

# WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

## Exceptional Patient Care: Highlighting MMC's Specialties Part 8 — Geriatrics Tackles Complex Cases, Improves Quality of Life for Seniors

Maine Medical Center is continuously putting patients and families first by investing in our three-part mission: Caring for our community, Educating tomorrow's caregivers, Researching new ways to provide care. Now we're taking time to highlight the hard work of specialties which live that mission. For eight issues of What's Happening, we'll share how each specialty is exceeding national standards of patient care through hard work and dedication, as recognized by the U.S. News and World Report's Best Hospital rankings.

Having an effective Geriatrics program is important for Maine, the state with

the highest median-age in the country. Elderly Mainers need a robust variety of special care and attention for the complex health and lifestyle issues they present. MMC's distinguished geriatric services ensure the aging population and those to come will be appropriately cared for.

Geriatrics has done a tremendous job identifying and implementing best practices for patient care. Examples include the success of the nationally recognized Hospital Elder Life Program (HELP) for delirium and functional decline prevention. The program

has been recognized as one of only six Centers of Excellence by the national HELP Board. The nursing-home practice assures that patients are seen frequently during skilled rehab stays at nursing homes, which has been shown to improve patient outcomes. Assuring timely discharge summaries are sent to primary care physicians after a rehab stay creates safer and better patient transitions, and strengthens the continuum

of care.

Geriatrics is a complex specialty, providing opportunities to improve the quality of life for many patients and their families. Elderly patients usually present with unique and complicated medical situations. MMC Geriatrics' multidisciplinary caregivers are challenged with untangling those situations for more holistic treatment.

*"Always at the center of care is what the patient wants; then comes identifying how we can achieve that goal."*

*Continued on back*

## PEOPLE NEWS



Megan Abbot, M.D.

**Megan Abbott, M.D.**, has joined Maine Medical Partners – Otolaryngology in Portland. She comes to Maine from Boston, where she completed residency at Massachusetts Eye and Ear Infirmary. Dr. Abbott received her medical degree from Harvard Medical School in 2007, and performed a two-year clinical research fellowship in plas-

tic and oral surgery at Children's Hospital Boston. Her combined passions for travel and medicine have brought her on research projects to Mexico City, Beijing, and South Africa.

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The March of Dimes Maine Chapter is honoring **Michael Pinette, M.D.**, Medical Director, MMP

Women's Health, Division Director, Maternal-Fetal Medicine, for making a "meaningful and personal" commitment to the health of moms and babies.

Dr. Pinette will accept his award at the March of Dimes Signature Chef's Auction Thursday, October 2, at Dimillo's on the Water in Portland.

# Maine Medical Center Research Institute Receives \$250,000 Grant From Hyundai Hope On Wheels Awards



*Dr. Sathyanarayana laughs as former patient Joey Watts leaves a green handprint on the doctor's labcoat. Children who attended the check presentation were given colorful paints to make handprints on a Hyundai and on a keepsake commemorating the grant.*

The Maine Medical Center Research Institute (MMCRI) was awarded a \$250,000 Hyundai Scholar Hope Grant for pediatric cancer research by Hyundai Hope On Wheels and Scarborough-area Hyundai dealers on September 22. The funds will support the work of Pradeep Sathyanarayana, PhD, with a focus on identifying and silencing the gene which leads to a diagnosis of Acute Myeloid Leukemia (AML), among other blood cancers.

MMCRI is one of 36 recipients across the country to receive a 2014 Hyundai Scholar Hope Grant. In all, Hope On Wheels will award \$9 million in research grants this September in honor of National Childhood Cancer

Awareness Month. Maine Medical Center, a long-time partner of the organization, has received \$350,000 from Hope On Wheels since 2010.

“Maine Medical Center Research Institute is appreciative of the 2014 Hyundai Hope On Wheels Scholar Hope Grant,” says Dr. Sathyanarayana. “The award will empower our lab to accelerate the groundbreaking research underway, offering fresh hope for children and their families for an effective treatment including better prognosis when diagnosed with AML.”

## “Exceptional Patient Care” from front

HELP and the Acute Care for Elders Unit are supported by an inpatient physician consultation program geared toward both prevention and management of complications of hospitalization.

The MMP - Geriatrics nursing home practice, which relies on teams of physician

and advance practice professionals to care for the most frail older adults, is setting the community standard in medical directorship. The practice works with nursing home-based teams to improve care provided in the skilled rehab and nursing home environments and demonstrating significant impact on readmission rates to the hospital and decreasing use of anti-psychotic medications.

MMC’s outpatient Geriatrics Center is recognized for the care it provides to individuals with dementia. It combines geriatricians, psychiatrics, and social work services to support individual patients and their families in the maintenance of independence and home living, despite the challenges of a degenerative disease.

“Safe, high-quality care in geriatrics means listening to

patients, families, and all care team members in setting care goals and establishing plans for treatment,” says Heidi R. Wierman, Medical Director, Geriatric Programs. “Always at the center of care is what the patient wants; then comes identifying how we can achieve that goal while balancing safety concerns, medical needs, and social and financial stressors with patient autonomy.”



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