



Lady
of the 
Sea
General Hospital

Community
Health
Needs
Assessment
2020



2020 Community Health Needs Assessment

Lady of the Sea’s mission is to provide high quality healthcare in a personalized manner to those we serve. We strive to offer healthcare services locally that address the needs of our community, minimizing the need to travel. We focus on improving the health and wellness of our community and seek opportunities to expand services as needed. To support our efforts in achieving our mission, Lady of the Sea utilizes a Community Health Needs Assessment (CHNA) process to identify and address the key health issues for our community. Additionally, the CHNA meets the requirements from the IRS section 501(r)(3) enacted with the passage of the Affordable Care Act for tax-exempt hospitals.

In the Fall of 2020, Lady of the Sea conducted a CHNA survey of community members for their input on community healthcare needs. We reached out for input to a cross section of community stakeholders including business owners and employees in various industries, different age groups, and genders, healthcare providers and any interested consumers of health services. The data collected was compiled and shared with Lady of the Sea’s leadership, who worked to prioritize needs identified and areas of opportunity. Lady of the Sea will develop CHNA strategies to address the needs identified in the CHNA. The strategies will be added to this document and will be addressed in the hospital’s strategic plan. Lady of the Sea Hospital values and utilizes the information obtained from the CHNA to achieve our vision to become our community’s primary provider of wellness, education, and health services.



About Lady of the Sea General Hospital

Lady of the Sea General Hospital (LOSGH) is a 25-bed critical access hospital serving the healthcare needs of the South Lafourche community. The hospital was founded as a hospital service district in 1953 and the first hospital was built in 1956. The current facility was completed in 1978 and is located at 200 West 134th Place in Cut Off. The hospital is governed by a 5 member Board of Commissioners appointed by the Lafourche Parish Council. Accredited by DNV (Det Norske Veritas), Lady of the Sea has 347 employees and a 182 member medical staff, which includes 113 telemedicine physicians.

The hospital provides multiple services to the area including general medical – surgical care with a 25 bed inpatient department that includes a 2 bed intensive care unit, surgical services, emergency services, radiology services including digital X-ray, nuclear scans, ultrasound, CT, mammography, DEXA scan, and MRI; laboratory services, rehabilitative services, cardiopulmonary,

home health, chronic renal dialysis, two community pharmacies, and two rural health clinics. Our rural health clinics offer primary care and behavioral health services, including one that offers general surgery services and extended hours/weekend access. We also offer a certified diabetes education program, monthly wellness screening, and education opportunities for our community on health related topics through our Learning Center.



Community Served

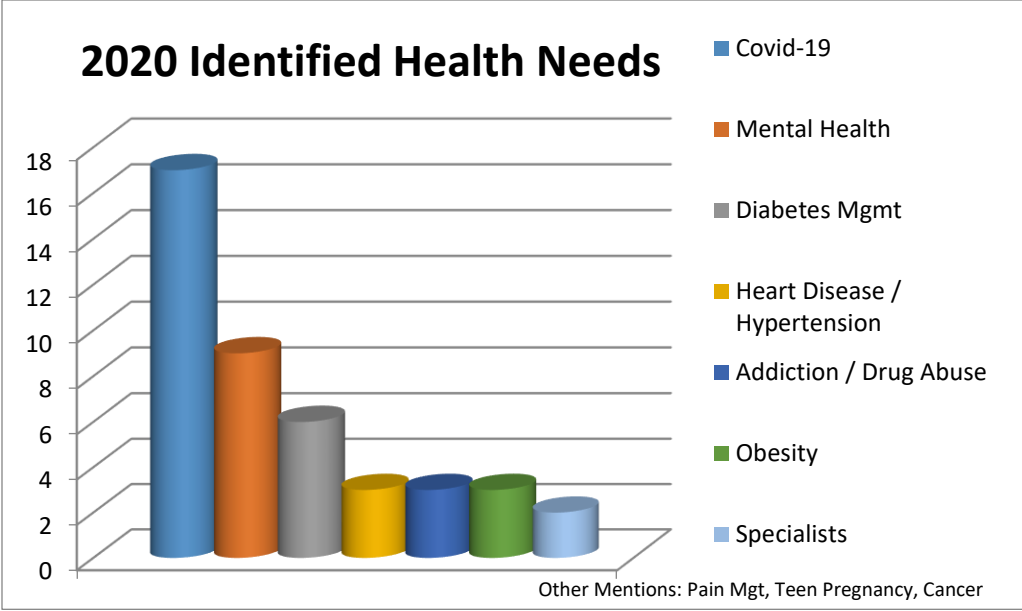
According to our hospital service district description, Lady of the Sea General Hospital is bounded by the intracoastal canal in Larose and continuing to Grand Isle, which is a barrier island off the coast of the Gulf of Mexico. The entire area covers approximately 47 drivable miles, and includes the following zip codes: Larose, 70373; Cut Off, 70345; Galliano, 70354; and Golden Meadow, 70357 (including delivery addresses in the towns of Leeville and Fourchon where there is no local postal service). Lady of the Sea serves community members outside of our service district, including Lockport and Grand Isle residents.

