

# Community Health Needs Assessment and Implementation Plan 2022



**Name of hospital organization operating hospital facility:**  
Spaulding Rehabilitation Hospital Cape Cod

**EIN of hospital organization operating hospital facility:**  
043-071419

**Address of hospital organization:**  
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**Web Address for CHNA Report:** <https://spauldingrehab.org/about/community-involvement>.



# Table of Contents

## I. EXECUTIVE SUMMARY

- a. Introduction and Background
- b. Regulatory Requirements
- c. Methods
- d. Key Data
- e. Target Population
- f. Themes and Conclusion
- g. Priorities
- h. Rationale for Identified Health Needs Not Prioritized
- i. Mass General Brigham System Priorities

## II. COMMUNITY HEALTH NEEDS ASSESSMENT

- a. Purpose and Scope of Community Health Needs Assessment and Community Health Improvement Plan
- b. Data and Target Population Characteristics
- c. Community Benefits Goal, Priorities and Objectives

## III. COMMUNITY HEALTH IMPLEMENTATION PLAN (CHIP)

## I. EXECUTIVE SUMMARY

### a. Introduction and Background

Spaulding Rehabilitation Hospital Cape Cod is a 60-bed acute rehabilitation hospital located in Sandwich, Massachusetts, primarily serving the residents of Cape Cod, the Islands, and Plymouth County. Although we are very much a community-based hospital, we are also members of the Spaulding Rehabilitation Network and the Mass General Brigham HealthCare System.

Spaulding Cape Cod (SCC) opened in October 1995, the culmination of a process begun in the 1980s by the Massachusetts Department of Public Health, which documented an increasing shortage of medical rehabilitation services in the region. Known initially as the Rehabilitation Hospital of the Cape and Islands (RHCI), the hospital was planned by Spaulding Rehabilitation Hospital in Boston with representatives from Massachusetts General Hospital, local hospitals, and residents. Its mission was to meet the rehabilitation needs of the Cape Cod community by providing a continuum of high quality medical and rehabilitation care.

As an inpatient rehabilitation facility (IRF), Spaulding Cape Cod admits patients who require hospital-level care in conjunction with high intensity therapies consisting of a minimum of 3 hours/day five out of seven days or, in certain circumstances, 15 hours over 7 days. Most IRF patients are admitted from acute-care hospitals following treatment for a complex injury or illness. Admission criteria are stringent to ensure that the resource-rich services and mandated interdisciplinary team approach to patient care are necessary. Sixty percent of IRF admissions are required to have at least one of thirteen qualifying diagnoses to meet Medicare's Conditions of Participation.

Seventy-three percent of patients discharged in FY 2021 were discharged to the community. Most of the remaining 27% were discharged to a skilled nursing facility for additional rehab, nursing, and medical care before returning home.

At Spaulding Cape Cod's main campus in Sandwich, both inpatient and outpatient services are offered. To expand access to specialty medical and rehab services throughout the region, additional outpatient centers were created in Orleans in 1997 to serve the Lower and Outer Cape, in Yarmouth in 2001 to serve the Mid Cape, and in Plymouth to serve the South Shore/Plymouth County area. In addition, having outgrown space within the hospital, outpatient pediatric services moved to a freestanding clinic in Sandwich in 2005. Similarly, the Yarmouth site also outgrew its space, resulting in a move to a much more expansive clinic in Hyannis in 2020.

In 2010, the Rehabilitation Hospital of the Cape and Islands formalized its affiliation with Spaulding Rehabilitation Hospital and became a member of the Spaulding Rehabilitation Network, changing its name to Spaulding Rehabilitation Hospital Cape Cod, known locally as Spaulding Cape Cod or SCC. As a member of the Spaulding Rehabilitation Network and the larger MGB Network, Spaulding Cape Cod has access to the resources of world-class teaching and research institutions. Spaulding Rehabilitation Hospital, the flagship facility of the Spaulding Network, is one of the largest inpatient rehabilitation hospitals in the United States and has consistently ranked among U.S. News and World Report's Best Hospitals since 1995. As a member of the Spaulding Network, SCC strives to provide cutting-edge, high-quality and patient/family-centric care through its expert providers and best practices.

