



MCD Public Health

Insight Innovation Impact

May 2014

Spring does seem to have FINALLY arrived in northern New England and we hope you, too, are excited about being able to do more living and playing out of doors. Blossoming in our midst is a new crop of students. MCDPH is hosting four practicum projects for students enrolled in the University of New England's Master's of Public Health program. Based in Maine, New York, and Texas, the students will work on a variety of projects including two data projects, an obesity observational study, and an outreach project. In addition, we welcome a student from Husson College through the Hanley Program who will help us with a busy summer of activity in the 19 Downtown Communities participating in Healthy Maine Streets, a collaborative project with Maine Development Foundation. Whether "high tech" or "high touch," the projects are very exciting for us and a great learning opportunity for the students. As always, we at MCDPH are grateful for your support and interest in our work. Please read on for some exciting announcements.

- Kate Perkins, Director, MCD Public Health

NEW! Online Training for Accurate Blood Pressure Measurement



The measurement of blood pressure is one of the most cost-effective medical procedures, yet is rarely performed according to guidelines. In order to improve accurate and effective detection and management of high blood pressure, MCD Public Health is offering three new [online training modules](#) in partnership with the Maine Cardiovascular Health Council:

- **Equipment Module:** Learn about the equipment used for accurate measurement of blood pressure
- **Technique Module:** This module walks you through the guideline recommended technique for taking accurate readings
- **Errors Module:** Learn about the adverse effects and the cumulative effects of common blood pressure measurement errors

"We have found that getting 'back to basics' in improving blood pressure measurement has led to improvements in patient care. We are very excited to make this training widely available in an online format, thanks to a great team effort between MCDPH and our IT Department," says Elizabeth Foley, Program Manager at MCD Public Health.

The online modules are self-paced to fit learners' busy schedules, and offer the opportunity to earn continuing education credits while developing blood pressure skills to enhance patient care. For more information about this online program or to register go to <http://bponline.mcdph.org> or email us at bponline@mcdph.org.

Project Spotlight: Defibrillators for Rural Maine HeartSafe Communities



MCD Public Health, together with the Maine Cardiovascular Health Council, is distributing 300 automatic electronic defibrillators (AEDs) throughout Maine's rural HeartSafe communities, along with training regarding early CPR, defibrillation, and basic life support. Funding is from the Health Resources and Services Administration, Office of Rural Health Policy. MCD Public Health is one of seven nationally to receive the award.



"Survival rates drop as much as 10% for every minute that goes by without intervention. Having access to AEDs and Hands-Only CPR training are especially crucial in Maine's rural communities," said Dr. Adam Putschogl of the American Heart Association in Maine.

Maine HeartSafe Communities is a collaborative, statewide emergency response and recognition program led by designated local Emergency Medical Services (EMS) providers. Together with state and regional EMS and public health partners, hospitals and community organizations, they are working to improve cardiovascular health and disease outcomes. Their efforts are focused on strengthening each link of the cardiovascular chain of survival, including early access, early cardiopulmonary resuscitation (CPR), early defibrillation, and early advanced care for sudden cardiac arrest and stroke.

For more information regarding this important initiative, please contact Tina Love, RN, Project Manager, tlove@mcdph.org or 622-7566 EXT 226.

Kudos Corner

Kudos to MCD Public Health's **Lee Andrews**, Maine Families Systems Coordinator for the Maine CDC, together with **Lisa Roy** from the MeCDC Health Inspection Program and the **District Public Health Liaisons**, for their leadership role in develop program measures and data for the state's new Performance Management System. This system is a key component of the MeCDC's Quality Improvement and Accreditation work. Way to go, team!



Welcome back from Montana, **Stacy Meyer** (MCD Public Health), and **Alexandra London** (CTG Coordinator, Wabanaki Public Health District)! The duo presented "Partnering to Strengthen Public Health Initiatives in Maine's Federally Recognized Tribal Communities" at the National Indian HealthBoard's 5th Annual National Tribal Public Health Summit.

Alex London (left) and Stacy Meyer (right) present at the Tribal Public Health Summit in Montana.

Mark Your Calendars!

June 20 - [Maine Oral Health Coalition Annual Meeting](#) - Join members and friends of the Maine Oral Health Coalition to celebrate our 17th year with a day of networking and sharing.

June 24 - **Maine Telehealth Forum Quarterly Meeting** - 10:00 am -11:00 pm at MCD Public Health, 11 Parkwood Drive, Augusta. Dr. Norm Dinerman, EMHS, and Katie Harris, MMC, will provide an update on current policy related to telehealth, as well as discussing the establishment of forward thinking telehealth policy in

Maine. We encourage you to attend in person to take advantage of this great learning and networking opportunity! We will provide a Zoom link for those who would like to join us remotely. Please use the following link to RSVP: <https://www.surveymonkey.com/s/METelehealthForum-6-24-2014>

STAY CONNECTED

