

The Scope

A Newsletter for Medical Professionals

July 13, 2015

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

–Leo Buscaglia

The Scope appreciates the enthusiastic response of readers contributing quotes. This quote was submitted by Cathryn Stoddard of the Medical Staff Office. 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,

In this issue, we have included a survey to better understand preferences of the Medical Staff to redesign Epic optimization processes. This is a follow up to a recommendation from the Provider Engagement Committee. Please take a few minutes to take the survey – your input is very important to us.

Congratulations to The Barbara Bush Children's Hospital Inpatient Unit for working the past year without a CLABSI! Thank you to everyone involved in this enormous effort on behalf of our youngest patients.

Also in this issue, Dr. Samir Haydar updates us on efforts of the Clinical Documentation Improvement Team around the diagnosis of Encephalopathy. Also, please take a look at the new MMC Institute for Teaching Excellence web site, where you will find faculty development opportunities and support for educators.

We are also pleased to announce that there will be two mindfulness practice courses offered at MMC. The first one begins in September, and both courses will be useful for anyone new to mindfulness, or for those wishing to expand the depth of their skills. We hope that you will take advantage of these opportunities.



Peter W Bates

Peter Bates, M.D.
Chief Medical Officer



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Cindy Boyack, M.D.
Medical Staff President

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Epic Inpatient Survey

By Cindy Boyack, MD
President of the Medical Staff

Peter Bates, MD
Senior Vice President, Medical & Academic Affairs & CMO

Rob Hubbs, MD
SeHR Inpatient Medical Director

One of the recommendations from the Provider Engagement Committee is to redesign Epic optimization processes. Addressing this issue effectively requires a better understanding of the preferences of the Medical Staff.

Please take a few minutes to complete the survey below, focused on Epic Inpatient workflows, which will help us prioritize this work. We are including house staff in this survey since they are also heavy users of Epic Inpatient.

<https://www.surveymonkey.com/r/TCW2H85>

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A Year Without a CLABSI – BBCH Inpatient Unit

*By Jennifer Jewell, M.D.
Pediatric Hospitalist*

The Barbara Bush Children’s Hospital Inpatient Unit (BBCH IPU) is proud to celebrate its one-year anniversary since the most recent central-line associated bloodstream infection (CLABSI). This was achieved using quality improvement methodologies, staff enthusiasm and intense focus.

Two years ago, the BBCH IPU was identified as a poorly performing area at MMC for CLABSI when the rate exceeded the hospital average and far-exceeded the goal of one infection per

1,000 central line days.

To address the situation, multidisciplinary health care teams at MMC and the BBCH renewed their commitment to decrease the CLABSI rate and improve safe patient care.

Despite various changes to the care of patients with central venous lines (CVL), specific initiatives are believed to be most responsible for the decreased infection rate, including:

- Limiting interruptions and breaks into CVLs, specifically for lab tests
- Assuring that intravenous fluids run continuously through CVLs, without frequently stopping fluids during the hospitalization
- Advocating for new products, such as chlorhexidine dressings and Curoc caps
- Updating the staff policies and procedures
- Reviewing all CLABSIs and using the lessons learned to improve patient care
- Intensifying nursing education and annual competencies for dressing changes and accessing implantable devices

Other unit-based strategies developed on the BBCH IPU intend to reduce CLABSIs in outpatients by empowering patients and families to insist that optimal care for CVLs occurs during every health care visit and that standardized practices are guaranteed.

The bulk of this work is shouldered by the BBCH IPU nursing staff, the Vascular Access Quality Committee, and the PICC team members. I am humbled by their commitment to quality. On behalf of the Women and Infant Service Line leadership, we cannot thank them enough.

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90 Second Update: Encephalopathy

By Samir Haydar, D.O.

The Clinical Documentation Improvement (CDI) team has identified considerable opportunities for improvement around the diagnosis of *Encephalopathy*. In the coding world, terms like *confusion*, *altered mental status* and *delirium* point primarily to symptoms and do little to represent the severity of illness and resource consumption in these populations. There is a clear disconnect between the *coding and clinical worlds* on the use of these terms.

In the coding world, the term *Encephalopathy* is thought to be a better representation of the underlying condition and garners a higher level of illness severity (SOI) and risk of mortality (ROM).

This is obviously a shift from our prior trainings that encouraged us to use the term *delirium* –

while better than AMS, *Encephalopathy* gets us much further.

The differences in the clinical definitions of *Delirium*, *Acute Mental Status*, *Confusion* and/or *Encephalopathy* are unintelligible. However, use of the term *Encephalopathy* for this patient population will improve our quality scores and expected outcomes.

Consider:

- Metabolic encephalopathy
- Hepatic encephalopathy
- Toxic encephalopathy
- Encephalopathy Unspecified

Attached is a newly coined *90 second Update* format we plan to use for ongoing CDI educational purposes with the hope that providers will take this time to review and keep in mind. We plan to send these via email to individuals who receive inpatient queries on certain topics.

We appreciate your support. Please feel free to contact me at haydas@mmc.org or Ian Neilson at Neils@mmc.org on the CDI Physician Advisors Team.

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Mindfulness Practice Courses at MMC

By George Dreher, M.D.

Medical Staff Provider Health and Resilience Committee

We are pleased to announce that there will be two mindfulness practice courses offered at MMC. Both courses will be taught by Nancy Hathaway who has a deep history both in Zen and Mindfulness-based Stress Reduction. She has taught both courses for medical professionals over the years at many local hospitals, including MMC. These courses will be useful for anyone new to mindfulness, or for those wishing to expand the depth of their skills.

Those who have taken our MMC Mindful Practice Of Medicine course will find either of these to be a natural next step. The 8-session Mindfulness-based Stress Reduction course (the research standard used to demonstrate the benefits of mindful practice), or the two-session Mindfulness-based Communication course (focusing on clearer and kinder verbal skills) will be offered separately.