Spaulding Cape Cod joins the Spaulding Rehabilitation Network in our work to enable persons to achieve their highest level of function, independence, and performance through the following mission:

- To provide a full continuum of rehabilitative care and community-based rehabilitation services.
- To contribute to new knowledge and treatment approaches to rehabilitation and disease and injury management through research and outcome studies.
- To educate future rehabilitation specialists, including physicians, nurses, therapists, and other allied health professionals.
- To advocate for persons with disabilities.

## b. Regulatory Requirements

The Federal Affordable Care Act requires health care institutions to conduct a community health needs assessment (CHNA) every three (3) years in communities in which they have licensed facilities, to submit the report to the Internal Revenue Service, and to post the report publicly on the hospital website by the last day of the fiscal year in which the CHNA is conducted (September 30 for Mass General Brigham hospitals including Spaulding Cape Cod). The Massachusetts Attorney General has a similar requirement. A Community Health Improvement Plan (CHIP) detailing how the hospital will engage with the community to address the prioritized issues must be completed and posted by February 15 of the following year.

While Spaulding Cape Cod is required to carry out a CHNA and CHIP, we are also allowed to prioritize which communities and issues to focus on if there is a clear rationale. Since Spaulding Cape Cod's mission is to provide post-acute medical and rehabilitation services and to advocate for persons with disabilities, we will focus on the most vulnerable residents living in the communities from which the majority of our patients come from.

## c. Methods

Spaulding Cape Cod's 2022 CHNA relied upon data from the following sources:

- **Patient Data:** De-identified data of patients who received care at Spaulding Cape Cod's inpatient and outpatient sites who were discharged between October 1, 2020 and September 30, 2021 (Fiscal Year 2021) were analyzed to inform selection of the hospital's target community and vulnerable populations.
- **U.S. Census Data:** The 2020 U.S. Census and American Community Survey data were used to understand the demographics and needs related to the Social Determinants of Health in the target communities.
- **Key Informant Input:** Stakeholders who have expertise and involvement with target populations and relevant community organizations met as an Advisory Council to provide input on priority areas.

#### **d. Key Data**

Of the 15,865 individuals served by Spaulding Cape Cod’s in- and out-patient services in Fiscal Year 2021 (October 1, 2020 – September 30, 2021), 97% live in Massachusetts. Of those, the vast majority (77%) are from Barnstable County (Cape Cod) and 17% from Plymouth County. The top towns from which our patients are from include Barnstable, Sandwich, Plymouth, and Yarmouth.

While data from the 2020 U.S. Census showed 31.4% of Barnstable County’s population to be 65 and older (21.8% in Plymouth County), 81% of SCC’s inpatient population are over 65, with 52% being older than 75.

Data from the 2020 U.S. Census showed that over 92% residents in both Barnstable and Plymouth counties identified as “white alone” and between 1-2% as Black or African American and Hispanic or Latino. 95% of our patients identify English as being their primary language, with 1% each reporting either Spanish or Portuguese.

Additional detailed data are presented in Section II.

#### **e. Target Population**

Spaulding Cape Cod will focus its efforts on the hospital’s priority service communities of Barnstable and Plymouth counties.

#### **f. Themes and Conclusion**

Results from our assessment indicate that Spaulding Cape Cod is very much a community-based hospital, serving mainly Cape Cod (Barnstable County) and, to a lesser degree, Plymouth County. Our inpatient population is elderly. The combination of advanced age, an acute admission superimposed on chronic comorbidities, and varied levels of support at time of discharge place many of our patients at risk.

#### **g. Priorities**

Given Spaulding Cape Cod’s mission, catchment area, and patient characteristics identified during our Community Health Needs Assessment, we will focus on the needs of Barnstable and Plymouth County residents, particularly the elderly and persons living with a disability. Our priorities will include addressing social determinants of health, improving access to care, promoting health and wellness of the community, and reducing impacts of chronic disease and disability. Details of how the hospital plans to engage with the community to address these priorities are provided within the Community Health Implementation Plan (CHIP), in Section III.

