Making Every Moment Count:
A New, Faster Approach to Emergency Heart Attack Care

Also in this issue:
Concussions: Know the Warning Signs
Minimally Invasive Surgery for Women
And much more!
Dear Friends,

The wonders of health care technology never cease to amaze me. Take one of my favorite apps, for example. It’s called Stress Check, and it uses the camera and light on your smartphone to estimate your heart rate and stress level in real time. How incredible is that? (Turn to page 17 for more handy apps.)

But what most impresses me is how the teams at Carroll Hospital Center are using technology to completely transform patient care, from our pharmacy’s automated system with an incredible 99.9 percent accuracy rate to our minimally invasive surgical procedures that bring less pain and faster recovery times to our patients. And when the William E. Kahlert Regional Cancer Center opens this fall, it will feature two new technologies—a CT simulator and a linear accelerator—which will allow our radiation oncology team to target tumors with spot-on precision, thus sparing patients’ healthy organs and tissue from unnecessary radiation.

We are also helping to transform health care technology across the community, with electronic medical records enhancements and more, so that all of your providers will be able to collaborate together as one team working for you. You can learn more about our plans at CarrollHospitalCenter.org/Vision2020.

We’re fortunate to live in such a groundbreaking time in medicine. And we’re even more fortunate to have a hospital that is committed to bringing these breakthroughs home to us.

Sincerely,

John M. Sernulka, FACHE
Chief Executive Officer
Carroll Hospital Center

The goal of A Healthy Dose is to educate our readers about subjects and events relevant to their health and wellness and the programs and services Carroll Hospital Center provides. It is not meant as medical advice or as a substitute for a private consultation with your physician. Please contact your physician regarding any specific medical concerns or treatments.

Let us know!
We want to hear from you. If you have ideas, comments or suggestions, send them to:
Carroll Hospital Center | Marketing, 200 Memorial Avenue | Westminster, MD 21157
or e-mail: mktpr@CarrollHospitalCenter.org

We look forward to your comments!
410-848-3000 | TTY: 410-871-7186 | CarrollHospitalCenter.org
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Patient David Mongold is alive today because of a new life-saving protocol that lets emergency medical services crews call heart attacks from the field.

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Now more than ever, many patients see physician assistants and nurse practitioners. Get to know the role they can play in your health care.

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Many major surgeries for women now have remarkably short recovery times, thanks to the hospital’s latest minimally invasive advances.

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ON THE COVER: A new heart attack protocol saved the life of New Windsor resident David Mongold (pictured with daughters Aja and Cortney).
The Need for Speed:

New protocol gets emergency heart attack patients treated even faster
If his massive heart attack had struck one day earlier, David Mongold likely wouldn’t have survived. But the New Windsor resident did survive—and is thriving today—thanks to a new time- and life-saving protocol that Carroll Hospital Center introduced to its emergency angioplasty program just 24 hours before his September attack.

The new protocol allows emergency medical services (EMS) crews to assess and call the most severe heart attacks—ST-segment elevation myocardial infarctions or STEMI— from the field. This activates a STEMI alert, which tells the hospital’s emergency angioplasty team—no matter what time of day it is—to assemble and prepare for the patient’s arrival. Previously, EMS crews were required to first send a patient’s EKG to the hospital and wait for an emergency room physician’s assessment before a STEMI alert was activated.

"As with any heart attack, the faster we can open the artery, the less damage can occur," explains David Zimrin, M.D., interventional cardiologist and medical director of the emergency angioplasty program. "The 10 minutes it would have previously taken to receive and evaluate the EKG would have been a death sentence for Mr. Mongold."

The EMS-initiated STEMI alerts are just the latest success story for the emergency angioplasty program, which was created in 2008 through a partnership with the University of Maryland Medical Center (UMMC). Since then, more than 400 patients have received emergency heart attack care, and Carroll Hospital Center now boasts a 68-minute average door-to-balloon time—24 percent faster than the state standard. (Door-to-balloon time measures how long it takes to open a blocked artery via angioplasty upon a patient’s arrival to the hospital.)

"When a STEMI alert is activated, it’s like watching an orchestra," says emergency medicine nurse Joseph Brown, R.N., E.M.T.-P. "Every team member knows exactly what his or her part is and gets to work."

Because of the severity of his heart attack, Mongold was flown to UMMC for surgery after the team at Carroll Hospital Center performed the emergency angiosplasty that stabilized him.

"In a matter of seconds, we can coordinate the emergency transfer chopper and get the UMMC surgeon up to speed on the phone. In Mr. Mongold’s case, that speed was critical," says Mark Vesely, M.D., the interventional cardiologist who treated Mongold.

When asked about his experience, Mongold admits that he doesn’t remember much; he didn’t come out of sedation at UMMC until more than a week later. "They saved my life, that’s all I can say," he replies. "Dr. Vesely, the ambulance crew, the emergency department staff—all the people it took to get me on that angioplasty table saved my life."

Know the warning signs of a heart attack?
Visit CarrollHospitalCenter.org/HeartSafe to learn how to identify signs of a heart attack.

David Mongold with the team that saved his life: Jessica Conner, R.N.; cardiovascular technologist team leader Cole Boone; University of Maryland interventional cardiologist Mark Vesely, M.D.; Mongold; cardiovascular services manager Tony Pinson; cardiovascular technologist Robin Silverman; EMS Captain David Coe, representing the New Windsor Fire & Hose Co. No. 1 EMS team; and Jennifer Alder, R.N., vascular registry coordinator.

As with any heart attack, the faster we can open the artery, the less damage can occur.
In the midst of health care reforms, changing demographics and a new approach to patient care, Carroll Hospital Center has developed Vision 2020, a comprehensive plan that addresses how we will continue to provide quality care to our community.

