooking and community health resources.

LANtern completed an in-depth need assessment about program services sent to 106 members of the Asian lupus community, with a 47% response rate. Ninety-eight percent were satisfied with services provided, with 72% requesting a new support group forum, which we are planning to implement.

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 six workshops for 64 community dwelling ethnically diverse older adults. Four of the workshops were held at Isabella Geriatric Naturally Occurring Retirement Communities (NORC) at three different sites, one at NewYork-Presbyterian/Weill Cornell Medical Center's Health Outreach Caregiver Support Program, and an additional telephonic workshop conducted for Dorot, Inc.'s University with Walls. The telephonic workshop was for homebound older adults. The workshops, in English and Spanish, utilized evidence-based strategies, SILS (Single Item Literacy Screen), Ask Me 3, and teach-back, to improve patient-healthcare provider communication. Evaluation of program data showed positive impact of the interventions where 91% of participants rated strongly agree/agree that the program increased their understanding of strategies they can use at their next doctor visit. Eighty eight percent rated strongly agree/agree that as a result of the program, they can apply what they learned to manage communication with their doctor or healthcare team. In addition, VOICES 60+ participated in two senior health fairs providing health education material on enhancing patient-provider communication, reaching approximately 300 community dwelling older adults.

VOICES 60+ Holiday Program: VOICES 60+ held its annual Holiday Event and Presentation, "Tips to Best Understand Your Healthcare" with 33 program users attending the event. The event's goal is to educate participants about strategies to use to enhance patient-provider communication and to reduce isolation common to older adults during the holiday season by building social connections. The presentation was provided by a rheumatology nurse in English and translated into Spanish. The program was well received by attendees with 100% reporting that they strongly agree/agree that they can apply what they learned to manage communication with their doctor/healthcare team and 95% strongly agree/agree that they liked the opportunity to meet other HSS patients.

Programs for Professional Service Providers: The workshops delivered to older adults, demonstrating evidence-based strategies to improve patient-healthcare provider communication through targeted interventions, are additionally relevant for services providers (case workers, social workers, and directors). However, due to staff changes and scheduling needs of our community partners, two stand-alone workshops were postponed. Although the workshops specifically for service providers were not presented, 10 service providers participated in the workshops provided to community members so as to become familiar with the interventions delivered (SILS, Ask Me 3 and teach-back).

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 Early RA support and education program to 128 participants. This two hour monthly program featured eight one-hour lectures on Early-RA specific topics, followed by a support group, co-facilitated by an MSW and a rheumatology nurse. Topics included: Acupuncture and Pain Management for RA, An Overview of RA, How to Help Family Understand RA, RA Medications and New Advances in Treatment. Program evaluations showed that 96% respondents either “agreed completely” or “agreed a great deal” that participating in the program helped them “make informed decisions in treating [their] RA”.

RA Focused Public Education Lectures: HSS implemented two community education lectures on RA specific topics. A multi-disciplinary symposium, *Essentials in Managing RA* featured two rheumatologists, an occupational therapist and a nutritionist, to present essential information on RA medications, fatigue, nutrition and joint protection. The symposium was attended by 82 participants and will also be presented in a free on-demand webinar in spring 2016.

The Rheumatoid Arthritis and Bone Health lecture informed participants of the important link between RA, and the high risk of osteoporosis, and how to optimize bone health to prevent fractures and falls. Eleven participants attended this lecture.

Living with RA Support and Education Program: HSS provided eight sessions of the Living with RA support and education programs to 101 participants with long-standing RA. This program featured one-hour RA-specific lectures, followed by a support group, co-facilitated by a clinical social worker and rheumatology nurse. Topics included: Creating an Open Dialogue with your Rheumatologist, RA and Aging, RA Treatment: Current and Future, and RA and Chair Yoga Program evaluation showed that 91% respondents either “agreed completely” or “agreed a great deal” that participating in the program helped them “make informed decisions in treating [their] RA”.

Collaboration with Community Partners

HSS partnered with the Arthritis Foundation (AF) to market and extend outreach for the Community Education lecture

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 31 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 Lenox Hill Neighborhood House. Monthly educational sessions were delivered at four sites. The committee also continued to provide programming to teaching homecare attendants who work for the Prime Care agency serving seniors.

Total participants for all sessions have surpassed 651 which include the Visions session that had 160 visually impaired participants.

The initiative secured speaker commitment from more HSS registered nurses and clinicians from other disciplines (nutritionists, social workers, pharmacy and pastoral care). Through grant support, the medication management curricula targeted skills training, confidence and the ability to demonstrate management of self-care at two NYC senior centers. The use of an audience response system was introduced to enhance subject participation, interaction and to improve data capture used for evaluation metrics. Key findings include an average increase in knowledge of 26% using an active learning approach. Although, there was a slight increase in confidence with the medication safety skills, it was not statistically significant. All participants (100%) ranked the workshop as excellent, and indicated they would recommend the workshop to a friend.

Future Direction

Continue to assess and evaluate program effectiveness and increase the use of audience response system. Staff participation and recruitment includes embedding a Nursing Community Education Outreach training component in the nurse residency onboarding program.

Funding

Members of the community education team received an internal educational grant to support the program's growth and development. The grant was used to upgrade technology used to provide the educational sessions and underwrite some of the administrative services to manage the educational programming. A proposal for additional funding to support continued growth and expansion will be submitted in 2016.