The COVID Effect:
A Patient’s Emergency Story
Despite the Pandemic
Recovering After COVID-19
President’s Message

Dear Friends,

In this issue of Wellness Matters, we share some vital information to keep our community healthy in these challenging times. As we enter fall and prepare for flu season during a pandemic, I cannot encourage you enough to get your flu shot. If you typically don’t, this is the year you should.

I have been so proud of the hospital staff who have worked tirelessly over the past months and continue to, as we prepare for the possibility of a second surge. We have learned a lot during the pandemic and have honed our approach to flexing staff for potential volumes.

We also want to take this opportunity to thank our community. You can read about the many ways the philanthropic support of our committed donors and the many donors who are new to us, have made an impact on the care and services we provide beginning on page 10. Without our community, so much would not have been possible.

We are always here to safely care for you, and I implore you not to ignore the symptoms of an emergency. In the following pages, you will read about long-time Columbia resident Bill Dunn, who found himself in the Emergency Department in August, and even in a pandemic, didn’t hesitate to come when he was experiencing chest pain. With new ways to interact with our Emergency Department in August, and even in a pandemic, didn’t about long-time Columbia resident Bill Dunn, who found himself in the symptoms of an emergency. In the following pages, you will read

As we weather the pandemic together, we will continue to provide information on health and your care, new ways to interact with your doctor remotely and what you need to do as we enter flu season.

Steve Snelgrove, President

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Wellness Matters

In this issue of Wellness Matters, we took deeper into the impact COVID-19 has had on health and your care, new ways to interact with your doctor remotely and what you need to do as we enter flu season.

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The Perfect Winter Storm: Flu and COVID-19

What you need to do now to prepare

Flu season is fast approaching, and we are facing the possibility of what has been dubbed a “twindemic” – the combination of flu season with the COVID-19 pandemic. A twindemic scenario could challenge hospitals and health care providers. Although it may sound frightening, unlike COVID-19 which doesn’t currently have a vaccine, you do have a vital tool to help prevent the flu – the flu vaccine. If you don’t usually get the flu vaccine, this is the year you should.

“Flu vaccine is even more important this year. The more we can do to prevent respiratory viruses the better off we’ll be.”

Lisa Maragakis, M.D.,
Senior Director of Infection Prevention
Johns Hopkins Health System

Being vigilant and continuing to practice COVID-19 safety measures such as handwashing, masking and physical distancing, will also help protect you from the flu and common cold viruses.

The danger of flu

While you might only be sick a few days, the flu can cause severe illness and be deadly when contracted by young children, seniors and those who are at high risk or have a compromised immune system. Last year’s flu season was relatively mild and yet resulted in as many as 740,000 hospitalizations and 62,000 flu deaths in the U.S., according to the Centers for Disease Control and Prevention (CDC).

When should I get my flu shot?

Ideally, the CDC recommends everyone ages six months and older get an annual flu shot before the season starts, which is typically by the end of October. Get your flu shot now to ensure you are protected before the flu virus begins to circulate. You can and should still get a vaccine after the start of the season, but it takes two weeks after vaccination for the antibodies to provide protection against the flu.

Where can I safely go to get a flu shot?

Plan ahead, especially if you usually get your flu shot through your employer and are now working from home. Vaccines are available at grocery stores, pharmacies and urgent care centers as well as your doctor’s office. Many stores are offering curbside shots for patients who are concerned about exposure. If you don’t have a primary care physician, now would be a good time to start that relationship.

Flu Myths DEBUNKED

I shouldn’t bother with this year’s flu shot, since last year’s shot wasn’t very effective, and I could get the flu from the shot.

An annual flu vaccine is the best protection against the flu. Each year, the vaccine is developed to address the most common or likely flu virus strains. The flu shot is not a live virus, so you cannot get an infection from the vaccine; instead it will boost your immune system.

The flu shot doesn’t work.

Even if the flu virus and vaccine are not a “good match,” getting the flu shot can lessen the severity if you get the flu. If you don’t usually get the flu shot, this is the year to start.

Lisa Maragakis, M.D., is senior director of Infection Prevention for the Johns Hopkins Health System.

Wellness Matters is published by Howard County General Hospital, a private, not-for-profit, health care provider, and a member of Johns Hopkins Medicine. Your physician should be consulted in regard to matters concerning the medical condition, treatment and needs of your family.
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## The Perfect Winter Storm: Flu and COVID-19

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*Please direct comments regarding Wellness Matters to 410-740-7810. Hospital Information: 410-740-7890*

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**Flu and COVID-19**

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What We’ve Learned About Treating COVID-19

JOHNS HOPKINS CORONAVIRUS RESEARCH

Johns Hopkins Medicine researchers are working tirelessly to find ways to better understand, treat and eventually eliminate COVID-19 and the illness that results from infection. New discoveries and observations from Johns Hopkins that are shared, especially those related to clinical therapies, are almost all early in concept. They will require rigorous research, testing and peer review before solid conclusions for clinical care and disease prevention can be made. Read more here: bit.ly/COVIDResearchJH.

In addition, Johns Hopkins researchers are conducting a variety of clinical trials to find new ways to detect, prevent and treat COVID-19. These trials include studies involving Johns Hopkins employees, people who have COVID-19 and analysis of collected data about the illness. Results of these clinical trials will be available when data is analyzed, peer-reviewed and published.

