



# Memorial Hermann Health System Memorial Hermann Texas Medical Center 2022 Implementation Strategy

### **Executive Summary**

#### **Introduction & Purpose**

Memorial Hermann Texas Medical Center is pleased to share its Implementation Strategy Plan, which follows the development of its 2022 Community Health Needs Assessment (CHNA). In accordance with requirements in the Affordable Care Act and IRS 990 Schedule H requirements, this plan was approved by the Memorial Hermann Board of Directors on September 29, 2022.

This report summarizes the plans for 2022-2024 to provide community benefit programming that addresses the prioritized health needs identified in its 2022 CHNA. These include:

Memorial Hermann Pillars	Memorial Hermann Health System Prioritized Health Needs
Access:	Access to Healthcare
Emotional Well-Being:	Mental Health and Mental Disorder
Food as Health:	Diabetes, Heart Disease, Stroke, Obesity/Overweight
Exercise is Medicine:	Diabetes, Heart Disease, Stroke, Obesity/Overweight

The following additional significant health needs emerged from a review of the primary and secondary data: Older Adults and Aging; Cancers; Children's Health; and Women's Health. With the need to focus on the prioritized health needs described in the table above, these topics are not specifically prioritized efforts in the 2022-2024 Implementation Strategy. However, due to the interrelationships of social determinant needs many of these areas fall, tangentially, within the prioritized health needs and will be addressed through the upstream efforts of the prioritized health needs. Additionally, many of them are addressed within ongoing programs and services (and described in more detail in the CHNA report).

Memorial Hermann Texas Medical Center provides community health prevention and education initiatives that lay outside the scope of the programs and activities outlined in this Implementation Strategy. These initiatives are offered through a variety of venues to thousands of Houston residents seeking more information about their health.

The purpose of the CHNA was to offer a comprehensive understanding of the health needs in Memorial Hermann Texas Medical Center's service area and guide the hospital's planning efforts to address those needs. Special attention was given to the needs of vulnerable populations, unmet health needs or gaps in services, and input from the community. To standardize efforts across the Memorial Hermann Health System and increase the potential for impacting top health needs in the greater Houston region, community health needs were assessed and prioritized at a regional/system level. For further information on the process to identify and prioritize significant health

needs, please refer to Memorial Hermann Texas Medical Center's CHNA report at the following link: <a href="https://memorialhermann.org/locations/texas-medical-center/about-us/community-health-needs-assessment">https://memorialhermann.org/locations/texas-medical-center/about-us/community-health-needs-assessment</a>.

#### **Memorial Hermann Health System**

Charting a better future. A future that's built upon the HEALTH of our community. At Memorial Hermann, this is the driving force as we strive to redefine and deliver health care for the individuals and many diverse populations we serve. Our 6,700 affiliated physicians and 29,000 employees practice the highest standards of safe, evidence-based, quality care to provide a personalized and outcome-oriented experience across our more than 270 care delivery sites. As one of the largest not-for-profit health systems in Southeast Texas, Memorial Hermann has an award-winning and nationally acclaimed Accountable Care Organization, 17\* hospitals and numerous specialty programs and services conveniently located throughout the Greater Houston area. Memorial Hermann-Texas Medical Center is one of the nation's busiest Level I trauma centers and serves as the primary teaching hospital for McGovern Medical School at UTHealth Houston. For more than 115 years, our focus has been the best interest of our community, contributing more than \$411 in FY 20 through school-based health centers, neighborhood health centers, a nurse health line and other community benefit programs. Now and for generations to come, the health of our community will be at the center of what we do-charting a better future for all.

\*Memorial Hermann Health System owns and operates 14 hospitals and has joint ventures with three other hospital facilities, including Memorial Hermann Surgical Hospital First Colony, Memorial Hermann Surgical Hospital Kingwood and Memorial Hermann Rehabilitation Hospital-Katy. These facilities comprise 13 separate hospital licenses..

#### **Mission Statement**

Memorial Hermann Health System is a non-profit, values-driven, community-owned health system dedicated to improving health.

#### Vision

To create healthier communities, now and for generations to come.

