

**HOSPITAL ADVISORY COUNCIL  
Regular Quarterly Meeting  
Wednesday, November 18, 2015 at 2:30 p.m.**

Location: Oklahoma State Department of Health building  
1000 NE 10<sup>th</sup> Street, Room 307  
Oklahoma City, OK 73117  
Telephone: 405-271-6576

**Meeting Minutes**

The Hospital Advisory Council Regular Meeting Notices for the calendar year 2015 were filed with the Oklahoma Secretary of State's (SOS) website located at [www.sos.state.ok.us/meetings.htm](http://www.sos.state.ok.us/meetings.htm) and the Oklahoma State Department of Health's (OSDH) website located at [www.mfs.health.ok.gov](http://www.mfs.health.ok.gov) on December 10, 2014.

The agenda for this regular meeting was posted on the OSDH website and at the OSDH building's front entrance on Tuesday, November 17, 2015.

**1. Call to Order**

Dr. Bell, Chair called the meeting to order at approximately 2:35 p.m.

**2. Roll Call**

Devyn Tillman called roll. The following members were present when roll was called: Stanley Alexander; Heather Bell, DO; Dale Bratzler, DO; Tricia Horn; Darin Smith; Dave Wallace; Susan Dragoo. A quorum was present.

The following members were absent: Jay Gregory, MD.

Identified OSDH staff members present were: Nena West, Administrative Program Manager; Henry F. Hartsell, PhD, Deputy Commissioner; Terri Cook, Administrative Program Manager; Rachel Battles, Administrative Assistant; Diana Wheatley, Administrative Assistant; Devyn Tillman, Administrative Assistant II.

Identified guests: LaWanna Halstead, Oklahoma Hospital Association; Gayla Middlestead, TMF; Jonathan Rule, Integris Baptist Health Center.

**3. Approval of the August 19, 2015 Regular Meeting Minutes.**

*Dr. Dale Bratzler made a motion to approve the August 19, 2015 regular meeting minutes. Mr. Stanley Alexander seconded the motion. The motion carried.*

<b>Ayes:</b>	<b>Nays: 0</b>	<b>Abstain: 0</b>	<b>Absent:</b>	<b>Motion Carried:</b>
Stanley Alexander		Aye	Jay Gregory, MD	Absent
Heather Bell, DO		Aye	Darin Smith	Aye
Dale Bratzler, DO		Aye	Dave Wallace	Aye
Susan Dragoo		Aye		
Tricia Horn		Aye		

**4. Presentation: Oklahoma Challenge for Healthy Aging: Living Longer Better**

Dr. Henry F. Hartsell, Jr., Ph.D.-Deputy Commissioner of Protective Health Services presented the Oklahoma Challenge for Health Aging: Living Longer Better. This was a result of Governor Mary Fallin’s first healthy aging summit in which representatives from several organizations across the State came together to discuss ways to address the challenges of health aging in Oklahoma. A copy of this power point is attached to this meeting summary.

To learn more about this Challenge or to take the pledge - please click the following link:

[https://www.ok.gov/health/Protective\\_Health/Quality\\_Improvement\\_and\\_Evaluation\\_Service/Living\\_Longer\\_Better/Summit/index.html](https://www.ok.gov/health/Protective_Health/Quality_Improvement_and_Evaluation_Service/Living_Longer_Better/Summit/index.html)

**5. Report HealthCare Associated Infection Division**

- Ms. Harriet Cooper and Ms. Tanya Cates were not present due to attending a Healthcare Associated Infection Conference in Atlanta, GA. Mr. Lee Martin reported they were currently working on compiling and comparing the data for the 2014 Hospital Annual Report. This information should be ready to review at the 1<sup>st</sup> quarterly meeting of 2016.

**6. Updates:**

- **Good Samaritan Workgroup Meeting**  
 Dr. Bell reported she will have more to report on after this group meets at their next meeting scheduled for February 2016.
- **OTERAC/Stroke Workgroup Meeting held on November 3, 2015**  
 Dr. Timothy Cathey was not present at today’s meeting to report on the results of this workgroup meeting.
- **Facility Services Division**  
 Mr. Martin reported the Department is now working on the Quality Initiative in working with the Hospital Association on the Department’s Plan Review Process. The group has worked through the Plan and Do stages of the Quality Process and are now beginning to Act on the processes that have been put into place. The facilities will be able to move forward submitting their plans review submittals. Devyn will email a link to the group following this meeting for the forms that have been posted on this website. Mr. Martin asked for recommendations for the Council’s Hospital Administrator vacancy so that these can be submitted to the Board of Health’s upcoming meeting.

There was a question from a Council member who wanted to know about survey protocol and in particular why other hospitals in Oklahoma are being cited deficiencies and what citations are being cited. Mr. Martin suggested that those questions should be emailed, with the specifics, to the Department at: [medicalfacilities@health.ok.gov](mailto:medicalfacilities@health.ok.gov).

**7. For Review and approval: CY 2016 Regular Quarterly Meeting Dates**

- Thursday, February 18, 2016 @ 2:30 p.m. in Room 307
- Thursday, May 19, 2016 @ 2:30 p.m. in Room 307
- Thursday, August 18, 2016 @ 2:30 p.m. in Room 307
- Thursday, November 17, 2016 @ 2:30 p.m. in Room 307

*Mr. Stanley Alexander made a motion to approve the August 19, 2015 regular meeting minutes. Dr. Dale Bratzler, DO seconded the motion. The motion carried to approve the meeting dates.*

<b>Ayes:</b> Stanley Alexander	<b>Nays: 0</b>	<b>Abstain: 0</b> Aye	<b>Absent:</b> Jay Gregory, MD	<b>Motion Carried:</b> Absent
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Heather Bell, DO	Aye	Darin Smith	Aye
Dale Bratzler, DO	Aye	Dave Wallace	Aye
Susan Drago	Aye		
Tricia Horn	Aye		

**8. Public Comment**

There was a discussion regarding holding video/audio conferencing of future meetings when members cannot drive in to the city. Mr. Martin with the Chair's permission, add this topic to the next meeting's agenda and it can be discussed at that time.

**9. Adjourn**

This meeting adjourned at approximately 3:31 p.m.

Approved on Thursday, February 18, 2016 by:

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Dr. Heather Bell, D.O.