## **h. Rationale for Identified Health Needs Not Prioritized**

Appreciating that there are important health needs within the communities we serve that are either beyond our scope or beyond our capabilities to address, Spaulding Cape Cod will support and collaborate with those organizations and groups that have committed to focusing on these efforts.

## **i. Mass General Brigham System Priorities**

Mass General Brigham Community Health leads the Mass General Brigham system-wide commitment to improve the health and well-being of residents in the Mass General Brigham priority communities most impacted by health inequities.

In addition to the priorities each hospital identifies that are unique to its communities, Mass General Brigham identified two system-level priorities: cardiometabolic disease and substance use disorder. These priorities emerged from a review of hospital-level data and prevalent trends in population health statistics that show Black and Hispanic individuals are disproportionately affected by disparities in health outcomes and excess deaths related to these conditions.

Our efforts within these two areas will aim to reduce racial and ethnic disparities in outcomes, with the goal of improving life expectancy.

## II. COMMUNITY HEALTH NEEDS ASSESSMENT

### a. Purpose and Scope of Community Health Needs Assessment

In compliance with section 501(r)(3) of the Internal Revenue Code, hospital organizations are required to conduct a Community Health Needs Assessment (CHNA) every three years and to adopt an implementation strategy via the CHIP (Community Health Improvement Plan) to meet the identified community health needs.

In reviewing Spaulding Cape Cod's 2019/20 CHNA/CHIP, the impact of the Covid-19 pandemic was undeniable, requiring swift and decisive action in shifting plans and resources to meet the quickly evolving and unprecedented healthcare emergency. Guided and supported by Mass General Brigham, Spaulding Cape Cod, along with the entire Spaulding Network, was able to respond quickly and effectively, meeting the immediate needs of our patients, staff, and communities.

In FY22, an internal working group at Spaulding Cape Cod conducted a Community Health Needs Assessment as part of a continuous quality improvement approach to community benefit planning. Spaulding Cape Cod conducted its CHNA using a collaborative and dynamic approach to review available data, existing programs, and views from people who represent the broad interests of the community served by the hospital.

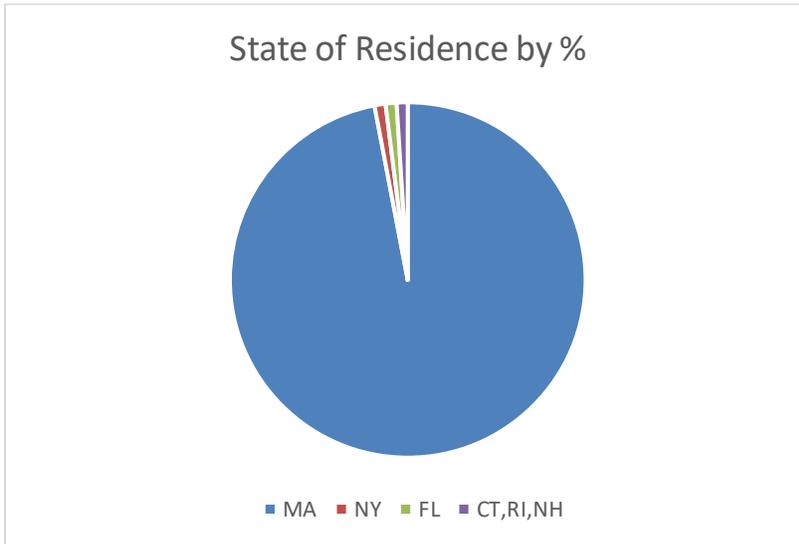
This assessment included a review of patient data from Fiscal Year 2021 (October 1, 2020-September 30, 2021), a review of publicly available health and demographic data, and interviews with internal and community partners. Spaulding Cape Cod will continue to work with our local health care partners, specifically Cape Cod and the Islands' Community Health Network and Cape Cod Healthcare, on implementation strategies that leverage our collective resources serving the needs of our community.

