Free From Pain Thanks to “A Joint Effort”
The Johns Hopkins Hospital ranked #3 overall in the nation in the U.S. News & World Report ranking of close to 5,000 U.S. hospitals. In the magazine’s ranking of hospitals at the state level, the hospital was named first in all specialties in Maryland and #1 in all specialties in Baltimore.

Johns Hopkins earned the #1 U.S. ranking for 22 years—an unprecedented 21 years in a row from 1991 to 2011, and again in 2013. U.S. News rankings are based largely on complex measures of hospital performance, including reputation, as determined by results of a mailed and online survey to select physician specialists; outcome measures; and structural elements, such as hospital volume and technology.

In addition to landing in the #3 spot on U.S. News’ Honor Roll of Best Hospitals, the hospital ranked #1 in Rheumatology; #2 in Ear, Nose & Throat; #3 in Neurology & Neurosurgery, Ophthalmology, Psychiatry and Urology; #4 in Diabetes & Endocrinology, Gastroenterology & GI Surgery, and Geriatrics; and #5 in Cancer.

Locally, Sibley Memorial Hospital and Suburban Hospital were ranked in the top tier among the 56 hospitals in the Washington D.C. metropolitan area, coming in at 11th and 13th, respectively. Sibley was noted as a top performer in orthopedics and urology. Suburban was ranked a top performer in orthopedics. In addition, Suburban was ranked 15th among Maryland’s 70 hospitals.

A detailed list of the rankings and information about how they are put together are available at http://www.hopkinsmedicine.org/usnews and at http://www.usnews.com/besthospitals.

While numbers are important, often words are a better measurement of our commitment to providing exceptional patient- and family-centric care. Here are excerpts from recent comments we have received from our patients.

“"The nurses were awesome! They seemed really concerned that I was OK and they really cared about my well-being. I live in Germantown and would only go to Suburban for my care.”

“My experience at Suburban was exceptional. The nurses, techs, cleaning staff and food service personnel were ALL polite, attentive and caring. Suburban is an EXCELLENT hospital, and I am happy to have been cared for in such an awesome way.”
Public Reporting of Hospital Performance

What You Need to Know

An increasing amount of information about how hospitals perform is now available at the touch of a keyboard. The goals of reporting this data publicly are to hold hospitals more accountable; to better enable hospitals to identify performance challenges and make improvements; and to educate and empower consumers to make good decisions about who will care for them and their loved ones. But what does it all really mean?

Consumer surveys confirm that most patients choose a hospital (in a non-emergency) based on a recommendation from their personal physician. In addition, some will go online to confirm that their hospital, or doctor, gets top scores in a variety of categories. Providing those scores is the business of many media and health care organizations—from Consumer Reports and U.S. News and World Report, to Healthgrades and The Joint Commission.

More recently, the Centers for Medicare and Medicaid Services (CMS), which pays most of the health care bills for those over 65, began to publish online data on hospital quality and patient satisfaction. HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) is the first national, standardized, publicly reported survey of patients’ perspectives of hospital care. Since 2008, HCAHPS (pronounced H Caps) data has allowed comparisons across hospitals locally, regionally and nationally.

The 32-question survey asks recently discharged patients “how often” or whether patients experienced critical aspects of hospital care. For examples, questions include “How often was your pain well controlled?” and “How often did doctors explain things in a way you could understand.” Ten of these measures are publicly reported on the Hospital Compare Web site, www.medicare.gov/hospitalcompare. There, you can also download a 28-page Guide to Choosing a Hospital, and see the results of certain measures of quality that show how well a hospital treats specific conditions. Examples include how often a hospital gives recommended treatments for heart attack, heart failure and pneumonia; surgical care and more. Also provided are a hospital’s rate of readmissions and 30-day mortality (death rates) compared with the national rate.

“Suburban Hospital fully supports transparency in the reporting of a hospital’s quality metrics,” says Gene E. Green, M.D., president of Suburban Hospital. “That’s why we make it even easier for our patients and community to review our performance by self-reporting on our Web site, suburbanhospital.org/quality

However, for many people, reviewing all of this information and understanding what it means can be daunting,” he continues. “Patients should reach out to their physician if they have a concern or question. We also invite them to contact our quality director at kservis1@jhm.edu.

“At the same time, we suggest patients keep in mind that, while hospital statistics tell an important story, they are only a small snapshot of the care. They don’t tell you about all the services provided, or about the people,” he adds.

“At its core, health care is about people taking care of people. I’m proud to say Suburban Hospital has a dedicated team of highly trained, compassionate physicians and staff who use state-of-the-art technology to serve our patients well.”

What Our Patients Say About Suburban Hospital

“Suburban Hospital fully supports transparency in the reporting of a hospital’s quality metrics,” says Gene E. Green, M.D., president of Suburban Hospital. “That’s why we make it even easier for our patients and community to review our performance by self-reporting on our Web site, suburbanhospital.org/quality

However, for many people, reviewing all of this information and understanding what it means can be daunting,” he continues. “Patients should reach out to their physician if they have a concern or question. We also invite them to contact our quality director at kservis1@jhm.edu.

“At the same time, we suggest patients keep in mind that, while hospital statistics tell an important story, they are only a small snapshot of the care. They don’t tell you about all the services provided, or about the people,” he adds.

“At its core, health care is about people taking care of people. I’m proud to say Suburban Hospital has a dedicated team of highly trained, compassionate physicians and staff who use state-of-the-art technology to serve our patients well.”

The lady who cleaned my room was the best. She was on top of cleaning it and keeping it clean. She was also very friendly to me and my family members. Even though she wasn’t a nurse and didn’t care for me as a nurse she took her time in getting to know me and showing concern for me and made me feel comfortable with her coming in my room at any time. I really enjoyed her company.

As soon as my visitors arrived a tech brought in chairs for them—without being asked to do so.

I was not expecting the excellent treatment given by all from volunteers to surgeon. I cannot recall even one person who was not kind, friendly, compassionate, gentle, helpful, polite and respectful during the four days I was hospitalized. All of the extra provided by Suburban Hospital will be expressed to all to whom I speak. THANK YOU to each and every employee and volunteer who make a hospital stay a pleasure!
Free From Pain Thanks to “A Joint Effort”

Stephanie Schwam has a very busy life. The 31-year-old Poolesville resident works three days a week as a clerk for U.S. Customs and Border Protection, a job she has held since she was 20 years old. In addition to her job, Stephanie stays physically active by spending time with her family, exercising daily and traveling. So when she began experiencing leg pain that progressed until it was affecting her quality of life, Stephanie and her family knew they couldn’t rest until they discovered the cause and the cure. Stephanie’s diagnosis and treatment were made a little more complicated by the fact that she has Down syndrome.