# OKLAHOMA HEALTHY AGING CHALLENGE OVERVIEW

**Hospital Advisory Council**

**November 18, 2015, Oklahoma City**

Henry F. Hartsell Jr., PhD

Deputy Commissioner for Protective Health Services

Oklahoma State Department of Health

## HEALTHY AGING

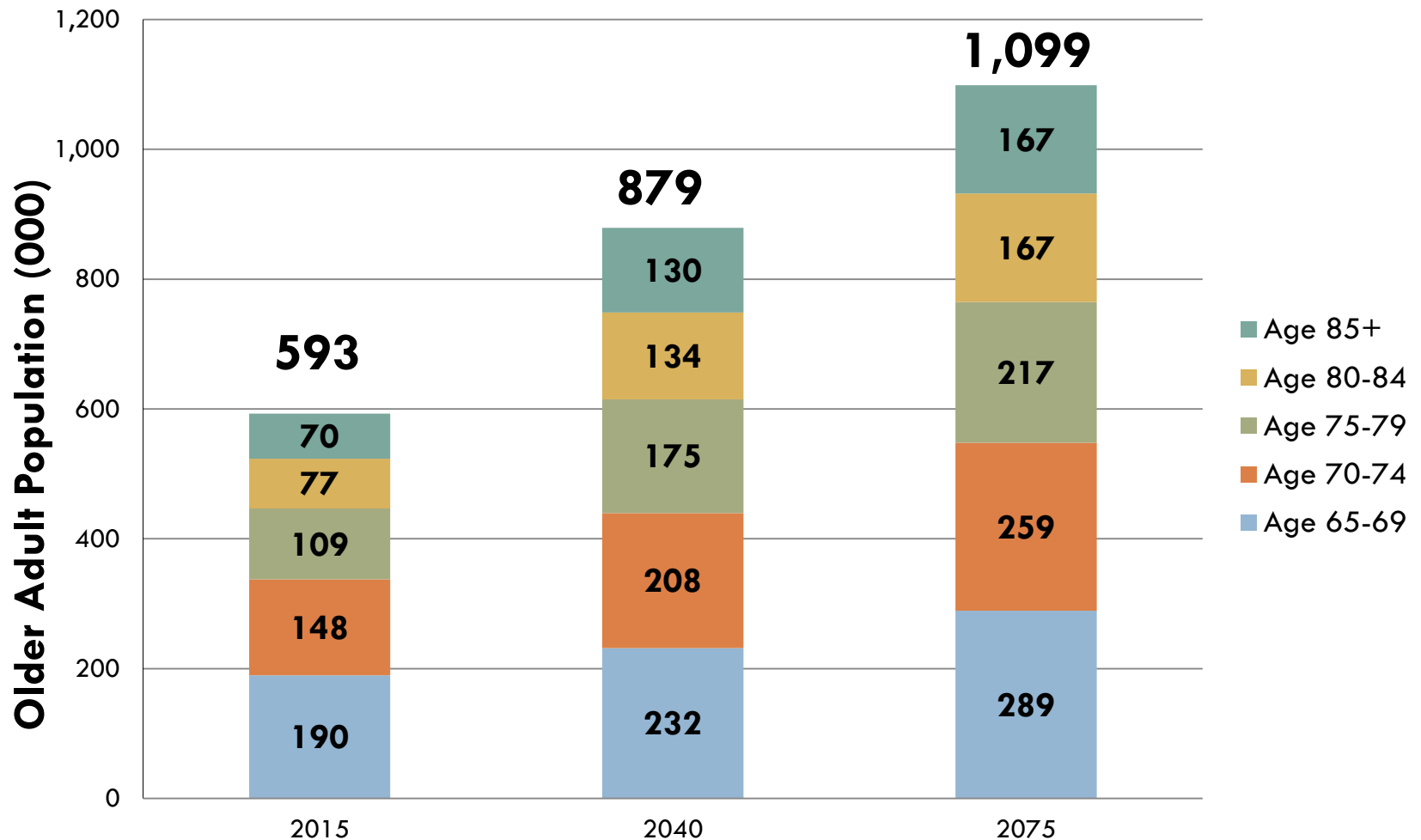
ASTHO's 2015 President's Challenge on Healthy Aging

# Living Longer Better Across All Sectors



# Oklahoma's older adult population, in thousands, 2015-2075

3



Source: Oklahoma Dept. of Commerce, 2012

# Living Longer Better

The Governor's  
Healthy Aging  
Summit

## SPONSORED BY

*The University of Oklahoma College of Medicine,  
Donald W. Reynolds Department of Geriatric Medicine*

*The University of Oklahoma's Oklahoma Healthy Aging Initiative*

*The Oklahoma State Department of Health*

*Oklahoma Department of Human Services Aging Services*



College of  
Medicine

Donald W. Reynolds Department of  
Geriatric Medicine



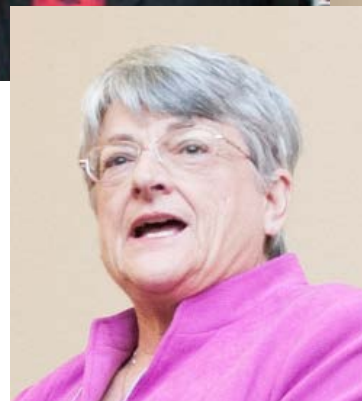
Oklahoma State Department of Health  
Creating a State of Health