A review of inpatient and outpatient demographics indicates that 86% of patients receiving services at Lady of the Sea Hospital and 83% at our Clinics reside in these zip codes, including Grand Isle and Lockport. Geographically, the service district is located at the southern end of the parish and is considered rural. Two additional hospitals are located in the central (26 miles away) and northern (44 miles away) part of Lafourche.



Methodology

The CHNA process performed by Lady of the Sea included collection on qualitative and quantitative data. The assessment examined publically available quantitative data on the social and health status of the community and hospital service area to prioritize the health needs of the South Lafourche community and to identify publicly available resources, where available. During the COVID-19 pandemic, qualitative input was obtained through online surveys and phone interviews to promote participant safety. Participants including a cross section of community members who represent the broad interest of the community served by Lady of the Sea, including individuals from various industries, ages, financial status, health status, public health professionals and consumers of health services. The total respondents numbered 40. Additionally, input was obtained from staff, leadership, and medical staff in the organization.



Community Demographics and Health Status

Lady of the Sea General Hospital is located in the southern portion of Lafourche Parish. Limited data is available specifically for the southern portion of the parish. The majority of the data is for Lafourche Parish. According to data from the United States Census Bureau for 2019, our community population has decreased 11% with a loss of 2927 residents. Overall, the estimate for the parish is a 1%. Decrease in oil and gas industry jobs, a main industry in our area, has led to increased unemployment and outward migration from the community.

Community Demographics			
	LOSGH Service Area	Lafourche Total	Louisiana
2020 population	21,815	97,614	4,648,794
% White, non-Hispanic	84.9%	80.3%	61.8%
% Hispanic	7.75%	4.4%	5.4%
% Black	2.5%	14.3%	32.4%
% Asian	1%	0.6%	1.8%
% American Indian	2.2%	2%	0.6%
Median House Hold Income	-	\$55,506	\$49,469
% Population > 65	14%	16.5%	15.9%
Poverty Rate	-	15.6%	19.0%

Sources:

- <https://www.datacensus.gov>
- <https://www.countyhealthrankings.org>

A review of health status included information on length of life, quality of life, health behaviors, clinical care, social and economic factors, and physical environment. Lafourche Parish is ranked in comparison to other parishes in Louisiana. (Best is #1).

	Lafourche	Louisiana
Length of Life		
Overall rank	9/64	
— Premature death*	8400	9500
Quality of Life		
Overall rank	6/64	
— Poor or fair health	18%	22%
— Poor physical health days reported in past 30 days	4.4	4.8
— Poor mental health days reported in past 30 days	4.6	5.1
— Low birthweight	9%	11%
Health Behaviors		
Overall Rank	14/64	
— Adult smoking	19%	23%
— Adult obesity	40%	35%
— Physical inactivity	32%	29%
— Access to exercise opportunities	60%	75%
— Excessive drinking	21%	20%
— Alcohol-impaired driving deaths	33%	33%
— Sexually transmitted infections*	501.9	742
— Teen births (per female population ages 15-19)*	29	34
Clinical Care		
Overall Rank	37/64	
— Uninsured	12%	10%
— Population to primary care ratio	2140:1	1500:1
— Population to dentist ratio	2230:1	1820:1
— Population to mental health provider ratio	620:1	340:1
— Preventable hospital stays	5668	5957
— Mammography screening	42%	41%
— Flu vaccinations	44%	42%
Social & Economic Factors		
Overall Rank	14/64	
— High school graduation	94%	78%
— Unemployment	4.7%	4.9%
— Children in poverty	23%	27%