We hope you will take advantage of these valuable offerings:

8 Week Mindfulness-based Stress Reduction Program

Wednesday evenings September 16 - November 4 from 5:30 - 7:30 p.m.

Dana Center at the Maine Medical Center Bramhall Campus in Portland
CEUs approved by University of Maine/CMEs approved by Maine Education Trust
\$500

Nancy Hathaway, has been studying and practicing meditation since 1974 when she traveled overland to the Himalayas to spend a month in Kopan Monastery. She interned with Jon Kabat-Zinn and then worked with him as he founded Mindfulness in the prisons in Massachusetts. She has been teaching Mindfulness-based Stress Reduction since 1994. She is an adjunct at the University of Southern Maine teaching on the Portland and Lewiston campuses as well as Colby College's JanPlan and Martin's Point. She is a published author with an essay in Best Buddhist Writing along with the Dalai Lama and Thich Nhat Hanh. She has taught at MMC with Dr. George Dreher and in the Child Psychiatry Fellows Program.

Mindfulness-based Communication

Held on Thursdays October 8, 15, 22 from 5:30-7:30pm
Dana Center at Maine Medical Center
CEUs offered approved by University of Maine
\$130

In this Mindfulness-based Communication course we will focus on using Mindfulness practices used in communication as well as non-violent communication practices, which have as their foundation the teachings of Gandhi. Using both of these techniques, the group will practice together in light-heartedness learning ways to better understand self and others in play, work, and conflict that brings clarity, understanding, and compassion for all.

For more information or to register contact: Applymindful@gmail.com or visit www.CenterforStudyingMindfulness.com.

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New Site Serves as Resource for Faculty Development

The MMC Institute for Teaching Excellence (MITE) is an exciting new strategically-planned and centralized center for faculty development at MMC that will provide support for all educators to excel as teachers, scholars, mentors, leaders, and role models; bolstering the culture of academic medicine at MMC.

The MITE website will house dynamic resources, tools, and other educational features that will ignite dialogue, learning, and engagement. The site will be organized by category into the following main components: Faculty Learning Resources, Programs and Certificates, Tools for Advancement, Speaker's Bureau, and much more. Under the faculty learning resources, there will be a variety of online learning resources for faculty development available with CME credit

available.

Key topics to be covered include Clinical Teaching, Evaluation and Competency, Clinical Learning Environment Review (CLER), and Triple Aim. The Programs and Certificates section will include information about the MMC Teaching Academy (META), the Medical Education Outcomes Research Group (MEORG), and the Program Director School.

Tools for Advancement is the section of the site that will emphasize how to develop skills for creating a Curriculum Vitae, issues and tips for success surrounding academic promotion and mentoring, and helpful guidelines for letters of recommendation.

Another unique feature of the site is the Speaker's Bureau, which consists of an online compilation of local experts in the field of medical education who are interested in giving lectures on their specialty.

Additional resources that will be available through MITE include the calendar, the Monthly Tips Archive, a blog style archive of educational pearls, and a Journal Club Blog.

To recognize individuals who have been rewarded for their outstanding teaching efforts, there will also be a Spotlight on Teaching Excellence section to highlight a variety accomplishments and awards. The site will continue to develop even after its initial launch, and a comments and suggestions box will be included as a way to obtain feedback and develop new ways to improve the usefulness of the site.

Visit MITE at www.mitemmc.org or contact Department of Medical Education Project Manager Sue Rose at erose@mmc.org or at 662-6286.

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Publications

Balwan A, Blaszyk H, Van der Kloot TE. [Recurrent Human Papilloma Virus Related Airway Squamous Cell Carcinomas.](#) Am J Respir Crit Care Med. 2015 Jul 2.

Peura C, Kilch JA, Clark DE. [Evaluating adverse rural crash outcomes using the NHTSA State Data System.](#) Accid Anal Prev. 2015 Jun 24;82:257-262.

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Scali S, Patel V, Neal D, Bertges D, Ho K, **Jorgensen JE**, Cronenwett J, Beck A. [Preoperative \$\beta\$ -blockers do not improve cardiac outcomes after major elective vascular surgery and may be harmful.](#) J Vasc Surg. 2015 Jul;62(1):166-176.e2.

Roguski M, **Rughani A**, Lin CT, **Cushing DA**, **Florman JE**, Wu JK. [Survival following Ommaya reservoir placement for neoplastic meningitis.](#) J Clin Neurosci. 2015 Jun 23.

Taylor CL, Thomas PR, Aloia JF, Millard PS, **Rosen CJ**. [Questions about Vitamin D for Primary Care Practice: Input from an NIH Conference.](#) Am J Med. 2015 Jun 10.

Dobrow EM, **Mittleider D**. [Retrograde Tibiopedal Access for the Treatment of Critical Limb Ischemia.](#) Tech Vasc Interv Radiol. 2015 Jun;18(2):66-75.

Pittas AG, Dawson-Hughes B, Sheehan PR, **Rosen CJ**, Ware JH, Knowler WC, Staten MA; D2d Research Group. [Rationale and design of the Vitamin D and Type 2 Diabetes \(D2d\) study: a diabetes prevention trial.](#) Diabetes Care. 2014 Dec;37(12):3227-34.

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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, July 17
- Friday, August 21
- Friday, September 18
- Friday, October 16
- Friday, November 20
- Friday, December 18

2015 Medical Staff Dinner

Please mark your calendar for the next 2015 Medical Staff Dinner:

- 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

Peer Support

for the MMC Medical Staff

PeertoPeer@mmc.org

Physician leader: Christine Irish, MD

Confidential * One-on-One * Peer Support

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centered around you

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