

## McLaren Macomb Implementation Plan

The top four top health issues overall population groups were identified as high blood pressure/heart disease, diabetes, cancer and unintentional injuries/trauma. The health findings were prioritized based upon the secondary data gathered. Those that consumed over 250 deaths in Macomb County per year and with death rate occurrences higher than the state of Michigan death rates were give top priority. These prioritized health issues aligned with the data collected from our community target populations. The top ranking health issues for the survey populations were: High blood pressure, diabetes and cancer respectively for the surveyed populations overall, Senior citizens and African Americans. The Hispanic population reported Diabetes, High Blood Pressure and Heart Disease as the top three health concerns.

Currently, McLaren Macomb offers the following community programs for these identified risk areas:

### High Blood Pressure/Heart Disease:

- Community presentations;
- Blood pressure screenings at community fairs; and
- Education at community health fairs.
- Health Fitness Assessments

### Diabetes:

- Diabetes support group that meets eight times per year;
- Annual community diabetes expo;
- Pre-diabetes class that are free to the community; and
- Community and guest presentations on local cable regarding diabetes education.

### Cancer:

- Free community screenings for colorectal cancer, lung cancer, and prostate;
- Free mammograms for indigent women;
- Smoking cessation classes;
- Road to Recovery – transportation for cancer patients;
- Support groups, including:
  - Sisters of Support (breast cancer);
  - Look Good/Feel Better (cosmetic advice for women battling cancer);
  - Kids Kicking Cancer (martial arts therapy and training for children with cancer);
  - Healing Arts (art therapy for cancer patients); and
  - Colorectal Cancer Advocate Program.
- Participation in Relay for Life, sponsored by the American Cancer Society.

#### Trauma:

- Fall Prevention education
- Bike Helmet Fit screenings
- Bike Helmet donations – over 300 helmets distributed to community members
- Safe Driving education
- Personal Safety education
- Trauma Care education
- Bike Safety education
- Internet Safety education
- Injury Prevention education
- Distracted Driving education, presentations and simulator
- Balance screening and educational courses
- BP screenings

#### Obesity:

An additional health issue that will be targeted is obesity. As obesity is classified as a co-morbidity health risk and contributes to high blood pressure, cancer and diabetes, McLaren Macomb will initiate a weight loss program. This program will address behavioral habits and education on healthy eating over an eight week program commencing in January 2014.

### **Indigent Health Care**

McLaren Macomb's Medical Outreach Clinic (MOC) provides free medical services to residents of Macomb County who are without medical insurance and are unable to pay for their care.

The MOC is a 40-foot vehicle designed to transport medical staff and equipment to provide primary care services. The MOC serves as a medical office on wheels with two exam rooms, a reception and charting area, restroom and counseling area.

It is staffed with medical students, at least one resident physician, an attending physician, a medical assistant, project coordinator and driver. Currently, the MOC travels to five different sites in Macomb County.

By helping people who can't afford medical care, the MOC facilitated 1,756 patient visits last year, including 166 new patients. Patients are treated for acute illness, chronic disease management, offered preventive care and provided medical counseling.

When diagnostic testing is needed, patients are sent to McLaren Macomb. Fees for basic diagnostic testing are usually waived for patients who meet poverty guidelines and do not have health insurance. If a serious health crisis is diagnosed, the MOC staff works with surgeons and other specialists, who sometimes donate their services, to help patients.

### **Continued Efforts for Patient Care**

McLaren Macomb will continue to offer the above programming with expanded outreach efforts to inform the community of the programs available. In addition, as heart disease is the number one cause of death in Michigan, McLaren Macomb offers a broader range of heart disease prevention programs, which high blood pressure is an indicating causal factor. These programs include:

- Preventive cardiology exercise programs;
- Free peripheral arterial disease testing;
- Participation in Community Fit Events, including free or minimal-fee ECG testing for young athletes for Idiopathic cardiomyopathy;
- Health Fitness Assessments
- Bi-monthly Heart Failure support group.

In addition, community seminars and educational materials will be distributed through the Macomb County through the *In Good Health*, a bi-monthly McLaren Macomb publication, the Lakeside Walking Club and the Living Better Club. Further community venues will be identified to reach target and underserved populations.

The MOC will continue to operate to provide care for indigent community members. The MOC staff is currently working on establishing a sixth site.