

# SUBURBAN HOSPITAL

## 2014 **Community Benefit Report**



**At Suburban Hospital, the commitment to care for our community is deeply rooted in our workforce.** For example, Dr. Leila Hall, chair of pediatrics and medical director of the Shaw Family Pediatric Emergency Center, not only cares for young patients at the hospital, but also volunteers in the community to help prevent emergencies. From sharing safety and first-aid tips with local scout troops to answering parents' questions at the annual YMCA Healthy Kids event, safety is her number-one priority. She also contributes to our partnership with Girls on The Run by providing monthly health strategies and resources for their website. And when Suburban hosted a screening of the documentary *The Invisible Threat*, Dr. Hall was an integral part of the follow-up discussion with concerned parents.

Dr. Hall is not alone in her commitment to the community. Hundreds of Suburban medical providers and staff are working to improve the health and well-being of our residents. Whether it's treating patients at the MobileMed/NIH Heart Clinic, screening individuals for cancer or educating teens about alcohol abuse, keeping people healthy and safe is important to providing high-quality, compassionate care to those who need us the most.

This goal requires us to utilize staff and resources wisely. To measure outcomes, Suburban, along with the other Montgomery County hospitals, has aligned our health needs assessments, prioritization and implementation plans with Healthy Montgomery ([healthymontgomery.org](http://healthymontgomery.org)) As a result, this FY14 Community Benefit Report features our health improvement interventions.

**In FY14, Suburban Hospital** conducted **2,583** community health improvement programs, screenings, classes, seminars and activities serving **72,776** individuals. Suburban provided **\$21,432,492** in community benefit contributions to support the needs of Montgomery County residents.

Read on for more examples of Suburban Hospital's dedication and commitment to caring for our community.

In partnership with the Sidney J. Malawer Memorial Foundation, Suburban Hospital's Cancer Program has offered free skin cancer screenings twice a year to Montgomery County residents since 2007. The screenings give residents the opportunity to be examined by a dermatologist for abnormal skin changes. Fortunately, most of the screenings reveal normal skin health. Volunteer dermatologists Drs. Thomas Yu, Joseph Lee, Roberta Palestine, Brenda Pellicane and Ali Hendi participated in the screenings in FY14, checking community members for potentially abnormal developments. **In FY14, a total of 121 community members attended the skin screenings. Eighteen residents with abnormal results, including possible basal cell or squamous cell carcinoma and melanoma, were referred for further testing.**

Oral, head and neck cancers are the sixth-most-common form of cancer in the US, with 40,000 cases diagnosed annually. Smokers and tobacco users are at highest risk for these cancers; however, oral, head and neck cancers in non-smokers are a growing problem. Detecting these cancers early is imperative, so regular screenings are important. Johns Hopkins Head and Neck Cancer Center physician volunteers Drs. Murray Ramanathan, Wade Chien and Clint Allen, along with staff from

Suburban's Cancer Center, have participated in yearly head and neck cancer screenings since 2011. **In FY14, of the 25 community members screened, three had abnormal results and were recommended for further follow up with a specialist.**

124.6 deaths per 100,000 are due to cancer in Montgomery County

8.1% of Montgomery County residents are diagnosed with oral and neck cancers



Supporting the Montgomery County Cancer Crusade by screening residents for colorectal cancer, Suburban physicians and staff wore blue in March in support of Colorectal Cancer Awareness Month.

# MATERNAL & CHILD HEALTH

Supporting our area's families continues to be a committed priority of Suburban Hospital. Whether treating medical emergencies in our Pediatric Center or partnering with the local YMCA and schools to support vulnerable families throughout the holidays, ensuring a healthy future for our growing population often requires a variable approach.

**Educating 1,852 families since 2003, Suburban Hospital has supported 22 YMCA parenting workshops focusing on different challenges facing children and their parents.**

Parenting experts addressed timely topics, from "Duct Tape Parenting: Making Every Word Count" to "Brave New World: Managing the Internet in the Age of Handheld Devices," to help parents navigate their roles while offering strategies for

raising kids. During the seminar, "Duct Tape Parenting," parent educator Vicki Hoefle addressed the trend of "over-parenting" and discussed ways parents can integrate a less-

**88.3%**  
*of students in Montgomery County graduate from high school*

is-more approach to raising children in the 21st century. **Based on her book, Hoefle encouraged participants to identify over-parenting attitudes and behaviors and provided strategies for raising children who are respectful, independent, cooperative and engaged.**

Attendees had an opportunity to ask specific questions regarding their child's behavior while learning valuable skills and concepts for raising independent and emotionally healthy children.

