

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

February is American Heart Month: What You Should Know

February is American Heart Month, and for over 60 years, MMC has performed the most advanced cardiovascular treatments and procedures, while providing high-quality care to patients.

Along the way, programs like AMI-PERFUSE, cardiac rehab and advanced valve have been added, making MMC cardiovascular services the most

comprehensive in northern New England.

During Heart Month, we will be sharing cardiovascular tips, news and recognition – both with employees here, and the public at large – to make sure that no opportunity is missed to improve the cardiovascular health of our patients.

MMC's Jennifer Monti, M.D., took part in the American Heart Association/American Stroke Association's annual Go Red for Women event at Portland's City Hall on February 2.

According to the AHA, cardiovascular diseases kill one woman about every 80 seconds, and about 80 percent of cardiovascular diseases can be prevented.

There is a genetic component to heart disease, but there is plenty you can control. Here are some of Dr. Monti's tips for lowering your risk:

♥ **Exercise:** The ideal 'dose' of exercise to prevent the development of a range of cardiovascular diseases is 150 to 210 minutes of exercise per week.

♥ **Diet:** A balanced diet that derives the majority of its protein from plant-based sources is a great place to start.

♥ **Know Your Numbers:** Total cholesterol, HDL and LDL cholesterol, blood pressure, blood sugar, hemoglobin A1C and BMI. Discuss with your doctor how to improve them.

♥ **Quit smoking:** Abstaining completely from smoking can fend off several varieties of cardiovascular disease.



American Heart Association | American Stroke Association®

PEOPLE NEWS

John J. Gullo, M.D., of Midcoast-Parkview Oncology was newly appointed to the Maine Medical Center Medical Staff. Dr. Gullo received his medical degree from the State University of New York Upstate Medical Center and will provide hematology and oncology care.

Infection Prevention Hand Hygiene Tips



It doesn't take a lot to prevent the spread of infection.

Cleaning your hands frequently protects YOU and our PATIENTS.

- The alcohol foam is effective against drug-resistant organisms and influenza, but...
- Soap-and-water hand washing is best for GI illnesses, including the

stomach flu and C. difficile.

- Model good respiratory etiquette - cough and sneeze into your sleeve.
- Keep your patients and coworkers healthy and stay home when you are ill.
- Toss those hankies and go disposable! Don't mop and tuck that hankie back into your pocket or purse!

'Infection Prevention' Continued on Back

*Infection Prevention'
From front*

Our hands touch many lives every day. Make your hand hygiene a priority

with every patient, every time. And make your hand hygiene visible - let them see you cleaning your hands!

Infection Prevention

reminds you to:

- Always observe proper hand hygiene. Do not remove posters and signage about hand hygiene.

- Eat and drink in clean areas only.
- Leave artificial and gel nails at home. They are not permitted in clinical areas.

MMC Employees Recognize Each Other With Moment to Shine

Elizabeth Bukauskas received recognition from Steve Moody for Ownership

Beth gave some targeted clinical input to the EPIC ambulatory support team, and this helped with a change in the EPIC screen layout for the rooming process. This will ultimately help in our screening of patients with fall risk by aiding in a more efficient and thorough process, thus adding to patient safety.

Rebecca Rocheleau received recognition from Christopher Petrick for Patient Centered

Becky, Thank you for being willing and positive with the last minute switch we did today. Finding out prior to a sensitive procedure that the staff member knew the patient and the situation would be uncomfortable, you were willing to help ensure the patient was properly supported and able to feel safe. Further, you supported other staff members with this change, ensuring that conflicts would not occur.

Alana McKeen received recognition from Jessica Joslyn for Excellence

Thank you with all your help with training me on the phones and for being so flexible! It's a pleasure to work with such hard workers who value teamwork and are always willing to help me and answer my questions!

Carrie Corbeau received recognition from Lynda Cyr for Ownership

Thank you so very much for stepping up to the plate and teaching me and an additional coder how to code obstetric clinics. It was a lot of work on your part with questions from us and spreadsheets to keep organized for auditing. Your support in helping to keep our team strong is greatly appreciated.



Maine Medical Center
MaineHealth

WHAT'S HAPPENING IS PUBLISHED WEEKLY BY THE
COMMUNICATIONS AND MARKETING DEPARTMENT

Comments, questions, and story ideas:
Caroline Cornish, Communications Manager
mmcnews@mmc.org