Based on the assessment findings, the working group refined the community benefit agenda from 2019. **Given Spaulding Cape Cod's locations and the specialty nature of the care provided, the target populations for the purposes of the 2022 CHNA were defined as residents of Barnstable and Plymouth Counties, particularly the elderly and persons living with a disability.**

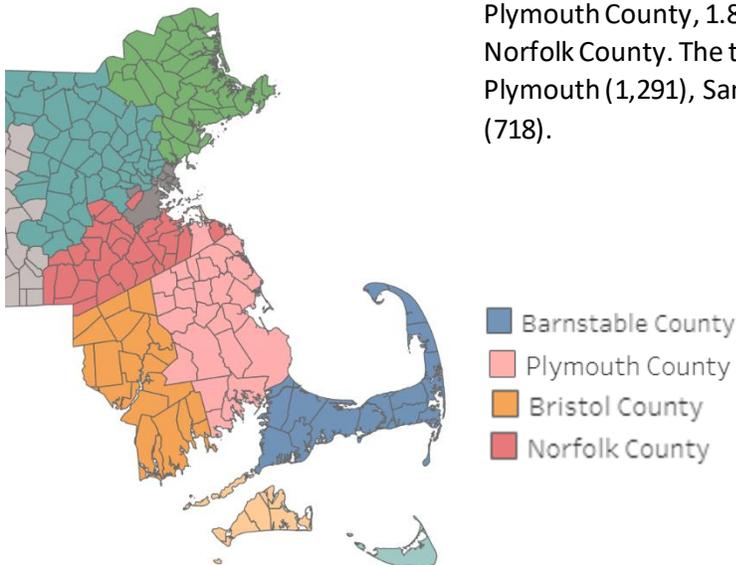
Both quantitative and qualitative data were collected and reviewed for this CHNA to help identify major aspects of the community that impact the health of its priority populations. The data were evaluated through a Social Determinants of Health lens, by considering the economic, environmental, and social factors that influence health.

## b. Data and Target Population Characteristics

Based on de-identified data of both in- and out- patients discharged between October 1, 2020 and September 30, 2021, Spaulding Cape Cod served 15,865 individuals. Of those, 97% live in Massachusetts and 1% in each of the following states: New York, Florida, and Rhode Island, Connecticut and New Hampshire combined.

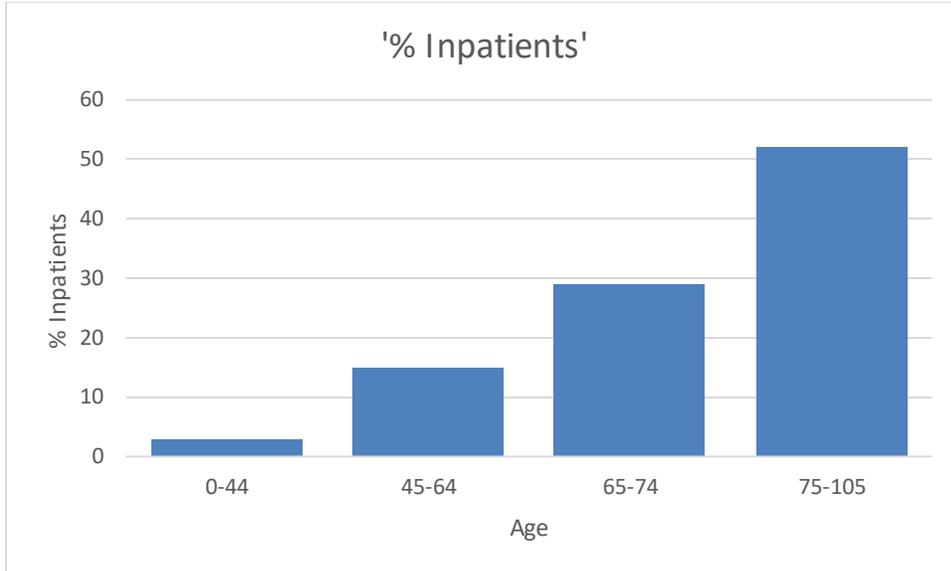


The majority of Spaulding Cape Cod patients (77%) come from Barnstable County, followed by 17% from Plymouth County, 1.8% from Bristol County and 1.2% from Norfolk County. The top towns our patients come from are Plymouth (1,291), Sandwich (802), Brewster (778) and Mashpee (718).

