

Inova Mount Vernon Hospital and Inova Ambulatory Surgery Center at Lorton CHNA Implementation Strategy

Adopted by Inova Health Care Services Board on December 15, 2022.

This document describes how Inova Mount Vernon Hospital and Inova Ambulatory Surgery Center at Lorton (IMVH/IASCL) plan to address needs found in the Community Health Needs Assessment (CHNA) published on September 29, 2022. This Implementation Strategy describes the planned initiatives for calendar (tax) years 2023 through 2025. The CHNA was undertaken to understand community health needs and in accordance with regulations promulgated by the Internal Revenue Service pursuant to the Patient Protection and Affordable Care Act, 2010. This Implementation Strategy addresses the community health needs described in the CHNA report that can be met in whole or in part. Inova Mount Vernon Hospital and Inova Ambulatory Surgery Center at Lorton recognize that a CHNA and an Implementation Strategy are required to meet current government regulations.

Inova reserves the right to amend this Implementation Strategy as circumstances warrant. For example, certain needs may become more pronounced and require enhancements to the described strategic initiatives. During the years 2023 through 2025, other organizations in the community may decide to address certain needs, indicating that strategies should be amended to refocus on other identified health problems.

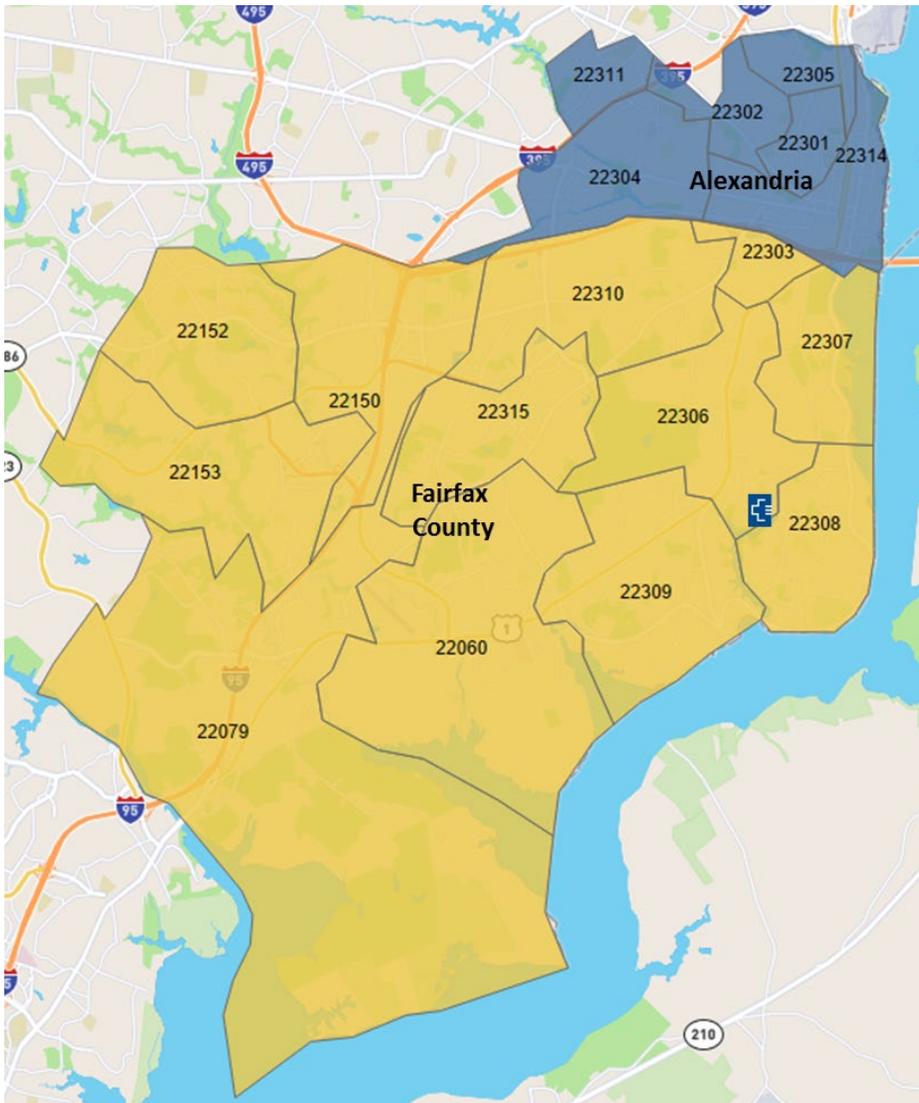
Hospital Facility Mission Statement

Inova Mount Vernon Hospital and Inova Ambulatory Surgery Center at Lorton are committed to supporting Inova's mission, "to provide world-class healthcare – every time, every touch – to each person in every community we have the privilege to serve," by offering a wide range of community benefits, clinical services and partnerships.

