

GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center Winter 2007

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 resolutions, and this issue features several important health topics, which you may want to consider in this issue of GET WELL & Stay Well.

University of Maryland Medical Center (UMMC) is proud to announce that it was named to the first-ever "Leapfrog Top Hospitals," based on recent results of its national Hospital Quality and Safety Survey. From a total of 1,200 hospitals across the country, only 50 were selected as top performers, and UMMC made this list. This recognition speaks to UMMC's commitment to excellence and dedication to providing innovative patient care. Read all about this honor in our feature article.

February is heart month, and this edition has an article on preventing stroke. Strokes are the third leading cause of death in the US, and there are many steps you can take to minimize your risk for stroke. Another important article addresses the winter blues that we sometimes experience. Find out what Seasonal Affective Disorder is and how to get help. Finally, we have some winter safety tips and an overview of important health numbers you want to remember when you're making your new year's health resolutions.

The Patient Resource Center has completed its third year of operation in March with well over 7,500 people using its services to date. The new year will bring more programs and services to the community as we provide tobacco prevention education and a new fitness walking program to Baltimore City schools along with our regular programming for patients and families.

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

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University of Maryland Medical Center Leaps onto List of Nation's Top 50 Hospitals for Safety and Quality



First-Ever "Leapfrog Top Hospitals" List is Based on the National Leapfrog Health Quality and Safety Survey

In recognition of its top levels of performance in patient safety and quality of care, the University of Maryland Medical Center (UMMC) has been named to a first-ever list of the nation's 50 best acute-care hospitals by the Leapfrog Group. The Leapfrog Group uses objective criteria to rate hospitals based on outcomes and patient volumes for selected high-risk procedures in addition to staffing levels and specific measures taken to ensure patient safety.

The Leapfrog Group was founded by the Business Roundtable to represent the nation's largest corporations and public agencies that buy health benefits for employees. The organization intends to use its influence to initiate breakthrough improvements—or "leaps"—in health care safety, quality and affordability.

The University of Maryland Medical Center was among 1,200 hospitals that submitted information for the Leapfrog Hospital Quality and Safety Survey, but only a select group of 50 hospitals was included on a list that was published on October 16 on the Leapfrog Group's web site.

"Inclusion on the Leapfrog Group's list of the nation's top performing hospitals demonstrates our continuous focus on quality patient care and patient safety," says Jeffrey A. Rivest, president and chief executive officer of the University of Maryland Medical Center. "It is a reflection of the diligence and dedication of our clinical staff—the doctors, nurses, pharmacists and all the others on our patient care team," adds Rivest.

"We earned the highest possible score from Leapfrog for our activities to prevent infections, medication errors, and complications," says Timothy J. Babineau, MD, MBA, the senior vice president and chief medical officer for the University of Maryland Medical Center.

Another issue important to the Leapfrog Group is whether hospitals staff their intensive care units with intensivists—physicians with specialized training in intensive or critical care. The University of Maryland Medical Center has staffing by intensivists in its surgical, medical, neurological, cardiac surgery, multi-trauma and pediatric ICUs. (The hospital's Cardiac Care Unit is staffed by cardiologists.)

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UMMC MAKES NATION'S TOP 50, CONTINUED FROM PAGE 1

Attention to adequate staffing of nurses and good communication among health care workers and between those workers and patients are also part of the Leapfrog Group's criteria, and are two areas in which the medical center scored very high.

"The recruitment and retention of an exceptional group of nurses is crucial to providing excellent care and creating a great work environment," says Mary Beth Esposito-Herr, PhD, RN, interim senior vice president for Patient Care Services and Chief Nursing Officer.

The Leapfrog Group also evaluated the number of high-risk procedures performed at each hospital as part of its criteria, since the higher the number and the more experience an institution has, the better the outcomes. For example, the University of Maryland Medical Center performed 764 cases of percutaneous coronary intervention (such as balloon angioplasty) in one year, and the Leapfrog standard was 400. Other areas where the medical center's volume exceeded the Leapfrog standard were abdominal aortic aneurysm repair, esophagectomy, pancreatic resection, high-risk deliveries, and neonatal ICU cases.

Another initiative for earning top honors was a hospital's implementation of electronic order entry, which means that lab tests, imaging studies and medications are ordered by physicians electronically, to reduce errors. According to Dr. Babineau, "The University of Maryland Medical Center has made significant progress in this area. Of the 1,200 hospitals that responded to the Leapfrog survey, less than one in 10 had implemented computer physician order entry to Leapfrog's standard."

The University of Maryland Medical Center is a major, innovative 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.

For more information: http://www.leapfroggroup.org/news/leapfrog_news/3274959.

New Year Can Bring a Healthier New You!

ADAPTED FROM CRAIG THORNE, MD,
DIRECTOR OF EMPLOYEE HEALTH, UMMC

It's that time of year again when many people resolve to improve their health, but many of us don't really have a strategy that's rooted in practical steps. The truth is that most good intentions get derailed within the first few weeks...CNN recently reported that according to one survey of 12,000 people, about 30 percent of those making resolutions say they don't even keep them into February! And only about one-in-five actually stay on track for six months or more.

