

# FORT SANDERS REGIONAL MEDICAL CENTER

## 2021-2023 COMMUNITY NEEDS ASSESSMENT

### IMPLEMENTATION PLAN

#### Identified Community Needs:

1. Mental Health                    *Addressing identified need: Depression, Suicide*
2. Substance Abuse                *Addressing identified need: Drug Overdoses*
3. Obesity                            *Addressing identified need: Heart Disease and Diabetes*

#### Implementation Strategy to Address Needs:

##### 1. Mental Health

###### Behavioral Health Services Expansion

- Psych consult services using tele-video programming are now being supported by Peninsula Behavioral Health. Fort Sanders Regional partially subsidizes psychiatrist J. Sidney Alexander, MD, and nurse practitioner Joey Parker to provide in-house emergency department consultations on site.
- Fort Sanders Regional Medical Center, with funding support from the Covenant Health Foundation, will implement an Emergency Department Diversion Program in 2021. A team of medical and behavioral specialists will conduct a behavioral assessment and develop a treatment plan proposal to meet the identified needs. An outreach specialist would follow up with patients to oversee the implementation plan.

###### Interfaith Health Clinic Support

- Fort Sanders Regional Medical Center has a long-standing history of supporting the Interfaith Health Clinic of Knoxville. Interfaith provides primary care and mental health services for the uninsured working poor. In addition to \$60,000 of financial support, Fort Sanders Regional Medical Center also provides lab services and other diagnostic services for the clinic. Patients who need hospitalization are provided care on a sliding scale fee structure. The administrator of Fort Sanders Regional Medical Center serves on the Board of Directors for Interfaith Health Clinic.

## 2. Substance Abuse

### Peninsula Drug Treatment Program

- Fort Sanders Regional Medical Center can now refer ~~their~~ patients to the Peninsula Medication Assistance Treatment program's center for outpatient Services for substance abuse. This program offers specialized medications and intensive therapy to treat substance abuse disorders.

### Opioid Lite Program

- Fort Sanders Regional Medical Center's Emergency Department is participating in a system-wide initiative to curb the use of hospital prescribed opioids. Physicians are prescribing non-opioid drugs when indicated for pain management, during treatment and at hospital discharge.

## 3. Obesity

### Covenant Health Knoxville Marathon

- Fort Sanders Regional Medical Center is a major supporter of the annual Covenant Health Knoxville Marathon. Each year nearly 9,000 runners, most from the Knoxville area, participate in one of the race events including the full marathon, half marathon, relay teams, 5K and Kids Run. Local neighborhoods, greenways and trails are incorporated into the marathon course. Most of training beforehand also occurs on local trails and greenways. Each year Fort Sanders Regional contributes \$48,000 in support of the Marathon. The marathon is held in partnership with the Knoxville Track Club.

### HealthQuest Marathon Challenge

- Fort Sanders Regional Medical Center employees participated in the first annual HealthQuest Marathon Challenge. Employees signed up to participate in one of the Covenant Health Knoxville Marathon events including the marathon, half-marathon, 2- or 4- person relay teams or the 5K. Teams competed with other Covenant Health hospital member organizations for points. Nearly 600 employees system-wide participated in 2020.
- Fort Sanders Regional Medical Center offers a medical bariatric program led by a nurse practitioner in addition to the hospital's bariatric surgery program to benefit morbidly obese people or those with obesity-related illness who have been unable to lose weight through other methods.