

# get fit for life

Strategies for adapting an active lifestyle and a four-phase plan to get you started

plus!

A consumer's guide to comparing hospitals based on safety and quality performance in South Carolina



INSIDE: BEFORE YOU START YOUR REGIMEN, CHECK THIS LIST | 4 SMART WAYS TO REACH YOUR FITNESS GOALS | HOW TO ADJUST YOUR WORKOUT TO FIT YOUR INDIVIDUAL NEEDS

## making your workout fit your individual needs

When in doubt, check with your physician. Physical activity benefits everyone but if you have a special condition or health problem, you should use precaution and modify your workout when needed. Here's a quick look at the American College of Sports Medicine's recommendations for adjusting a particular fitness plan:

### Asthma

As long as your asthma is under control, exercising is recommended to keep your lungs and body in good shape. Exercising can actually help individuals experience fewer asthma attacks and improve lung function. If you have asthma, some healthy tips to keep in mind are: keep your rescue inhaler on you at all times, make sure your asthma is under control, take your medications as directed, warm up and cool down properly, and avoid asthma triggers (cold air, pollen, etc.). If you start having symptoms, stop exercising immediately. For more information, go to [www.lung.ca/diseases-maladies/asthma-asthme/exercise-exercice/index\\_e.php](http://www.lung.ca/diseases-maladies/asthma-asthme/exercise-exercice/index_e.php)



### High blood pressure

According to the American College of Sports Medicine, increased physical activity may help decrease your blood pressure within three to four weeks. It can also boost your levels of good cholesterol. If you have high blood pressure and are taking medications to control it, you should always consult with your physician to determine the best exercise program for you. For more information, go to [www.americanheart.org](http://www.americanheart.org)



### Aging population

As you get older, it becomes even more important to exercise regularly. Exercise helps prevent bone loss, increases muscle strength (inactive people lose muscle fiber at a rate of 3 to 5 percent every decade after age 30), and increases the flow of oxygen which directly affects the brain (improving your perception and memory). Make sure you take more time to warm up and cool down while exercising and stretch slowly. Try to drink water every 15 minutes, especially in hot and humid conditions. As you age, your sense of thirst tends to decrease so it is easier to become dehydrated without even realizing it. For more tips on exercising, visit [www.aarp.org](http://www.aarp.org)

### Diabetes

Physical Activity may reduce the number of medications needed to manage diabetes. If you have diabetes, it is important for you to wear cotton socks and athletic shoes that fit properly. Check your feet for blisters and other signs of injury on a regular basis. More information can be found at [www.diabetes-exercise.org/index.asp](http://www.diabetes-exercise.org/index.asp)



### ABOUT THIS BROCHURE

Need an electronic copy of our guide?

Go to: [www.SCBCH.org/hospital-quality-guide](http://www.SCBCH.org/hospital-quality-guide) or scan this QR code with your smartphone to download a pdf.

## your workout checklist ...

### SHOULD YOU EXERCISE WHEN YOU'RE SICK?

The Mayo Clinic offers this rule of thumb for exercise and illness:

**YES!** Proceed with your workout if your signs and symptoms are "above the neck" — such as runny nose, nasal congestion, sneezing or sore throat. Be prepared to reduce the intensity of your workout if needed.

**NO!** Postpone your workout if your signs and symptoms are "below the neck" — such as chest congestion, hacking cough or upset stomach. Likewise, don't exercise if you have a fever, fatigue or widespread muscle aches.



### PULSE CHECK: WHAT IS YOUR TARGET HEART RATE?

Knowing your target heart rate will help you monitor your physical activity progress. Your maximum heart rate is about 220 minus your age. Your target heart rate zone is within 50-85% below your maximum heart rate. So if you are 45 years old, your maximum heart rate is 175 beats per minute (220 - 45 = 175) and your target zone is 88-149 beats per minute.

NOTE: If you are taking medication for high blood pressure this will lower the maximum heart rate and thus the target zone rate. Check with your physician to find out what your target heart rate should be.

