

## *In-Home Sleep Apnea Test: Affordable and Convenient*

**A**ccording to the National Heart, Lung and Blood Institute, sleep apnea is a common disorder that causes one or more pauses in breathing or shallow breaths while you sleep. An estimated 22 million Americans suffer from sleep apnea, with 80 percent of moderate and severe cases of obstructive sleep apnea undiagnosed.

The most definitive diagnostic tool for sleep apnea is a sleep test, and until recently, Maine Coast Memorial Hospital patients had to conduct their sleep test at the Hospital's sleep laboratory. The Hospital now offers a more accessible, affordable, and convenient way for patients to take the first step in diagnosis: take a sleep apnea test in the comfort of their own home.

The new home test measures a patient's heart rate, blood oxygen level, airflow and breathing patterns. If a

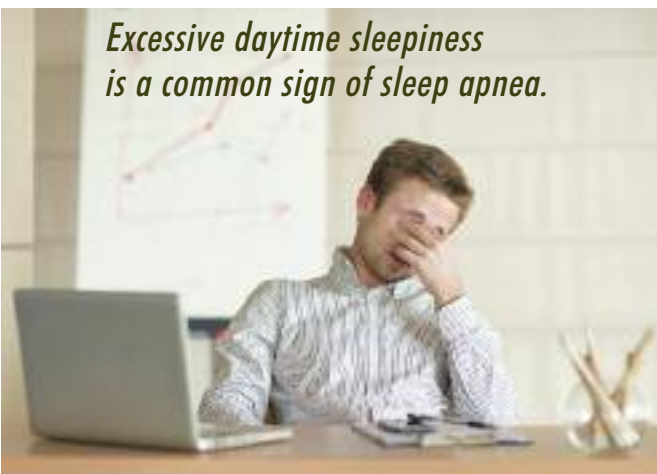


*Tina Reiff (right), Director of the Cardio Pulmonary Department, demonstrates how easy the home sleep apnea test is to use.*

patient has sleep apnea, the test results will show drops in the oxygen level during apneas and subsequent rises with awakenings. If the results are abnormal, patients will work with their physician to confirm diagnosis and develop a treatment plan.

**Talk to your doctor** if you're concerned about sleep apnea and think you need to be tested. If you already have a physician referral to have a sleep test conducted, please call the Sleep Wellness Center at 664-5320.

*Excessive daytime sleepiness is a common sign of sleep apnea.*



### **\* Untreated sleep apnea can:**

- Increase the risk of high blood pressure, heart attack, stroke, obesity, and diabetes
- Increase the risk of, or worsen, heart failure
- Make arrhythmias (ah-RITH-me-ahs), or irregular heartbeats, more likely
- Increase the chance of having work-related or driving accidents

## Recognizing and Honoring Commitment to Health

One of my favorite times of the year is when we announce our annual awards for employees and organizations in recognition of their service to MCMH and the community. The 2013 award winners are:

**Outstanding Volunteer of the Year:** Sandra DeWitt, who has logged about 3,500 volunteer hours over seven years.

**Partner in Health and Wellness Award:** Hanaford Supermarket, a partner of the Hospital since 2006 on diabetes education efforts.

**Caregiver of the Year:** Courtney Benner, a charge nurse who works in the Intensive Care Unit, a professional who leads by example.

**Employee of the Year:** Co-recipients, Melanie Bailey and Glori Green, both RNs and charge nurses from the medical/surgical unit, who understand that the role of a leader is to help others.



Melanie Bailey (left) and Glori Green (right) accept their Employee of the Year awards.

**Quality Award:** the Computerized Provider Order Entry Team, in recognition for their work to improve patient care through technology.

**Spirit Award:** Cindy Smith, from Ellsworth Family Practice, whose effort makes the workplace special.

**Financial Stewardship Award:** Tim McCall, Pharmacy Director, for his work to reduce costs and help in developing a pharmacy for the new Mary Dow Center for Cancer Care.

**Firestarter Award:** the Rehabilitation Services Department, for bringing purpose and passion to their work.

The common and consistent characteristics of these honorees are the high level of commitment to improving the health of our community and the success of MCMH. We are fortunate to have dedicated individuals and community organizations, and it is a pleasure to honor them for their efforts.

Charlie Therrien, *President & CEO*

## Hospital Earns “Key Quality Measures®” Recognition

Maine Coast Memorial Hospital was named Top Performer on Key Quality Measures® by The Joint Commission, the leading accreditor of health care organizations in America. MCMH was recognized for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions. The clinical processes focus on care for heart attack, pneumonia, surgery, children’s asthma, stroke and venous thromboembolism, as well as inpatient psychiatric services. New this year is a category for immunizations for pneumonia and influenza.