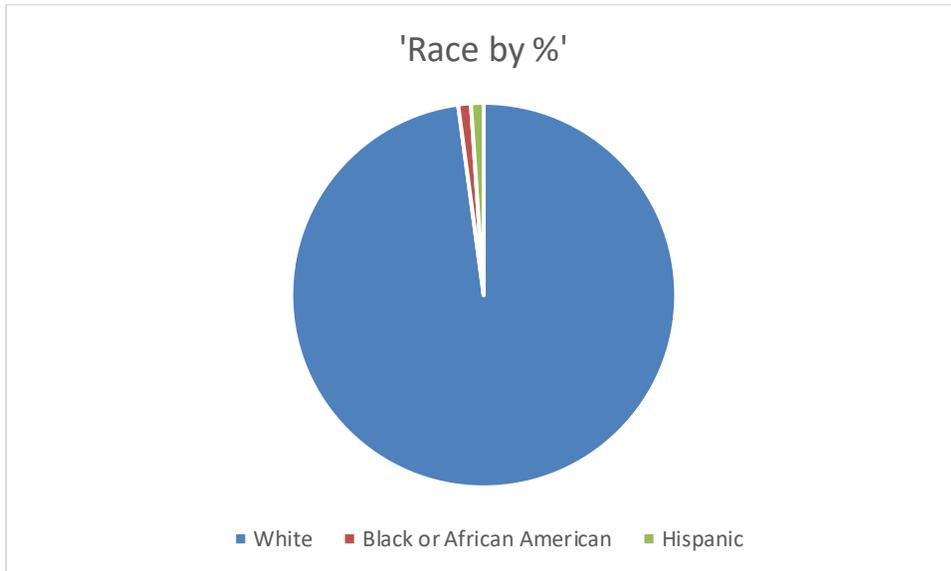


**Age:** Fifty-two percent of all SCC patients are older than 65, 34% are 19-65 years old, 8% are 5-18 years old and 5% are younger than 5.

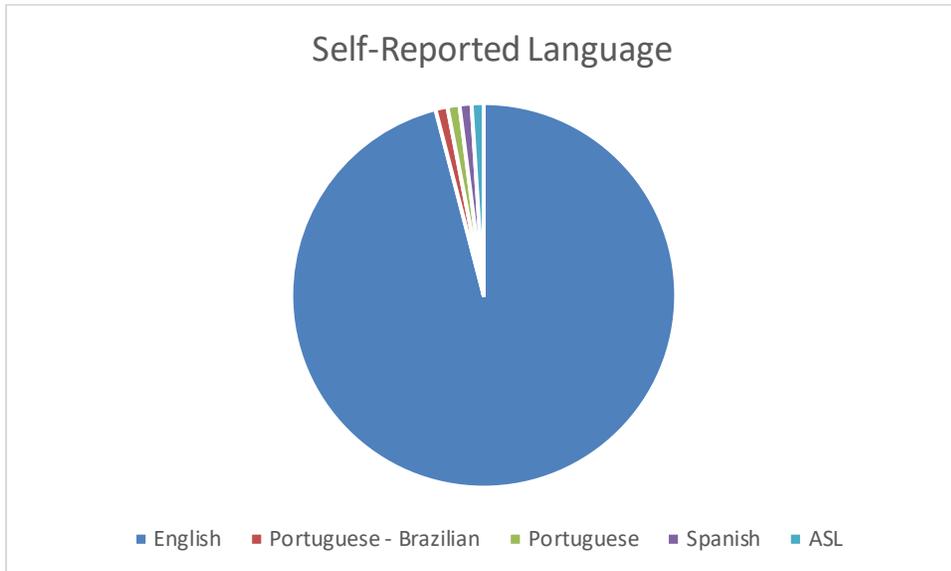
Eighty-one percent of inpatients are older than 65; 52% are older than 75.