— Children in single parent households	36%	43%
— Violent crime*	279	541
— Injury deaths*	88	86
Physical Environment		
Overall Rank	3/64	
— Air pollution	9.3 ug/m ³	9.4ug/m ³
— Severe housing problems	12%	16%
Additional health issues not included in overall rank		
— Motor vehicle crash deaths*	22	17
— Diabetes prevalence	13%	13%
— Suicides*	20	15
* rates per 100,000 population, age standardized		
Source: http://www.countyhealthrankings.org/app/louisiana/2020/county/snapshots/057		



Assessing the Community’s Health Needs

The main focus of this report is to identify the health needs of our community and create a plan of action to address these needs. We considered the input of various health experts in our community, surveyed community members for their thoughts and input, and used publicly available data to compare and support the key health needs identified.

Lady of the Sea’s senior leadership and medical staff leadership reviewed and discussed the qualitative and quantitative data, the scope and severity of the health need, and the effectiveness of possible interventions. Consideration was given to the organization’s available expertise, the expertise and resources of community organizations, services currently available and resources available.

The following health needs were identified as significant health needs:

1. COVID-19 management
2. Mental Health Care
3. Diabetes – care and prevention
4. Management and prevention of chronic diseases



COVID-19 Pandemic

The focus on the COVID-19 Pandemic was evident as it was predominately ranked as a top health issue by the community. Concerns involved testing, treatment, and vaccines. The COVID-19 Pandemic affected Louisiana beginning early March 2020. Confirmed cases have appeared in all 64 parishes. As of the end of 2020, Lafourche Parish had 5335 confirmed cases and over 140 deaths. The pandemic forced the closure of schools and businesses, forced mandatory stay at home orders, and challenged the capacity of healthcare organizations in the state. Through statewide mandates, there have been multiple changes to the operations of businesses, schools churches and healthcare organizations. High death rates in parts of Louisiana were linked to underlying comorbidities including obesity and diabetes. Statewide public guidance encouraged the use of facemasks, social distancing, and frequent handwashing.

The pandemic forced changes in the manner healthcare was accessed and provided at Lady of the Sea. Healthcare personnel had to adopt more stringent infection control practices protect themselves and patients against COVID-19. These practices included enhanced personal protective equipment usage, limiting or eliminating visitor access in the hospital and clinics, mandating the wearing of masks by all staff, visitors and patients, providing frequent updates and community education, implementing and expanding COVID-19 testing and treatments, and adhering to strict guidelines by the Louisiana Department of Health and the CDC.

The community has dealt with multiple changes in normal life processes. The culture of the South Lafourche community focuses heavily on social activities and family gatherings. The restrictions implemented to control the spread of COVID-19 have negatively impacted normal activities in the community. The result has caused significant levels of stress and anxiety. Main factors include:

1. Financial impact from lost jobs or furloughs as a result of business restrictions.
2. Social isolation for those at risk for contracting COVID-19.
3. Fears with dealing with the unknown of this new virus.
4. Virtual education impacting children and caregivers.
5. Limitations on church services and any gatherings.
6. Overall, a disruption of normal everyday activities.

Lady of the Sea Medical Clinics moved to a predominate telemedicine platform for patient visits and utilized curbside visits for patients with COVID-19 symptoms. These protocols have remained fairly constant throughout 2020. The care of COVID-19 patients has evolved, with the medical staff periodically updating its protocols, the initiation of monoclonal antibody therapy being provided, and the administration of the COVID-19 vaccine at the end of 2020.

