

McLaren Macomb Implementation Plan-2016

According to the secondary data available for Macomb County, the top four top health issues for overall population groups were identified as heart disease, cancer, chronic lower respiratory diseases, stroke and unintentional injuries/trauma. The top ranking health issues for the surveyed populations were identified as obesity, cancer, diabetes and heart disease.

Currently, McLaren Macomb offers the following community programs for identified risk areas:

High Blood Pressure/Heart Disease:

- Community presentations;
- Blood pressure screenings at community fairs;
- Education at community health fairs;
- Health fitness assessments; and
- Nutritional information and heart-healthy recipes available at a community stand located in Nino Salvaggio's, a food market with two locations within the county.

Diabetes:

- Diabetes support group that meets eight times per year;
- Annual community diabetes expo;
- Pre-diabetes classes that are free to the community;
- Community and guest presentations on local cable regarding diabetes education; and
- Nutritional information and recipes available at Nino Salvaggio's

Cancer:

- Free community screenings for colorectal, lung, and prostate cancers;
- Free mammograms for indigent women;
- Smoking cessation classes;
- Road to Recovery – transportation for cancer patients;
- Support groups, including:
 - Sisters of Support (breast cancer);
 - Look Good/Feel Better (cosmetic advice for women battling cancer);
 - Kids Kicking Cancer (martial arts therapy and training for children with cancer);
 - Healing Arts (art therapy for cancer patients); and
 - Colorectal Cancer Advocate Program.
- Participation in Relay for Life, sponsored by the American Cancer Society.

Trauma:

- Education programs for the following:
 - Fall prevention;
 - Bike safety;
 - Safe driving;
 - Trauma care;

- Personal safety;
- Injury prevention;
- Internet safety;
- Distracted driving (including use of a distracted driving simulator)
- Bike Helmet Fit screenings;
- Bike Helmet donations – over 300 helmets distributed to community members;
- Balance screening and educational courses;
- BP screenings.

Obesity:

- Healthy eating programs;
- Nutritional information and recipes available at Nino Salvaggio's;
- Surgical weight loss options;
- Non-surgical weight loss options;
- Community and guest presentations on local cable.

Cultural Diversity:

- Diversity Council – employees and community members;
- Employee Diversity Committee;
- Career fair participation targeting various ethnic demographics;
- Culture & Cuisine – authentic meals and cultural items from countries around the world;
- Adaptation of new translation equipment- video, audio and American Sign language;
- Collaboration with other community organization- Partnership for New America; and
- Monitor patient ethnicity, religion and language spoken to meet needs of patients.

Indigent Health Care

McLaren Macomb's Medical Outreach Clinic (MOC) provides free medical services to residents of Macomb County who are without medical insurance and are unable to pay for their care.

The MOC is a 40-foot vehicle designed to transport medical staff and equipment to provide primary care services. The MOC serves as a medical office on wheels with two exam rooms, a reception and charting area, restroom and counseling area.

It is staffed with medical students, at least one resident physician, an attending physician, a medical assistant, project coordinator and driver. Currently, the MOC travels to five different sites in Macomb County.

By helping people who can't afford medical care, the MOC facilitated 1,756 patient visits last year, including 166 new patients. Patients are treated for acute illness, chronic disease management, offered preventive care and provided medical counseling.

When diagnostic testing is needed, patients are sent to McLaren Macomb. Fees for basic diagnostic testing are usually waived for patients who meet poverty guidelines and do not have health insurance. If a serious health crisis is diagnosed, the MOC staff works with surgeons and

other specialists, who sometimes donate their services, to help patients.

Continued Efforts for Patient Care

McLaren Macomb will continue to offer the above programming with expanded outreach efforts to inform the community of the programs available. In addition, as heart disease is the number one cause of death in Michigan, McLaren Macomb offers a broader range of heart disease prevention programs, which high blood pressure is an indicating causal factor. These programs include:

- Preventive cardiology exercise programs;
- Free peripheral arterial disease testing;
- Participation in community fit events, including free or minimal-fee ECG testing for young athletes for idiopathic cardiomyopathy;
- Health fitness assessments; and
- Bi-monthly heart failure support group.

In addition, community seminars and educational materials are distributed through the Macomb County through the *In Good Health*, a bi-monthly McLaren Macomb publication, the Lakeside Walking Club and the Living Better Club. Further community venues will be identified to reach target and underserved populations.

The MOC will continue to operate to provide care for indigent community members. The MOC staff is currently working on establishing a sixth site.