RECOVERING AFTER RECOVERING FROM COVID-19

You tested positive for COVID-19. You recovered and yet… you are still weak and tired. Weeks go by. You still just don’t feel like your pre-COVID-19 self.

According to a study conducted by the Centers for Disease Control and Prevention (CDC), 35% of symptomatic adults had not returned to their usual state of health 2–3 weeks after testing positive. Among persons aged 18–34 years with no chronic medical conditions, one in five had not returned to their usual state of health.

While the full implications of being infected with COVID-19 are not fully known or understood, and most people have mild illness, physicians at Johns Hopkins Medicine have learned there can be significant effects on your heart, brain and lungs. Physical weakness and fatigue are other challenges patients are facing.

Post-COVID-19…Brain

Patients with COVID-19 are experiencing an array of effects on the brain, ranging in severity from confusion to loss of smell and taste to life-threatening strokes. Younger patients in their 30s and 40s are suffering possibly life-changing neurological issues due to strokes. Although researchers don’t have answers yet as to why the brain may be harmed, they have several theories.

Critical care physician and neurointensivist Robert Stevens, M.D., who is the associate director of the Johns Hopkins Precision Medicine Center of Excellence for Neurocritical Care, has been tracking cases at Johns Hopkins in which patients with COVID-19 also have neurological problems and using imaging and tests of blood and spinal fluid to understand how the coronavirus operates.

According to Dr. Stevens, “Cases around the world show that patients with COVID-19 can have a variety of conditions related to the brain, including:

• Confusion
• Loss of consciousness
• Loss of smell and taste
• Seizures
• Stroke
• Trouble focusing
• Changes in behavior
• Headaches

Patients are also having peripheral nerve issues, such as Guillain-Barré syndrome, which can lead to paralysis and respiratory failure. I estimate that at least half of the patients I’m seeing in the COVID-19 units have neurological symptoms. Based on the current research, we think there are four ways COVID-19 may harm the brain, but each needs to be studied rigorously before any conclusions can be made.”

...Heart

Although COVID-19 is primarily a respiratory or lung disease, the heart can also suffer.

Early reports coming out of China and Italy, two areas where COVID-19 took hold earlier in the pandemic, show that up to 1 in 5 patients with the illness end up with heart damage. Heart failure has been the cause of death in COVID-19 patients, even those without severe breathing problems such as acute respiratory distress syndrome (ARDS).

Not all heart problems related to this coronavirus are alike, however. Johns Hopkins cardiologist Erin Michos, M.D., explains the different ways the virus — and the body’s response to it — can cause heart damage.

“There are multiple mechanisms for heart damage in COVID-19, and not everyone is the same,” Dr. Michos says.

Temporary or lasting damage to heart tissue can be due to several factors:

Lack of oxygen. As the virus causes inflammation and fluid to fill up the air sacs in the lungs, less oxygen can reach the bloodstream. The heart has to work harder to pump blood through the body, which can be dangerous in people with pre-existing heart disease. The heart can fail from overwork, or insufficient oxygen can cause cell death and tissue damage in the heart and other organs.

Myocarditis: inflammation of the heart. The coronavirus may infect and damage the heart’s muscle tissue directly, as is possible with other viral infections, including some strains of the flu. The heart may also become damaged and inflamed indirectly by the body’s own immune system response.

Stress cardiomyopathy. Viral infections can cause cardiomyopathy, a heart muscle disorder that affects the heart’s ability to pump blood effectively. When attacked by a virus, the body undergoes stress and releases a surge of chemicals called catecholamines that can stunt the heart.

...Lungs

Like other respiratory illnesses, COVID-19 can cause lung damage. As we continue to learn about COVID-19, we’re understanding more about how it affects the lungs while people are sick and after recovery.

Panagis Galiatsatos, M.D., a Johns Hopkins expert on lung disease, explains some of the short- and long-term lung problems brought on by the new coronavirus.

COVID-19 can cause lung complications such as pneumonia and ARDS. In pneumonia, the lungs become filled with fluid and inflamed, leading to breathing difficulties. The pneumonia that COVID-19 causes tends to take hold in both lungs. Air sacs in the lungs fill with fluid, limiting their ability to take in oxygen and causing shortness of breath, cough and other symptoms.

“Once the infection resolves, the stressor has ended, and the heart can recover.”

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In addition, Dr. Michos warns that people living with heart disease should stay in close touch with their doctors during the pandemic and take care to comply with medication to manage their heart condition.

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Patients without known heart disease who get COVID-19 should follow up with their primary care doctor. Tests may be recommended if symptoms such as weakness, shortness of breath or chest pain persist after recovery, since these problems could be due to COVID-19-related damage to the lungs or heart.

Recovering from COVID-19

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Lisa Maragakis, M.D., senior director of Infection Prevention for Johns Hopkins Health System, says, “Treatment for patients with COVID-19 has improved dramatically. We now have treatments that can help to fight the virus and control the body’s sometimes damaging immune reaction to the infection. Many vaccine candidates are in development, and several of these are in the final stages of clinical studies.”

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Patients without known heart disease who get COVID-19 should follow up with their primary care doctor. Tests may be recommended if symptoms such as weakness, shortness of breath or chest pain persist after recovery, since these problems could be due to COVID-19-related damage to the lungs or heart.
While most people recover from pneumonia without any lasting lung damage, the pneumonia associated with COVID-19 may be severe. Even after the disease has passed, lung injury may result in breathing difficulties that might take months to improve.

