

Preventing disease, promoting wellness, increasing access, and improving quality.

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Your Monthly News & Updates - July 2017

Dear Colleagues:

We hope you are enjoying all that the short, but phenomenal summer months have to offer!

July has been a busy month for all of us at Medical Care Development (MCD, Inc.). Effective July 1st, we solidified our transition to a global public health organization consisting of the existing US Public Health (MCDPH) and International (MCDI) Divisions. As a global public health company, the evolving MCD Inc. will continue to build on its international and US-based program experience within these distinct geographic market places, while identifying opportunities for collaboration where we can leverage the competencies and expertise of our staff from MCDPH and MCDI to collectively address health issues that transcend borders.

Collaborative efforts within the organization are well underway, and as we dive into our formal strategic planning process for 2018-2020, we invite partners and stakeholders to reach out with ideas to promote achievement of collective goals to improve the health and well-being of all people across the globe. As JFK liked to say: "A rising tide lifts all boats," and we are eager to explore both internal and external opportunities to enhance the reach and impact we can make as a whole. Please don't hesitate to reach out to us (Elizabeth: efoley@mcdph.org or Danielle: dlouder@mcdph.org) to discuss potential opportunities for collaboration!

To learn more, visit our corporate website - www.mcd.org - from there you can visit our division websites - MCDPH www.mcdph.org and MCDI www.mcdinternational.org.



**Elizabeth
Foley
Co-Director**

**Best Regards,
Elizabeth & Danielle**



**Danielle
Louder
Co-Director**

Staff Highlights

July 1st, we welcomed our new Medical Care Development President/CEO, Dr. Chris Schwabe, taking over for Maureen Conley, who has moved on to serve as President/CEO of what is now known as New Communities, Inc. Chris has been an incredible asset to MCD's International Division for the past 27 years, both as a Health Economist working on various international programs including malaria prevention and control, water supply and sanitation, and health sector reform and financing, and more recently as MCD's International Division Director. We look forward to exploring new opportunities for organizational growth and global impact under Chris' leadership in the coming months!



Emily Bauer is the newest member of the Healthy Lincoln County team. She is a project coordinator focusing on substance use prevention in Lincoln County. She is eager to meet our partners and learn about everything our communities have to offer and how we can leverage our partnerships to have the greatest positive impact on our youth! Emily recently moved to Damariscotta and is very excited to explore the mid cost region with her dog, Maggie.

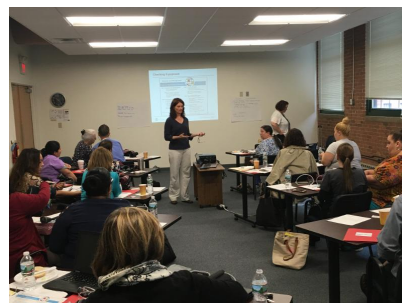
Self-Measured Blood Pressure Monitoring Helps Lower Blood Pressure



The National CDC indicates there is strong scientific evidence showing that self-measured blood pressure monitoring, also known as home blood pressure monitoring, plus clinical supports helps people with hypertension lower their blood pressure.

On June 20th, 2017, MCD Public Health trainers, Stace Meyer and Tina Love, led an interactive "Self-Measured Blood Pressure Monitoring (SMBP)" training event hosted by the Rhode Island Department of Health, Chronic Care and Disease Management Team and the WISEWOMAN Program.

Taking place in Providence, RI, this in-person training included hands-on practice and time for participants to draft and develop policies to support implementation of SMBP in their clinical practice. The in-person training is followed by a three month virtual coaching and learning series offered by MCD Public Health designed to assist Rhode Island clinical practices implement both a SMBP monitoring loaner program and high blood pressure quality improvement initiatives.



The objectives of MCD Public Health's SMBP learning series includes:

- Define SMBP
- Describe when to use SMBP and how to identify patients appropriate for SMBP
- Describe the importance of measuring accurately
- Demonstrate the steps for taking an accurate blood pressure (including cuff sizing and patient prep and positioning)
- List ways to acquire, operate, and check automated devices
- Describe SMBP patient education and tools to teach patients to take and record their self-measurements
- Describe systems to track and document SMBP measurements and how to develop a patient/provider feedback loop
- Identify components of policies, protocols and procedures to support SMBP

For more information or to host a training in your state, please contact Stace Meyer at smeyer@mcdph.org.

July is UV Safety Month

Summer is when the sun's UV rays are at their strongest and can

do the most damage to your skin. Too much sun exposure over the years can lead to Melanoma, the most deadly type of skin cancer. Currently, one American dies of Melanoma each hour (US DHHS, Federal Occupational Health). Make sure to protect your skin during peak hours (10am - 4pm):



- Wear proper clothing - for example, long-sleeved shirts and pants
- Don't forget your eyes - wear sunglasses and wide brimmed hats
- Stay in the shade, if possible
- Use broad-spectrum sunscreen - this type of sunscreen protects against UVA and UVB rays, and use one with at least a 15 SPF
- Once is not enough - make sure to reapply sunscreen every 2 hours.

Mark Your Calendars!

6th Annual Let's Go! National Obesity Conference - Working Together to Get our Patients Moving: Small Steps = Big Gains - September 28 & 29, 2017. MaineHealth Conference Center, Portland. For more information and to register - <https://www.mh-edu.org/6thLetsGo>

8th Annual Patient Safety Academy - September 29, 2017. Abromson Center, USM Campus Portland. For more information and to register, [click here](#).

Maine Public Health Association's Annual Conference - Health Equity: Can We Get There From Here? October 17, 2017, University of Southern Maine, Portland Campus. Keynote Speaker: Mark Fenton. [Early Bird registration](#) rates available until July 31. Click here for information on [Sponsorship opportunities](#).

APHA's 2017 Annual Meeting & Expo - Creating the Healthiest Nation: Climate Changes Health, November 4-8, 2017, Atlanta, Georgia.

Maine Cardiovascular Health Council's Annual Summit - The Advancing Science in Cardiovascular Care, November 9, 2017, Samoset Resort, Rockport, ME. [Registration now open!](#)

New England Rural Health Conference - Transitions in Healthcare, November 15-16, 2017, Attitash Grand Summit, Bartlett, New Hampshire. For more information, visit: <https://newenglandruralhealthroundtable.wildapricot.org/2017-Conference-Home>

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