

**Burke Rehabilitation Hospital**  
**2014 Community Service Plan update**

Burke Rehabilitation Hospital's 2013-2015 Community Service Plan details the scope of the hospital's three-year plan of action for creating stronger and healthier communities as part of the state's five-year Prevention Agenda. ([Click here](#) for the full report.) In accordance with the New York State Department of Health requirements, Burke has submitted its 2014 Community Service Plan Update.

In 2013, Burke, in collaboration with other local health care organizations, was required to select at least two of the five priorities outlined by the Prevention Agenda and implement a three-year strategy for addressing those issues. Burke and a 16-member Hospital Planning Committee selected prevent chronic diseases by reducing the percentage of people dying prematurely from heart-related deaths, and promote healthy women, infants and children by increasing breastfeeding. These initiatives were selected based on each of the hospitals' service areas, the county's make-up and results from residents' reported health needs.

Burke Rehabilitation Hospital will be utilizing internal resources as well as relying on external partners to address the community health needs indicated by the state, county and survey respondents. Burke's fulfillment of the action items are detailed in this section.

## **Background**

### **Burke's Service Area**

Burke Rehabilitation Hospital defines the county of Westchester as our primary service area for community/local health planning. The service area was developed using historical data including referral patterns, census information and zip codes.

According to the most recent estimates from the U.S. Census Bureau, Westchester County's population was 968,802 in 2013. Since the last census in 2010, Westchester's population has stayed relatively stable with only a 2.1% increase.

The 2013 estimates are that 15.4% of Westchester residents are over age 65.

Burke Rehabilitation Hospital is not an acute care community hospital but a specialty, freestanding acute medical rehabilitation hospital. It also has an Outpatient division, with clinics on the main campus in White Plains, as well as in the Bronx, Mamaroneck, Purchase, Somers and Yonkers. The last two clinics opened in 2013 to address the growing demand for outpatient physical therapy services.

Burke treats approximately 2,925 inpatients each year, which are referred from acute care/community hospitals in Westchester, Putnam and Rockland counties, New York City and the tri-state area. These

relationships with other hospitals allow Burke to collaborate on patient and community education programs as well.

In 2013, Burke treated 10,930 inpatients and outpatients. Of these, 10,299 were from New York State. There were 7,838 from Westchester County, 306 from Putnam County, 134 from Dutchess County, 79 from Rockland County, and 173 from Long Island.

A total of 1,679 were from New York City. There were 1,017 from the Bronx, 379 from Manhattan, 166 from Queens, 104 from Brooklyn and 13 from Staten Island. There were 182 from the rest of the state.

Patients also hailed from Connecticut (408), New Jersey (72) and outside the tri-state area (149).

In 2013, Burke's average population age was 65.

### **First Prevention Agenda Priority Area: Prevent Chronic Diseases**

Within this prevention area, Burke is focused on increasing access to high-quality chronic disease preventative care and management in clinical and community settings. Burke's main intervention is to increase participation of adults with arthritis, asthma, cardiovascular disease or diabetes in a course or class to learn how to manage their condition.

The process measures being used to monitor progress are:

- The number and type of evidence-based initiatives offered by partners
- Number of participants in evidence-based initiatives offered by partners
- Percent of adults with one or more chronic diseases who have attended a self-management program
- Number of referrals to evidence-based initiatives from health care professionals
- Number and percent of adults among the focus population who have attended EBIs

The target population for this intervention includes individuals within the Burke geographical area, as indicated above, who have or are at risk for chronic diseases such as arthritis, heart disease, pulmonary disease, etc. Burke expects to reach 5,100 people by the end of the first year of these activities. The actual number reached was 5,039, which puts the hospital very close to its target number. Currently, Burke is not addressing any type of disparity with this intervention.

For this intervention, there was some baseline data collected, which was done, on average, on a quarterly basis. To this end, Burke is on track with the implementation schedule.