Definition of the Community Served

Inova Mount Vernon Hospital is a 249-bed community hospital that serves parts of the City of Alexandria and Fairfax County and serves as a regional resource for rehabilitation care. The hospital provides an array of medical and surgical services, including the Inova Joint Replacement Center, the Inova Rehabilitation Center, the Inova Wound Healing Center, and others. Inova McLean Ambulatory Surgery Center is a full-service ambulatory outpatient facility located in Lorton. IASCL is licensed by the state of Virginia, certified by Medicare, accredited by AAAHC and is also a member of the Ambulatory Surgery Center Association. The IMVH/IASCL community includes portions of Fairfax County and the City of Alexandria. In 2022, the 18 ZIP codes that comprise the hospital's community accounted for over almost 68% of its discharges and 74% of its emergency department visits. This defined community reflects a smaller proportion of patients than may normally be assessed due to the hospital's role as a regional referral center for rehabilitation care. Patients from across Northern Virginia and the Washington D.C. metropolitan area receive rehabilitation services at Inova Mount Vernon Hospital.

The following map portrays the community served by IMVH/IASCL.



Source: Tableau and Inova Health System, 2022

Summary information regarding the community is as follows:

- 67.9% of 2022 discharges originated in the community
 - 7.0% from the City of Alexandria
 - 60.9% from Fairfax County
- Total population in 2020: 300,296
- Projected population change between 2020 and 2025: 3.7%
 - 17.1% in the 65+ population
- Comparatively favorable health status and socioeconomic, but pockets of poverty and specific community health problems found to be present
 - While poverty rates in the community were lower than the Virginia average, considerable variation in poverty rates is present across racial and ethnic categories.
 - Poverty rates across the community have been comparatively high for African American, Hispanic/Latino and Asian residents.

Additional information regarding community demographics, identified health needs and related issues is included in the CHNA report.

Selection of Priority Community Health Needs

The 2022 CHNA found that numerous health status and access issues are present in the community. The following issues were identified as significant health needs for the IMVH/IASCL community (in alphabetical order):

- Chronic Conditions
- Economic Stability
- Healthcare Access
- Mental Health
- Neighborhood and Built Environment
- Tobacco and Substance Use and Abuse

Upon review of Inova's five CHNA results, there were clear lines of agreement from the data and community input, in that four of the top health needs were identified in every community served. Of those, Inova chose to focus on the top three areas in each region: Healthcare Access, Mental Health and Economic Stability. Selecting these three overarching areas for all five of Inova's hospitals allows for system initiatives that impact priority areas, as well as tailoring at the community level. For example, while all hospital communities will focus on improving healthcare access, the key action steps and activities may look very different from one community to another. This also recognizes that Inova hospital communities overlap, and this will reduce duplication and increase impact. Additionally, the areas selected align with priority areas selected by statewide groups and local community health improvement efforts.

- Healthcare Access
 - The ability to use high quality and affordable health services in a timely manner is critical to maintaining good health and well-being. Measures include the percentage of adults and children with insurance, preventative screenings and preventable hospital stays. This category also encompasses issues such as cultural awareness, language and transportation barriers, etc.
- Mental Health
 - Mental health is important at every stage of life and includes conditions and illnesses that affect emotional, psychological and social well-being. This category includes depression and suicide rates, self-reported poor mental health, frequency of mental distress and mental health provider ratios. The Implementation Strategy will also include substance use and abuse, as they are intertwined.
- Economic Stability
 - Economic stability considers an individual or family's ability to afford and meet basic needs. This category considers local poverty rates, income inequality and unemployment. The Implementation Strategy will include approaches to improve health by addressing economic factors that affect individual's and communities' ability to achieve overall wellness.

All CHNA Implementation Strategies will be considered through the lenses of health equity, anti-racism and social determinants of health. This approach, first implemented in 2020, ensures Inova's efforts reduce disparities and address upstream causes of health outcomes.

CHNA findings were reviewed by the Mount Vernon Health Equity Community Action Committee which includes representation from Inova; Fairfax County; the Federally Qualified Health Center and local non-profits and social service organizations. The Action Committee concluded that the Implementation Strategy for 2022 – 2025 should focus major efforts on the key action areas described below.