The COVID-19 Pandemic has been the biggest challenge faced by Lady of the Sea since the previous CHNA. The pandemic has negatively affected our community in multiple ways throughout 2020 and it will continue into 2021.



Mental Health

Community members providing input in the CHNA as well as healthcare providers, consistently ranked mental health services as a key need in the community. Mental disorders affect people of all ages, socioeconomic backgrounds and all races. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.¹

Many factors can affect mental health including genetics, environmental, and lifestyle. When demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. Dealing with the COVID-19 pandemic over 2020 has added challenges that are stressful and overwhelming for individuals.

Mental and physical health are equally important components of overall health. Mental illness, especially depression, can increase risk of physical health problems, particularly chronic conditions such as type 2 diabetes and heart disease. Lady of the Sea addressed the importance of integrating mental health and primary health services in treating the whole individual. When the last CHNA was performed in 2017, one federally qualified health center (FQHC) was open and providing mental health services in our community.

After that FQHC closed in 2019, Lady of the Sea added a licensed counselor and part-time psychiatric nurse practitioner to initiate behavioral health services in our clinics. In 2020, to address the growing community demand, a second licensed counselor was added to our second rural health clinic.

¹ The Center for Disease Control: www.cdc.gov/mentalhealth/learn/index.htm

Lafourche Parish has a high patient to provider ratio for mental health providers 620:1, compared to Louisiana, which is 340:1. Lafourche is designed as a Health Professional Shortage Area (HPSA) for mental health. Suicide, often associated with symptoms of mental illness, is the 10th leading cause of death among 15-34 year olds. The County Health Rankings demonstrated that Lafourche has a higher incidence of suicide (20/100,000 population) than the rest of Louisiana (15/100,000 population).

Mental health needs were listed in the 2017 CHNA as one of the top 3 priorities and is present again. Although progress has been made, meeting the community's needs in this area has not been fully accomplished.



Diabetes

One of the top three needs identified by community member was diabetes care. Concern over the high incidence of diabetes, struggles to manage this chronic disease, and prevention were mentioned by respondents. Diabetes occurs when the body cannot produce enough insulin or cannot respond appropriately to insulin, resulting in elevated blood glucose levels and other metabolic abnormalities. Individuals with diabetes are at higher risk for blindness, kidney failure, heart disease, stroke, and loss of toes, feet or legs. The risk of early death for people with diabetes is 60% higher than for those without diabetes.

Diabetes is a serious disease affecting 34.2 million Americans or 1 in every 10 people. It is estimated that 1 in 5 people don't even know they have diabetes.² Lafourche Parish has an incidence of diabetes of 13%, matching that of Louisiana. Factors contributing to developing diabetes include physical inactivity, obesity, and smoking. Lafourche Parish has an incidence of obesity, which is 40%, higher than Louisiana's 35%. Individuals who don't exercise is 32% in Lafourche, which are higher inactivity levels than Louisiana's 29%. Smoking occurrence is less in Lafourche (19%) than Louisiana (23%).³

² CDC: Diabetes in the United States- A Snapshot: www.cdc.gov/diabetes

³ County Health Rankings: www.countyhealthrankings.org

Diabetes prevention is also a concern as 1 in 3 adults have prediabetes. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Of those individuals with prediabetes, more than 84% are unaware they have it. As with diabetes, being overweight and physically inactive are risk factors for prediabetes. Interventions in early recognition and prevention could prevent the onset of this chronic disease. Lifestyle changes can prevent or delay the onset of type 2 diabetes or other serious problems. ⁴



Management and Prevention of Chronic Diseases

According to the CDC, six in ten adults in the United States have a chronic disease and four in ten have two or more. Chronic diseases are broadly defined as conditions that last more than a year and require ongoing medical attention. Chronic diseases are the leading causes of death and disability in the United States and include diseases such as diabetes, heart disease, and cancer. ⁵

There are a number of risk behaviors that contribute to chronic disease. These include tobacco use, poor nutrition, lack of physical activity, and excessive alcohol use. Risk behaviors such as poor nutrition and a lack of physical activity lead to the development of obesity and overweight, which puts individuals at increased risk for heart disease, diabetes, and cancer. ⁵

Management of risk factors through education and practice can help reduce the likelihood for development of chronic disease. Healthy eating, regular exercise, avoiding tobacco and excessive alcohol use can prevent chronic disease and improve an individual's quality of life.

