

**Spaulding Hospital Cape Cod  
Community Health Needs Assessment & Implementation Strategy  
October 2019**



*Prepared by Spaulding Rehabilitation Hospital Cape Cod*



## I. Who We Are

Spaulding Rehabilitation Hospital Cape Cod is a 60-bed, acute rehabilitation hospital primarily serving Cape Cod (Barnstable County), the Islands, and Plymouth County in Massachusetts. 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 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.

Four distinct regions comprise Cape Cod, which is challenged by lack of a comprehensive public transportation infrastructure. To expand the population's access to specialty rehab care and physician expertise, RHCI opened its first outpatient center in Orleans in 1997, serving the Lower and Outer Cape. In 2001 RHCI opened its Yarmouth Center, serving the Mid Cape, and in 2009 it opened an outpatient center in Plymouth to serve residents of Plymouth County. In 2005 RHCI moved burgeoning outpatient pediatric services from outgrown space within the hospital to a dedicated, free-standing pediatric center, which has since expanded twice to keep up with the demand for general and specialized pediatric therapies and physician services. In 2010, RHCI formalized its affiliation with Spaulding Rehabilitation Hospital and became a member of the Spaulding Rehabilitation Network, changing its name to Spaulding Cape Cod.

- Spaulding Cape Cod is accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF) for its inpatient rehabilitation and stroke specialty programs, and by The Joint Commission. Its comprehensive inpatient rehabilitation programs help people transition to home following a stay in an acute care hospital for a serious illness, injury or surgery.
- Since opening, SCC has led the region in introducing advanced technologies to facilitate recovery from stroke and other neurological disorders. This investment in neuro-rehabilitation technologies gives patients access to advanced therapy options close to home and support systems. The hospital's inpatient rehabilitation programs include stroke, brain injury, Parkinson's disease, musculoskeletal (orthopedic) conditions, multi trauma, cardiac and complex medical conditions.
- SCC operates three adult outpatient sites serving the Cape's three major regions and one in Plymouth County. These centers offer comprehensive therapy and physician services for neurologic and orthopedic rehabilitation plus many specialized programs that enable patients to continue recovery post-discharge, to manage chronic illness, and to support ongoing recovery. Two of these sites have undergone significant expansion in order to keep pace with the demand for care, and another is preparing to move to larger quarters by the end of the year.
- Examples of specialty outpatient programs include: Driver Assessment and Rehabilitation Program, which includes the first hospital-licensed driving school in the state; Sports Concussion Program, a collaboration among SCC medical staff, therapists, coaches, athletic trainers, and school personnel; Center for Spasticity Management; Movement Disorders Clinic; and a range of interventional spine procedures to treat acute and chronic pain.
- The Eileen M. Ward Spaulding Outpatient Center for Children is a unique regional resource offering on-site subspecialty medical clinics in collaboration with Massachusetts General

Hospital and Boston's Children's Hospital, including pediatric endocrinology, gastroenterology and nutrition, neurology, pulmonology, and cardiology. SCC's pediatric team has specialized expertise in the areas of Alternative and Augmentative Communications, Feeding/Nutrition, Sensory Integration therapy, grant-supported diagnostic testing for autism and other developmental disorders, and neuropsychology.

- In concert with its goal to improve quality of life and reduce preventable health impacts for persons living with disability, SCC conducts a robust Adaptive Sports Program, which includes year-round programming, a pioneering partnership with the MA Department of Conservation and Recreation, options to develop or hone skills for competitive athletes through its status as a Paralympic Sports Club, and an annual event for wounded veterans.
- Through partnerships with Project SEARCH, the Massachusetts Rehabilitation Commission, and the Cape Cod Challengers Club, SCC supports pathways to employment and independence for people with intellectual and other disabilities.
- To promote healthy lifestyles among its patients and within the community overall, SCC offers wellness programs, orchestrates an annual community education series, supports community-based fitness activities, and supports community-based support groups by providing free meeting space.

## II. Our Mission

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.

## III. Our Community Health Needs Assessment Planning Process

In FY19, 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. In 2016, in compliance with section 501(r)(3) of the Internal Revenue Code, Spaulding Cape Cod conducted its first Community Health Assessment using a collaborative and dynamic approach to review available data, existing programs, and views from people who represent the broad interest of the community served by the hospital. As required by federal regulation, these assessments and plans are required every three years.

This assessment included a review of patient data from the past year (October 1, 2018-September 30, 2019), a review of publicly available health and demographic data, and interviews with internal and community partners. Additionally, Spaulding Cape Cod participates actively in the Healthy Aging Cape Cod Work Group, led by the Barnstable County Department of Human Services. Spaulding Cape Cod will continue to work with our local health care partners, specifically Cape Cod Healthcare, to partner for implantation 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 2016.

Given Spaulding Cape Cod’s locations and the specialty nature of the care provided, the target populations for the purposes of the 2019 CHNA were defined as residents of Barnstable County, Plymouth County, and the Islands, particularly the elderly and persons living with a disability.

Both quantitative and qualitative data were collected and reviewed for this CNHA in order 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.