As COVID-19 pneumonia progresses, more of the air sacs become filled with fluid leaking from the tiny blood vessels in the lungs. Eventually, shortness of breath sets in, and can lead to ARDS, a form of lung failure. Patients with ARDS are often unable to breathe on their own and may require ventilator support to help circulate oxygen in the body.

Whether it occurs at home or at the hospital, ARDS can be fatal. People who survive ARDS and recover from COVID-19 may have lasting pulmonary scarring.

Dr. Galiatsatos notes three factors that affect the lung damage risk in COVID-19 infections and how likely the person is to recover and regain lung function:

**Disease severity.** “The first is the severity of the coronavirus infection itself — whether the person has a mild or a severe case,” Dr. Galiatsatos says. Milder cases are less likely to cause lasting scars in the lung tissue.

**Health conditions.** “The second is whether there are existing health problems, such as chronic obstructive pulmonary disease (COPD) or heart disease that can raise the risk for severe disease.” Older people are also more vulnerable for a severe case of COVID-19. Their lung tissues may be less elastic, and they may have weakened immunity because of advanced age.

**Treatment.** “Treatment is the third factor,” he says. “A patient’s recovery and long-term lung health is going to depend on what kind of care they get, and how quickly,” Timely support in the hospital for severely ill patients can minimize lung damage.

**Lessening the chance of lung damage**

There are things patients can do to increase their chances for less severe lung damage.

According to Dr. Galiatsatos, “If you have a health issue that puts you at higher risk, make sure you’re doing everything you can to minimize that. For example, people living with diabetes, COPD or heart disease should be especially careful to manage those conditions with monitoring and taking their medications as directed.

“Proper nutrition and hydration can also help patients avoid complications of COVID-19.”

— Panagis Galiatsatos, M.D.

“Eating a healthy diet is important for overall health. Proper hydration maintains proper blood volume and healthy mucous membranes in the respiratory system, which can help them better resist infection and tissue damage.”

**Is COVID-19 lung damage reversible?**

After a serious case of COVID-19, a patient’s lungs can recover, but not overnight. “Recovery from lung damage takes time,” Dr. Galiatsatos says. “There’s the initial injury to the lungs, followed by scarring. Over time, the tissue heals, but it can take three months to a year or more for a person’s lung function to return to pre-COVID-19 levels. Patients should be prepared for continuing treatment and therapy.”

**...Restoring Movement**

“Common impairments of COVID-19 include weakness, fatigue and shortness of breath with activity, and difficulty with walking and performing daily tasks,” notes Mayra Sanchez Gonzalez, M.D., a Johns Hopkins clinical psychologist in physical medicine and rehabilitation. “When you experience these physical impairments, it can lead to stress, which negatively affects the mind. Fear and depression can both impact the health of the body. Early intervention through exercise and activity aimed at treating the whole person will play an important role in the recovery process and can be started at home during self-isolation.”

“By engaging in movements that the human body is already used to, we can begin the process of recovery and healing with exercises and movements.”

— Mayra Sanchez Gonzalez, M.D.

To read Dr. Gonzalez’s complete guide to restoring movement, Bouncing Back from COVID, visit: bit.ly/RestoreMovement.

**Telemedicine:**

A new way to connect with your physician

As the delivery of health care during the pandemic changes, many patients have a new way to interact with their physician via telemedicine technology. Telemedicine uses digital devices, such as a computer, smartphone or electronic tablet, to bring you and your physician together in real time without you leaving your home. This allows you to receive a one-on-one visit with your provider, get your questions answered and maintain your health.

**What telemedicine services are available?**

You can access many types of care visits including routine, follow-up, primary care consultations, management of chronic health conditions, medication management and some types of therapy. Check with your primary care provider or specialist to see if they are offering telemedicine.

For appointment information with Johns Hopkins Medicine providers, visit bit.ly/JHTelemed.

**What do I need?**

Many physician offices are offering this option with various technologies. For most, you will need a smartphone, tablet or computer with a camera, and speakers, headphones or a microphone. If you have an appointment with a Johns Hopkins physician, you will also need a MyChart account.

**What if I have an emergency?**

Emergencies are still emergencies. Call 911 if you are experiencing sudden chest pain, difficulty breathing or weakness to one side of the face or body.

**Successful Telemedicine Visit Tips**

- Check-in or confirm your appointment at least 24 hours beforehand, if required. If you are seeing a Johns Hopkins physician, log in to MyChart within 7 days of the appointment, select your appointment and complete the eCheck-in process.
- Prepare a list of items you want to discuss.
- Test your video and audio in advance.
- If you will be using your cell phone, ensure it is charged and you are connected to Wi-Fi or have a strong cell signal.
- Make sure the area you will be using for your telemedicine appointment has good lighting.
- Turn off any background radio or television.
- Place your camera or position your device so the provider can see your face and has a view of you from the waist up, if possible.
- Make sure that both your video and audio settings are on.
- Let your provider know if there are any people with you and if you want them included in the conversation.
- Have the visit in a private space where you feel comfortable discussing personal medical information.
- For Johns Hopkins patients, 30 minutes before your visit, log in to MyChart, select your appointment, complete eCheck-in if you have not done so, and select “Start Video Visit.” You will be placed in a virtual waiting room until your provider joins. MyChart does not work on Internet Explorer. Use an alternative browser such as Chrome or Firefox.

