



Community Benefits Report

Fiscal Year 2013



MedStar St. Mary's
Hospital

Knowledge and Compassion
Focused on You



MedStar St. Mary's Hospital

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MedStar St. Mary's Hospital of St. Mary's County, its Medical Staff and Auxiliary, are non-discriminating in their admission, treatment, employment and membership policies. The hospital employs, offers membership, renders treatment and receives vendor services without regard to race, color, religion, age, sex, national origin or ancestry, marital status or status as a qualified disabled individual. Patients receive considerate and respectful care at MedStar St. Mary's regardless of the source of payment. MedStar St. Mary's Hospital's Payment Assistance Program provides free or reduced charges for care to patients who receive inpatient and outpatient services. This program is available for individuals who are not eligible to receive medical assistance from the state and meet specific income requirements. If you are interested in finding out if you qualify for payment assistance, please contact our Credit Office at 301-475-6039.



Dear Friends,

In our county, caring for others comes naturally. Neighbors help neighbors without hesitation. Friends old and new tend to and support each other. Families provide for and nurture each new generation, ensuring a continuum of care – as do we at MedStar St. Mary's Hospital where care isn't a remnant of the past. We are our community's hospital and our patients are our friends, our neighbors and our family members.

Striving to be the trusted leader in caring for people and advancing health, MedStar St. Mary's is always seeking to improve the quality of life and health for our community members. It is a strong part of our mission and one that we uphold with the utmost devotion. We continually promote, maintain and improve health through education and services while assuring quality care, patient safety and fiscal integrity.

Our community of patients looks to us for quality healthcare and guidance. They take comfort in the fact that our hospital will always care for them, regardless of their ability to pay. This is especially true of our St. Mary's County residents who benefit from primary health care services provided by Health Connections' Get Connected to Health program for our county's underinsured and uninsured residents.

Our hospital annually provides such services as cancer and diabetes screenings, bringing immunizations to local residents, training emergency medical volunteers in advanced life support, participation in emergency disaster preparedness, and education through a variety of seminars and support groups. Financial support is offered to patients unable to pay or who receive discounted rates based on need.

It is our privilege to serve our community and we look forward to another year of caring for you!

Christine R. Wray, FACHE
 President, MedStar St. Mary's Hospital
 Senior Vice President, MedStar Health



Breathing Better All the Time

Taking in some fresh air, John and Beth Mitchell both breathe easier these days now that Beth's health is intact. After years of suffering from COPD, Beth enrolled in The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center and turned her health around.

Beth Mitchell has come full circle by now, serving as President of the Better Breathers Club at MedStar St. Mary's. The free club offers participants the opportunity to learn ways to better cope with lung diseases. Guest speakers share personal stories as well as educational and practical information on a wide range of relevant topics, including tips on how to travel with oxygen, breathing techniques and more.

In 2013, Beth worked with Beth Slick, the program's facilitator at the time, to bring the program to MedStar St. Mary's. It was a surreal experience for Beth as she had once struggled as a patient of Beth Slick's in the pulmonary rehabilitation program

offered at the Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center. This time around, they worked side-by-side as colleagues.

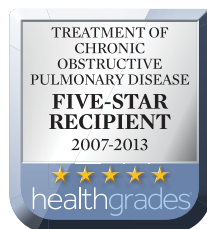
MedStar St. Mary's Better Breathers Club offers its members ways to better cope with COPD. According to Beth Mitchell, those who participate also get the support of others who share in the same day-to-day struggles. She acknowledged that talking with others who really understand what you are experiencing can make a positive difference. As president and as someone who has experienced COPD, she chose to give back by helping others cope, willingly sharing all that she has learned in her journey and supporting others in theirs.

First diagnosed with Chronic Obstructive Pulmonary Disease (COPD) in 1996, by 2007, Beth Mitchell was so dependent on oxygen that she was forced to retire from her

job as a budget analyst. She found herself in and out of the hospital as a result of the disease. Days after being released from MedStar St. Mary's she attended the ribbon cutting for The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center in Fall 2009 and enrolled in a program at the center as soon as she could.

Ultimately, Beth received a new set of lungs in the summer of 2011. "I really believe I had the strength I needed to recover quickly because of all of the rehabilitation programs," said Beth. "I walked within two days of my transplant." Today, she's breathing better than ever and living the life she thought she had lost for good.