#### **Our Values**

**Community**: We value diversity and inclusion and commit to being the best healthcare provider, employer and partner.

**Compassion**: We understand our privileged role in people's lives and care for everyone with kindness and respect.

**Credibility**: We conduct ourselves and our business responsibly and prioritize safety, quality and service when making decisions.

**Courage**: We act bravely to innovate and achieve world-class experiences and outcomes for patients, consumers, partners and the community.

The extensive geographic coverage and breadth of service uniquely positions Memorial Hermann to collaborate with other providers to assess and create healthcare solutions for individuals in Greater Houston's diverse communities; to provide superior quality, cost-efficient, innovative and compassionate care; to support teaching and research to advance the health professionals and health care of tomorrow; and to provide holistic health care that addresses the physical, social, psychological and spiritual needs of individuals. An integrated health system, Memorial Hermann is known for world-class clinical expertise, patient-centered care, leading-edge technology and

innovation. Supporting and guiding the System in its impact on overall population health is the Memorial Hermann Community Benefit Corporation.

The Memorial Hermann Community Benefit Corporation (CBC) implements initiatives that work with other healthcare providers, government agencies, business leaders and community stakeholders that are designed to improve the overall quality of life in our communities. The work is built on the foundation of four intersecting pillars: Access to Health Care, Emotional Wellbeing, Food as Health and Exercise is Medicine. These pillars are designed to provide care for uninsured and underinsured; to reach those Houstonians needing low-cost care; to support the existing infrastructure of non-profit clinics and federally qualified health centers; to address mental and behavioral care services through innovative access points; to work against food insecurity and physical inactivity; and to educate individuals and their families on how to access the services needed by and available to them. Funded largely by Memorial Hermann with support by various partners and grants, the work takes us outside of our campuses and into the community.

#### **Memorial Hermann Texas Medical Center**

Founded in 1925, Memorial Hermann-**Texas Medical Center** (TMC) is the primary teaching hospital for the McGovern Medical School at The University of Texas Health Science Center at Houston (UTHealth). Memorial Hermann-TMC provides leading-edge care in heart, neuroscience, orthopedics, women's health, general surgery, organ transplantation and much more. As one of only two certified Level I trauma centers in the greater Houston area, the hospital provides 24/7 emergency and trauma care. Memorial Hermann Life Flight® provides emergency rescue within a 150-mile radius.

The **Memorial Hermann Orthopedic & Spine Hospital** (MHOSH) brings Memorial Hermann's exemplary standards for patient safety, quality and excellence to a facility that is focused solely on orthopedic and spine care. Memorial Hermann Orthopedic & Spine Hospital is dedicated to the highest quality service with easy access and optimum outcomes for patients across Greater Houston undergoing orthopedic and spine surgery. From affiliated physicians to support personnel, the staff is specially trained and dedicated to helping patients undergo procedures that restore or improve functionality and allow them to return to an active lifestyle. The convenient central location and small size make it ideal for outpatient surgery and services such as knee, shoulder and hip pain treatments as well as rehabilitation. MHOSH specializes in: elective orthopedic surgery, neurosurgery for spine-related conditions, sports-related spine and orthopedic conditions and injuries.

Children's Memorial Hermann Hospital has provided the highest level of care to children and women across the region, and serves as the only hospital in Greater Houston capable of treating the entire family unit in the same facility, including neonatal, pediatric and adult specialists. Centers and specialties include Children's Heart Institute, Children's Neuroscience Center, Pediatric Digestive Health, Pediatric Ear, Nose & Throat, Pediatric Emergency Care, The Fetal Center, Pediatric General and Thoracic Surgery, NICU & Neonatal Care, Pediatric Ophthalmology, Pediatric Orthopedics, Pediatric Plastic and Reconstructive Surgery, Pediatric Transplant Center, Pediatric Urology, The Women's Center, and Pediatric Virtual Care.

Located in the dynamic and fast-growing Cypress area, **Memorial Hermann Cypress Hospital** brings the expertise of the Memorial Hermann Health System, including the region's top medical specialists, to families in the Cypress and Northwest Houston area. Affiliated, board-certified physicians and healthcare professionals employ advanced medical equipment and state-of-the-art technology to address the community's healthcare needs, from routine outpatient visits to complex inpatient procedures this 105-bed facility.