**SIGN UP FOR MyChart**

It’s easier now than ever to create a MyChart account! Current patients can sign up by filling out a form online to communicate with your provider, access test results, request prescription renewals and manage appointments. On the MyChart login page, click “Sign Up and Verify,” enter your contact information and verify your identity to create a MyChart account.

Sign up: mychart.hopkinsmedicine.org

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After a serious case of COVID-19, a patient’s lungs can recover, but not overnight. “Recovery from lung damage takes time,” Dr. Galiatsatos says. “There’s the initial injury to the lungs, followed by scarring. Over time, the tissue heals, but it can take three months to a year or more for a person’s lung function to return to pre-COVID-19 levels. Patients should be prepared for continuing treatment and therapy.”

### Restoring Movement

“Common impairments of COVID-19 include weakness, fatigue and shortness of breath with activity, and difficulty with walking and performing daily tasks,” notes Mayra Sanchez Gonzalez, M.D., a Johns Hopkins clinical psychologist in physical medicine and rehabilitation. “When you experience these physical impairments, it can lead to stress, which negatively affects the mind. Fear and depression can both impact the health of the body. Early intervention through exercise and activity aimed at treating the whole person will play an important role in the recovery process and can be started at home during self-isolation.”

**By engaging in movements that the human body is already used to, we can begin the process of recovery and healing with exercises and movements.”** — Mayra Sanchez Gonzalez, M.D.

To read Dr. Gonzalez’s complete guide to restoring movement, Bouncing Back from COVID, visit: bit.ly/RestoreMovement.

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**Telemedicine: A new way to connect with your physician**

As the delivery of health care during the pandemic changes, many patients have a new way to interact with their physician via telemedicine technology. Telemedicine uses digital devices, such as a computer, smartphone or electronic tablet, to bring you and your physician together in real time without you leaving your home. This allows you to receive a one-on-one visit with your provider, get your questions answered and maintain your health.

### What telemedicine services are available?

You can access many types of care visits including routine, follow-up, primary care consultations, management of chronic health conditions, medication management and some types of therapy. Check with your primary care provider or specialist to see if they are offering telemedicine.

For appointment information with Johns Hopkins Medicine providers, visit bit.ly/JHTelemed.

### What do I need?

Many physician offices are offering this option with various technologies. For most, you will need a smartphone, tablet or computer with a camera, and speakers, headphones or earphones with a microphone. If you have an appointment with a Johns Hopkins physician, you will also need a MyChart account.

**What if I have an emergency?**

Emergencies are still emergencies. Call 911 if you are experiencing sudden chest pain, difficulty breathing or weakness to one side of the face or body.

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### Telemedicine Visit Tips

- Check-in or confirm your appointment at least 24 hours beforehand, if required. If you are seeing a Johns Hopkins physician, log in to MyChart within 7 days of the appointment, select your appointment and complete the eCheck-in process.
- Prepare a list of items you want to discuss.
- Test your video and audio in advance.
- If you will be using your cell phone, ensure it is charged and you are connected to Wi-Fi or have a strong cell signal.
- Make sure the area you will be using for your telemedicine appointment has good lighting.
- Turn off any background radio or television.
- Place your camera or position your device so the provider can see your face and has a view of you from the waist up, if possible.
- Make sure that both your video and audio settings are on.
- Let your provider know if there are any people with you and if you want them included in the conversation.
- Have the visit in a private space where you feel comfortable discussing personal medical information.
- For Johns Hopkins patients, 30 minutes before your visit, log in to MyChart, select your appointment, complete eCheck-in if you have not done so, and select “Start Video Visit.” You will be placed in a virtual waiting room until your provider joins. MyChart does not work on Internet Explorer. Use an alternative browser such as Chrome or Firefox.
It was a beautiful Saturday morning in Columbia in late August. Bill Dunn had just finished breakfast when the burn in his belly started. It was that pesky indigestion he thought and grabbed some soda to soothe his stomach. It seemed to work. The morning continued with a trip to the library to pick up some new books to read during the pandemic. By the time he returned home, the discomfort from the indigestion returned and was now in the center of his chest. When it didn’t subside, Bill and his wife started to become concerned and realized it was time to head to the hospital’s emergency department, despite the pandemic.

Following some tests, Bill received an explanation for his nagging pain. He had suffered a heart attack. Bill was admitted to HCGH for further tests that included a cardiac diagnostic procedure. Formerly known as angioplasty and stenting, percutaneous coronary intervention (PCI) is a non-surgical procedure that uses a thin flexible tube to place a small structure called a stent to open blood vessels in the heart that have been narrowed by plaque buildup or atherosclerosis (hardening of the arteries).

“I was awake during the procedure which they were able to do through my wrist,” recalls Bill. “The only thing I felt was the prick when they numbed my arm.”

Bill had several blockages that were addressed with PCI that day, which fortunately did not require a transfer to a heart center, since HCGH can now perform these procedures locally. His left anterior descending artery, that supplies the heart muscle with blood and is almost always the largest, was 90% blocked and required two stents. Another artery was found to be 80% blocked and required one stent.