While Stephanie lives with her parents and commutes to work with a sister who lives close by, she is a very independent, active woman. “Stephanie had been complaining of pain below her knee for a while,” says her mom, Jodie. The pain wasn’t affecting her ability to walk, however. Then, about 18 months ago, the pain began getting progressively worse. Her mother took her to see an orthopedic surgeon, who x-rayed Stephanie’s knee and told them there was nothing wrong. A former nurse, Jodie Schwam wasn’t convinced, and eventually insisted that the doctor x-ray Stephanie’s hip. Sure enough, the new x-ray revealed that Stephanie was suffering from hip dysplasia, a condition that is often seen in individuals with Down syndrome.

Hip dysplasia occurs when the hip socket does not form normally, joints slip out of place, and the hip wears out. In Stephanie’s case, the pain was radiating from her hip to below her knee. By the time her condition was finally diagnosed, in June 2013, Stephanie was almost unable to walk.

“Because she never complained of pain when she was young, we had no idea about Stephanie’s hip dysplasia,” says her dad, Steve. “Looking back now, we realize that since she was about 10 years old, Stephanie couldn’t put her right heel down when she walked. Everyone had missed that one sign of this condition.”

Stephanie’s parents knew that her special circumstances required the skills of a special orthopedic surgeon. Her father, a West Point graduate, found that surgeon in Dr. Daniel Valaik of Johns Hopkins Orthopaedic & Spine Surgery in Bethesda. As a graduate of the U.S. Naval Academy and the Uniformed Services University of the Health Sciences, Dr. Valaik had a military background similar to Steve Schwam’s, who was also impressed by his affiliation with Johns Hopkins Medicine. Dr. Valaik watched Stephanie walk down his office hallway and knew that she needed hip replacement surgery immediately.

“Hip replacement was Stephanie’s best chance to get rid of her hip pain, but this operation is especially difficult in patients with Down syndrome,” says Dr. Valaik. “Stephanie’s hip socket was not shaped normally, so fitting the implant to her anatomy was very challenging. Also, patients with Down syndrome have generalized ligamentous laxity, meaning their ligaments are especially loose, so there is a much greater risk of the hip replacement dislocating after surgery.”

In order to address these issues, Dr. Valaik carefully planned for Stephanie’s surgery. He “templated” her x-rays, measuring Stephanie’s hip on x-ray images and then using a computer to match her to the best fitting implants. He also used specialized implants that allowed Stephanie to keep her excellent hip motion without dislocating.

Dr. Valaik, who practices at Suburban Hospital, recognized the need to coordinate Stephanie’s medical care both prior to as well as immediately following her surgery. He explains: “I was able to work closely with Stephanie’s cardiologist at Johns Hopkins Community Physicians Heart Care to ensure she was ready for surgery and would come through the surgery with flying colors.”

That cardiologist was Dr. Mark Milner, who has cared for Stephanie for many years. “Stephanie was born with congenital heart disease, which often accompanies Down syndrome,” notes Dr. Milner. “She had an atrial septal defect as well as a condition called patent ductus arteriosus, both of which impact blood flow and oxygenation. Fortunately, both heart defects resolved spontaneously when she was a baby and she grew up with no major cardiac problems.

“For the past two years,” he continues, “Stephanie had occasionally been experiencing fast heart rates and an irregularity to her pulse with a sense of skipped beating. Just prior to her surgery, she had been coming to see me more often with these complaints. Both symptoms correlated with her lack of activity due to her hip issues. I knew that the surgery would increase Stephanie’s...
functional status and this would have a beneficial effect on her heart rate and irregularity.”

Dr. Milner’s confidence was justified, as Stephanie proved to be very motivated. After just two days in the hospital, she was discharged home, where she continued with in-home physical therapy for two weeks before graduating to outpatient therapy for two more months. Immediately after the surgery, Stephanie noticed an improvement in her pain. She was able to begin exercising again and she was back on the job within six weeks. She now walks a mile each day on her treadmill and uses an exercise bike daily as well. “Because Stephanie is able to be active again, her heart rate has improved,” says Dr. Milner. “In fact, she no longer has any cardiac symptoms.”

“How does Stephanie feel about her hip replacement? “I’m able to walk again and to do more,” she says. “Now I can just go.”

“I can’t say enough about Drs. Valaik and Milner,” says her mom. “They were a perfect match for what Stephanie needed and I have the utmost admiration for both doctors. I also want to recognize Suburban Hospital’s nurses and physical therapists. They could not have been nicer.”

Steve Schwam shares a final thought about his daughter’s successful surgery: “Several weeks after her surgery, we noticed that Stephanie put her right heel down on the pavement when she walked. We haven’t seen her do that in more than a decade,” he says. “We started to cry.”

Stephanie Schwam and her surgeon, Daniel Valaik, MD

TO LEARN MORE | Watch Dr. Valaik talk about advances in hip replacement surgery at suburbanhospital.org/drvalaik.

Stephanie Schwam and her surgeon, Daniel Valaik, MD

Hospital Receives Designation as Cardiac Interventional Center

Suburban Hospital has received continued designation as a Cardiac Interventional Center (CIC) from the Maryland Institute for Emergency Medical Services Systems (MIEMSS). This involved a robust application and on-site inspection process that reviewed the hospital’s processes for caring for patients with acute cardiac problems from the time EMS picks them up through their care in the Emergency Department, Cath Lab, as an inpatient, and through Cardiac Rehab. The designation is for a period of five years.

In its report, MIEMSS recognized Suburban for meeting the Maryland acute hospital licensing requirements, its excellent “door to balloon” times for patients needing angioplasty, its Beat Line tracking system for emergency medical personnel, and its participation in the County Hospital Alert Tracking Systems.

TO LEARN MORE | For more information on Suburban’s cardiac care services, visit suburbanhospital.org/cardiac

Lakewood Gives Back (to Suburban!)

