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The Scope

A Newsletter for Medical Professionals

April 7, 2015

“(Gentlemen) we will chase perfection, and we will chase it relentlessly, knowing all the while we can never attain it. But along the way, we shall catch excellence.”

—Vince Lombardi

“Even if you're on the right track, you'll get run over if you just sit there.”

—Will Rogers

The Scope appreciates the enthusiastic response of readers contributing quotes. These quotes were submitted by Sandra M. Grant, CMPE, Practice Administrator, Maine Medical Partners Urology, Pelvic Medicine & Kidney Stone Prevention. Please submit a favorite you'd like to share with others by emailing to: thescope@mmc.org

Dear Members of the Maine Medical Center Medical Staff,

Welcome to Maine's version of spring!

In this issue, we invite you to begin thinking about and submitting nominations for the Medical Executive Staff. Positions that are open would require a commitment of two hours a month. Also, a reminder that the MMC Culture of Safety Survey is underway and your participation is very important to us.

Thank you to those of you who participated in Physician Day at the legislature last month. It was a very productive and positive experience for the 50 or so who attended. The event is organized every two years by the Maine Medical Association, the Maine Osteopathic Association and the Maine Association of Physician Assistants as a way to bring issues important to us to the attention of the Governor and the Maine Legislature.

Also in this issue, Dr. Tania Strout shares a “Mindful Moment” with all of us that she found in a recent JAMA article on grief and loss. If you have something to share, please let us

know.



A handwritten signature in black ink that reads "Peter W. Bates".

Peter Bates, M.D.
Chief Medical Officer



A handwritten signature in black ink that reads "C Boyack".

Cindy Boyack, M.D.
Medical Staff President

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Seeking Nominations for Medical Executive Committee

The nominating committee of the Medical Staff has convened and is seeking to create a slate of nominees to be voted on at the September 2015, Medical Staff meeting. We are inviting members to self-nominate, as well as medical staff members to nominate other staff members, for the following positions.

Medical Executive Committee:

Six nominees for at-large members – two-year term (two hours/month)

Two Chiefs – two-year term (two hours/month)

Please submit your nominations to us via medstaff@mmc.org.

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Reminder: MMC Culture of Safety Survey is Underway

The Maine Medical Center Culture of Safety survey is underway and your opinion counts.

Every few years, we send a questionnaire to all employees, physicians and APPs in an effort to learn more about how we're doing in providing a safe, high-quality care environment for our patients and staff. Because everyone in our organization can have an impact on patient care, it is important that everyone participates.

As MMC President and CEO Rich Petersen mentioned, all are invited to take part in the survey. The most important reason for participating is that it lets us know both where we're successful and where we have opportunities for improvement. If you've been here since the last time we conducted a Culture of Safety survey, you'll remember that we put effective patient safety measures in place based on the feedback you provided in 2012.

Please email Patientsafety-survey-@mmc.org if you have any questions.

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Great Turnout for Physicians' Day at 127th Legislature

Physicians' Day at the legislature on March 12 was a positive experience for physicians, residents, medical students, and staff alike. Sponsored by the Maine Medical Association, the Maine Osteopathic Association and the Maine Association of Physician Assistants, more than 50 representatives of the organizations filled the State House with white coats and engaged legislators on a wide range of topics including the need to expand access to care, and opposition to the establishment of limits on treatment options for patients struggling with addictions.

In recognition of the day, the House and Senate passed a Joint Resolution "commending the efforts of the parties to advance changes in primary care payment to promote better primary care for all Maine."

The day included a discussion with Governor Paul LePage and his Senior Health Policy Advisor Holly Lusk, J.D., who responded to several issues during a wide ranging discussion on infectious disease, immunizations, medical school debt, methadone, scope of practice, and the needs of primary care.

Attendees also had the opportunity to talk with physicians currently serving in the legislature – Senator Geoff Gratwick, M.D. and Representatives Linda Sanborn, M.D., Patricia Hymanson, M.D., and Heidi Brooks, M.D. – who shared their experiences about what attracted them to public service and what surprises they found when they arrived at the State House.

We recognized these faces in the crowd who attended: Hani Jarawan, M.D., Sandra Fritsch, M.D., and James Maier, M.D. Let us know if you attended and we'll recognize you in the next issue.

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Mindfulness Moment

Submitted by Tania D. Strout, PhD, R.N., M.S.

If you have a few minutes, here is a nice piece from [JAMA](#) relating to grief and loss. In his essay, Dr. Hergott refers to a poem by John O'Donohue, who was an Irish poet and philosopher (his work is amazing and this piece comes from a book of poetry called *To Bless the Space Between Us*). Anyway, there is some really nice insight in here about helping others (and ourselves) cope with the deep grief that comes with the kind of losses that you all see at work every day.