The day after Bill’s PCI, he was home. “The doctors told me to exercise, which I have done all my life, and keep a healthy diet, cut back on my salt intake and watch my cholesterol,” says Bill. “Today, I am doing great and free to carry on living a normal life.”

Bill was lucky. Not all patients have received this lifesaving treatment needed during the pandemic. According to a report published in the Journal of the American College of Cardiology, during the first three months of this year, there was a 38% reduction in U.S. cardiac patients being treated for a life-threatening event known as a STEMI. A STEMI is a serious form of heart attack in which a coronary artery that supplies oxygen-rich blood to the heart is completely blocked, and a large part of the heart muscle is unable to receive blood. PCI is considered to be the standard of care for STEMI patients.

“We have seen patients delaying care and not addressing symptoms which signal a health emergency in fear of contracting COVID-19 in the hospital, and that is detrimental. I commend Bill for listening to his body, following his gut and knowing he needed to get to the hospital to get the lifesaving care that we are safely providing.”

— Eric Schwartz, M.D.
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“The blockages in Bill’s arteries were life-threatening if left untreated. He did exactly the right thing in coming to HCGH. The equipment in the catheterization laboratory at HCGH is state-of-the-art, and our interventional cardiologists could not be more proud of the cardiac catheterization program here.”

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Routine and Emergency PCI at HCGH

While our community has had an emergency angioplasty and stenting program at HCGH since 2003—that was developed with guidance from Johns Hopkins experts—we have not historically performed the more routine interventional procedure unless it qualified as an emergency. Now, if a patient has coronary artery disease and could benefit from PCI and stenting, and they meet certain criteria, we can perform this procedure at HCGH.

Eric Schwartz, M.D., is a board-certified cardiologist with Cardiovascular Specialists of Central Maryland in Columbia.

Appointments: 410-997-7979

Hear HCGH Chief of Emergency Medicine Bob Linton, M.D., share the ER’s efforts to care for you safely in an emergency visit: bit.ly/SafeERcare.
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At 83 years of age, and a Navy veteran, Bill (pictured above) said the thought of not going to the hospital because of the pandemic never crossed his mind. “If you’ve got a pain in the chest, and it doesn’t go away, you go to the ER, and get it checked out. Maybe it is something minor or it could be something serious,” Bill says matter-of-factly.

“All the staff were PPE’d up and covered, and the hospital was clean and neat. I felt safe and very much at ease.”

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Below we gratefully acknowledge members of Howard County General Hospital’s three giving societies for their inspirational philanthropic investment in our community hospital.

These generous contributions to the Howard Hospital Foundation enable Howard County General Hospital to meet the needs of the community, continue to provide quality patient care and deliver the promise of health to all of Howard County.

**Giving Matters**

We are grateful for the community’s philanthropic support of Howard County General Hospital. A selection of projects funded by Howard Hospital Foundation donors are listed here.

**THE BEIGEL FAMILY ENDOWED FUND FOR HOWARD COUNTY HEALTH OUTCOMES**

A commitment to improve the health and wellness of Howard County residents and inspire multiplederivative philanthropy led a local family to create a legacy at HCGH. This fund will support the hospital’s population health programs in perpetuity.

**COVID-19 RESPONSE**

When the COVID-19 pandemic struck, the community’s response to the call for help was immediate and overwhelming, as hundreds of donors recognized the need to support HCGH heroes serving on the front lines. Donations helped to care for our caregivers, providing employee meals, care packages, a food pantry and respite areas in the hospital and more.

**CARDIAC REHABILITATION**

Patients recovering from a heart attack and other cardiac conditions benefit from the hospital’s cardiac rehabilitation and maintenance program which provides individualized, monitored exercise and education. Donations fund a program for patients unable to pay for services, new medical and exercise equipment and programmatic support.

**POPULATION HEALTH PROGRAMS**

Donations and grant funding helped support the hospital’s health and wellness programs, including Journey to Better Health, which receives grant support from SunTrust and works with local organizations and faith communities to keep Howard County residents healthy by providing chronic disease screenings, self-management education and support networks at no cost.

**HCGH ADDITION**

The foundation has raised $10 million to date to support Howard County General Hospital’s new 50,000-square-foot, two-story addition. The new building opened in January, featuring a new emergency room entrance, psychiatry unit and observation unit, enhancing the patient experience and hospital efficiency.

**STEREOTACTIC TABLE**

Howard Hospital Foundation board of trustees chair Pamela Wagner and trustee Dan Kelly hosted an event to raise funds for a new stereotactic table to provide enhanced comfort for HCGH Breast Center patients undergoing certain breast procedures.

**CLAUDIA MAYER/TINA BROCCOLINO CANCER RESOURCE CENTER**

The center is funded through philanthropy, and serves patients, families and caretakers by providing resources to include support groups, counseling, and aesthetic and complementary medicine services.

**LEGACY SOCIETY**

members who have named Howard County General Hospital in their will, trust, life insurance or retirement account and have notified the Howard Hospital Foundation of their intent include:

Vivian C. “Millie” Bailey
The Beigel Family
Kay Y. Ota-Bermant
and Sanford A. Bermant
Karen and John Whiteside
Eugene “Potte” Whitnall

**JIM ROUSE VISIONARY SOCIETY** recognizes donors who have demonstrated a commitment to the health and wellness of Howard County by giving $1 million or more to support the hospital’s efforts.