Aging  
Services

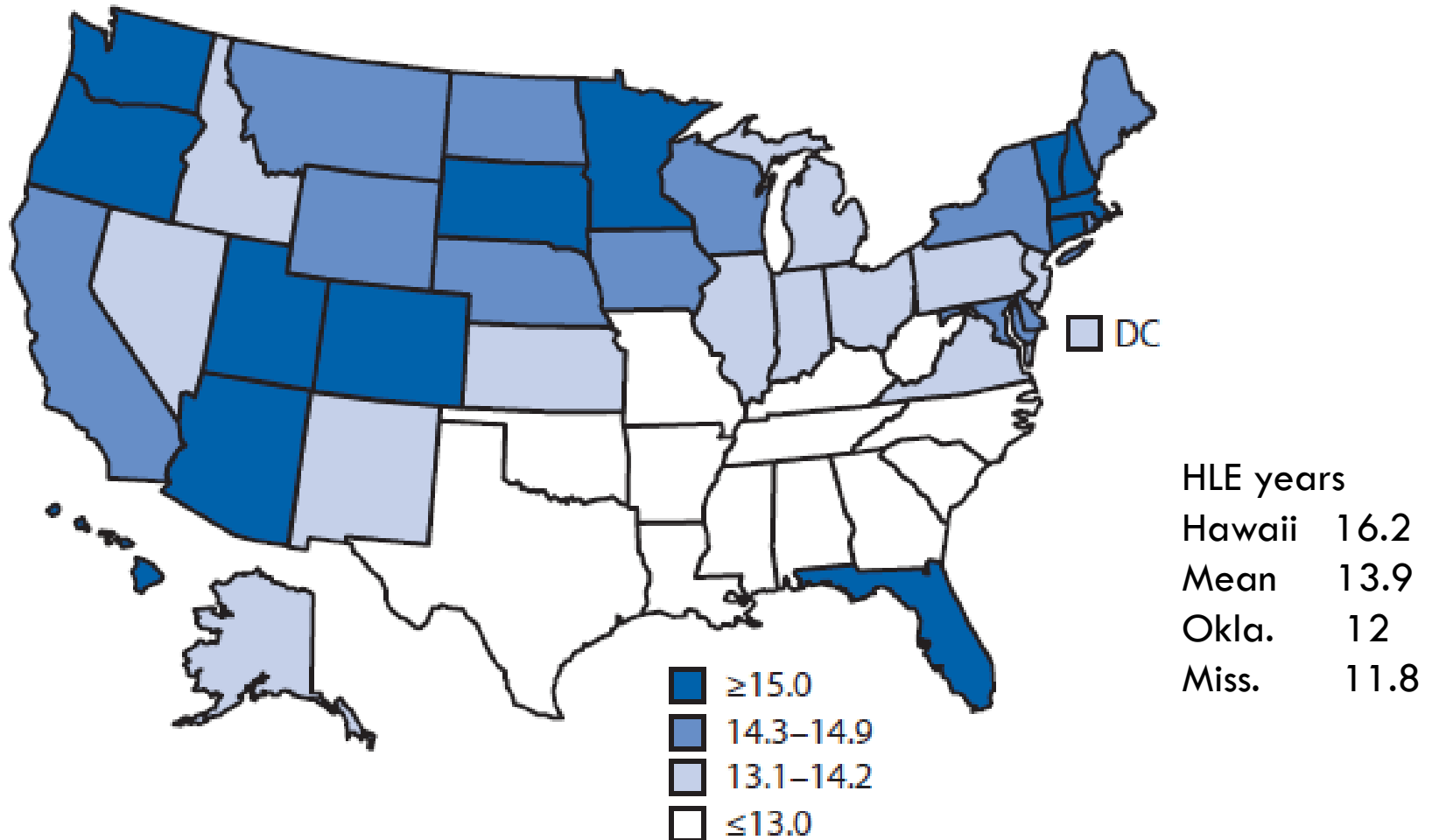


OKLAHOMA HEALTHY AGING INITIATIVE



# CDC healthy life expectancy in years at age 65, 2007-2009

5



Source: Centers for Disease Control and Prevention, 2013

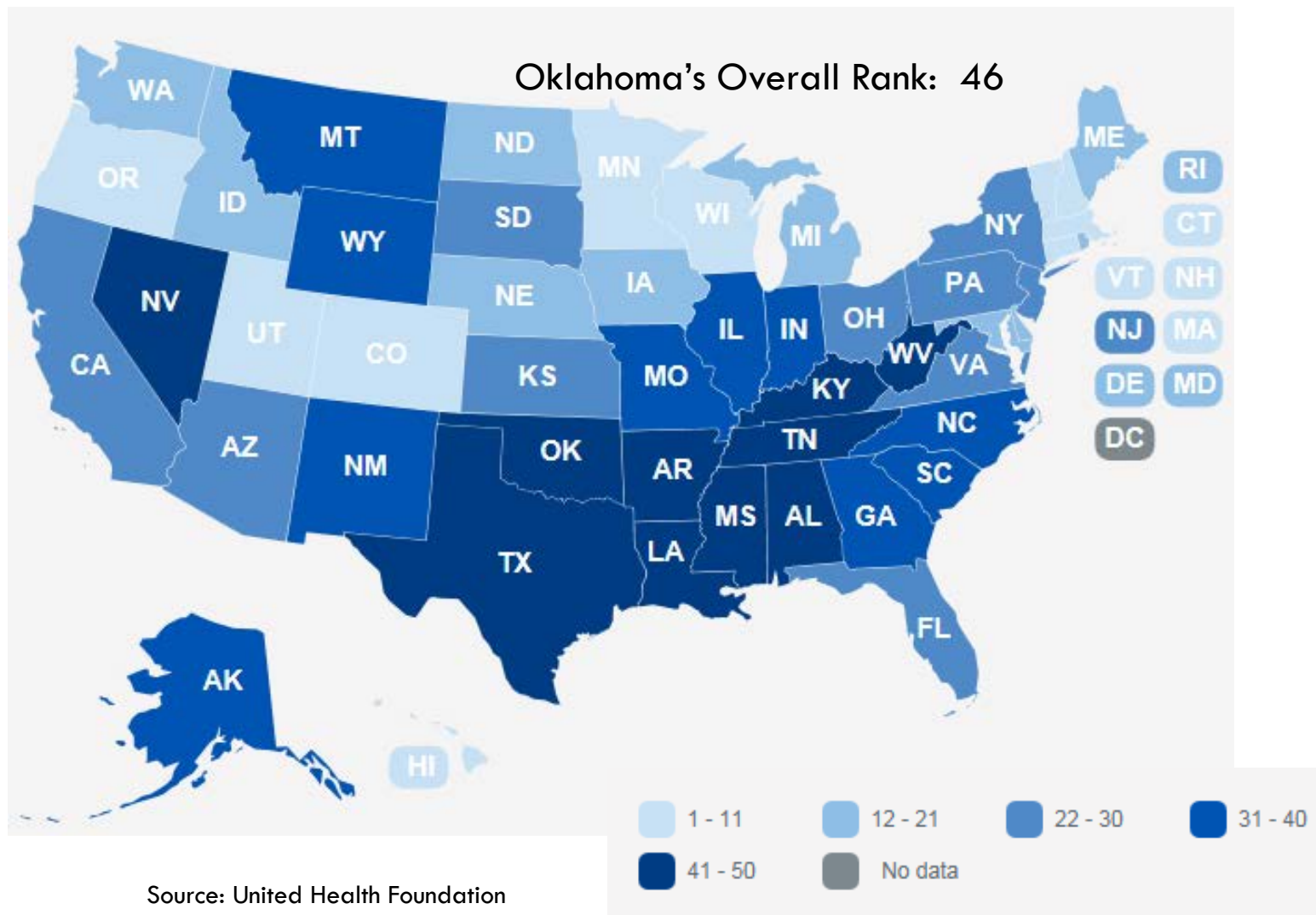


# Challenges for Oklahoma's older adults (CDC)

6

- Physically unhealthy days
- Obesity
- Disability
- Leisure time physical activity
- Fruits & vegetables
- Colorectal cancer screening