MENTAL HEALTH		
Action Area	Strategies	Partners
Provide culturally responsive mental health supports and services to Mt. Vernon residents	Partner to increase community level mental health trainings for community members, CHWs, care navigators, and ambassadors	Healthcare, non-profit partners, government
	Collaborate and grow partnerships with smaller non-profits focused on mental health services to broaden outreach and service delivery	Non-profits, healthcare
	Partner to increase pipeline mental health careers for youth and young adults – mental health workforce development	Behavioral healthcare, FCPS, non-profit partners, job trainers, recruiters
	Partner to develop culturally accessible communication channels for all Mt. Vernon residents	Healthcare, non-profits, cultural community centers and groups

HEALTHCARE ACCESS		
Action Area	Strategies	
Identify structural healthcare barriers (i.e. transportation, clinic schedule hours, customer service)	Collaborate and create a community resource that provides details of healthcare facilities in the Mt. Vernon area and what they offer – translating into multiple languages	Community members, healthcare, county, non-profits, local businesses, government
	Partner to address the increase in transportation gaps and opportunities for Mt. Vernon/Richmond Highway corridor residents	
	Partner to develop a recognition for community that communicates a facility or provider is culturally responsive and appropriate (identifying places that are allies or safe spaces)	Healthcare, non-profits, FCPS, government, advocates
Increase health and technology literacy programs and resources for Mt. Vernon/Richmond Highway residents	Partner with WISH and Hybla Valley Community center to provide workforce development and capacity building trainings, programs, and resources	Community centers, job trainers, recruiters, healthcare
	Partner to provide community-level education opportunities on various healthcare topics for CHWs, navigators, and community members	Health literacy ambassadors, local schools, businesses, healthcare, CHWs

ECONOMIC STABILITY		
Action Area	Strategies	Partners
Collaborate with community stakeholders to increase community-based trainings for workforce development and strategic capacity building	Partner and develop training opportunities in strategic areas for Mt. Vernon/Richmond Highway residents (ex: financial workshops, owning a small business, etc)	Local businesses, workforce development centers, community stakeholders
	Partner and collaborate to identify and provide wrap-around services that would increase community participation in training and education opportunities	Community centers, faith based organizations, FCPS
Identify grants opportunities that improve economic and community stability	Partner with community stakeholders and community members to identify grant opportunities that increase development/presence of community gardens, art installations, playground and street beautification, etc.	Community stakeholders, local businesses, healthcare, non-profits, universities, community centers, FCPS

While some health needs were identified as significant but not prioritized for expanded support or activity, Inova plans to continue current community benefit programs that address them.

1. Continue to provide culturally competent and linguistically appropriate services for racially, ethnically and linguistically diverse populations, including services for Hard-of Hearing and Hearing-Impaired populations, and to support health outreach and education to targeted populations to address health disparities.
2. Continue to address the needs of the Fairfax community for primary care medical homes through the Inova Cares Clinic for Families and Inova Medical House Calls, for OB/Gyn care through the Inova Cares Clinic for Women, for pediatric care through the Inova Cares Clinic for Children and for mental health care through the Inova Cares Clinic for Behavioral Health.
3. Offer primary medical, mental health, substance abuse and case management services to people living with HIV along with compassionate HIV/AIDS prevention and education services through the Inova Juniper Program.
4. Participate in Partnership for a Healthier Alexandria and Partnership for a Healthier Fairfax, and partner with the City and County on initiatives that improve the health of the community, including activities that target improving social determinants of health.
5. Continue the services of Inova Ewing FACT Department, which provides acute and non-acute forensic exams and support for victims of sexual assault, intimate partner violence, strangulation, child abuse and elder abuse.
6. Continue to provide services to the community including Medicaid enrollment through the Partnership for Healthier Communities, healthy eating and food access through the Healthy Plate Club, care coordination for children with disabilities through Care Connection for Children, and care management for older adults through the ElderLink partnership.

7. Continue to support the Health Equity Steering Committee of leaders who oversee the implementation of health equity efforts at Inova, as well as the Mount Vernon Health Equity Community Action Committee which gathers stakeholder input to deliver health equity projects in the community.

Health Needs the Hospital Will Not Address

No hospital facility can address all health needs present in its community. IMVH/IASCL are committed to enhancing clinical services and providing a range of community benefits and will continue to seek opportunities to leverage community partnerships to meet the diverse health needs of the community. The Implementation Strategy focuses on meeting the priority and specified community health needs described above. Topics such as immunizations and infectious disease; maternal, infant, child and youth health; and sexual and reproductive health are not covered as priority target areas in this plan. Even so, there are many activities in these areas throughout the Inova system.

Implementation Strategy Development Collaborators

In developing this Implementation Strategy, IMVH/IASCL collaborated with the other Inova hospitals (Inova Alexandria Hospital, Inova Loudoun Hospital, Inova Fairfax Hospital, Inova Fair Oaks Hospital), surgical centers (Inova Franconia-Springfield Surgery Center, Inova Loudon Ambulatory Surgery Center, Inova McLean Ambulatory Surgery Center, Inova Northern Virginia Surgery Center), and the Mount Vernon Health Equity Community Action Committee which includes representation from Inova, Fairfax County Health Department, Fairfax County Department of Neighborhood and Community Services, Fairfax County Public Schools, Fairfax County Social Services, the local Federally Qualified Health Center, local non-profits and social service organizations and Mt. Vernon/Richmond Highway Corridor residents.