



## MedStar Southern Maryland Hospital Center

### Smoking Cessation Classes

MedStar Southern Maryland Hospital Center proudly offers smoking cessation classes, based on the American Lung Association's Freedom from Smoking program model. The Community Outreach team reported that smoking cessation classes have positively impacted the class participants' attitudes, behaviors, and perceptions related to smoking, addiction, and healthy living.

Health educator Phylcia Porter provides a tailored approach to the cessation process. Focusing on some of the causes of addiction, Porter uses tools from the Freedom from Smoking program model to guide participants back to healthy behaviors, positive self-esteem, better chronic care management, and maintenance of their recovery. Participants also learn about reversing the impact of smoking and returning to a healthy, nonsmoking lifestyle. Participants use the buddy call system, daily journals, and personal goals to achieve weekly goals.

The classes began with four participants, but now have a minimum of six participants for each class. Since it began in 2016, the program has helped 18 participants quit smoking. For more information about MedStar Southern Maryland Hospital Center's Smoking Cessation program, call **301-374-9098**.

### Letter From the President

Each year, in our Report to the Community, we highlight a successful program that shows how we are reaching out to meet the needs of the area where we are located. For our fiscal year 2017 report, we are featuring our Smoking Cessation program and Transitional Care Clinic (TCC).

For more information on our other programs, visit **[MedStarSouthernMaryland.org](http://MedStarSouthernMaryland.org)**.

Kindest regards,

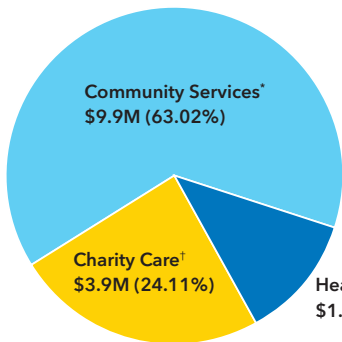
A handwritten signature in black ink that reads "Christine R. Wray".

Christine R. Wray, FACHE

President, MedStar Southern Maryland Hospital Center

A current class participant stated, "I've been a pack-and-a-half smoker for over 40 years and never thought I could quit! This class has helped me on my path to becoming a nonsmoker. It's not easy, but I have my class buddies, my call tree, and other tools to assist."

## Total Community Benefit 2017: \$15.7M



\*Includes Medicaid assessments

†Includes subsidies, community health improvement services, community health building activities, financial contributions, and community benefit operations

Health Professions Education  
\$1.9M (11.87%)

## Board of Directors

Rosalind E. Bishop  
Robert Chiaramonte, MD  
M. Joy Drass, MD  
Hon. M.H. Jim Estep  
Thomas K. Huisman, MD  
Tammy L. Jones  
Antonio W. Poag

John Rollins Jr.  
*Chair*  
Kenneth A. Samet, FACHE  
*President and Chief Executive Officer, MedStar Health*  
William T. Tanner, MD  
Christine R. Wray, FACHE

## Transitional Care Clinic Meets Important Need

The Transitional Care Clinic (TCC) began operations in the fall of 2016. It serves as a bridge for patients after a hospital stay and before seeing a primary care physician. We focus on patients with the following diagnoses: congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), and pneumonia. We also focus on patients who've had two or more hospital visits in six months. At the TCC, caregivers can review patient history, help answer questions, link patients with a primary care physician, and reinforce important health information provided during their recent discharge.

The TCC is located in the professional building, and it operates from noon to 4 p.m., Monday through Friday. The TCC staff includes Sherri Hayes, CRNP; Tara Saggar, MD (medical director); Marigrace Montero, RN (transitional care navigator); Samantha Wood, RN (clinic nurse); and April Bradshaw (administrative assistant). For more information about MedStar Southern Maryland's Transitional Care Clinic, please call **301-877-4661**.

To learn more about MedStar Health's programs and initiatives across Maryland and the Washington, D.C., region that are contributing to healthier communities, visit [MedStarHealth.org/CommunityHealth](http://MedStarHealth.org/CommunityHealth).

