



# What's Happening

## Maine Medical Center to Embark on Bold Research Plan

MMC has announced the commencement of a new five-year strategic plan for Maine's only hospital-based biomedical research program. The plan calls for doubling the number of scientist investigators, adding more clinician researchers, and possibly adding physical space at the Maine Medical Center Research Institute building in Scarborough. The changes will be funded primarily from external sources such as research grants, and the plan ties the expansions to successful performance.

"We are at a crossroads," MMC President Vincent S. Conti explained. "Our research effort is large enough to have demonstrated that it can produce world-class research, but not large enough to reach the next level and sustain its productivity. The benefits to patients in our state have been demonstrated, and now it's time to push ahead and make this one of the premier research centers in the country—with all the attendant benefits in terms of improved care and economic development here in Maine and advancing scientific knowledge worldwide."

The plan details an increasing emphasis on "translational" research, the movement of discoveries from the laboratory

to actual patients. This "bench-to-bedside" approach is particularly suited to a hospital-based research program at a large academic medical center.

"Our discoveries are beginning to impact medical practice in Maine and elsewhere," says MMCRI Director Kenneth Ault, MD. "Researchers at Dartmouth Hitchcock in New Hampshire, for instance, are conducting animal trials in controlling the premature closing of arteries opened by angioplasty, using a control mechanism discovered at MMCRI by Tom Maciag. Pre-clinical trials of a protein developed at MMCRI are being used by other researchers at Dartmouth."

Research that benefits patients is not a new concept at Maine Medical Center. Long before there was a formal research program, committed physicians and scientists engaged in the investigation and experimentation that brought programs like kidney dialysis and open heart surgery to Maine—well before they were commonplace elsewhere.

Later on, clinical trials of thrombolytic agents (used to reopen coronary arteries during a heart attack) brought the now-familiar "clot-busters" to Maine even before they were approved

## MaineHealth Introduces Remote Intensive Care Monitoring to Maine

*Maine Medical Center to be first operational location*

MaineHealth announced today the acquisition of a new remote monitoring system that will help doctors and nurses improve care, save lives, and lower costs in intensive care units throughout the state. The VISICU eICU allows remote monitoring of patients in multiple locations, from a central station staffed by intensive care physicians and nurses. The system will be deployed first at Maine Medical Center, then at other MaineHealth affiliated hospitals. It also will be available to hospitals outside the system after MaineHealth implementation is complete.

This is the first installation of the VISICU eICU in New England, and only the 17<sup>th</sup> in the country. Other users include OhioHealth, Tripler Army Medical Center, and the University of Pennsylvania Health System. MaineHealth will invest \$4 million in first-year costs to bring the system online.

"The sickest and most vulnerable patients in a hospital are in its intensive care unit,"

RESEARCH, CONTINUED ON PAGE 4

ICU, CONTINUED ON PAGE 8

## Lights, Camera ... Operate

A new state-of-the-art operating room opened in April at Maine Medical Center. The one-of-a-kind room is equipped with computers that respond to voice commands and provide high definition video images of surgical procedures. It allows our surgeons to perform cutting-edge operations not being offered elsewhere in Maine, and it will give MMC and other surgeons the benefit of connecting via live video and audio technology.

The room looks like other ORs – bright lights, lots of equipment, sterile instruments – but the technology in the room is different. With just a word, the surgeon can dim the lights, inflate a tube, zoom in with the camera, take a digital photograph – even make a phone call.

“The surgeons, OR staff, and engineers at the Medical Center have helped bring the hospital to this level,” says Roy Cobean, MD, Medical Director of MMC’s Bariatric Surgery Center. “Providing our surgeons with a great new operative environment will help them continue to lead the region in surgical innovation.” It’s an innovation that can link MMC’s new advanced videoscopic OR with any approved telemedicine station. A surgeon could send live images of an unexpected liver tumor, for example, to a liver specialist across town, and the two could then perform the biopsy “together”, Dr. Cobean says.

“It’s changed the way we move around the operating room and table,” says Renee Wolff, MD, Assistant Medical Director of MMC’s Bariatric Surgery Center. “We can complete the same functions with greater ease and efficiency, while giving our full attention to the patient.”

The technology is called Sidne, and works in combination with Stryker electronics and Skytron boom systems. Besides responding to voice commands, Sidne allows the circulating nurse — who would ordinarily move about the room to adjust equipment, lights, and monitors — to manipulate these functions from a single station.

In a traditional operating room, a nurse wheels equipment around the room as needed. The new OR has a boom, or equipment tower, that moves right up to the operating table. Flat screen monitors can be moved around and across the patient, allowing the surgeon to remain in one place throughout the operation.

“We don’t need to get the equipment to the right spot because it’s always in the right spot,” says Kerry LaPage, RN. “It can be positioned in the best position for every operation.”

The new OR is being used primarily for advanced videoscopic procedures, such as laparoscopy and GI endoscopy. Maine Medical Center hopes to upgrade two more operating rooms with the voice recognition and HD video display technology within a year or so. ▀

## The Hepatitis Treatment Center’s Team Approach

Viral hepatitis is an illness that impacts the liver. Although there are five different forms of viral hepatitis (A, B, C, D, and E), hepatitis A, B, and C are more common in this country. Immunizations exist for only hepatitis A and B, but hepatitis C is the most common form on the disease in Maine.

The MMC Hepatitis Treatment Center, headed by Dr. Alan Kilby, opened in 2003 with the help of a grant from the Maine Health Access Foundation and the commitment of Maine Medical Center to address this growing health issue.