# **Summary of Implementation Strategies**

### **Implementation Strategy Design Process**

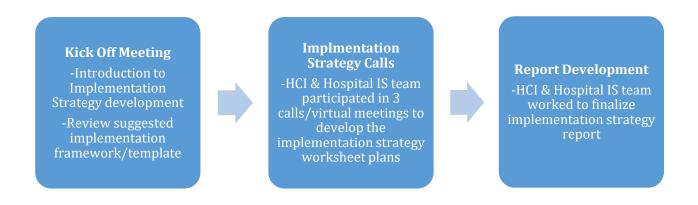
Memorial Hermann Texas Medical Center is dedicated to improving community health and delivering community benefit with the engagement of its management team, board, clinicians and staff, and in collaboration with community partners.

Following the identification of the six priority health needs, the Community Benefit team began subsequent work on implementation planning. Hospital contacts and participants were identified and representation included Memorial Hermann Texas Medical Center hospital leadership.

During initial planning meetings, representatives from HCI and Memorial Hermann Texas Medical Center reviewed the hospital's most recent implementation plan (2019-2022), noting strengths and areas of improvement to inform the development of the new implementation plans.

Hospital representatives from Memorial Hermann Texas Medical Center were invited to participate in an Implementation Strategy Kick-Off meeting. The meeting was offered on June 21, 2022, and June 23-2022, two separate times to accommodate schedules. A total of eighty participants attended from Memorial Hermann Health System. Following the initial planning meetings, Conduent HCI hosted a series of virtual meetings and email exchanges to finalize the implementation strategy report as shown in Figure 1.

Figure 1: Implementation Strategy Work Schedule



#### **Memorial Hermann Texas Medical Center Implementation Strategy**

The implementation strategy outlined below summarizes the strategies and activities that will be implemented by Memorial Hermann Texas Medical Center to directly address the health needs identified in the CHNA process. They include:

Memorial Hermann Pillars	Memorial Hermann Health System Prioritized Health Needs
Access:	Access to Healthcare  Strategy: Improve and expand opportunities for patient interactions to educate, provide access, and reduce costs for healthcare needs.
Emotional Well-Being:	Mental Health and Mental Disorders  Strategy: Increase awareness and availability of mental health services in the community to improve quality of life for patients, family members, and employees.
Food as Health:	Diabetes, Heart Disease, Stroke, Obesity/Overweight  Strategy 1: Provide educational and awareness opportunities that promote the prevention of diabetes.  Strategy 2: Provide educational and awareness opportunities that promote the reduction of heart disease, stroke, and the incidence of obesity/overweight.
Exercise is Medicine:	Diabetes, Heart Disease, Stroke, Obesity/Overweight  Strategy: Reduce the proportion of individuals who have diabetes, cardiovascular concerns, or who are overweight or obese through education on the importance of physical activity and exercise.

The Action Plan presented below outlines in detail the individual strategies and activities Memorial Hermann Texas Medical Center will implement to address the health needs identified though the CHNA process. The following components are outlined in detail in the tables below: 1) actions the hospital intends to take to address the health needs identified in the CHNA, 2) the anticipated impact of these actions as reflected in the Process and Outcomes measures for each activity, 3) the resources the hospital plans to commit to each strategy, and 4) any planned collaboration to support the work outlined.

# Memorial Hermann Texas Medical Center Implementation Strategy Action Plan

### Pillar 1: Access

Goal Statement: From 2022-2024, Memorial Hermann will implement initiatives that increase patients access to care to ensure they receive care at the right location, at the right cost, at the right time.

Hospital Focus Area/Priority: Access To Healthcare

Strategy: Improve and expand opportunities for patient interactions to educate, provide access, and reduce costs for healthcare needs

Programs/Activities	Responsible	Evaluation Measures	Data Source	Baseline	Process Measure Y1 Projected	Process Measure Y1 Actual
Activity: Nurse Health Line -Provide a 24/7 free resource via the Nurse Health Line that community members (uninsured and insured) within the greater Houston community can call to discuss their health concerns, receive recommendations on the appropriate setting for care, and get connected to appropriate resources.	Benefit Corporation – Nurse Health	# of calls from counties comprising the 12-counties that TMC serves	LVM Reporting	41,574	43,653	48,861
	Line	% Callers satisfied with the NHL (rating good or excellent)		98%	98%	98%
		% Callers who followed the NHL Advice		95%	95%	95%
	% Callers who will use the service again		99%	99%	99%	