For more than a year, we have been shaping our vision of how Carroll Hospital Center will deliver care in the next five to seven years. This vision would not be possible without collaborating with members of our board of directors, executive team, staff and physicians.

It is crucial for our hospital to not only be a great place for people when they are sick, but also to keep healthy people well and help people with chronic diseases manage them effectively.

"We understand that health care is changing, and we will be responsible for efficiently improving the health of our population through care management and delivering high quality, low cost services in the most appropriate settings," says Leslie Simmons, R.N., F.A.C.H.E., president. "Vision 2020 will position us to care for our community beyond our hospital campus, so that we can meet future needs."

By working with The Partnership for a Healthier Carroll County on a Community Needs Assessment, we have determined the top five health issues affecting Carroll County residents: obesity, substance abuse, heart disease, cancer and mental health issues. Our Vision 2020 plan develops ways for us to tackle each of those issues and more.

Learn more about Vision 2020 by visiting CarrollHospitalCenter.org/Vision2020

Mark Olszyk, M.D.
New Vice President of Medical Affairs and Chief Medical Officer

Carroll Hospital Center welcomes Mark Olszyk, M.D., as the new vice president of medical affairs and chief medical officer. As one of the newest members of the hospital’s executive team, Dr. Olszyk serves as a liaison between the medical staff, clinical leadership and the administrative teams.

Dr. Olszyk comes to Carroll Hospital Center with 20 years of experience in the health care industry. He previously served as the senior medical officer at the Veterans Health Administration’s Office of Quality, Safety and Value. He served as the deputy chief of staff at the VA Maryland Health Care System and as chief of emergency medicine at North Chicago Veterans Affairs Medical Center. In addition, Dr. Olszyk served in the U.S. Navy and was deployed overseas with the 4th Marine Regiment.

Dr. Olszyk earned his medical degree from Columbia University College of Physicians and Surgeons in New York City, and a master of business administration degree from the University of Phoenix.

"I am extremely excited to be a part of such an award-winning hospital, dedicated to providing exceptional patient care," says Dr. Olszyk. "I want to further that mission by establishing a reputation that stresses patient safety, quality and outstanding experience."
What is a concussion and how is it caused?
A concussion is a type of traumatic brain injury (TBI) that is usually caused by a blow to the head, but can also occur from acceleration forces without a direct impact. Typically, a concussion is classified as a mild TBI without structural brain damage and usually is not life threatening. However, the effects can be debilitating. Concussions are most often seen in contact sport athletes such as football, lacrosse and hockey, but also commonly occur with falls and motor vehicle accidents.

What are signs that a person may have a concussion?
Common signs include headache, dizziness, nausea, loss of concentration, feeling out of it or in a “fog”, feeling slowed down, feeling emotional or irritable, sleep disturbance, sensitivity to light or noise, and balance problems. Sometimes people don’t recognize or admit that they are having problems. Symptoms may also be complicated by pre-existing medical conditions such as migraines, attention deficit hyperactivity disorder, learning disabilities, depression or anxiety. If symptoms acutely worsen, such as worsening headache, nausea, vomiting, amnesia or vision changes, seek immediate medical attention, as a CT scan of the brain may be needed to rule out a structural bleed in the brain that can be life threatening.

What is the treatment for a concussion? What measures can be taken to prevent concussions?
The treatment for a concussion is rest from physical and cognitive activity. There is a lot of stimulation in today’s world of technology, so it is very important to avoid phone use including texting, computers, video games and television. It is also important to avoid noisy and crowded environments. This often includes removal from work or school and putting off homework that can exacerbate symptoms. Most concussions tend to resolve within two weeks, but it may take longer depending on the severity and age of the patient. Resting after a concussion is key to a quicker recovery, as stimulation during the recovery phase may cause symptoms to linger.

To help prevent concussions, wear a seat belt every time you enter a motor vehicle, avoid fall hazards, use proper hitting techniques and wear helmet gear when participating in sports that are at a higher risk for head injuries or falls. Keep in mind, however, that helmets will not completely protect one from a concussion injury, but it may lessen the blow and severity of the head injury.
Physician Assistants & Nurse Practitioners:
These days, many patients are seeing physician assistants (PAs) and nurse practitioners (NPs) for their care. "Our population is growing and aging at a rapid rate," explains primary care physician Victoria Wilson, M.D. "The health care system depends on quality PAs and NPs to meet the demand."

According to Dr. Wilson, it shouldn’t matter what type of provider you see—the experience and quality of care should be virtually identical. "At Carroll Health Group, our NPs and PAs have a lot of the same hands-on experience as [our physicians], they read the same research, they use the same treatment tools," she says. "In the end, we all tackle very similar things."

In the state of Maryland, NPs and PAs are authorized to provide most of the same services as a physician—they can diagnose and treat illnesses, order and interpret lab tests, write prescriptions and more—but their courses of training are different.

**Physician Assistants**
The PA course of study follows the medical school model—a rigorous combination of classroom and clinical instruction—at the master’s degree level. During their program, PAs get in-depth training in a number of specialty rotations, giving them a broad range of skills once they’re in practice. "PAs aren’t focused on one specialty, which is what I love about my job," says Beth Hicks, P.A.-C., who has specialized in primary care for nearly nine years. "I spent the first six years of my career at an urgent care center, an emergency room and an orthopaedic practice and can bring all of that extra experience to the families I care for now."

