GUTHRIE CORNING HOSPITAL

2014 COMMUNITY SERVICE PLAN ANNUAL UPDATE

Guthrie Corning Hospital is a voluntary, non-profit 501(c)(3) corporation, located at One Guthrie Drive, Corning, N.Y. The Hospital is committed to providing clinical and service excellence, wellness support and education, and health care leadership to the communities it serves.

Guthrie Corning Hospital is a member of The Guthrie Clinic, a non-profit integrated health system serving patients in an 11-county region of north central Pennsylvania and Upstate New York. Guthrie is comprised of a research institute, home care/hospice, hospitals in Sayre, Pa., Corning, N.Y., and Troy, Pa., as well as a multi-specialty group practice of more than 290 physicians and 155 mid-level providers in a regional office network encompassing sub-specialty and primary care sites in 23 communities throughout Pennsylvania and New York. Guthrie offers a wide range of services and programs designed to enhance the health and well-being of those it serves.

Guthrie Mission Statement: Guthrie works with the communities we serve to help each person attain optimal, life-long health and well-being. Guthrie will do so by providing integrated, clinically-advanced services that prevent, diagnose, and treat disease, within an environment of compassion, learning and discovery.

IDENTIFICATION OF PUBLIC HEALTH PRIORITIES

A Community Health Assessment was completed for the period 2013 to 2015 for the counties included in the S2AY Rural Health Network (Seneca, Schuyler, Steuben, Ontario, Wayne and Yates) and continues to be used to identify and compare data between Network counties and develop common objectives. The priorities selected by the Steuben County Health Priorities Team continue to align well with the Hospital’s current efforts to insure that community health needs are met as well as guide new initiatives under discussion with community partners.

The priority areas being addressed by Guthrie Corning Hospital are:
- Obesity in Adults and Children
- Hypertension and Cardiovascular Disease

Community Involvement

The Hospital sponsors the Fit and Strong Together (FAST) Community Coalition, established in 2009, which continues to be actively involved in addressing these prevention priorities. FAST has been successful at initiating and/or implementing a number of programs relating to chronic disease aimed at impacting the resulting health-related issues documented as arising from childhood obesity, poor nutrition and fitness. Comprised of representatives from the Hospital, health agencies, fitness center, area school district, media, local YMCA, area library, insurers, and other organizations, they have made numerous presentations to insurers, providers, corporations, civic groups and others to raise awareness of their efforts and to engage the entire community.
FAST has also successfully obtained funding for training, supplies, equipment and materials related to a number of the programs being implemented. The primary goal of this community-based coalition is to improve childhood fitness and reduce childhood obesity.

Additional efforts on the part of Hospital staff are being implemented related to populations believed to be at risk for chronic illness, providing information and facilitating health screenings. The Hospital also works with Steuben County to provide low-cost mammograms to women who meet the criteria.

**OBESITY IN ADULTS AND CHILDREN**

**PE4Life**
The PE4Life program, which was introduced by FAST and implemented in the Corning-Painted Post School District (CPP), ended in 2014. Over time, staffing issues, educational mandates and lack of available space reduced the frequency with which the program could be offered. As a result, the District decided to end the program and refocus its efforts.

**Fitness Program Development**
Corning Hospital staff and FAST continue to meet with CPP District representatives to discuss ways they might collaborate to benefit the health and wellness of students. FAST continues to pursue external grants in support of health, nutrition and fitness programs that could be offered in CPP elementary schools.

**Cool 2B Fit**
An initiative of FAST, this program is designed to promote healthy eating and exercise for area elementary school students and is funded by Excellus Blue Cross/Blue Shield. Students in the second grade receive an apple a day™ nutrition tracker and have the opportunity to taste new, healthy foods to expand their food horizons. Fourth grade students visit their local Wegmans to learn about reading food labels and how to choose healthy foods.

**Fitness for Kids Programs**
The FAST community coalition encourages various organizations to offer programs to improve children’s fitness, such as the following:

- “Healthy Kids Day” organized by the Corning YMCA each April. Corning Hospital’s HealthWorks staff participates in this program, which attracts hundreds of children and their families. HealthWorks offers children a variety of interactive activities to help them be better informed about the health benefits of exercise.
- “Pop Can Fun Run” is an annual event geared towards youth ages 2 to 10 who compete in age-appropriate walk/run races. Sponsored and organized by Corning Hospital, more than 250 children participated in this popular event in 2014.
- “Girls on the Run” offered through the Steuben Rural Health Network.
- “Kids Marathon Program” offered by the Corning YMCA to children ages 7 – 12.

