

GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center Winter 2009



Welcome to Winter

Winter is here...with cold weather and a return to indoor activities. Winter and the new year also remind us to start some new routines and resolutions, and this issue features several important health topics, you may want to consider in this issue of *GET WELL & Stay Well*.

The University of Maryland Medical Center (UMMC) is proud to announce that it was recognized as one of the nation's top hospitals again for the fourth year in a row by the Leapfrog organization. Read all about this important designation in our feature article. January typically means creating many new resolutions. Read our version of healthy resolutions inside to get your new year off to a healthy start. February is also healthy heart month, and we have an informative article on living a heart-healthy lifestyle.

The Patient Resource Center is beginning its sixth year of operations in March with well over 12,000 people using its services to date. The new year will bring more programs and services to the community as we continue to provide tobacco prevention education, fitness walking programs, and other health and wellness information to our patients, families, and the community.

Please look at our course schedule and read our informative articles, and learn how to better care for yourself and others. Our vision is to help people—**GET WELL and Stay Well**.

Stay Healthy,
Anne D. Williams, RN, MS
Editor

Please direct editorial inquiries to:
Anne D. Williams, RN, MS at awilliams@umm.edu

University of Maryland Medical Center Named as One of the Nation's Top Hospitals for Safety and Quality Fourth Year in a Row

UMMC IS AMONG 45 HOSPITALS NATIONWIDE AND THE ONLY MARYLAND HOSPITAL ON LEAPFROG'S LIST



For the fourth year in a row, the Leapfrog Group has named the University of Maryland Medical Center as one of the nation's best hospitals for patient safety and quality of care. Only 45 hospitals nationwide have earned this important and prestigious recognition for 2009. The University of Maryland Medical Center is the only hospital in Maryland to be on the 2009 Top Hospitals list and is one of only three hospitals nationwide to have met Leapfrog's criteria each year since 2006.

The Leapfrog survey is the only national, public comparison of hospitals on key issues including mortality rates for certain common procedures, infection rates, safety practices, and measures of efficiency. The Leapfrog Group was founded by the Business Roundtable to initiate breakthrough improvements—or "leaps"—in health care safety, quality and affordability.

"Our inclusion on the Leapfrog Group's list of top hospitals four years in a row demonstrates that our entire staff—including doctors, nurses, pharmacists, therapists and support staff—is focused on providing the best patient care," says Jeffrey A. Rivest, president and chief executive officer of the University of Maryland Medical Center. "The Leapfrog survey is a comprehensive, objective and up-to-date assessment of hospital performance in terms of quality and safety. It gives health care consumers an important resource when they are choosing a hospital for care," says Rivest.

"We met, and in some cases exceeded, all of Leapfrog's performance standards for a variety of complex procedures..."

The Leapfrog survey uses such criteria as patient care outcomes, use of best practices and patient safety initiatives. The criteria also include the number of specific high-risk procedures that are performed. Each year, Leapfrog adds new performance measures and expands the criteria for hospitals to meet its stringent standards. Leapfrog also reviews hospital performance in a variety of common and high-risk procedures, as well as at the volume of high-risk procedures. A high number of procedures indicates more experience and usually represents better outcomes.

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Heart and Soul...Food for Thought

CATHERINE REES, RN, MS

There's nothing like sitting down at the table with family and friends enjoying a traditional family meal that shouts, "I'm home!" During the month of February, we celebrate Black History Month, sharing stories and memories around the table with family and friends. Not only is February Black History Month, but it is also Healthy Heart Month, which is a perfect time to blend the rich traditions of African American cuisine with heart-healthy tips to prevent heart disease and stroke in the African American community.

On average, a healthy adult heart beats approximately 108,000 times every day. That's a lot of work! Considering its use over a lifetime, you can see why it's important to care for your heart, so it takes care of you! Follow these steps to a healthy heart!

Heart disease and stroke are major health risk for everyone, but African Americans are at especially high risk due to varying factors, including heredity. The American Heart Association (AHA) reports that heart disease and stroke are the #1 and #3 killers of African Americans, accounting for 33% of all deaths within that population in the United States. Over 40% of African Americans have high blood pressure, and they are more likely to develop high blood pressure earlier in life and have more serious cases. One major contributing factor for heart disease is obesity. It is important to know that lifestyle changes can greatly impact a family history of heart disease. Just because your grandmother died of heart disease, does not mean that you will too. Knowledge is power, and putting that knowledge into action gets results.