**Nurse Practitioners**
NPs must have at least two years of experience as a registered nurse and four years of clinical-based education before they can even be considered for a spot in a master’s- or doctoral-level NP program. Once enrolled, NP students learn a nursing-model approach to delivering care. "We’re trained to be the captain of our patients’ care and to see the whole patient—not just medically, but also what might be going on with the patient’s family or home life," explains family medicine specialist Judith Stambaugh, F.N.P.-B.C., C.R.N.P. "NPs are more than nurses, but we’re still nurses at heart. We’ll wipe your nose or help you put your socks back on. There’s very little we can’t or won’t do for our patients."

Pictured left: Beth Hicks, P.A.-C., talks to patient Rebecca Dillman during an appointment.
Right: Judith Stambaugh, F.N.P.-B.C., C.R.N.P.

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**Deciphering the Credentials**

**P.A.-C.**
Certified Physician Assistant
In order to practice, PAs must sit for a board certification exam with the National Commission on Certification of Physician Assistants once every six years. All PAs must be licensed by the Maryland Board of Physicians.

**C.R.N.P.**
Certified Registered Nurse Practitioner
All NPs must be licensed by the Maryland Board of Nursing to practice in this state.

**F.N.P.-B.C.**
Board-Certified Family Nurse Practitioner
In addition to their state certification, NPs must complete a board certification exam in their area of specialty with a national credentialing organization. F.N.P.-B.C. credentials, for example, indicate an NP who is board certified to specialize in family medicine.

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Need a primary care provider? Carroll Health Group Primary Care has nine convenient locations to serve you. Visit CarrollHealthGroup.com to find a location now.
Before surgery in December to remove her second ovary, Amy Hunter was afraid to take her two young children to places where she couldn’t make a quick exit. “If we were playing, at the park or anywhere, the pain would come like a wave and I would have to run home and lie down until it was over,” says Hunter, 28. “It got to the point where I was in pain all the time.” The cause: chronic endometriosis.

Now Hunter plays with her children without anxiety, pain-free at last—thanks to OB/GYN surgeon Christos Ballas, M.D., who performed the surgery to remove her remaining ovary through a minimally invasive technique known as laparoscopy. Hunter was surprised to discover that her procedure was much easier than she anticipated. “I couldn’t believe I was home within hours of my surgery, and then walking on my own less than a week later,” she says.

Carroll Hospital Center has been a leader in minimally invasive gynecological surgery since 1991, when gynecologist Paul Vietz, M.D., performed the nation’s first Semm laparoscopic
hysterectomy there. Last summer, the hospital was designated as a Center of Excellence in Women’s Health Surgery by the American Institute of Minimally Invasive Surgery (AIMIS), one of only 37 hospitals in the nation to ever receive this prestigious certification.

“The AIMIS certification is an important recognition of the excellent work we are doing—not only during surgery, but from pre-op through recovery,” says Michael Vietz, M.D., OB/GYN, medical director of minimally invasive robotic and gynecologic surgery and son of Dr. Paul Vietz. “I am proud of our leadership and our team.”

According to Dr. Vietz, more than 90 percent of the hysterectomies performed at Carroll Hospital Center are done either laparoscopically or using the da Vinci® Surgical System, one of the most advanced robotic surgical systems in the region. Both approaches result in smaller incisions, less pain, reduced swelling and a more rapid recovery for patients.

“Our record is impressive, considering that approximately 60 to 70 percent of hysterectomies nationally are still done with a traditional open incision,” adds Dr. Ballas. “Patient outcomes are so much better with a minimally invasive surgery. Hysterectomy patients are usually back to work within two weeks, rather than an average of six weeks with an open procedure.”

In addition to hysterectomies and ovary removals, surgeons at Carroll Hospital Center perform a variety of other gynecological procedures using minimally invasive methods, including uterine ablation to control heavy vaginal bleeding; tubal ligation; fallopian tube removal and treatments for conditions such as urinary incontinence.

Barbara Fogler, who had robotic surgery performed by Dr. Vietz to correct a vaginal prolapse and incontinence, describes her procedure as “painless.” She ended up with five small incisions, none more than one inch long, and was feeling great the very next day. “The hardest thing about this operation is remembering not to do too much too fast,” explains Fogler. “You are still healing, but there truly is no pain.”
Advancing Cancer Care

Hospital joins national clinical trials network
The new William E. Kahlert Regional Cancer Center is slated to open in fall 2014 on the Carroll Hospital Center campus. The new cancer center will feature navigation and survivorship programs, the latest technologies, expanded treatment options, educational resources and more in one convenient, supportive environment. For more information about the new cancer center, visit CarrollHospitalCenter.org/CancerPlans

Carroll Regional Cancer Center is proud to announce its latest achievement in its ongoing efforts to advance cancer care: becoming a member of the Alliance for Clinical Trials in Oncology.

Sponsored by the National Cancer Institute (NCI), the Alliance is a national clinical trials network that will expand the clinical trials in which local patients can participate. As a member of the Alliance, the hospital’s cancer center joins nearly 10,000 cancer specialists at hospitals, medical centers and community clinics across the United States and Canada.

Cancer trials are scientific studies that test new treatments on patients to determine if those treatments are safe and effective. Experts evaluate everything from new medications and what combinations and doses work the best to which medications are most effective for certain diseases.

“This puts our cancer program right at the level of academic institutions in terms of offering clinical trials,” says Flavio Kruter, M.D., hematology/oncology and medical director of Carroll Hospital Center’s oncology program. “For a member of this community who is battling cancer, the number of clinical trials we are going to be able to offer here is going to be much, much larger.”

An additional benefit of cancer trials is that they allow people to help future patients, says Johanna DiMento, M.D., hematology/oncology.

“When I see a lady with breast cancer and we talk about a clinical trial, quite often she thinks of her kids: ‘God forbid, what if my daughter gets this? This is one way that I may be helping her,’” says Dr. DiMento.