Kay Y. Ota-Bermant
and Sanford A. Bermant
The Beigel Family Foundation
The Horizon Foundation
Howard County General Hospital Volunteer Auxiliary
Howard County Government
The Kahnt Foundation
Lundy Family Foundation
Kay Voss and Robert Manfuso

**SHARING OUR THANKS TO EVERYONE WHO SUPPORTED HCGH’s HEROES DURING FALL 2020**

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**CLAUDIA MAYER/TINA BROCCOLINO CANCER RESOURCE CENTER**
The center is funded through philanthropy, and serves patients, families and caretakers by providing resources to include support groups, counseling, and aesthetic and complementary medicine services.
While our space is limited, our gratitude is not.

Below we acknowledge those who made gifts of $1,000 or more between January 1, 2015, and June 30, 2020. We would also like to recognize the many in-kind donations made during this period, especially in support of Howard County General Hospital caregivers during the COVID-19 response. For a list of COVID-19 donors, please visit bit.ly/HCGH_ResponseDonors.

$500,000+
Kay Y. D’Abernont and Sanford A. Bernstein
Cyndi and Ron Quia
The Horizon Foundation
The Kahrft Foundation
$100,000 – $499,999
Vivian C. “Millie” Bailey
The Biegel Family
LG-TEK and The Sherman Family
$50,000 – $99,999
COLA
Event Consulting & Management
Landy Family Foundation
Charles Miller, Jr.
Paul Miller
MLT Bank
Carla and Creig Northrop and
M&T Bank
Charles Miller, Jr.

$25,000 – $49,999
Sandy Spring Bank Foundation
Northrop Realty
Carla and Creig Northrop and
M&T Bank
Paul Miller
Charles Miller, Jr.
Event Consulting & Management
LG-TEK and The Sherman Family
The Beigel Family
Vivian C. “Millie” Bailey

$100,000 – $499,999
Charles and Mary Lisa Langmead
The Horizon Foundation
Cyndi and Ron Gula

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Donations in support of the HCGH Rising Hope Perinatal Bereavement Program funded renovations to provide a room that allows a family who has experienced a miscarriage or infant loss to have a dedicated space in the hospital to mourn privately.

Your Gifts at Work

LABOR AND DELIVERY BEREAVEMENT WAITING ROOM
Donations in support of the HCGH Rising Hope Perinatal Bereavement Program funded renovations to provide a room that allows a family who has experienced a miscarriage or infant loss to have a dedicated space in the hospital to mourn privately.

LIVE WHERE YOU WORK
HCGH worked with community organizations to ensure housing for some low to moderate income hospital employees. With support from Wells Fargo, rental subsidies were offered to select employees, providing them with the opportunity to live near the hospital in downtown Columbia.

BREASTMILK ANALYZER
State-of-the-art technology allows staff to test breast milk to ensure it contains the exact nutrients to help preterm babies thrive. HCGH Chief of Neonatology, Tuivia Blechman, M.D., knew the advantage the analyzer would provide to the hospital’s tiniest patients, and worked with the foundation and longtime donor, The Lundy Family Foundation, to secure this equipment for the NICU.
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Below we acknowledge those who made gifts of $5,000 or more between January 1, 2019, and June 30, 2020. We would also like to recognize the many in-kind donations made during this period, especially in support of Howard County General Hospital caregivers during the COVID-19 response. For a list of COVID-19 donors, please visit hcg.org/Give.

Support our caregivers today: hcg.org/give

Now more than ever, we need your support.
COVID-19 Testing Options in Howard County

HCgH is testing patients with suspected cases of COVID-19 and those patients who require a test before having a planned procedure in various locations in the community. This is not antibody testing. For more information on testing locations and requirements visit, bit.ly/HGCHTesting.

Please note, some testing locations require advance registration for appointments and a physician order. Once your physician orders a test, our registration staff will call the patient to coordinate scheduling. COVID-19 test results are generally available within 24-36 hours of the test. The physician who ordered your test will communicate the results. It may take more time for your provider to reach you with the results. Please contact your physician if you do not receive results within 48 hours.

If the patient has a Johns Hopkins MyChart account, the test results will also be visible in MyChart.

MyChart is free and available to all Johns Hopkins Medicine patients. Sign up for MyChart: mychart.hopkinsmedicine.org.

You can find additional information and testing locations at hcgh.org/findadoctor.

In Your Neighborhood HCgH is also offering testing, at no cost to the patient, in neighborhoods around Howard County as part of our Journey to Better Health outreach to faith-based organizations. Funding for these events is provided by the Howard County Health Department. A physician order is not required, but advance registration is strongly encouraged. Children and adults can be tested. Test results will be received in two to four days.

To register: bit.ly/2jh-testing.

Additional Testing in Howard County

For a complete list of testing available in Howard County, visit the county’s website: bit.ly/HoCoTesting. Please note, Howard County VEP stations are no longer doing testing.

**Wellness Classes:**

**MENTAL HEALTH FIRST AID FOR ADULTS:** A Virtual Class

Learn to assist someone experiencing a mental health or substance use challenge. Participants will complete a self-paced online course before participating in an instructor-led class using Zoom. Fee includes digital manual. 11/13, 8:30 a.m.-2:30 p.m. $30.