Activity: ER Navigation Program (TMC) - Navigating uninsured and Medicaid patients that access the ER for primary care treatable and avoidable issues to a medical home.	Community Benefit Corporation – ER Navigation	# of Encounters  # of Referrals  Decline in ER visits post ER Navigation Intervention as opposed to pre at 6, 12, and 18-month intervals	LVM Reporting	3,870 4,398 6 month - 70% 12 month - 62% 18 month - 57%	3,870 4,346 6 month - 70% 12 month - 62% 18 month - 57%	3,093 2,800 6 month - 70% 12 month - 61% 18 month - 55%
Activity: ER Navigation Program (Cypress) - Navigating uninsured and Medicaid patients that access the ER for primary care treatable and avoidable issues to a medical home.	Community Benefit Corporation – ER Navigation	# of Encounters  # of Referrals  Decline in ER visits post ER Navigation Intervention as opposed to pre at 6, 12, and 18-month intervals	LVM Reporting	1,589  2,000  First year of implementation	1,589 2,000 6 month - 72% 12 month - 67% 18 month - 63%	1,147 1,488 N/A
Activity: MVP (Multi Patient Visit) Program - Collaboration with other area hospitals to identify patients with 10+ visits in a rolling 12-month period and connect them with needed resources to prevent need for recurring ED visits.	System Emergency Department  Community Benefit Corporation  TMC MVP Care Team	Patients that have been assessed and engaged	Cerner HIE	N/A	Reduce ED visits by 10% in year 1	Pre/Post 6 month systemwide – 13.9%

Activity: Financial Counseling	Financial	Dashboard to track	Healthquest	\$25.1M	\$25.9M	Monthly
program connects patients to	Counseling	connections for	RCA			conversion
Medicaid/social services.	team	patients that convert	Analytics			average for FY 23
		to dollars and volume				is \$23.7M; total
						conversion
						amount for the FY
						is \$284.4M.

- Short-Term: Increase awareness and knowledge of where to access services and connect patients/community to quality care
- Long-Term: Improve overall health outcomes of patients

# **Target/Intended Population(s):**

- Inpatient, outpatient
- Uninsured and under-insured
- Medicaid population

#### **Resources:**

- Greater Houston Safety-Net Provider
- Community Resource Centers (CRCs)
- Technology: marketing, social media, apps
- Telemedicine
- Nurse Health Line management and operations
- ER Navigation management and operations
- ER staff
- Financial counseling staff

- UT
- MHHS Community Hospitals
- Other area healthcare providers (Methodist, Harris Health)
- United Way

## **Pillar 2: Emotional Wellbeing**

**Goal Statement:** From 2022-2024, Memorial Hermann will implement initiatives that connect and care for community members that are experiencing a mental health crisis with: access to appropriate psychiatric specialists at the time of their crisis; redirection away from the ER; linkage to a permanent, community based mental health provider; and knowledge to navigate the system, regardless of their ability to pay.

### **Hospital Focus Area: Mental Health and Mental Disorders**

Strategy: Increase awareness and availability of mental health services in the community to improve quality of life for patients, family members, and employees.

Programs/Activities	Responsible	Evaluation Measures	Data Source	Baseline	Process Measure Y1 Projected	Process Measure Y1 Actual
Memorial Hermann Psychiatric Response Team - Memorial Hermann Psychiatric Response Team, a mobile assessment team, works 24/7 across the System and provides behavioral health expertise to all acute care campuses, delivering services to ERs and inpatient units.	MH Behavioral Health	# ED patients referred to outpatient care (TMC)  # ED patients referred to outpatient care (Cypress)	CARE4	374	297 250	224
Memorial Hermann Mental Health Crisis Clinics - Memorial Hermann Mental Health Crisis Clinics (MHCCs) are outpatient specialty clinics open to the community, meant to serve individuals in crisis situations or those unable to follow up with	MH Behavioral Health	# of patients  # Substance abuse screenings completed	CARE4	2,554 N/A	2,592 2,592	2617 2617
other outpatient providers for their behavioral health needs. Includes substance abuse screenings.		# PCP Referrals		438	321	359