Since clinical trials are often reserved for large academic institutions, members of the hospital’s oncology program’s administrative staff recently completed a special NCI program where they received training in implementing clinical trials in a community setting. During the program, the staff were trained on conducting a research program, maintaining compliance and recruiting patients for clinical trials.

The hospital’s oncology physicians and clinical research staff will guide the clinical trials process for eligible patients interested in participating.

For more information on cancer services or participating in a clinical trial, please call the cancer center at 410-871-6400.

Left to right: Flavio Kruter, M.D., hematologist/oncologist; David Salinger, M.D., radiation oncologist; and Johanna DiMento, M.D., hematologist/oncologist
Update from Campaign Chairman
M. Lee Primm

Support for the Campaign to Cure & Comfort, Always doesn’t just come from the community that surrounds Carroll Hospital Center. It also comes from the community inside it. Together, our hospital associates, medical staff, board members, volunteers and Auxiliary members have donated more than $6.4 million to the campaign’s $22 million goal, and each team member who has given has done so for a very personal reason.

Environmental services aide Angie Mahanna is one of those team members. She had witnessed the incredible cancer care her father- and mother-in-law received at Carroll Hospital Center, but she never imagined she’d one day be in similar shoes. “You never expect to hear those words: ‘You have breast cancer,’” she remembers, “but when I was diagnosed, I was able to understand just how outstanding the hospital and cancer center staff are at what they do. Their positive attitudes helped me find mine and keep it through my entire treatment. I give because I am so thankful that we have such wonderful health care in our community.”

I have heard countless stories like this over the course of the campaign. And with your help, we can ensure that stories like Angie’s will continue to be told for many years to come.

Visit CarrollHospitalCenter.org/Campaign to learn how you can help.

Construction UPDATE

Construction on the William E. Kahlert Regional Cancer Center and the Tevis Center for Wellness continues on schedule. The former location of The Women’s Place has closed to make way for construction of the Shauck Auditorium, a new space that will host large community events and educational opportunities for community members, hospital staff and physicians. Some treatments and services have relocated to the first floor of the Dixon Building, and others have been moved temporarily to alternate locations while construction progresses.

The interior wall framing in the new portion of the building is complete and utility installation in these walls has begun. Work on the building’s mechanical and electrical systems continues in the basement and, although winter weather has delayed masonry and other exterior work, the project remains on schedule for total completion by fall of this year.

"I give because I am so thankful that we have such wonderful health care in our community."
Alex Onesty: 2013 Associate of the Year

Congratulations to Alex Onesty for being named the 2013 Associate of the Year at the hospital’s annual recognition dinner.

Alex received the award for her outstanding performance during the hospital's Joint Commission survey in June. Her reassuring and confident manner as she interacted with the Joint Commission surveyors stood out from the rest, as did her expert knowledge about the processes that occur in her department.

“Alex is incredible at her job. She gives 110 percent,” said Lisa Burmeister, R.N., surgical services clinical manager. “She is very dedicated to our department, and we are very fortunate to have her on our team.”

An associate for five years, Alex demonstrates her dedication to the hospital every day on the job as she consistently goes above and beyond her duties to ensure the hospital is the best place to receive care. As a result, she was recently promoted to operating room decontamination/purchasing liaison.

“Each year, choosing the Associate of the Year is a tough decision because we always have such phenomenal contenders, and this year was no different,” says Leslie Simmons, R.N., F.A.C.H.E., president. "But Alex did an outstanding job at an extremely pivotal time for the hospital, which makes her highly deserving of this award.”

Creating a Win-Win Legacy

As an active member of the McDaniel College community and the Historical Society of Carroll County, James Lightner, Ph.D., is in favor of supporting local institutions. And he realizes the worth of having quality health care close to home. "I think we should all support the hospital," says Dr. Lightner. "I am glad to have it here.”

He describes his charitable gift annuity to Carroll Hospital Center as a win-win situation. “The hospital gets my gift, I get a little income, and I feel like I’ve contributed to a local cause,” says Dr. Lightner, McDaniel College professor of mathematics emeritus, trustee and historian. “It’s a very useful method of giving.”

You can become a Bridge Builder by making a provision in your will, establishing a charitable gift annuity or trust, or designating Carroll Hospital Center or Carroll Hospice as a beneficiary of your estate, retirement plan, insurance policy, CD or bank account.

Join Dr. Lightner as a Bridge Builder and create a lasting legacy for future generations.

For more information, contact the Carroll Hospital Center Foundation at 410-871-6200 or visit CarrollHospitalFnd.org
At Carroll Hospital Center, we believe that a stronger community isn’t built inside a hospital—it’s built around it. This year, we delivered more than $18 million in much-needed health and wellness services to all corners of our community, often for little to no compensation. These services include health care to vulnerable or underserved community members; public health programs; and health education, screening and prevention services. You’ll find two highlights from this year’s Community Benefit Report on the next page.

**Charity Care**
Financial Assistance, Uncompensated Care ........................................ $ 6,198,891

**Medicaid Coverage Assessment Fee** ................................................ $ 932,226

**Mission-Driven Health Services**
Physician Access, Hospital-Based Services ........................................ $ 6,833,587
Access Carroll, Health Center for Low-Income Residents ........... $ 321,808
Community Benefit Operations ............................................................. $ 193,230

**Community Health Services**
Education, Screenings, Support Groups and Health Navigation ................................................................. $ 2,348,960

**Community Building Activities**
The Partnership for a Healthier Carroll County, Inc. ...................... $ 563,892

**Education—Health Professionals**
Nurses, Physicians, Allied Health ....................................................... $ 410,478

**Community Contributions**
Cash and In-Kind .................................................................................... $ 216,981

Total Community Benefit $18,020,053
Caring for Behavioral Health Patients Before Crisis Hits

In the 2012 Community Health Needs Assessment—a yearlong study performed by Carroll Hospital Center, The Partnership for a Healthier Carroll County, and the Carroll County Health Department—mental health and substance abuse were identified as major community priorities—as critical as other more commonly understood health threats like heart disease and obesity.

