

Population and Community Health News

Advancing Health

MedStar Harbor Hospital

Expanding access to care.

Mobile Health Centers go where services are needed the most.



INSIDE: A hands-on approach to saving lives. | Connecting with our community.

Letter from the President.



At MedStar Health, meeting the healthcare needs of the greater Baltimore area has long been a goal...a goal we've been working to achieve by expanding our services throughout the region. In short, we want to make sure everyone has access to the care they need where and when they need it.

For example, in this issue of *Advancing Health*, we feature our newest Mobile Health Center, the second in our fleet, which is now visiting locations throughout Baltimore regularly. Through this outreach, we are making it possible for more people to easily obtain medical care for both urgent and chronic health issues...individuals who often face significant barriers to seeing a healthcare provider.

We also highlight two initiatives that provide members of the communities we serve with the skills they need to help save lives in the event of an emergency. These programs are Be the Beat®, designed to teach members of the general public how to perform Hands-only Cardiopulmonary Resuscitation (CPR); and Stop the Bleed®, developed to educate community members on simple techniques to help control severe bleeding from traumatic injuries before it becomes life-threatening. As a result of these programs, our Community Health teams are empowering many individuals to play a more proactive role in helping to save lives.

Our commitment to ensuring the health and well-being of everyone who lives and works in our region through these efforts and others like it is unwavering. *It's how we treat people.*

In good health,

Jill Donaldson, FACHE

President, MedStar Harbor Hospital
Senior Vice President, MedStar Health

Expanding Access to Care.



MedStar Health is doing its part to bring much-needed health care into communities that have been traditionally underserved with the expansion of our mobile health services across the Baltimore region. In September, a second Mobile Health Center was introduced that is now visiting several North Baltimore neighborhoods regularly.

Our two Mobile Health Centers offer a solution, making it possible for more people to access medical care. Core clinical services available on both include primary care, urgent care, chronic disease management, cancer screenings, vaccine administration, mental health care, wound care, women's health services, HIV and Hepatitis C testing, and sexually transmitted infection screenings.

"We know there are people in our communities who need to see a provider, but face transportation challenges that make it difficult, if not impossible, for them to get to their appointments," says Phyllis Gray, assistant vice president of Care Transformation for MedStar Health, Baltimore region.

"This service is designed to eliminate that barrier. Our Mobile Health Centers bring medical care out into the communities that need us the most. We are striving to make it easy for people to access care and make their health and wellness a top priority."

Plus, prospective patients can utilize the services available on the Mobile Health Centers regardless of their insurance status. MedStar Health's financial assistance program offers free or reduced-cost care for some individuals and families who need to see clinical providers but may not have the means to pay for services.

"This is about people taking care of people, and providing a valuable service to communities that are vulnerable," Gray notes. "We are proud that we can provide these resources for people and families who otherwise may not be able to see a healthcare provider."

Walk-ins are accepted but appointments are encouraged and can be scheduled by calling **410-350-7511**.

Together, our two Mobile Health Centers serve neighborhoods across Baltimore!

Mobile Health Center—North Baltimore

Franciscan Center
101 W. 23rd St.
Baltimore, MD 21218
Mondays, 10 a.m. to 4 p.m.

Community Assistance Network
7900 E. Baltimore St.
Baltimore, MD 21224
Tuesdays, 10 a.m. to 4 p.m.

Govans Farmers' Market
5104 York Rd.
Baltimore, MD 21212
Wednesdays, 11 a.m. to 5 p.m.

St. Stephens AME Church
1601 Old Eastern Ave.
Essex, MD 21221
Thursdays, 10 a.m. to 4 p.m.

Mobile Health Center—South Baltimore

City of Refuge Baltimore (CORB)
3501 7th St.
Baltimore, MD 21225
Mondays, 9 a.m. to 3 p.m.

The Transformation Center
3701 4th St.
Baltimore, MD 21225
Tuesdays, 10 a.m. to 4 p.m.

Drink at the Well
4710 Pennington Ave.
Baltimore, MD 21226
Wednesdays, 10 a.m. to 4 p.m.

