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# Impact of Covid19 on Chronic Disease Programs

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Avera 

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# 2020 BC

## “Before Covid”

- Chronic Disease Management-for patients
  - Chronic Disease Nurse for CCM and AWWs
  - SDSU Extension programs Fit and Strong and Walk with Ease
  - Typical primary care visits
- Worksite Wellness-for employees
  - Breastfeeding friendly worksite
  - Additional activities in planning stages
- Healthy Community-for everyone
  - Wellmark’s Healthy Hometown partnership
  - Outdoor activities available
  - Limits to healthy food access
  - Weather starting to warm up

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# March 2020

- When COVID “hit” no one knew what to expect
- Risk mitigation and surge planning at the forefront at the hospital
- Changes to how people were purchasing items, staying in town, accessing healthcare, interacting with each other, learning, etc.

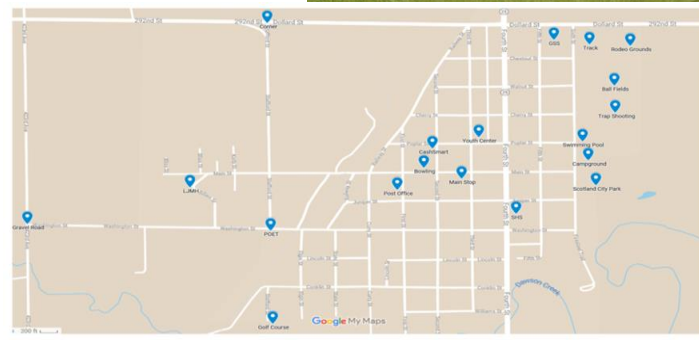
# Addressing Chronic Diseases During COVID

- Facility modifications for care delivery
  - Drive through visits
  - Telehealth and phone
  - “well” labs
  - Pharmacy delivery
  - Social distancing yoga
  - Continued to promote the importance of primary care



# Addressing Chronic Diseases During COVID

- Wellness for staff
  - Outdoor break area
  - Promoting walking and bike riding
  - Picnic
  - Healthier vending options
  - Continued promotion of steps to stay healthy



# Addressing Chronic Diseases During COVID

- Community

- Walking, biking, “athletic complex”, outdoor play
- Lake activities/camping
- Gardens
- Focus on family and local living



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# Chronic Disease Challenges Fall 2020

- Rural areas are seeing COVID now
- COVID and Influenza combination potential
- Delayed medical care for chronic diseases
- Cold weather-less opportunity to do things outside





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## Continue Forward

- Continue to use innovation for care delivery
- Use of virtual events and social media to promote chronic disease care
  - Virtual Ladies Lounge
- Keep staff engaged in staying well
  - Combatting burnout, “mental tiredness”
- Keep community engaged in wellness
  - Promote safe fall/winter activities



## Final Remarks:

It takes an entire community to manage chronic disease.

Innovative is not always fancy or expensive-meet the people where they are.

Thank You!

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