For over 20 years, Suburban employees have supported Montgomery County families at vulnerable times of their lives via the **Adopt-A-Family initiative**. Every December, guidance counselors from partner elementary schools, such as **Bells Mill, Ashburton, Bethesda, Bradley Hills and Brookhaven**, identify students with demonstrated needs. Once chosen, families are then matched with hospital departments that volunteer to provide food, clothing and requested household items not only for the student, but also for everyone living in the



Parenting experts from around the country participate in bi-annual YMCA Parenting workshops supported by Suburban Hospital to share best-practice strategies and approaches to raising our youngest residents.

home. For example: One family from Cameroon had been settled in the county for only a few months. With three small children and one on the way, there were few-to-no resources available to provide holiday items for their children as neither parent had been able to secure a steady job. Adopted by the Suburban Addiction Treatment Center team, the mother was in tears when she received warm winter clothing and essential household supplies and food that she would have been unable to afford on her own. The Addiction Treatment staff were equally elated to support the family in a specific moment of crisis. When asked by the family, "What can we do in return?" Adopt-A-Family coordinator Sara Demetriou replied, "A little goes a long way. When you are able, help another family in need." **In FY14, 16 families were identified and over 100 family members were served, including infants, children, adults and the elderly.**



The Operating Room medical team takes patient safety and community giving very seriously.

# CARDIOVASCULAR HEALTH

**For the past seven years, Suburban Hospital has partnered with Mobile Medical Care Inc. and the National Heart, Lung and Blood Institute, to expand access to specialty care by providing free cardiovascular diagnostic, interventional, lab and inpatient services with the establishment of a cardiac clinic. At the clinic, qualified patients receive cardiac evaluations, imaging and testing services for little-to-**

*In Montgomery County 119.7 deaths per 100,000 people occur due to heart disease*

no fee. One night per week, volunteer cardiologists, cardiothoracic surgeons, nurses, echo techs and other staff provide uninsured patients with expert cardiac specialty care at the MobileMed/NIH Heart Center at Suburban Hospital.

As the demand and need for specialty cardiac care has increased, the Heart Clinic has expanded access to serve eligible patients from additional county safety-net clinics. To date, the Heart Clinic specialty team has cared for **over 3,700 patients** who would otherwise not be

eligible without health insurance. **In FY14, 490 patients visited the clinic. Among them, 28% were diagnosed with hypertension, 20% with chest pain, 18% with previously undiagnosed cardiac murmurs and 6% with coronary atherosclerosis.**

As the Heart Clinic evolves, the continuum of care for patients post-heart surgery is an equally important identified priority. "Providing cardiac rehab for patients is an ideal component of strengthening patients' health outcomes," stated exercise physiologist Jean-Marie Gallagher, who manages Suburban's Cardiac Rehab Department.

Every Thursday, in a donated space at the Johns Hopkins Health Care and Surgery Center on Rockledge Drive in Bethesda, staff from three different organizations come together to care for uninsured and underserved patients who have been diagnosed with endocrine diseases including Type 2 diabetes.

*In Montgomery County 7% of residents are diagnosed with diabetes*

MobileMed, Inc., the National Institute of Diabetes and Digestive and Kidney Diseases and Suburban Hospital joined together in July 2010 to provide expert care to patients through the **MobileMed/NIH Endocrine Clinic at Suburban Hospital**. It was an easy decision to start the clinic, given that diabetes is one of the fastest-growing health epidemics in Montgomery County. The clinic

One of five Suburban dietitians, Rhonda Brandes, donates her time and expertise educating diabetic patients on practical approaches to managing their diabetes through proper nutrition and food choices.

gives patients access—at little or no cost—to the specialty care needed to treat endocrine conditions and diseases, including diagnostic tests and examinations. In addition to receiving specialty medical care, endocrine clinic patients are provided with one-on-one consultations with a Suburban Hospital registered dietitian, enabling them to learn proper nutrition needed to control and monitor their diabetes.

**In FY14, the clinic treated nearly 300 patients diagnosed with endocrine diseases such as goiter,**

**hyperthyroidism and uncontrolled Type 2 diabetes.** One way of measuring the clinic's success is by monitoring patients' hemoglobin A1C (HbA1C), a blood test that evaluates how well one's diabetes is being controlled. **In FY14, there was an average HbA1C decrease, from 8.9% to 7.8% vs. 8.8% to 7.9%, in FY13.**



163.5



ER Rate Due to Diabetes: The Maryland target for 2014 was to reduce the number of ED visits due to diabetes to 300.2 per 100,000 population. Montgomery County is well below the state average with a rate of 163.5, which is a reflection of collaborative efforts that aim to reduce diabetes morbidity and mortality in the county. To learn more, visit Healthy Montgomery at [healthymontgomery.org](http://healthymontgomery.org).

**Hospital staff organized a heart health T-shirt design contest, which raised over \$4,000 to support free cardiac rehabilitation services to patients** who were identified as high risk for possible complications without this added resource to supplement their recovery.

