Johns Hopkins Medicine
Patient and Family Advisory Councils

PFAC Newsletter

Updated April 13, 2022

Please share with your Patient & Family Advisory Council

Questions? Please contact:
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The Reason Behind the PFAC Newsletter

To the Patients, Family Members, Parents, Caregivers, and Staff of the Patient and Family Advisory Councils across Johns Hopkins Medicine,

Our hope is that you are all safe and well, and we sincerely wish you continued good health.

With all of the uncertainty around COVID-19, what is certain is our dedication to collaborating and making sure that our PFAC members are staying up to date with:

- Information produced by Johns Hopkins
- Helpful resources
- Best practices and events from outside National PFCC Organizations
- Opportunities to engage PFAC members

We plan to send the Newsletter out on a regular basis during the time of this pandemic.

We hope that this will be an easy way to share valuable information.

If you have questions or additions, please reach out to patientfamilycouncil@jhmi.edu
National Volunteer Week was established in 1974 to recognize and celebrate the efforts of volunteers across the country. It is a time to honor and thank volunteers for their commitment to patient care and their compassion toward patients, staff and the community.*

In honor of Volunteer Appreciation Week, April 17 – 23, we would like to say thank you! We appreciate you every day, but want to take this moment to further recognize you and the efforts that you contribute! As you move through the week, please know that we are so grateful for you and the critical role that our PFACs play in improving Johns Hopkins.

“Alone we can do so little; together we can do so much”

-Helen Keller

*The Beryl Institute
Announcements & Updates!
Our JHM PFAC Recruitment Video has Been Published!

We encourage you to share this video with your PFAC members, hospital staff, and community networks!

Click the photo below or follow this link to watch! [https://youtu.be/BSRief4hXHY](https://youtu.be/BSRief4hXHY)

PFAC members shared their insights into what it means to be a PFAC volunteer to create a video recording that will be used to recruit new PFAC members.
Visitor Guidelines for Patient Care

Partners

Care partners are an essential part of our care team and our philosophy of patient- and family-centered care. Their presence provides patients much-needed comfort in difficult situations and contributes to improved patient safety and quality.

To remain updated with changes & details, more information can be found here.

We want to acknowledge the dedication and advocacy that our patient and family advisors and councils contributed to the changing of this policy. Thank you!

Due to the decreased incidence of COVID-19, as of Tuesday, March 15th, the visitation risk level moved from yellow (medium-risk level) to green (low-risk level) at Johns Hopkins Medicine hospitals and outpatient locations in Maryland and Washington, D.C. Masks are still required for patients and visitors.
Dr. Paul B. Rothman is Retiring on July 1st

Dr. Paul Rothman recently shared his decision to retire, effective July 1, after a decade of outstanding service as dean of the School of Medicine and CEO of Johns Hopkins Medicine. A passionate scientist, dedicated investigator, and deeply caring physician, Paul has led Johns Hopkins Medicine through a remarkable 10 years as it continued its preeminence in education, discovery, and patient care and served as the nation’s—and indeed, the world’s—most trusted resource during the COVID pandemic.

Going forward, we are pleased to announce that Dr. Theodore DeWeese, vice dean for clinical affairs and president of the Johns Hopkins Clinical Practice Association, has agreed to serve as interim dean and CEO.

Excerpt taken from Ronald J. Daniels and Bill Conway email on 3/10/2022
COVID-19 Vaccine Information and Updates

The Johns Hopkins Medicine has COVID-19 vaccine updates, articles, videos, etc. available on the web. **Stay up to date by clicking here.**

**COVID-19 Vaccine Information at a Glance** (taken from hopkinsmedicine.org):

### 4 Ways to Get Your Vaccine
(Individuals 12 and older)

| Visit a walk-up or mobile vaccination clinic – no appointments necessary. | Call 443-997-1875. Monday - Friday, 7 a.m. to 5 p.m. | Schedule your vaccine through MyChart. For patients only. View scheduling instructions. | Find community vaccine resources. Some mass vaccination sites offer walk-up vaccinations. |

- Johns Hopkins Medicine to Offer Third COVID-19 Vaccine Shots for Those with Qualifying Medical Conditions
- **COVID-19 Vaccine: What Parents Need to Know**
- Answering your COVID-19 Vaccine questions: check out this JHM video series
COVID-19 Vaccine Information and Updates

  (includes information in English and Spanish for Maryland, Washington, DC and Florida)