The programs and initiatives identified by the working group support the overall needs identified by the health assessment and described progress made in FY19 and plans for FY20-FY22. On November 5, Spaulding Cape Cod Senior Management reviewed the FY20 goals and priorities and approved of their plan. On November 6, 2019, the plan was reviewed and approved by the Spaulding Cape Cod Board of Trustees. This report describes Spaulding Cape Cod’s mission and community benefit report for the final year of the cycle (FY19 - October 1, 2018-September 30, 2019).

#### IV. Our Target Communities and Patient Population

Spaulding Cape Cod is located in East Sandwich, Massachusetts, and is the only hospital-level rehabilitation facility located on the Cape. Given this highly specialized role we play in the health care network in a geographically contained part of the state, we define our community by the types of patients we serve and the specific demographics of our community. We especially focus on those who are most vulnerable or face significant barriers to accessing care.

The analysis of patient data showed that, in the past year, Spaulding Cape Cod served 16,449 individuals in its in- and out-patient services. Of those, 16,285 (99%) live in Massachusetts, the vast majority (80%) from Barnstable County and 98% reside in the regional Cape counties. (Figure 1) The top towns our patients are from are Barnstable, Sandwich, Plymouth, and Yarmouth.

Figure 1. Top 5 Counties Served by Spaulding Cape Cod in FY19

County	# of Patients	Percentage of SCC Patients
Barnstable County	13,023	80%
Plymouth County	2,772	17%
Bristol County	311	1.91%
Dukes County	140	0.86%
Nantucket County	39	0.24%

As a 60-bed licensed inpatient rehabilitation hospital (IRF), Spaulding Cape Cod provides an intensive rehabilitation program in a hospital setting. Specific federal and state regulations indicate the types of patients that can be treated in an IRF. Spaulding Cape Cod’s patients in the last year reflect these patient types (Figure 2) and demonstrate the specialty care we provide.

Figure 2. SCC FY19 Top Discharge Diagnosis

Discharge Diagnosis	Numbers of Patients Treated
Stroke	313
Cardiac	196
Lower extremity fracture	102
Brain injury	83
Other Orthopedic	61
Major Multiple Trauma	61
Other neurological	50
Spinal cord	46
Joint replacement	38
Parkinson's	29
Amputation	27
All other	79
<i>Total FY19 inpatients</i>	<i>1085</i>

Just over half of Spaulding Cape Cod's patients are male (53%). Our patients range in age from 18-100 years old. Seniors (over age 65) comprise over 80% of our inpatients. The primary language spoken by our in- and out-patients is overwhelmingly English (99%) with no interpreter being utilized in FY19. Over 95% Spaulding Cape Cod's patients identify as Caucasian/white, with less than 1% Black, Asian or American Indian.

Spaulding Cape Cod's inpatient population remains similar to previous assessments in that 75% are covered by Medicare and less than 3% by Medicaid/free care. Further reflecting the broader age demographics of our patient population, 45% of Spaulding Cape Cod outpatients are covered by Medicare, 50% by private insurance and less than 5% by Medicaid.

Among our patients, certain groups are more vulnerable due to age and disability status. Spaulding Cape Cod's patient demographics accurately reflect larger trends seen in the Cape community.

By analyzing current publicly available public health data and participation in the Healthy Aging Cape Cod Work Group, led by the Barnstable County Department of Human Services, Spaulding Cape Cod identified several key findings about our community that we reflect in our community benefit program. These community and health characteristics reflect both the general population of Barnstable County and patient population of Spaulding Cape Cod:

- 28% of Barnstable County residents are over age 55 (compared to 15% in Massachusetts)<sup>1</sup>
- The percentage of individuals on the Cape with disabilities or chronic illness in our community is also higher than the state average. 11.7% of Massachusetts residents are living with a disability or chronic illness, compared to 14.5% on the Cape<sup>2</sup>.

<sup>1</sup> Source: Barnstable County Health survey  
<http://www.bchumanservices.net/library/2010/04/ccser21stV1Bprofile.pdf>

<sup>2</sup> Source: Massachusetts Rehab Commission <https://www.mass.gov/files/documents/2018/08/30/MRC-Disability-Fact-Sheet-2017.pdf>

- Concerns around meeting the needs of an aging population and access to health care remain top, cross-cutting themes from health care partners across the Cape.

By understanding our reach, patient demographics, and where our patient population is most concentrated, we were able to identify the geographic targets for Spaulding Cape Cod’s community benefit agenda.

Because Spaulding Cape Cod’s reach is regional focused, many of Spaulding Cape Cod’s programs have a specific geographic reach of the Barnstable and Plymouth counties.

However, given Spaulding Cape Cod’s role as a member of Spaulding Rehabilitation Network, our specific and specialized patients, and our broader mission of supporting and advocating for people with disabilities, including the elderly, some of Spaulding Cape Cod’s programs have state-wide impacts.