The County Health Rankings rank Lafourche Parish as 14 overall out of 64 parishes in health behaviors based on lower incidence of negative behaviors. The prevalence of smoking is 19%, less than the 23% in Louisiana. Adult obesity has a prevalence higher than Louisiana. Physical inactivity has a higher prevalence than Louisiana as does excessive drinking. Positive changes in those behaviors could impact the prevention and management of chronic diseases in the South Lafourche Community.

⁴ CDC: About Prediabetes & Type 2 Diabetes: www.cdc.gov/diabetes/prevention/about-prediabetes.html

⁵ Centers for Disease Control and Preventive: www.cdc.gov/chronicdisease/about/index.htm

Risk Factors:

- Obesity

According to the CDC, obesity is a common, serious, and costly chronic disease. Obesity puts individuals at risk for other serious chronic diseases and increases the risk of severe illness from COVID-19. Louisiana is one of 12 states nationally with an adult obesity prevalence at or above 35 percent. This is an increase from 9 states in 2018. ⁶

Weight that is higher than what is considered as a healthy weight for a given height is described as overweight or obesity. Body mass index (BMI) is used as a screening tool for overweight or obesity. A BMI < 25 is within normal range. A BMI 25 to < 30 is considered in the overweight range and 30 or higher falls in the obesity range.

Obesity is caused by a combination of factors including behavior and genetics. Behaviors can include physical activity, inactivity, dietary patterns, medication use, education and skills, and the food and physical environment. People who are obese, compared to those with a normal or healthy weight, are at increased risk for many serious diseases and health conditions, including the following:

- All-causes of death (mortality)
- High blood pressure (Hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)

⁶ CDC: www.cdc.gov/obesity/data/obesity-and-covid-19.html

- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning

Americans are exercising less and eating diets poor in nutritional value. This trend has led to more individuals becoming overweight or obese. Lafourche Parish has a prevalence of obesity at 40%. This rate is higher than Louisiana, which is 35%, ranking Louisiana as one of the 12 states with the highest rates of obesity. Additionally, contributing to this poor health factor is physical inactivity at 32% of the parish. This also ranks worse than the state rate of 29%. Obesity and physical inactivity increase the risk of prediabetes, and ultimately diabetes.

Obesity is a concern mentioned by community members and providers. In our 2017 CHNA, we did not have a registered dietician available to provide nutritional counseling in our community. We now have a full time dietician who provides counseling. Assisting individuals with weight management can have significant results in the prevention and management of multiple chronic diseases such as diabetes, heart disease and cancer.

- Smoking

Lafourche Parish compares favorably to Louisiana in the prevalence of smoking. Regardless of the prevalence, smoking is a risk factor for chronic diseases, especially heart disease and cancer. Lady of the Sea is a Level Two Wellspot, maintaining a tobacco free campus, offering tobacco cessation assistance for its employees, and offering tobacco cessation assistance for patients.



Other Health Needs Identified

Mentioned by 1-2 individual on our online survey were heart disease/hypertension, addiction/drug abuse, obesity, specialists, pain management, teen pregnancy and cancer. The management of chronic conditions will help address heart disease, obesity and cancer. Addiction and drug abuse can be addressed in the availability of mental health services. Additionally, Lady of the Sea Medical Clinic – Cut Off has a program in place to provide outpatient opiate addiction treatment and care. The need to address teen pregnancy was not supported by qualitative or quantitative data.

- Specialists In Our Area

A couple of respondents mentioned a lack of specialists available in our community as a key need. Having to travel for specialty care creates a burden for patients, especially those with limited resources and transportation. Currently, Lady of the Sea offers hospital patient consultation for cardiology, neurology (stroke care), and psychiatry. Lady of the Sea Specialty Clinic provides clinic space for OB/GYN services once weekly, Oncology services once weekly, and Orthopedics twice weekly. As mentioned by providers in our previous CHNA, barriers remain in obtaining specialty care for patients with Medicaid, especially Orthopedics. Lady of the Sea will continue to explore opportunities for additional specialist to offer services in the South Lafourche Community.