### SMART STRETCHING = HAPPY MUSCLES

All warm-up programs should consist of pulse-raising activities, along with stretching activities.

Only stretch after the muscles have warmed up.

Only stretch to the point of mild tension. Stretching should never be painful.

Don't bounce or use jerky movements when you are stretching.

Do not hold your breath. Breathing normally will help you relax.



## staying active, getting fit!

Study after study has conclusively shown that keeping active — whether through sports, exercise, or everyday chores — will help you to live longer and enjoy each day more. Active people have a reduced risk of heart disease, obesity, diabetes, and some forms of cancer. They generally have a more positive outlook on life and the energy to get things done.

For most of us, it takes a specific sequence of events to develop fitness habits that will last a lifetime. This guide will give you the tips and tools to jumpstart a more active lifestyle.

### Getting started the right way

The President's Council on Physical Fitness and Sports recommends a four-phase plan to help you go from couch potato to fit and firm:

#### PHASE 1: Begin doing something everyday

Take the stairs instead of the elevator, work in your yard or garden, park farther away in parking lots (make sure they are in safe locations and well lit).

#### PHASE 2: Start walking (or another low-impact activity) to build your endurance

Take a brisk walk each day, every two weeks increase the speed, time, and distance that you walk. Stay well-hydrated during your walks. Make sure you stretch for at least 5 minutes after you workout. Try to build up to 30 minutes a day, most days of the week.

#### PHASE 3: Exercise at the right intensity and duration for your age and health

Start adding more vigorous aerobic activities into your weekly schedule. At least 20 minutes, 3 or 4 times a week. Or try strength training (1-2 sets with 8-15 repetitions) using all major muscle groups, on alternate days, two days a week.

#### PHASE 4: Enjoy a variety of sports or try something new

By phase 4, you should be physically fit enough to try different activities. Participate in a sport or performance activity like tennis, soccer, or dancing. Try something new like Zumba or kickboxing!



MOVE IT, SOUTH CAROLINA!

Almost 54%

of South Carolinians do not meet the recommendations for physical activity.

Moderate physical activity for 30 or more minutes per day, five or more days per week or vigorous physical activity for 20 or more minutes per day, three or more days per week. SOURCE: 2003 Behavioral Risk Factor Surveillance System (BRFSS)

## go for the goal

Setting goals and sticking to them, is an important part of fitness. Here are 4 ways to stay on track:

**1 Be realistic.** Goals should be challenging, but attainable. An unreachable goal will only be discouraging.

**2 Think short-term.** Live for the moment. Goals must be meaningful and reachable in the near future.

**3 Write it down.** Writing out your goals and putting them where you can see them every day (on the refrigerator, a mirror, or computer monitor) will be a motivating reminder.

**4 Keep it simple.** Goals should be straightforward and restricted to one major behavior. For example, "I am going to walk 30 minutes a day for 5 days this week." This is a good reachable goal to start off with because you can break the 30 minutes into 10-minute intervals on your busy days.

**At the end of the week, think about your goal. Ask yourself these questions:**

✓ Did I successfully accomplish my goal?

✓ If I did not successfully accomplish my goal, what was the reason? How can I overcome this obstacle? Is my goal realistic?

✓ If I did successfully accomplish my goal, how can I raise the bar for myself and set a new, slightly higher goal?

### DID YOU KNOW

that for every hour of regular exercise you get, you'll gain about two hours of additional life expectancy?

That means, if you exercise

# 30 MINUTES A DAY FOR 5 DAYS A WEEK,

at the end of the year, you'll have added almost

# 11 DAYS TO YOUR LIFE EXPECTANCY!

SOURCES: [www.americanheart.org](http://www.americanheart.org), [www.mayoclinic.com](http://www.mayoclinic.com), [www.presidentschallenge.org](http://www.presidentschallenge.org)

### ABOUT THE SOUTH CAROLINA BUSINESS COALITION ON HEALTH

The South Carolina Business Coalition on Health (SCBCH) is an independent, 501 (c)(3) nonprofit community organization working to improve health care in South Carolina. We are providing this guide to assist you when making important decisions regarding your health. Tools like this encourage improvement in our health care system. We believe you and your family deserve the best quality health care, and we want to equip you with the tools and resources to enable you to receive that care.