Only 30% of the estimated 20,000 infected individuals in Maine are aware that they even have this virus. Hepatitis C is the underlying cause for the majority of liver transplants and can result in cirrhosis (scarring of the liver), liver cancer, or in severe cases, even death.

Although it is possible to become infected with hepatitis C in a variety of ways, two most common methods are sharing needles for drug use and receiving blood transfusions or blood products prior to 1992. People infected with hepatitis can be asymptomatic or experience any combination of fatigue, loss of appetite, nausea, abdominal pain, joint pain, and fever. The treatment is quite arduous, lasting from 24 to 48 weeks and consists of oral medication and weekly injections.

Since symptoms may not be present for 10-30 years after a person is infected, the majority of patients often discover that they have hepatitis after donating blood or while addressing other health

## Honor to Sustain

We are looking for employees who are committed to cultivating and sustaining exceptional benefits, growth opportunities, and compensation that recognizes years of service to Maine Medical Center. The Honor to Sustain Team meets the third Wednesday of every month from 3:00-4:00 p.m. in the Dana Center. Please take this opportunity to participate in this dynamic group on behalf of all employees at MMC! If you have any questions, please send an email to [HONOR\\_TO\\_SUSTAIN@mmc.org](mailto:HONOR_TO_SUSTAIN@mmc.org) or contact Donna McGrew at x2654. ▀

## Peer Recognition Program Kicks Off



Peer Recognition is a new program being introduced this month that will enable peers to recognize each other for their contributions toward providing the best aspects of customer service and safe patient and family centered care.

This program was developed by the Rewards and Recognition Team, an employee-led group that stemmed from the We Are MMC customer service efforts. The Recognition Team is comprised of employees from various departments at MMC who have volunteered their time to see this program to its completion. When the team started two years ago, their goal was the same as it is today: to develop and introduce an easy-to-use program that would enable all staff working at Maine Medical Center, regardless of their location, to recognize their peers, co-workers, and internal or external customers, by using a simple nomination process.

Lee Staples, Telecommunications Network Services, and leader of the Rewards and Recognition Team, is especially proud of the work the team has done.

"We focused on developing a program that would be easy to use and meaningful to everyone," says Staples.

"Recognition of any means is something that is very important to people and the Peer Recognition program will provide this opportunity."

The final piece of the program fell into place when Beth Cary, Executive Assistant, stepped forward as the volunteer administrator of the program. Her role includes tracking nomination forms, distributing certificates and pins.

Cary can be reached via e-mail at: [peerrecognition@mmc.org](mailto:peerrecognition@mmc.org). She is available to answer questions along with other members of the Rewards and Recognition Team.

"This is a simple, straightforward way for employees to recognize each other for a job well done," says Marty Riehle, Associate Vice President/ Associate Chief Nursing Officer.

Who can be nominated? The nominee can be anyone within MMC who embodies the We Are MMC customer service and respect standards and demonstrates a commitment to safe patient and family centered care. Additional criteria include:

- Enthusiasm for helping others
- Excellence in customer service on a consistent basis
- A positive attitude
- An attentiveness to external and internal customers
- A willingness to share in team efforts
- An ability to share information freely and in a timely manner
- Identifies potential patient safety concerns and proactively seeks out resolution
- Efforts toward the safe patient & family centered care initiatives.

Those individuals who meet the nomination criteria will be rewarded with a pin that can be proudly displayed. In short, if you see a peer doing a great job, then recognize them for it! And, then, do it again! There's no limit to the number of times a

PEER, CONTINUED ON PAGE 5

## Maine Medical Center Receives City Council Approval for Expansion Project

In late April Maine Medical Center received special zoning approval from the Portland City Council for the hospital's expansion project. In a unanimous vote, the Council granted a conditional zoning agreement allowing MMC to exceed certain height and setback limitations to build a new center for obstetrics/newborns, a parking garage, a helipad, and a central utility plant.

This is the latest in a series of steps that need to be completed before construction can begin. Later in May, MMC is scheduled to return to the City Planning Board for final site plan approval. Once that is complete, demolition of the existing Charles Street Building and excavation of the new parking garage is expected to begin this summer.

"Although we are still required to go back to the Planning Board for final site approval, this is a sign that the City of Portland is supportive of our expansion," says Vincent S. Conti, President and CEO of Maine Medical Center. "This action marks the conclusion of what has been close to a two and a half year State and City approval process. We're thankful to everyone who we have worked with to reach this point."

As part of the zoning agreement, Maine Medical Center has agreed to fund

EXPANSION, CONTINUED ON BACK PAGE

## RESEARCH, CONTINUED FROM PAGE 1

for general use. The same held true for the very latest advances like coated “stents” used to help keep coronary arteries open after angioplasty.

Cancer patients in Maine have long benefitted from access to the very latest clinical trials and new protocols available anywhere in the world, because of MMC’s research programs and connections to other research centers. And a new approach to schizophrenia treatment is already helping Maine youth, as the MMC PIER program investigates the dramatic results of early intervention.

The research initiative is good news for patients, but it is also good news for the Maine economy. In just the past three years, MMCRI has attracted more than \$20 million of federal money for research—“new” money flowing into the state economy. Depending upon the particular grant, 50-75% of the funds are paid out in the form of salaries to people living in the area, and they in turn pay income and property taxes and spend much of the rest locally for services.

The Maine Biomedical Research Coalition, of which MMCRI is a member, estimates that of the \$45 million the State of Maine itself has invested in biomedical research in the past few years,

the labs receiving those funds have accomplished a better than 6 to 1 return on the investment by attracting additional federal and private grants.