**Race:** 92% of inpatients are “White”; 1% “Black or African American” and 1% “Hispanic.”



**Primary Language:** 95% percent of patients self-report English as being their primary language and 1% self-report one of the following as being their primary language: Portuguese, Spanish, American Sign Language.



**Sex:** 53% inpatients identify as male and 47% as female.

**Marital Status:** Half of our inpatients are married, and half are either widowed, single, or divorced.

**Primary Admission Diagnosis:**

Primary Inpatient Diagnosis FY21	Number of Patients
Stroke	296
Lower Extremity Fracture	154
Orthopedic and Joint Replacement	100
Neurological	90
Complex Medical	87
Cardiac	84
Major Multiple Trauma	56
Nontraumatic Brain Injury	44
Spinal Cord Injury	43
Amputation	20
Other	39
<b>Total FY21 inpatients</b>	<b>1013</b>

## c. Community Benefits Goal, Priorities and Objectives

### Goal

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*The goal of Spaulding Cape Cod’s community benefits program is to “Improve the health and quality of life of our patients, their families, and other members of the Spaulding Cape Cod community, particularly for persons recovering from, or learning to live fully with illness, injury and disability.”*

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### Priorities and Objectives

The following criteria were used to determine Spaulding Cape Cod’s priorities:

- **Community need:** review of current data and assessments from local, state, and national organizations
- **Collaborative opportunities:** overview and evaluation of partnerships with local community organizations
- **Community interest and readiness:** in-depth and thoughtful dialogue and input from individuals through stakeholder meetings, focus groups and survey opportunities
- **Estimated effectiveness and impact**
- **Adequate resources for implementation**

Based on these criteria, the following four priority areas and objectives addressed community health needs and aligned with Spaulding Cape Cod’s mission and area of expertise.

Priorities	Improve access to care	Promote health and wellness of the community	Reduce impacts of chronic disease and disability	Address social determinants of health
Objectives	To reduce barriers to health care	To reduce illness and injury, especially in seniors/elders and the disabled	To improve function and support independence for those living with illness/injury/disability	To support community agencies working to address priorities outside the scope of SCC’s mission and capabilities

For important health needs within communities that we serve that are either beyond our scope or beyond our capabilities to address, Spaulding Cape Cod will support and collaborate with those organizations and groups that have committed to focusing on these efforts.

Specific strategies to attain identified objectives are delineated within the Community Health Implementation Plan (CHIP).

### III. COMMUNITY HEALTH IMPLEMENTATION PLAN (CHIP)

Having identified the public health priorities that Spaulding Cape Cod has committed to systematically address over the coming three years, and in compliance with section 501(r)(3) of the Internal Revenue Code, the Community Health Implementation Plan (CHIP) delineates the specific strategies SCC will use to accomplish identified objectives. The following three overarching approaches guided our efforts in setting priorities and coordinating and targeting our resources.

- Exploring opportunities to develop new programs
- Enhancing existing programs
- Collaborating with other organizations, resulting in synergistic outcomes

Considering identified needs and SCC's mission and area of expertise, Spaulding Cape Cod has committed to addressing the following priorities:

- **Improve access to care**
- **Promote health and wellness of the community**
- **Reduce impacts of chronic disease and disability**
- **Address social determinants of health**

