

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

Thank You for a Successful Tobacco-Free Year

Dear Colleagues,

Thanks to all your efforts, Maine Medical Center's patients, employees, and visitors can breathe easier today.

Recognizing our role in caring for our communities beyond the walls of the organization, we officially launched our tobacco-free policy one year ago. This work abolished the use of any tobacco products across all practice sites and in company vehicles. There was a lot of work that went into preparing for and launching this initiative (putting up "no smoking" signs was the easy part!), but one year later it has paid off. Consider that:

- We have achieved the

Gold Star Standard of Excellence Award from the Maine Tobacco Free Hospital Network.

- We have standardized our approach to screening and treating tobacco users across MaineHealth.
- On average, 353 patients per month have been placed on tobacco treatment medications in the past year – a significant increase over past years.
- We have trained and educated more than 50 percent of inpatient nursing and MMP staff on our new approaches to screenings and referrals.
- 54 percent fewer employees were assessed the tobacco fee for

health benefits in 2014 than in 2013.

We know that it wasn't always easy for our patients, visitors, and employees, but we appreciate the personal sacrifices made and dedication shown to ensure we're promoting good health for everyone who comes in contact with Maine Medical Center. We know that there are some good stories out there as a result of this work — maybe you've quit or helped a colleague quit or helped a patient or family member reduce their dependence. If you're comfortable sharing such stories, we'd love to hear from you!

We are thankful for all your efforts to ensure a safer, healthier environment for

our patients, visitors, and your colleagues. You have shown tremendous dedication to the health and well-being of our communities and know that efforts such as these move us one step closer to our vision of helping Maine become the healthiest state in the nation.

Respectfully,

Wendy Osgood
VP, Adult Medicine
Services

Peter Bates
SVP, Medical and
Academic Affairs

Barbara Perry
Program Manager,
MaineHealth Center for
Tobacco Independence

Battling Butts for a Cleaner Community

Runner, machine operator, linen services — Scott Hodgdon has worn many hats during his five years at MMC, and he wears them all with determination and pride. But his most recent challenge is cleaning up cigarette butts on the Bramhall campus and in the surrounding neighborhood.

Since MMC's Tobacco-Free

Policy went into effect one year ago, and the "butt hut" smoking area was removed, cleaning up butts has become a priority for Environmental Services. Discarded butts are not only contrary to a clean, welcoming environment, but can also act as a signal that tobacco use is allowed.

Scott does morning rounds

picking up litter, emptying trash cans, and making the campus look welcoming to patients and visitors.

"I try to put myself in their [the patients'] shoes," says Scott. "You want a presentable campus."

Scott takes extra care to walk through the neighborhood, removing butts and

trash left by people who may have gone off campus to smoke.

Throwing butts on the ground is illegal, but Scott thinks the real solution is common sense. "It would be nice if people could be not as careless," he says. "It would help us keep the neighborhood cleaner."

Look how far we've come...

One Year Later: Celebrating our Tobacco Free Milestones & Successes



50%

Nursing staff trained and educated

25%

More patients counseled at bedside

3,500+

Treatment medications provided to patients

19%

Increase in Nicotine Replacement Therapy (NRT) orders at admission

156

Free nicotine replacement gum provided by our outpatient pharmacy

We're tobacco free - and Maine is one step closer to becoming the healthiest state in the nation.


Maine Medical Center
MaineHealth

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