“A thriving biomedical research community also will help stem the ‘brain drain’ that threatens Maine and other small states,” Dr. Ault says. “Already, we see our students staying home or returning home after advanced training. One participant in our summer student program has returned to Maine with her biotechnology company, and another is taking her Ph.D. training in Maine, thanks to a cooperative Ph.D. program with the University of Maine.

“In fact,” he says, “the drain is reversing. Twenty percent of our employees are foreign nationals who are seeking opportunities that just don’t exist in their home countries.”

“Research has all these benefits,” Conti says, “and on top of it all, it’s a clean, non-polluting industry that doesn’t negatively impact the environment or require extensive state or local infrastructure changes. It’s an ideal fit for Maine in so many ways, and we’re proud to be taking these bold steps toward making it even more valuable for our state.”

## HEPATITIS, CONTINUED FROM PAGE 2

concerns. Public education is particularly important in order to increase public awareness and routine screening for the hepatitis virus.

Dr. Kilby has been involved in addressing hepatitis since 1997, when he served on the steering committee of a statewide work group. He assisted in developing a comprehensive statewide needs assessment on hepatitis C infection in Maine. In addition to Dr. Kilby, Jane Pringle, MD, Director of Ambulatory Medicine; Ann McPhee, RN, Nursing Director of the Outpatient Department; and Cindy Tack, LCSW, Director of Patient and Family Services, participated in the planning of the first statewide conference to address hepatitis.

The MMC Hepatitis Treatment Center offers comprehensive treatment for hepatitis, including screening, vaccinations, treatment, close monitoring, counseling services, and a monthly support group. It is a part of the MMC Virology Treatment Center that also includes the HIV Treatment Center (also known as the Aids Consult Service).

The HTC expanded its program last fall after being selected as one of the national sites for the IDEAL Research project. The IDEAL program, which is still accepting patients, offers no cost treatment to qualifying individuals infected with Hepatitis C, genotype 1.

“Treatment of what was a little known disease 15 years ago has come a long way”, according to Dr. Kilby. MMC’s Hepatitis Treatment Center offers a comprehensive, team approach to providing services to a population that has been significantly underserved in the past. For additional information, please feel welcome to contact the Hepatitis Treatment Center at 662-2099.

### Vascular Center announces mini in-service for May

The MMC Vascular Center in conjunction with the newly formed vascular center nursing subcommittee is pleased to present a 30 minute in-service:

#### *“Through Thick and Thin”: Anticoagulation and Antiplatelet Therapy*

By Dr. Jacqueline Hedlund, MD  
Maine Center for Cancer Medicine

Monday, May 23, 7:45-8:15 a.m., Dana Center #2

Wednesday, May 25, 2-2:30 p.m., Dana Center #1

Come and enhance your practice around anti-coagulation therapy.  
Refreshments will be served!

## Mentoring Program Rewarding for both Student and Mentor

I have marked my calendar for May 15. That is the date Gatluak Puk graduates from Southern Maine Community College with a degree in Cardiovascular Technology. This will be the second time I have seen Gatluak graduate. I was also there for his graduation from Portland High School where I first met him through MMC's Mentoring Program.



During our time together, Gatluak has progressed from being a fatherless refugee from Sudan to a self-sufficient young man with a goal. Through my many years as Photography Services Coordinator at Maine Medical Center, I was able to help him talk to the right people to

help him achieve those goals. First, was finding him employment in Food Services by recommending him to John Romano, Manager Culinary and Nutritional Services. Gatluak expressed a desire to work in the healthcare field, in particular Cardiovascular Technology. I arranged an interview with former MMC employee Ron Walters, now the director of the Cardiovascular Technology program at Southern Maine Community College. Gatluak was also able to do a job shadow in the Cath Lab through my contacting Ann Hall, Director Cardiac Cath Services.

Other skills, such as navigating the bus system, preparing his tax return, and fixing the window of his car came up over the years. One of my favorite times with him was going to the movies and having him reveal to me right before it started that he had never been to a movie before.

His determination to reach his goals never ceases to amaze me. He has always asked so little from me in time but seems to benefit from what I have been able to do for him.

Even though I continue to mentor other students since Gatluak, we still maintain a mentoring relationship in some small way. Hopefully that will never end.

—Larry Gorton

Above photo: Larry Gorton, Photography Services Coordinator, Audio Visual, left, with Gatluak Puk, who is graduating this month from Southern Maine Community College. Gorton has been a mentor to Gatluak for 5 years. The two met through MMC's Mentoring Program. For more information on how you can become a mentor, contact Elisa McPhee, Vocational Services, 662-2088.



Jill Timberlake, left, and husband, Craig, with their new arrival, Benjamin Ryan. Timberlake was one of six mothers who gave birth at MMC on Mother's Day. She says the birth is extra special because it is the couple's first child. Baby Benjamin was 5 pounds, 15 ounces, and 19 inches long when born. Congratulations!

PEER, CONTINUED FROM PAGE 3

person can be recognized.

How do you nominate someone? It's quick and easy. Just go to the Peer Recognition Program's Intranet site, <http://my.mmc.org/C1/PeerRecognitionProgram> where you can get to know the Recognition Team, download instructions, forms and read frequently asked questions.

"This is a great way to recognize fellow employees for demonstrating customer service and patient safety excellence," says Kevin McGovern, Associate Vice President, Cardiac Services. "I hope people start to use it right away!"

### Southern Maine EMS Children's Safety and Health Fair

May 18, 2005

9:00 a.m. - 6:00 p.m.

Portland Expo Building

*Bike helmet safety, car seat safety checks, and much more!*

*For more information, contact Mike Favreau, 662-2950.*



## 57<sup>th</sup> Annual Honor Night: An Evening of Stars



Maine Medical Center will be celebrating An Evening of Stars at the 57<sup>th</sup> Annual Honor Night on Friday, June 3. Employees with five years or more of service are invited to join the celebration at the Holiday Inn by the Bay in Portland. This year, 3,359 employees are eligible to attend and will receive an invitation, sent to their home.

