



MOUNT DESERT
ISLAND HOSPITAL

Expanding Education Through Collaboration

ANNUAL
REPORT
2014/2015

No Person is an Island



COVER: Nathan Donaldson, DO, MHA, FACEP, Emergency Department Director at MDI Hospital teaches EMT and emergency room volunteer Katherine Badger some intubation techniques.

PHOTOS: Noreen Hogan Photography, Oka Hutchins, Katherine Badger, Benjamin Mendlowitz, Alyssa Watson

EDITORIAL CONTENT: Oka Hutchins, Nessa Reifsnnyder, Katherine Badger

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It has been said that “no person is an island.” At Mount Desert Island Hospital, our Health Centers and Birch Bay Village, this rings especially true; although we live and work on one of the most beautiful islands in the world, we are increasingly connected to the world beyond our borders.

In the rapidly changing world of medicine, we know that clinical education is the key to providing the very best care to our patients and our community. That’s why our landmark educational partnerships have created a learning environment that is second to none among rural healthcare organizations. Our commitment to innovation and education—evidenced by our groundbreaking collaboration with Penn Medicine, teaching partnership with Tufts University School of Medicine, dynamic internship program with the College of the Atlantic and strong educational alliances with Mount Desert Island High School and Husson University— benefit not only clinicians and students, but our patients and our community.

With students learning and working alongside our talented staff members, acquiring the passion for healthcare firsthand, the MDI Hospital Organization is truly becoming an institution of learning. We are proud to provide young people with the unique opportunity to foster their interest in medicine in a hands-on setting. Our current COA intern tells us that her experience at MDI Hospital has been the most rewarding of her college career, while a recent Tufts student has stated that MDI Hospital is one of the best institutions anywhere for a medical student to train.

In addition to our academic partnerships, educational opportunities for our patients and community members continue to develop. This year, we again joined with Havana Restaurant to provide fun, healthy food education to local students. We also provided free health insurance education and counseling to community members interested in exploring their options on the Health Insurance Marketplace.

The stories collected here highlight our educational partnerships, our talented students and caregivers, and our incredible patients, supporters and friends. Our non-profit, independent hospital system continues to thrive because of your commitment, your foresight and your investment in our community.

In the past year, MDI Hospital earned five national awards for the quality of our care and the satisfaction of our patients, including being ranked five-stars by the Centers for Medicare and Medicaid Services. Our Hospital was also ranked among the Top 20 Critical Access Hospitals in the nation by the National Rural Health Association for the third year in a row and named a Best Overall Performer by Avatar International for an unprecedented 14th consecutive year.

These awards are a direct representation of the satisfaction of our patients, the dedication of our team, the generosity and foresight of our exceptional donors and the support of our extraordinary community. On behalf of the entire MDI Hospital Organization, we offer our most sincere thanks for your commitment to our dynamic healthcare system, our educational partnerships and most importantly, to the health of this remarkable island that we all call home.

Yours,

A handwritten signature in black ink, appearing to read 'Arthur J. Blank'.

Arthur J. Blank, *President/CEO*
Mount Desert Island Hospital

MDI Hospital and Havana's Food Revolution Day Connects Kids, Food, Community



Conners Emerson students' raised hands cast a happy shadow on the pavement of the basketball court at the school on Food Revolution Day as MDI Hospital Wellness Coordinator Kathy Mulligan led students in an outdoor activity session.

Conners Emerson students were in a pickle this Food Revolution Day thanks to MDI Hospital and Chef Alex Klein of Havana. The hospital and local restaurant again partnered to bring increased food knowledge and food education to Island children on Friday, May 15. This year, Chef Klein led fifth and sixth graders at Conners Emerson in a few quick pickling techniques, while MDI Hospital Wellness Coordinator Kathy Mulligan led an outdoor activity session including hula hooping, potato sack races, jump rope and more.

The evening of Food Revolution Day was dedicated to raising funds for the Greenhouse Project at Conners Emerson, spearheaded by sixth-grade teacher Steve Gabel-Richards. All proceeds from dinner service at Havana that evening were donated to the ongoing greenhouse project at Conners Emerson, as were additional funds donated by Mount Desert Island Hospital and local parents.

Gabel-Richards' students are no strangers to food education—he and

College of the Atlantic have been working on the greenhouse project and a Farm to School program for some time now. Last year, MDI Hospital and Havana joined together to raise \$1300 for the project. This year, they hope to raise enough to help Gabel-Richards and COA complete the greenhouse.

Since last year, students have been able to prepare the stone pad for the greenhouse and work more closely with the College of the Atlantic on their Farm to School program, said Gabel-Richards. "Throughout the year, students have been keeping a food log and have been tasting new, healthy foods in class—everything from rutabaga to goat cheese. They have also done some work in class learning about food security and supporting local agriculture."

"It's so important to build food knowledge and awareness at school and at home," said MDI Hospital President/CEO Art Blank. "We are very grateful to Steve Gabel-Richards and Conners Emerson for their efforts and to Michael Boland and Havana for partnering with us to continue to develop food education for our Island's children."

