

Population and Community Health News

Advancing Health

MedStar Franklin Square Medical Center



Recognizing victims of violence.

Initiative aids in identifying and safely treating patients.

Letter from the President.



MedStar Health is committed to working collaboratively with our communities to enhance health outcomes, reduce health inequities, and create lasting solutions that serve the needs of generations to come. The challenges of the past few years have further strengthened our commitment to ensure the communities we serve have access to the resources they need to live healthier and happier lives. This issue of *Advancing Health* features some of the ways we are working to achieve this goal.

You'll read about our efforts to identify and care for Emergency department patients who we suspect are victims of the most personal types of violence—domestic violence, sexual assault, and human trafficking. Through a program called the Purple Ribbon Initiative, we now have the training and resources to recognize, treat, and refer these patients for safe and appropriate follow-up care.

We also highlight how partnering with other organizations helps facilitate community health improvements. For example, through an alliance with the Rosedale Senior Center, we are providing vital information and resources to help these older adults make better health decisions. More importantly, we are encouraging them to stay abreast of what they need to be doing to stay healthy as they get older.

We hope you find *Advancing Health* informative, and welcome any input you may have. Through our collective efforts, we are striving to make a difference long into the future. It's how we treat people.

In good health,

Stuart M. Levine, MD, FACP

President, MedStar Franklin Square Medical Center
Senior Vice President, MedStar Health

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At MedStar Health, we offer easy access to great health care in Maryland, Virginia, and Washington, D.C., via our 10 hospitals and more than 300 other care locations. We're also committed to advancing your care by continuously learning and applying new knowledge. We help our patients and their families feel understood, appreciated, and confident in their care. MedStar Franklin Square Medical Center is proud to be part of MedStar Health. **It's how we treat people.**

Population and Community Health's mission: *Bridging gaps in health care by connecting the populations we serve with resources to enhance their health and wellbeing.*

On the cover: Emergency department staff at MedStar Franklin Square Medical Center launched the Purple Ribbon Initiative, co-chaired by Jennifer DiNoto, MSN, RN, CEN, FNE-A/P, and Amanda Woodward, RN, with Jhila Snyder, LCSW-C, as the social worker on the team, to improve upon the response, resources, and education available to staff and patients regarding violence.



Recognizing victims of violence.



Educating medical providers and nurses about the Purple Ribbon Initiative, led by nurses Jennifer Dinoto and Amanda Woodward with social worker Jhila Snyder, is important to recognizing and caring for victims of violence. Pictured are Snyder with Robert Greenwald, MD, and Merlina Constantine, RN.

Violence can affect people of all ages, races, and genders—in any community—usually when it’s least expected. It also comes in many forms.

Unfortunately, identifying the victims of some types of violence... especially the most personal... can be challenging as many of these individuals are too afraid to speak up and seek help. “Individuals who are the victims of domestic violence, sexual assault, and human trafficking often blame themselves for the situations they are in and fear that speaking up might lead to more harm,” explains Jhila Snyder, LCSW-C, the lead social worker in the Emergency department at MedStar Franklin Square Medical Center. “But through the right interventions, many can be encouraged to accept help.”

To that end, the Emergency department staff launched the Purple Ribbon Initiative 2 years ago, co-chaired by Amanda Woodward, RN, and Jennifer DiNoto, MSN, RN, CEN,

FNE-A/P, with Snyder as the social worker on the team. The program, a multidisciplinary effort, was designed to educate Emergency department employees about the risk factors, red flags, and common complaints associated with these types of violence to aid in identifying, treating, and referring patients for appropriate care.

As the social worker on the team, Snyder is the one called when these individuals present to the Emergency department providing trauma-informed crisis interventions and staying with the patient until a safe discharge plan can be developed. “I am there to let them know that MedStar Franklin Square is a safe place where the staff will always believe them, protect them, and help them when they are ready,” she notes.