The evening begins at 1700 hours with dinner at 1730 hours. Guests are invited to join employees for dancing after the awards ceremony, at around 2000 hours. This year's theme is **An Evening of Stars - Red Carpet Event**. Formal attire is optional.

Music for your dancing pleasure will be provided by Two Bass Jon, playing everything from swing to rock and from oldies to contemporary. With their great sound and presentation they're sure to keep the dance floor filled. For more information about Two Bass Jon go to: [www.twobassjon.com](http://www.twobassjon.com).

Employees who were invited to Honor Night but will be working and unable to attend will have a special dinner in Impressions Café at the Bramhall Campus and the Brighton Room at the Brighton Campus. Evening shift employees at Bramhall will dine between 1600 and 1900 hours, and evening shift staff at Brighton will have dinner between 1630 and 1830 hours. Night shift employees at Bramhall only will be served from midnight to 0200 hours. Tickets for these meals will be available through department supervisors.

Free parking will be provided at three Holiday Inn parking lots.

Many departments celebrate Honor Night together. Make plans with your co-workers and friends to have fun, dance the night away, and be celebrated for your service at MMC!

Congratulations to the MMC employees celebrating service anniversaries!

### 20 Years

Gail Ayre  
Barbara Barrett  
Peter Beaupre  
Beth Bejcek  
Kristi Bennett  
Joel Botler  
Ina Boulier  
Susan Brown  
Denise Carpenter  
Janet Chartier  
Jane Christensen  
David Cloutier  
Olia Cobb  
Roger Collard  
Russell Correia  
Patricia Cote  
Cheryl Coyne  
Helen Cyr-Alves  
Deborah Dolan  
Melinda Dorr  
Tina Driscoll  
Michelle Duval  
Alleen Eastwood

Maryann Evans  
Dawn Fairfield  
Linda Fenton  
Maureen Fenton  
Deanna Foster  
Thomas Fournier  
Judith Gilman  
Gerard Goulet  
Leslie Grimes-Fischer  
Shellie Hanrahan  
Carmela Holden  
Amy Hyland  
Paul Jones  
Jacqueline Kane  
Stacy Keenan  
Janet Kemberling  
Andrea Killinger  
Roxanne Knowles  
Nancy Knudsen-Plourde  
Lois Lefebvre  
April Libby  
Christine Lord  
Lori Luebbert  
James Lyden

Dale Malone  
Norma McGill  
Susan McNamara  
Sovann Meas  
Claudette Mimeault  
Julie Newcomb  
Joseph O'Malley  
Ancilla Parent  
Michael Poulin  
Jane Quirk  
Timothy Rasmussen  
Susan Reeder  
Charles Rogers  
Rebecca Roper  
Patrice Roy  
Lucretia Salvatore  
Thomas Sargent  
Kenna Small  
Shirley Spiers  
Jean Thibault  
Debra Traugh  
Sally Whitten  
Julie Williams

## 25 Years

Towanna Ahearn  
Laurelei Babbidge  
Ruth Bachelder  
Carolyn Barber  
Normand Beaudoin  
Pierrette Bicknell  
James Bright  
Dorrit Buckley  
Bridget Burke  
Sheila Carmichael  
Lucille Caron  
Joan Carpenter  
Gail Chop  
Elaine Clark  
Marian Clark  
Wayne Clark  
Jane Cleaves  
Dorothy Coffin  
Colleen Colbath  
Sandra Colello  
Esther Corcoran  
Merrill Cox  
Brian Craig  
Stephanie Curran  
Lorraine Cyr  
Ricky Dahms  
Lora Dixon  
Janice Doherty  
Sharon Donahue  
Gloria Dunsmoor  
John Dziodzio  
Judith Faren  
Sally Fitzgerald  
Mary Foley  
Nancy Fortier  
Janice Gallant  
Gregory Gelinas  
Margaret Grazewski  
Margaret Guthrie  
Carolyn Hale-Tinsman  
Margaret Halpin  
Mary Jo Heal  
Maxey Hevey  
Sarah Holmquist  
Vernon Hovey  
Robin Hughes  
Linda Hurley  
Ruthanne Hutchins  
Carla Hutchinson

Lisa Jackson  
Bonita Jensen  
Christine Johnson  
Linda Josti  
Carolyn Kelley  
Janice Kneeland  
Catherine Langella-White  
Karen Libby  
Trudy Lyon  
Kathleen McCarthy  
Theresa McGeehan  
John Meehan  
Mary Morgan  
Debra Pettengill  
Susan Plympton  
Robin Pratt-Pooler  
Caryn Radziucz  
Martha Richardson  
Joyce Robida  
Pamela Rowell  
Carol Rumo  
Brenda Sampietro  
Debra Sawtelle  
Anthony Scarpelli  
Sharyn Shearer  
Kathleen Skilling  
Kathleen Szatko  
Andrea Varnum  
Angela Vereshko  
Rhonda Vosmus  
Betty Walls  
Elizabeth Winchenbach  
Elizabeth Wooley

## 30 Years

Eric Anderson  
Leisa Archambault  
S. Thomas Bigos  
Linda Boucher  
Joanne Brewster  
Cynthia Bridgham  
Susan Brown  
Rose Burnham  
Teresa Champagne  
Barbara Clancy  
Gail Crocker  
Cynthia Croteau  
Sandra Dudley  
Linda Eastman  
Betty Edson