MCMH was recognized for its achievement on the following measure sets: heart attack, pneumonia, and surgical care. The ratings are based on an aggregation of accountability measure data reported to The Joint Commission during the 2012 calendar year. “This recognition is a testament to our dedicated staff and our commitment to provide the best care for our patients.” says Charlie Therrien, CEO.

“Maine Coast Memorial Hospital and all the Top Performer hospitals have demonstrated an exceptional commitment to quality improvement and they should be



proud of their achievement,” says Mark R. Chassin, M.D., FACP, M.P.P., M.P.H., President and Chief Executive Officer, The Joint Commission.

# Improving Access & Quality

## *New Dental Service Partnership*

Maine Coast Memorial Hospital and Mount Desert Island Hospital are partnering to ensure that the **Maine Coast Community Dental Clinic** continues to offer easily accessed care to Ellsworth and the surrounding communities. The affiliation will allow Maine Coast Community Dental Clinic to continue offering services from its main clinic location and to set up portable hygiene (teeth cleanings and screenings for dental problems) clinics at various locations in Hancock County.

The Maine Coast Community Dental Clinic portable program sees children at a number of schools, child care centers, and WIC clinics fulfilling its mission to provide high quality care at a lower price.



*Dr. Layne Whitely will continue to see patients at the Clinic's main office on Christian Ridge Road.*

The Clinic accepts a number of payment options including debit/credit cards, private insurance, and MaineCare. For those without insurance, a sliding

fee scale payment option is available.

For more information about the services offered or to set up an appointment, call: 667-0293.

### *Dental Services featured*

- full service dental clinic for all ages
- pediatric dentistry
- preventive care
- emergency care
- MaineCare accessible
- sliding scale fees



## *Ellsworth Family Practice to Move to Beechland Road*

Maine Coast Memorial Hospital is expanding access to primary care services in Ellsworth. Ellsworth Family Practice will be moving into the former Redlon and Johnson building on Beechland Road, providing growth opportunities for the family practice and for Ellsworth Internal Medicine and Maine Coast Pediatrics at the Resort Way site. Design and construction of the new space is anticipated to take about four months, with the new clinic site opening in early 2014.

### *New Doctors Welcomed*

#### **Dr. Peter Witham** Ellsworth Internal Medicine

Dr. Witham received his MD from the George Washington University School of Medicine and completed an Internal Medicine Residency and Internship at the University of Minnesota Hospital. To make an appointment call 664-7780.



#### **Dr. Tiffany Rudloe** Maine Coast Pediatrics

Dr. Rudloe received her MD from the University of Vermont College of Medicine and did her Pediatrics Residency at the Boston Combined Residency Program in Boston, Massachusetts. To make an appointment call 664-7744.



#### **Dr. Suzanne Bourque** Neurology Associates of Eastern Maine

Dr. Bourque received her MD and completed her Neurology Residency at the University of British Columbia. If you would like an appointment with Dr. Bourque, please have your primary care physician follow referral procedures.





## \* On-site Pharmacy Consultations

Pharmacy involvement in medication therapy is vital for successful outcomes. As a part of our commitment to help patients prevent hospital readmission and to improve quality of life, Ellsworth Family Medicine, Ellsworth Internal Medicine, and Maine Coast Pediatrics have begun offering patients consultation services with a Clinical Pharmacist on-site. **Jason Berube, PharmD**, is seeing patients at the Resort Way clinic locations to provide the following services:

- poly-pharmacy reviews (a review of a patient's full medication list for appropriateness as well as interactions and assessment to streamline therapies)
- asthma education, including appropriate use of inhalers
- Warfarin dose assistance and monitoring
- influenza vaccinations
- lipid management
- addressing questions about drug interaction, usage, and other information



Patients interested in seeing Dr. Berube should seek a referral through their primary care physician.

## New Board Chairs Appointed to Hospital and Foundation

At the Hospital's annual meeting in September, Adin Tooker and Lauri Fernald were elected as new Chairs for Maine Coast Memorial Hospital and Maine Coast Healthcare Foundation respectively.

■ **Adin Tooker**, a Brooksville resident who joined the Hospital Board in 2007, brings a strong business background in finance and insurance. "Healthcare is changing and the Hospital is fortunate to have a diverse group of Board members and a professional, caring staff who are up to the challenges that lie ahead," states Tooker.