Maryland: COVID-19 Vaccination Information for Patients and the Public

  (includes dates and vaccine type for JHM locations: JHH Outpatient Center, JH Bayview, and JHCP locations-Charles County, Greater Dundalk, Odenton, and White Marsh)

Community Vaccine Resources

- [https://www.hopkinsmedicine.org/coronavirus/covid-19-vaccine/#community-resources](https://www.hopkinsmedicine.org/coronavirus/covid-19-vaccine/#community-resources)

Howard County General Hospital Community Clinics (Pre-registration, bring an ID)

- [https://www.hopkinsmedicine.org/howard_county_general_hospital/classes_events/covid19-comm-vaccines.html](https://www.hopkinsmedicine.org/howard_county_general_hospital/classes_events/covid19-comm-vaccines.html)
COVID-19 Vaccine Info Shared by JHM Health Equity Advisory Committee continued

Johns Hopkins Mobile Clinics (walk-ins welcome, bring an ID)

Home Administration of Vaccines (Baltimore City and Baltimore County)
- In Baltimore County: If you are medically homebound and unable to travel to a vaccine clinic, please email the Department of Health at COVIDVax@baltimorecountymd.gov or call the COVID-19 Hotline at 410-887-3816. Someone will contact you to schedule a time to receive your vaccine in your home.
Committees/Projects Looking for PFAC Participation

If you are interested in joining, please email patientfamilycouncil@jhmi.edu
Emergency Department – A Safety Net Model for Palliative Care: Research Project

You are invited to share your experiences to redesign the service and improve ED-based palliative care at Johns Hopkins Bayview Medical Center (JHBMC) and Johns Hopkins Hospital (JHH)! This research study is led by Rebecca Wright, PhD.

As a participant, you will take part in a 20 – 60 minute interview to talk about the experience of care you had while you were in either the JHH or Bayview ED.

- This narrative interview will ask you to talk about your experiences of being a patient or family caregiver with palliative care needs in the ED.
- You will be interviewed over the phone or by video technology.
- With your permission the interview will be audio-recorded and/or filmed.
- You will receive a $25 gift card as a thank you for your time and expertise!

If you would like more information on this opportunity or you are interested in participating, please email us at patientfamilycouncil@jhmi.edu!
Sign up to be a JHM Virtual Advisor

Johns Hopkins Medicine Virtual Advisors is a group of individuals who share their insights about the care experience. One to two times per month, Virtual Advisors receive a link to short, interactive surveys.

During the pandemic, there have been a few opportunities to complete surveys and provide feedback. Most recently, Virtual Advisors has asked about telemedicine.

If you are interested in additional ways to participate and provide feedback, you may register through this link: https://www.hopkinsmedicinevirtualadvisors.org/Portal/default.aspx
Events, Webinars, Best Practices
NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY
Saturday, Apr. 30, 2022
10 a.m. – 2 p.m.

At all Johns Hopkins Medicine Hospitals and Green Spring Station.

Go to JHTakeBack.com for location information.

Join Johns Hopkins in helping to stop prescription drug misuse.
On Apr. 30, Johns Hopkins Medicine will be participating in National Prescription Drug Take-Back Day. This event will be outside, contactless and our staff and volunteers will be wearing appropriate protective equipment.

Drive up and drop off your unused or expired prescription medications. Our on-site staff will dispose of them for you safely and securely. No questions asked. This event is open to employees, patients and the public.

If you need assistance on the day of the event, look for a security guard or volunteer in a bright yellow t-shirt.

For more information and locations, visit JHTakeBack.com or contact the pharmacy team at 866-679-0707.

Pharmacy is also looking for volunteers at the Maryland and DC locations! There are two shift options, 9:30AM – 12PM and 12PM – 2:30 PM

- The Johns Hopkins Outpatient Center (JHOC) Circle
- The Johns Hopkins Bayview Medical Center (Blue Awning Entrance)
- Sibley Memorial Hospital
- Howard County General Hospital
- Suburban Hospital
- Green Spring Station

- Reach out to Mary Komandt (mkomand1@jhu.edu) or Sai Wright (swrigh77@jhmi.edu) with questions
A Woman’s Journey: Empowering Women to Make Informed Health Care Decisions

- **Tuesday, May 3rd, 10:00 – 11:30 AM**

- **Registration is now open** for A Woman’s Journey’s first hybrid event. Attend in-person at the Bethesda North Marriott or virtually via Zoom; $45.