## Priorities, Objectives and Strategies

Priorities	Improve access to care	Promote health and wellness of the community	Reduce impacts of chronic disease and disability	Address social determinants of health
Objectives	To reduce barriers to health care	To reduce illness and injury, especially in seniors/elders and the disabled	To improve function and support independence for those living with illness/injury/disability	To support community agencies working to address priorities outside the scope of SCC's mission and capabilities
Strategies	<p>Expand telemedicine</p> <p>Strengthen Provider Networks</p> <p>Assess feasibility of expanding SCC Physician Services</p>	<p>Promote healthy lifestyles, safe aging in place via education, health fairs, collaborative efforts with state and local organizations</p> <p>Increase awareness locally of Spaulding's Adaptive Sports Program, including the McGraw Center at Nickerson State Park</p>	<p>Resume support groups that were put on hold due to Covid-19</p> <p>Leverage virtual platforms to decrease isolation and engage housebound individuals (Stroke Support Group, Aphasia Community Group, Limb Loss Support Group)</p> <p>Expand caregiver support efforts</p>	<p>Enhance collaborative efforts with the Barnstable County Department of Human Services' Healthy Aging Cape Cod Steering Committee, which brings together leaders from transportation, housing, workforce development, and health/human services; current initiatives include behavioral health, housing and homelessness and substance use and prevention</p>

## Priority 1: Improve Access to Care

**The objective of this priority is to reduce barriers to health care**

Utilizing lessons learned during the Covid-19 pandemic, Spaulding Cape Cod will expand use of telemedicine for physician visits, therapy treatments, and patient/family education. We will focus on strengthening provider networks and will assess the feasibility of expanding SCC Physician Services to increase access to local services.

**Strategy 1: Expand telemedicine**

Action: Offer telemedicine options for outpatient MD visits, inpatient family training, and follow-up visits during inpatient acute rehab stays

**Strategy 2: Strengthen provider networks**

Action: Increase collaborative efforts between Spaulding/MGB and Cape Cod Healthcare via Clinical exchange programs, Grand Rounds, CEU programs for healthcare workers

**Strategy 3: Assess feasibility of expanding SCC Physician Services**

Action: Expand availability of local specialists by hiring neurologist and pain interventionalist

## Priority 2: Promote Health and Wellness of the Community

**The objective of this priority is to reduce illness and injury, especially in seniors/elders and the disabled.**

Spaulding Cape Cod will promote healthy lifestyles, safe aging in place via education, health fairs, collaborative efforts with state and local organizations. We will increase awareness locally of Spaulding's Adaptive Sports Program, including the McGraw Center at Nickerson State Park.

**Strategy 1: Promote healthy lifestyles, safe aging in place**

Action: Provide free "Healthy Living" programs to residents of assisted living facilities, retiree Communities, Councils on Aging

**Strategy 2: Promote safe activities for the disabled**

Action: Advertise to the Cape community the availability of wide range of adaptive sports Programs

**Strategy 3: Expand health and wellness educational opportunities for Cape residents**

Action: Offer free "Healthy Living" Lecture Series to the public at Spaulding Cape Cod

## Priority 3: Reduce Impacts of Chronic Disease and Disability

**The objective of this priority is to improve function and support independence for those living with illness/injury/disability.**

Spaulding Cape Cod will plan on resuming support groups that were put on hold due to Covid-19, leveraging virtual platforms to decrease isolation and engaging housebound individuals (Stroke Support Group, Aphasia Community Group, Limb Loss Support Group).

Spaulding Cape Cod will expand caregiver support efforts, access to community resource specialists, and resume both advocacy efforts and educational programs.

**Strategy 1: Expand opportunities to participate in support groups**

Action: Provide both in-person and virtual support group options monthly

## Priority 4: Address the Social Determinants of Health

**The objective of this priority is to support community agencies working to address priorities outside the scope of SCC's mission and capabilities.**

Given its mission, Spaulding Cape Cod does not have the resources nor expertise to directly address some of the significant needs regarding social determinants of health prevalent in its community. SCC will seek ways to participate in, or otherwise support, community resources that are directly engaged in this important work, and to initiate programs where there is overlap with its primary mission. SCC will enhance collaborative efforts with the Barnstable County Department of Human Services' Healthy Aging Cape Cod Steering Committee, which brings together leaders from transportation, housing, workforce development, and health/human services; current initiatives include behavioral health, housing and homelessness and substance use and prevention.

### **Strategy 1: Collaborate with Cape Cod organizations to create meaningful synergies benefitting residents in need**

Action: SCC staff to maintain membership on the Barnstable County Department of Human Services Healthy Aging Cape Cod Steering Committee

