



## MedStar Good Samaritan Hospital

### Reaching Out to Prevent Strokes

Although about 80 percent of strokes are preventable, stroke is still the fifth-leading cause of death in the U.S., according to the National Stroke Association. Seventy percent of those that occur each year are first strokes, which makes prevention an important public health goal.

MedStar Good Samaritan Hospital works to reduce the incidence of stroke through its Stroke Smarts Community Outreach program. Designed to emphasize prevention and early detection of stroke, the program is operated by a team of rehabilitation specialists, including a physical therapist, occupational therapist, and speech-language pathologist. At least once a month, a team member gives a one-hour interactive presentation to at-risk community members about stroke at local senior centers, wellness fairs, and other community sites. These sessions reached more than 150 people in 2017.

As a Commission on Accreditation of Rehabilitation Facilities-accredited stroke specialty program, MedStar Good Samaritan also provides free services, such as mentor and support groups, to help stroke survivors and their caregivers prevent future strokes and get their lives back to normal.

### Letter From the President

MedStar Good Samaritan Hospital has a long history of service to the community. Founded as a not-for-profit Catholic hospital in 1968, we are dedicated to providing easily accessible, quality health care to the residents of northeast Baltimore.

Today, we remain committed to enhancing our community's health and well-being, and advancing overall population health through a wide variety of initiatives. You'll read about two of them in this 2017 Report to the Community. We are grateful that we're able to positively impact so many lives through our work.

Sincerely,

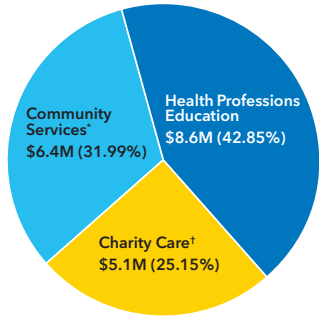
A handwritten signature in black ink that reads "Bradley S. Chambers".

Bradley S. Chambers

President, MedStar Good Samaritan Hospital  
President, MedStar Union Memorial Hospital  
Senior Vice President, MedStar Health

Each year, approximately 795,000 people suffer a stroke—one of the leading causes of serious, long-term disability in the United States.<sup>1</sup>

## Total Community Benefit 2017: \$20.1M



\*Includes Medicaid assessments

\*Includes subsidies, community health improvement services, community building activities, financial contributions, and community benefit operations

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<sup>1</sup>Benjamin, EJ; Blaha, MJ; Chiuve, SE; et al. on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2017 update: A report from the American Heart Association. *Circulation*. 2017;135: e229-e445

## Caring for Struggling Hearts

Congestive heart failure (CHF)—a condition in which the heart can't pump enough blood and oxygen to the body's tissues—affects nearly 6 million Americans. While there is no cure for CHF, there are medical therapies and lifestyle changes that can help slow its progression. That's the focus of the Congestive Heart Failure Clinic within the Good Health Center at MedStar Good Samaritan Hospital.

An outpatient program staffed by cardiologists, cardiology specialists, and ICU-trained nurses, the clinic provides patients with the follow-up care, patient education, and other support needed to help them manage their health and avoid hospital readmission. In practice for more than 15 years, the clinic encourages patients to take advantage of its services by allowing walk-ins, thereby removing a common barrier to care. Patients are also advised to visit the clinic rather than the emergency department if they are not feeling well.

With more than 4,000 visits per year and 15 new patients per month—patients referred from MedStar Good Samaritan as well as other providers in the area—the clinic helps improve the lives of those living with CHF, while also reducing healthcare costs. In fact, in 2017, readmission to MedStar Good Samaritan due to CHF decreased from 14 percent to 3 percent.

To learn more about MedStar Health's programs and initiatives across Maryland and the Washington, D.C., region that are contributing to healthier communities, visit [MedStarHealth.org/CommunityHealth](http://MedStarHealth.org/CommunityHealth).

