



2008 Community Benefits Report

St. Joseph Medical Center

St. Clare Medical Outreach Expands Its Care

The St. Clare Medical Outreach program expanded its care for uninsured patients in 2008 with the opening of the Esperanza Center, the renovated second floor of Catholic Charities' Hispanic Apostolate. Through Catholic Charities' collaborative Health Services Program, the

St. Clare program now shares 3,400 square feet of space of examining rooms, laboratory area, medication room, and consultation rooms with other health care providers from partnering institutions. This spaciousness fostered improved patient flow allowing the St. Clare program to treat an additional 70 primary care patients.

This collaborative partnership allows St. Clare patients to return to the culturally comfortable Esperanza Center for well-woman services provided by St. Agnes Hospital and to bring their children for well-child visits provided by Johns Hopkins Medicine. Dental screenings are provided by University of Maryland Dental School.

St. Clare Medication Aid

St. Clare staff members tapped into community resources for free and low-cost medications for uninsured patients. With many St. Clare patients suffering from chronic diseases of diabetes, cardiovascular disorders including hypertension, GERD, and respiratory problems—the cost of medications can be quite burdensome.

Through a team effort—led by Monica Hernandez, a certified pharmacy technician, the Medbank of Maryland Program and other pharmaceutical programs for the uninsured



Members of St. Clare Medical Outreach at the newly renovated Esperanza Center

Benefits for Low Income

Traditional Charity Care:
\$5,745,000

Non-billed Services for the Poor:
\$431,000

Other Benefits Provided to the Poor: \$3,000

Totals for Low Income:
\$6,179,000

Benefits for Broader Community

Non-billed Community Health Services: \$1,978,000

Education and Research Provided to the Community: \$21,000

Other Benefits Provided to the Community: \$53,000

Totals for Broader Community:
\$2,052,000

Total Community Benefits Funded in 2008: \$8,231,000

Source: Consolidated Financial Statements, 2008

or low-income—patients are assisted with the detailed application process. When medications are unavailable through these programs, patients are guided to retail pharmacies offering low-cost prescription opportunities. If neither option is available, patients are provided with the medications to assist them with adherence to their treatment plan.

In 2008, this comprehensive program had 363 of the 594 St. Clare patients—over 61 percent—enrolled in Medbank and receiving medications worth \$343,150, including costly Humira, Lantus insulin and Plavix. Such opportunity has greatly improved the lives of many patients, including a 38-year old woman with rheumatoid arthritis who came to St. Clare unable to walk. Enrollment in Medbank to cover the \$1,794 monthly cost of her medications offered effective treatment and resumption of her normal life. Another young man with a seizure disorder requiring medication costing \$600 each month was also enrolled and has since become seizure free.

Powered by Me!SM PASS Program Assists Parents

Powered by ME!SM, the anabolic steroid (and other performance enhancing substances) education campaign sponsored by St. Joseph Medical Center with the support of Congressman Elijah Cummings, Nancy Grasmick, Ed.D. and the Maryland State Department of Education, Towson Sports Medicine, Sheppard Pratt, and other community partners launched a new program called PASS.

Designed to educate the community about the signs and symptoms of anabolic steroid and other performance enhancing substance use, the first phase targeted physicians (Physician Awareness of Steroids and Supplements) who may conduct pre-sports season physicals for students. A pocket card listing effects of these substances and signs of steroid use was mailed to 2,000 physicians in Maryland. Since pediatricians may not normally screen for steroid or similar substance use during routine physicals, the PASS program was designed to remind physicians to share information about the harmful physical and psychological effects.

The second phase of PASS (Parent Awareness of Steroids and Supplements), under preparation for launch in January consists of the distribution of 15,000 large magnets shaped as footballs, baseballs, and soccer balls listing not only signs of anabolic steroid use but also contents and effects of energy drinks. This phase, supported by the Maryland State and Baltimore County PTA Associations, is intended to stimulate dialogue between parents and children surrounding the serious health consequences associated with such use and to help them focus on healthy methods of becoming successful athletes. Powered by ME! PSAs and an updated Web site, www.poweredbymemd.org, are also available as additional educational tools.



Young attendees of a Powered by Me! basketball event.

