



MCD Public Health

Insight Innovation Impact

November 2013

Project Spotlight: Blood Pressure Screening Training Program



Stacy Meyer, Lead Master Blood Pressure Trainer at MCD Public Health, conducting Blood Pressure Screening Training in Hawaii.

Approximately 67 million Americans have high blood pressure, and the U.S. CDC reports that less than half of those diagnosed with high blood pressure have it under control. To address this gap, MCD Public Health provides blood pressure training here in Maine and throughout the U.S. Training modules and resources range from a brief 15-minute physician presentation to an extensive "Train the Trainers" program, and are available in person and online.

"Just getting 'back to basics' in improving blood pressure measurement has led to improvements in patient care and has a significant impact on raising the level of awareness of the importance of high blood pressure management," says Elizabeth Foley, Quality Improvement Specialist and Program Manager at MCD Public Health.

Working in partnership with the Maine Cardiovascular Health Program and the Maine Cardiovascular Health Council, MCD Public Health has developed practical resources and training modules that support improvements in the detection and management of high blood pressure. Our trainings are tailored to a wide array of audiences, including health care professionals, diabetes educators, dieticians, health coaches, community health workers, EMS, worksite wellness, patients, academic faculty, and students.

The trainings have reached more than 3,500 health professionals so far. Participants describe the trainings as "fantastic, truly insightful," "a great experience" and that "I plan to use the skills attained to improve the healthcare outcomes of the population I serve."

Ultimately, Foley hopes that the trainings will spur health care professionals to implement system change and improvements within their practice or health system. For more information, [click here](#).

Kudos Corner



Kudos to **Kala Ladenheim**, our resident public health sage and policy wonk. This year Kala is challenging herself in new ways as a participant in the Hanley Health Leadership Program. For the first six years of the Hanley program, Kala was their annual health policy session instructor. Now the seats are flipped around and Kala is having an opportunity to explore and enhance her leadership skills as a participant. Kala is the third MCD Public Health employee to participate in the Hanley program. Dan Hanley was a founding incorporator of MCD in 1966 and we are honored to have a continued affiliation with his legacy.

Libby Collett was a founding member of the Maine Practice Improvement Network and has served as Chair for the past four years. In addition to her leadership in expanding the capacity for practice improvement in Maine, Libby walks the talk. Over the past two years NOVA Health has led a blood pressure control improvement initiative at Intermed, a large group health care practice which serves more than 17,000 Mainers each year. Through this initiative Intermed has re-trained staff, reconfigured exam rooms, purchased new equipment, and helped assure that blood pressure is accurately measured so that it can be effectively treated. Congratulations Libby, we and the Intermed patients thank you!



Welcome New Staff



Lynn Berry joins MCD Public Health as Project Coordinator for the AIDS Drug Assistance Program (ADAP) at the Maine CDC's HIV, STD and Viral Hepatitis Program. Some of her duties as the Program Coordinator include assisting clients with ADAP program membership, enrollment, expense monitoring, payment processing, policy development, and assisting clients in enrolling in the new insurance exchange. Lynn will also work closely with the ADAP Pharmacy Benefits Manager to ensure timeliness and accuracy of reports and monitor drug claims. Lynn has worked with the HIV, STD and Viral Hepatitis Program for the past 13 years, splitting her time between the ADAP and HIV Surveillance. She is happy to continue working with people in Maine living with HIV, case managers, pharmacists, and providers. Lynn is dedicated to maintaining a strong and stable program as the Affordable Care Act is implemented.

Director's Note



MCD Public Health staff and people across the nation joined in commemorating [World Stroke Day](#) on October 29th. This year's theme, "Because I Care," explains why many of us chose careers in Public Health. When I talk with our staff or with public health students, I inevitably hear that the desire to make a difference and improve people's lives were key motivators for people entering this field. That said, we could not have such a positive impact if others did not support us and our work. We can succeed "Because You Care." With your contributions of time, talent, and yes, treasure - our staff are improving programs, systems, and health care delivery every day. Thank you for your past generous support. This newsletter is dedicated to showcasing the broad reach and meaningful impact of our work. You can help us continue to reduce stroke and other health challenges with a [donation today](#).

- Kate Perkins, Director, MCD Public Health

Scenes from APHA

MCD Public Health staff presented their work to a national audience at the American Public Health Association's 141st Annual Meeting and Exposition in Boston this fall with [five oral presentations and a poster](#). Below are a few shots of our staff in action. We are already looking forward to next year!



Northeast Telehealth Resource Center booth - Margaret Gradie (left) from MCD Public Health, and Kathy Wibberly from the Mid-Atlantic Telehealth Resource Center



The CTG crew - from left: Kala Ladenheim, Dawn Littlefield-Gordon and Lindsay Gannon from MCD Public Health; Kristin Marks and Pat Hart from Pat Hart Consulting; Robin Hetzler, MCD Public Health



Kate Marone, MCDPH with Valerie Ricker, MeCDC after Kate's presentation on Maine's approach to preparing to apply for accreditation.



Jo Morrissey from MCDPH/ 21 Reasons and Kolawole Bankole from Portland Public Health, co-presenting "A culturally relevant adaptation of a parental monitoring prevention strategy."

Mark Your Calendars!

November 21st - [National Rural Health Day](#) - Celebrating the Power of Rural

December 1st - [World AIDS Day](#)

December 1st-7th - [National Handwashing Awareness Week](#)

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