# America's Health Rankings Senior Report 2015 Edition



# Challenges for Oklahoma's older adults (America's Health Rankings)

8

- ❑ Low-care nursing home residents #49
- ❑ Physical inactivity #49
- ❑ Hip fractures #48
- ❑ Geriatrician shortfall #48
- ❑ Falls #47
- ❑ Nursing home quality #47
- ❑ Diabetes management #46
- ❑ Health screening #46
- ❑ Poor mental health days #46
- ❑ Depression #46
- ❑ Recommended hospital care #45
- ❑ Dental visits #45





# It's Not **OK** to Fall!

**Laurence Rubenstein, MD, MPH**

*Donald W. Reynolds Professor & Chairman  
Reynolds Department of Geriatric Medicine  
University of Oklahoma College of Medicine*

Oklahoma Governor's Healthy Aging Summit  
December 15, 2014

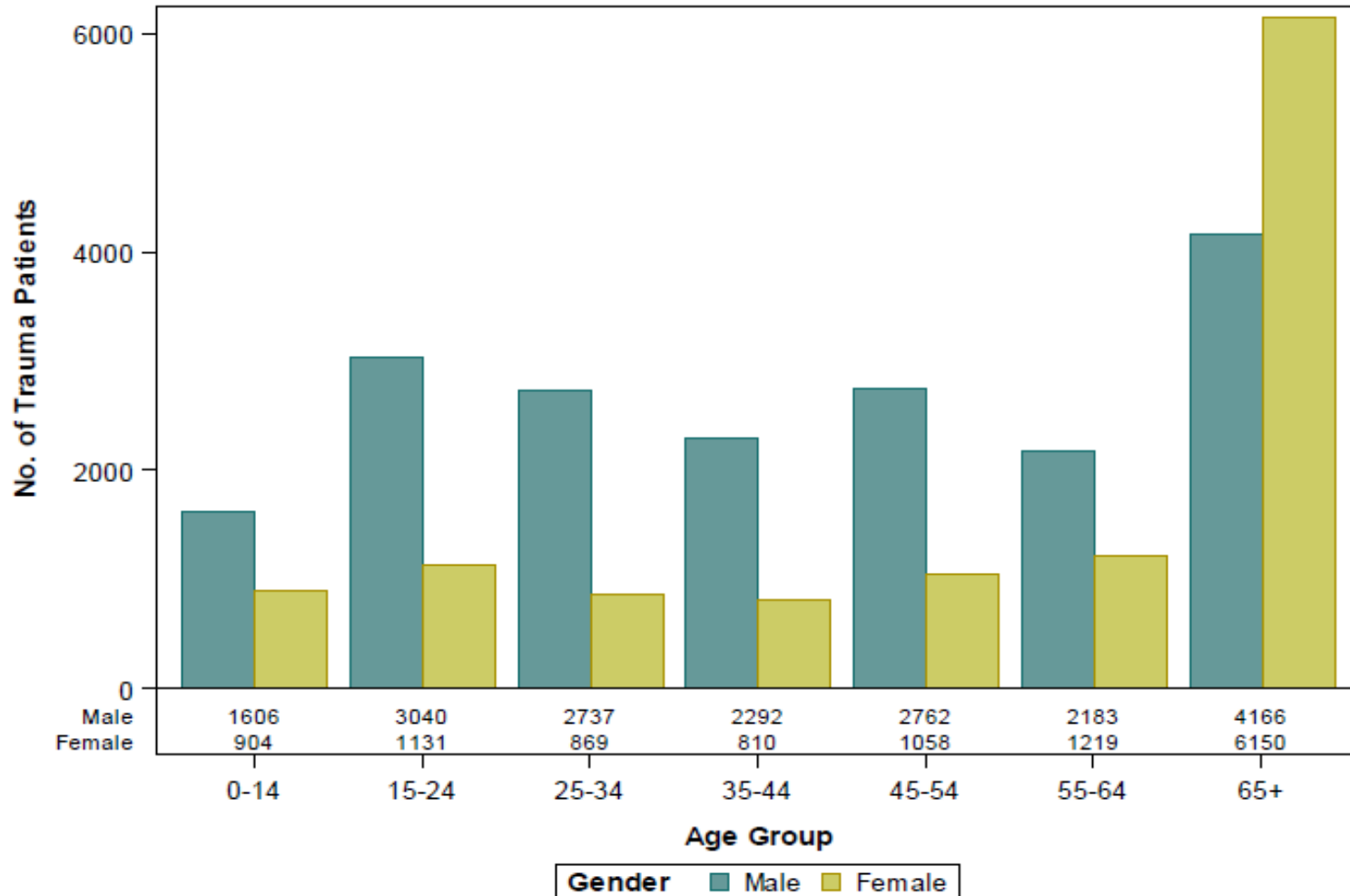


*Donald W. Reynolds Department of  
Geriatric Medicine*



# Major trauma patients in Oklahoma by gender and age group, 2009-2013

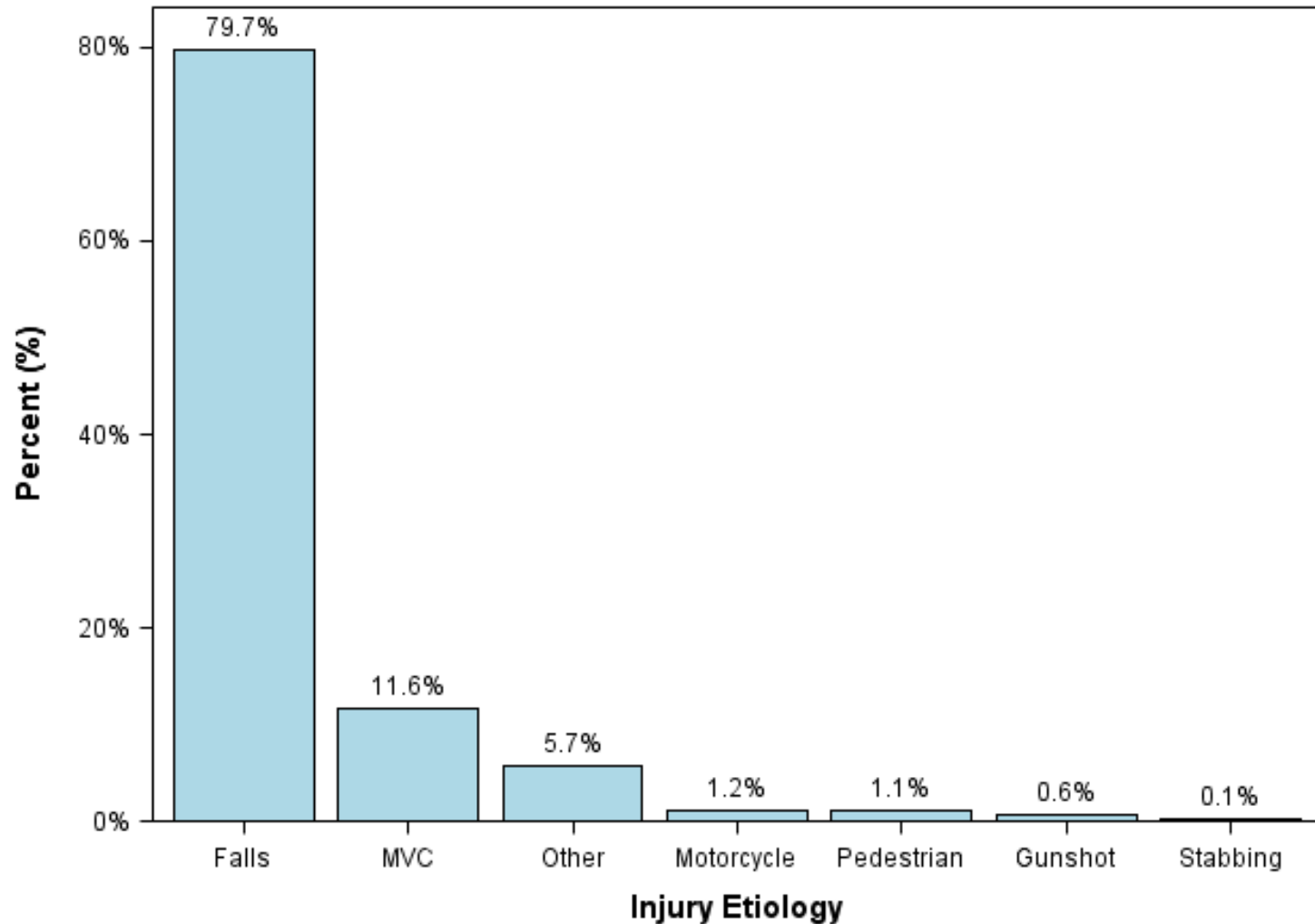
10



Source: OSDH Oklahoma State Trauma Registry, January 2015

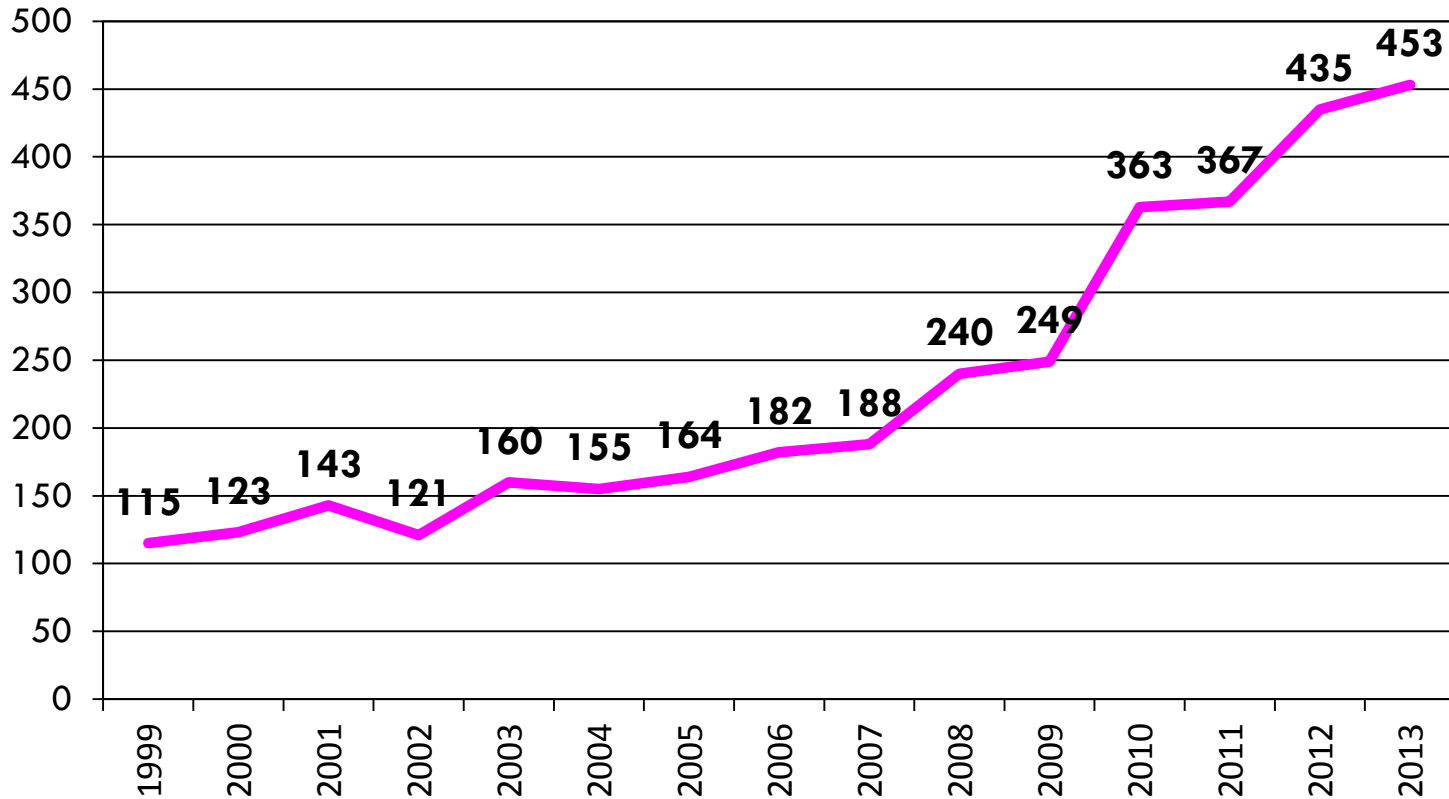
# Injury causes for major trauma patients, age 65 or older, 2009-2014