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# the leapfrog hospital survey results

RESULTS ARE AS OF SEPTEMBER 7, 2011.  
VISIT WWW.LEAPFROGGROUP.ORG FOR UPDATES.

## why should hospitals participate in the survey?

Today, you can probably get more information about choosing a TV than choosing a doctor or hospital. The Leapfrog Group is changing that by working to make reporting health care quality and outcomes a routine feature of the US health care system. They provide information on health care quality so that you can compare hospitals, much like Consumer Reports.

**The Leapfrog Hospital Survey** assesses hospital performance based on quality and safety practices that are proven to reduce preventable medical mistakes and are endorsed by the National Quality Forum. The survey results aim to provide consumers and purchasers of health care with the information they need to make informed health care choices and promote the growing trend toward transparency in health care. Leapfrog's employer members make the survey data available to all their enrollees. They also commit to implement incentives and rewards for safe, high quality health care. Any hospital in the U.S. is welcome to complete the Leapfrog Hospital Survey. Participation is voluntary.

The Leapfrog Hospital Survey asks hospitals if they adhere to the following quality and safety practices:

### Overall patient safety

**Preventing medication errors** – Patients should choose a hospital that uses computerized prescriber order entry (CPOE) systems to order medications, tests, and procedures. CPOE systems are designed to alert doctors and other prescribers to potentially serious problems with their instructions.

**Appropriate ICU staffing** – Patients should choose a hospital with an intensive care unit (ICU) that is staffed by doctors and other caregivers who have special training in critical care medicine.

**Steps to avoid harm** – Select a hospital that has a full Leapfrog Safe Practices Score. This means it has put in place 17 procedures to reduce preventable mistakes.

**Reducing in-hospital injuries** – Patients should choose a hospital that has a small number of patients that are injured during their stay. Possible injuries include falls, fractures or burns.

**Managing serious errors** – Patients should choose a hospital that has implemented Leapfrog's policy on managing serious events ("or never events") such as surgery on the wrong body part or death due to contaminated drugs or devices.

### High-risk treatment safety

Referring patients to hospitals with lower mortality and better processes of care requires sharing evidence on specific procedures. Leapfrog included **evidence-based hospital referral (EBHR)** in its survey as a means to making sure that patients with **high-risk conditions** are treated at hospitals with characteristics shown to be associated with better outcomes. EBHR could be very effective at preventing unnecessary deaths.

