

# A new era of health care

Maryland's hospitals are innovating, working in new ways to get Marylanders the right care, at the right time, in the right setting. They are extending their reach beyond the four walls of the traditional hospital and into the communities they serve to provide practical, proactive and personalized care that keeps people healthy so they don't need a hospital bed. And if illness or injury does land them in the hospital, we're working hard to improve the in-hospital experience and ease the post-discharge care path. Here are some examples of the many ways hospitals in your region of the state are transforming health care.

## Capital Region:

- Support groups and classes help those caring for terminally ill patients by providing spiritual and practical advice to cope with the loss of a loved one. An adult day care center offers respite to long-term caregivers and a virtual visiting service helps keep family and friends connected via real-time, visual communication.
- An intensive outpatient case management program employs social workers and case managers to address patients' medical, behavioral health, and psychosocial needs for 30 days following discharge.
- A program for "prescriptions" for healthy foods for underinsured/uninsured diabetic patients provides much-needed nourishment for those in need. Farmers market vendors accept these "prescriptions" and sell their goods at a reduced cost.
- Cloud-based software connects low-wage workers and their families to public and private benefits programs like affordable health insurance, food stamps, child care subsidies, and tax credits to help achieve long-term employment, financial stability, and improved health outcomes.
- A heart health program provides monthly screenings on Saturday mornings at a church that serves as a food pantry. Nurses check participants' blood pressure, cholesterol and body mass index and counsel them on how to bring those numbers down through healthy lifestyle habits.



### CAPITAL REGION DEMOGRAPHIC DATA

- Population: 1,934,900
- % below poverty: 8
- Median household income: \$86,980
- % non-Hispanic white: 32
- % Medicaid Patients: 24
- % High Utilizers: 19
- Top three causes for readmissions (%):
  - Sepsis: 7
  - Heart failure: 5
  - Mood disorders: 3