Middle Branch Fitness & Wellness Center
201 Reedbird Ave.
Baltimore, MD 21225
Thursdays, 10 a.m. to 4 p.m.

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At MedStar Health, we offer easy access to great health care in Maryland, Virginia, and Washington, D.C., via our 10 hospitals and more than 300 other care locations. We're also committed to advancing your care by continuously learning and applying new knowledge. We help our patients and their families feel understood, appreciated, and confident in their care. MedStar Harbor Hospital is proud to be part of MedStar Health. **It's how we treat people.**

Population and Community Health's mission: *Bridging gaps in health care by connecting the populations we serve with resources to enhance their health and wellbeing.*

On the cover: The Mobile Health Center team, pictured from left to right visits communities in South Baltimore: Shannon Holder, NP, nurse practitioner; Terri Langley, driver and patient access coordinator; Andrea Gaspar, MD, medical director; and Tacey Lawson, MA, medical assistant and community health advocate.



For more information about the Mobile Health Centers, visit [MedStarHealth.org/MobileHealthCenter](https://www.MedStarHealth.org/MobileHealthCenter).

A hands-on approach to saving lives.

Emergencies can happen at any time to anyone. You may find yourself at the scene of an accident, cardiac arrest, or other life-threatening situation. But do you know what to do, or how to help? With basic education, anyone can have the information they need to help save a life before first responders arrive.

MedStar Health offers the following training programs throughout the region to ensure members of the communities we serve are prepared to respond in the event of an emergency.

Be the Beat is a program developed by the AHA to encourage more individuals to learn how to properly perform CPR in an emergency. MedStar Harbor Hospital has joined with the AHA in helping to promote the training by reaching out to the communities surrounding our hospitals at health fairs, school events, and other venues.

“Be the Beat is designed to teach members of the general public to use compression-only CPR, also known as Hands-Only CPR, which involves compressions without mouth-to-mouth breaths,” explains Tracy Holcomb, MSN, RN program manager and certified diabetes health education specialist for Care Transformation at MedStar Harbor.

Hands-Only CPR has just two simple steps:

- Call 911 if you see a teen or adult suddenly collapse.
- Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute. Some examples are *Stayin’ Alive* by the Bee Gees, *Crazy in Love* by Beyoncé featuring Jay-Z, *Hips Don’t Lie* by Shakira, or *Walk the Line* by Johnny Cash.

“Keeping the blood flowing—even partially—extends the opportunity for a successful resuscitation once trained medical staff arrive,” Holcomb notes.

Stop the Bleed*

Traumatic injuries that cause uncontrolled bleeding are a leading cause of preventable death for people of all ages throughout the country.



▲ MedStar Health’s hospital responders conduct a Stop the Bleed training at the Middle Branch Fitness & Wellness Center.

“Injuries that cause severe bleeding can happen anytime and become life-threatening in minutes,” says Samantha Sailsman, CCHW, regional program manager for Care Transformation, Baltimore region. “The Stop the Bleed program was developed by the American College of Surgeons to empower individuals to learn simple techniques to help control bleeding before professional help arrives.”

MedStar Harbor offers the program during which participants are taught to follow three simple steps after ensuring that the scene is safe and calling 911:

- Apply direct pressure to the wound.
- Pack the wound with gauze or clothing.
- Apply a tourniquet if the injury is to an arm or a leg and the wound continues to bleed.

“These techniques help control bleeding and can save lives by preventing catastrophic blood loss,” Sailsman says.

Connecting with our community.

Population and Community Health teams throughout the Baltimore region are dedicated to connecting neighbors with programs and services. Whether it’s providing health information about tobacco cessation, diabetes prevention, or mental health—printed in English and Spanish—or sharing resources that can help with food disparities, legal services, or housing, our teams are bringing support to your neighborhoods.

Below are some of our recent outreach events.



▲ MedStar Health partnered with Under Armour to provide nearly 700 free sports physicals for students. There were sports bra fittings, and back-to-school resources for student athletes, as well. Our Community Health team provided free blood pressure screenings, a wellness wheel, education about healthy foods and beverages, Hands-Only CPR, 988 information, and more. The event was made possible through Project Rampart, an ongoing six-year partnership designed to elevate the high school student athlete experience and improve academic performance through the power of sports.



