

# The Scope

A Newsletter for Medical Professionals

August 10, 2017

***“Never go to a doctor whose office plants have died.”***

***-Erma Bombeck***

The Scope appreciates the enthusiastic response of readers contributing quotes. Please submit a favorite you'd like to share with others by emailing [The Scope](mailto:thescope@mmc.org).

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

### **Peer Support**

*for the MMC Medical Staff*

[PeertoPeer@mmc.org](mailto:PeertoPeer@mmc.org)

Physician leader: Christine Irish, MD

Confidential \* One-on-One \* Peer Support

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## **Dear Members of the Maine Medical Center Medical Staff,**

Great news! *U.S. News & World Report* has again named MMC a “Best Regional Hospital” and MMC is the only hospital in Maine that was recognized as “high performing” in all nine procedures and conditions. This recognition is in large part thanks to our wonderful clinicians. [Read the article](#) for more about this prestigious award.

Read on for important information about [Gabapentin refills](#) from our pharmacy, and check out some new [learning modules](#) to help reinforce safe opioid prescribing. Next is an update to help prepare for our forthcoming [CLER visit](#), and see how we officially welcomed the [Maine Track class of 2021](#).

I hope you all take some time to relax and enjoy the final weeks of August.

Sincerely,



*Joel Botler MD*

**Joel Botler, M.D.**  
Chief Medical Officer



*Lisa Almeder*

**Lisa Almeder, M.D.**  
Medical Staff President

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## ***U.S. News & World Report Names MMC 'Best Regional Hospital' for a Fifth Straight Year***

*U.S. News & World Report* has named Maine Medical Center a “Best Regional Hospital” for the fifth consecutive year. MMC also is just one of 48 hospitals out of 4,500 nationwide and the only hospital in Maine that was recognized as “high performing” in all nine procedures and conditions included in the 2017-2018 survey of U.S. hospitals.

“This recognition by *U.S. News & World Report* reflects the high-quality services we provide patients every day,” said MMC President and CEO Richard Petersen. “Achievements like this wouldn’t be possible without the dedication and diverse talents of our providers, nurses and entire care team.”

*U.S. News* created the Best Regional Hospitals survey in 2011 to provide consumers who want to stay close to home with a way to assess the overall care at hospitals in their areas. Barely 10 percent of hospitals can call themselves a Best Regional Hospital. *U.S. News* also rated MMC as “high performing” in these nine common procedures and conditions:

- Abdominal Aortic Aneurysm Repair
- Aortic Valve Surgery
- Colon Cancer Surgery
- Chronic Obstructive Pulmonary Disease (COPD)
- Heart Bypass Surgery
- Congestive Heart Failure
- Hip Replacement
- Knee Replacement

- Lung Cancer Surgery

U.S. News rated the performance of more than 4,500 hospitals from high performing to below average in those procedures and conditions to help consumers find good sources of local care.

[See the rankings.](#)

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## **Excess Early Refills of Gabapentin**

*By William D. Hewitt, Community Pharmacy Manager*

We've been hearing increasing discussion about the topic of early refills of Gabapentin; pharmacists are concerned with routine early refills for patient safety and misuse. Our Pharmacy works with a multitude of Insurance payers that allows early refills for reasons including vacations, lost medications, loss of a family member or increase in dose. Patients paying cash for their prescriptions do not have any hard stops built in when refills are placed. Thus, excess of early refills compound overtime and cause concern.

Moving forward to ensure early refills are appropriate, our pharmacy team will continue to connect with providers and stakeholders for validation and documentation for early refill approvals. Our Pharmacy will adhere to a two-day early refill on Gabapentin prescriptions. Any deviation from this guideline will require provider documentation and approval.

[This interview in the New England Journal of Medicine](#) reviews Gabapentin and Pregabalin increased prescribing by clinicians for pain.

Please read our [Pharmacy Outpatient Control Drug Policy](#). Our policy is fluid and may undergo revisions in the future due to Federal and State Law updates. Our pharmacy is open 24 hours/7 days per week and a pharmacist is always available to answer any questions.