Now Carroll Hospital Center is making significant strides toward improving behavioral health care access in the community. The hospital has formed an incredible network of partners—including Access Carroll, the Criminal Justice Diversion Workgroup, the Carroll County Youth Services Bureau, the Shoemaker Center (a residential treatment program), Mosaic Community Services (a behavioral health care provider) and the Carroll County Health Department—to work on initiatives such as the County Overdose Prevention Plan, connecting patients to the community and health care resources they need before a behavioral health crisis hits.

As a result of these earlier care interventions and community resource connections, the number of patients who visited the hospital’s emergency department 10 or more times for behavioral health-related issues dropped 41 percent in fiscal year 2013, and the number of patients with three or more behavioral health-related hospital admissions decreased 33 percent. Bolstered by this success, the hospital and its partners plan to grow the network and its services in the ongoing effort to bring behavioral health care wherever it is needed.

A New Center of Care for Low-Income Community Members

For nearly a decade, the team members at Access Carroll have dedicated themselves to providing free, compassionate, patient-centered health care to low-income residents in Carroll County. Now those team members have a new facility that’s almost as big as their hearts.

The newly renovated and relocated office, which opened last winter, is equipped to deliver the full-service medical care that has been the goal of the organization since its founding. New services include much-needed dental care and an expanded variety of care coordination services, from specialty care referrals to transportation assistance. In fiscal year 2013, Access Carroll had nearly 6,000 patient encounters and welcomed nearly 500 first-time patients into its new office. Now the organization is looking to expand its care even further to address the needs of low-income patients with complex chronic diseases.

Access Carroll is a joint venture between Carroll Hospital Center, the Carroll County Health Department and The Partnership for a Healthier Carroll County.

Pictured right: a new Access Carroll dental exam room; community and hospital leaders at the Access Carroll grand opening.
When it comes to determining ways to improve the patient experience, Carroll Hospital Center is turning to those who know best: the community. And the newly created Patient Family Advisory Committee (PFAC) was designed to do just that.

Established in 2013, PFAC consists of eight community residents and five hospital associates who meet every other month to discuss issues raised in the community regarding patient care and to devise strategies to improve customer service. “We wanted to collaborate with members of the community to get their perspective on ways we can enhance our services and our environment,” says Stephanie Reid, R.N., B.S.N., M.B.A., vice president of quality and chief nursing officer.

Dave Underwood, a former patient and PFAC community member, says many of his ideas come from casual conversations with residents. “If I’m talking to people in the community and they tell me they went to the hospital, I pick their brain to find out if they were happy with the way they were treated,” he says.

The topics discussed by the committee are all based on constructive feedback—things that can be improved to make the hospital experience better for patients and visitors. Some of the initiatives the committee has implemented include the hospital’s Pet Therapy program, featuring specially trained dogs that bring comfort and support to patients and families; an open visitation policy in the Critical Care Unit, allowing adults to visit patients 24 hours a day as a support person with a pass; and hospitality carts filled with snacks and reading materials for visitors and family members in waiting areas.

These and future initiatives have made PFAC a huge success, not only for the hospital, but also for the community, says Colleen Miles, Carroll Hospital Center’s patient representative team leader and PFAC co-chair. “PFAC makes the hospital more patient- and family-centered because we are listening and letting them teach us what they need and want,” she says.

For more information about the Patient Family Advisory Committee or to make a suggestion to the committee, please visit CarrollHospitalCenter.org/PFAC
Health care professionals share their favorite health and wellness apps

With the proliferation of mobile devices today, specialized programs called applications, or apps, have become commonplace in our daily lives. Local health care professionals reveal the health and wellness apps they frequently use. Some apps are free to download, while others may require purchase.

John Sernulka, chief executive officer, Carroll Hospital Center

**Instant Heart Rate, available for iPhone and Android**

Just place your finger over your smartphone’s camera and the Instant Heart Rate app detects the pulse in your fingertip, similar to how a pulse oximeter works. Heart rates can be stored through the app’s Timeline feature, which also provides health and wellness tips. “The Instant Heart Rate app is a great way to get an idea of your heart rate,” says Sernulka. “It can even chart your heart rate so that you can review it and share it with your doctor,” he says.

Evan Selsky, M.D., cardiologist, Carroll Health Group Cardiology

**Map My Ride, available for iPhone and Android**

Map My Ride is a GPS-based app used to create routes for bicycling or road biking. Users can select routes created by others or create their own; users also can determine the difficulty and length of the ride, whether it’s five miles or 100 miles. “It certainly makes exercising using a road bike much easier,” says Dr. Selsky.

Leslie Simmons, R.N., F.A.C.H.E., president, Carroll Hospital Center

**MyFitnessPal, available for iPhone and Android**

MyFitnessPal tracks all the essentials needed to lose weight or maintain a healthy weight, including your calorie intake, your exercise and even the amount of water that you drink throughout the day. “It’s easy to use, and I find it’s one of my go-to health and wellness apps,” says Simmons. “It makes tracking your calories and exercise so simple.”