▲ Our Community Health Advocates (CHAs) attended the Latino & Immigrant Community Day held at the City of Refuge Youth Center. We provided information about our BHEAM (Behavioral Health Equity Across Maryland) program, invited guests to tour the Mobile Health Center, shared MedStar Health’s social needs tool, and gave out HIV kits with educational materials. Pictured is Mayra Corea, CHA for the BHEAM program.

Be the Beat*

According to the American Heart Association (AHA), about 90% of the 350,000 people who experience a cardiac arrest outside of the hospital each year do not survive. Cardiopulmonary resuscitation (CPR), especially if performed immediately, can double or triple a cardiac arrest victim’s chance of survival.

To request a community health education or wellness program, visit [MedStarHealth.org/CommunityHealth](https://www.MedStarHealth.org/CommunityHealth) or scan the QR code with your smart phone.



Know the signs and symptoms of SEPSIS

Sepsis, a life-threatening medical emergency, is the body’s extreme response to an infection. An estimated 81% of Americans do not know all of the signs and symptoms of sepsis, which takes a life every two minutes in the U.S.

S	E	P	S	I	S
Shivering, fever, or very cold	Extreme pain or discomfort	Pale, discolored, clammy, or sweaty skin	Sleepiness, confusion, or disorientation	“I feel like I might die”	Shortness of breath

How much do you know about sepsis?

Sepsis is a medical emergency. It’s important to recognize the signs and symptoms to educate those you love and act quickly. With early diagnosis and immediate action, you can help save a life.

Community class schedules.

At MedStar Health, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering a variety of free and low-cost special classes, events, and screenings at our local MedStar Health hospitals. They include the following:

CANCER PREVENTION

Breast and Cervical Cancer Screenings

Free mammograms, clinical breast exams, PAP and HPV testing for women ages 40 and older who live in Baltimore City.

Free PAP and HPV testing for women between ages 21 to 39 who live in Baltimore City.

Call **410-350-2066** for details.

Colon Cancer Screening

Free colon cancer screenings for uninsured men and women ages 45 or older, or younger with symptoms or family history, who live in Baltimore City, or Anne Arundel, Baltimore, or Howard counties.

Have Medicaid or Medicare? We can pay your out-of-pocket costs and help you get screened.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.

Lung Cancer Screening

Free lung cancer screenings for uninsured women and men ages 50 or older, who currently smoke or have quit in the past 15 years, and live in Baltimore City or Anne Arundel County.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.

DIABETES PREVENTION AND EDUCATION

Diabetes Education

If you have diabetes, our educational classes can teach you about self-management of your disease, medical nutrition therapy, continuous glucose monitoring, and more. Virtual appointments are available.

Call **443-777-6528** for MedStar Franklin Square Medical Center; **443-444-4193** for MedStar Good Samaritan Hospital; and **410-554-4511** for MedStar Union Memorial Hospital appointments.

Gestational Diabetes Education

In-person and virtual classes will assist gestational diabetic women with blood sugar control, diet, exercise, and medication instruction for a safe pregnancy. Call **443-777-6528** for details.

HEART AND LUNG HEALTH

Cardiac Rehabilitation Pulmonary Rehabilitation

Call **443-444-3397** for more information.

Phase III General Exercise Program

Call **443-444-3881** for more information.

Congestive Heart Failure Clinic

Call **443-444-5993** for details.

SUPPORT GROUPS

Contact the emails below to see if the group is virtual or in person.

Amputee Support Group

Email jennifer.mcdivitt@medstar.net for details.

Aphasia Support Group

Aphasia is a language disorder due to illness. Email kate.c.gerber@medstar.net for details.

Concussion Support Group

Email kate.c.gerber@medstar.net for details.

Diabetes Support Group

Email lorraine.p.giangrandi@medstar.net at MedStar Franklin Square and melissa.a.santini@medstar.net at MedStar Good Samaritan for details.

Stroke Support Group

Email kate.c.gerber@medstar.net for details.

WELLNESS AND PREVENTION

Tobacco Cessation

Learn to quit smoking with support from our certified tobacco cessation experts.