**Activate Corning**
This program was developed and implemented by Corning Hospital’s HealthWorks staff in cooperation with a local day care center. The program included a nutrition curriculum (trying new foods, choosing
healthy foods, understanding food labels, recipes, dining out and fast foods) and a physical activity component (individual exercise, outdoor games, age-appropriate cross-fit exercises, and tips for staying active indoors). This program was supported by grant funding. Additional funding is being sought for a continuation of the program.

**Breastfeeding Friendly Hospital**
The Hospital has aligned its policies and practices related to the importance of breastfeeding with those of Breastfeeding Friendly Hospitals. With Maternity Unit RNs certified in lactation consultation, new mothers are educated about the importance of breastfeeding and its health benefits for their infants. Pacifiers are not used in the hospital. Formula supplementation is used only when medically indicated and ordered. Breastfeeding pumps are used if newborns are not breastfeeding well and mothers are instructed on use and cleaning of pumps prior to discharge. Nursing staff assist mothers eligible for WIC with the application process. As needed, mothers are referred to Public Health nursing services for further lactation consultation at home.

**HYPERTENSION AND CARDIOVASCULAR DISEASE**

**Healthy Food Choices - Guthrie Corning Hospital Cafeteria**
In 2014, the Hospital introduced a program that reduces the sodium content of various foods offered on the cafeteria menu, including entrees, vegetables, soups and gravies. Sodium-free seasoning alternatives are also provided. This program was developed as the result of Steuben County’s selection by the New York State Department of Health to receive a sodium reduction grant (CDC-RFA #DP13-1301) offered by the Centers for Disease Control.

**Know Your Health Numbers**
Free health screenings were offered at seven sites around Corning between the months of April and August 2014. Each location was chosen based on providing access to diverse populations, including those of low socio-economic status. Screenings offered included blood pressure, BMI, total cholesterol and percentage of body fat. An initiative of FAST, the campaign was supported by grants from United Healthcare, United Way of the Southern Tier, and the Guthrie Foundation. Testing and health counseling was provided by staff members of Guthrie HealthWorks Wellness & Fitness Center. FAST anticipates offering the Know Your Health Numbers program in 2015, under the auspices of HealthWorks, to students in 10th grade Health classes in the Corning-Painted Post High School.

**Smoking Cessation**
Patients who smoke or use tobacco are encouraged to participate in smoking cessation programs. At present, patients who use tobacco are provided information about, and encouraged to contact, the Southern Tier Tobacco Awareness Coalition or the NY Quit Line, which offer smoking cessation services. Additionally, Corning Hospital Respiratory Therapists will be adopting the same smoking cessation counseling and referral model being used at Guthrie Robert Packer Hospital. This will allow a standardized educational approach to smoking cessation.

**Diabetes Awareness**
Diabetes educators from Corning Hospital’s HealthWorks staff hold an informational day on diabetes awareness annually. Members of the Southern Tier Diabetes Coalition, HealthWorks diabetes educators offer a diabetes screening and diabetes resource information in conjunction with Diabetes Alert Day. In 2014 this public educational event was held at HealthWorks; in 2015 the event will be held in the lobby of the new Corning Hospital.

**CORNING HOSPITAL – 2014 ACCOMPLISHMENTS**

The following overview provides examples of the Hospital’s successes in providing access to high quality health care as well as other community service and activities beyond the provision of direct care.

**Access to High Quality Care**

- Corning Hospital received the American Heart Association/American Stoke Association’s Get with the Guidelines® Stroke Gold Plus Achievement Award for achieving an 85 percent or higher adherence with AHA Guidelines; the Hospital also earned a place on the Association's Target: Stroke Honor Roll for improving stroke care.
- Corning Hospital’s HealthWorks Wellness and Fitness Center received an Outcomes Excellence Certificate from Focus On Therapeutic Outcomes, Inc. (FOTO®), a nationwide outcomes database and reporting service for healthcare providers. The certificate is presented to a select group of providers across the country in recognition of excellence in physical therapy treatment effectiveness during the past twelve months. HealthWorks has demonstrated a greater increase in function for their patients than the national aggregate average.
- Corning Hospital received a grant from the Susan G. Komen® Twin Tiers Region affiliate to provide breast MRI for high risk women in Steuben County who are either uninsured or underinsured.
- Corning Hospital was awarded the Immunization Action Coalition's Hepatitis B Birth Dose Honor Roll Distinction.
- Corning Hospital received Accreditation in Stereotactic Breast Biopsy by the American College of Radiology.
- Corning Hospital also received a three-year accreditation by the American College of Radiology for its newest CT scanner for use on adult and pediatric patients. The CT Accreditation Program involves the acquisition of clinical and phantom images, dose measurements and the submission of scanning protocols.