- Three JHM experts will discuss low vision, the use of artificial intelligence to enhance early diagnosis of cancer, and the microbiome. Following the formal program, those attending in person also will have the opportunity to speak with physicians who practice at Sibley Memorial and Suburban hospitals to answer general questions about their diverse specialties.
Mental Health Matters: A Community Symposium

• Thursday, May 5th, 1:00 – 3:30 PM

• In recognition of Mental Health Awareness Month, please join us for a free virtual symposium to learn more about anxiety and depression, and how to support those who are facing the challenges of these and other mental health conditions.

• To register, click here.

Recognizing and Responding to Depression
presented by
Karen Swartz, M.D.
Director, Clinical and Educational Programs, Johns Hopkins Mood Disorders Center

Understanding and Treating Anxiety
presented by
Paul Neadtad, M.D.
Co-director, Johns Hopkins Anxiety Disorders Clinic

Be Present: A Mindfulness Meditation
presented by
Neda Gould, Ph.D.
Director, Johns Hopkins Mindfulness Program
A Woman’s Journey: Bone Up – Osteoporosis

Bone Up: Osteoporosis
Join us from 7 to 8 p.m. (EDT) on the second Tuesday of each month for a live discussion, including Q&A moderated by Kelly Geer Ripken, A Woman’s Journey’s national chair:

May 10, 2022 | 7 – 8p.m. (EDT)

Eight million U.S. women have osteoporosis, 50% of women will have a fracture in their lifetime and 25% of women will die in the first year following hip fracture. Endocrinologist Kendall Moseley provides an enlightened discussion on osteoporosis risk factors, how the condition is diagnosed, and medical and nonmedical treatments.

For more information and to register for the monthly webcasts:
https://www.hopkinsmedicine.org/awomansjourney/webcasts.html
Family Caregiving for People with Cancer and Other Serious Illnesses: A Workshop

- May 16 and 17, 2022. Register here
  - Please note that this is an in-person event in Washington, DC

- The Roundtable on Quality Care for People with Serious Illness, the National Cancer Policy Forum, and the Forum on Aging, Disability and Independence will host a free, two-day, public workshop examining opportunities to better support family caregiving for people with cancer or other serious illnesses.

- Featuring invited presentations and panel discussions on topics that may include:
  - Strategies to better capture, understand, and act on family caregiver input and experience to improve patient care and to support family caregivers.
  - Research gaps and opportunities to improve the evidence base to guide caregiving for patients with serious illnesses.
  - Potential policy and practice opportunities to support family caregivers and advance family-centered care for serious illness, including new models of care delivery and payment.
  - Lessons learned from COVID-19
15th Annual Holistic Health Seminar on Memory Loss

- Saturday, June 4, 2022, 9:00am-11:00am via Zoom

- The seminar is a free virtual conference for residents, caregivers, and health professionals in the Greater Baltimore Area. This year’s event will presentations on holistic approaches to health and wellness, as well as a COVID-19 update and an interactive yoga & meditation demonstration.

- The event is free but registration is required.
  - Register online: [https://tinyurl.com/HHS-June4](https://tinyurl.com/HHS-June4) (or by calling 410-935-0821).
  - For more information: [www.baltimoremacab.org/holistic-health-seminar](http://www.baltimoremacab.org/holistic-health-seminar)
Is The Pandemic Over? Virtual Event with Kelson and DJ FLow

Find out Monday, MARCH 28th with a special LIVE Virtual Event

Featuring Panelists

Sherita Hill Golden, MD, MHS
Vice President and Chief Diversity Officer, Johns Hopkins Medicine
Professor of Medicine, Johns Hopkins University School of Medicine

Lisa Maragakis, MD, MPH
Senior Director of Infection Prevention, Johns Hopkins Health System
Professor of Medicine, Johns Hopkins University School of Medicine

Panagis Galiatsatos, MD, MHS
Co-Director, Medicine for the Greater Good, Johns Hopkins Medicine
Assistant Professor of Medicine, Johns Hopkins University School of Medicine

Presented by:

Watch LIVE Monday, March 28th 12noon on Facebook, YouTube and 92Q.com

92QJAMS
Co-Hosted by 92Q's
DJ Flow & Kelson

Watch the recording using this link! https://92q.com/events/is-the-pandemic-over/
Free Virtual Course to Train “Ambassadors” to Talk to Parents About COVID Vaccines

Johns Hopkins Bloomberg has developed a free online program that aims to encourage parents and guardians to make evidence-based decisions about vaccinating their children.