### V. Our Community Benefits Goal and Objectives

The goal of Spaulding Cape Cod’s community benefit 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.”*

Spaulding Cape Cod prioritized the needs to address in programs to be ones that reflect our unique skills and expertise from clinicians and staff, as well as the patients and families that we impact. As such, we focused on four priority areas that were identified through the process, along with objectives to address each of the program priorities:

Priorities	Improve access to care	Promote health and wellness of the community	Reduce impacts of chronic disease and disability	Act as responsible stewards of the Cape environment	Address social determinants of health
Objectives	To reduce barriers to health care	To reduce illness and injury, especially in vulnerable populations: seniors/elders, the disabled, children	To improve function and support independence for those living with illness/injury/disability	To improve the overall health of the community	To provide resources as appropriate to support community priorities and/or community agencies working to address priorities outside the scope of SCC’s mission and capabilities

<b>Strategies</b>	Financial assistance Yarmouth - Hyannis Telemedicine Neurology	Promote healthy lifestyles across the Cape's populations via education, fitness, health fairs, races, etc.  Offer wellness Programs  Incorporate IM strategies  Improve safety and independence of older residents.	Adaptive Sports Caregiver supports  PD programs Employment programs  Support groups	Further reduce carbon footprint via solar  Sustainable/efficient materials, systems and practices at Hyannis OP Linkages with others working to safeguard the Cape environment.  Continue recycling, swapping out of bad for good products, other initiatives	Education and professional advancement, especially for those with limited resources  Food insecurity  Substance Abuse  Isolation  Transportation

Given Spaulding’s specific expertise and limited resources, addressing all of the priorities identified by the community health assessment is not feasible; instead SCC focuses on those strategies that are best aligned with the expertise at SCC. Other needs were identified in the process that are broader Cape concerns, including substance use disorders and homelessness. We chose to support the work of our community partners in addressing these needs and prioritize the above areas that better align with our skills and resources.

## Priority 1: Improve Access to Care

### Financial

To reduce barriers to accessing specialty rehab care, Spaulding Cape Cod provides free care to patients without insurance or those whose care would not otherwise be fully supported by their payers. In FY19, SCC provided \$18,196 in free care as follows:

Outpatient Services	\$15,516
Inpatient Services	\$2,680

SCC's social workers and financial support staff assisted an estimated 2-4 persons per month with applying for state-funded insurance programs (i.e. MassHealth, CommonHealth, Connector Care, etc.) or for financial assistance through the Partners Financial Assistance Policy.

### **Expansion**

In 2017, SCC completed an expansion of the hospital by 6000 sq. ft. The purpose of the expansion was to address space constraints limiting existing services and prepare the hospital to meet increased demand for outpatient services as the Cape's population ages (in particular, residents 65 and older are projected to double between 2015 and 2030). The addition included new physician exam/treatment rooms, outpatient therapy rooms, and dedicated space for wellness programs. Lobby, registration, and waiting areas were also renovated to enhance accessibility and privacy, and 60 new parking spaces were added.

### **Transportation**

Across Cape Cod, lack of a convenient and robust public transportation network remains a barrier for many. SCC's case managers and social workers connect patients with a variety of community resources to help with transportation needs. SCC held an info session for key staff with the Cape Cod Regional Transit Authority specialist, who updated staff on the range of free and subsidized options for underserved populations, including seniors and those with limited means.

When the Cape's primary provider of ambulance services abruptly ceased operations, SCC redeployed staff and repurposed a wheelchair-accessible van to transport inpatients to scheduled follow-up doctor's appointments and tests or to transfer select discharging patients to skilled nursing facilities or home. Not only did this markedly improve efficiency and substantially lower costs for the transportation service, it improved patient experience since staff known to our patients was providing the service. This process also allowed for direct delivery of patient documentation into the right hands when patients were discharged to SNF.

### **Strengthen Provider Networks**

**EMR** - SCC implemented an Electronic Medical Record system (Epic), facilitating transitions and coordination of care for patients within Partners and Spaulding hospitals and other providers.

**Recruitment of Specialists** - SCC's recruitment efforts in FY18-19 resulted in the hiring of two psychiatrists for the inpatient (hospitalist) team. Recruitment of a neurologist to provide inpatient consultation remained a challenge despite intensified efforts. In partnership with Brigham and Women's Hospital, a part-time neurologist continued running a weekly outpatient movement disorders clinic, continuing a vital service for the Cape's Parkinson's population.

**Telestrabismus** - Through a partnership with Massachusetts Eye and Ear Institute, SCC occupational therapists collaborate remotely with a specialist in neuro-optometry to diagnose and treat strabismus resulting from stroke. The program allows rapid diagnosis and remediation of visual impairments that interfere with the patients' ability to fully and confidently participate in their rehab programs, thus improving efficacy of therapy.



**Goals for 2020:** To maintain existing programs and initiatives; to move the Yarmouth Outpatient Center, which has been at capacity for a number of years, to larger quarters in Hyannis, where there is more access to public transportation and parking as well as space to expand clinical services.

## Priority 2: Improve Safety and Independence for Older Adults

The population of Barnstable County is considerably older than residents in other parts of the Commonwealth. Further, the number of elders also exceeds the state average. Given the increased risk for illness and injury faced by this population, Spaulding Cape Cod dedicates resources each year for education, wellness, and other programs to address issues related to aging and management of chronic illness.

**Active Adults Health Fair** – SCC conducted three events to reach the Cape’s three regions. Each event included balance, cognitive and hearing screenings conducted by experienced clinicians. The goal was to encourage older residents to make healthy lifestyle choices through education and also to identify possible actions and interventions if risk factors were identified during the screenings.

