



Community Update

from your friends at Johns Hopkins Bayview Medical Center

December 2018

Calendar of Events

Dec. 3 & Jan. 14: Living with Type 2 Diabetes

Learn about strategies to manage blood glucose levels, the importance of making the right food choices and medications to help manage Type 2 diabetes. January's class will feature a registered dietitian.

5:30 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-KNOW (5669)

Dec. 4: Light the Labyrinth

The annual celebration features reflections on light from diverse perspectives, local musicians and refreshments.

5 p.m.

Johns Hopkins Bayview Medical Center

Info.: 410-550-7569

Dec. 4 & 11: Weight Loss Surgery Info.

For individuals 100 pounds or more overweight who are considering weight loss surgery. This seminar is required to receive a consult for bariatric surgery.

4:30 to 6 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-0409

Dec. 11: ABCs of Kidney Disease

Learn about normal kidney function, the causes and stages of chronic kidney disease, the effects of kidney disease on the body and treatment options for kidney disease and failure.

5 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-2820

Community Update is published 11 times a year by Johns Hopkins Bayview's Community Relations Department.

Selwyn Ray, J.D., director; **Meghan Rossbach**, editor and designer; **Sara Baker, April Meise, Sharon Jones, Elaine Welkie**, contributors.

Phone: 410-550-0289; **Web:** hopkinsmedicine.org/jhbmc

The Next Generation of Health Care

The one constant in health care is change. One of the biggest, and most exciting, changes has been the way we use technology to advance patient care. We used to record all patients' health records on paper. That now seems unimaginable in a world where a patient's complete medical history is accessible with a few keystrokes.

The next set of innovations, many already underway, will continue to improve the way we care for patients at Johns Hopkins Bayview, and how we communicate about that care.

Here's a preview:

- **Instant activation for new MyChart users**—It's easier for you to access your electronic medical record and communicate electronically with your care team. If you haven't already signed up for MyChart, you will be able to register on the spot through a secure text message. Before, you needed an activation code to create an account.



- **Voalte Phones**—We have introduced new, secure communication devices to replace the phones that our nurses and other clinicians currently use. Voalte smartphone technology will improve our team communication and care transitions by allowing health care teams to communicate with each other through secure, HIPAA-compliant text messages and phone calls. With Voalte, caregivers will be able to receive and respond to alarms dispatched by dozens of medical devices and nurse call alarms—optimizing workflow and improving patient satisfaction and safety.

American Red Cross Blood Drive

December 19-21

7:30 a.m. to 5 p.m.

Knott Conference Center

Call **410-550-0289** to schedule your life-saving donation.



Participants receive a parking voucher, meal coupon and special gift.



Mindful Meditation During the Holidays

We are no strangers to stress, especially during the holiday season. So, what can you do to make the holidays a little more enjoyable? Practice mindfulness meditation.

“Mindfulness meditation is a form of present-moment awareness that can be cultivated with practice,” says **Neda Gould, Ph.D.**, clinical psychologist. “Research shows that mindfulness meditation reduces stress, anxiety, depression and pain, and improves our overall well-being.”

Dr. Gould learned how to teach mindfulness in 2008, when she was working with burn patients. Her clinical work and research focus on how mindfulness training can improve the well-being of patients with various medical and psychiatric illnesses.

Want to try mindfulness for yourself? The following two-minute meditation is a great way to start incorporating these skills into

your daily life. Take a breath, relax your shoulders, and spend a few minutes doing nothing more than looking at the picture above.

“To practice this type of meditation, begin by looking at the image broadly, noticing colors, textures, depth and shading,” says Dr. Gould. “Then take a moment to focus on a particular part of the photo and explore these same components there. When thoughts take you away from the image, just gently return to what you see.”



Did You Get Your Flu Shot? We Did!

More than 200,000 people are hospitalized in the U.S. each year, and approximately 36,000 people die because of the flu.

Johns Hopkins Bayview takes extra steps to prevent the spread of flu by requiring all employees to receive a flu vaccine. Those who work in health care are at a greater risk of exposure to the flu, and also are more likely to come in contact with patients who are prone to flu-related complications. By making the flu vaccine mandatory, the Medical Center ensures safer patient care and less chance of hospital-related illnesses or infections.

You, too, can prevent the spread of flu by getting vaccinated. The flu shot is provided by most primary care physicians and urgent care centers. If you need a primary care physician, call General Internal Medicine at **410-550-3350** to schedule an appointment.



Holiday Plants Can Pose Health Risks

Decorative plants may add holiday sparkle to your home, but did you know that some may pose a risk to children and pets?

Mistletoe—While all parts of mistletoe are toxic if eaten, the white berries tend to be the most attractive to children and pets. Consuming mistletoe can result in blurred vision, nausea, abdominal pain, diarrhea, blood pressure changes and even death. Seek immediate medical attention if mistletoe is ingested.

Holly Berries—The bright red berries can fall and end up on the floor, where a child or pet might find and eat them. Children can suffer vomiting, diarrhea, dehydration and drowsiness if they eat as few as two holly berries.

Poinsettias—Poinsettias aren't toxic, but they can be an irritant. Children or pets who eat the leaves or flower part of the plant may develop a mouth rash and upset stomach. The plant's milky sap also can irritate the skin.

For more holiday health and safety tips, visit [cdc.gov/family/holiday](https://www.cdc.gov/family/holiday).