“Our service area is broad and includes many people who are vulnerable to violence such as those with substance use disorders and

the homeless. Plus, we are located close to I-95, one of the nation’s busiest transport highways for human trafficking.”

She cites a case where a young woman was found semi-responsive outside of a local restaurant. Due to the patient’s state, she was unable to provide much information to EMS at the time. However, it appeared she was the victim of violence.

“When she arrived at MedStar Franklin Square, she was placed on close visitor restriction to protect her,” says Snyder. “Once she was more alert, she was able to tell us she had experienced sexual assault, physical assault, and strangulation by an unknown man because she was told by a trusted individual that she had too. She was afraid for her life, and felt she had no other choice. Ultimately, we were able to provide the medical care needed, and a safe discharge plan. We have heard that she is doing well.”

Planning for the Purple Ribbon Initiative included the development of relationships with several surrounding hospitals to ensure access to a wide range of community services, the creation of resource binders for use on all units within the hospital, and training in trauma-informed care.

“Prior to the Purple Ribbon Initiative education, only 7 victims in 6 months had been identified and treated in our Emergency department,” Snyder notes. “So far in 2023, we have identified and aided almost 50 patients. Now, we are hoping to provide hospital-wide education to reach as many providers as possible. Sadly, individuals experiencing violence are anywhere.”

If you or someone you know needs local resources and support, visit [SocialNeeds.MedStarHealth.org](https://www.SocialNeeds.MedStarHealth.org).

Partnering for good health.

At MedStar Health, serving our communities is at the heart of what we do. As a healthcare leader in the region, we recognize the importance of our role in advancing health and partnering with others to facilitate community health improvement.

“Our goal is to improve health outcomes in our communities through an approach that emphasizes prevention, builds awareness, and encourages independence—especially in communities impacted by disease, health disparities, and other barriers,” explains Karen Polite-Lamma, MSN, CTTS, RN program manager for Population and Community Health at MedStar Franklin Square Medical Center. “Community partnerships are critical to achieving this goal.”



Karen Polite-Lamma, MSN, CTTS, RN program manager for Population and Community Health at MedStar Franklin Square Medical Center, meets with Elizabeth Kempske, center director, Rosedale Senior Center.

Polite-Lamma serves as the liaison with numerous community partners for MedStar Franklin Square. One of those organizations that she speaks fondly of is the Rosedale Senior Center.

A partnership that has endured for many years, Polite-Lamma says she enjoys working with the group because they are not shy about letting her know what they are interested in. “The individuals that spend time at the

Rosedale Senior Center are so welcoming. They are active in the community and truly appreciate the services we provide.”

“The Rosedale Senior Center is one of 21 centers in Baltimore County offering programs and services for older adults,” says Elizabeth Kempske, center director. “This includes fitness and wellness programs, classes on a variety of topics, health screenings, community service projects, and field trips. Our community partnerships are essential to our ongoing success.”

Polite-Lamma and her team visit the center at least once a month, delivering accessible, evidence-based education and wellness services. Classes are designed to provide information and resources for informed health decisions. “We focus our educational outreach on health topics that are most likely to impact these individuals...such as heart disease and diabetes. We offer a variety of health screenings as well.”

She adds that they like the fact that she is a nurse. “It gives me credibility as a health resource. In fact, the classes have motivated many of them to make lifestyle changes and share their progress with the rest of the participants. It’s very encouraging.”

The senior center has also proven to be a great resource for the hospital when it conducts its Community Health Needs Assessment (CHNA) survey every 3 years.

“The CHNA helps us identify the most important health priorities in our hospital’s service area...input that is then used to develop community-based programming to effectively address the health needs of our most underserved and vulnerable populations.” Polite-Lamma notes. “A big part of that involves information gathering in the community. When we need surveys completed or focus group participants, the seniors at the Rosedale center are always willing to participate. They are well connected and very engaged.”