11



Source: OSDH Oklahoma State Trauma Registry, April 2016

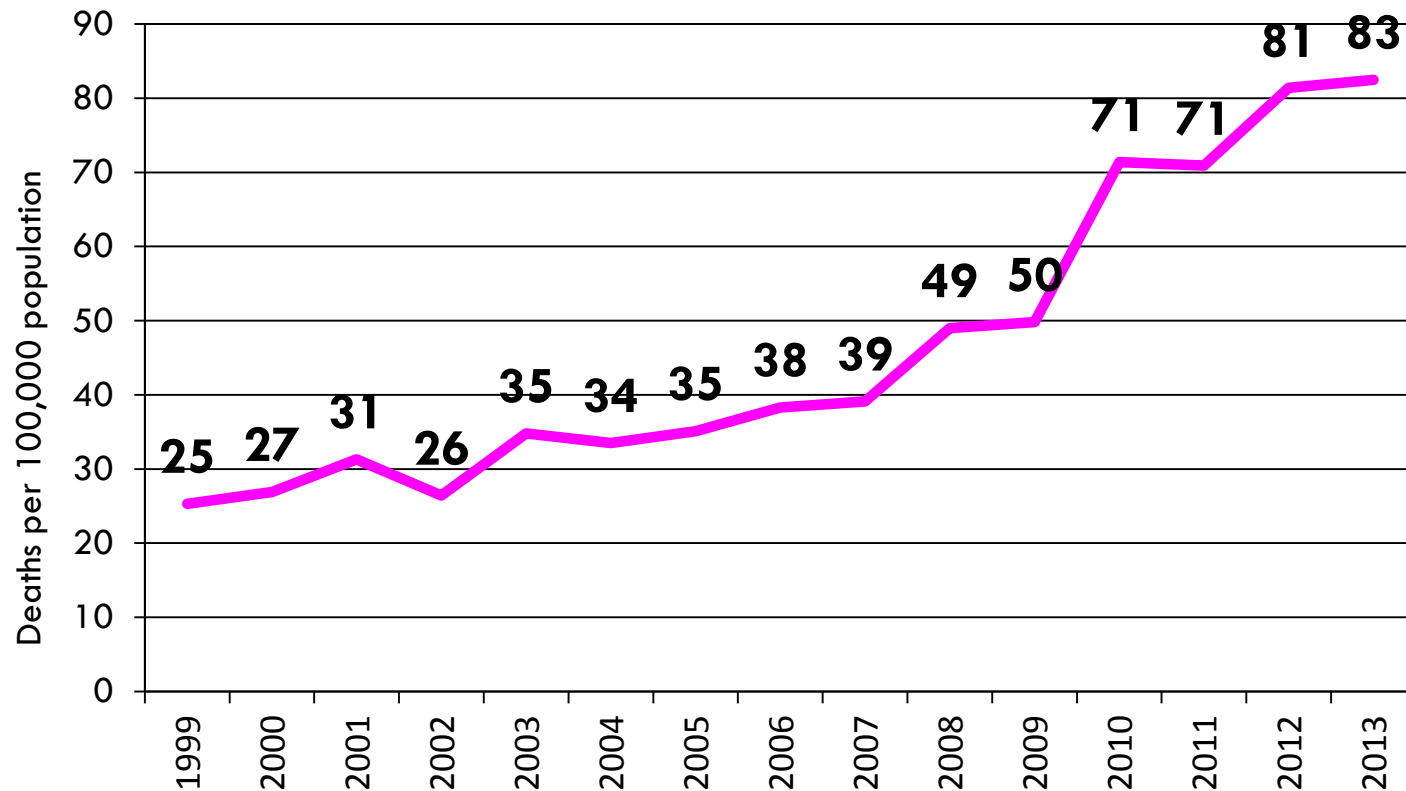
# Number of deaths in Oklahoma from unintentional falls among adults age 65 or older, 1999-2014



(Source: Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, Vital Statistics, OK2SHARE, Accessed May 22, 2015)