Memorial Hermann Integrated Care Program - Memorial Hermann Integrated Care Program (ICP) strives to facilitate systematic coordination of general and behavioral healthcare. The program integrates evidenced based tools into the EMR for providers to screen patients for depression and suicide and refer to a behavioral health specialist efficiently.	MH Behavioral Health	# of patients  # Unique patients screened for depression (using PHQ9)	CARE4	N/A N/A	52,091 15,764	53,941 13,961
<b>Activity:</b> Employee Wellness Space to enhance overall wellbeing of employees/staff/personnel - "place of respite".	TMC Administrative Team	Project Process	Manual Reporting	New Project (0)	Define concepts Planning Year	

- Short-Term: Increase the proportion of individuals who are aware of mental health services and connect to resources
- Long-Term: Improve mental health

# **Target/Intended Population(s):**

- Community
- MH Employees

#### **Resources:**

- Human Resources Behavioral Health Services Employees
- Operating Resources Computers, EMR, and other documentation tools
- Capital Resources Offices and other facilities
- Community Partners

#### **Collaboration Partners:**

• Collaboration with all the Memorial Hermann Facilities, Leadership, Case Management, Medical staff, Community Service Providers, and other ommunity partners

### Pillar 3: Food as Health

Goal Statement: From 2022 – 2024, Memorial Hermann will implement initiatives that increase awareness of food insecurity, provision of food programs, and education that promotes the reduction/postponement of chronic disease.

Hospital Focus Area: Diabetes, obesity/overweight

Strategy 1: Provide educational and awareness opportunities that promote the prevention of diabetes

Programs/Activities	Responsible	Evaluation Measures	Data Source	Baseline	Process Measure Y1 Projected	Process Measure Y1 Actual
Activity: Quarterly healthy eating event combined with Farmers Market. Nutrition education provided to compliment farmers market and community needs of diabetes, stroke, obesity/overweight, heart disease.	FANS/Clinical Nutrition Leadership	# of attendees	Clinical Nutrition log	N/A	10 attendees	Change in dietitian, FANS leadership and catering manager delayed the start of this program. TMC did host 15 markets in FY 23. Will prioritize adding the nutrition eduction piece in Y2 plan.
Activity: Cypress Diabetes support groups Community events - on diabetes care/education virtual (Katy).	Marketing	# of attendees	Diabetes Education log	N/A	3 attendees	MHHS has transitioned to a system DM structure. Monthly diabetes support group = 80 participants.

Activity: TMC Diabetes support groups Community events - on diabetes care/education - virtual.	Marketing/ Diabetes Education	# of attendees	Diabetes Education log	85 attendees	90 attendees	American Diabetes Association Walk – 100 participants. Diabetes Awareness Day – 30 participants Diabetes Management with Paradigm Case Managers – 120 participants MHHS has transitioned to a system DM
, a cada						structure. Monthly
						diabetes
						support group = 80
						participants.
						American Diabetes
						Association
						Walk - 100
						participants. Diabetes
						Awareness Day
						- 30
						participants
						Diabetes
						Management

	with Paradigm Case Managers – 120
	participants

- Short-Term: Increase awareness of diabetes prevention materials and increase knowledge on how to prevent diabetes
- Long-Term: Reduce the burden and incidence of diabetes, thereby improving quality of life

# **Target/Intended Population(s):**

- Community members
- Patients
- Staff

#### **Resources:**

- American Diabetes Association (ADA) in-kind educational materials
- Technology- apps, social media for diabetes education
- Diabetes support groups @ Cypress campus (Diabetes Educators)
- Registered Dieticians (RD)
- National Diabetes Organization- partnership providing educational materials (finger-pricks), online information, in-person instruction
- Community Farmers Market
- Nursing education/diabetes educator

- American Diabetes Association
- National Diabetes Organization

### Pillar 3: Food as Health

Goal Statement: From 2022 – 2024, Memorial Hermann will implement initiatives that increase awareness of food insecurity, provision of food programs, and education that promotes the reduction/postponement of chronic disease.

Hospital Focus Area: Heart Disease/Stroke/Overweight/Obesity

Strategy 2: Provide educational and awareness opportunities that promote the reduction of heart disease, stroke, and the incidence of obesity/overweight.