With a new set of lungs and new lease on life, Beth is ready to take on the world. She goes hiking in the mountains, rides a bike and is able to pick up her young granddaughter. "Now that I have these lungs," Beth said, "let's explore!"



MedStar St. Mary's Hospital is a Five-Star Recipient for Treatment of Chronic Obstructive Pulmonary Disease for Seven Years in a Row from HealthGrades®. The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center played a role in the hospital receiving the award. Patients have direct and immediate access to a program right at MedStar St. Mary's that helps to improve the lives of patients living with COPD.

Better Breathers Club at MedStar St. Mary's

Meetings are semi-monthly.

The free club offers participants opportunities to learn how to cope with lung diseases. Guest speakers share personal stories and provide both educational and practical advice and tips.



Welcoming Physicians

Historically, recruiting quality physicians to St. Mary's County has been a challenge. Although we have a number of physicians serving patients throughout the County, the ratio of resident to primary care physician is 2350 to every resident. MedStar St. Mary's Hospital continually works to close that gap and in Fiscal Year 2013, welcomed seven new physicians. Highlighted below are just a few of the new faces we welcomed.



Jeremy R. Camden, MD

Specialty: Musculoskeletal radiologist

Certification: American Board of Radiology

Medical School: Eastern Virginia Medical School



Moshood B. Karimu, MD

Specialty: Pediatric Hospitalist

Certification: American Board of Pediatrics

Medical School: University of Lagos

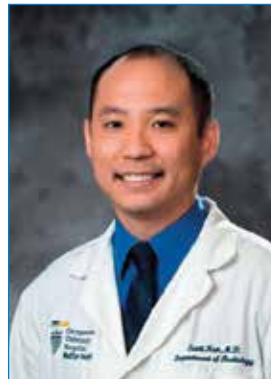


Adele Fields, MD

Specialty: Diagnostic radiologist (breast/ interventional imaging)

Certification: American Board of Radiology

Medical School: Medical College of Wisconsin



Scott Kuo, MD

Specialty: Interventional radiologist

Certification: American Board of Radiology

Medical School: Robert Wood Johnson University Hospital



Usman Zahir, MD

Specialty: Orthopaedic surgeon and spine specialist

Medical School: University of Maryland School of Medicine



Richard Rothman, MD

Specialty: Psychiatrist

Certification: American Board of Psychiatry and Neurology

Medical School: University of Virginia

Visit MedStarStMarys.org and click on **Find a Doctor** to explore MedStar St. Mary's online physician directory.

Expanding Services to the Underserved

Lexington Park resident Tanya Dahlberg knows firsthand the need for affordable health care.

Tanya couldn't be more pleased with initiatives started in 2013. A patient of our hospital's Get Connected to Health outreach program, Tanya finds great benefit and comfort in knowing that the program expanded to full time, adding the services of a full time nurse practitioner. Having convenient, accessible quality health care for the underinsured and uninsured in her community is critical to Tanya.



Lexington Park resident, Tanya Dahlberg



It was a packed house when Lt. Gov. Anthony Brown visited MedStar St. Mary's Hospital in the spring. On hand were some of St. Mary's County's elected officials, hospital staff and even a few county residents who will directly benefit from the Health Enterprise Zone designation.

MedStar St. Mary's Hospital is pleased to lead the way in a new four-year pilot project that began in Fiscal Year 2013 in St. Mary's County to lessen persistent health disparities under the umbrella among Maryland's first Health Enterprise Zones (HEZ). An initiative promoted by Maryland Lt. Gov. Anthony G. Brown named St. Mary's County's greater Lexington Park area one of five geographic regions to receive funds for improving access and outcomes in health care.

A consortium of community partners led by the hospital is to receive about \$850,000 annually in order to design creative approaches to healthcare delivery that reduce the barriers to care and encourage healthier lifestyles. Managing chronic conditions that contribute to repeat hospitalizations and visits to the Emergency Department, such as asthma, high blood pressure, chronic obstructive pulmonary disease and congestive heart failure is a major component of the program.

MedStar St. Mary's already had a strong relationship with community partners so the consortium was a natural extension. It also meant that the approach to healthcare delivery and managements could serve the whole person, not simply treat a condition, and support a healthier, independent lifestyle within their

community.