For example: One Heart Clinic patient benefiting from this continuum of care initiative was a man who suffered a heart attack at age 44. He was admitted to the hospital and underwent bypass surgery. Given his specific condition and to enhance recovery, a clinically supervised exercise program

through the hospital's cardiac rehabilitation program was recommended. Without health insurance, such specialized rehabilitation has an average cost of \$180 per session. In this case, the supplemental costs were covered by the funds raised by hospital employees, who now have very stylish T-shirts and the seed money to help repair the broken hearts of our most vulnerable residents.

In addition: Heart Clinic patients are welcome to take advantage of free Heart Health classes

Caring for MobileMed cardiac patients has been a health priority since the MobileMed/NIH Heart Clinic at Suburban Hospital opened in 2007, totaling more than 3,700 patient visits.

such as Heart Smarts, nutrition and stress management. These services are an extension of hospital services offered to the MobileMed/NIH Heart clinic patients, helping them practice healthy lifestyles long after their cardiac surgery.



**The Suitland Dine & Learn Program is a monthly health education series available to residents of Suitland and surrounding communities in Prince George's County at no charge.** This important health improvement initiative provides participants with a blood pressure screening, a fitness coach-led exercise demonstration, nutrition counseling by a registered dietitian and a heart-healthy cooking demonstration that includes nutritious samples and recipes.

A free twice-a-year health assessment, which includes blood pressure screening, weight assessment, total cholesterol screening and waist circumference measurement, revealed improvement by the program's participants.

From February 2014 to June 2014, results of the participants' blood pressure screenings included lower systolic readings, from 134 (pre-hypertensive) to 120, and a healthy diastolic average reading of 74. Dine & Learn members also lost an average of 7.2 lbs. during this time in addition to lowering their cholesterol from 190.4 to 177.7, a difference of 12.7 points. The lower cholesterol complements the weight loss and lower blood pressure results, indicating that participants are making healthier lifestyle choices and reducing their risk for obesity and other chronic conditions.

**55.8%**  
of adults in  
Montgomery  
County are  
overweight or  
obese



**PICK YOUR POISON!** On race day for the GOTR 5K, young runners test their safety knowledge of commonly mistaken items found in the medicine cabinet by guessing the correct "poison."

**After school for ten weeks, 3rd through 8th grade girls participate in Girls on the Run (GOTR), a transformational physical activity-based youth program designed to promote healthy habits and an active lifestyle.** Learning life

skills through dynamic, interactive lessons and running games, the program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event.



Suburban Hospital has supported a health partnership with GOTR of Montgomery County since April 2012.

The hospital provided **136 new pairs of running shoes for girls at Title I Montgomery County public schools and offered over \$5,000 in CPR and first aid training to GOTR coaches in FY14.** In addition, hospital

employees volunteer their time during the GOTR 5K runs, providing medical treatment and blood pressure screenings and adding a *Pick Your Poison* education component that is available to over 5,000 girls and their parents.

Dine and Learn participants from the Rollingcrest-Chillum Community Center are learning new and creative ways to incorporate healthy foods into their everyday lifestyle with the help of Chef Nadine.

Now, more than ever, youth have to deal with peer pressure. While there isn't just one reason why a teen would try alcohol and other drugs, several factors can exert significant influence. Either out of curiosity, escapism, peer pressure, boredom, rebellion, availability of substances or addiction, teenagers face many difficult choices today. **Behavioral health services have taken the front stage in recent years, not only in Montgomery County but also nationally. Suburban Hospital has made it a priority to look for unique approaches to reach our youth.** Traveling to area high schools, Beth Kane-Davidson, director of Suburban Hospital's Addiction Treatment Center, advises teens and parents on the dangers of substance abuse while offering a forum for open dialogue. Stressing the importance of good communication, she notes the need for parents to get involved in their teen's world by knowing their friends and their friends' parents. Kane-Davidson focuses on the fact that parents play a significant role in helping their sons and/or daughters navigate the social scene and that

parents don't realize how important their "guardrails" are for their children. She emphasizes to parents how easy it is for kids to get drugs. This includes prescription drugs. **Over 60% of teens obtain prescription drugs from their home medicine cabinet. And if not from home, teens can still get illegal substances because they are everywhere — friends' houses, online, at parties, neighbors' houses or at school.**

**In FY 14, addiction treatment counselors met with 203 adolescents on Medicaid for drug and alcohol treatment, totaling \$8,000 in community benefit dollars. In addition, Kane-Davidson and her staff spoke with more than 2,000 teens and their parents at alcohol awareness programs throughout Montgomery County.**



**7%**  
of people  
age 12 or older  
have used an  
illicit drug

Through interactive simulation, Suburban's Medical Explorers address balancing and judgment challenges while wearing "beer goggles," demonstrating how alcohol can impair one's vision and decision-making ability.

Providing a strong support system for teens is vital. Kane-Davidson offers this last piece of advice: if you suspect your teen might be experimenting with drugs, don't wait to intervene. Get professional help. The sooner a teen gets help, the better.

## Caring for Our Community



## Community Benefit Dollars