**Educating Senior Service Agencies** - SCC annually hosts a meeting of the Cape Cod Resources Group (CCRG) and/or the Plymouth Networking Group (PNG), two organizations comprised of providers and businesses from many sectors serving the senior populations on Cape Cod and in the Plymouth area. Each event is an opportunity to educate leaders of nursing homes, assisted living communities, home care agencies, financial and insurance representatives and other senior services about topics related to rehabilitation. This year’s program focused on options for treating chronic pain, including advances in spine injection therapies for chronic back pain.

**Lecture Series for Assisted Living/Retiree Communities** - Physicians and therapists gave a three-part series on treatment for chronic back and other pain, incontinence, and strategies to improve quality of life in Parkinson’s disease in collaboration with two assisted living facilities in Plymouth and Mashpee, reaching 112 older residents. Both facilities are located in large retirement communities.

**Home Safe Home** – SCC offered a pilot Home Safe Home Program for those recently discharged from SCC, living with chronic illness or disability, and/or wanting to improve daily function. The program’s goal is to promote independence post-hospitalization by reinforcing effective self-care and home management strategies and potentially reduce the risk of rehospitalization. The 3-part program focused on pacing and energy conservation, exercise, home modifications, reducing fall risk, and using self-assessment tools to reduce the physical and emotional burden of daily activities. Six to twelve older adults participated in each session of the pilot.

**Suicide Prevention** – SCC’s social worker began a series of inservices at outpatient sites to instruct staff on recognizing red flags for elder suicide and response protocols.

INITIATIVE	TARGET POPULATION	COMMUNITY SERVED	MEASURE/ ATTENDEES	SPONSORSHIP	TOTAL

Active Adults Wellness Fair	Seniors	Orleans, Lower Cape	25		\$1740
Active Adults Wellness Fair	Seniors	Sandwich, Upper Cape	20		\$1000
Active Adults Wellness Fair	Seniors	Yarmouth, Mid Cape	12		\$780
Cape Cod Resource Group- Lecture on new approaches to chronic pain	Senior Services Professionals	Cape Cod	55		\$650
Laurelwood Lecture: From Back Pain to Arthritis	Seniors, Assisted Living Staff	Plymouth	23		\$990
Laurelwood Lecture: Incontinence	Seniors, Assisted Living Staff	Plymouth	19		\$400
Laurelwood Lecture: Psych Impacts of PD	Seniors, Assisted Living Staff, Families/Care Partners	Plymouth	19		\$910
Laurentide Lecture: From Back Pain to Arthritis	Seniors, Assisted Living Staff	Cape Cod	22		\$620
Laurentide Lecture: Incontinence	Seniors, Assisted Living Staff	Cape Cod	14		\$330
Laurentide Lecture: Psych Impacts of PD	Seniors, Assisted Living Staff, Families/Care Partners	Cape Cod	15		\$620
Home Safe Home	Recently discharged patients, those with chronic conditions	Cape Cod	9		\$585

<b>Total</b>			<b>233</b>		<b>\$8625</b>
--------------	--	--	------------	--	---------------

**Goals for 2020:** Under a broader goal of promoting the health and wellness of the community, SCC will continue educational and other programs specific to the older population to reduce preventable injury and illness and enhance quality of life.

**General Community Outreach**

On Cape Cod, seniors, elders and those with disabilities are particularly vulnerable populations and therefor the focus of programming as noted above. In addition, SCC conducts programs encouraging healthy lifestyles for residents of all ages. Many activities stress the importance of exercise and present emerging science on the benefits of integrative health strategies (such as yoga, meditation, etc.) to create optimum health and function. Educational programs also focus on prevention, early diagnosis, and treatment options for rehab-related diagnoses.

**Healthy Living Education Series** – For more than 20 years, SCC has conducted an annual educational series focused on prevention, healthy lifestyles, and options for rehabilitation care as part of its commitment to foster a healthy community. SCC physicians, therapists and others presented seven programs on topics ranging from child development and running injuries to brain health and caregiver impacts following brain injury.

**Community Lectures** – Taking SCC expertise on the road and partnering with other organizations can be an effective way to bring health information directly to audiences that would benefit from it. SCC conducted two programs in collaboration with the Parkinson Support Network of Cape Cod:

- SCC staff emphasized the importance of exercise to improve symptoms or delay progression of Parkinson’s at the Wellness in Motion program held at the Mashpee Council on Aging.
- SCC staff collaborated with neurologists from Boston Medical Center’s Movement Disorders Center to offer Parkinson’s Good Start, a program that introduces those newly diagnosed to information about symptoms, medications, rehab interventions, integrative approaches, and the importance of exercise. The two-part program was held at SCC.

**Fit 2 Be Kids** – This pediatric wellness program seeks to foster healthy eating and behaviors for children with, or at risk for, illness or other health impacts related to obesity. The program covers nutrition, behavioral strategies for children and their families, and various forms of exercise. SCC shifted location of the program to its Orleans Outpatient Center to provide this resource to families living on the Lower Cape. The program ran twice and served six children and their families.

**Health Fairs** – To educate the public on a variety of rehab-related and lifestyle topics, SCC staff presented health and resources information to the public at four health fairs or other community events held across Cape Cod, the South Shore, and Martha’s Vineyard, reaching an estimated 475 adults, teens and children.