Meredith Elcome  
William Eldridge  
William Elgee  
Patricia Faulk  
Norma Francis  
Michael Harkins  
Dorothy Herrick  
Nancy Hersey  
Donna Hutchins  
Molly Jackson  
Bonnie Jewett  
David Jones  
Sandra Jordan  
Mary Keysor  
Ruth Kimball  
Diana Lampron  
Penelope Loura  
Linda McKenney  
Ann McPhee  
Roland Michel  
Brian Moore  
Rachel Peavey  
Jeanne Savage  
Rosellen Taylor  
Dana Trufant  
Theresa Webber  
Barbara Winship

## 35 Years

Marcia Abildgaard\*  
Richard Balser  
Eugenia Coughlin  
Barbara Ellsworth  
Vicki Frost  
Paulette Gallant  
Valerie Hodgdon  
Clifford Hoover  
Dale Morin  
Geraldine Pompeo  
Ann Rust  
Alan Schock  
Natalie Twaddel  
Leah Vosmus

## 40 Years

Marlene Cook  
Mary Fortin  
Anita Marston  
John Romano

\*Recognizing retiring employee with combined years of service. ▶

ICU, FROM PAGE 1

says Robert McArtor, MD, Chief Medical Officer at MaineHealth. "The eICU enables a board-certified intensive care specialist to be involved in the care of a patient hundreds of miles away, in real time. This new system of care will allow all MaineHealth hospitals to consistently offer their sickest patients high quality care."

The eICU does not replace local physicians, but it does give them the benefit of having specialist physicians and trained intensive care nurses "watching" their patients – quite literally at times: the eICU features audio and video connections to each patient room, as well as continuous monitoring and tracking of patient conditions. It allows for the display of trended information in real time, and uses visual alerts to announce any problematic change in the patient's condition.

The VISICU eICU product was implemented at Norfolk, Virginia's Sentara Norfolk General Hospital in 2001, and an outside audit of the first six months of operation found that it:

- Reduced mortality by 25%.
- Decreased length-of-stay by 17%.
- Increased intensive care unit capacity by 20% as a result of shorter length of stay.
- Reduced costs by 26%.

"These kind of results are very impressive," says Bill Caron, President of MaineHealth. "This very expensive technology has been implemented in some of the best hospitals in the nation, and the savings in lives and ultimately in dollars make it an important investment. It's the kind of service that is possible only because we have forward-thinking clinical and administrative leadership, and one of the finest tertiary care hospitals in the country from which to build the system."

ICU, CONTINUED ON PAGE 11

## Decontamination Training Boosts MMC's Disaster Readiness

Last month, MMC's Safety Department completed the second session of decontamination training, doubling the number of Maine Medical Center's trained personnel.

The two-day course, which was held in collaboration with the Maine Emergency Management Agency, was designed for employees who might come into contact with hazardous materials. This may be due to a contaminated patient or victims of a HAZMAT incident or any other type of disaster that would require MMC to activate the decontamination tent. The session was geared toward staff in the Emergency Department, Nursing, Safety, REMIS, Engineering, Security, and Environmental Services.

The training covered emergency planning, the Hospital Emergency Incident Command System (HEICS), hazardous materials awareness, personal and protective equipment use and care, and the decontamination process. The first day of the training was classroom based; the second day was hands-on. The group learned how to set up the mobile decontamination tent and used a 140 pound mannequin to practice decontamination procedures.

"This is a step forward in our ever-improving emergency management plan," says Tom Hatch, Safety Manager. "You can never truly anticipate when or what type of emergency will occur, but this type of training will allow us to respond more quickly and efficiently."

Since September 11, 2001, many organizations, including hospitals, have beefed up their emergency response systems. Maine Medical Center developed the HEICS system, and holds various drills and training exercises each year.

The hospital's goal is to have 100 people trained in hazardous waste response. If you would like to learn more about the next training session, call Tom Hatch, x2513 or e-mail him at [hatcht@mmc.org](mailto:hatcht@mmc.org). For more information, including photos of the training, go to the Safety Intranet site: <http://my.mmc.org/C5/SAFETY>. ▶



Participants in the hazmat training class learned how to activate MMC's decontamination tent. In a real emergency situation, the tent can be transported to the site and readied with a moment's notice.



## HR Corner

# Employee Benefit News

### Full-Time Student Reminder

Employees who are covering dependents ages 19 to 25 who will be graduating this semester from college, need to be in touch with the Employee Benefits Office to complete an Application for Change form to remove them from Health, Dental and Dependent Life Insurance Benefits.

### Website Reminder

Employees may access their benefit plan information and summary plan descriptions by going to the Human Resources home page on the MMC Intranet and clicking the "Benefits Information" link. Descriptive plan information, as well as forms and benefit plan details can be found in the Benefits document library.

### Departing Residents

Physicians finishing up their residencies will be mailed COBRA continuation election forms for health and dental insurance, along with life insurance portability forms no later than mid-June. There is a sixty day period required by law to make continuation elections. Please refer any questions to the Employee Benefits Office at 662-2310.

### Updates and New Discounts

#### Pape Chevrolet

See Scott Curit  
425 Westbrook St.  
South Portland  
775-6111

Special pricing on new and certain used vehicles and a full tank of gas upon purchase.

### Basics Fitness Center

380 Western Ave, So. Portland  
774-3536

Basics is a family owned and operated business. They take pride in being a clean, service-oriented gym, with the very best equipment and inspiring atmosphere.

MMC employees may try them out free for two weeks!

- Free One-on-One Instruction Included
- No Long-Term Contracts
- \$39/month (based on 1 year electronic transfer)
- \$179 for 3 months paid in full
- \$234 for 6 months paid in full
- \$468 for 12 months paid in full.