## Overall patient safety ratings

## High-risk treatment safety ratings

UPSTATE	Preventing medication errors	Appropriate ICU staffing	Steps to avoid harm	Reducing in-hospital injuries	Managing serious errors	Heart bypass surgery	Heart angioplasty	Heart attack	Pneumonia	High-risk deliveries	Weight loss surgery
AnMed Health Medical Center <i>Anderson</i>	●	●	●	●	●	●	●	●	●	NA	●
AnMed Health Women's and Children's Hospital <i>Anderson</i>	●	NA	●	●	●	NA	NA	NA	NA	NA	NA
Baptist Easley Hospital <i>Easley</i>	●	●	●	●	●	NA	NA	●	●	NA	NA
Bon Secours St. Francis Hospital of Greenville <i>Greenville</i>	●	●	●	●	●	●	●	●	●	NA	NA
Greenville Memorial Hospital <i>Greenville</i>	●	●	●	●	●	●	●	●	●	●	NA
Greer Memorial Hospital <i>Greer</i>	●	●	●	●	●	NA	NA	NA	●	NA	NA
Hillcrest Hospital <i>Simpsonville</i>	●	●	●	●	●	NA	NA	NA	●	NA	●
Mary Black Memorial Hospital <i>Spartanburg</i>	●	●	●	●	●	NA	NA	●	●	NA	NA
Oconee Medical Center <i>Seneca</i>	●	●	●	○	●	NA	NA	●	●	NA	●
Patewood Memorial Hospital <i>Greenville</i>	●	NA	●	●	●	NA	NA	NA	NA	NA	NA
Piedmont Medical Center <i>Rock Hill</i>	●	●	●	●	●	●	●	●	●	NA	●
Self Regional Healthcare <i>Greenwood</i>	●	●	●	●	●	●	●	●	●	●	●
Spartanburg Regional Medical Center <i>Spartanburg</i>	●	●	●	●	●	●	●	●	●	●	●
St. Francis Eastside <i>Greenville</i>	●	●	●	●	●	NA	NA	NA	●	NA	●
Village Hospital <i>Greer</i>	●	●	●	●	●	NA	NA	NA	●	NA	NA
MIDLANDS	Preventing medication errors	Appropriate ICU staffing	Steps to avoid harm	Reducing in-hospital injuries	Managing serious errors	Heart bypass surgery	Heart angioplasty	Heart attack	Pneumonia	High-risk deliveries	Weight loss surgery
Lexington Medical Center <i>West Columbia</i>	●	●	●	●	●	NA	NA	●	●	NA	●
Palmetto Baptist Medical Center <i>Columbia</i>	●	●	●	●	●	NA	NA	●	●	●	●
Palmetto Richland Memorial Hospital <i>Columbia</i>	●	●	●	●	●	●	●	●	●	●	NA
Providence Hospital <i>Columbia</i>	●	●	●	●	●	●	●	●	●	NA	NA
Tuomey Healthcare System <i>Sumter</i>	●	●	●	●	●	NA	NA	●	●	NA	NA
PEE DEE	Preventing medication errors	Appropriate ICU staffing	Steps to avoid harm	Reducing in-hospital injuries	Managing serious errors	Heart bypass surgery	Heart angioplasty	Heart attack	Pneumonia	High-risk deliveries	Weight loss surgery
Georgetown Memorial Hospital <i>Georgetown</i>	●	●	●	●	●	NA	●	●	●	NA	●
Grand Strand Regional Medical Center <i>Myrtle Beach</i>	●	●	●	●	●	●	●	●	●	NA	NA
McLeod Regional Medical Center and Health System <i>Florence</i>	●	●	●	●	●	●	●	●	●	●	NA
Waccamaw Community Hospital <i>Murrells Inlet</i>	●	●	●	●	●	NA	NA	●	●	NA	NA
LOW COUNTRY	Preventing medication errors	Appropriate ICU staffing	Steps to avoid harm	Reducing in-hospital injuries	Managing serious errors	Heart bypass surgery	Heart angioplasty	Heart attack	Pneumonia	High-risk deliveries	Weight loss surgery
Bon Secours St. Francis Xavier Hospital <i>Charleston</i>	●	●	●	●	●	NA	NA	NA	●	NA	NA
Coastal Carolina Hospital <i>Hardeeville</i>	●	●	●	●	●	NA	NA	NA	●	NA	NA
Colleton Medical Center <i>Walterboro</i>	●	●	●	●	●	NA	NA	NA	●	NA	NA
East Cooper Medical Center <i>Mount Pleasant</i>	●	●	●	●	●	NA	NA	NA	●	NA	NA
Hilton Head Hospital <i>Hilton Head Island</i>	●	●	●	●	●	●	●	●	●	NA	NA
Medical University of SCU Medical Center <i>Charleston</i>	●	●	●	●	●	●	●	●	●	●	●
Roper St. Francis Hospital and Healthcare <i>Charleston</i>	●	●	●	●	●	●	●	●	●	NA	NA
Summerville Medical Center <i>Summerville</i>	●	●	●	●	●	NA	NA	●	●	NA	NA
Trident Health System <i>Charleston</i>	●	●	●	●	●	●	●	●	●	NA	NA

### WHAT THE SCORES MEAN

How hospitals rated according to Leapfrog's recommended quality and safety practices:

- Fully meets the standards of recommended practices
- Substantial progress in implementing the recommended practices
- Some progress in implementing the recommended practices
- Willing to report publicly
- Declined to respond
- NA Does not perform procedure