Know the Warning Signs

First, start by learning the signs of a heart attack and stroke. Knowing this very important information from the American Heart Association might help you save your own life or the life of a loved one. Call 9-1-1 immediately if you or a loved one experiences the following warning signs:

Heart Attack Warning Signs:

- Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea, or lightheadedness.
- A woman's most common warning sign is chest pain or discomfort, but women are more likely than men to have some other common symptoms such as shortness of breath, nausea/vomiting, and back or jaw pain.

Stroke Warning Signs:

- Sudden numbness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

See Your Health Care Provider

Next, it's very important to see your health care provider on a regular basis. While you are there, learn your numbers such as:



- Blood pressure, which should be less than 120/80
- Total cholesterol, which should be less than 200
- Fasting blood sugar which should be less than 100.

Take control of your own health. Educating yourself about warning signs and knowing your numbers are important first steps, but taking action will have the greatest impact on your heart health. Lifestyle changes such as increasing exercise and eating a healthy diet are important. This may sound like a broken record, but lifestyle changes, along with regular visits to your health care practitioner, can make a difference.

Make Lifestyle Changes

Embracing the rich African American culture of food and dance can be a heart-healthy endeavor. Soul food typically includes good sources of protein, heart healthy fiber, and nutrient rich beans and rice. Learning to tweak recipes to lower saturated fat, calories, salt, and sugar will help keep the tradition alive, while helping you and your family stay alive and well too! Here are a few suggestions to get you going in the right direction.

- Put on your favorite music and dance for at least 30 minutes every day.
- Learn to use herbs and spices to enhance flavor without needing salt, and fat. Flavor meat with basil, bay leaf, chervil, marjoram, pepper, rosemary, or savory. Add cinnamon, all spice, mint and nutmeg to fruit to intensify the taste of fruit without adding sugar.
- Eat more fish and poultry. Remove the skin from chicken and select lean cuts of beef or pork with a small amount of marbling. Remove all visible fat.
- Broil, stir fry, or grill, or sauté meats in olive or canola oil rather than frying in lard, back fat, or bacon grease. Limiting saturated fat helps to reduce cholesterol and clogged arteries.
- Salt pork contains a lot of salt. So, season greens with smoked turkey, low salt chicken or vegetable stock. Using less salt helps lower blood pressure.
- Use fresh fruits and vegetables instead of canned items. Canned fruits have extra sugar and canned vegetables have extra salt to keep them fresh.

Enjoy traditional family soul food favorites, but learn to modify your grandmother's classic recipes into modernized healthy dishes that taste great. Try these tips to increase the nutritional value of your favorite recipes through healthy substitutions. One valuable way to improve our health starts at the kitchen table.

Heart and Soul...Food for Thought, continued

Healthy Substitution Solutions:

- Replace plain white flour with whole wheat flour
- Replace heavy whipping cream with evaporated skim milk
- Replace whole milk with 1% or fat free milk
- Replace regular cheese with low fat or part skim
- Replace ham hock and fatback with smoked turkey.
- Replace butter, lard and fatback with olive and canola oils.
- Substitute oils with equal parts of applesauce when baking
- Substitute salt with herbs and spices or no-salt or low-salt substitutes.

Remember, when you make a choice to try heart healthy recipes, you are not giving up tradition, you are creating a new generation who will learn to enjoy the foods their grandmother made, but in a way that will help you, your children, and your grandchildren live heart healthy for many years to come. The time to reverse the trend is now. Make a choice to make a difference! Now that's some food for thought!

For more information on finding heart healthy recipes, look at these websites:

www.strokeassociation.org/power or Call 1-888-4-STROKE
www.americanheart.org
www.eatright.org
www.umm.edu – Search Heart Healthy Diet

Leapfrog's List, continued from page 1

"We met, and in some cases exceeded, all of Leapfrog's performance standards for a variety of complex procedures, including coronary artery bypass surgery, aortic valve replacement, interventional cardiology procedures, bariatric surgery and high risk, as well as normal deliveries," says Jonathan Gottlieb, MD, Chief Medical Officer of the University of the University of Maryland Medical Center.