Cynthia Roldan, M.D., director of the pediatric hospitalist program, Carroll Hospital Center

**Healthy Children, available for iPhone and Android**

Healthy Children is an app from the American Academy of Pediatrics that provides health and wellness information about children ages birth through teen. One valuable feature of the app allows users to enter symptoms then provides guidance on those conditions, including when to seek medical attention. “The Healthy Children app is really useful because it presents reliable and accurate information provided by pediatricians,” says Dr. Roldan.

While apps are helpful in providing general health information, they should not replace regular visits to your physician. If you have a health concern, please contact your health care provider.
Support Groups
All support groups are provided free of charge.

### A.W.A.K.e. Network
A sleep disorders support group.
Wednesday, March 5
7 – 9 p.m.
Shipley Classroom
Registration required.

### Adult Diabetes
Mondays, April 7, May 5 & June 2
7 – 8 p.m.
Outpatient Center Classroom
Registration required.

### Breast Cancer
Second Tuesday of each month
7 – 8:30 p.m.
Dixon Building

### Breastfeeding Support
Thursdays
noon – 1 p.m. (except holidays)
Outpatient Center Classroom

### Cancer
**Men, women and caregivers welcome.**
Fourth Wednesday of each month
7 – 8:30 p.m.
Dixon Building

### Caregiver
Caregivers are welcome to bring those for whom they provide care.
Second Tuesday of each month
4 – 5:30 p.m.
Carroll County Bureau of Aging and Disabilities
125 Stoner Ave., Westminster

### Crohn’s & Colitis
Co-sponsored by the Crohn’s & Colitis Foundation of America.
Tuesdays, March 11 & June 10
7 – 8 p.m.
Shipley Classroom

### Fibromyalgia & Arthritis
Call 410-871-6161 for more information.

### Gluten Free & You
Tuesday, May 27
6:30 – 7:30 p.m.
Shipley Classroom

### Lymphedema
Call 410-871-6161 for more information.

### Multiple Sclerosis
Second Monday of each month
(except December)
10 a.m. – 12:30 p.m.
Carroll Hospice Meeting Space
292 Stoner Ave., Westminster

### Ostomy
Second Wednesday of each month
7 – 8 p.m.
Outpatient Center Classroom

### Parkinson’s Disease
Thursdays, March 27, April 24, May 22 & June 26
2 – 3:30 p.m.
Shipley Classroom

### Prostate Cancer
Wednesdays, March 12 & May 14
6 – 8 p.m.
Shipley Classroom

### Stroke Survivors
Second Wednesday of each month
6 – 7 p.m.
Call 410-871-7000 for location.
Registration required.

### Just for Kids

#### Camp T.R.
Children’s bereavement camp for ages 7 – 15
Friday, June 6 – Sunday, June 8
Hashawha Environmental Center
Call 410-871-7231 to register.

#### Healing Hearts Day Camp
Children’s bereavement camp for ages 7 – 13
Friday, August 22
10 a.m. – 3:30 p.m.
Call 410-871-7231 for location and to register.

#### I Am Special
**(Sibling Preparation Program)**
Offers children ages 3 to 7 an opportunity to prepare for the arrival of a new baby in your family and to feel special about becoming a big brother or sister.
Sunday, May 4, 10 – 11:30 a.m.
Shipley Classroom
$15 per child

### Bereavement Support Groups
Call 410-871-7231 for more information or to register for any of our bereavement support groups.

#### Bereavement Luncheon
Open to any adult who has experienced the death of a loved one.
Last Tuesday of each month, noon
Baugher’s Restaurant
289 W. Main St., Westminster

#### Grief Support Group
Open to any adult whose loved one has died.
Fourth Tuesday of each month
6:30 – 8 p.m.
Trinity Lutheran Church
38 W. Baltimore St., Taneytown
Registration required.

#### Glade Valley Grief Support Group
Open to adults who have experienced the death of a loved one.
Third Thursday of each month
2:30 – 4 p.m.
Glade Valley Center, Genesis Health Care
56 W. Frederick St., Walkersville
Registration required.

#### Pathways Bereavement
Open to adults who have experienced the death of a loved one.
Third Wednesday of each month
6:30 – 8 p.m.
Carroll Hospice

#### Pet Loss
Addressing the emotional issues and coping strategies concerning the death of a pet.
Saturday, April 12
10:30 a.m. – noon
Carroll Hospice
Registration required.

#### Widows
Open to women whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice

#### Widowers
Open to men whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice
Planning for Parenthood

Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
Tuesdays, March 18, April 15, May 20 & June 17
6:30 – 9 p.m.
Shipley Classroom
$30 per couple

Childbirth Review
For couples who have previously attended a childbirth preparation class and need review of labor and delivery, including coping techniques. Call 410-871-7000 for more information.

Family Birthplace Tours
Tours of The Family Birthplace are held twice a month and are offered as part of the Prepared Childbirth programs.
To register for a tour not affiliated with a particular class, call 410-871-7000 for dates and times.

Prepared Childbirth Class (3 nights)
Offers preparation for a meaningful, knowledgeable childbirth experience taught by a certified instructor. Relaxation and breathing techniques are an integral part of the program.
Tuesdays & Thursdays, 6 – 9 p.m.
April 1, 3 & 8; May 6, 8 & 13;
June 3, 5 & 10; July 1, 3 & 8
Shipley Classroom
$70 per couple

Prepared Childbirth Weekend
Expectant parents with busy schedules may want to attend a weekend of childbirth preparation.
Friday, 6 – 9 p.m./Saturday, 9 a.m. – 3 p.m.
March 28 & 29; May 16 & 17
Shipley Classroom
$100 per couple, includes lunch voucher on Saturday

Safe Start
For new and expectant parents, grandparents and caregivers. Learn about infant safety including child-proofing, poison prevention, car seat safety, SIDS, CPR and choking rescue for infants less than one year of age. Not a certification class.
Thursdays, April 17 & June 19
6:30 – 9 p.m., Shipley Classroom
$50 per couple, includes Infant CPR

Healthy Living

A.W.A.K.E. Sleep Awareness Day
Wednesday, May 7
2:30 – 8 p.m.
Carroll Hospital Center Main Lobby

Adult Diabetes Workshop
Saturday, April 26
10 a.m. – 1 p.m.
Shipley Classroom
Free
Lunch will be provided. Seating is limited.