Members of the Lakewood Country Club in Rockville joined forces this fall to support breast cancer and infusion programs at Suburban Hospital. Their 1st annual charity benefit celebration included a golf tournament, tennis round robin and swim competition, which resulted in a generous $15,000 donation for Suburban Hospital! Event organizers were pleased with the outpouring of support from members, sponsors and guests, most of whom have been touched by breast cancer and recognize the important role that Suburban Hospital plays in preventing, diagnosing and treating this prevalent disease.
Palliative Care Provides Extra Support

When Cooperine Keene, a 42 year old single mother from Upper Marlboro, Md., arrived at Suburban Hospital’s Emergency Department in May 2014, she never expected to be admitted for a two-month-long hospital stay. Keene, who was diagnosed with colon cancer a year earlier, was suffering from crippling back pain as a result of the cancer spreading to her bones.

Under the care of an oncology team led by Dr. Nicholas Farrell, Keene began inpatient radiation treatments to try to stop the cancer from spreading further. When the pain became unbearable, Suburban Hospital’s Palliative Care team was called in. What she quickly learned was that, in addition to relief from her discomfort, the team provided her with soothing massage therapy, psychological and emotional support and assistance with making arrangements for home care when it was time to be discharged.

By definition, palliative care is comprehensive treatment of the discomfort, symptoms and stress of serious illness. It serves as a complement to primary medical treatment. Most insurance plans cover all or part of the treatment, just as with other hospital medical services. A common misconception is that palliative care is only for hospice patients who are terminally ill. Rather, palliative care is for anyone with a serious medical condition, regardless of age, stage of illness, or prognosis.

Because the purpose of palliative care is to address distressing symptoms such as pain, nausea, fatigue, depression, stress and any of the other problems associated with a serious illness, it is available for any patient, regardless of their age or prognosis. Suburban Hospital’s palliative care team is led by Steven Wilks, M.D., and includes a social worker, massage therapist, nurse practitioner and the hospital’s full time chaplain, Reverend Barbara McKenzie.

“Palliative care is an integrated discipline,” says Dr. Wilks. “There is proven evidence that by pulling together all of a patient’s information, speaking directly with their medical team, and meeting with the patient to understand their needs and fears, we can help patients and their families cope, improve—and in some cases—prolong their lives.”

For Keene, this made a huge difference in her outlook. “Dr. Wilks visited me every single day of my two-month stay,” she says. “He sat down and talked to me, explaining what each of my medications was for and what my treatment options were. He arranged for a massage therapist to visit frequently and he even encouraged my nurses to take me outside for some much needed sunshine. The entire palliative care team lifted me up and encouraged me, which went a long way in helping me cope with my illness.”

“Palliative care incorporates the humanistic reasons I went into medicine. I get to help patients and their families by alleviating suffering every day,” says Dr. Wilks. “I go home happy because my team has made their day a little easier.”

TO LEARN MORE | For more information about palliative care, call Dr. Wilks at 301-896-3139.

Cooperine Keen, of Upper Marlboro and her son, Lorenzo, enjoy a game of Wii Bowling in her living room.
Pulmonary Diseases Affect Millions of Americans

From influenza and asthma to bronchitis and chronic obstructive pulmonary disease (COPD), those living with a lung condition include young and old, men and women, smokers and non-smokers. Dr. Steven Kariya, a pulmonologist and critical care physician and chair of the Suburban Hospital Provider Quality Committee, discusses what you need to know about some of the more common pulmonary conditions.

Q: What are the most common pulmonary conditions you treat?
A: Most of my patients have a cough or trouble breathing, diagnoses of asthma or COPD, or they need an evaluation of an abnormal chest X-ray or chest CT scan.

Q: When I get a cold, I also get a lingering cough that can last for weeks. When do I need to call my doctor?
A: When I hear this story, I worry about whether this person might have undiagnosed asthma. I generally suggest that adult patients call their doctors if they have any of the following symptoms: trouble breathing or shortness of breath; fever above 102 degrees; fainting or feeling like you are about to faint; coughing up blood; change in thinking such as confusion or disorientation; chest pain or pressure; severe or persistent vomiting; severe sinus pains in the face or forehead; very swollen glands in the neck or jaw; or symptoms that last for more than 10 days. For children, the list should also include: bluish skin color; earache or ear drainage; changes in thinking such as not waking up, irritability or seizures; flu-like symptoms that improve but then worsen with a fever and cough; severe vomiting or abdominal pain; or worsening of a chronic medical condition such as diabetes or a heart condition.

Q: I have asthma. Are there any additional precautions I need to take to protect myself against infections?
A: Many of my asthmatic patients find that any respiratory infection or cold can cause their asthma to get much worse. I encourage everyone to wash their hands frequently with soap and water, or cleanse them with antibacterial hand sanitizers that are alcohol based. And everyone should cough or sneeze into their elbows, not their hands, and wash their hands afterward. If someone with asthma finds that his/her breathing is getting worse with a cold, contact a doctor.

I often encourage my patients to get allergy testing to see if they are allergic to something in their homes or work environments. Some of my biggest arguments are with patients who are allergic to pets but allow their dogs or cats to sleep with them in their beds. If they are allergic to their pets, they should ban the pets from their bedrooms.

Q: Who should get the pneumonia vaccine and when?
A: The Centers for Disease Control and Prevention (CDC) and other authorities make their recommendations for pneumonia vaccine based on whether patients are healthy or have health problems that might affect their ability to fight off infections (i.e., are immune-compromised) and are therefore high risk. These include people who have had their spleens removed, diabetics, or those with chronic heart, lung or kidney problems.

If you are healthy, the CDC recommends you get the 23 antigen pneumococcal vaccine (Pneumovax 23, Pnu-Immune) once after the age of 65. There is a 13 antigen vaccine (Prevar 13), but it is mostly used in younger patients or those who are high risk. Those patients who have health conditions as listed previously should get a pneumococcal vaccine once between the ages of 19 and 65, and then again at least five years later or after age 65. Although many doctors (including myself) used to have their patients get revaccinations every five years, the CDC now only recommends this for those without a functioning spleen.

Everyone over the age of 6 months should get the annual influenza vaccine. All Suburban Hospital physicians and employees are required to get the flu vaccine annually.

Q: What is COPD and what are the symptoms?
A: COPD is a breathing problem usually related to smoking. Patients can experience shortness of breath, chronic cough, or recurrent respiratory infections. When diagnosing COPD, a physician will look for a combination of chronic bronchitis (chronic cough, often with sputum) and emphysema. Because COPD progresses slowly, many patients believe they are just getting old or slowing down. We have many medications and other therapies to help these patients, but they will not get these therapies if they don't seek medical attention.