### Oak Hill Outfitters Canoes & Kayaks

871 Sabattus Rd, Sabattus  
375-4930 or 1-866-375-4930

Over 100 canoes & kayaks to offer. 10% discount on all normally priced items, including the many accessories

### Paradiso Salon & Spa

36 Market Street, Portland  
879-7414  
www.paradisosalonandspa.com

A full service salon and day spa specializing in massage, customized facials, spa manicures and pedicures, body treatments, and hair services. Day packages. Bridal Parties. Gift Certificates available on-line. 10% Discount on products.

### In Focus Salon & Day Spa

736 Forest Ave, Portland  
871-8942

15% off services, 10% off products, 20% off hair color services. \$15.00 Men's hair cuts on Tuesday. Try their 75 min. pedicure/manicure. Show your MMC badge for discounts.

### 403(b) Retirement Plan

New employees and employees who are not-so-new may wish to schedule some time to attend the 403(b) presentation/informational sessions held May 12, from 1-2 p.m. and June 14 from 4-5 p.m. in Dana Center Classroom 1. Our Lincoln Rep, Jenny Billings, is also available to meet with you individually. She can be reached at 774-1113.

Remember, MMC will match 50% of any employee's contribution to the 403(b) program up to a total match of 2% for a 4% of pay contribution. If you are not participating, you are missing the opportunity to receive an additional 2% of pay! ▶

## Weight Watchers Open House

Weight Watchers will be holding an open house on Tuesday, June 7 for those interested in joining the at-work Weight Watchers program at Maine Medical Center.

There will be two times offered for the open houses on June 7. The first one is at noon in Dana Center Classroom #1 and the second one will be 3:00 p.m. in Classroom #2.

We need 15 prepaid members to have a class. The noon class is very popular. To be able to have afternoon class we will need a minimum of 15 to register for this class. If you have any questions please contact Beth at 662-2734. ▶

# Marketplace

*So that everyone has an opportunity to use the Marketplace, ads may be placed once. Repeats will be permitted only as space permits.*

## FOR RENT

S Ptl'd, renovated 2BR, D/W, W/D hookup, pkg, N/S, N/P. \$800/mo+ utils & dep. Call 774-9447.

Lg 1BR in West End home. Water views, storage, pkg, laundry, yard. Walk to MMC. \$1100/mo incl H/HW. NS, no dogs. Call 773-7769.

Share S Ptl'd office w/ 3 therapists. Quiet dead-end w/ ocean view. Incl free pkg, shared K & BA, waiting room, copier, fax. Call 653-0902.

E Prom, Portland House. Furn 1BR, ocean views, lg balcony, 24 hr security, garage, NS, pets nego. \$1750/mo incl utils. Call 714-272-3852 or [glecoinc@aol.com](mailto:glecoinc@aol.com).

Portland, quiet 2BR condo. 2BA, garage, fplc, finished attic, close to Brighton & MMC. \$1400/mo. Call 797-4568.

Cozy 1BR & lg 2BR + office. Walk to MMC, pkg, on-site laundry. \$625 & \$1200/mo, heat incl. Call 642-5236.

Lg 4BR house & 3BR, 1BA house in Brighton area. \$1250 & \$1200/mo+ utils. Lease & refs. Call 662-8065 or email [perrya1@mmc.org](mailto:perrya1@mmc.org)

Oob summer beach rental. Quiet, lg 2BR, near beach, patio w/ views, walk downtown, sleeps 6. \$850-\$900/wk. Off season rates for June. Call 934-7876 or email [Hightide2001us@yahoo.com](mailto:Hightide2001us@yahoo.com).

S Ptl'd waterfront. Sunny 2BR, H2O views, hdwd, W/D hook-up, pkg, NS, NP. \$1300/mo+ utils, dep, refs. Call 767-5810.

Walk to MMC & Old Port. Sunny, 1BR condo, gas fplc, hdwd, granite, pkg, quiet. \$1150/mo incl heat. Call 871-9793.

Falmouth Foreside, year rd cottage. Lg 1BR, 1BA, LR, DR, full K. Furn if wanted. \$1050/mo incl utils & dock. Call 781-2426.

2BR condo, E Prom. Nice views, hdwd, w/d. NS, NP. \$1200/mo+ dep. Call 780-6557.

Taylor St, Portland. Owner occ, renovated, 2BR. Skylights, tile, hdwd, pkg, NS, NP. \$875/mo. Call 807-0506.

Portland, East End. Sunny 3BR, 1<sup>st</sup> floor, w/d hookup, back yard. NS, pets nego. \$1075/mo+ utils. Call 899-1320.

Sebago Lake, cottage w/ priv beach. 3+BR, up to 10 people. Wkly rental, June-Sept. \$1000-1500/wk. Call 839-5964.

Falmouth, 2BR ranch, fully applianced. \$1600/mo+ utils. Call 775-0333.

West Road, Waldoboro. 2BR house, garage, NS. Short or long term rental. Rate negotiable. Call 247-4414.

S Ptl'd, 3-4BR, 2BA, near Greenbelt. Pkg, NP. \$1300/mo+ dep. Call 799-0942.

New Peaks Island, year round. 950sqft, 2BR, 1 + BA, mudroom, K, LR, DR, W/D hookup. Hdwd, tile, D/W in quiet, wooded area. \$1000/mo. Call 766-3323 or [ceisenberg@rwl.com](mailto:ceisenberg@rwl.com).

Ptl'd 2BR house. Hdwd, tile, skylight, W/D, deck, quiet area. NP. \$1100/mo+ utils. Call 799-0425.