2020 Community Health Needs Assessment Strategies and Action Plan

Overview

This implementation plan was developed to address the significant health care needs identified in the Community Health Needs Assessment. The senior leadership at Lady of the Sea will assume overall responsibility for the strategies and the allocation of resources.

Significant Health Care Needs

- COVID-19
- Mental Health
- Diabetes
- Chronic Conditions

I. COVID-19 – Management and Prevention			
Goals	Strategies	Indicators	Potential Partnerships
A. Maintain adequate testing and PPE supplies	1. Materials Management will proactively assess facility/clinic needs and obtain needed supplies.	Supply #s	New Vendors
B. Provide inpatient and outpatient care for COVID-19	1. Provide inpatient care for patients hospitalized with COVID-19. 2. Provide outpatient therapies such as monoclonal/antibodies for patients with COVID-19. 3. Adapt practices in the clinic setting to promote patient and staff safety/infection prevention by utilizing telemedicine visits, curbside visits, and face-to-face visits as indicated.	Patient Volumes	Providers
C. Community Education	1. Provide community education and awareness on COVID-19 through website, social media posts, radio spots/interviews and newspaper.		Community Organizations
D. COVID-19 Vaccinations	1. Provide mass vaccination events to provide community access. 2. Adjust delivery options as demand for vaccinations decreased. 3. Promote community vaccination through information and speakers.	# of vaccinations	Providers Community Organizations

II. Mental Health

Goals	Strategies	Indicators	Potential Partnerships
1. To help service the mental health needs of the community	1. Consider adding additional licensed counselors to Lady of the Sea Medical Clinics to expand access for patients (currently have 2 LPCs).	Patient volumes	Providers
	2. Consider adding a fulltime psychiatric nurse practitioner to the staff at Lady of the Sea Medical Clinic (currently have 1 part-time) to expand access.		
	3. Consider adding a social worker to assist with care and management at LOSMCs for patients with behavioral health issues.		
	4. Explore opportunities to provide education to school staff regarding mental health issues, suicide, drug use etc.	# of programs	Schools
	5. Provide community education on mental health issues and stress relief.	# of programs	Providers/Local Businesses/Community Organization

III. Diabetes

Goals	Strategies	Indicators	Potential Partnerships
A. Provide treatment and education for patients in the management of diabetes to improve outcomes	1. Offer free monthly wellness screenings to include blood glucose for community members.	# of attendees	Community members
	2. Focus on quality metrics being addressed at LOSMC Clinics	Quality metrics	Providers
	3. Resume diabetes education classes post pandemic	# of attendees	Providers Community members Learning Center
	4. Hospital dietician to provide nutritional counseling to community members	# of appointments	Community members Learning Center
B. To identify prediabetes and provide interventions to prevent diabetes and improve health	1. Implement prediabetes screenings on all visits in our clinics.	# of individuals identified	Providers
	2. Provide interventions to decrease risk factors for diabetes.		
	3. Implement prediabetes screenings in community outreach wellness clinics.	# of individuals identified	Learning Center
	4. Provide education on prediabetes and recommend follow up with individual's primary care provider.		Provider Learning Center

IV. Chronic Disease Prevention

Goals	Strategies	Indicator	Potential Partnership
Improve the health of the community through prevention and reduction in risk factors leading to chronic diseases.	1. Provide educational programs focused on wellness, increasing physical activity, and weight management.	# of programs	Learning Center Gyms Louisiana Cooperative Extension Agency
	2. Provide tobacco cessation counseling through clinics.	# of patients enrolled	Providers
	3. Provide classes on healthy eating and nutrition.	# of programs	Learning Center
	4. Provide nutritional counseling sessions with a registered dietitian for the management of weight, diabetes or other disease issues.	# of sessions	Providers
	5. Provide educational programs on prediabetes.	# of programs	Learning Center Providers
	6. Provide diabetes management and education program	# of attendees	Learning Center