African American Men's Health Conference

To address the extreme rates of cardiovascular disease, HIV and cancer among African American men in Baltimore, the American Cancer Society teamed up with St. Joseph Medical Center and other health systems to host the first annual African American Men's Health Conference. The conference was the first of its kind to address conditions affecting the health of African American men.

St. Joseph Medical Center coordinated the free screening program provided by its staff members and 11 additional organizations, which screened men for: prostate cancer, high blood cholesterol and glucose levels, hypertension, heart disease, stroke, obesity, diabetes, HIV, hepatitis, and STD.

The screening program successfully linked uninsured men with health care resources: of the 264 men were screened 110 were uninsured and 126 had no primary care physician. Each man screened was counseled by nurses from St. Joseph's Community Outreach, HeartAware, the Stroke Center and various nursing departments regarding the significance of his screening results and resources for appropriate follow-up on positive results.

Stroke Screening by a Certified Stroke Center

Stroke, caused by silent clogging of the carotid arteries in the neck which feed the brain, can have devastating consequences of death, major disability or significantly altered lifestyles. Fortunately, the degree of carotid artery clogging can be detected by a painless ultrasound. If detected early enough major clogging can be treated successfully.

St. Joseph Medical Center, which has a certified Stroke Center, expanded its commitment to healthy communities by developing a stroke screening program which has screened 250 community participants. The screening includes a discussion of the ultrasound results with a physician and counseling by a nurse about risk factors for atherosclerosis, recommended lifestyle modifications, symptoms of a stroke and appropriate immediate actions. Participants, many who attended due to a strong family history of stroke, expressed a reduction in anxiety after learning their risk level and recommended time frames for reevaluation.

International Ministry in Tanzania Launches Anti-Malaria Initiative

St. Joseph Medical Center's international mission, the Village Wellness Program, expanded its comprehensive wellness programs in October of 2008 to include malaria prevention in 21 villages of the Karatu District, Tanzania.

Malaria is a preventable disease that claims a life every 30 seconds. St. Joseph staff members and other Catholic Health Initiatives (CHI) partners traveled to Tanzania to launch the distribution of 62,000 insecticide-treated bed nets protecting a population of 70,000 villagers.

Proper use of a bed net provides a barrier between a person at rest and malaria-carrying mosquitoes. Funding for the nets was provided by a \$300,000 grant from CHI and funds raised by St. Joseph employees, friends and donors during a year-long campaign that raised an additional \$35,000. St. Joseph purchased the nets from a local Tanzanian company that provides employment for Tanzanian workers. In partnership with government officials, and leaders of local Tanzanian communities, churches, and health clinics the staff members were able to educate health workers and villagers in the correct usage of the nets and add another dimension of disease prevention.



Tent demonstration in the Karatu District, Tanzania.

To learn more about the Village Wellness Program, please visit www.sjmcmd.org >Foundation >Tanzania Mission.

Community Outreach Programs & Services

Wellness

Complementary techniques including:

- Meditation
- Massage therapy

Flu Immunizations

Health Fairs

St. Clare Medical Outreach

Spiritual Wholeness

International Village Wellness Program

Music Thanatology

Colorectal Cancer

Risk Assessment

Head, neck and oral cancer

Hearing

Heart disease risk assessment

Hernia

Prostate cancer

Skin cancer

Stroke

Vision

Education

Arthritis class

Joint pain (back, neck, knees, extremities)

- Labor & Delivery tours

Kangaroo Kapers

Beautiful Skin, Beautiful You[®]

Skin cancer education

Smoking Cessation

- Freshstart
- RAISE

Attention Deficit-Hyperactivity Disorder (ADHD)

Look Good Feel Better[®] Program for patients with cancer

Women's health issues

Health Lectures for the Community

Cancer Clinical Trials

First Aid/Emergencies

Safe Sitter

Support Groups

Crohn's & Colitis

Diabetes

Caregivers

Pregnancy Loss

Widow/Widowers

Ostomy

Mothering Matters

Please visit www.sjmcmd.org and click on Classes, Events, Screenings, and Lectures for a calendar of events, dates and times or call 410-337-1479.

† CATHOLIC HEALTH INITIATIVES

St. Joseph Medical Center

Where the experts are

Screenings

Abdominal aortic aneurysm

Breast cancer

Blood pressure

Bone density for osteoporosis

Cholesterol