“Attending the senior center provides these individuals with the opportunity to interact with people of the same age while keeping abreast of what they need to be doing to stay healthy as they get older,” Kempske says. “Through the support of MedStar Franklin Square and our other community partners, we are helping them take charge of their health and remain independent and active in the community.”

To learn more about the Community Health programs offered at MedStar Health visit [MedStarHealth.org/CommunityHealth](https://www.MedStarHealth.org/CommunityHealth). If you are in need of resources, visit [SocialNeeds.MedStarHealth.org](https://www.SocialNeeds.MedStarHealth.org).

Connecting with our community.

Population and Community Health teams throughout the Baltimore region are dedicated to connecting neighbors with programs and services. Whether it's providing health information about tobacco cessation, diabetes prevention, or mental health—printed in English and Spanish—or sharing resources that can help with food disparities, legal services, or housing, our teams are bringing support to your neighborhoods.

Below are some of our recent outreach events.

► **Women own their wellness at the Baltimore Ravens annual event, one of the Purple Ticket to Health activities in which MedStar Health participates.** Pictured are Samantha Sailsman, regional Community Health manager; Nancy Rozgony, dietitian for Food Rx at MedStar Harbor Hospital; and Tornia Anderson Morgan, dietitian for Food Rx at MedStar Franklin Square Medical Center.



▲ **Associates from MedStar Franklin Square Medical Center engaged with members of the community at the 48th Annual Essex Day Festival providing health education and information, screenings, and conducting CHNA surveys.** Pictured are Mayra Corea, public health student intern; Deion Polk, community health advocate; Karen Polite-Lamma, RN, MSN, program manager, Population and Community Health; and Debbie Rouse, BSN, RN-BC, Vascular Access department.



▲ **Preparing to welcome attendees to the first Essex Fall Movie Night hosted by the Essex Community Development Corporation are MedStar Franklin Square Medical Center associates Nathan Barbo, senior vice president, Operations; Linda Fowler, CCHW, community health advocate II; Carrie Clark, CCHW, community health advocate; Janiya Marshall, community health advocate; Cherice Marrow, CCHW, community health advocate II; Karen Polite-Lamma, MSN, RN, program manager, Population and Community Health; and Deion Polk, community health advocate.**

Community class schedules.

At MedStar Health, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering a variety of free and low-cost special classes, events, and screenings at our local MedStar Health hospitals. They include the following:

CANCER PREVENTION

Breast and Cervical Cancer Screenings

Free mammograms and clinical breast exams for women ages 40 and older who live in Baltimore City. Free pap tests for women between ages 21 to 39 who live in Baltimore City.

Call **410-350-2066** for details.

Colon Cancer Screening

Free colon cancer screenings for uninsured men and women ages 45 or older, or younger with symptoms or family history, who live in Baltimore City, or Anne Arundel, Baltimore, or Howard counties.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.



Lung Cancer Screening

Free lung cancer screenings for uninsured women and men ages 50 or older, who currently smoke or have quit in the past 15 years, and live in Baltimore City or Anne Arundel County.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.



DIABETES PREVENTION AND EDUCATION

Diabetes Education

If you have diabetes, our educational classes can teach you about self-management of your disease, medical nutrition therapy, continuous glucose

monitoring, and more. Virtual appointments are available.

Call **443-777-6528** for MedStar Franklin Square Medical Center; **443-444-4193** for MedStar Good Samaritan Hospital; and **410-554-4511** for MedStar Union Memorial Hospital appointments.

Gestational Diabetes Education

This class will assist gestational diabetic women with maintaining blood sugar control through monitoring, diet, exercise, and medication instruction (if needed) for a safe pregnancy.

Call **443-777-6528** to learn more.

HEART AND LUNG HEALTH

Cardiac Rehabilitation

Pulmonary Rehabilitation

Call **443-444-3397** for more information.

Phase III General Exercise Program

Call **443-444-3881** for more information.