<b>INITIATIVE</b>	<b>TARGET POPULATION</b>	<b>COMMUNITY SERVED</b>	<b>MEASURE ATTENDEES</b>	<b>SPONSORSHIP</b>	<b>TOTAL</b>
Healthy Living Keep Moving: Limb Loss	Persons with amputation, diabetes, leg pain	Cape Cod Plymouth	45		\$3305
Healthy Living Red Flags in Child Development	Parents, pre- school teachers, Early Intervention staff	Cape Cod Plymouth	26		\$1020
Healthy Living Concussion Management	Parents, coaches, athletic directors, athletes	Cape Cod Plymouth	34		\$1170
Healthy Living Neuroplasticity and the Healthy Brain	Active adults, seniors, stroke and brain injury survivors	Orleans, Lower Cape	27		\$740
Healthy Living Impact of Brain Injury on the Caregiver	Brain injury survivors and families	Cape Cod	18		\$1145
Healthy Living Yoga at Any Age	Adults, seniors	Cape Cod, Plymouth	25		\$725
Healthy Living Running Clinic and Lecture	Athletes, coaches	Cape Cod, Plymouth	23		\$2245
Cape Parent Resource Fair	Families	Cape Cod	50	\$260	\$560
Martha's Vineyard Hospital Health Fair	Island residents	Martha's Vineyard	250		\$1120
Orleans Elementary Family Fair	Families	Orleans	150		\$320

ARTweek – Drumming Circle	Families, Patients, Staff	Cape Cod	25		\$480
Touch a Truck	Families of Young Children	Cape Cod and Plymouth	2000		\$240
Wellness in Motion Mashpee COA	People with Parkinson’s, care partners, families	Cape Cod	35		\$332
APDA Good Start Program I	People with Parkinson’s diagnosed less than 5 years, family, care partners	Cape Cod, Plymouth Co., South Shore	35		\$993
APDA Good Start Program II	People with Parkinson’s diagnosed less than 5 years, family, care partners	Cape Cod, Plymouth Co., South Shore	35		\$1233
Concussion Panel Talk	Student Athletes, Coaches, Families	Cape Cod	40		\$625
<b>Total</b>			<b>2818</b>		<b>\$16,253</b>

**Walks, Runs, Fitness Events** – To encourage participation in exercise as part of a healthy lifestyle, SCC sponsored 4 events, reaching nearly 900 area residents in addition to the Falmouth Road Race, which reached more than 12,000 participants and guests. As a sponsor of these events, SCC also provided staff for on-site info tables and, in some cases, screenings or other activities.

INITIATIVE	TARGET POPULATION	COMMUNITY SERVED	MEASURE ATTENDEES	SPONSORSHIP	TOTAL
Pan Mass Challenge Kids Ride	Families of Young Children	Cape Cod	60+		\$480
Wellfleet Triathlon	Athletes of all ages and their families	Cape Cod and Plymouth	250+	\$250	\$520

Falmouth Road Race (FRR) and Wheelchair Division Lunch	Athletes of all ages, Families and Visitors	Southeastern MA, New England International	12,000	\$25,000	\$28,200
FRR Stop the Bleed Information& Demo	Athletes of all ages, Families and Visitors	Southeastern MA, New England International	100		
FRR Fitness Expo, information, Ask the PT, kinesiotaping	Athletes of all ages, families, visitors	Southeastern MA			\$1030
APDA Cape Cod Optimism Walk – Barnstable High	People with Parkinson’s, caregivers, families, public	Cape, South Shore	120 walkers, 30 providers	\$1500	\$2230
MA Brain Injury Assoc. “Cerebration Walk/Run Field Day”	Patients with brain injury, their families & supporters	Cape Cod and MA	450	\$2500	\$3285
<b>Total</b>			<b>12,980</b>	<b>\$29,250</b>	<b>\$35,745</b>

### Wellness Programs - General

In early 2017, SCC completed a 6000 sq.ft. expansion of the main hospital to accommodate growing demand for outpatient physician and therapy services and to create dedicated space for wellness programs. Although many community settings offer wellness activities, SCC’s programs are designed for persons with recent illness or injury, chronic health conditions, specific risk factors, or concern about loss of function related to aging or disability. Further, SCC’s programs are conducted by therapists, therapy assistants, rehab aides, and community-based practitioners with specific expertise and certifications. As a result, participants benefit from a level of knowledge and experience unmatched in the community. The nominal fee does not cover the cost of the programs, and classes specific to older participants are even more heavily discounted. While they emphasize the role of exercise in promoting health and fitness, these programs also encourage self-efficacy and skills to maintain independence as participants age.

Wellness programs for seniors and those with disabilities included BoneStrong (for persons with, or at risk for, osteoporosis/osteopenia), Gentle Stretching (for arthritis), Modified Chair Yoga, and Yoga for Back Care. General wellness programs included Meditation and Relaxation for All, Yoga for Every Body,

and Sun Style Tai Chi. Most programs are offered on an ongoing basis. Participation ranges from 4 to 25. The modest fee does not cover the cost of the program. Programs specific to seniors are further discounted so that cost is not a barrier to participation.