**YOUTH MENTAL HEALTH FIRST AID:** A Virtual Class

Learn how to help an adolescent (age 12-18) who may be experiencing a mental health or addiction challenge. In an updated format, participants will complete a self-paced online course before participating in an instructor-led class using Zoom. Fee includes digital manual. 10/23, 8:30 a.m.-1 p.m. Fee.

**LIVING WELL WITH DIABETES:** A Virtual Class

In this instructor-led format, learn self-management skills including goal setting and stress management; glucose monitoring, skin and foot care; techniques to cope with frustration, fatigue, pain and isolation; skills to more effectively communicate with family, friends and health professionals; and appropriate exercise and nutrition for those with diabetes. Wednesdays, 10/28-12/2, 10 a.m.-12:30 p.m. or Mondays 11/2-12/7, 6-8:30 p.m. Fee.

**CHILDBIRTH AND NEW PARENT CLASSES**

Prenatal classes are online and virtual instruction to help you prepare for the birth of your baby. Online courses include comprehensive information, videos, interactive activities and parent resources. Complete the online course before attending an instructor-led virtual class. The online-only classes are also available without a virtual class for $35 each. For dates, times and to register for the Childbirth and New parent classes, Birthing Center Tour Online and New Moms’ Support Group, visit hcgh.org/babyclasses.

- Childbirth Preparation: Virtual and Online
  Learn about pregnancy, labor, childbirth, comfort techniques, cesarean section and medical procedures in the online course. Understanding Birth. A childbirth educator will lead the virtual class where you will practice breathing and relaxation techniques. In the instructor-led virtual class, you will learn more about the topics discussed in the online course and have the opportunity to ask your specific questions. Complete the online course before attending the virtual course. $75.

- Breastfeeding: Virtual and Online
  The online course Understanding Breastfeeding includes topics such as when to breastfeed, getting enough milk, latching and positioning, breast care and the breastfeeding lifestyle. After completion of the online class, attend a virtual class taught by a lactation consultant. $40.

- Infant Care: Virtual and Online
  In the online class, Understanding Your Newborn, learn about your newborn’s appearance, traits and behaviors; crying and comforting; bathing and dressing; feeding and sleeping; and signs of illness and newborn health and safety. Practical skills will be demonstrated in the virtual, instructor-led class. $65.

- New Moms’ Online Support Group
  Share experiences with other new moms and their babies up to 5 months old. Using Zoom, meet for support, referrals and discussion of parenting topics. Register for an 8-week session after the birth of your baby, 11/17-1/5. Fee.

- Birthing Center Tour: Virtual
  Take a virtual tour of the birthing center and learn about having a baby at Howard County General Hospital. Our nurse will lead the tour and answer your questions via Zoom. Fee.

Howard County General Hospital has received the American Heart Association/American Stroke Association’s Get With The Guidelines® Stroke Gold Plus Quality Achievement Award. The award recognizes HCgH’s commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

HCgH also received the association’s Target: Stroke Honor Roll Elite award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient’s arrival and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

Additionally, HCgH received the association’s Target: Type 2 Diabetes Honor Roll award for meeting quality measures developed with more than 90% of compliance for 12 consecutive months for the “Overall Diabetes Cardiovascular Initiative Composite Score.”
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During COVID-19, we are offering classes and support groups virtually where possible. To register, visit hcgh.org/events. For more information, call 410-740-7601 or email jstanto6@jhmi.edu.

CHILDBIRTH AND NEW PARENT CLASSES
Prenatal classes are online and virtual instruction to help you prepare for the birth of your baby. Online courses include comprehensive information, videos, interactive activities and parent resources. Complete the online course before attending an instructor-led virtual class. The online-only classes are also available without a virtual class for $35 each. For dates, times and to register for the Childbirth and new parent classes, birthingcenterTour Online and New Moms’ Support Group, visit hcgh.org/babyclasses.

- Childbirth Preparation: Virtual and Online Learn about pregnancy, labor, childbirth, comfort techniques, caesarean section and medical procedures in the online course. Understanding Birth, A childbirth educator will lead the virtual class where you will practice breathing and relaxation techniques. In the instructor-led virtual class, you will learn more about the topics discussed in the online course and have the opportunity to ask your specific questions. Complete the online course before attending the virtual course, $75.

- Breastfeeding: Virtual and Online The online course Understanding Breastfeeding includes topics such as when to breastfeed, getting enough milk, latch-on and positioning, breast care and the breastfeeding lifestyle. After completion of the online class, attend a virtual class taught by a lactation consultant, $40.

- Infant Care: Virtual and Online In the online class, Understanding Your Newborn, learn about your newborn's appearance, traits and behaviors; crying and comforting; bathing and dressing; feeding and sleeping; and signs of illness and newborn health and safety. Practical skills will be demonstrated in the virtual, instructor-led class. $65.

- New Moms' Online Support Group Share experiences with other new moms and their babies up to 5 months old. Using Zoom, meet for support, referrals and discussion of parenting topics. Register for an 8 week session after the birth of your baby, 11/27-1/5, Free.

- Birthing Center Tour: Virtual Take a virtual tour of the birthing center and learn about having a baby at Howard County General Hospital. Our nurse will lead the tour and answer your questions via Zoom. Free.

