

2. Please describe the steps that you will take in order to prepare for classes to start.

The following timeline will assist in successful implementation of the MAP:

- Nov. 21: if grant is received, arrange for Jane and Sally's training/certification; contact Marketing Manager to initiate Press Release
- Nov. 25: Attend Medical Staff of Whole Meeting to educate the local medical staff about MAP to start referral process
- Nov. 26-30: confirm program site and dates and come up with tentative dates/sites for future classes
- Month of December: marketing and recruitment
- Dec. 6-9: travel/training/certification for Jane and Sally
- Dec. 30-Jan. 11: Preparation for classes, start sign ups and paperwork process
- January 15: class starts!

3. Please describe how you will staff this program.

Local Hospital plans on utilizing already existing rehab support staff to run the Montana Arthritis Program (MAP). We have a part time PT Aide/Receptionist, Jane Doe, who runs our satellite clinic three days a week. She will devote Tuesdays and Thursdays to the MAP. We also plan on having another PT Aide/Receptionist, Sally Doe, attend the training so she can serve as a backup for Jane when she is not available. As a Physical Therapist and the Rehab Services Manager, I will be overseeing the program to make sure that the staff is able to provide the services successfully and adhere to the requirements of the program. The other physical and occupational therapists at Local Hospital's Rehab will make themselves available to serve as support for Jane.

Local Hospital's Rehabilitative Services currently offers a full interdisciplinary team of physical therapists, occupational therapists and speech language pathologists in outpatient, inpatient, home health, academic, and industrial settings. Five physical therapists, one physical therapist assistant and one occupational therapist at Local Hospital's Rehab have specialty training to work with people with different types of arthritis and chronic illnesses. Our therapists are trained to treat individuals after total joint replacements, fit them for osteoarthritis braces, address the pain that is associated with arthritis, and provide adaptive equipment to increase the

individual's ability to perform his/her activities of daily living. Working closely with our local primary care providers, our therapists can serve as a great referral source for the MAP.

4. Name of the instructor(s) that will teaching the classes. Please attach resume.

Jane Doe, PT Aide/Receptionist at Local Hospital Rehabilitative Services, is an exemplary employee who provides excellent patient care service to our patients at Local Hospital Rehab. She has great communication skills, interacts very well with therapists and patients, is extremely organized and reliable, and displays a level of compassion to those with disability that is commendable. She personally has an interest in the field of arthritis as her husband suffers from severe rheumatoid arthritis. I believe that Jane is a perfect candidate who will make sure that this program succeeds. Jane Doe's resume is attached.

Sally Doe, PT Aide/Receptionist at Local Hospital Rehabilitative Services, is another one of our great employees who is very dedicated to helping others. She has great work ethics, enjoys new challenges and has a very professional demeanor. She took on a new role as a Certified Occupational Hearing Conservationist last year and has done an excellent job with this program. She has a lot of experience in the health care industry and serves as an EMT for the Local Ambulance in addition to her job at Local Hospital. She will be an excellent back up for Jane for the MAP.

6. Please describe the sites where you will be implementing the intervention.

Local Hospital has adequate space to conduct group sessions. We have two conference rooms available that can comfortably accommodate a group of 10-15 people (Conference Room 1) and 25+ people (Conference Room 2). The spaces offer privacy and audiovisual equipment if needed for presentations. Local Hospital is currently building a new hospital. In June of 2014, when the new facility is complete, we will have even more site options. Depending on the size of the group and time of the sessions, other potential sites include Local Senior Center (next door to Local Hospital's Rehab Services), Local Hospital Rehab clinics, Local Athletic Club, and Local Ambulance Barn.

Local Hospital will also ensure confidential record keeping of all the participants in the MAP. Local Hospital adheres to an extensive HIPPA policy that includes corporate compliance, annual staff in-service, and policies that protect privacy practice of oral, written and electronic

notification of rights. Confidentiality policies are signed by all hospital employees and firmly enforced at the hospital.

7. Are you planning to implement at multiple sites? Yes No

If yes, how will they be coordinated?

One of our goals would be to offer one of the sessions in City, MT which is 20 miles east of City. Local Hospital currently provides rehab services in our satellite clinic in City, MT. Our City clinic is closed on Tuesdays and Thursdays so it can be available for the MAP two days a week. Being able to offer this program in City would expand the services to the residents of City and City and give them the opportunity to participate without having to travel to City potentially increasing efficacy of the program.