Foundation Board, I served as a Hospital Trustee for three terms and as Chair in 1998 and 1999. The Foundation's purpose is to raise endowment funds which help ensure the financial future of the Hospital, and I look forward to my tenure as Chair," says Fernald.

### ■ New Board Members Approved

New Maine Coast Memorial Hospital Trustees, Scott Hammond and Sally Hutchins, were approved for three-year terms beginning in September 2013. In addition, the Maine Coast Healthcare Foundation welcomed three new members



*Adin Tooker and Lauri Fernald were elected in September as new Board Chairs of the Hospital and the Foundation, respectively.*

■ **Lauri Fernald**, who resides in Mount Desert, is a co-owner of the Jordan-Fernald Funeral Home. She has served on the Maine Coast Healthcare Foundation Board since 2008. "Prior to joining the

to its Board of Trustees: Steven Crabtree, Ellin Dixon Miller, and Elizabeth O'Neill LaStaiti.

## Partner In Health



Mark Politte, owner of Stanley Subaru, and Jayne Wixon, Clinical Nurse Manager, prepare for the Share the Love fundraiser.

The Mary Dow Center for Cancer Care was recommended by the community and chosen by Stanley Subaru as the local non-profit-of-choice for Subaru's 2013 Share the Love Event! The Share the Love event begins on November 21st and continues until January 2, 2014, and for each new Subaru purchased or leased, Subaru will donate \$250.

Last year, Subaru gave over \$5 million, with over \$13,000 coming from local purchases. This year, Subaru is budgeting \$10 million for Share the Love, and Mark Politte, owner of Stanley Subaru, says that he hopes to double the \$13,000 amount. "We are very excited to have the chance to give to a local

non-profit – Maine Coast Memorial Hospital's Mary Dow Center for Cancer Care!"

Stanley Subaru has been a long-time partner with and supporter of Maine Coast Memorial Hospital and its cancer programs. Each October, Breast Cancer Awareness month, Stanley Subaru hosts its "\$10 Test Drive" program. For each test drive during the month of October, Stanley Subaru donates \$10 to MCMH. In 2012 they helped raise over \$1,000.

To learn more about the Mary Dow Center for Cancer Care visit our website [www.mainehospital.org](http://www.mainehospital.org).

## Upcoming Events



DECEMBER –  
MARCH 2014

### 22nd Annual Poinsettia Ball

Sponsored by:



Saturday, December 7th

5:30 pm – 11 pm at The Ramada Inn

For tickets or sponsorship opportunities call Malen Hsu 664-5311 ext. 2030

### True Health Community Forums

Sponsored by:



Free monthly seminars; to register call Patti Patterson King at 664-5337

- December 4: Insurance Exchanges: Affordable Care Act
- January 13: Healthy Pregnancy and Birth Defects Prevention
- February 10: Keeping Your Heart Healthy
- March 10: Alzheimer's and Memory Loss

### American Heart Association Heartsaver CPR Training

\$40 Fee – to register call Michelle Mahon at 664-5588

- January 27
- February 24
- March 24

### First Aid Training

\$30 Fee – to register call Michelle Mahon at 664-5588

- January 29
- February 26
- March 26

### Diabetes Support Group

Free Meetings at 6:30 pm  
MCMH Classroom (Room 1000)

- January 7
- February 4
- March 4



our culture ■ our values

**MCMH MISSION**

*Improving our communities with excellence in healthcare*

**MCMH VALUES**

- Caring
- Professionalism
- Community
- Excellence
- Respect
- Teamwork

Published by Maine Coast Memorial Hospital  
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Graphic Design by Mary Greene Design

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Maine Coast Memorial Hospital has been awarded The Joint Commission's Gold Seal of Accreditation reflecting our commitment to meeting the highest performance standards for patient safety and quality care.



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Would you like to receive your Newsletter by email? To sign up, please contact Malen Hsu at [mhsu@mainehospital.org](mailto:mhsu@mainehospital.org) or 207-664-5548.



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## Cardio Pulmonary Patients to Benefit from Anonymous Gift



*An anonymous gift, in honor of Chris Salzberg, RRT, and Marlaina Salzberg, CPT, will be used to purchase equipment and renovate space in the Cardio Pulmonary department.*

Thanks to a generous, anonymous gift, the Cardio Pulmonary Department at Maine Coast Memorial Hospital will receive new equipment and the Department space will be renovated to better serve patients. When asked about how the gift will be used, Chris Salzberg, RRT, said, "This wonderful donation allows us to purchase equipment that will help our patients build strength and endurance. We will also be able to add visual and computer technology along with educational materials to guide patients on correct form and timing to improve the results that they get from each exercise."