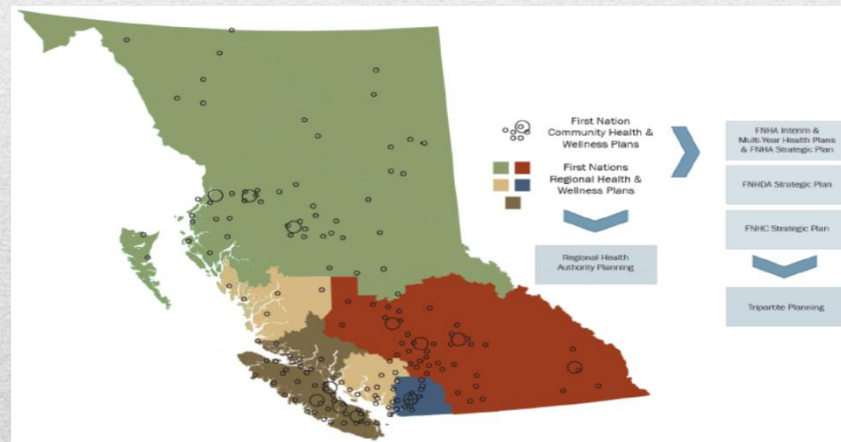# Health & Wellness Planning

Best Practices

Who we are

"Gawalla xa hamattalla" - "Helping our People"

Kwakiutl District Council Health (KDC Health) provides preventative and Health Promotion Services for 6 Member Nations on northern Vancouver Island.

- Da'naxda'xw First Nation
- Mamalilikulla First Nation
- K'omoks First Nation
- Kwiakah First Nation
- We Wai Kai First Nation
- Wei Wai Kum First Nation

Services Provided

KDC Health Services covers a broad range of health activities and interventions, including:

- Communicable Disease Control
- HIV/AIDS
- Community Health Nursing
- Chronic Disease Prevention and Management
- Pre and Post Natal Care
- Nutrition
- Fetal Alcohol Spectrum Disorder mentoring program
- Arthritis Wellness Program
- Mental Health Crisis Counseling
- Addictions Prevention and Health Promotion including supportive counselling pre and post treatment
- Home and Community Care programs including personal care workers in the home
- Children's Oral Health Initiative

Health Transfer Agreement

KDC Health is currently in the 19th year

- Da'naxda'xw First Nation
  - K'omoks First Nation
  - Kwiakah First Nation
  - Mamalilikuala First Nation
  - We Wai Kai First Nation
  - Wei Wai Kum First Nation

The Operational/Health and Wellness Plan is three fold

1. Meet the requirements of the health transfer agreement
2. To serve serve as a working or live document that will used in conjunction with program planning and is updated frequently
3. To lay the foundation where outcomes are documented in preparation for external evaluation every five years

- The Operational/Health and Wellness Plan (OHPW) is built by the community and or nation,

- Health and Wellness planning assists in keeping us grounded in our community values, culture and traditions,

- Planning and service delivery reflects community wellness,

What is a Health and Wellness Plan

Overview of Health & Wellness Plan

- There always will be challenges, strengths and opportunities to reach community goals,

- The challenges can be constituted with respect to delivery of services for example identified services currently not available but presented by community as need,

Why Health & Wellness Plan programs and services

- The Operational/Health and Wellness plan is used by site teams and their perspective communities to plan programs and activities and meet the goals and objectives for the priorities and needs identified by community,

- KDC Health uses quarterly workplans for planning programs; site teams meet monthly to review workplans; specifically did the programs run as planned, were they well attended or not attended and what can be done differently

Why Health & Wellness Plan programs and services

- The program workplans are based on what the intended goals are for the quarter, what program resources will be used to achieve goals, how will the tasks be accomplished, what is the target group, what staff will be involved and how will they measure their goals.

- Staff are required to fill out a program planning authorization forms to meet the quarterly workplans.

- Staff report monthly on programs to ensure programming meets the
  - workplan goals,
  - goals met or unmet,
  - outcome measures,
  - what the target group was,
  - who participated
  - and what resources were used. There is a comment section to report what was learned and or what prevention tools were used; staff is also required to submit photos.

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Engagement Process

- KDC Health creates and fosters meaningful partnerships
- This form of engagement allows for enhancement of staff
- KDC Health operates at a high operational standard

Health Advisory Committee

- HAC was established in 2007 consists of two representatives from each community.
- Terms of reference was developed
- Meets bi-monthly
- Reports to community

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The goals of HAC

- To advise the KDC Executive and Health Director on community needs and issues
- To provide input to adhoc committee
- Responsibilities – identify of community needs and guidance
- Participation in training and orientation sessions
- Review recommendation of results
- Review workplans for sites

Baseline 2014 Evaluation

- The 2014 evaluation included the health goals and priorities identified in the evaluation and this built the plan based the members priorities and tracks changes and measures outcomes of priorities
- The improves community programs and services
- The plan provides information as to who we are, location and population demographics

SMART GOALS

When working with plans there must be prioritization to attain goals, objectives, and intiatives

- Specific (well defined)
- Measurable (who will you know when it is achieved)
- Attainable (is the goal achievable)
- Realistic (is achievable with current resources, & capacity)
- Timeframe (must have a start and end times)

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OCAP Principles

- OCAP is a set of ground rules which describe how the information will be collected, protected, used and or shared
- Ownership – who owns the data
- Control – who controls the data
- Access – who decides the access of data
- Procession – who possess tphhe data

These principles are designed to ensure information is used and shared in a manner that will benefit communities DO NO HARM

Health care and Safety

- Accreditation Canada
- Standards, quality improvement policies and best practices i.e. client and staff safety
- Staff training
- Community training
- Emergency preparedness/Pandemic plans

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Health care and safety

- Upholding core program and standards – example Contribution Agreements
- Deliver care according to professional standards – BCRN, LPN, Clinical, RD, and relevant professional standards
- Build needed resources and policies – Accreditation
- Staff training
- Collaboration – fostering relevant partnerships

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Linkages to other plans

- Quality improvement
- Risk management
- Client safety plan
- Infection Prevention and Control
- Privacy and Security
- Emergency Prepardness
- Strategic plan
- Standards around quantitative and qualitative data
- And more as communities can adapt our plan into their existing plans

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Evaluate and monitor results

- Process – ensure programs and services are on track
- Outcomes- evaluate programs with data trends to track successes and or failures
- Efficiency – are resources being used the support current and ongoing achievements

Q&A Session