Q: What are the risk factors for COPD?
A: The major risk factors for COPD are smoking and age (usually over 50 years of age). Occasionally, patients with chronic asthma can develop COPD.

continued on page 8
What is the difference between asthma and COPD? How are they diagnosed?

A: Patients with asthma frequently have childhood asthma and have daily variations in their symptoms. They often experience nighttime coughing and/or wheezing, and problems with hay fever and/or eczema. Many times there is another family member with allergies (asthma, hay fever, or eczema). Their symptoms and breathing tests can normalize with treatment. On the other hand, patients with COPD have a history of smoking or are older, and develop breathing problems such as cough with phlegm, shortness of breath with exertion, or frequent episodes of bronchitis. Their breathing tests never normalize.

When diagnosing asthma or COPD, I almost always have patients do spirometry, a breathing test that measures airflow. Patients blow into a machine that measures how fast they can breathe out, and how much. We compare the patient’s results with what we expect from others to determine if they have airflow obstruction due to asthma or COPD, and how severe it might be.

Do I need to worry about new viruses like MERS?

A: Not unless you travel to the Middle East or come into contact with someone who just came back from that part of the world and has a bad cold. Any new virus can worry people, especially public health officials, but the current feeling is that most Americans are at low risk for this virus. Again, I would recommend that everyone get the flu vaccine, and the pneumonia vaccine when appropriate.

Are there any other communicable respiratory diseases I should be concerned about?

A: Yes, there are. Doctors classify respiratory infections as upper or lower, depending on whether they affect patients above or below the vocal cords. As a lung specialist, I often see patients with lower respiratory tract infections. Bronchitis is an infection of the airways, usually associated with cough, shortness of breath, and phlegm. Bronchitis is often caused by viral infections, and often improves after a few days or perhaps a few weeks. Pneumonia is an infection of the lung tissue. It may be caused by viral or bacterial infections. Pneumonia, especially bacterial, can be dangerous if antibiotics are delayed.

Respiratory infections are most prevalent in the fall and winter months. Again, I urge everyone to get the flu shot and the pneumonia vaccine, to wash or clean their hands frequently, to cough into their elbows, and to stay home if they are sick (i.e., fever, constant coughing, vomiting or diarrhea). Many people are worried about tuberculosis (TB). While TB affects 32 percent of the world population, the disease is uncommon in this area, mostly affecting foreign-born individuals.

About Dr. Steven Kariya

Dr. Kariya graduated from Harvard College and received his medical degree from Cornell University Medical College. He completed his internship and residency in internal medicine at the Johns Hopkins Hospital and his fellowship training in pulmonary and critical care medicine at Brigham and Women’s Hospital, Harvard Medical School and the Harvard School of Public Health. He is a clinical professor of medicine at George Washington University and the current president of the Metropolitan D.C. Thoracic Society. Dr. Kariya serves as a volunteer physician and a member of the Board of Directors at the Mercy Health Clinic for indigent patients.

Dr. Kariya’s office is located at 10605 Concord Street in Kensington. The phone number is 301-942-2977.

Ride to Conquer Cancer

Thousands of cyclists and supporters came out on September 13-14 for the inaugural Ride to Conquer Cancer, which covered more than 150 miles throughout the Baltimore/DC region. Proceeds of more than $1M will benefit cancer programs and research at the Johns Hopkins Kimmel Cancer Center in Baltimore as well as at Sibley Memorial Hospital and Suburban Hospital.

View exciting pictures and video from the event at hopkinsmedicine.org/suburban_hospital. It’s not too late to add your support! Contact the Foundation Office at 301-896-GIVE.
Nutrition and Weight Management

Healthy Choices
Wednesdays | October 8 – December 17
10 weeks | 7-8 pm | $145
A 10-week structured program to help you learn a non-diet lifestyle approach to weight management. A Suburban Hospital registered dietitian will help you get started on the best way to achieve a healthy body through nutrition, exercise and behavioral skills.

Class Locations
BRSB Bethesda Regional Service Center
4805 Edgemoor Lane, 2nd Floor, Bethesda, MD

CBCC Clara Barton Community Center
7425 Mascot Ave Blvd, Cabin John, MD

FH Friendship Heights Community Center
4433 S. Park Avenue, Chevy Chase, MD

GSFC Gaithersburg Senior Center
80 Bureau Drive, Gaithersburg, MD

HP Holiday Park Community Center
3950 Ferrara Drive, Wheaton, MD

JELCJC Jane E. Lawton Community Center
4301 Willow Lane, Chevy Chase, MD

JHSC Johns Hopkins Health Care and Surgery Center
6420 Rockledge Drive, Bethesda, MD

JHWC Johns Hopkins Health Care and Wellness Center
20500 Seneca Meadows Parkway, Germantown, MD

LFSB Lakeforest Mall
201 Russell Avenue, Gaithersburg, MD

MGC Margaret Schweinhaut Center
1000 Forest Glen Road, Silver Spring, MD

PCC Potomac Community Center
11315 Falls Road, Potomac, MD

RSH Rockville Senior Center
1500 Carnation Drive, Rockville, MD

SH Suburban Hospital
8600 Old Georgetown Road, Bethesda, MD

SMH Sibley Memorial Hospital
5255 Loughborough Rd NW, Washington, DC

WP Wisconsin Place
3311 Friendship Blvd, Chevy Chase, MD

Register Online for WellWorks Classes!
Now, it is easier than ever to register for an upcoming seminar. To view the entire listing of upcoming events, please visit events.suburbanhospital.org, create an account and register online! If you have any questions, please visit our online Event Registration FAQ page or call 301-896-3939. WellWorks class policy applies.

Healthy Weigh Series
Wednesdays | October 15 – December 10
8 weeks | 5:30-6:15 pm | $85
Focusing on the building blocks of a healthy diet, explore the latest topics in nutrition, exercise and lifestyle issues that can affect weight management. Topics include portion size, making healthier menu options when dining out and bulking up on fiber-rich food. Facilitated by licensed/registered dietitian.

Nutrition One on One
By appointment | Call 301-896-3939
$70 per hour
A registered and licensed dietitian will conduct a thorough health evaluation and create a personalized nutrition and exercise strategy to meet your specific health concerns.