**Wellness Programs – Parkinson’s Disease**

According to the American Parkinson Disease Assn. MA Chapter, an estimated 2000 individuals with Parkinson’s live in Barnstable County. Since establishing a Movement Disorders Clinic, SCC has provided a range of both clinical and wellness services to improve, maintain, and extend function over the course of the disease. Wellness programs in particular emphasize exercise, self-care, communications, positive coping strategies, and social engagement to lessen the physical, emotional and cognitive impacts of the disease. Furthermore, the sense of camaraderie that arises in these classes offers support to care partners and helps avoid the isolation that often occurs following diagnosis or progression of symptoms. SCC’s therapists and health psychologist conducted seven types of Parkinson’s Wellness Programs in FY19, ranging in duration from 6 to 12 weeks. Sessions are offered 4 to 8 times per year, depending on the program.

INITIATIVE	TARGET POPULATION	COMMUNITY SERVED	MEASURE ATTENDEES	SPONSORSHIP	TOTAL
Wellness Programs	Adults with arthritis, back pain, balance issues, concerns related to aging or stress reduction	Upper Cape	4 – 25 per class		\$24,230
Wellness Programs for Parkinson’s Disease	Persons with Parkinson’s, care partners	Upper Cape	4 – 25 per class		\$31,200
Total					\$55,430

**Volunteering** - SCC staff serve on a number of boards and community groups, including: Barnstable County Health and Human Services Healthy Aging Work Group, CHNA #27 Steering Committee, Community Leadership Institute, Parkinson Support Network of Cape Cod, Sandwich Council on Aging, Sandwich Women’s Club.

**Goal for 2020:** Under a broader goal of promoting the health and wellness of the community, SCC will continue education, wellness, and fitness programs to encourage healthy lifestyles in persons of all ages.

**Priority 3: Reduce Impacts of Disability**

**Adaptive Sports** – Adaptive sports foster the active engagement of persons with disability with their families, friends, and the community around a common love of sport. Spaulding Adaptive Sports Centers (SASC) conduct year-round programming across the Spaulding Rehabilitation Network in order to improve fitness, lessen the impacts of disability, improve general wellbeing, reduce isolation, and build community. The McGraw Center for Adaptive Sports, located in Nickerson State Park on Cape Cod, is a groundbreaking partnership between Spaulding and the MA Department of Conservation and Recreation’s Universal Access Program. A destination for vacationers from far and wide, the McGraw Center makes the abundant recreational resources of the park accessible to persons of all abilities. Activities include adaptive kayaking, camping, cycling, and yoga. Other SASC programs offered on the Cape include a cycling club, ski club, golf year-round, and wheelchair basketball, among others.

**BIA-MA Office** – In May 2019, SCC began providing office space for a community resource specialist from the MA Brain Injury Assn. When BIA-MA had to leave its prior location in Wareham, SCC recognized that making this resource available would enhance access to BIA-MA counseling and other resources for its patients and families as well as others impacted by brain injury across the Cape. Presently BIA-MA staffs the office four days per month.

**BIA-MA Event** – SCC was a sponsor of BIA-MA’s first Cerebration Walk/Run/Field Day, an event that highlighted the impact of brain injury on survivors, families, and the larger community. SCC staff helped plan the event and provided information and giveaways at the event, which drew 300 participants.

**Brain Injury Prevention** – SCC’s Sports Concussion Clinic provides diagnostic and treatment services with a focus on minimizing impacts of concussion on student athletes. This includes close communication and coordination with school personnel regarding academic, athletic and social accommodations students may need during the healing process. In his consulting role, the clinic director provides education to coaches, parents and students on preventing brain injury and the importance of early diagnosis and treatment. This year he participated in a Sports Concussion Symposium for school physicians, nurses, teachers, guidance counselors and athletic trainers.

**Parkinson’s Walk** – SCC was a sponsor of the APDA-MA Chapter’s first Parkinson’s Disease Optimism Walk on Cape Cod. SCC assisted in planning and organization of the event, provided staff to conduct pre- and post-walk stretches, and distributed information about Parkinson’s services at the walk, which drew 120 participants and another 20 providers.

**Healthy Caregiver Support Group** – In response to a need identified in SCC’s last CHNA, SCC initiated the Healthy Caregiver Support Group in March. The monthly group is co-facilitated by SCC’s outpatient social worker and the spouse of a brain injury survivor. Meetings typically include education on a relevant topic, discussion of current issues facing participants, and often practice of a stress-reducing or mindfulness technique, such as meditation.

### **Improving Accessibility of Public Places**

**McGraw Center for Adaptive Sports** – see Adaptive Sports above

**McGraw Family Garden of the Senses** – SCC staff served as a resource to Heritage Museums and Gardens for a project designed to provide universal access and programs for those with a range of physical and mental disabilities. One of the area’s premier destinations and the largest public garden in



Southern New England, Heritage Museums and Gardens includes 100 acres celebrating excellence in horticulture, garden design, outdoor discovery and the exhibition of great collections of American folk art and other cultural treasures. The project’s landscape architects and staff incorporated recommendations from Spaulding therapists to design a garden accessible to people with mobility, sensory, and intellectual challenges. The gardens utilize texture, color, scent, sound, varied pathways and surfaces, and serene resting spaces to enable all to enjoy the garden’s beauty.