# Death rate in Oklahoma for unintentional falls, adults age 65 or older, 1999-2014

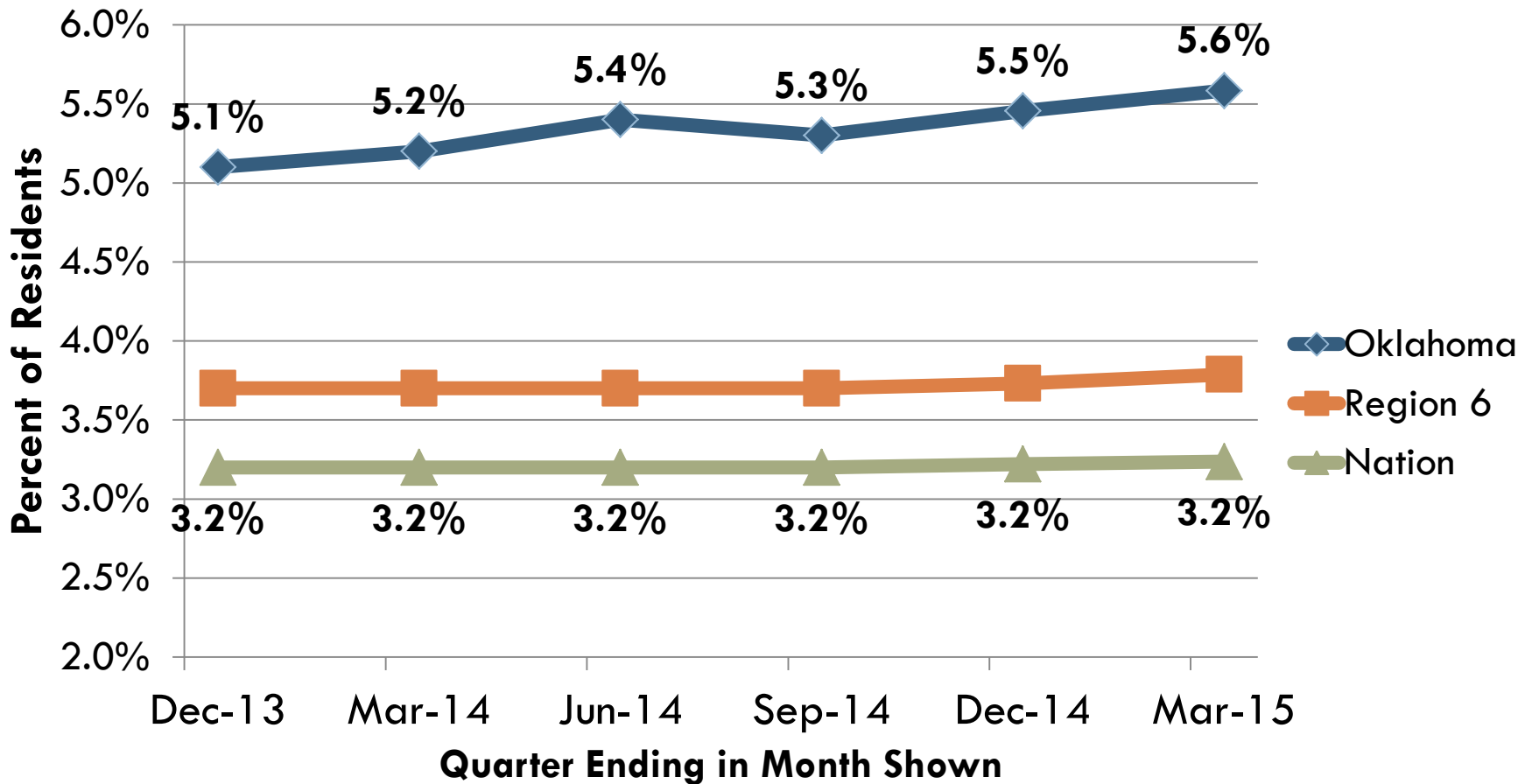
13



(Source: Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, Vital Statistics, OK2SHARE, Accessed May 22, 2015)



# Nursing facility residents with falls with major injury (%)



# National Prevention Strategy (NPS): Healthy Aging



# Healthy Aging: Living Longer Better Collaborators (to date)

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- Oklahoma Healthy Aging Initiative
- OU College of Medicine, Donald W. Reynolds Department of Geriatric Medicine
- Oklahoma State Department of Health
- Oklahoma Department of Human Services – Aging Services
- Oklahoma Health Care Authority
- Oklahoma Department of Mental Health and Substance Abuse Services
- Oklahoma Association of Health Care Providers
- LeadingAge Oklahoma

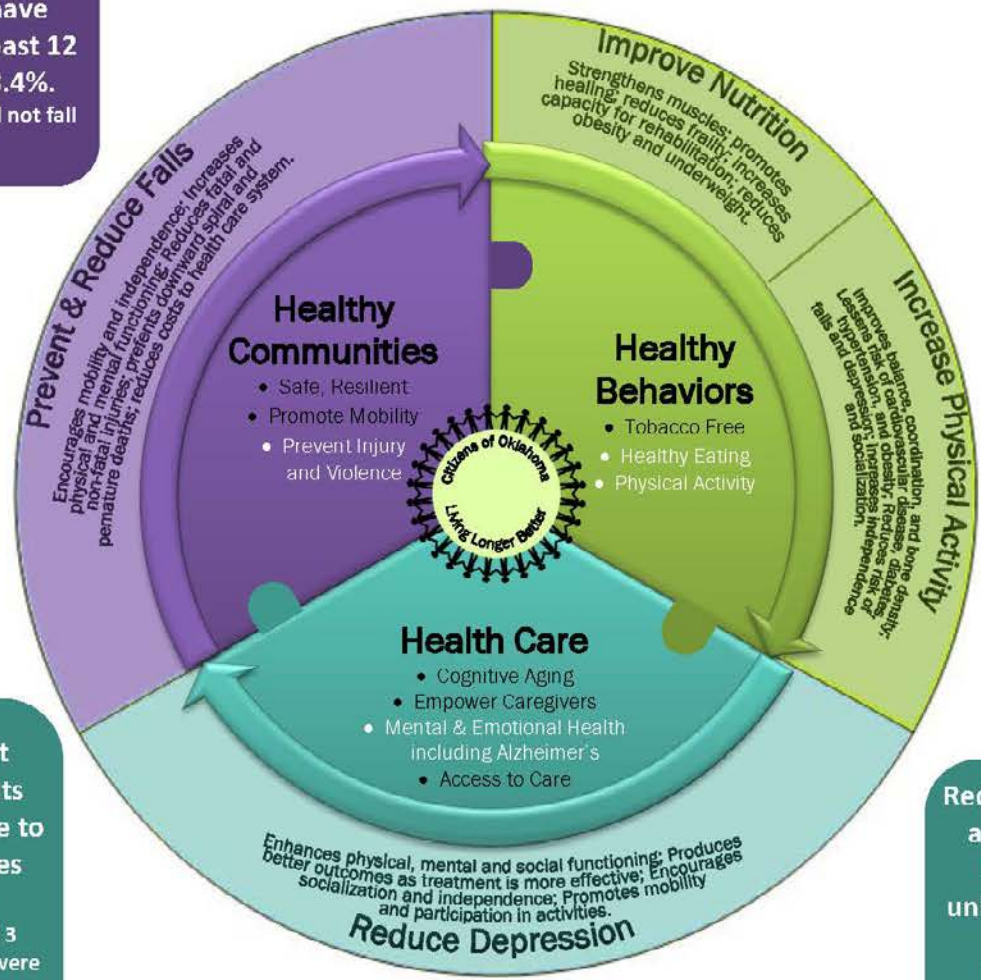


# Healthy Aging: Living Longer Better Goals for 2019

**Reduce the percent of older adults who report they have fallen at least once in the past 12 months from 32.6% to 28.4%. This means 21,000 older adults will not fall in a year.**

**Reduce nursing facility falls with major injury from 5.4% to 3%. 1,700 nursing facility residents will avoid serious injury from a fall each year.**

**Reduce days in the last month when older adults say they were limited due to mental health difficulties from 2.7 to 2.2 days. This represents an additional 3 million days when older adults were not limited due to mental health each year.**



**Reduce the percent of older adults who are marginally food insecure from 15.4% to 14.8%. 3,000 older adults will not have to choose between eating regularly and purchasing their medications or paying bills.**

**Increase the percent of older adults who participated in a physical activity in the last 30 days from 57.7% to 66.9%. This means an additional 57,000 older adults will exercise at least once per month.**

**Reduce the percent of older adults who experienced one or more mentally unhealthy days from 19.6% to 16.7%. 15,000 fewer older adults in Oklahoma will report experiencing mentally unhealthy days.**

# Draft priorities for Oklahoma's healthy aging challenge

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- Healthy communities
  - ▣ Prevent and reduce falls
- Healthy behaviors
  - ▣ Improve nutrition
  - ▣ Increase physical activity
- Health care
  - ▣ Reduce depression

# Pilot program for fall prevention in nursing homes

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- ❑ LTCFAB healthy aging committee, chaired by Dr. Andrew Dentino
- ❑ Reduce major injury falls to 3% by June 2019
- ❑ Primary investigators -- OU Fran and Earl Ziegler College of Nursing
- ❑ Consultation -- OU Donald W. Reynolds Dept. of Geriatric Medicine, & Oklahoma Healthy Aging Initiative
- ❑ OSDH Injury Prevention Service & Protective Health Services
- ❑ Nursing facility providers

