

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

Maine Medical Center Again Named State's Top Hospital

U.S. News & World Report *Also Recognizes Eight High-Performing Specialties*

U.S. News & World Report has once again named Maine Medical Center the top hospital in Maine while recognizing eight of our specialties as high-performing in its 2014-2015 survey of U.S. hospitals. The annual *U.S. News Best Hospitals* rankings, now in their 25th year, recognize hospitals that excel in treating the most challenging patients.

"The continued recognition we have received from *U.S.*

News underscores both our commitment to quality care and the strength and compassion of our employees," says Richard Petersen, President and CEO. "We are committed to helping Maine become the healthiest state in the nation, and accolades such as this help demonstrate that we're on our way."

In addition to being named the number-one hospital in Maine for the second year in a row, *U.S. News* also

evaluated us as having eight "high-performing" specialties. These include:

- Cancer
- Cardiology & Heart Surgery
- Geriatrics
- Gynecology
- Nephrology
- Orthopedics
- Pulmonology
- Urology

Each year, *U.S. News* assesses hospitals in 16 distinct specialties; this marks the

second year in a row that we have earned the high-performing designation in eight specialties.

"We're pleased and proud that independent research upholds our own beliefs about the programs and services we offer at Maine Medical Center," says Petersen. "I hope that it continues to become clearer to people in our area that their

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"U.S. News" from front

Life Saved, Grateful Patient Pays it Forward

In April 2013, Ray Poulin was admitted to MMC with sepsis, which later turned into septic shock. His condition became so severe he was induced into a coma.

Over the course of his stay, Ray went into renal failure, bled out through his liver, and underwent major surgery in the SCU because he was too critical to move to the OR. At one point, doctors told Ray's family that

he had only a ten percent chance of recovery and they had done all they could.

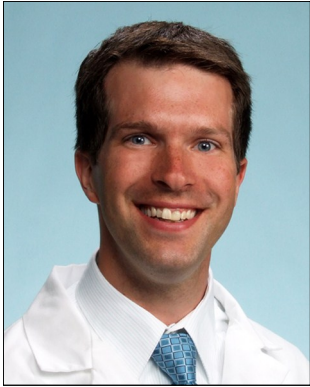
Ultimately, with the help of many doctors, nurses, rehab specialists, and other MMC caregivers, Ray pulled through and returned to his normal life. He had been in the hospital for 32 days and rehab for two weeks. When he learned that he had been

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At right: Mike Stern, M.D., receives a hug from former patient Ray Poulin during a visit last week. Ray met with some of the physicians, nurses, and other caregivers who saved his life to thank them and raise awareness about blood donation..



PEOPLE NEWS



Edward Silco, D.O.

Edward Silco, D.O., has joined The Barbara Bush Children's Hospital as a Pediatric Hospitalist, where he just completed his pediatric residency. Dr. Silco is a graduate of University of

New England College of Osteopathic Medicine. He was Co-President and VP of the UNECOM chapter of American College of Osteopathic Pediatricians, where he worked on various community programs for BBCH and other New England-area organizations. His clinical interests include evaluation and management of Apparent Life Threatening Events (ALTE) in infants.

In his free time, Dr. Silco enjoys hiking, camping, ultimate frisbee, flag football, reading, and skiing.

best option for treatment isn't two or three hours away, but rather in their own backyards."

News of Maine Medical Center's rankings follows an early June announcement from *U.S. News* in which The Barbara Bush Children's Hospital at MMC was recognized as the #35 hospital in the country for Pediatric Endocrinology & Diabetes care.

"The data tell the story — a hospital that emerged from our analysis as one of the best has much to be proud of," says U.S. News Health Rankings Editor Avery Comarow. "A Best Hospital

has demonstrated its expertise in treating the most challenging patients."

U.S. News publishes Best Hospitals to help guide patients who need a high level of care because they face particularly difficult surgery, a challenging condition or extra risk because of age or multiple health problems. Objective measures such as patient survival and safety data, adequacy of nurse staffing levels and other data largely determined the rankings in most specialties.

The rankings are available at health.usnews.com/best-hospitals.

"Life Saved" from front

given 77 units of blood product over the course of his stay in SCU, Ray decided he had to do something as thanks.

"Everyone there was amazing, I mean everyone," he says. "Every time I get to

hug my kids or wife, I thank my medical team at Maine Medical Center."

Now Ray's paying it forward by encouraging others to donate blood through a campaign called Ray's Up (raysup.org). Ray's Up promotes awareness for blood donations and organizes

blood drives. Through Ray's efforts, 44 units of blood have been collected so far. He plans to make his campaign a full-fledged non-profit to keep the momentum going.

Ray thanks the SCU employees for inspiring him. "I call the team 'Our He-

roes at Maine Medical Center,'" he says. "That's what they all are, my heroes."

In honor of Ray and other patients who need transfusions, consider donating blood next week at MMC. See the information below.

MMC Blood Drive

Monday, August 4

9 a.m. - 3 p.m.

Dana Center

Walk-ins are welcome. To schedule an appointment:

1-800-Red-Cross or redcrossblood.org.



Maine Medical Center
MaineHealth

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

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