Healthy Cooking Series
“Best Deal in Town!”
6-8 pm | $25 per class | $45 for series
Focusing on the building blocks of a healthy diet, explore the latest topics in nutrition, exercise and lifestyle issues that can affect weight management. Topics include portion size, making healthier menu options when dining out and bulking up on fiber-rich food. Facilitated by licensed/registered dietitian.

Cooking with Food Trends | New!
Tuesday, October 28
Specialty ingredients such as Chia seeds, coconut milk, and tahini look interesting but how do you use them in everyday cooking? Join us for a demonstration that will incorporate the latest healthy food trends into your daily dishes.

“Mo’Rockin’” Spice Market | New!
Tuesday, November 18
Join us on an exotic food journey and adventure! Take a culinary tour of Morocco and learn to make tasty, aromatic and nutritious dishes that you can enjoy at home.

Dress up your Greens
Monday, December 8 | 6-8 pm | $25
Salads make the perfect side dish or meal! Get out of the traditional salad rut with these delicious combinations of grains, greens, beans and fruit.

Fitness Programs
Mall Walking Program | Ongoing, Free!
Wednesdays | 8:30-9:30 am
Walk your way to good health indoors! Registered participants receive free blood pressure screenings and health information.

For further information, call 301-896-6507.
Diabetes LITE Education Programs

Pre-Diabetes Action Class | New!  
Wednesday, October 1 or November 12  
6:30-8:30 pm | $10  
Have you been told you have pre-diabetes? It’s not too late to take action! Learn how diabetes progresses and what essential lifestyle modifications can slow or prevent the onset of diabetes. This class is ideal for anyone diagnosed with pre-diabetes or at-risk of developing diabetes due to family or personal history. Taught by a registered nurse and certified diabetes educator.

Diabetes Support Group | Free!  
Join individuals living with diabetes and their families to share concerns, stories, resources and self-management strategies. New members are welcome and healthy refreshments are served. Various locations and times available — call 301-896-3939 or visit events.suburbanhospital.org to learn more.

Parenting Seminar | Free!  
Just One of the Kids: Raising a Resilient Family When One of Your Children Has a Physical Disability  
Thursday, November 6  
6 pm Registration and Refreshments  
6:30-8 pm Seminar  
Registration Requested. Register online at events.suburbanhospital.org or call 301-896-3939.

If you have a child with a physical disability, how can you plan your family’s life in a way that is inclusive for everyone? Most parents whose child has a physical disability want them to have fun, be responsible, make friends, and take acceptable risks—in short, to feel like “just one of the kids”. Join psychologists and authors of Just One of the Kids, Kay Harris Kriegsman and Sara Palmer as they share valuable advice for any family with children who have a physical disability.

Kay Harris Kriegsman and Sara Palmer

Renew Hope. Donate Blood.  
Wednesday, December 3 | 10 am-3:30 pm  
Giving blood doesn’t require much time. You can help save up to three lives in about an hour. Join Suburban Hospital for the next American Red Cross Blood Drive and give life to someone. To schedule your life-saving appointment, call 301-896-2849.

Health Assessments  
Take advantage of both screenings for $60.  
Cholesterol Screening | $35  
Osteoporosis Screening | $30  
Tuesday, December 9 | 4-6 pm  
Cholesterol: Finger-stick method for total cholesterol & HDL cholesterol. No fasting required. Bone Density: A three- to five-minute quick and easy heel test measures bone mass density to estimate your risk of developing osteoporosis. By appointment only. Please call 301-896-3939.

Varicose Vein Screening | Free!  
Monday, October 20 | 4-6 pm  
Do you have painful veins in your leg? Swelling or discoloration around your ankles? Our vein screenings take less than five minutes, and both men and women can participate. Dr. Andrew Schulick will examine your legs and answer questions about treatment options. Space is limited and registration is required.

Joint and Spine Education  
Registration required; please call 301-896-3939.  
Pre-Operative Spine Class  
Wednesdays | October 8 – December 17  
2-3 pm | Free  
Patients scheduled for spine surgery — lower, mid-back and neck (cervical) – learn pre-operative preparation and post-operative care. Registration required.

Pre-Operative Joint Class  
Tuesdays | October 7 – December 30  
9:30 am-Noon | Free  
Patients scheduled for joint replacement surgery or directed by their surgeon to attend prior to scheduling surgery will learn about pre-operative preparation and post-operative care. Registration required.

Healthy Lifestyles  
Freedom From Smoking® Class  
Wednesdays | October 8 – November 19 & Friday, November 7 | 7-8:30 pm  
7-weeks/8-sessions | $95  
For over 25 years, America’s gold standard smoking cessation program, Freedom From Smoking® has guided thousands of people to gain the skills and techniques needed to quit smoking. Supported by the Montgomery County Cancer Crusade.

Culinary medicine is an evolving field that incorporates the art of cooking with science to improve health and well-being. Board-certified general internist Daphne Keshishian, MD, will discuss applying the principles of culinary medicine to the management and prevention of diabetes. Discover a world that lies somewhere between your doctor’s office, the pharmacy and your kitchen!

Better Breathers Club | Free!  
Thursday, November 13 | 6:30-7:30 pm  
Be part of a patient-centered and community-based club that supports persons with chronic lung disease including COPD, asthma, idiopathic pulmonary fibrosis and lung cancer. Families, friends and support persons are invited to participate.

Mindfulness Meditation  
Fridays | October 17 – November 14  
10-10:45 am | 5-week session | $55  
A Mindfulness Center instructor will guide participants to learn the basics of mindfulness meditation by focusing on posture, breathing and energy work.

Learn to Understand Your Anger  
Tuesday, October 14 | 7-9 pm | $20  
Understand your anger style, its triggers and the impact on your health. Discover healthy and practical techniques for managing your anger in everyday situations. Not appropriate for court referrals.

Learn to Manage Your Anger  
Tuesday, October 21 | 7-9 pm | $20  
Wednesday, November 12 | 6:30-8:30 pm | $20  
Learn to manage your anger and handle conflicts in a positive and healthy way. Not appropriate for court referrals.