Imbedded in the grant proposal that garnered the HEZ designation in 2013 is the recruitment of additional culturally competent providers in primary, behavioral health and dental care to serve the 31,000 residents in the greater Lexington Park area. Future plans include opening a community health center; operating a 10-seat van to provide accessible transportation to appointments, pharmacies and other services; and having lay community health workers and translator services available to promote understanding, trust and compliance.

For residents such as Tanya, who suffers from gran mal seizures that make it unsafe for her to drive, the full time services of a nurse practitioner through the expanded Get Connected to Health outreach program is a benefit. The mobile outreach center comes to her neighborhood on a regular schedule and offers low cost primary care. She also looks forward to the additional services that will result from the HEZ designation grant funding. The implementation of the bus will be a convenient way for her to get to additional medical appointments and fill her prescriptions instead of having to rely on others.

Partnering with Our Community

COMMUNITY ALCOHOL COALITION (CAC) GRANT

The Maryland Alcohol and Drug Abuse Administration awarded funding to St. Mary's County to develop and implement a strategic plan directed at decreasing reported incidences of underage and young adult binge drinking. In turn, MedStar St. Mary's Hospital was enlisted to create and direct this multi-year initiative that involves numerous county agencies, individual community members, teachers, parents and teens.

WOMEN'S WELLNESS PROGRAM

MedStar St. Mary's supports the Breast and Cervical Cancer Program of the Department of Health and Mental Hygiene (DHMH) of St. Mary's County and provides a registered nurse (RN) liaison who serves as the case manager for a portion of the program, scheduling appointments and navigating patients through diagnosis and treatment, if needed. This is a free service funded by State and Federal grants..



PINK RIBBON GRANT RENEWED

Health Connections again received funding in 2013 for renewal of a Pink Ribbon Grant Project from the Maryland Affiliate of the Susan G. Komen for the Cure. The \$85,000 grant provides free breast exams, mammograms, sonograms and surgical consults to under-and uninsured women of any age not served by the breast and cervical cancer program.



PARTNERS FOR A HEALTHY ST. MARY'S

MedStar St. Mary's Hospital, the St. Mary's County Health Department and other key community partners launched the Healthy St. Mary's Partnership ("Healthy St. Mary's") in April 2013 to serve as the county's health improvement coalition. Healthy St. Mary's Partnership is community-driven. It includes an expanding number of public and private partners working together to address priority health needs for St. Mary's County, as set by the local health improvement process. Health priority areas for St. Mary's are as follows:

- Healthy Eating, Active Living, and Overweight/Obesity
- Tobacco Use and Exposure to Secondhand Smoke
- Behavioral Health (including Mental Health and Substance Abuse)
- Access to Healthcare Services

REDUCING ASTHMA VISITS IN THE ED

Medical Emergency Physicians (MEP) partnered with the Get Connected to Health program to educate individuals affected by asthma. "We want to teach individuals how to better manage their condition to help keep them out of the Hospital's Emergency Department," said MEP's Michael Perraut, MD. Dr. Perraut led the initial outreach asthma assessment and screening effort at the 2013 St. Mary's County Juneteenth Celebration by the African American community. Asthma is especially prevalent among the county's African-American population as evidenced by the 2012 community health assessment. "It's a condition we've worked with a lot in our ED and that tells us individuals are not managing their disease," said Dr. Perraut.

Health Connections

CLASSES & SUPPORT GROUPS

MedStar St. Mary's community outreach, Health Connections, offers a variety of classes and support groups free-of-charge to Southern Maryland residents. Some of the classes and support groups offered in Fiscal Year 2013 included:

- Seven Healthy Habits of People with Diabetes
- Diabetes Support Group
- Living Well with Heart Failure
- Stroke Survivors Group
- Good Grief Support Group
- Infant & Child Loss Support Group
- Cancer Support Group
- Look Good, Feel Better
- Living Well with Chronic Conditions
- Senior Gold Card Club
- Special Diets Group
- Breastfeeding Moms
- Child Passenger Safety Seat Check
- Better Breathers Club
- Stroke Forum
- Bariatric Surgery Support Group

(for surgeries at MedStar Washington Hospital Center)

SPECIAL EVENTS

In Fiscal Year 2013, MedStar St. Mary's Hospital had more than 22,000 individual encounters at various community and special events. These events frequently included screenings offered by Health Connections free of charge. It's just another way MedStar St. Mary's is encouraging the community to better care for their health. Below are just a few events that they hosted or attended:

Diabetes Alert Day
March 26, 2013

Women's Wellness Event
February 23, 2013

Juneteenth
June 16, 2013

Legs for Life
October 13, 2012

Cancer Awareness Days
October 13, 2012 and April 13, 2013

Smoking Cessation

The percentage of adult smokers in St. Mary's County is higher than State and National averages. In certain parts of the County, a staggering 50 percent of the adult population smokes. Specific programs have been put in place to help lower the smoking rate for residents in Lexington Park who are uninsured or underinsured.