Free virtual or in-person classes.

Call **855-218-2435** or visit MedStarHealth.org/StopSmoking.

PARKINSON'S DISEASE FITNESS

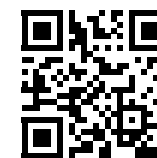
Aquatics for Parkinson's Disease Parkinson's Exercise Class Rock Steady Boxing

Call **443-444-4600** for details.

BIRTH AND FAMILY SERVICES

Birth and family services are offered in the MedStar Health, Baltimore region at MedStar Franklin Square Medical Center and MedStar Harbor Hospital.

Take our birthplace virtual tours by scanning this QR code with your mobile phone camera feature and scrolling to the bottom of the page.



IN-PERSON CLASSES AT MEDSTAR FRANKLIN SQUARE MEDICAL CENTER

Prepared Childbirth Classes

Preparing mother and her birth partner for labor and childbirth. Offered 1 full day or as a 4-week series (1 night/week).

Breastfeeding: Facts, Myths, and Techniques

Taught by a board-certified lactation consultant, this course is designed to prepare pregnant couples to get breastfeeding off to a great start.



Infant Care and Safety Class

This class is designed for expectant and new parents, grandparents, and babysitters. Learn bathing, diapering, and other skills to care for your baby.

Infant and Child CPR

Ideal for expectant parents, daycare providers, and loved ones caring for your baby.

Infant and Child First Aid

Classes cover allergic reactions, sudden illness, head, bone and joint injury, wound care, shock, burns, and more. Classes can be taken separately or together with CPR (discount applies if taken at the same time).

Classes meet the State requirement for daycare providers.



Moms, Babies, and Breastfeeding Support Group

Facilitated by breastfeeding specialists, these groups provide clinical support to new moms while providing a place to build relationships with other new moms. Professional infant scale for weigh-ins available. FREE lunches provided. Expectant moms, support partners, and siblings are welcome.

Virtual and in-person support groups held weekly.

Virtual support group: Tuesdays, 10 to 11 a.m.

In-person support groups, 11 a.m. to 1 p.m. at these locations:
First Monday of each month - MedStar Franklin Square Medical Center 3rd floor Wellness Center
Tuesdays in Brooklyn - Curtis Bay Elementary School Judy Center (starting Dec. 3)
Wednesdays in Essex - Essex Library

Contact susanna.k.derocco@medstar.net for details.

NEW eCLASSES hosted by MedStar Health

We are excited to have partnered with InJoy Health Education to provide a variety of online eClasses to help our communities and our patients prepare for pregnancy, labor, birth, and caring for their newborn. Classes include:

- Multiples
- Your Newborn
- Cesarean Section
- Grandparenting
- Childbirth
- Breastfeeding
- Natural Childbirth
- Fatherhood

For details on classes, tours, support groups, and eClasses, scan the QR code with your smart phone or visit MedStarHealth.org/BirthandFamilyClasses.

For questions on any of these classes, contact beth.kegley@medstar.net.

To register online, visit: MedStarHealth.org/BirthandFamilyClasses or call **888-746-2852**.

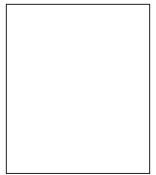




MedStar Health

5601 Loch Raven Blvd.
Baltimore, MD 21239

MedStarHealth.org/CommunityHealth
855-218-2435



MedStar Health Social Needs Program

Find the resources you need and get connected...all in one place.

Education, employment, food security, housing, safety, social support, and transportation are all factors that affect health and well-being. Yet many individuals and families struggle to address these needs on a daily basis. The MedStar Health Social Needs program can help.

SocialNeeds.MedStarHealth.org is an online tool used to easily and quickly connect those in need with free or low-cost resources and services in their community. This publicly accessible tool allows community members to search for various services for themselves or on behalf of family members, friends, or neighbors. Meal delivery, medical care, rent, ride-share programs, and utility assistance are just a few of the search options available by zip code in a wide range of languages.



Social Needs program.

Find the resources you need and get connected... all in one place!



Scan the QR code, visit **SocialNeeds.MedStarHealth.org** or call 211.