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HOSPITAL NEWS

410-964-6200
5450 Knoll North Drive, #250
Columbia Medical Practice
DERMATOLOGY

HCGH is testing patients with suspected cases of COVID-19 and those patients who require a test before having a planned procedure in various locations in the community. This is not antibody testing. For more information on testing locations and requirements visit, bit.ly/HCGHTesting.

Please note, some testing locations require advance registration for appointments and a physician order. Once your physician orders a test, our registration staff will call the patient to coordinate scheduling. COVID-19 test results are generally available within 24-36 hours of the test. The physician who ordered your test will communicate the results. It may take more time for your provider to reach you with the results. Please contact your physician if you do not receive results within 48 hours.

If the patient has a Johns Hopkins MyChart account, the test results will also be visible in MyChart.

MyChart is free and available to all Johns Hopkins Medicine patients. Sign up for MyChart: mychart.hopkinsmedicine.org.

HCGH also received the association’s Target: Stroke Honor Roll Elite award. The award recognizes HCGH’s commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. HCGH also received the association’s Target: Stroke Honor Roll Elite award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient’s arrival and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

Additionally, HCGH received the association’s Target: Type 2 Diabetes Honor Roll award for meeting quality measures developed with more than 90% of compliance for 12 consecutive months for the “Overall Diabetes Cardiovascular Initiative Composite Score.”

In Your Neighborhood HCGH is also offering testing, at no cost to the patient, in neighborhoods around Howard County as part of our Journey to Better Health outreach to faith-based organizations. Funding for these events is provided by the Howard County Health Department. A physician order is not required, but advance registration is strongly encouraged. Children and adults can be tested. Test results will be received in two to four days. To register: bit.ly/2bh-testing.

Additional Testing in Howard County For a complete list of testing available in Howard County, visit the county’s website: bit.ly/HoCoTesting. Please note, Howard County VEP stations are no longer doing testing.

Wellness Classes:

MENTAL HEALTH FIRST AID FOR ADULTS: A Virtual Class
Learn to assist someone experiencing a mental health or substance use challenge. Participants will complete a self-paced online course before participating in an instructor-led class using Zoom. Fee includes digital manual. 11/13, 8:30 a.m.-2:30 p.m. $30.

YOUTH MENTAL HEALTH FIRST AID: A Virtual Class
Learn how to help an adolescent (age 12-18) who may be experiencing a mental health or addiction challenge. In an updated format, participants will complete a self-paced online course before participating in an instructor-led class using Zoom. Fee includes digital manual. 10/23, 8:30 a.m.-1 p.m. Free.

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- Birthing Center Tour: Virtual Take a virtual tour of the birthing center and learn about having a baby at Howard County General Hospital. Our nurse will lead the tour and answer your questions via Zoom. Free.

Howard County General Hospital has received the American Heart Association/American Stroke Association's Get With The Guidelines® Stroke Gold Plus Quality Achievement Award. The award recognizes HCGH’s commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. HCGH also received the association’s Target: Stroke Honor Roll Elite award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient’s arrival and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

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Calendar 2020 of Events:

**Medicare 101 Virtual**
Free
Nov. 12/1-2:30 p.m.
Dec. 9/6-7:30 p.m.
Jan. 21/10-11:30 a.m.

For those new to Medicare, learn about Original Medicare (Parts A and B) and Prescription Drug Coverage (Part D). Presented by SHIP, Howard County Office of Aging and Independence.
Registration required: 410-313-7392.

**Medicare 102 Virtual**
Free
Nov. 19/1-2:30 p.m.
Dec. 16/6-7:30 p.m.
Jan. 28/10-11:30 a.m.

For those new to Medicare, learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by SHIP, Howard County Office of Aging and Independence.
Registration required: 410-313-7392.

**Race Across Howard County to benefit Howard County General Hospital Virtual**
December 1-15, 2020

Be active this winter and support your community hospital! Run or walk a virtual full or half marathon, 5k or fun run with friends, family or teams while raising funds to support HCGH and our new Nursing Excellence Fund. For sponsorships, call 410-740-7840.
For race details and registration, visit: bit.ly/HCGH_Race.

**Medicare 101 Keynote**
Wednesday, November 11 • 8:30–9:30 a.m. • Free
Virtual via Zoom

**Hosts**
Steve Snelgrove
President, Howard County General Hospital

Kevin W. Sowers, M.S.N., R.N., F.A.A.N.
President, Johns Hopkins Health System
Executive Vice President, Johns Hopkins Medicine

Elizabeth Rendón-Sherman
Chair, Board of Trustees, Howard County General Hospital

**Panelists**

Sherita Hill Golden, M.D., M.H.S.
Vice President and Chief Diversity Officer, Professor of Medicine, Johns Hopkins Medicine

Gabor Kelen, M.D., Director, Department of Emergency Medicine, Professor of Emergency Medicine, Johns Hopkins Medicine

Mark Landrum, M.D., Chief, Infectious Disease, Howard County General Hospital

Lisa Maragakis, M.D., M.P.H., Senior Director of Infection Prevention, Associate Professor, The Johns Hopkins Health System

**RSVP by November 9**
Preregistration required: bit.ly/shc-hoco

**Keynote**
How has the COVID-19 pandemic impacted health care in our region?
A panel of Johns Hopkins experts in emergency medicine and infectious diseases will discuss the latest treatment advances, vaccines, health equity and how the pandemic may change the way care is accessed and delivered.