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## **Safe Opioid Prescribing Learning Modules**

Caring for ME, has launched new learning modules around [Safe Opioid Prescribing](#). Caring for ME is a collaborative effort spearheaded by Maine Quality Counts, that aims to bring

together a wide set of partners to promote shared messages, educational resources and practical tools for healthcare providers.

These modules are part of the Caring for ME series, which focuses on a variety of topics relating to chronic pain management, safe opiate prescribing and compliance with Maine prescribing laws. The modules are made possible by the generous support and funding from the Maine Board of Licensure in Medicine.

Click on any of the following links for more information. Once there, click "take this course" to log in or register.

1. [Compliance with Maine Prescribing Laws](#)
2. [Safe Opioid Prescribing & Prescribing Limits](#)
3. [Chronic Pain Management](#)
4. [Appropriate Diagnosis and Treatment of Opioid Addiction](#)
5. [Safe & Compassionate Tapering](#)
6. [Snuggle ME Guidelines: Improving Maternity & Newborn Care with Substance Exposure During Pregnancy](#)

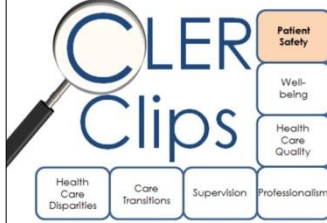
These free CME modules qualify for the PL488 requirement of 3.0 CME every 2 years for Maine prescribers. MaineHealth was involved with the development of this educational opportunity.

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## Getting Ready for Our CLER Visit

We continue to prepare for the Clinical Learning Environment Review (CLER) visit, which could be any day now. This visit focuses on how our organization integrates academics and GME into our structure and function.

Please take a look at the latest CLER clip at left, and [review the content of previous CLER clips](#) on the MMC Institute for Teaching Excellence site.



**Pathways**  
There are 7 CLER pathways within the Patient Safety focus area centered around patient safety adverse event reporting, non-punitive response to reporting errors, patient safety investigations and proactive risk assessment, and disclosing medical errors to patients and family.

**Have you entered a safety report?**  
81% of surveyed faculty and 68% of surveyed program directors believe their residents/fellows report events directly into the medical center's safety reporting system, RL Solutions.

What you should know about

# Patient Safety

**Learning opportunities**  
Residents, Fellows and Faculty are invited to participate in root cause analyses. Ask your program director or department head about an upcoming patient safety case review.

**Have you observed or participated in a root cause analysis or any other patient safety case review?**

**Did you know?**

**MMC's adverse event reporting system**


**RL Solutions**

**is easy to use...**

To access, find the icon on any clinical work station,

or, look under Employee Tools on the MMC Intranet homepage.

**Use your MMC username and password to log in.**



Choose the most appropriate event type and answer a few questions. Any suggestions for improvement are encouraged.

**You may not hear back directly about your individual report**

but Risk Management/Patient Safety staff monitors all reports and looks for trends and patterns across the system.

**Root Cause Analysis**  
...is a thorough and credible structured process for identifying causal or contributing factors underlying adverse events. The goal of the activity is to identify process improvements for prevention of further occurrences, not to place blame. Participants are encouraged to share their understanding of our complex systems that can lead to error.

**Disclosure Education**  
Patient Safety/Risk Management provides education and support for disclosing preventable medical errors. Find out more by contacting the Director of Patient Safety and Risk Management at [egraydonba@mmc.org](mailto:egraydonba@mmc.org)

**Sentinel Events**  
...are considered the most serious events and could include: any unanticipated death or permanent loss of function not related to the patient's underlying condition or proper treatment of their condition. All US hospitals are required to report such serious events as described by Federal and State Accrediting and Regulatory agencies. This is for sharing lessons learned only, not for professional licensing concerns.

**Peer Support**  
Any individual involved in an adverse event or those feeling burn out can access Peer Support by emailing [PeerToPeer@mmc.org](mailto:PeerToPeer@mmc.org)

Questions? FMI visit [ACGME.org](http://ACGME.org) or email the Dept of Medical Education at [mededuc@mmc.org](mailto:mededuc@mmc.org)

Click Here to test your knowledge

Anyone who accurately completes the quiz by August 11th will be entered to win a fabulous prize.

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## Welcome to Maine Track Class of 2021



The Tufts University School of Medicine Maine Medical Center Program 9th Annual McKusick Lecture and Incoming Class Reception welcomed the class of 2021 on July 27. This year's class includes 34 students, 23 of them from Maine.

