“Look up at the stars and not down at your feet ... Try to make sense of what you see, and wonder about what makes the universe exist. Be curious.”

-Stephen Hawking

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.

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

Dear Members of the Maine Medical Center Medical Staff,

Wow! Thank you to all who gathered for our annual Medical Staff Dinner this week just before the chilly autumn weather kicked in. It was a wonderful night to recognize and celebrate our mission and our remarkable colleagues who are exemplary clinicians, teachers, mentors and professionals. We hope you will enjoy photos from our awards ceremony and please extend congratulations to your colleagues.

As we say goodbye to the summery weather, we say hello to a busy end of year. Before things get too hectic, make sure you get your flu shot – for your protection and that of your patients. Also, take a look at new information regarding e-prescribing opioids in inpatient settings and the ‘Half-and-Half’ course for buprenorphine waiver training.
Long-time physician and MMCRI co-founder, Peter Rand wrote a book about his early years of tick and Lyme disease research. See the review below and please know that proceeds support our Vector-Borne Disease Lab. Learn more about our Palliative Medicine Advanced Practice Providers and see news clips featuring our providers.

Have you signed up for the upcoming Wellness Conference and Fair? You will not want to miss it on Wednesday October 25. Nationally renowned speakers Drs. Christine and Tom Sinsky will deliver the keynote address.

As always, please see standing sections on publications and wellness talks as well as academic promotions. See who has been promoted and appointed to our Tufts/MMC faculty. Join colleagues for one of our upcoming Brown Bag talks.

Sincerely,

Joel Botler, M.D.
Chief Medical Officer

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

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

Over 130 colleagues attended the Medical Staff Dinner Wednesday evening to share scrumptious food, good energy and lots of camaraderie. Individuals enjoyed this unique opportunity to laugh and connect with new and existing colleagues, in a relaxed and pleasant setting. In addition, the crowd acknowledged and thanked both the outgoing and incoming members serving the medical staff on the Medical Executive Committee. The highlight of the evening featured the awards ceremony to recognize recipients of the Marjorie Boyd and Bud Higgins Awards and to launch a new award recognizing Exemplary Advanced Providers on the medical staff.

Medical Executive Committee Membership updates:

Thank you to our outgoing Chiefs, Members At Large and Resident Representative:
- Doug Sawyer, M.D.
- Michael Baumann, M.D.
Welcome and thank you to new Chiefs, Members At Large and Resident Representative:
- Beth Wilson, M.D.
- David Seder, M.D.
- William D’Angelo, M.D.
- Steve Farraher, D.O.
- Ben Huffard, M.D.
- Rebecca Hunt, M.D.
- Evan Barnathan, M.D.

**Medical Staff Awards:**

Charlie Belisle, M.D., right, received the Marjorie Boyd Award, presented by Joel Botler, M.D.

The awardee embodies a clinician who truly puts patients first in all ways; provides care rooted in humanism; abides by the highest ethical standards; cares for and about colleagues and trainees; and demonstrates enduring service and commitment to the larger community.

Previous recipients of the Marjorie Boyd Award:


Ann Marie E. Lemire, M.D. (2016)
Marc Jacquet, M.D., right, received the George Higgins Award, presented by Peter Bates, M.D.

The George L. Higgins III, M.D., Award winner is a superior clinician, who is also widely recognized for both their dedication and their superlative abilities as an educator.

The first recipient (2016) was Virginia Eddy, M.D., pictured at right.

Michael G. Tranfaglia, P.A.-C., left, was recognized as the Exemplary Advanced Practitioner. Patricia Lerwick, M.D., described the new award which will be named in his honor.

The Exemplary Advance Practice Provider awardee is an Advanced Practice Exemplar, recognized for superior clinical acumen, compassion, dedication and professionalism.

Jonathan Bradstreet, CRNA, right, received the first Mike Tranfaglia award, presented by John Allyn.
Colleagues who receive awards are offered CME funds for continued learning. The names of these remarkable individuals are freshly engraved on award plaques gracing the walls of the medical staff lounge for all to enjoy and be reminded of our accomplished staff.

Please reach out to congratulate colleagues recognized at the awards ceremony, and thank those who have served or are stepping up to serve on the MEC and the Medical Staff.