Cooking with the Doc:
Sodium and Beyond: Proven Strategies to Lower High Blood Pressure
Presented by Radhika Kuma, M.D.,
Carroll Health Group Cardiology, and
Wednesday, May 21, noon – 1 p.m.
Martin’s Food Market, Eldersburg
Free

Debunking the Myths — What You Need to Know about Osteoporosis
Presented by Robert A. Shaw, M.D.,
and JoAnn P. Caudil, R.T., C.B.D.T.
Wednesday, May 21
5:30 – 6:30 p.m.
Shipley Classroom, Free

Heart of the Matter Education Series
Reading the Nutrition Label:
What’s important to know?
Tuesday, April 29, 7 – 8 p.m.
Shipley Classroom, Free

Talking to Your Doctor:
Make the most of your time
Tuesday, June 17, 7 – 8 p.m.
Shipley Classroom, Free

An Interactive Cancer Survivorship Series: Tools in the Toolkit
For cancer survivors.
The Nuts and Bolts of Health: Nutritional Screening and Exercise Evaluation
Wednesday, March 19, 6:30 – 8 p.m.
Central Maryland Fitness Classroom
844 Professional Building
844 Washington Rd., Westminster
Free

Rebuilding Your Life: Clarifying Your Goals and Getting Stuff Done
Wednesday, April 9, 6 – 7:30 p.m.
Dixon Building, Free

Hamming Out Stress: Experience Guided Imagery, Massage and Acupuncture
Tuesday, May 6, 6 – 7:30 p.m.
Dixon Building, Free

Look Good...Feel Better
Program to help women cope with the appearance-related side effects of chemotherapy.
Mondays, March 17, April 14, May 19 & June 16
1 – 3 p.m.
Dixon Building, Free
Call 410-871-6161 to register.

Lymphedema: Reduce Your Risk
Tuesday, March 25, 5:30 – 6:30 p.m.
Dixon Building, Free
Special Services

To schedule an appointment for any of our services, call Care Connect at 410-871-7000.

**Acupuncture**
By appointment only.
Initial intake, $135; follow-up visits, $80;
Community acupuncture intake, $40;
Community follow-up visits, $25

**Aromatherapy Massage**
Surround yourself in the aroma of your choice from one of the therapist’s essential oil blends and soothe away stress and tension.
$75 per session

**The Boutique**
A boutique specializing in merchandise for women with cancer, featuring breast prostheses, mastectomy bras, wigs, hats, turbans, custom medical alert bracelets and various cancer awareness items.
Dixon Building
Charges apply. Limited quantities of wigs and head coverings are available free of charge. Appointments preferred.
Call 410-871-6161 for more information or to schedule an appointment.

**Cancer Navigation Services**
A free comprehensive resource for men and women pending a diagnosis or in any stage of cancer.
Call 410-871-6161 for more information.

**Cancer Nutrition Counseling Services**
Individual appointments with a registered dietitian available with a physician consent.
Call 410-871-6161 for more information.

**Center for Breast Health**
A comprehensive resource for women pending a diagnosis or in any stage of breast cancer.
Call 410-871-7080 for more information.

**Genetic Counseling**
In partnership with University of Maryland Greenebaum Cancer Center. Services are available for cancer patients and those at risk for the disease.
Call 410-871-6161 for more information.

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**Hot Stone Body Massage**
60-minute massage, $80

**Infant Massage**
For babies ages 3 weeks to 6 months and one or both parents.
First session: $70, includes instruction, massage oil and book
Additional session: $55

**Integrative Reflexology®**
30-minute session, $45
60-minute session, $70

**IPL & Laser Services**
Hair removal, treatment of rosacea, spider veins on the face and skin pigmentation.
Call 410-871-6161 for more information.

**Japanese Hot Stone Facial Massage**
30-minute massage, $50

**Lymphedema Treatment Services**
Call 410-871-6161 for information and appointments.

**Massage**
General, pregnancy, cancer and mastectomy massage.
By appointment only.
15 minutes, $20
30 minutes, $45
60 minutes, $70
90 minutes, $95

**Reiki**
60 minutes, $70; 30 minutes, $45

**The Resource Center**
A comprehensive health library.
Open Monday – Friday
8:30 a.m. – 5 p.m.
Call 410-871-6161 for more information.

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**Mind and Body**
All Mind and Body classes and programs are held at Dixon Building unless otherwise noted.

