

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

Total Quality Spine Bundle Shortens Hospital Stay and Speeds Up Healing

The MMC Neurosurgery team in April launched a program aimed at improving processes and outcomes for patients requiring lumbar microdiscectomy (disc herniation) treatment and procedures. The Total Quality Spine Bundle incorporates 22 elements that effectively guide patients from the time of referral to the neurosurgery practice, to their initial office visit, through the hospital experience, to comprehensive postoperative and post-discharge care.

The new process, which is useful for both surgical and

nonsurgical patients, standardizes care from outpatient to inpatient, and has many benefits for both patients and physicians. Before the bundle, various facilities used different discharge instructions; now instructions come in one clear, comprehensive package across the system. Patients also receive quicker intake and evaluation. A physiatrist (a nerve, muscle, and bone expert who treats injuries or illnesses that affect mobility) is often the first provider a patient will see. Physiatrists will decide whether more diagnostic testing is needed, may offer

patients more conservative alternatives to surgery, and discuss rehabilitation.

“Patient feedback has been encouraging and patients love having the extra information,” says Heidi Bruce, Patient Navigator. She adds that patients who have benefited from the Total Quality Spine Bundle have been “surprised and pleased” with how quickly they are seen and plans are put into place.

The bundle is a result of collaboration with MMP Neurology, The Neuroscience Institute, and Quality

and Safety. Doug Salvador, Vice President of Quality and Safety, first brought the idea to the hospital. It was modeled after Geisinger Health System’s “ProvenCare” approach, which tracks thousands of procedures with the goal of adjusting care for fewer days spent in intensive care and quicker recovery.

The bundle elements include:

- Shared Decision Making tool
- A Pain Management Policy

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PEOPLE NEWS



David Robaczewski, MD

David Robaczewski, MD, a cardiothoracic surgeon, comes to MMC from Raleigh, N.C., where he was on staff at WakeMed and Rex Hospital. Dr. Robaczewski completed medical school and residency at Wake Forest Bowman Gray School of Medicine in Winston-Salem, NC, and his cardiothoracic surgery fellowship at University of Virginia Health Sciences Center in Charlottesville,

VA. Dr. Robaczewski’s clinical interests include adult cardiac surgery as well as arrhythmia surgery. He joins the MMP Cardiothoracic Surgery practice with Drs. Quinn, Weldner, Buchanan, and Weigel.

Esther Shao, MD, PhD, has joined the MMP Maine-Health Cardiology Group and will serve as the Director of the Heart Failure Program at MMC. Dr. Shao attended Harvard College and completed medical school at the University of California at Irvine. She



Esther Shao, MD, PhD completed her residency at San Francisco Kaiser Medical Center and her Cardiology Fellowship and Heart failure/Transplant fellow

“Spine Bundle” from front

- Patient education materials that are unique to the patient scheduled for spine surgery
- Review of studies (MRI/CT Scan) with the patient during the office visit
- A post-operative appointment scheduled with their surgeon at the time their surgery is booked
- Spine Surgical Site Infection bundle is delivered; the bundle contains nine elements intended to further reduce the risk of surgical site infection in our patients.
- Follow up phone calls from our spine patient navigator or one of our

outpatient surgery nurses.

There is also a new approach to anesthesia. The “Fast Track” system allows for the use of lighter anesthetic agents and shorter acting opioids (pain medications), resulting in quicker recovery for the patient, and less time spent in the PACU and ASU.

“People News” from front

ship at University of California at Los Angeles. During her fellowship she also received a PhD in Molecular Biology from UCLA. Dr. Shao comes to MMC from the Minneapolis Heart Institute in Minneapolis, MN where she was a clinical cardiologist specializing in advanced heart failure, transplant, and ventricular assist devices (VAD).

Congratulations to **Doug Salvador, MD, MPH**, and **Linda Brady, BSN, RN**, recipients of the 2013 Rising Tide Award, a recognition by the Patient Safety Academy of individuals or organizations who have demonstrated outstanding achievement and commitment to best practices in patient safety.

Salvador, Vice President of Quality and Safety leads the Center for Performance

Improvement in efforts to strengthen performance improvement, quality, patient satisfaction, and patient safety. Salvador has worked tirelessly to promote a culture of patient safety both at MMC and throughout health organizations in the state, recently teaching a team training program to more than 3,500 Maine health care team members, residents, and students. His leadership and dedication to patient safety have contributed to the State of Maine being recognized as a leader in delivering safe, high quality care.

The NICU’s Brady recently led an interdisciplinary NICU Central Line Committee to review central line practices at MMC as compared to practices at other institutions. She ensured that all nurses, nurse practitioners, and providers were trained in accurate and

complete documentation for central line practices. Brady’s work has contributed to a nonexistent rate of central line blood stream infections in the NICU. She has served as a driving force in determining best practices and educating staff to provide evidence-based care of patients with central lines in the NICU.

The Rising Tide Awards will be presented September 13 at the 2013 Patient Safety Academy at the University of Southern Maine. The Patient Safety Academy provides knowledge- and skill-building workshops for health care professionals from Maine hospitals, physician practices, pharmacies, long-term care facilities, agencies, organizations, and advocacy groups.

COMING UP AT MMC

Farm Bus
Tuesdays - Bramhall
Wednesdays - Scarborough
3:30 - 5:15 p.m.

Miracle Jeans Day
to support BBCH
Wednesday,
September 18

Nutrition Symposium
Wednesday,
September 25
8 a.m. - 3:30 p.m.
Dana Center

Quarterly Nursing
Grand Rounds
Friday, September 13
8 - 9 a.m.
Dana Auditorium

All Nursing Councils/all
RNs Quarterly meeting
Friday, September 13
9 - 11 a.m.
Dana Auditorium

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



Maine Medical Center
MaineHealth

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