On the Death of the Beloved (excerpt)

By John O'Donohue

Though we need to weep your loss,
You dwell in that safe place in our hearts,
Where no storm or might or pain can reach you.

We look towards each other no longer
From the old distance of our names;
Now you dwell inside the rhythm of breath,
As close to us as we are to ourselves.

Though we cannot see you with outward eyes,
We know our soul's gaze is upon your face,
Smiling back at us from within everything
To which we bring our best refinement.

Let us not look for you only in memory,
Where we would grow lonely without you.
You would want us to find you in presence,
Beside us when beauty brightens,
When kindness glows
And music echoes eternal tones.

When orchids brighten the earth,
Darkest winter has turned to spring;
May this dark grief flower with hope

In every heart that loves you.

May you continue to inspire us:

To enter each day with a generous heart.
To serve the call of courage and love
Until we see your beautiful face again
In that land where there is no more separation,
Where all tears will be wiped from our mind,
And where we will never lose you again.

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Publications

Horvay K, Jardé T, Casagrande F, Perreau VM, Haigh K, Nefzger CM, Akhtar R, **Gridley T**, Berx G, Haigh JJ, Barker N, Polo JM, Hime GR, Abud HE. Snai1 regulates cell lineage allocation and stem cell maintenance in the mouse intestinal epithelium. EMBO J. 2015 Mar 10.

Gridley T, Groves AK. Overview of genetic tools and techniques to study Notch signaling in mice. Methods Mol Biol. 2014

Duarte CW, Stohn JP, Wang Q, Emery IF, Prueser A, Lindner V. Elevated plasma levels of the pituitary hormone Cthrc1 in individuals with red hair but not in patients with solid tumors. PLoS One. 2014 Jun 19;9 (6):e100449.

Endrizzi DP, Shubert DJ, White RR. Scapulothoracic fusion for low-energy intrathoracic scapula dislocation: a report of two cases. J Shoulder Elbow Surg. 2015 Jan 31.

McCormick SC, Hildebrand AA. A Qualitative Study of Patient and Family Perceptions of Chaplain Presence During Post-Trauma Care. J Health Care Chaplain. 2015 Apr-Jun;21(2):60-75.

Villarejo A, Molina-Ortiz P, Montenegro Y, Moreno-Bueno G, Morales S, Santos V, **Gridley T**, Pérez-Moreno MA, Peinado H, Portillo F, Calés C, Cano A. Loss of Snail2 favors skin tumor progression by promoting the recruitment of myeloid progenitors. Carcinogenesis. 2015 Mar 16.

Hernandez A. 3,5-diiodo-L-thyronine (t2) in dietary supplements: what are the physiological effects? Endocrinology. 2015 Jan; 156(1):5-7.

Calendar

MMC Medical Executive Committee Meeting Schedule for 2015

All meetings are held from 12-2 p.m. in the Dana Center Boardroom, and lunch will be served:

- Friday, April 17
- Friday, May 15
- Friday, June 19
- Friday, July 17
- Friday, August 21
- Friday, September 18
- Friday, October 16
- Friday, November 20
- Friday, December 18

2015 Medical Staff Dinners

Please mark your calendar for the 2015 Medical Staff Dinners:

- Wednesday, April 29 at 5:30 p.m. in the Dana Center Lobby
- Wednesday, September 16 at 5:30 p.m. on the East Tower Patio.

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Story Ideas?

Your participation is essential to making The Scope a dynamic and sustainable publication. Please submit articles of 250-300 words to thescope@mmc.org. Include practitioner's byline with title and appropriate contact for further information. We publish two times each month.

To view past issues, visit www.mmc.org/TheScope.

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Medical Staff Value, Mission, and Vision Statements

Value Statement

The Medical Staff of Maine Medical Center values both individuality and collaboration. We will continually pursue higher value health care. We embrace a culture of curiosity and life-long learning. We are partners with Maine Medical Center, and we mirror its values of compassion, service, integrity, respect, and stewardship.

Mission Statement

The Mission of the Medical Staff of Maine Medical Center is to provide affordable, high-quality health care to our community. We teach future health care providers and develop innovative ways to improve the health of our community. In partnership with the Medical Center, we proudly accept our responsibility as one of Maine's leaders in patient care, education, and research.

Vision Statement

The Medical Staff of Maine Medical Center will be the driving force within Maine Medical Center leading the way to making Maine the healthiest state in the nation.

[A Compact Between Maine Medical Center and Its Medical Staff](#)

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