

# Central Texas Rehabilitation Hospital Community Health Implementation Strategy



*Prepared by Seton Family of Hospitals in collaboration with Central Texas Rehabilitation Hospital. Formally adopted by the Central Texas Rehabilitation Hospital Board of Directors on November 1, 2016.*

*For questions or comments on this report, please visit <https://www.seton.net/chna-feedback/>*

## Overview

Seton Family of Hospitals is a 501(c)(3) nonprofit organization with a long-standing history of serving Central Texas, not only as a health care provider, but as a leader and advocate for improving the health of the population as a whole. Its parent company, Ascension Health Texas (d/b/a Seton Healthcare Family) is a minority owner of Central Texas Rehabilitation Hospital. These organizations collaborated to prepare this implementation strategy (IS) report and the term “Seton” refers to both Seton Family of Hospitals and Central Texas Rehabilitation Hospital in this report.

The 2010 Patient Protection and Affordable Care Act included an IRS mandate that changed Community Benefit reporting. Non-profit hospitals must now engage in a three-year cycle of addressing community health needs, beginning with a Community Health Needs Assessment (CHNA) for the communities it serves. Once the CHNA is complete, each hospital must create and adopt an Implementation Strategy that describes the actions the hospital plans to address the health needs identified in the Community Health Needs Assessment. These mandates are required as a condition of maintaining the hospital's federal tax exemption.

## Community Health Needs Assessment (CHNA)

In 2016, Seton and its partners conducted eight CHNAs for the communities served by the Seton Healthcare Family. The methodology for conducting the CHNAs included two main components:

- (1) Analysis of demographic and health data using primary sources such as the U.S. Census and the Behavioral Risk Factor Surveillance System and;
- (2) Collection of secondary data from community stakeholders (including residents, public health officials, nonprofit organizations, government and business stakeholders) through focus groups, community forums and surveys.

A detailed description of the methodology Seton used to conduct the 2016 CHNAs is included in the CHNA reports, which are posted on the hospital websites of the communities they address.

## Community Health Implementation Strategy

This plan identifies the actions the hospital, with the support of the Seton Healthcare Family, plans to take to address the prioritized needs identified in the Travis County CHNA, its service area. As required by the IRS, the Implementation Strategy also addresses any needs that will not be met.

# Central Texas Rehabilitation Hospital

## Community Health Implementation Strategy

### About Central Texas Rehabilitation Hospital

Central Texas Rehabilitation Hospital is located in Austin, Texas and specializes in physical medicine and rehabilitation. The 50-bed intensive inpatient rehabilitation facility (IRF) offers daily medical coverage (as needed) and access to services such as emergency care, specialty physicians, lab and imaging services to take care of any medical situation which may arise in the course of recovery from an illness or injury. The hospital cares for a wide range of patients who are medically stable and able to participate in intense rehabilitation, including those who have suffered from brain injuries, strokes or spinal cord injuries. The Central Texas Rehabilitation Hospital is owned by Seton Healthcare Family and Kindred Healthcare.

### About the Travis County CHNA

In addition to St. David's Foundation (SDF) and Baylor, Scott & White, Seton collaborated with the Austin/Travis County Health and Human Services Department (ATCHHSD) and Central Health to gather data and community input for the 2016 [Travis County Community Health Needs Assessment](#).

### Prioritized Health Needs for Travis County

After carefully reviewing the data and community input, Seton prioritized five main health needs for Travis County in the 2016 CHNA:

**Need 1:** Mental and Behavioral health.

**Need 2:** Chronic Diseases.

**Need 3:** Primary and Specialty Care.

**Need 4:** System of care.

**Need 5:** Social Determinants of Health.

Seton recognizes that the five needs listed above are inter-connected and that many Travis County residents, especially the poor and vulnerable, have cross-cutting needs. The needs prioritized in the 2016 plan are similar to the needs identified in the 2013 [Travis County CHNA](#), which was led by the Austin/Travis County Health and Human Services Department. The 2013 CHNA highlighted priorities including obesity, chronic diseases and disease management, behavioral health, access to care and community collaboration.

# Implementation Strategy for Central Texas Rehabilitation Hospital

The following Community Health Implementation Strategy for Central Texas Rehab Hospital addresses all the above needs. For each category of need prioritized in the 2016 CHNA for Travis County, Seton has provided information below that describes:

- Key **actions** to address the need and their **anticipated impact**,
- Available **resources**, and
- Potential **collaborations**.

Since many of the needs identified in 2016 reflect needs from the 2013 CHNA, many efforts to address needs in this implementation strategy are continuations of previous work.

## Needs that will not be addressed

Given the specific focus and mission of CTRH as an inpatient rehabilitation hospital, CTRH recognizes that some community health needs may fall outside of our direct line of service. Additionally, these needs may be better served by other community partners whose mission is to address chronic disease, obesity, and behavioral health directly. However, given that all of these health needs are interrelated, CTRH will incorporate implementation strategies for majority of the needs..

The CTRH Implementation Plan addresses three of the five health needs in the order of priority identified through the Travis County CHNA. Two of the Travis County prioritized health needs will not be addressed by CTRH. A description of why they are not being addressed is listed under the needs below.

## Summary of Proposed actions

**Need 1:** Mental and Behavioral health.

<b>Initiative:</b> Psychological consults		
<b>Action:</b> Provide psychological consults for patients with primary and/or secondary psychiatric co-morbidities.		
<b>Need Addressed:</b> Mental and behavioral health		
<b>Impact:</b>	<b>Resources:</b>	<b>Collaboration</b>
Better overall health outcomes. Increased access to needed mental health assessment and treatments.	Psychologists, other members of interdisciplinary care team.	Central Texas Rehabilitation Hospital, local providers.

**Need 2: Chronic Diseases.**

<b>Initiative:</b> Stroke Prevention and Education <b>Action:</b> Provide stroke support and education <b>Need (s) Addressed:</b> Chronic Diseases		
<b>Impact:</b>	<b>Resources:</b>	<b>Collaboration</b>
Better understanding personal risk factors for stroke Prevention of second stroke.	Medical experts, educational materials.	Central Texas Rehabilitation Hospital, Seton Brain and Spine Institute.

**Need 3: Primary and Specialty Care.**

<b>Initiative:</b> Expansion of medical staff. <b>Action:</b> Expand medical staff to include specialty physicians in key areas. <b>Need (s) Addressed:</b> Primary and specialty care.		
<b>Impact:</b>	<b>Resources:</b>	<b>Collaboration</b>
Increased access to key medical specialties for CTRH patients such as psychiatry, neurology, neuropsychology	New specialty physicians available for consults and treatment for CTRH patients.	Central Texas Rehabilitation Hospital, local providers.

**Need 4: System of care.**

CTRH is not addressing this prioritized health need. Given the focus on rehabilitation medicine, CTRH does not have the necessary positioning or competencies to influence the creation of an integrated health care delivery system in Travis County. In the future, it may play a larger role in addressing this need and for now, other organizations like Seton and the Community Care Collaborative are working to address this need.

**Need 5: Social Determinants of Health.**

CTRH is not addressing this prioritized health need. Resource constraints and limited expertise in this area restrict CTRH's ability to adequately address this community health need.

## Conclusion

Developing this Community Health Implementation Strategy was a collaborative effort of many areas within Seton and our partners. Seton views this document as a dynamic and evolving plan of how we serve our communities. As we learn more from our community and build new investments and capabilities, this plan will change and grow. Substantive modifications and additions to this plan will be brought to our boards for review and approval.