Established in 2011 by renowned chef Jamie Oliver, Food Revolution Day is an international day of action designed to promote food education for children. MDI Hospital began participating in the initiative in 2013, and joined with Havana in 2014 to bring a unique hands-on cooking class to Conners Emerson.

"It's so important to build food knowledge and awareness at school and at home."

**Art Blank,
MDI Hospital
President/CEO**

Two Conners Emerson students peek through the jars of green beans awaiting pickling liquid in the Conners Emerson Cafeteria. Each student took home their own jar of pickles that they made themselves.



Educational Partnership Enhances Emergency Care, Sparks Innovation

For five years, Mount Desert Island Hospital and Penn Medicine have been bringing medical professionals together to innovate new protocols and procedures, exchange ideas and enhance the standard of emergency care delivered on MDI. The results can be measured in very real terms—by lives saved and outcomes improved.

The young mother whose sudden onset of infection is readily diagnosed and treatment initiated quickly, so that she can return home to her baby as soon as possible. The middle-aged man whose cardiac arrest is treated via a new emergency intervention first tested at Penn Medicine, one of the world's largest medical centers. The two-year-old child who, while visiting Sand Beach with family, suddenly stops breathing—and whose critical illness is diagnosed and stabilized at MDI Hospital, using rapid-response methods shared by Penn Medicine staff members.

MDI Hospital's caregivers are providing the latest treatments and techniques to our patients—researched and tested at Penn Medicine, and instructed here in rigorous workshops and seminars. In turn, nurses, medical students and doctors from an urban, academic powerhouse are gaining experience in our Island environment with a much different pace, but with challenges and rewards that are equally as intense. In a time of profound change for America's healthcare system, this Collaborative dynamically improves the delivery of medicine for all involved—and we are inspiring other institutions to consider their own mutually beneficial partnerships.

The Collaborative sets MDI Hospital apart from other rural hospitals—not only in our region, but nationwide. As Jill Baren, MD, Professor of Emergency Medicine at the Hospital of the University of Pennsylvania, points out, “Penn Medicine is an institution of ‘firsts’.” We were America's first medical school, and HUP was the nation's first teaching hospital built expressly for that purpose by the University of Pennsylvania faculty. We are an institution characterized by innovation and firsts—and the program that we've established with MDI Hospital holds true to those ideals. This first-of-its-kind exchange of emergency medical techniques between an urban academic medical center and rural hospital has become an indispensable program.”

For the summer of 2015, MDI Hospital will welcome six Penn Med teams into the Emergency Department, and three behavioral health residents will rotate to the MDI Hospital Behavioral Health Center (see sidebar). Ultimately, after all the productive information-sharing, the spirited discussions and modifications of emergency treatments, this Collaborative's essence shines through with each patient interaction at MDI Hospital. “Every faculty physician, nurse and resident that returns from this experience has unbelievable stories to tell,” Dr. Baren says. “Stories of wonderful patient outcomes, stories about the relationships that they've built with the professional staff up here.... It is such a collegial environment where there are true partnerships of teams working together to care for patients.”

Christina Costello, RN, BS, CEN, MDI Hospital's Director of Emergency Services, interacts with attending physician Alvin Wang, DO, FAAEM, visiting from Penn Medicine.



Collaborating Since Day One

While the Mount Desert Island Hospital-Penn Med Collaborative is just five years old, the connection between Philadelphia physicians and this Hospital dates back 118 years, to the very first days of our existence. Physicians trained at Hahnemann College, Jefferson Medical College, and the University of Pennsylvania were all active medical practitioners in this district when the Hospital opened its doors (notably, several of them were Maine natives who returned home to practice). Dr. John B. Shober, who summered with his wife in Bar Harbor, was a pivotal figure: after receiving his degree from the University of Pennsylvania and establishing himself there as a surgeon, he lent his expertise to the outfitting of MDI Hospital (then called the Bar Harbor Medical and Surgical Hospital).

On June 21, 1899, the Bar Harbor Times announced: “The equipment

of the operating department...arrived Friday from Philadelphia, where it was selected by Dr. Shober, one of the leading Bar Harbor summer resident physicians. It is expected that this, the finest equipped private hospital in Maine, will be open for patients in July.... The instruments which arrived Friday for the surgical department, such as operating table, sterilizing apparatus and instruments are the finest money could buy.... Dr. Shober says that when the equipment is complete no hospital in the country will excel the Bar Harbor Medical and Surgical institute in that respect.”

Incidentally, the article noted the cost of outfitting our first surgical suite: \$700. Some things never change—such as our alliance with the University of Pennsylvania—but other things really do.

Joining Forces for Behavioral Health and Well-Being

The Mount Desert Island Hospital-Penn Med Collaborative began, quite literally, in the emergency departments of two very different hospitals. Soon after, the collaboration grew to include psychiatry. Today, psychiatry residents from Penn Medicine travel to MDI Hospital each summer to practice under the guidance of Diehl Snyder, MD, medical director of our Behavioral Health Center.

