

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

Fighting Hypertension One Patient at a Time

Maine Medical Partners (MMP) and MaineHealth have joined the Million Hearts initiative, a national campaign to prevent 1 million deaths from heart attacks and strokes over the next three years.

To help achieve these goals, MMP and MaineHealth designed a program to improve the way we follow patients in primary care practices who have been diagnosed with high blood pressure, also known as hypertension. A "call back" care model was established for any patient identified with high blood pressure and who either does not

have blood pressure controlled or has not been seen in the past 12 months. These patients will be contacted by a Population Health nurse or Medical Assistant to schedule follow-up blood pressure checks. If the patient also needs labs, these will be arranged and completed before his or her office visit. The patient will also be sent educational materials about high blood pressure and the Million Hearts campaign.

"We're proud to be part of this initiative," says Peter Amann, M.D. "The effort to manage hypertension with collaborative care is an

important step toward better heart health for our patients and will help us reach the Million Hearts goal."

Dr. Amann explains that historically we often have not ensured adequate follow up for patients identified with hypertension. This new model, he says, will help patients stay on top of their conditions with regular appointment reminders. An After-Visit Summary report will help support physicians in their conversations with patients about follow-up care and educate patients about what to expect after diagnosis. The clinical focus of Million

Hearts will be the "ABC'S":

- Aspirin for those who should use it
- Blood pressure control
- Cholesterol control
- Smoking cessation

This new initiative was launched at MMP primary care practices in February as part of National Heart Month. It is being led by Peter Amann, M.D., of MMP Scarborough Family Medicine, and a multidisciplinary team of MMP and MaineHealth staff. A pilot call-back program was con

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Blue for a Day

Carol Zechman, Director of the Maine Colorectal Cancer Control Program (MCRCCP), (left) and Aysa Sheikh, Program Manager for MCRCCP at MaineHealth, dress in blue on Monday, March 3, to recognize Colorectal Cancer (CRC) Awareness Month.

Look for special CRC Grand Rounds and other events to learn more about CRC prevention and screening. See the Intranet Calendar for event details.

PEOPLE NEWS



Janet McCulley, D.O.

Janet McCulley, D.O., has joined Maine Medical Partners' Hospital Medicine Program as a Maine Medical Center physician. McCulley comes to MMC from Hyannis, MA, where she was a Hospitalist at Cape Cod Hospital. Originally from Coventry, RI, Dr. McCulley received her medical degree from University of New England.

She completed residency at Lahey Clinic Medical Center, in Burlington, MA, and while there, supervised 3rd and 4th year Tufts medical students. As a Lahey resident, she made several medical mission trips, including one to Peru where she provided medical care to people living along the Amazon River.

Follow Flu Guidelines For Better Patient Care

Flu is on the rise in Maine, and Epidemiology and Infection Prevention has confirmed cases of Flu A and H1N1 at the hospital. MMC is taking extra precautions to protect the health of our patients, visitors, and employees:

- Masking is in effect. If you are not vaccinated against flu, you must wear a surgical mask whenever you are within six feet of a patient.
- You may still get a flu vaccine. Contact Employee Health, 662-4011, to schedule an appointment.
- Always follow proper hand hygiene and cough etiquette.
- If you are experiencing cold-like symptoms, regardless of your influenza immunization status, you must mask.
- If you have a fever, stay home.

Always follow these guidelines, and speak with your manager if you have any concerns.

"Fighting Hypertension" from front

ducted earlier this year and showed promising results. Several patients contacted through the program were identified as having unmanaged hypertension and re-

ceived treatment they otherwise may not have. The team was able to schedule patients in for a needed office visit, and more than half of this initial group of hypertensive patients had improved blood pressures by the end of the pilot.

By taking a more proactive role in the management of hypertension, MMP believes it can help patients lower their blood pressure and, more importantly, their 10 year risk of having a heart attack.

COMING UP AT MMC

**Panel Discussion
"Prevention of
Colon Cancer"
Wednesday, March 5
8–9 a.m.
Dana Center**

**Jazz In The Lobby
With Justin Liauw
Thursday, March 6
Noon – 1 p.m.
Main Lobby**

**Yoga Fridays
For MMC Employees
4–5 p.m.
East Tower Classroom 2
\$10/Class**

**Grand Rounds
"Doing Shared Decision
Making in the Real
World: Colorectal
Cancer Screening"
Wednesday, March 12
8–9 a.m.
Dana Center**

***For details on all
upcoming events, check
out the Calendar on
the MMC Intranet.***



Maine Medical Center
MaineHealth

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