**Advocacy**

**Falmouth Road Race** –SCC sponsored the Wheelchair Division of the historic New Balance Falmouth Road Race. The annual race attracts 12,000 competitors annually, including some of the most celebrated wheelchair athletes on the national and international stage. This year the wheelchair division marked its 45<sup>th</sup> anniversary. SCC sponsored a special lunch for the wheelchair athletes, and a Spaulding physician, herself a Paralympic champion and advisor to the International Paralympic Committee, was featured in a video documenting the race’s early leadership in advocating for inclusion of persons with disability. The weekend of events included a three-day expo, during which SCC physical therapists provided free kinesiotaping and answered questions about conditioning and injury prevention. Representatives from Spaulding Adaptive Sports Centers educated expo attendees about adaptive sports options, and members of the Spaulding Ambulance Service conducted “Stop the Bleed” demos for about 100 expo attendees.

**Employment**

**Cape Cod Challenger Club** - SCC began a collaboration with the Cape Cod Challengers’ Club which provides work experience for adults and teens with a range of intellectual, emotional and physical disabilities. Though an innovative partnership, workers in the Challenger’s program collect food scraps and waste from SCC on a daily basis and transform it through a multi-step process to create a rich soil amendment which is sold at local gardening stores. In addition to the composting process, participants learn packaging and marketing skills. SCC is the largest organization to partner with the Challengers to date. Proceeds from the sale of the soil amendment are reinvested to serve more clients and to develop new programs focused on building skills for independence. (See also priority 4)

**Project SEARCH** – Project SEARCH is a nation-wide business-led collaboration that enables young adults with disabilities to gain and maintain employment through training and career exploration. For the eighth year, SCC provided year-long, on-site job training and mentoring to students with intellectual disabilities from The Riverview School. Through this rich partnership, senior students gain employment, social and life skills via rotations through inpatient and outpatient physical therapy, nursing, the pediatric center, facilities and clerical assignments. This year six students completed the program.

INITIATIVE	TARGET POPULATION	COMMUNITY SERVED	MEASURE ATTENDEES	SPONSORSHIP	TOTAL
McGraw Family Garden of the Senses	Persons with physical and intellectual disabilities	Cape Cod, New England	132,000 visitors per year		\$1020

Project SEARCH	Students with intellectual disabilities	New England	6		\$4560
<b>Total</b>					<b>\$5580</b>

**Mass Rehab Commission** - SCC partners with Massachusetts Rehabilitation Commission to promote employment opportunities for persons with disability. SCC hired two individuals through MRS and provided one on-the-job training. SCC's program was recognized at the State House with a Distinguished Employer Award for ongoing efforts to support employment for persons with disability.

### Support Groups

SCC staff and/or volunteers facilitate the following monthly support groups to encourage healthy coping strategies, reduce disability, promote camaraderie and community engagement, and lessen isolation. SCC physicians, therapists and others often provide in-depth information on an area of concern and/or share practices to promote well-being at these meetings.

INITIATIVE	TARGET POPULATION	COMMUNITY SERVED	MEASURE ATTENDEES	SPONSORSHIP	TOTAL
Aphasia Support Group	Persons with aphasia, family	Cape, Plymouth	Average 26 per meeting		\$1800
Healthy Caregiver Support Group	Care givers for persons with disability, chronic illness	Upper and Mid Cape	4 – 10		\$650
Limb Loss Support Group	Those with prior, current or prospective amputation	Cape, Plymouth	5-15 per meeting		\$2400
Stroke Survivors Support Group	Those with prior or recent stroke, families	Cape Cod	30 – 50 per meeting		\$845
BIA-MA Post-concussion support group	Adults with recent or prior concussion	Cape Cod	4-10		\$400
<b>Total</b>			<b>68 - 110</b>		<b>\$6095</b>

SCC also provides meeting space for several community-based support groups:

- Adult Post-Concussion Support Group
- Alzheimer’s Early Stage Support Group
- Alzheimer’s Caregiver Support Group
- Spinal Cord Injury Support Group
- Cape Self-help MS Group
- Center for General and Weight Loss Surgery Cape Cod Support Group\*
- Fibromyalgia Support Group
- Lower Cape Lyme Disease Support Group (Orleans)
- Upper Cape Lyme Disease Support Group
- BIA-MA Support Group (Orleans)
- NAMI Support Group

All meet monthly for 1 – 2 hours unless otherwise noted.

\*Meets twice weekly for 1 ½ hours each.

### Use of Facility Space

INITIATIVE	TARGET POPULATION	COMMUNITY SERVED	HOURS	SPONSORSHIP	TOTAL
MA-BIA Office	Persons with brain injury & families	Cape Cod, South Shore, South Coast	18 hours Per month		\$4050
Project SEARCH	Students with intellectual disabilities	New England	26 hours Per week		\$41,600
Community-based Support Groups	See list above		Each group meets 1 -2 hours per week		\$13,200
<b>Total</b>					<b>\$58,850</b>

**Goal for 2020:** Maintain and expand where feasible programs to promote healthy activity and lifestyle, reduce isolation, and advocate for disability needs within the community.