Congestive Heart Failure Clinic

Call **443-444-5993** for details.

SUPPORT GROUPS

Contact the emails below to see if the group is virtual or in person.

Amputee Support Group

Email **jennifer.mcdivitt@medstar.net** for details.

Aphasia Support Group

Aphasia is a language disorder due to illness.

Email **kate.c.gerber@medstar.net** for details.



Concussion Support Group

Email **kate.c.gerber@medstar.net** for details.

Diabetes Support Group

Email **debbie.kavanagh@medstar.net** for details.

Stroke Support Group

Email **kate.c.gerber@medstar.net** for details.

WELLNESS AND PREVENTION

Tobacco Cessation

Learn to quit smoking with support from our certified tobacco cessation experts.

Free virtual or in-person classes.

Call **855-218-2435** or visit **MedStarHealth.org/StopSmoking**.

PARKINSON'S DISEASE FITNESS

Aquatics for Parkinson's Disease

Parkinson's Exercise Class

Rock Steady Boxing

Call **443-444-4600** for details.



BIRTH AND FAMILY SERVICES

Birth and family services are offered in the MedStar Health, Baltimore region at MedStar Franklin Square Medical Center and MedStar Harbor Hospital.

Take our virtual tours by scanning this QR code with your mobile phone camera feature:



IN-PERSON CLASSES AT MEDSTAR FRANKLIN SQUARE MEDICAL CENTER

Prepared Childbirth Classes

Preparing mother and her birth partner for labor and childbirth. Offered 1 full day or as a 4-week series (1 night/week).

Breastfeeding: Facts, Myths, and Techniques

Taught by a board-certified lactation consultant, this course is designed to prepare pregnant couples to get breastfeeding off to a great start.

Infant Care and Safety Class

This class is designed for expectant and new parents, grandparents, and babysitters. Learn bathing, diapering, and other skills to care for your baby.

Infant and Child CPR

Ideal for expectant parents, daycare providers, and loved ones caring for your baby.

Infant and Child First Aid

Classes can be taken separately or together with CPR (discount applies if taken at the same time).

Classes meet the State requirement for daycare providers.



Breastfeeding Support Groups

Facilitated by breastfeeding specialists, these groups provide clinical support to new moms while providing a place to build relationships with other new moms.

Virtual and in-person support groups held weekly.

Virtual support group: Wednesdays, 11 a.m. to noon

In-person support groups, 11 a.m. to 1 p.m. at these locations:

Tuesdays in Brooklyn - City of Refuge

Wednesdays in Essex - Essex Library

Thursdays in Dundalk - North Point Library

Contact susanna.k.derocco@medstar.net for details.

NEW eCLASSES hosted by MedStar Health

We are excited to have partnered with InJoy Health Education to provide a variety of online eClasses to help our communities and our patients prepare for pregnancy, labor, birth, and caring for their newborn. Topics include:

- Multiples
- Your Newborn
- Cesarean Section
- Grandparenting
- Childbirth
- Breastfeeding
- Natural Childbirth
- Fatherhood

For details on classes, tours, support groups, and eClasses, scan the QR code with your smart phone or visit

MedStarHealth.org/BirthandFamilyClasses.

For questions on any of these classes, contact **beth.kegley@medstar.net**.

To register online, visit: **MedStarHealth.org/BirthandFamilyClasses** or call **888-746-2852**.

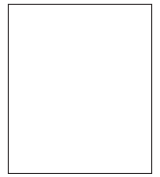




MedStar Health

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Baltimore, MD 21239

855-218-2435



MARYLAND MEDICAID RENEWAL IS NOT AUTOMATIC THIS YEAR.

- ✓ Make sure your contact info is up to date so that you can receive your renewal notice for your health insurance.
- ✓ Once you receive it, you'll have 45 days to renew.



Get started at **MarylandHealthConnection.gov/Checkin** or call **855-642-8572** and check in with Medicaid today.

SCAN THE CODE