The two-hour online class aims to train a cohort of “vaccine ambassadors”—including parents of school-age children, teachers, and school staff—to discuss concerns parents and guardians of school-age children might have about COVID-19 vaccines.

For more information about the course and how to access it, please visit this website.
Free, Virtual Support Group for COVID-19 Survivors

- Shared by the Healthy Community Partnership and Medicine for Greater Good & offered by NAMI Maryland.

- If you have contracted COVID-19 and are looking for support, please fill out this quick interest form so we can make sure you are notified when the next group is available. It takes less than a minute!

- FYI: The Healthy Community Partnership and Medicine for the Greater Good at Johns Hopkins Bayview resumed their weekly COVID-19 update calls. This takes place via Zoom or phone every Friday, 11:00 AM. More information found on slide 27.
Patients and Their Families: Important Voices in Health Care Practices

• In December 2021, Vicki Stearn, Patient Co-Lead of Johns Hopkins Medicine’s (JHM) system-wide Patient- and Family-Centered Care Clinical Community (PFCC-CC), wrote an article that was published in Today’s Wound Clinic. Congratulations, Vicki!

• In her article, she brings awareness to the concepts of patient- and family- centered care and Patient and Family Advisory Councils, and wonderfully represents Johns Hopkins Medicine! Feel free to check it out when you have a moment: https://www.hmpgloballearningnetwork.com/site/twc/patients-and-their-families-important-voices-health-care-practices
The Beryl Institute – Ipsos PX Pulse
Consumer Perspectives on Patient Experience in the U.S
Dec. 2021

• The Beryl Institute and Ipsos released findings from the sixth PX Pulse, a quarterly tracking survey and first of its kind effort to elevate understanding and track current perspectives on patient experience in healthcare across the United States.

• Key findings include:
  • 25% of respondents say their perceptions of hospitals are “worse” or “much worse” due to the pandemic. This is the highest negative perception since the start of the pandemic.
  • Healthcare consumers have not wavered on the importance of experience.
  • Importance of healthcare costs is on the rise for consumers. Having affordable insurance options, out-of-pocket costs and cost of health insurance premiums were the top 3 issues of importance to respondents.
  • Consumer ratings for quality of care and experience dip but remain higher than pre-pandemic opinions.

• You can access it here >
TRIO Maryland Has a YouTube Page!

TRIO (Transplant Recipients International Organization) Maryland is a non-profit membership organization working to improve the quality of life for transplant recipients, candidates and their families.

TRIO recently created a [YouTube page](https://www.youtube.com/channel) that features all of the latest meetings as well as the conference.

Upcoming events can be found at their [webpage here](https://www.transplantrecipients.org/maryland).
COVID-19 Resources
(These items are ongoing and may be featured in multiple editions of the newsletter)
National Guard PCR Testing Site

The Maryland Department of Health, with the logistical and staff support of the Maryland National Guard, is operating this site. This is not a Johns Hopkins Medicine or JHBMC operation.

About the State of Maryland Testing Location:
• Only walk-ups are accepted; scheduled appointments are not available.
• This testing location can test children as young as 6 months old.
• The location offers PCR lab tests only.
• Results for PCR tests generally take 24 to 48 hours, and patients should plan accordingly.
• Testing at the sites is free of charge.

Hours are seven days a week, 8 a.m. to 7 p.m. (subject to change, check state testing page for updates)
The location is 5501 Hopkins Bayview Circle, Baltimore, MD 21224

Visit MD COVID-19 Testing Sites
Free N95 Masks and COVID At-Home Tests

Thank you to the Healthy Community Partnership for this information:

• The Biden Administration will start giving out three free N95 masks to every person that visits a community health center, as well as participating pharmacies like CVS, Costco and Walmart.
  • You might want to call ahead first to check for availability as the program will be fully up and running early February. You can find a health center on Find a Health Center (hrsa.gov) to see which pharmacies and retailers are participating with this program.