The University of Maryland Medical Center also scored well on many of the safe practices selected by Leapfrog, such as nurse staffing, quality and leadership, hand hygiene, medication reconciliation, communication of critical information to patients and having leadership structure and systems in place to provide patient safety.

"Excellent care and patient safety are our top priorities, and being on the Leapfrog Group's list of the nation's top performing hospitals for the fourth year in a row demonstrates our focus on these priorities," says Lisa Rowen, DNSc, RN, senior vice president for patient care services and Chief Nursing Officer at the University of Maryland Medical Center. "We have worked to create a collaborative, professional and meaningful environment for our nurses and other patient care staff, which, in turn, provides a solid foundation for high-quality patient care," she says.

The University of Maryland Medical Center was among 1,206 hospitals that submitted data and documentation for the 2009 Leapfrog Hospital Quality and Safety Survey.

The University of Maryland Medical Center is a 731-bed teaching hospital in downtown Baltimore that provides a full range of health care to people from throughout Maryland and the Mid-Atlantic region. It is a referral center for the most serious and complicated health problems in adults and children, including cancer, trauma, heart disease, neurological conditions and organ transplants. All members of the UMMC medical staff are on the faculty of the University of Maryland School of Medicine.

For more information about the Leapfrog Group or the University of Maryland Medical Center, log onto: www.leapfroggroup.org/news/leapfrog_news/Top_Hospitals or www.umm.edu.

Here's to Your Health

As you ring in the new year and make all those new year's resolutions, keep these healthy tips handy. Remember that small daily changes can help you meet your goals and do make a difference in your health. A new year can lead to a new you!

N – No smoking! If you don't smoke or have quit, congratulations! But, remember to limit your exposure to secondhand smoke if you know someone who does. If you do smoke, seriously consider quitting. Talk to your doctor or log onto www.umm.edu/kickthehabit

E – Eat a balanced diet! Include 5 fruits and vegetables a day as well as whole grains and fiber-rich foods into your daily diet. Limit high fat and high sodium foods.

W – Walk, walk, walk! Every adult needs 10,000 steps a day to help maintain a healthy weight and fight diabetes and heart disease. Children need 13,000 steps a day to help them stay fit. All other physical activity counts as well and is a great mood-booster. Dancing, swimming, biking, or running are great ways to stay active and have fun. Keep moving!

Y – Yawn (or not!!) Get at least 7-8 hours of sleep each night. New studies suggest that adequate sleep aids our memory and concentration, restores our immune systems, helps us combat stress, and helps us feel refreshed.

E – Enjoy life! In these stressful times, it is important to try new hobbies or activities and reconnect with friends and family. Stress over a period of time can weaken our immune systems and leave us feeling exhausted. Pay attention to your mood and contact your doctor if your winter blues or stress feels too much to handle.

A – Annual physical exams! Remember to check with your doctor each year to determine what screenings or tests are appropriate for you (mammograms, colonoscopy, prostate screenings, etc are all examples of early detection screenings).

R – Remember important prevention rules!
1) Wear your safety belt and restrain your children while driving; 2) Don't drink and drive; 3) Get your annual flu shot and all other recommended vaccines.

January – March 2010 Calendar

To register for classes (except for Stork's Nest, Childbirth and Infant Care), please contact the Patient Resource Center at 410-328-WELL (9355). All sessions are free and held at the Patient Resource Center unless otherwise noted.

Classes

Stork's Nest – Prenatal Education

January 1, 8, 15, 22, 29

February 5, 12, 19, 26

March 5, 12, 19, 26

All classes run from 10:30 am – 12:30 pm every Friday

Please contact Stork's Nest at 410-328-6997 for information and registration.

Childbirth Education, Infant CPR, and Infant Care

Please contact the Childbirth Education office at 410-328-2944 for class information and registration for Infant Care, Breastfeeding and Infant CPR.

Yoga (Prana)

Thursdays, 6:00 – 7:00 pm

Weekly—ongoing

Cost: \$10 for employees weekly or \$100 for 10 weeks. \$12 for public weekly or \$120 for 10 weeks. \$15 for walk-ins (Walk-ins are welcome). \$25 Reimbursement for benefit-eligible employees.