1850 Cape near MMC. 4BR, LR w/ stove, DR, 2BA, study, K w/ updates. W/D, deck, courtyard & garage. NS, NP. \$1500/mo incl utils. Call 603-847-3404 or 603-381-0123.

Portland, 10 Deering St. Historic brick 1 BR, 1st fl, sunny, hdwd, high ceilings, quiet, NS, NP.

\$850/mo incl H/HW + dep. Call 828-4665 x315 or 415-4742.

New 1BR, country setting. Carpeting, eat in K, W/D hook-up, priv entrance & pkg. \$985/mo heat incl + 1<sup>st</sup> and last & sec dep. Call 781-662-8955.

## Roomates

Share Cape Eliz house. Close to MMC, NS, NP, near ocean. Avail 6/1. \$800/mo incl utils+ dep & refs. Call 408-6145.

Pleasant Ave, Ptl'd. F to share apt, sunny, attic BR, 375 sq' w/ priv BA, W/D, furn if needed. Share K & LR. \$600/mo utils incl. Call 761-4389.

Scarboro, single prof M, mid 40's, to share home. \$500/mo incl utils, Road Runner & garage. Call 232-1876 or [kmckee@maine.rr.com](mailto:kmckee@maine.rr.com).

20+ prof N/S M to share 3BR house. Close to MMC, big yd, hdwd, 2 car garage. \$500/mo+ utils. Call 409-9341.

20+ prof N/S M to share 3BR house. Close to MMC, big yd, hdwd, 2 car garage. \$500/mo+ utils. Call 409-9341.

West end, Portland, historic bldg. Sunny 2BR furn condo, hdwd, D/W, laundry, near MMC. Prof, NS, NP. \$475/mo+ + utils. Call 871-8620.

NS prof seeking same to share 3BR, 2BA home in Pine Point. Pets negot. \$975/mo+ dep, incl utils. Call 883-2920.

## For Sale

Canon BJC 2110 printer, barely used. \$45/BO. Call 662-3631 3-9 p.m.

Old Town Nantucket expedition kayak, rudder, 2 hatches, 14' 9". Incl skirt, cover & paddle. \$600. Call 799-4547

Nichols & Stone 48" dark oak round pedestal DR table w/ 1 leaf and 4 chairs. \$400 Call 846-9507.

Bowflex Power Pro exercise machine. Like new, \$700/BO. Call 797-9666.

Antique walnut desk w/ intricate wood grain pattern & orig pulls, 27" X 50." Exc cond, \$1300. Call 842-0160.

Canon Bubble Jet, BJC 2101 printer. \$35. Call 774-4437 or 775-0853.

## Vehicles for Sale

2002 Mazda Protégé 3, hatchback. Sporty red car, 53k mi, warranty. \$9700. 1999 Harley Roadking Classic. Loaded, lots of chrome. 16K mi. \$15,200. Call 450-7721.

2000 Volvo, V70R, AWD wagon. 74,500 mi, silver, \$15,995. Call 885-0447 or [dmorrow1@maine.rr.com](mailto:dmorrow1@maine.rr.com).

1996 Ford Bronco XL. V8, 4WD, 105K mi, 5spd, A/C, hitch, new 31" tires. Runs great, \$2500. Call 939-2426 or [CBRETT@maine.rr.com](mailto:CBRETT@maine.rr.com).

1996 Volkswagen Jetta. 5spd, new tires, moon roof, sec system, A/C, runs well. \$2,500/BO. Call 998-5663 or [caronp@mmc.org](mailto:caronp@mmc.org).

2002 Toyota Tundra, Limited. 4wd, access cab, loaded, ex cond. 34k mi, \$23,900/BO. Call 318-2742 or [mrhme@gwi.net](mailto:mrhme@gwi.net).

1998 Honda Civic DX. 4dr, 5spd, 1 owner, 100k, well maintained. \$4600/BO. Call 232-6769.

1999 Jeep Grand Cherokee Laredo. Auto, 4wd, a/c, CD, leather, 102k mi. \$7500/BO. Call 892-5521 or 415-3765.

2004 Toyota Corolla. Auto, 4WD, AC, CD/Cassette/Stereo, silver. 14k mi, factory warranty, exc cond. \$13,000. Email [chambc1@mmc.org](mailto:chambc1@mmc.org).

Loaded, 2004 Chevy Trailblazer. Dealer maintained, exc cond. \$29,800/BO. 1988, 27' Santego Caver, twin engines, fully loaded, sleeps 6. Sea-doo speedster w/trailer, \$2000/BO. John Deer tractor mower & plow. \$1,300/BO. Call 799-6370 or [vanhod@mmc.org](mailto:vanhod@mmc.org).

1995 VW Jetta Celebration, 4 door, great condition. 188,000 miles, new timing belt, new fuel pump, replaced head gasket. Dependable, safe first time car for new driver. Call 998-4886. \$2,500 or B/O.

## Services

Quality interior/exterior painting. Refs avail & free estimates. Call 712-5952.

Guitar lessons in my home studio, eves & Sat. \$20/hr. Call 773-7142.

## Wanted

Looking to buy the book, "In the Streets Half Heard," by Edward McKeon. Please call 772-3360 after 4 pm.

## Real Estate for Sale

2BR, 2BA condo in West End. Walk to MMC, multilevel unit, W/D, storage, pkg. New appl & carpeting. \$209,000. Call 780-0281 or [adennish@maine.rr.com](mailto:adennish@maine.rr.com).

Standish, Pinetree Estates. 1998 dbl wide Champion Home, 3BR, 2 BA, fplc, Maytag W/D & fridge incl. Gas heat, gardens. \$87,000. Call 642-5568.