The current partners for this implementation include the employees of the hospital, as well as businesses, media, government and community-based organizations that in the mental and behavioral health and youth sectors, as well as local coalitions. These partners take on varied roles, including helping to coordinate intervention, conducting educational activities, providing a health service, funding the intervention and assisting with advocacy.

Overall, the partners for this intervention have been engaged in the process. Burke has had numerous successes in engaging these partners, including allowing the hospital to make clear progress on the priority and enabling it to offer intervention activities to the target population. The challenges have been that few help contribute staff time to help with the program. Burke does not, at this time though, need help in sustaining these partnerships.

There have been both successes and challenges in implementing this intervention.

Successes include:

- Identifying the issue to be addressed
- Educating the community about the problem
- Engaging community leaders to address the problem
- Establishing clear goals

Challenges include:

- Developing data collection methods
- Establishing clear implementation timelines
- Reviewing and monitoring progress with partners

### **Second Prevention Agenda Priority: Promote Healthy Women, Infants and Children**

Within this Prevention Agenda priority area, Burke is focused on Maternal and Infant Health. Burke's main intervention is to increase the number of breastfed infants attending Montessori Children's Center on the Burke Rehabilitation Center campus in White Plains, as well as encourage Burke employees who are mothers to provide breast milk to their infant (through pumping), for at least the first 6 months of the child's life.

The measures being used to monitor progress on this intervention include the number and demographics of women reached by the policies and practices that support breastfeeding. In addition, Burke has partnered with the Montessori Children's Center to create a strategy to promote breastfeeding during the first six months of an infant's life. A survey was created to monitor the results.

The target population for this intervention is Burke's same service area, as indicated above, which includes White Plains as well as surrounding areas in Westchester County. The expected number of people to be reached by the end of the first year of activities is approximately 730 people, which includes both Burke employees and parents of Montessori students. Burke is happy to report that it has reached this goal.

Though the target goal was met, Burke is currently addressing a disparity within this intervention. Burke is a regional adult rehabilitation center and therefore does not have a maternity unit. Plus, since nearly all patients are over the age of 18, there is minimal exposure to newborns.

The target population is within a specific neighborhood, including Burke itself and the Montessori Center, also on Burke's campus. Baseline data was not collected for the process measures selected. Currently, Burke is on track with the implementation schedule.

Current partners in this intervention include the employees at Burke Rehabilitation Center as well as the Montessori Children's Center on Burke's campus. The role of these partners includes: coordinating the intervention, conducting educational activities, providing a health service, allowing access to their site and population and assisting with advocacy.

Overall, both Burke employees and the Montessori Children's Center have been engaged throughout this intervention. This enables Burke to offer intervention activities to our target population, which in this case, includes the breastfeeding mothers at the Montessori Children's Center.

The hospital has, however, experienced some challenges in keeping members of the partnership engaged. For example, it is often difficult to coordinate time to discuss our community partnership with Montessori Children's Center. It is a busy child care center and their top priority is to focus on the children during our business hours. This leaves little time for collaboration. At this time, however, Burke does not need help in developing or sustaining this partnership.

Successes include:

- Identifying the problem to be addressed
- Educating the community about the problem
- Defining the target population
- Establishing clear goals

Challenges include:

- Developing data collection methods
- Establishing clear implementation timelines and milestones
- Reviewing and monitoring progress with our partner

## **Conclusion**

The priorities, focus area, goals and interventions correctly reflect the plan submitted in 2013.

Burke is currently finding that it has been much more successful in implementing the first initiative, "preventing chronic diseases," as it aligns with many of the programs offered at Burke, versus the second initiative. The second initiative chosen, "promote healthy women, infants and children by increasing breastfeeding," has been challenging. Burke is not an acute care hospital and therefore does not have a maternity unit. It is difficult to implement beyond working with employees and the parents of the children at the Montessori Children's Center on the Burke campus.

To access the 2013-2015 Community Service Plan, [click here](#).

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