To make it easier for YOU—and your family—to improve your health in 2007, keep you motivated, or guide you even if you relapse, Step Up to Good Health encourages you to first learn, and then stick to just five practical NUMBERS! Whether your goal is to stop smoking for good, eat healthy foods or lose weight, or exercise regularly, use this guide to maintain your motivation and avoid common pitfalls. Here are specific STEPS to help you set your action plan for 2007.



*... not just a rhyme,
it's a health plan
for 2007...HAPPY
NEW YOU!*

Know Your Numbers!

step UP
to good health
www.umm.edu/stepuptogoodhealth

0	No Tobacco
1	Yearly Online Health Risk Assessment & M.D. Visit
5	Five Fruits/Vegetables a Day
10	Exercise (10,000 steps a Day)
25	Track Your Weight & Keep Your Body Mass Index <25

Beating the Winter Blues

ADAPTED FROM INFORMATION BY THE AMERICAN ACADEMY OF FAMILY PHYSICIANS AND CAREBRIDGE, WORK-LIFE SERVICES, 2006

Each year, an estimated half a million Americans suffer from Seasonal Affective Disorder (or SAD), a recognized type of clinical depression, while another 10 to 20% experience mild SAD symptoms. The most common type of SAD begins in late fall or early winter and goes away by summer. SAD has been linked to a biochemical imbalance in the brain brought on by fewer daylight hours and less sunlight, generally starting in the fall and subsiding in the spring. More women than men are affected, and it becomes more common the farther north you live.

Symptoms of SAD include depression, sleepiness, irritability, difficulty concentrating, social withdrawal, change in appetite, increase in carbohydrate cravings (especially to sweet or starchy foods), weight gain, and loss of energy. Heredity, age, gender and an individual's chemical makeup all play a role. Scientists have found that an increase in the production of melatonin, a sleep-related hormone linked to depression, or a lack of serotonin, which sunlight provides, may trigger SAD.

Doctors diagnose SAD when an individual has experienced symptoms for at least two consecutive years, the periods of depression have

been followed by spring and summer seasons without depression, and there are no other logical explanations for the symptoms. Since SAD can be confused with other medical conditions, an evaluation by a medical professional is necessary.

Bright light therapy has proven effective in over 80% of those diagnosed with SAD. Light therapy involves spending about 30 minutes per day in front of a special lamp which is 10 to 20 times brighter than ordinary indoor light. Most often, people respond to light therapy within four to seven days; a few suffer side effects such as headache, nausea, agitation, or eyestrain which require adjusting the timing, duration, or intensity of the light. Doctors may prescribe an antidepressant instead of, or in addition to, light therapy.

To alleviate mild symptoms or complement therapy, try getting outdoors daily, increasing the amount of sunlight in your home or office and exercising regularly.

For more information, log onto www.umm.edu or www.familydoctor.org.

Stroke: Prevention and Warning Signs

ADAPTED FROM INFORMATION FROM MONA BAHOUTH, MSN, CRNP NURSE PRACTITIONER, NEUROLOGY

You've no doubt heard about heart attacks, but have you heard about brain attacks? Brain attack is the newer term for stroke. Stroke is the third leading cause of death in the United States with someone dying of a stroke every three minutes. A stroke occurs when blood flow to an area of the brain is interrupted, then brain injury and loss of function occurs.

The best defense against stroke is prevention! Be aware of your stroke risk factors. Take your medications as prescribed for high blood pressure, heart disease, and diabetes. Stop smoking. Maintain a healthy weight. Learn the warning signs of a stroke, and remember—don't wait, call 911 immediately if stroke symptoms occur.

For more information, log onto www.umm.edu/Stroke.

Risk Factors

- Increasing age
- High blood pressure
- Atrial fibrillation
- Diabetes
- Heart disease
- Carotid artery disease
- Male
- Family history and race (African American)
- Smoking

Warning Signs

- Sudden weakness
- Sudden numbness
- Sudden difficulty speaking
- Sudden severe headache
- Sudden change in vision
- Sudden confusion

Winter Safety for Kids

BLANCHE BROWN, RN, CPNP, UNIVERSITY OF MARYLAND GRADUATE STUDENT

Winter for kids brings some exciting outdoor activities, such as skating, skiing, snowboarding, sledding, and making snowballs, but it can also present a danger to children if they are not careful.

General guidelines

- ❑ Never allow children to play outside alone, have children look out for each other and children under 8 years of age should always be supervised outside.
- ❑ Advise children to stay away from roads, fences, water, snowplows and snow blowers.
- ❑ Allow children to take frequent breaks inside and check from time to time that they are warm and dry.