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**Enter this Key SmartPhrase when E-prescribing Opioids in Inpatient Setting**

*By Donna Lee Morong, IS, Provider Integration*

When e-prescribing an opioid, you must include two pieces of information for the pharmacy:

1. Whether the condition is acute or chronic
2. If the MME is over 100, the exemption code

Previously, the SmartPhrase .MHOPIOIDEXEMPTIONCODES automatically defaulted into the Patient SIG for all affected medications. However, when the Patient Sig field was over the maximum character limit, the prescription did not e-prescribe. To fix this, the .MHOPIOIDEXEMPTIONCODES SmartPhrase was moved to the “Note to Pharmacy” section on September 5.

However, when inpatient providers are completing discharge medication reconciliation and they select “Prescribe” for an opioid that was started or continued during the inpatient stay, the medication will not have the .MHOPIOIDEXEMPTIONCODES SmartPhrase defaulted into the “Note to Pharmacy.” To solve this, you must manually enter >MHOPIOIDEXEMPTIONCODES in the “Notes to Pharmacy” section.

[Please see this tip sheet for guidance.](#)

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Upcoming dates:
- Monday, October 16, 3:30 – 7:30 p.m.
- Wednesday, October 18, 3:30 – 7:30 p.m.
- Friday, October 20, 3:30 – 7:30 p.m.

‘Half-and-Half’ Course for Buprenorphine Waiver Training

December 15
8 a.m. - 1 p.m.
Dana Center 7

The Integrated Medication Assisted Therapy (IMAT) Team is offering training for those interested in seeking their waiver to prescribe buprenorphine in the treatment of opioid use disorder. To obtain the waiver to prescribe, providers are required to take 8 hours of training. We are offering the half-and-half format (4.25 hours of face-to-face training with an instructor followed by 3.75 hours of on-your-own-online-training).

At the end of the course, you will have earned a total of 8 AMA PRA Category 1 Credits. Physicians will be able to submit an application for the waiver. Advanced Practice Professionals will need to complete an additional 16 hours of training (free and online) to submit an application. This training counts toward your State of Maine requirement of 3.0 hours of opioid-related CME every 2 years.

To register: Cheryl Harris
Of Ticks and Islands Explains Early Research into Lyme Disease

The Maine Medical Center Research Institute (MMCRI) and the Lyme and Vector-borne Disease Laboratory (VDL) are excited to announce the publication of a memoir by Peter Rand, M.D., Of Ticks and Islands. Proceeds from sales of the book benefit the VDL.

In 1987, Dr. Rand was a Maine Medical Center doctor and an MMCRI co-founder with a penchant for research and a love for the Maine coast. These passions led him to tackle the puzzle of Lyme disease, which had been first described only a decade earlier in Connecticut. As more and more people in New England were contracting Lyme, understanding the deer tick as a vector for disease became very important. As his first laboratory, Rand chose Monhegan Island.

Monhegan is famous for massive headlands and an old-growth spruce forest, and is a destination for bird enthusiasts and generations of artists. It is also the year-round home of fishermen who maintain a way of life that has been the essence of the island for centuries. But the island was also perfect for a project to understand the life cycle of deer ticks and learn how to control them. Isolated 12 miles from the mainland, Monhegan had an overabundant population of deer, introduced in 1954, yet none of the mice that scientists thought were essential to the tick life cycle. That raised the question in Dr. Rand’s mind: How do deer ticks get to an island, and how do they survive without a crucial host?

Of Ticks and Islands is Dr. Rand’s charming account of doing science on Monhegan and other Maine islands. One part scientific detective story, one part love letter to Maine island life, Dr. Rand’s brief book describes a decade of tick-related work that ultimately led to deeper understanding of deer ticks in Maine and the eventual elimination of Lyme disease on Monhegan following the complete removal of deer.

“When you’re an octogenarian, you tend to look back a lot,” Dr. Rand said. “I saw an opportunity to let the public have a peek at the real world of field research, and, in the process, open their eyes to the complex ecology of our country’s primary vector-borne disease threat.”

Of Ticks and Islands is currently available as an e-book from Amazon. It will soon be available from Amazon as a paperback, as well.
Palliative Medicine APPs – Who We Are

By Noelle Cooper, AGNP-C

Palliative Medicine A.P.P.s are an interdisciplinary team of specially trained palliative medicine clinicians and professionals, determined to help every person with a serious illness live fully. We use our medical expertise and communication skills to enhance wellbeing as well as relieve physical, spiritual and existential suffering for patients and their families at any age and any stage of their illness.