**Auricular Acupuncture**
Tuesday, April 8
By appointment only.
Free

**Continuing Yoga Practice & Review (4 weeks)**
Thursdays, June 12 – July 3
6 – 7:15 p.m.
Central Maryland Fitness Classroom
844 Professional Center
844 Washington Rd., Suite 209, Westminster
$45 per person

**Massage for Couples**
Wednesday, April 2
6 – 7:30 p.m.
$10 per couple

**Mini Massage Day**
Wednesdays, March 26, April 23, May 28 & June 25
Mondays, April 7, May 5, June 2 & July 7
By appointment only.
15 minutes, $20; 30 minutes, $45

**Yoga (8 weeks)**
Thursdays, April 10 – May 29
Prenatal Yoga*: 4:30 – 5:20 p.m.
*Physician consent required
Continuing Yoga: 5:30 – 6:45 p.m.
Beginning Yoga: 7 – 8:15 p.m.
Central Maryland Fitness Classroom
844 Professional Center
844 Washington Rd., Suite 209, Westminster
$89 per person

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**Tobacco Cessation**

**Stop Using Tobacco for Life (5 weeks)**
Learn strategies for quitting and developing healthy new habits. Sponsored by the Carroll County Health Department.
Thursdays, April 24 – May 22
6 – 8 p.m.
Carroll County Health Department
290 S. Center St. Westminster
Free

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Gift certificates available for all Special Services.
Call 410-871-7000 for more information or visit CarrollHospitalCenter.org/GiftCert
Screenings

All screenings take place in the Dixon Building unless otherwise noted.

**Blood Pressure Screenings**
Registration not required.
Carroll Hospital Center Main Lobby
Mondays, April 7, May 5 & June 2, 3 – 4 p.m.
Martin’s Food Market, Eldersburg
Mondays, March 31, April 28, May 19 & June 30
11 a.m. – noon
Westminster Post Office
Mondays, April 7, May 5 & June 2, 1 – 2 p.m.

**Cardiac Assessments**
Includes height, weight, cholesterol, glucose, resting EKG, body fat analysis and personalized report.
Tuesday, April 1; Thursday, April 17; Saturday, April 26
By appointment only.
$25 per person

**Knee and Hip Screening**
Conducted by Michael Anvari, M.D., Carroll Health Group Orthopaedics
Friday, April 18
Conducted by David Silber, M.D., Carroll Health Group Orthopaedics
Tuesday, April 29; By appointment only. Free
Call 410-871-7000 for additional knee, hip and joint screening dates and times.

**Nutrition Check-Up for Health**
Wednesday, March 26
By appointment only.
$25 per person

**Osteoporosis**
Conducted by Advanced Radiology
Tuesday, May 6; By appointment only. Free

**Skin Cancer**
Conducted by Brenda Scheider, P.A., dermatology
Wednesdays, May 7 & May 28
Conducted by Juris Germanas, M.D., dermatology
Wednesday, May 14; By appointment only. Free

**Sports Nutrition**
Wednesday, March 12; By appointment only.
$25 per person

**Vascular/Vein**
Conducted by Kristian Hochberg, M.D., Carroll Health Group Vascular Surgery
Thursdays, March 13, April 10, May 8 & June 12; By appointment only.
$99 for vascular; Free for vein

Special Events

**American Cancer Society Radiothon**
To benefit Relay For Life teams at Carroll Hospital Center.
Friday, March 7, 7 a.m. – 7 p.m.
Carroll Hospital Center Main Lobby
Event will be broadcast live on WTTR-AM 1470. Visit CarrollHospitalCenter.org/Radiothon for more information.

**Auxiliary Spring Fashion Show**
To benefit the new Tevis Center for Wellness.
Thursday, April 24
11 a.m. – 2 p.m.
Martin’s Westminster
Call 410-871-7280 or visit CHCFashionShow.com for tickets or sponsorship opportunities.

**Cancer Survivors Day Celebration**
Sunday, June 1, noon – 3 p.m.
Carroll County Farm Museum; Free
Call 410-871-7000 for more information.

**Certified CPR**

**Healthcare Provider CPR – Initial**
This class is for health care professionals and professional rescuers.
Mondays, April 7 & June 2
8 a.m. – 1 p.m.
Shipley Classroom
$80 per person

**Healthcare Provider CPR – Renewal**
Must have a current AHA Healthcare Provider Card to register.
Friday, March 21, noon – 4 p.m.
& Monday, May 5, 8 a.m. – noon
Shipley Classroom
$64 per person

**HeartCode® BLS**
An alternative to the traditional BLS class, this American Heart Association BLS e-learning program is now being offered as an option to renew your Healthcare Provider CPR.
Call 410-871-7000 for more information.

Commemorative Brick Reception
To benefit Carroll Hospice.
Thursday, June 26
5:30 p.m.
Carroll Hospice
Call the Carroll Hospice Development Office at 410-871-7220 or visit CarrollHospice.org for more information.

15th Annual EVENT TO EXCITE YOUR PALATE & SUPPORT CARROLL HOSPICE

**15th Annual Taste of Carroll**

To benefit Carroll Hospice
Monday, May 5
6 – 9 p.m.
Gerstell Academy, Finksburg
For sponsorship opportunities or more information, call 410-871-7220 or visit CarrollHospice.org
Carroll Hospital Center’s new online physician directory makes finding a provider faster, easier and more versatile.

Visit Physicians.CarrollHospitalCenter.org to:
- Search by name, specialty, practice, geographic area and more
- View physician photos and videos
- Print pages, sections or entire directory
- Find maps and driving directions

Support the Businesses That Support Your Health

Introducing CareSquare, a new partnership between the Carroll Hospital Center Foundation and the local business community. CareSquare businesses are “hot spots” where you can take advantage of special offers, events and giving opportunities to benefit Carroll Hospital Center, Carroll Hospice and the health of our community. Call or visit a CareSquare business today to learn more about their latest offers. To learn how your business can become a CareSquare member, please call 410-871-6200.

For a list of participating CareSquare businesses, visit CarrollHospitalCenter.org/CareSquare

As a participating CareSquare business, Terry’s Tag and Title Service donates one dollar of every returned license tag service fee to Carroll Hospital Center and Carroll Hospice.

Owner Terry Smack with Dean Rhoten, the first customer who returned a tag to benefit CareSquare.