Clifford St, SPTld. 3BR, 1 + BA, hdwd, sunroom, garage, fenced yard. Many updates. \$269,900. Call 799-9661.

## MMC Thanks Nurses during Weeklong Celebration

This month, MMC celebrated the diverse ways our nurses, our largest group of healthcare professionals, work around the clock to provide safe patient and family-centered care—from bedside nursing in critical and acute care settings to operating rooms and clinics. From researching new ways to provide care to educating new caregivers, the depth and breadth of the nursing profession is rising to meet today's patient care challenges.

For all you do every day for our patients, their families, and our communities.... Thank you! ▶

## Endoscopy Unit Moves

The Endoscopy Unit has moved to its new location on P4D. The unit's new phone number is 662-ENDO (3636). Translogic tube system number is 34.

The deadline for the next newsletter is the third Wednesday of the month. To submit an item, sent it by interoffice mail to the Public Information Department, by e-mail to [marketplace@mmc.org](mailto:marketplace@mmc.org), or by fax to 662-4094.

**Look for Marketplace on the Intranet under Quick Links.**

ICU, FROM PAGE 8

The involvement of intensivivist physicians in the management of intensive care unit patients is so important that it was one of the first four standards promulgated by The Leapfrog Group. In order to meet minimum Leapfrog standards, a hospital's intensive care unit must be staffed with intensivists. Leapfrog has formally recognized the eICU as meeting that standard.

"This will be like standing in the doorway of the patient's room," says MMC Chief of Critical Care Medicine Sandra Bagwell, MD. "The only thing we can't do with this system is physically touch the patient. Even here in the intensive care unit, where there are intensivists present 24/7, the eICU will be invaluable. There are 42 beds in our Special Care Units, and if a physician is giving his or her full attention to a patient having serious problems, they will know that the other 41 patients are still being carefully monitored. If a serious problem develops with one of them, someone will be able to respond instantly."

The intensivivist physicians and nurses working in the eICU central station have the benefit of an extensive clinical decision support system from VISICU. The system compiles and provides the latest clinical information on any situation that might arise in the intensive care unit, including "best practice" treatment guidelines and links to the latest medical literature. Other portions of the VISICU product allow for powerful data retrieval, report generation, and information for quality management projects.

"An important benefit of the eICU is the educational opportunity it will provide," Dr. Bagwell says. "Staffing opportunities at the eICU will be open to any intensivivist or intensive care nurse from participating hospitals. The

## About People



Gail Chop, Nurse Manager, Center for Hemotherapeutics, received the National Abstract Award for Research Presentation during a recent award ceremony in Las Vegas.

**May 16**

Peer Recognition Program kick off.  
See story, p. 3.

**May 19**

United Way Day of Caring.  
Event Kick-Off Breakfast  
7:15 - 8:15 a.m.

Day of Caring Projects  
8:30 a.m. - 3 p.m. FMI:  
[bridgc@mmc.org](mailto:bridgc@mmc.org) or  
[desaj@mmc.org](mailto:desaj@mmc.org).

**May 20**

Schwartz Center Rounds.  
"Maintaining Healthy Boundaries".  
11:30 a.m. - 1 p.m.  
Dana Center Auditorium.

**May 30**

Memorial Day. MMC Holiday.

**June 3**

MMC's 57<sup>th</sup> Annual Honor Night.  
See story, p. 6.

**June 3**

MCCP Day at Sea Dogs  
Special \$2.00 tickets are only  
available at the Maine Children's  
Cancer Program Development  
Office. Call Krissy, 662-6274.  
Game starts at 7 p.m.

**June 7**

Weight Watchers Open House.  
See story, p. 9

**June 15**

15<sup>th</sup> Annual Oncology Symposium.  
Current Topics in Screening and  
Treatment of Colorectal Cancer.  
FMI: 885-7697 or [martil@mmc.org](mailto:martil@mmc.org).

**June 15**

Commute Another Way  
to Work Day.

Do you have anything to share? Whether it's a professional accomplishment, an award for your department, a paper presented, or some other noteworthy item, we'd be happy to report it in What's Happening. Just email the information to Abby Greenfield at [greena@mmc.org](mailto:greena@mmc.org), or fax it to her at 662-4094.

### REMOTE ICU, FROM PAGE 11

opportunity to rotate through will provide someone from a smaller hospital with exposure to more, and more complex, cases than they would normally see. The result will be an improvement in their skills and confidence."

The eICU will be rolled out at MMC this October. Lined up for implementation over the following year are St. Mary's Regional Medical Center in Lewiston, Miles Memorial Hospital in Damariscotta, and MaineGeneral Medical Center in Augusta and Waterville. Southern Maine Medical Center in Biddeford participated in the original program evaluation and is taking part in overseeing the system-wide implementation, while they are in the final stages of their internal decision-making. This first phase will total about 100 monitored beds. ▀

### EXPANSION, CONTINUED FROM PAGE 3

\$800,000 in community improvements in the general vicinity of MMC. Throughout the approval process, MMC has worked closely with its neighbors and city and state officials to develop an acceptable proposal.

Once construction begins, the work is expected to last three years. During that time, MMC will have a website dedicated to the construction project. Information will include site photos, project phasing, vehicular and pedestrian traffic changes, facts and figures, and more. Watch for more information soon! ▀

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The Maine Health<sup>®</sup> Family

*What's Happening?* is published the third week of the month at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England.

Comments, questions, and suggestions may be addressed to the Office of Public Information, MMC, 22 Bramhall, Street Portland, Maine 04102-3175. (207) 662-2196. Editor: Abby Greenfield.