SAVE THE DATE!  
2014 Fall Diabetes Symposium: Food, Medicine and the Quest to Conquer Diabetes and Pre-Diabetes  
Thursday, November 13 | 6:30-7 pm Registration & Refreshments | 7-8 pm Seminar  
Daphne Keshishian, MD, speaker

Culinary medicine is an evolving field that incorporates the art of cooking with science to improve health and well-being. Board-certified general internist Daphne Keshishian, MD, will discuss applying the principles of culinary medicine to the management and prevention of diabetes. Discover a world that lies somewhere between your doctor’s office, the pharmacy and your kitchen!
A comprehensive training course designed to teach babysitting essentials to 11-to 13-year-olds. Course includes tactics for handling emergencies, basic first aid and child-care skills. Call 301-896-2999 for more information.

Let’s Beat Procrastination!
Tuesday, November 11 | 7-9 pm | $20
Recognize your procrastination patterns and learn “how to” techniques to help get results and ultimately reduce your stress!

Simplify Your Life
Wednesday, November 19 | 7-9 pm | $20
De-clutter and make life simpler! Learn techniques and skills for de-cluttering and de-stressing your life. Discussion will include more than just cleaning out your messy closet.

Health and Safety
All courses are designed according to current American Heart Association guidelines.

Basic First Aid and CPR
Tuesday, October 7 & Wednesday, October 8, Two, 4-hour sessions | 6-10 pm | $85
Receive instruction for Adult CPR and treatment of bleeding, burns, broken bones and more. For laypeople who require CPR credential documentation.

CPR for Friends and Family
Tuesday, November 4 | 6-9 pm | $75
Receive instruction for adult, child and infant CPR and choking rescue. AED will also be discussed. Designed for the general public who want to learn how to save a life. This is a non-credential course.

Heartsaver AED and Adult CPR
Thursday, December 4 | 6-9 pm | $75
Learn the latest AED training and lifesaving techniques. This course is designed for laypeople that require a CPR credential course.

Survival Guide for First Time Grandparents | New!
Wednesday, November 19 | 6-9 pm | $75
Infant, child CPR and choking rescue instruction for first time grandparents. Course will also include a refresher on life skills such as diapering, swaddling, feeding and how to soothe a crying baby. Non-credential course.

Safe Sitter
Saturday, October 18, November 1, November 8 or December 6 | 9 am-4 pm
Registration required | One Day | $95
A comprehensive training course designed to teach babysitting essentials to 11-to 13-year-olds. Course includes tactics for handling emergencies, basic first aid and child-care skills. If you are interested in becoming a Safe Sitter instructor, please call 301-896-2999 for more information.

Parenting Seminar
More Joy and Less Stress: Parenting with Courage and UNcommon Sense
Thursday, October 23 | 7-9 pm | $15/person | $25/couple
Registration: ymcaparenting.eventbrite.com
Fee waivers available.

Raising children can be stressful. Learn positive ways to deal with most common parenting situations using this evidence-based results-oriented approach to parenting. The authors of Parenting With Courage and UNcommon Sense, Linda Jessup, R.N., and Emory Luce Baldwin, M.S., will guide you through common parenting situations that will bring more joy and pleasure to your family life.

Traducción al Español disponible. Reasonable disability accommodations available upon request. Please contact Rob Guttenberg at 301-593-1160 by October 1.

Proceeds fund the prevention services of YMCA Youth & Family Services.

Scotland Health Partnership: Along with Montgomery County Police, Fire and B-CC Rescue partners, Suburban Hospital celebrated National Night Out in August. A record number of community residents joined in the evening of safe, fun and engaging health activities.
Local Flu Shot Clinics

Saturday, October 11 | Noon-3 pm
Back to Bethesda | Suburban Hospital Table

Tuesday, October 14 | 9-10:30 am
YMCA Bethesda-Chevy Chase
9401 Old Georgetown Road, Bethesda

No appointment necessary. Must be 18 years or older. Cost is $25. Cash, check and major credit cards accepted.

The hospital does not bill Medicare/Medicaid. Receipts are available for insurance purposes.

Questions? Call 301-896-6507
Visit events.suburbanhospital.org for additional locations and schedule changes.

TO LEARN MORE | For more information about seasonal flu, visit cdc.gov/flu

AARP Smart Driver
Saturday, October 18 or November 15
1-5:30 pm
Learn defensive driving techniques, new traffic laws and the rules of the road. Appropriate for drivers age 50 and older. The fee, due at the class, is $15 for AARP members, $20 for non-members; please make checks payable to AARP. Bring driver’s license and a pen. Registration required.

Community Health Seminars
All community seminars are free and open to the public. Registration required. Please call 301-896-3939.

Pilates for Seniors
Tuesdays | September 30 – November 4 or November 18 – December 23
11:15 am-noon | 6-week session | $60

Pilates for Seniors incorporates gentle movements to strengthen the core, lengthen the spine and build muscle tone while improving posture and increasing flexibility. Bring a mat and dress comfortably. Taught by a certified exercise instructor.

Tai Chi
Tuesdays | September 16 – October 21
4-5 pm | 6-week session | $70

Thursdays | October 30 – December 18
10:30-11:30 am | 7-week session | $75

Improve your memory, coordination, balance and flexibility through Tai Chi taught by an instructor from the School of Mind & Body Harmony. Wear loose clothing and comfortable shoes. Appropriate for beginners.

Zumba® Gold
Tuesdays | November 11 – December 16
11-11:45 am | 6-week session | $60

Intended for the active senior, Zumba® Gold is a fun, safe, and effective Latin and international inspired fitness program that is easy to follow and can be done seated or standing. Dress comfortably.

Zumba® Gold-Toning
Wednesdays, October 15 – November 19
1-1:45 pm | 6-week session | $60

Tailored for active older adults who want to focus on muscle conditioning and light weight activity, Zumba® Gold-Toning blends the fun of Zumba® at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Dress comfortably.

Healthy Holidays: Making a Difference with Your Diabetes
Thursday, November 20 | 1-2 pm
Learn how to prevent heart disease and modify risk factors that can lead to chronic health problems. Dr. Eric Lieberman will answer your questions about practical prevention routines and state-of-the-art treatment options.

Suburban Hospital
Cancer Support Groups

Facing Forward: A Post-Treatment Breast Cancer Support Group
Mondays | October 6, 13, 20 & 27 and November 3 & 10 | 5:30-7 pm | Free

This support group for women who have completed treatment within the past year addresses the unique feelings and concerns faced by survivors upon the completion of cancer treatment. Facilitated by Stephanie Stern, LCSW-C, oncology social worker. Call Susan Jacobstein at 301-896-6837 to register.