7. Will the site be able to start offering classes in January 2013? Yes No

If no, please describe why.

9. Please describe your strategies to market and recruit participants to the program. (Program materials will be provided by the MAP)

Local Hospital currently serves approximately 16,000 people in the County. With an experienced medical staff of over 20 providers, we are able to offer a wide range of healthcare expertise, including family and emergency medicine, urgent care, obstetrics/gynecology, internal medicine, podiatry, urology, and general/orthopedic surgery. Based on our previous success in the recruitment for other community health related challenges, Local Hospital is confident that we will be successful in implementation and maintenance of the MAP.

An initial, intensive promotion of the program will be completed with education of health care providers who can serve as a referral source (medical staff, visiting specialists, rehab therapists and staff, etc.). Rehab Services Manager will attend the Medical Staff of Whole meeting to introduce the MAP and obtain support for the program. A press release introducing the program to the public and explaining the program's components will be written and sent to the local media for potential publishing in local newspapers and on local radio stations. A flyer

featuring the logo/graphics will be developed and posted throughout the community, i.e. medical clinics, local exercise facilities, and businesses.

We have found in the past that by recruiting the support of employers and building on their motivation to have a healthier and more productive work force, the program was effective in accessing a greater number of people. Local Hospital has over 250 employees so recruitment efforts within Local Hospital as well as informing the hospital employees about the program will help spread the information throughout the community. Reaching out to other large community employers such as the local school districts, state and county government offices and the US Forest Service, can help with marketing. We can also provide educational talks about the benefits of the MAP at the local group meetings such as Kiwanis and Rotary as well as the fitness centers.

City is trending toward an aging population as indicated by County Quick Facts published by the US Census Bureau. Persons 65 years old and over comprise 17.5% of our population in County, as compared to 13.8% for the rest of the state. This data is supported by realtor trends indicating that many retirees are moving here. Since this is a primary group at risk for arthritis, additional efforts will be targeted to this population group through the Senior Citizen's newsletter and through presentations at the congregate meal sites.

10. Please describe any experience delivering similar programs and the health outcomes of those programs. (e.g. life style change, exercise)

Local Hospital has had great success implementing and sustaining several community programs. Examples include Healthy Team Challenge, City Diabetes Awareness and Support Group, Walk to Health, and the Prevent Program. In 2003, Local Hospital's dieticians initiated the Healthy Employee Challenge as a way to encourage healthy lifestyle changes in a fun and innovative way. As part of our community centered health care mission, Local Hospital recruited other local businesses and organizations to join the challenge. The program ran for 2 years and has enjoyed community wide support with 180 individuals participating. Team and group meetings, friendly competition, and motivational rewards contributed to the success and group motivation. The City Diabetes Awareness and Support Group has been successful for almost 10 years and continued to thrive with interactive programs and high participation. The support group has a core membership of 70 members with an average attendance of 20-25 per

month. The Walk to Health was a program implemented by Local Hospital in 2004 where eleven teams with 65 employees participated in walking 10,000 steps per day using pedometers. This was part of the community-sponsored program that included 600 participants in City.

The most recent successful community program implemented by Local Hospital is the Prevent Program. Based on the national clinical trial that has demonstrated that lifestyle changes give reduction in the incidence of diabetes by 58%, the Prevent program at Local Hospital has been a successful weight loss and exercise program designed to assist and motivate individuals to reach and maintain a healthy lifestyle through group activities, educational sessions, and individual guidance from their life coaches. The Program targets people who are pre-diabetic and/or at risk for developing cardiovascular disease. The Prevent program began two years ago, sponsored by Local Hospital and the Montana Cardiovascular Disease Prevention Program. Since that time, the program has helped roughly 150 South County residents lose pounds, increase activity and gain new perspectives on healthy living. Program participants also benefited with improved blood pressure, fasting blood sugars and lipid panel levels. Currently, there is a waiting list for participants to join the Prevent program.

11. Please describe how the program will be sustained with minimal funding after year.

Once the instructors are trained and the initial marketing and recruitment efforts have been accomplished, the sustainability of the program will depend mostly on the funding for the instructor's time. A minimal fee (\$25/program) from the participants can help fund the program. If we don't have enough participants to pay for the instructor's time, we can allocate the instructor's time as community benefit under Local Hospital's not-for-profit status. For those participants who cannot afford to pay the fee, we will come up with ways to help them pay for the program, i.e. CHC voucher program and Local Hospital Jeans Day fundraisers.