Ice skating/Sledding/Skiing/Snowboarding/Snowmobiling

- ❑ Make sure skates or skis are comfortable, with good ankle support, to avoid twists and sprains.
- ❑ Never sled head-first!
- ❑ Wear a hockey or ski helmet.
- ❑ Skate in public indoor or outdoor rinks when possible.
- ❑ Obey all signs posted on or near ice; never assume it's safe to skate on a lake or pond.
- ❑ Avoid walking on ice near moving water such as rivers and creeks; ice formed on moving water varies in thickness and is unpredictable.
- ❑ Ski in designated areas and marked trails.
- ❑ Take a friend or partner with you on all your winter activities.

Winter can be a fun time for everyone. No matter what type of activity you choose, whether it's staying inside sipping hot chocolate or having fun outdoors, safety should be a top priority. Follow these important safety tips so you don't become the next victim.

For more information, you can log onto www.cdc.gov/disasters/winter, www.caringforkids.cps.ca/keepingkidssafe/wintersafety, www.cpsc.gov, or call your local fire department.

Your Anesthesiologist at University of Maryland Medical Center Wants to Get to Know You Better

Here's why...when you're having a medical procedure, it's important to let your team know as much about your health and health history as possible for your success and safety.

It's also important that you get the information you need about anesthesia choices and what's involved. That's why we'd like you to get to know Emmi.

Emmi is a program you view online that walks you through what to expect before having anesthesia of any kind. It's quick, simple, and very helpful.

At the end of the program, there's a health survey that we'd like you to fill out. Completing the health survey may save you a trip to the Prep Center if the anesthesia team feels that a phone call may be all you need. If a visit to the Prep Center is needed, it will better prepare the staff for you.

You should receive a self-registration instruction card from your surgical clinic. The card explains how to log onto your Emmi Anesthesia program. It's so easy!



Here's how to start.

1. Go to www.umm.edu/emmi
2. Fill in your first and last name, date of birth, email address if you have one and your date of surgery if you know it (don't worry, you'll have 30 days to view the program if you don't know your surgery date).
3. Fill in the type of anesthesia you are interested in learning about: Are you an adult, child or having a baby (obstetric).
4. Press enter and you will receive an access code and a link to follow so that you can view your Emmi program right now or print the instructions and view later. You'll also receive an email with a link so you can watch Emmi anytime you wish.

Good Communication is Good Medicine

January/February/March 2007 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 unless noted.

Classes

Stork's Nest – Prenatal Education

January 5, 12, 19, 26

February 2, 9, 16, 23

March 2, 9, 16, 23, 30

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

Please contact Stork's Nest at 410-328-2944 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 – 7 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.

The Solution® Method Training

Tuesdays, 6 – 8 pm

Cost: \$399. \$25 reimbursement for benefit-eligible employees.

12 week group—ongoing. Provides support and training in the skills of self-nurturing and effective limits, which turn off the drive to go to excess with food, working, spending, etc.

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

8 weeks, Tuesdays, 12 noon – 1 pm
Next class beginning January 2!

Cost: Free (includes ALA educational packet).

Call 410-328-9355 for registration and information. You don't have to quit the first day!

Pre-Stem Cell Transplant Class

Every other Wednesday at 10 am

Call Kristen Barten at 410-328-1229 for more information.

UMMC 9th floor Gudelsky Conference Room

Food Safety...It's in Your Hands

Mondays, 10 am

9 Gudelsky Conference Room near the BMT unit entrance. For any Cancer Center patients, families, or caregivers. Contact Hadas at 410-328-5462 to register.

Support Groups

Transplant Support Group— Education Series

3rd Tuesday each month from 5 – 6:30 pm

January 16 – Organ Donation: The Joy of Giving

February 20 – So Many Tests, So Little Time!

March 20 – New Organ, New Challenges
UMMC Patient Resource Center and Learning Centers

Leukemia and Lymphoma Support Group

4th Tuesday each month at 3:30 pm

Free to all adults/families with Leukemia, Hodgkins or non-Hodgkins Lymphoma, or Myeloma. Call Tracy Orwig at 410-825-2500 or Beth Wintermute at 410-328-3595 to register or for more information.

UMMC Patient Resource Center

Bariatric Support Group

2nd Wednesday each month from 6 – 8 pm

Free to adults in the Bariatric bypass surgery program. Call Nadja Muchow at 410-328-8936 for more information.

Breast Cancer Support Group

4th Thursday each month at 12 noon

Free to all women with breast cancer.

Call Stacey Stephens at 410-328-4673 for more information.

UMMC Patient Resource Center

Inflammatory Bowel

Disease Support Group

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

Call Nadja Cheevers at 410-328-6172 for more information.

UMMC Patient Resource Center

Events

National Women's Heart Day

February 16 from 8 am – 3 pm

Free heart healthy screenings, information, food, demos, seminars, and much more!
Baltimore Convention Center

Blood Drive

February 19, 9 am- 3 pm

UMMC Patient Resource Center

Day of Dance

February 24 from 10 am – 3 pm

Learn heart healthy dances and get information on heart health. Free screenings, information, and fun!

Anne Arundel Community College

Free Mammograms and Pap Tests

To women over 40 years of age living in Baltimore City. Offered by the Baltimore City Cancer Program at UMMC Cancer Center. Call 410-328-HOPE (4673).