Prostate Cancer Support Group
Mondays | October 20, November 17 and December 15 | meets third Monday of each month | 7-8:30 pm | Free

Ongoing monthly support group open to all prostate cancer patients and their families. Guest speakers alternate with informal discussions among participants. Drop-ins welcome; for information call Susan Jacobstein at 301-896-6837.

Sibley Hospital
Cancer Support Groups

Gynecologic Oncology Support Group
Tuesdays | October 14, November 11 and December 9 | meets second Tuesday of each month | 2-3:30 pm | Free

Renaissance Building, Sullivan Breast Center Conference Room

This ongoing monthly support group, open to all gynecologic cancer patients, provides a place to meet others with similar experiences and gain support and friendship. Facilitated by Liz Carrino-Tamasi, MSW and Antoinette Solnik, RN. For more information and to register, call Liz Carrino-Tamasi at 202-243-2274.

Women in Treatment for Breast Cancer
Wednesdays | October, November 12 and December 10 | meets second Wednesday of each month | 6-8 pm | Free

Renaissance Building, Patient Services Conference Room

Women in treatment for breast cancer will learn relaxation techniques, imagery and cognitive...
K N O W L E D G E I S P O W E R.

Cancer Programs and Events

The following programs are designed for cancer patients, survivors and their loved ones. Programs are free unless otherwise noted.

Surviving Survivorship: Living with Cancer Saturday, October 11 | 12-4 pm BWI Airport Marriott | 1743 West Nursery Road, Linthicum, MD 21090
This annual conference presented by the Johns Hopkins Medicine hospitals, will address your unique needs as a cancer survivor or family member. William Nelson, MD, PhD, director of the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins, will present a vision of cutting edge cancer treatment and research. Workshops will include taming worry and anxiety, challenges of caregiving, the art of thriving, survivorship from the physician’s view, yoga, and restoring your self-image. Parking, lunch and the program are all provided at no cost. Register by October 1 by calling Barry Miller at 410-955-8934.

Principles of Immunotherapy in the Treatment of Prostate Cancer Monday, Oct. 20 | 7-8:30 pm Suburban Hospital Auditorium Immunotherapy has emerged as a therapeutic intervention in prostate cancer and other cancers. Join Ravi A. Madan, MD, Clinical Director of the Genitourinary Malignancies Branch at the National Cancer Institute, to learn how this exciting new approach differs from other therapeutic interventions and how it can benefit patients. Offered as part of the ongoing Prostate Cancer Support Group. Registration is not required. For information call Susan Jacobstein at 301-896-6837.

Yoga for Cancer Survivors Wednesdays | November 5, 12, 19 and December 3 & 10 | 6:30-7:45 pm $30 | scholarships available
Restore and refresh your body, mind and spirit in gently paced classes that enhance strength, flexibility and balance. No prior yoga experience necessary. Taught by Maggie Rhodes. Open to all cancer survivors. Registration is required. Visit events.suburbanhospital.org or call 301-896-3939.

Skin Cancer Screening Monday, November 3 & Tuesday, November 4 6-8 pm | Free
Join board-certified dermatologists for one of these free screenings! Co-sponsored by the Sidney J. Malawer Memorial Foundation. Registration is required. Visit events.suburbanhospital.org or call 301-896-3939.

Eating Well After Cancer Treatment Tuesday | November 11 | 6-8 pm | Free
Join Kristin Vorel, clinical dietitian, for tips on better eating and a cooking demonstration. Open to cancer survivors, family and friends. Registration is required. Visit events.suburbanhospital.org or call 301-896-3939.

Guided Cancer Nutrition Tour at Whole Foods Tuesday, Nov. 18 | 2-3 pm | Free
Lynda McIntyre, RD, LD, oncology dietitian specialist, guides this tour focusing on foods that are beneficial during and after cancer treatment. Shopping tips, healthy cooking advice and delicious samples provided by Whole Foods. Open to cancer survivors and their family members. Registration is required. Visit events.suburbanhospital.org or call 301-896-3939.

Suburban Hospital Cancer Program Events/Classes/Screenings

The following programs are designed for cancer patients, survivors and their loved ones. Programs are free unless otherwise noted.

Look Good...Feel Better Monday, October 27 | 1-3 pm | Free
Women cancer patients in active treatment are invited to participate in this free program that teaches you how to combat appearance-related treatment side effects. Trained volunteer cosmetologists will demonstrate how to cope with skin changes and hair loss. Registration is required. Visit events.suburbanhospital.org or call 301-896-3939.

Sibley Memorial Hospital Cancer Program Events/Classes

Meditation and Mindfulness: Practices to Help Regulate the Stress Response After a Cancer Diagnosis Every Tuesday | 2-3 pm | New Time! | Free
Renaissance Building Conference Room 2
Every Thursday | 7-8 pm | Free
Conference Room 4
Patients, family members and caregivers will learn ways to regulate the stress response, discover a deeper sense of ease and gain a greater sense of balance and intentional choice in their lives. No registration or prior experience needed. Facilitated by Anne Gosling, PhD. For more information, contact Pam Goetz at pgoetz4@jhmi.edu or at 202-243-2320.

Yoga for Women Cancer Survivors Every Monday | 7-8:15 pm (call for location)
Every Wednesday | 9:30-10:45 am
Renaissance Building, Conference Room 2
New time! | $7 per class | Scholarships available
Amy Dara Hochberg teaches weekly meditative, gentle and restorative yoga using mindful movement, balance and breathing techniques to help women with a history of cancer reduce anxiety, improve quality of life, and regain sense of self. Register at www.sibley.org/cancersupport. Walk-ins welcome with cash/check, if space permits. Contact Pam Goetz at pgoetz4@jhmi.edu or 202-243-2320 with questions.
Kaiser Permanente, Johns Hopkins Medicine Announce Enhanced Strategic Collaboration

Kaiser Permanente and Johns Hopkins Medicine have announced plans to strengthen the successful collaboration between the two health care organizations. With the new agreement, Kaiser Permanente and Johns Hopkins Medicine will expand ways to deliver quality care by sharing evidence-based best practices, advancing population health programs, collaborating on education and research endeavors, and exploring how the organizations can work together to create better health care models for consumers and their communities.

The agreement between the two health care organizations will initially focus on:

- Sharing best practices and leveraging electronic medical records to accommodate the growing need among providers and patients to access clinical information quickly and efficiently.