Reiki From The Heart is a foundation created and run by Nursing.

Mondays, 10 am – 3 pm

Weekly—Ongoing

20 min sessions are offered for \$10.

Proceeds to benefit patient related programs (like the GAP fund) and nursing education funds. This program is sponsored by the Adult and Trauma PACUs and The Healing Pathways Program. For more information please email reikifromtheheart@umm.edu.

Smoking Cessation – American Lung Association's Freedom from Smoking®

Tuesdays, 12 noon – 1 pm

8 Week Group—ongoing, beginning in January

Call 410-328-9355 for registration and information.

You don't have to quit the first day!

Cost: Free (includes ALA educational packet)

Spine/Orthopedics Pre-op Class

Wednesdays, 12 noon – 2 pm

UMMC Gudelsky 6 Conference Room

Call Cindy Fox or Pauline Esoga at

410-328-5360 for more information.

Bone Marrow/Stem Cell Pre-Transplant Patient Education

1st, 3rd and 5th Wednesdays, 10 am – 11:30 am

For more information, call 410-328-1229.

Look Good, Feel Better

2nd Monday of each month from 2 – 4 pm

A free program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related effects of cancer treatments.

UMMC Center for Image Renewal

For reservations please call 410-328-9154

Food Safety...It's in Your Hands

Weekly—Mondays, 10 am

9 Gudelsky Conference Room near the

BMT unit entrance

For any Cancer Center patients, families, or caregivers.

Contact Hadass at 410-328-5462 to register.

Massage (Seated)

Weekly—Fridays, 12 noon – 3 pm

\$18 for a 15-minute seated massage

Call Patient Resource Center to schedule

an appointment.

Gift certificates are available in the Patient Resource Center.

Knitting Club

Inspired by Amber's Chemo Caps program of the Marlene & Stewart Cancer Center.

1st Wednesday of the month

Patient Resource Center

Contact Trisha Kendall, RN @ 8-5420 or

tkendall@umm.edu

Walk-ins are welcome

Emmi™: Better Outcomes

through Better Educated Patients

Emmi, a web-based education site, is available to help patients prepare for the anesthesia needed for an upcoming surgery or procedure. By viewing the Emmi program and completing the online anesthesia questionnaire, the patient will be better prepared for their procedure. To access Emmi and the questionnaire, the patient can log onto: www.umm.edu/emmi. For further information, contact the Patient Resource Center at 410-328-WELL (9355).

Support Groups

Transplant Support Group – Education Series

3rd Tuesday each month, 4 – 6:30 pm

UMMC Patient Resource Center

Leukemia and Lymphoma Support Group

4th Wednesday each month, 1 – 2:30 pm

Call Tracy Orwig at 410-825-2500 or Beth

Wintermute at 410-328-3595 to register or

for information.

Cost: Free to all adults/families with Leukemia,

Hodgkins or non-Hodgkins Lymphoma, or

Myeloma.

UMMC Patient Resource Center

Breast Cancer Support Group

4th Thursday each month, 12 noon

UMMC Patient Resource Center

Free to all women with breast cancer

Call Stacey Stephens at 410-328-4673

for more information.

Funded by the Cigarette Restitution Fund Program

Inflammatory Bowel Disease Support Group

1st Thursday each month, 6:30 – 7:30 pm

Call Nadja Cheevers at 410-706-3398 for

more information.

UMMC Patient Resource Center

Events

From The Heart...

February 28, from 1 – 5 pm

An afternoon of heart health and education.

Featuring free health screening, health food demonstrations, mini-health seminars, children's activities and much more.

Reginald Lewis Museum

830 E. Pratt St., Baltimore, MD

Call 1-800-492-5538 to register.

GET WELL & Stay Well is produced by the UMMC Patient Resource Center.

Jeffrey A. Rivest, FACHE, President and Chief Executive Officer

University of Maryland Medical Center

Dana Farrakhan, Senior Director Strategic

Planning and Marketing

Anne D. Williams, RN, MS, Manager

Comments or suggestions should be sent to

awilliams@umm.edu.