# Interventions & desired outcomes

## Culture Change

- Enhanced culture of safety that addresses the biopsychosocial needs of all residents and engages nursing home staff and stakeholders

## Individual Assessment and Mitigation

- Optimized person-centered/directed care plans that mitigate fall risk

## Physical Activity

- Increased mobility, agility, strength, and activity that enhances quality of life

## Environmental Safety

- Improved environment that supports fall prevention and invites increased activity

# Parameters of the pilot

- Assemble team by Oct. 2015
- Develop work plans, methods, MOUs, evaluation, instruments, and training through Dec. 2015
- Engage 3-5 nursing homes in Jan. 2016
- Present initial results at next Healthy Aging Summit (June 2016)
- Scale up and spread the model



# <http://hallb.health.ok.gov>

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The screenshot shows the Oklahoma State Department of Health website. At the top left is the logo for OKLAHOMA www.ok.gov. At the top right is the text 'Oklahoma State Department of Health'. Below the header is a navigation bar with links for 'Contact', 'A-Z Health Index', and 'Events & Meetings'. A search box is located on the right side of the navigation bar. The main content area features a large green banner with the text 'Living Longer Better' and 'The Governor's Healthy Aging Summit'. Below the banner is the heading 'HEALTHY AGING: Living Longer Better'. The main text discusses the United Health Foundation's report on senior health in Oklahoma, highlighting high rates of physical inactivity and falls. It mentions a summit held on December 15, 2014, and the goal of reducing falls. A call to action is provided, encouraging users to complete a pledge form or review existing pledges. A sidebar on the left contains various menu items such as 'Pledge Form', 'Link me to a Partner', 'Collaborative Sponsors', and 'Using Data to Understand Your Older Adult Population and Drive Action'. At the bottom of the page is the text 'THE CHALLENGE: Collaborating on effective strategies for older Oklahomans to live and age well.' and the logo 'Creating a State of Health'.

OKLAHOMA  
www.ok.gov

Oklahoma State Department of Health

Contact | A-Z Health Index | Events & Meetings

Search Site

OSDH Home > Protective Health > Quality Improvement and Evaluation Service > Living Longer Better

www | print

Pledge Form

Link me to a Partner

Collaborative Sponsors

CALL TO ACTION: Reducing Falls in Older Adults in the Community and Long Term Care Facilities

Using Data to Understand Your Older Adult Population and Drive Action

Healthy and Safe Community Environments

Clinical and Community Preventive Services

Empowered People (Including Caregivers)

Elimination of Health Disparities

Tobacco Free Living

Preventing Drug Abuse and Excessive Alcohol Use

Healthy Eating

Active Living

Injury and Violence Free Living

Reproductive and Sexual Health

Mental and Emotional Well-Being, Including Alzheimer's Disease and Other Dementias

Adobe Reader

**Living Longer Better**  
The Governor's Healthy Aging Summit

### HEALTHY AGING: Living Longer Better

The United Health Foundation, America's Health Rankings Senior Report 2014, analyzes and describes the overall health of the population aged 65 years and older in all 50 states. Data from this report reveals that Oklahoma has one of the highest rates in the country for physical inactivity among seniors with 36.7%, or 189,000 seniors who are physically inactive. According to the report, Oklahoma's fall rate of 32.7% for persons aged 65 and over is 226% higher than the state with the lowest rate of 14.5%. Hip fractures are even higher at 9.2 per 1,000 Medicare beneficiaries, putting Oklahoma's ranking for hip fractures at number 50. Oklahoma's overall ranking for senior health at number 47 in the Nation presents us with many opportunities to improve.

A number of individuals came together to discuss ways to address the challenges of healthy aging in Oklahoma. As a result, the Governor's first healthy aging summit was held on December 15, 2014. Private citizens and individuals from across the state representing health care organizations, health care associations, tribal organizations, colleges, universities, physicians, clinics, hospitals, nursing homes, assisted living centers, veteran's centers, retirement communities, county health departments, quality improvement organizations, area agencies on aging, home health and hospice agencies, and staff from several Oklahoma State Agencies, among others, attended the Governor's Healthy Aging: Living Longer Better Summit.

The goal of the Summit was to energize and inspire participants, promote partnerships and collaboration among stakeholders, and reach an agreement on statewide goals for significant improvements in health outcomes for older adults. A call to action is being issued to each of us as a challenge to work jointly to accomplish a shared vision of healthy aging in Oklahoma.

The goal of reducing falls was selected as a priority to promote healthy aging for Oklahoma seniors. There are other areas related to healthy aging that also need attention. Some of these are listed in the menu at the left of this page.

The Healthy Aging: Living Longer Better collaborative invites you to accept the challenge and join our efforts as we work together toward improving the quality of health and life for Oklahoma's older adults who deserve to be living longer better. You can participate by completing a Pledge form and indicating which area of focus you or your organization selected. Access the Pledge Form by clicking [here](#), or on the link at the left side of this page. If you need assistance with completing your pledge, or would like to see what others are doing, you can review pledges that have been already made by clicking [here](#). If you still have questions, please direct them to [HALLB@health.ok.gov](mailto:HALLB@health.ok.gov).

Find others who are working on the same topic you have chosen by clicking on the "Link me with a Partner" tab at the left side of this page. Explore the topic headings for additional resources and materials to help you on your journey to Healthy Aging: Living Longer Better

**THE CHALLENGE: Collaborating on effective strategies for older Oklahomans to live and age well.**

Creating a State of Health

# The healthy aging: living longer better pledge

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*I pledge to elevate healthy aging in Oklahoma by **collaborating with at least one new or renewed partner in implementing at least one effective strategy.***

# Community Tai Chi class in an OK residential care home taught by health department staff

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For Tai Chi classes see [www.falls.health.ok.gov](http://www.falls.health.ok.gov), contact your county health department, or visit [www.ouhsc.edu/ohai](http://www.ouhsc.edu/ohai)

# Email for more information

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Oklahoma State Department of Health  
[hallb@health.ok.gov](mailto:hallb@health.ok.gov)

# OKLAHOMA HEALTHY AGING CHALLENGE OVERVIEW

**Hospital Advisory Council**

**November 18, 2015, Oklahoma City**

Henry F. Hartsell Jr., PhD

Deputy Commissioner for Protective Health Services

Oklahoma State Department of Health