To better meet the needs of our community, we have expanded our team to include seven physicians, four APPs, LMSW, chaplain, clinical ethics, and will be expanding our hours and coverage. Be on the lookout for our educational and research initiatives and the upcoming “Serious Illness Conversation” training for APPs.

Service Pager: 207-741-6427

Pictured above, Palliative Medicine Advanced Practice Providers, left to right: Noelle Cooper, AGNP-C, Katie Addicott, FNP-C, Ursula Nehrt, P.A.-C., and Bridget Franciose, ANP-BC

Med Staff In The News

Spectrum, a national publication produced by the Simmons Foundation, published a major article on anxiety in autism that features Matthew Siegel, M.D., and a patient from the Developmental Disorders program at Spring Harbor that showcases their work.

The Portland Press Herald ran a front page story this week outlining MMC innovation in stroke prevention. Their reporter and photographer were on hand when a cardiology team led by Andrew Corsello, M.D., successfully implanted a Watchman device in a patient with atrial fibrillation to prevent blood clots from forming.
Wellness Conference and Fair

Wellness Conference: “Caring for Ourselves as We Care for Others”
Wednesday, October 25
8 a.m. - noon
Dana Center

The Preventative Medicine fellowship program and the Medical Staff Well-Being program has partnered on this sensational opportunity. Keynote speakers, Drs. Christine and Tom Sinsky, are renowned for their work on Joy in Medicine with the AMA. The Symposium offers a variety of break-out sessions focused on enhancing a culture of wellness.

Questions? Renee Howard, 662-2876

Please review more details and register here.

Wellness Fair
Wednesday, October 25
12:30 - 4 p.m.
Dana Center

The MMC Wellness Council is hosting a wellness fair with events including:

- 12-minute seated massage demonstrations (first come, first served appointments)
- The workday in a mason jar - learn how to plan healthy meals in re-usable mason jars
- Learn about the cafeteria Check+ program
- Let's Go! Small Steps Campaign
- Portland Trails
- Pumpkins given away while supplies last
- Games and prizes

Questions? Lynn Lavorgna, M.B.A., CHES, Director Health & Wellbeing, 661-7552

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Faculty Promotions and Appointments – August 2017

Promotion:

Edward Teufel, M.D., Assistant Professor, Department of Medicine, Cardiology

New Appointments:

- Benjamin Hagopian, M.D., Clinical Instructor, Dept. of Family Medicine
- John Urbanek, M.D., Clinical Instructor, Dept. of Family Medicine
- Jordan Peck, Ph.D., Assistant Professor, Dept. of Medicine, Center for Performance Improvement

Brown Bag Series for Med Staff, Residents and Fellows

The MMC Medical Staff Peer Support Program proudly offers the Brown Bag Series to help enhance existing relationships, forge new bonds and promote a culture of support for the MMC community, with new topics presented each month. Light refreshments are offered, but feel free to bring your own meal.

I Don’t Remember This Being So Difficult

Acknowledging and developing strategies for our changing cognitive and physical abilities

Speaker: Stuart Abramson, M.D.
Friday, October 27
Noon - 1 p.m.
Dana Classroom 7
Examples:
- I can’t seem to learn this new EMR
- I can’t handle night call anymore
- I no longer remember the details of the recent case
- I run out of steam at the end of a long day/week

Objectives:
- To understand how our changing physical and cognitive abilities can influence our wellness at work
- To recognize some of the potential changes over time or with illness or injury
- To develop and share strategies to overcome developing hurdles

Message In a Bottle: What I Would Teach My Younger Self if I Had the Chance?
Speaker: Christina H. Vietor, D.O., and Kathryn M. Brouillette, M.D.
Friday, November 17 (please note date correction)
Noon - 1 p.m.
Dana Center 1

Take Heart: Cultivating Gratitude To Enhance Resiliency
Speaker: Alison M. Samitt, M.D.
Wednesday, December 20
Noon - 1 p.m.
East Tower 2 and 3

RSVP to MedStaff@mmc.org, indicating the date(s) of the session, your name, preferred email address and phone number.

Publications


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**Calendar**

Maine Medical Center Medical Executive Committee Meeting Schedule 2017

- October 20
November 17
December 15

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

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.

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

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 lifelong 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.