

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.



WESTERN MARYLAND DEMOGRAPHIC DATA

- Population: 495,879
- % below poverty: 10
- Median household income: \$66,073
- % non-Hispanic white: 81
- % Medicaid Patients: 24
- % High Utilizers: 23
- Top three causes for readmissions (%):
 - Sepsis: 5
 - Mood disorders: 5
 - Pneumonia: 5

Western Maryland:

- Free support services are available in a single location for patients who have congestive heart failure, diabetes, chronic lung disease and other chronic conditions.
- A campaign focusing on blood pressure awareness and screening has resulted in nearly 10,000 screenings since it began.
- An innovative community outreach program that provides health education materials and tools via a network of faith organizations trains Lay Health Educators to incorporate educational materials into the routines of churches, synagogues, and other organizations.
- Congestive heart failure patients with poor eyesight receive “talking” scales so they can keep track of their weight gain/loss.
- A community garden for residents who have difficulty affording fresh produce enables them to grow their own.