- Strengthening the relationship between Kaiser Permanente and Suburban Hospital, a member of Johns Hopkins Medicine, by combining their collective expertise to create an advanced model of care.

- Bringing care into the home to meet the evolving needs of patients by exploring and leveraging technology to deliver personalized medicine.

- Building on the existing collaboration between Kaiser Permanente and Johns Hopkins’ Armstrong Institute for Patient Safety and Quality to advance the patient experience and improve treatment outcomes while reducing costs.

- Pursuing opportunities to develop educational programs and research-based best practices that benefit the overall health of the people in the communities served by both organizations.

Awards Presented at Annual Medical Staff Meeting

The leaders of the hospital’s Progressive Cardiac Care Unit (PCU), Dr. Amiral Nader, Kimberley Kelly, RN, and Cora Abundo, RN (from left), were presented with the first Patient-and-Family-Centered Care Leadership Award for their bedside shift-change pilot program. As the first unit to initiate a program that moves change-of-shift reporting from the nursing station to the bedside, the team was recognized for their commitment to including patients and their care partners in the health care team. The PCU’s leadership has embraced the promotion of patient- and family-centered care at Suburban Hospital with a number of new initiatives.

Also honored at the dinner were Dr. Barton Leonard and Dr. Matthew Leonard for their roles in developing the hospital’s new Clinical Decision Unit (CDU). The 16-bed CDU serves as an alternative to discharge or hospital admission for the ED patient who may benefit from an extended observation period. Both physicians were instrumental in creating the unit.

Free Seminar

Concussion: What You Need to Know about Prevention and Treatment

Wednesday, October 29, 2014
6 pm | Registration and Light Refreshments
6:30-7:30pm | Seminar
Suburban Hospital Auditorium
8600 Old Georgetown Road,
Bethesda, MD 20814

What is a concussion, what are the symptoms and how is it medically managed? Prevention and management of concussion is a growing concern for parents, but everyone can benefit from this panel discussion featuring a neurologist, neurosurgeons, and traumatic brain injury experts. There will be time allocated for a question and answer session.

Panel:
Dr. G. Parikh, Neurologist, NIH Traumatic Brain Injury Program
Dr. Quoc-Anh Thai, Johns Hopkins Medicine Neurosurgeon
Dr. David Lin, Johns Hopkins Medicine Neurosurgeon
And other members of the NIH Traumatic Brain Injury Program Team

To register, go to suburbanhospital.org/events or call 301-896-3939.
**JHCP Update**

**Need a Weekend Appointment?**
Johns Hopkins Community Physicians Germantown and North Bethesda now offer Saturday hours from 8:30 a.m. to noon. To schedule an appointment, call 240-912-2738 (Germantown) or 240-314-7080 (North Bethesda).

**Johns Hopkins Community Physicians North Bethesda Welcomes New Providers**
Johns Hopkins Community Physicians North Bethesda welcomes internal medicine physician Annie George, M.D., and family medicine practitioner Khanh Nguyen, M.D. to the practice. Dr. George completed her internal medicine residency at Georgetown University Veterans Affairs Medical Center and is board-certified in internal medicine. Dr. Nguyen completed his residency at Bremerton Naval Hospital. To schedule an appointment with either provider, please call 240-314-7080.

**Kidney and Liver Transplant Clinic Offered at Johns Hopkins Community Physicians Downtown Bethesda**
Transplant surgeon Ben Philosophe, M.D., Ph.D., is now seeing patients at Johns Hopkins Community Physicians Downtown Bethesda on the first and third Thursday of each month. Joining him there are Nephrologist Fizza Naqvi, M.D., as well as gastroenterologist and hepatologist Kirti Shetty, M.D. Please call 410-955-5045 to reach the kidney transplant office or 410-614-2989 to reach the liver transplant office.

**News in Brief**

**New Programs, Services and Information**

**Suburban Welcomes New Cancer Specialist**
Dr. Armine Smith, a urologic oncologist, recently joined Suburban Hospital’s medical staff.

Dr. Smith is an assistant professor of urology at John Hopkins University and the director of John Hopkins urologic oncology at Sibley Memorial Hospital. She completed her urologic oncology fellowship at the National Cancer Institute, where she focused on personalized targeted therapies for bladder cancer. Dr. Smith is well versed in the latest research and breakthroughs in cancer care including cutting edge surgery and new imaging technology for cancer diagnosis.

Dr. Smith’s expertise in urologic malignancies includes bladder, prostate, kidney, adrenal, testis and penile.

Dr. Smith sees patients in the Johns Hopkins Community Physicians’ office in the Sibley Medical Building, suite 300. For appointments call 443-367-4719.

**Campus Enhancement Groundbreaking this Fall**
Suburban Hospital will break ground this fall for its campus enhancement project. The plans include more private patient rooms; state-of-the-art operating rooms that will be located on the same floor as the new Emergency/Trauma Center; additional parking to include a new garage; better traffic and pedestrian circulation; and needed physician office space.

Financing for the $225M project requires a commitment of organizational reserves, tax-exempt bonds and significant philanthropic support from the community. To learn more about how you can impact this important project, including naming opportunities, please contact the Foundation Office at 301-896-GIVE.
Diabetes Education Programs Provide Practical Tips

Sibley and Suburban hospitals have joined forces to offer free education programs for people with diabetes and their families. Medical experts provide the most current information on how to successfully manage diabetes day-to-day and prevent long-term complications.

Monthly support groups are a chance to share tips and learn about new self-management tools and techniques from health experts. Special pre-diabetes classes offer information on how simple behavior changes can help delay, prevent or reduce risk of developing diabetes. Bi-annual symposiums feature renowned speakers who cover the latest diabetes topics. For a complete list of upcoming programs visit events.suburbanhospital.org

Visit our New, Improved Web Site!

Suburban Hospital recently launched a new Web site on the Johns Hopkins Medicine (JHM) Web platform that features many enhancements.

Suburban’s Web site allows you to register online quickly and conveniently for hundreds of wellness seminars and screenings. A more robust “find a doctor” tool enables you to search for hundreds of primary care and specialty care physicians who are accepting new patients. And a robust health library features hundreds of articles on health topics. Also check out our Web site to learn about numerous clinical trials that you may be eligible for.

Visit hopkinsmedicine.org/suburban_hospital