**Community Outreach**

- Corning Hospital Board members and members of the Administrative team held a number of community and neighborhood-based information sessions to provide more in-depth information about the new Corning Hospital and to answer questions and address any concerns. The response to these open meetings was very positive.
- A Community Open House for the new Guthrie Corning Hospital was held on June 29. Tours were available through all of the inpatient and outpatient areas of the hospital, including the emergency department, surgical suite, labor and delivery suite, radiology, laboratory and single-occupancy medical/surgical inpatient rooms, as well as the new Guthrie Corning Cancer Center with its 18 infusion treatment rooms and state-of-the-art linear accelerator. The event was very well received with more than 4,000 attending.
The Hospital is a partner in the Red Cross program Unite for Life Plus. In 2014, the Hospital held five successful blood drives at its facilities.

- Corning Hospital participated as the primary sponsor, providing $10,000 in funding, in the local American Cancer Society’s Relay for Life event. The Hospital raised money, formed teams and hosted the pre-event survivor dinner.
- The Corning Hospital Auxiliary is very active and held a number of educational and/or social fund raising events in the community throughout the year to support the Hospital’s need for new equipment. The Auxiliary has pledged $250,000 in support of the Hospital’s new Cancer and Infusion Service Center.
- Corning Hospital’s HealthWorks participated in the 2014 Steuben County Fair as part of “Kids Eat Right Month.” Staff provided information and education about healthy eating for parents and children.

Wellness and Prevention Education

- Corning Hospital’s HealthWorks hosted several Community Wellness Days; open to the public, offering free blood pressure screenings, body fat analysis, and informational materials regarding disease prevention.
- HealthWorks’ Diabetes Support Group meets monthly, making guest speakers available on a wide variety of topics important to people with diabetes, to help them better understand and manage their unique health needs.

GUTHRIE CORNING HOSPITAL SERVICES

Guthrie Corning Hospital opened a new, state-of-the-art facility to patients in July 2014. The two-story, 225,000 square foot facility is situated on a 67-acre site at One Guthrie Drive in Corning, N.Y. The hospital features all private inpatient rooms including medical/surgical, intensive care and labor and delivery suites. Guthrie Corning Hospital is equipped with the latest technology and equipment supporting state-of-the-art surgical suites, procedure rooms, an on-site cancer center and a 24-hour emergency department with a Fast Track care option, as well as a helipad for urgent transport of critically ill and injured patients.

Guthrie Corning Cancer Center and Infusion Services are offered in an 18,000 square foot facility located at Two Guthrie Drive in Corning, N.Y., adjacent to the new Guthrie Corning Hospital. This new facility offers both group and private infusion spaces for a personalized treatment experience. Guthrie’s team of experts provides customized care plans using today’s technologies and advances in cancer care, including access to clinical trials.

Guthrie HealthWorks Wellness & Fitness Center, Guthrie Corning Hospital's 45,000 square foot rehabilitation and fitness facility, is located at 9768 Liberty Drive in Painted Post, N.Y. This award-winning facility helps individuals and families reach their personal fitness goals with guidance and coaching from HealthWorks’ professional staff in the areas of disease management, fitness conditioning, health enhancement, as well as injury recovery and lifestyle improvement. This facility is also home to a sleep study department; a blood collection laboratory; the Guthrie Erwin physician office, offering primary care and cardiology services; and a comprehensive rehabilitation services department offering therapies such as aquatic, cardiac, physical, occupational, speech and more.
**Guthrie Same Day Surgery Center** is the first multi-specialty ambulatory surgical center of its kind in the region. Located at 31 Arnot Road in Horseheads, N.Y., the facility features two operating rooms and two endoscopy suites with private and comfortable patient accommodations. This spacious, outpatient surgery center is conveniently located within a Guthrie physician office facility and is a department of Guthrie Corning Hospital. Same Day Surgery Center surgeons and staff members coordinate patients' care needs with Guthrie diagnostic, primary and specialty providers located at Guthrie offices throughout the region.

To learn more about Guthrie Corning Hospital, please visit [http://www.guthrie.org/location/corning-hospital](http://www.guthrie.org/location/corning-hospital).