### Priority 4: Promote Sustainable Practices

Adopting sustainable business practices, which incorporate recycling, reduction of medical waste, reducing the hospital’s carbon footprint, and other green practices is especially important for Cape Cod’s fragile ecosystem. Among key initiatives:

- SCC's 1100 kW solar array improves the health of the community by promoting clean air. It produces 1.3 million kwh of clean power per year, reducing emissions of CO2 and other particulate pollutants by over 2 million pounds per year.
- Through the collaboration with the Cape Cod Challengers' Club, SCC provides an average of 250 pounds of food scraps and waste per week, which is processed to create a soil amendment for gardening.
- Meatless Mondays continue, reducing SCC's carbon footprint related to growing, processing, and transporting meat. The cafeteria uses hormone-free, antibiotic-free chicken in meals for patients, staff and visitors, promoting a healthy diet for all. Labeling of beverages and nutrition information for entrees help staff and visitors make informed decisions about their food choices.
- SCC continued its initiative to eliminate use of Styrofoam products, this year replacing 104 cases of Styrofoam soup cups with recyclable paper cups.
- Plastic straws were eliminated from food service use and replaced with reusable aluminum straws. Plastic stirrers have been replaced by wood.
- Environmental services switched to a non-chemical product to maintain floors.
- SCC was awarded Practice Greenhealth's Emerald designation, its highest rating, for ongoing sustainability efforts.

**Goals for 2020:** SCC plans to install Thermal Solar Panels to provide hot water, reducing the hospital's use of natural gas by 50%. At that point 60% of the hospital's energy use will be produced by sustainable means. Styrofoam dinner plates for staff, visitor and patient use will be discontinued.

## Priority 5: Address the Social Determinants of Health

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 seeks 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. Some examples:

### Food Insecurity

- **Annual Food Drive** – Staff donated 300 pounds of non-perishable food to local food banks during the holiday season.
- **Mobile Food Pantry** - SCC became a drop-off site for the Cape Organization of the Rights of the Disabled Mobile Food Pantry. The program is open to anyone with a disability regardless of town of residence. Presently the van comes once a month.

### Employment/Career Development

Cape Cod is challenged by a health care workforce that is aging along side of the general population, limited career and education options for professionals, a shortage of young families, a largely seasonal economy, and a high cost of living. SCC participates in a number of initiatives to expose young people to health care career options and to create pathways to employment and career advancement for those seeking to improve their professional and economic situation.

- In FY19, 76 students participated in clinical education programs
- 21 students in physical, occupational, and speech therapy degree programs
- 43 students in Cape Cod Community College’s nursing program
- 4 students from the Upper Cape Vocational Technical School
- In DY19, 59 participated as observers. They came from local high schools as well as colleges across New England, exploring therapy, nursing and medical career options.

**Substance Use Disorder**

- **Brains at Risk** – SCC is the Cape Cod partner with the MA-Brain Injury Assn. and the criminal justice system to offer Brains at Risk, a court-mandated educational program targeting youth and adults charged or convicted with traffic violations associated with substance abuse. The hard-hitting program provides education on brain function and the impact of substance abuse on the brain and on society. The program increased from twice to four times a year and served between 80 - 100 persons.
- **Gosnold Partnership** – SCC began a partnership with Gosnold, the Cape’s largest provider of addiction services, to facilitate a pathway to recovery for inpatients admitted with current substance use issues. Once SUD is identified as a concern, the patient is given the option to meet with a Gosnold peer recovery specialist, who explains the range of services available in the community and makes recommendations for the level of care that would best meet the patient’s needs. The specialist also facilitates insurance authorizations, arranges for transport when necessary, and connects the patient with community providers for ongoing follow-up. Since the program began in April, 2019, ten of eleven referred patients (91%) met with the recovery specialist. Of the ten, seven (70%) confirmed they successfully transitioned to a recovery program; two had not transitioned due to admission to SNF, and one could not be reached.

INITIATIVE	TARGET POPULATION	COMMUNITY SERVED	ATTENDEES MEASURE	SPONSORSHIP	TOTAL
Brains at Risk	Persons charged or convicted with impaired driving	Cape Cod	80 - 100		\$1280
Peer Recovery Specialist	Inpatients with substance use disorder	Inpatients	10		\$2000
<b>Total</b>			<b>90 – 110</b>		<b>\$3280</b>

- **Community-based Support Groups** – SCC makes meeting space available at no charge to organizations dealing with substance abuse, food addiction, and gambling addiction as follows:

AA (weekly), Sober Sisters (weekly), Food Addicts in Recovery (weekly), Debtors Anonymous (4 times monthly).

**Use of Facility Space**

INITIATIVE	TARGET POPULATION	COMMUNITY SERVED	HOURS	SPONSORSHIP	TOTAL
Alcoholics Anonymous			Weekly		\$2600
Cape Cod Sober Sisters			Weekly		\$2600
Debtors Anonymous			Weekly		\$2700
Food Addicts in Recovery			Weekly		\$3900
<b>Total</b>					<b>\$11,800</b>

**Goal for 2020:** To provide resources to support community priorities and/or community agencies working to address social determinants of health outside the scope of SCC’s mission and capabilities, with a focus on creating educational opportunities and reducing isolation.

**Total value of all programs in FY19: \$219,854**