• Also, you can order your free COVID at-home test kits. Households are limited to eight free tests.
  • To order your kits, visit covidtests.gov To submit the order, you only need to enter your name and mailing address. You can provide your e-mail address if you want to receive updates on the status of your order.
MyIR Mobile

Maryland residents can get a state certification of their COVID-19 vaccinations at: https://app.myirmobile.com/auth/sign-in

MyIR Mobile in partnership with your State Health Department allows you to review your immunization history, get reminders for future immunizations, and even print your own official records for free!
New Spanish COVID-19 Resources Page Launched

A new Spanish-language COVID-19 resources page is now live. The page serves as a one stop shop for information in Spanish for patients and community members, including testing sites, communication with health care providers, physical distancing tips, helpful links and much more.

Click here to check it out!
JHM COVID-19 Updates & Resources

- As our response to the pandemic evolves, we encourage you to visit and share the Johns Hopkins Medicine website where you can find the most up-to-date resources and guidelines: [https://www.hopkinsmedicine.org/coronavirus](https://www.hopkinsmedicine.org/coronavirus)

- The Healthy Community Partnership and Medicine for the Greater Good at Johns Hopkins Bayview hosts a COVID-19 update call led by Dr. Panagis Galiatsatos. Various physicians, community leaders, etc. also join the call to share updates
  - Every Friday, 11:00 AM
  - To join the call:
    - Click on the Zoom link and enter passcode 907739
      [https://jhjhm.zoom.us/j/97155703946?pwd=M2VkUzVqc2JaMENqYmFTYVFla2J0Zz09](https://jhjhm.zoom.us/j/97155703946?pwd=M2VkUzVqc2JaMENqYmFTYVFla2J0Zz09)
    - Meeting ID: 971 5570 3946
    - Passcode: 907739
    - Or, you may dial in by calling (301) 715-8592.
  - You can email the team at mgg@jhmi.edu with your questions and they answer during the call. You can also ask to be included on their email list.
JHM COVID-19 Updates & Resources

- **COVID-19 Community Resource Guide** designed by SKCCC provides health information, financial assistance resources, various resources for families and children, as well as mental health hotlines.

- **Baltimore City COVID-19 Testing Sites**: Appointments preferred but not required; while supplies last. Please visit the website to find a location near you.

- **COVID-19 Food Assistance**: Baltimore City and its partners are providing free grab-n-go meals for youth and families at 100 sites across the city. Please visit [www.bmorechildren.com/freemeals](http://www.bmorechildren.com/freemeals) to find a location near you.

- **Social Distancing**: Apps for Seniors (Tech-Savvy or Not): To help the elderly sector with communication, grocery delivery, home care, and health monitoring, The National Council for Safety, Protection and Wellness has developed a guide about apps and technologies that are suited for seniors, helping them connect with loved ones and healthcare professionals as well as receive essential goods and services. Please visit the website.
Resources to Help Manage COVID-19 – Related Stress & Anxieties

Johns Hopkins Mindfulness Program: Daily Virtual Mindfulness Sessions via Zoom
- Join Dr. Neda Gould, faculty member in the Department of Psychiatry and Behavioral Sciences and Director of the Mindfulness Program, for daily weekday meditations
- Sessions will take place Mon., Wed. and Fri. at 12 PM and Tues. and Thurs. at 9 AM
- Join a session here: jhjhm.zoom.us/j/747490420
  Meeting ID: 747 490 420
- Dr. Gould also offers mindful coloring and 2-minute guided meditation sessions: https://www.insidehopkinsbayview.org/mindful/index.html

CaringBridge
- www.CaringBridge.org is a free, non-profit website that brings family and friends together during any type of health event. It is an online space where you can connect, share and receive support—kind of like a “caring” social network.
- https://www.youtube.com/watch?v=D6x_RJXPFdU
Resources to Help Manage COVID-19 – Related Stress & Anxieties

Senior Call Check Program
• A free, daily automated call to the older adult (65+) at a regularly scheduled time between the hours of 8 a.m. and 4 p.m.
• If the participant does not answer after three calls, the emergency contact will be called. If the emergency contact is not able to reach the participant, a welfare check will be conducted by local law enforcement.
• 1-866-502-0560 or register online
  • Registration and additional info: https://aging.maryland.gov/Pages/senior-call-check.aspx

Calm App
• Calm has compiled a variety of free resources from meditation to music to assist with your mental well-being during this time
• https://www.calm.com/blog/free-resources
• https://www.calm.com/blog/take-a-deep-breath

The Peabody ArtReach presents virtual performances and education resources online at https://peabody.jhu.edu/explore-peabody/artreach/