Dear Friends and Neighbors:

Serving our communities is at the heart of what we do, each and every day. At MedStar Health, we use the best of our minds and the best of our hearts to serve our patients across our 10 hospitals, ambulatory and urgent care locations, and through telehealth and home care services. Our commitment to advancing health doesn’t end once a patient leaves our care. Thanks to technological advancements, enhanced access options, and new approaches to the care experience, we continue evolving the myriad ways we serve our communities.

Through a comprehensive approach to health and wellness, we strive to enhance health outcomes through better care that emphasizes prevention, builds awareness, and fosters independence—especially in underserved communities adversely impacted by disease, health disparities, and socioeconomic barriers to optimal health. Community education and partnerships remain critical to achieving this goal.

The 2019 Report to the Community highlights components of our journey to advance health through a population health lens, including an emergency preparedness program that creates a community of first responders, as well as an initiative that helps patients in rural areas secure reliable transportation to their medical appointments. A mobile app for expectant mothers provides valuable education and resources, and perhaps most importantly—peace of mind—between regular appointments. Through several wellness initiatives, including a healthy cooking course and home-based care for chronic illnesses, patients gain the tools and confidence to take control of their own health and wellness.

It is our ongoing privilege to serve the communities in which we live and work. Supporting a stronger, healthier community goes hand in hand with our mission, but more simply—It’s how we treat people.

Sincerely,

Kenneth A. Samet, FACHE
President & CEO

Stephen R.T. Evans, MD
Executive Vice President,
Medical Affairs &
Chief Medical Officer
Food is Medicine–Harvest Rx.
MedStar Good Samaritan Hospital

The East Baltimore community around MedStar Good Samaritan Hospital is known as a food opportunity zone—meaning access to fresh produce and supermarkets is limited. Launched at all three MedStar Health Baltimore hospitals in October 2018 and funded in part by a grant from the PNC Foundation, Food is Medicine-Harvest Rx is designed to fill gaps in access to food and nutrition. MedStar Health advocates are trained to identify patients in need of food assistance, enroll them in the program, and give them advice on nutrition and eating healthy on a budget. Then, the patients receive a biweekly box of fresh vegetables, fruits, and grain from nonprofit organization Hungry Harvest. The box is estimated to provide four to eight meals.

The program ends after eight weeks, but patients can also be connected with longer-term healthy food programs such as Meals on Wheels, Moveable Feast, and the federal Supplemental Nutrition Assistance Program.

“Our goal is to provide patients with a tangible solution to improve their health,” says Ryan Moran, director of Community Health for MedStar Harbor Hospital, MedStar Good Samaritan Hospital, and MedStar Union Memorial Hospital.

More than 250 patients have participated in the program so far, and the response has been positive and encouraging, for both the participants and the community health advocates who work with them.

To read the full story, please visit MedStarHealth.org/CommunityHealth to access MedStar Health’s 2019 Report to the Community.
Stop the Bleed.
MedStar Washington Hospital Center

MedStar Washington Hospital Center has joined the Stop the Bleed campaign, a national program launched in 2015 by the U.S. Department of Homeland Security in response to mass shootings in the United States. The campaign aims to teach community members how to recognize and stop severe bleeding resulting from car accidents, workplace incidents, playground injuries, shootings, and larger-scale emergencies like natural disasters.

The goal is to create a “community of immediate responders,” says Erin Hall, medical director of community violence intervention, MedStar Health, adding that no matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene.

“This course empowers participants and gives them the tools they need to potentially save a life,” she says.

MedStar Health clinicians provide Stop the Bleed training courses to schools, businesses, community groups, government organizations, and other groups. They teach safe blood loss management techniques, including how to create a tourniquet with everyday items like a shirt or belt.

“It’s just as important for people to learn how to stop a stranger’s blood loss as it is to learn CPR,” says Jack Sava, MD, chief of trauma, MedStar Washington Hospital Center. He points out that a person who is bleeding can die from blood loss within five minutes, making it critical to stop blood loss quickly.

Stop the Bleed course attendees range from Boy Scout troops to Capitol Building security officers to residents of senior housing communities.

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Improving access to care by providing ‘Wheels to Wellness.’

Wheels to Wellness.
MedStar St. Mary’s Hospital

Wheels to Wellness is a program that helps patients secure reliable transportation to and from medical appointments at MedStar St. Mary’s Hospital.

The program is a partnership between the Tri-County Council for Southern Maryland, The Arc of Southern Maryland, The Center for Life Enrichment, and two area hospitals, including MedStar St. Mary’s Hospital.

Wheels to Wellness fills a great need in rural areas of Southern Maryland, where access to public transportation can prove quite difficult.

Bus schedules and availability are sporadic, often causing patients to miss an entire day of work in order to make a scheduled medical appointment. In many cases, patients will simply skip the appointment.

Prior to a patient’s appointment, a MedStar associate requests a ride for the patient online through Roundtrip, an online ride scheduling service.

The Arc of Southern Maryland or The Center for Life Enrichment fills the request and schedules the pickup. Both organizations have vans that would otherwise go unused during most of the workday. The partnership also helps those drivers pick up extra work hours.

In the first 10 months of its partnership with Wheels to Wellness, MedStar Health provided nearly 1,500 trips for patients.

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The classes are shared medical appointments, allowing each class to serve as a doctor’s visit with insurance carriers. Diet, exercise, stress reduction, mindfulness, and sleep are some of the topics covered in the first 20 minutes of class, followed by a cooking session in the teaching kitchen. On “Ask the Doc” night, a MedStar Health physician joins the group to answer questions and engage in discussion while they all enjoy the prepared meal for the evening.

“We saw the need to offer something more than medication and procedures to help control cardiovascular disease, diabetes, and high blood pressure,” says Dr. Stone, who adds that the idea of “culinary medicine” intrigues many of her patients.

Participants enroll in the program for eight weeks and meet weekly at the MedStar Health Lafayette Centre Sports Performance Center for 90-minute sessions. The program includes fall and spring cycles, with an average of 15 people per session.

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MedStar Health’s 2019 Report to the Community.
MedStarHealth.org/CommunityHealth

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