In particular, the St. Mary's County Health Department offers free eight-week smoking cessation classes for the community. MedStar St. Mary's supports the program by providing a registered nurse liaison who is present at every class to provide guidance. The program includes information on stress management, the benefits of quitting, and techniques used to quit smoking. Attendees are eligible to receive free Chantix or nicotine replacement patches, which are administered by the registered nurse.



Breastfeeding Resources

MedStar St. Mary's offers supportive breastfeeding resources that begin while moms and newborns are still in the Women's Health & Family Birthing Center. A lactation consultant visits the moms to offer education, instruction and helpful tips on breastfeeding, often remaining to ensure mom and baby are both achieving what is needed. The consultants then follow up with phone support once the family is back at home. In addition, Health Connections offers a weekly Breastfeeding Moms group where mothers and babies come to share experiences and continue receiving professional level support of breastfeeding free of charge. It's a wonderful place for the moms to find support and get answers to any questions as their baby grows.



For more information about the work of the coalition contact Jenna Mulliken, Health Connections at Jenna_Mulliken@smhwecare.com or 240-434-7659.

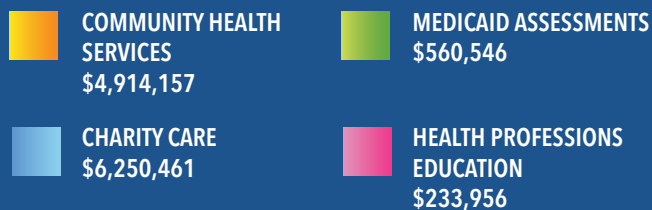
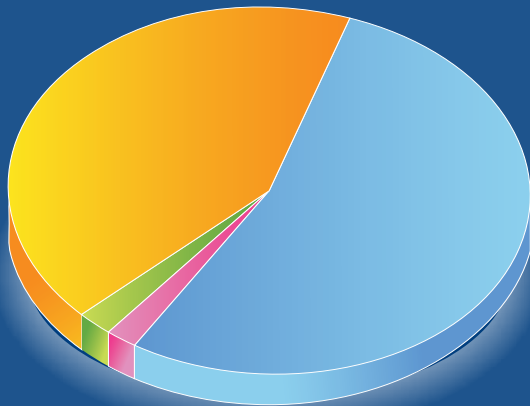
Asking the Right Questions

A jarring media campaign generated the reaction Community Alcohol Coalition (CAC) members wanted. It caused people to talk, to question and to take action.

The "Can You Afford It?" media campaign focused on the ramifications of underage and binge drinking and continues to generate discussion among teens, teachers, parents, community members and organizations. James Stone, St. Mary's County Sheriff's Office alcohol enforcement officer, acknowledged that "the campaign and the work of the coalition in building awareness of the problem are helpful to law enforcement."

The coalition is a volunteer member organization established to create and direct programs that educate the community on the social and financial costs of underage and binge drinking. The collaborative effort involves community groups across St. Mary's County and is among the reasons this program was highlighted in the latest MedStar Health Report to the Community.

MedStar St. Mary's Hospital Fiscal Year 2013 Community Benefits Funding



In Fiscal Year 2013, MedStar St. Mary's Hospital invested \$11.9M in services and activities that qualify as Community Benefit. This includes charity care/bad debt, medical education, community health services and research.

MedStar Franklin Square Medical Center
 MedStar Georgetown University Hospital
 MedStar Good Samaritan Hospital
 MedStar Harbor Hospital
 MedStar Montgomery Medical Center
 MedStar National Rehabilitation Network
 MedStar Southern Maryland Hospital Center
MedStar St. Mary's Hospital
 MedStar Union Memorial Hospital
 MedStar Washington Hospital Center
 MedStar Family Choice
 MedStar Ambulatory Services
 MedStar Health Centers
 MedStar Visiting Nurse Association
 MedStar Institute for Innovation
 MedStar Health Research Institute

MedStarStMarys.org



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