"We are fortunate that 20 of these students received approximately half tuition scholarships due to the generosity of individuals, businesses, foundations and state

government in the State of Maine,” says Peter Bates, M.D., Senior Vice President, Chief Academic Officer and Academic Dean at Maine Medical Center. The 9th Annual Victor A. McKusick, M.D., Lecture featured George E. Thibault, M.D., President of the Josiah Macy Jr. Foundation. The foundation’s mission is to improve the health of the public. It is the only national foundation dedicated solely to improving the education of health professionals. Dr. Thibault told students that they were entering a profession at a critical time, when science and technology have made a huge difference in public health, but the needs of the public are not always being met.

“We must move from being profession-centered to being community and patient-centered,” Dr. Thibault says.

Dr. Thibault praised the Maine Track program for taking steps to make medical education more community based. He said medical educators need to do more to help students learn how to fight chronic illness and to help them learn how to work as a team with other professionals to ensure patients are getting the best possible care.

After the lecture, each member of the new Maine Track Class was introduced to hospital leaders and received a stethoscope. The event was followed by refreshments and a meet and greet.

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## Publications

Vessey JA, DiFazio RL, **Strout TD**, Snyder BD. [Impact of Non-medical Out-of-pocket Expenses on Families of Children With Cerebral Palsy Following Orthopaedic Surgery.](#) J Pediatr Nurs. 2017 Jul 24

**Wax JR, Cartin A, Pinette MG.** [Cervical Evaluation in Pregnancy: Proper Measurement, Evaluation, and Management.](#) Clin Obstet Gynecol. 2017. Sep;60(3):608-620

Solomons NM, **Lamb AE, Lucas FL**, McDonald EF, **Miesfeldt S.** [Examination of the Patient-Focused Impact of Cancer Telegenetics Among a Rural Population: Comparison with Traditional In-Person Services.](#) Telemed J E Health. 2017 Jul 21

Mantell MT, Nelson R, Lowe JT, **Endrizzi DP**, Jawa A. [Critical shoulder angle is associated with full-thickness rotator cuff tears in patients with glenohumeral osteoarthritis.](#) J Shoulder Elbow Surg. 2017 Jul 20

Switkowski KM, Jacques PF, Must A, Hivert MF, **Fleisch A**, Gillman MW, Rifas-Shiman S, Oken E. [Higher Maternal Protein Intake during Pregnancy Is Associated with Lower Cord Blood Concentrations of Insulin-like Growth Factor \(IGF\)-II, IGF Binding Protein 3, and Insulin, but Not IGF-I, in a Cohort of Women with High Protein Intake.](#) J Nutr. 2017

Jul;147(7):1392-1400

Sacco A, Kawano Y, Moschetta M, Zavidij O, Huynh D, **Reagan M**, Mishima Y, Manier S, Park J, Morgan E, Takagi S, Wong KK, Carrasco R, Ghobrial IM, Roccaro AM [A novel in vivo model for studying conditional dual loss of BLIMP-1 and p53 in B-cells, leading to tumor transformation.](#) Am J Hematol. 2017 Aug;92(8):E138-E145

**Oxburgh L, Muthukrishnan SD, Brown A.** [Growth Factor Regulation in the Nephrogenic Zone of the Developing Kidney.](#) Results Probl Cell Differ. 2017;60:137-164

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## Calendar

### 2017 Med Staff Dinners – Date change

- October 4, East Tower Patio

Dinners begin at 5:30 and run until about 7 p.m.

### Maine Medical Center Medical Executive Committee Meeting Schedule 2017

- August 18
- ~~September 15~~ *Cancelled*
- October 20
- November 17
- December 15

All meetings are held from Noon - 2 p.m. in the Dana Center Boardroom. Lunch is served.

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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](mailto:thescope@mmc.org). Include practitioner's byline with title and appropriate contact for further information. We publish two times each month.

For past copies of The Scope go to: <http://www.mmc.org/newsletter-for-medical-professionals>

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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.

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Maine Medical Center  
MaineHealth

*centered around you*

[www.mmc.org](http://www.mmc.org)

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