Programs/Activities	Responsible	Evaluation Measures	Data Source	Baseline	Process Measure Y1 Projected	Process Measure Y1 Actual
Activity: Heart Health Symposium	Marketing	# of attendees	Marketing	N/A	15	50 attendees
Activity: Food labeling in cafes	Morrison/ Clinical Nutrition Leadership	% of items labeled	MyDining	N/A	10% of food items labeled	All grab n go items labeled with full nutrition label. All stations with digital display boards have calories listed on main items offered at station. Fountain drinks have calorie information displayed. Baked goods have caloried information displayed. Total estimation is 75% of food items labeled in Cafes.

Activity: Social media campaign through	Marketing	# of views on	Social media	4500 total	4545 total views	2 campaigns in FY
Children's Memorial Hermann Hospital to		social media	analytics	views		23.
promote congenital heart disease information		sites				Campaign 1:
and how to manage with a healthy diet.						March, 23
						2306 views on
						landing page;
						166,880 reached,
						Campaign 2: Feb-
						Mar, 23
						1022 views on
						landing page;
						78,784 reached.

- Short-Term: Increase awareness and education about the factors that are known to increase heart disease/stroke
- Short-Term: Increase knowledge and education on how to read food labels to select healthier options
- Long-Term: Improve cardiovascular health and reduce overweight/obesity rates within the community

# Target/Intended Population(s):

- Community members
- Patients
- Staff
- Youth

#### **Resources:**

- Marketing
- UT Physicians
- Social Media sites

- American Diabetes Association
- American Heart Association
- Academy of Nutrition and Dietetics

### Pillar 4: Exercise as Medicine

Goal Statement: From 2022 – 2024, Memorial Hermann will implement initiatives that promote physical activities that promote social cohesion, emotional well-being, and the reduction/postponement of chronic disease.

Hospital Focus Area: Heart disease/Stroke/Overweight/Obesity

Strategy: Reduce the proportion of individuals who have diabetes, cardiovascular concerns, or who are overweight or obese through education on the importance of physical activity and exercise

Programs/Activities	Responsible	Evaluation Measures	Data Source	Baseline	Process Measure Y1 Projected	Process Measure Y1 Actual
<b>Activity:</b> Virtual Weight loss event (Cypress)	Marketing	# of Attendees	Marketing Log	0	5 attendees	
<b>Activity:</b> Social media campaign (CMHH) utilizing pediatric healthcare providers to encourage family activities and health exercise.	Marketing	# of views on social media sites	Social Media Analytics	4500 total views	4545 total views	30 second vignette aired on KTRK Medical Moment: Heart Healty Tips. Reached 1,261,100 households.
Activity: Stoke awareness education fair. Host within TMC facility annually with visibility to staff, visitors, physicians. Activities include blood pressure checks, stroke risk assessment and awareness, diabetes awareness, speech and occupational therapy education.	Stroke team	# of Attendees	Event check in	15	20 attendees	114 stroke risk assessments completed at event. Other metrics include: 277 blood pressure screenings, 90 nutrition counselings, 91 BMI measurements

Activity: Mobile stroke Ambulance – Contains CT	Finance/ TMC	# of	EHR	N/A	150	Mobile stroke
inside ambulance for better in the field stroke care.	Campus Leadership	transports				unit was
						involved in an
						accident in FY
						23 and is still
						under repair.
						Should be
						operational in
						October 2023
						and available
						to provide
						care.

- Short-Term: Increase awareness and education for diabetes, heart disease, stroke, obesity/overweight and the impact physical activity can have to support healthy living
- Short-Term: Increase awareness of how to identify symptoms of a stroke and how to access care quickly
- Long-Term: Reduce the incidence of heart disease/stroke and obesity/overweight in the community to impact community health

# **Target/Intended Population(s):**

- Community members
- Patients
- Staff

#### **Resources:**

- Memorial Hermann Foundation
- American Diabetes Association (ADA) in kind educational materials
- Marketing
- Technology
- Registered Dieticians (RD)
- Morrison food contract vendor

- American Diabetic Association
- American Heart Association
- UT Physicians
- Social Media Sites