Dr. Snyder states it simply: “Behavioral health disorders are bad for the brain and bad for the body.” The MDI Behavioral Health Center is the only facility of its scale in Downeast Maine and as such, logs 1,000 patient visits per month. More than 90 percent of patients meet multiple disorder criteria; mood/depression and anxiety disorders represent 43 percent of primary disorders, whereas substance use disorders are 35 percent.

The isolation of MDI, coupled with the stigma that often accompanies mental illness and substance abuse can create significant barriers to advocacy and challenges to responsive treatment. “Through our UPenn Psychiatry liaison,” Dr. Snyder explains, “we keep current with new treatments. The 4th-year resident rotations at our behavioral health center each summer give our staff an opportunity to experience the steady forward progress of the specialty of psychiatry. We hope to attract one or more of these young psychiatrists to join our behavioral health center staff in the future to add new therapeutic energy and insight for our patients. This Penn Med liaison is an ongoing, unparalleled educational opportunity for both our staff and our community patients.”

This summer, the MDI Behavioral Health Center will host Matthew Jarrett, MD, Michelle Joy, MD, and Anne Taylor, MD. Each brings broad-based experience in mental health and substance abuse. While at the center, they will review records and meet with patients to share an entirely new perspective. It can be, Dr. Snyder says, “like getting a free second opinion.”

Additionally, two University of Pennsylvania faculty members will give intensive full-day professional education sessions at the Behavioral Health Center, further enhancing the Collaborative’s impact. George E. Woody, MD, Professor of Psychiatry, is an expert in substance abuse treatment outcomes, narcotic substitution therapy, and dual diagnosis. David T. Oslin, MD, Professor of Psychiatry, & Staff Physician and Chief of Behavioral Health, Philadelphia Veterans Administration Medical Center, is a leading researcher in geriatric and addiction psychiatry. The sessions are open to all area clinicians and care providers, as well as staff from Acadia Family Center and Open Door. In this manner, the MDI Hospital Penn Medicine Collaborative’s immersive instruction about behavioral health and addiction from world-renowned clinical researchers provides a major opportunity for Maine practitioners, who take what they learn back to their patients.



Diehl Snyder, MD, Director of MDI Hospital’s Behavioral Health Center (right) talks things over with Matthew J. Jarrett, MD (left), one of three residents in Psychiatry from the Hospital of the University of Pennsylvania coming to work in the MDI Behavioral Health Center this summer.

Reflections on the MDI Hospital-Penn Medicine Collaborative

As I reflect upon what brought me to Mount Desert Island as a summer resident more than forty years ago, I see that much of it related to the promise of engaging in the natural environment through healthy endeavors: galloping down the carriage roads, cross-country skiing and running, sailing, and biking—all activities that our hospital staff would endorse as preventive medicine. Incorporating visual imagery of Acadia's many spectacular vistas into the treatment of my psychotherapy patients (and my own surgeries) also held promise and then became routine. At times, I was drawn into Charlie Hendricks' operating room to provide relaxation and visualization experiences to surgical patients. The comfort that patients felt in relaxing into the care of MDI Hospital was evident in every case. But, we all acknowledged that we were also a long distance from easy access to serious trauma care at major hospitals.

Settling into MDI to raise a family, my relationship with MDI Hospital deepened over the years, both professionally and personally. Numerous trips to the emergency room, including several head-slamming equestrian and biking episodes, inspired much confidence in our local hospital. Our routine and emergency medical needs were entrusted to MDI Hospital's staff, with help from larger institutions when necessary. We were fortunate that the often circuitous route to more extensive care did not result in complications.

The MDI Hospital-Penn Medicine Collaborative now bestows upon residents and visitors the technical skills of a vast network of specialists and gives our team of healthcare professionals an extensive educational and medical support system.

When the MDI Hospital-Penn Collaborative opportunity came into play, I joined Ed Lipkin, Art Blank, Dick Wolf, and others to help push the project forward. Many meetings later, due to another bizarre medical challenge, my own direct engagement was cut short, but I have watched with great pride as this project has grown into something that is truly monumental; and, Ben and I have invested in the project. The partnership of Penn and MDI Hospital offers so much more depth to the medical care available to all who call MDI their home, summer place, or vacation destination. It gives us even more confidence that, if struck by illness or accident, all have access to the best of care from a talented team of local and regional specialists.

As my life has stretched into more than six and a half decades, our family's needs have changed. Ben and I will increasingly rely upon MDI Hospital while we age on the Island for much of the year. Thankfully, despite continuing to engage in many risk-taking activities—including regularly stand-up paddle boarding on the Frenchman Bay chop in February—we haven't recently needed emergency care. Our family of five grown children, their spouses, and their children are scattered nearby and across the East Coast. They flock to MDI for visits and, when they are around, we have confidence that they, we, and the others we love, can receive high quality care right here on our little Island, thanks to the MDI Hospital-Penn Medicine Collaborative.

—Dr. Dianna Emory

Ben and Dianna Emory enjoy a summer sail on Mount Desert Island. PHOTO: Benjamin Mendlowitz.



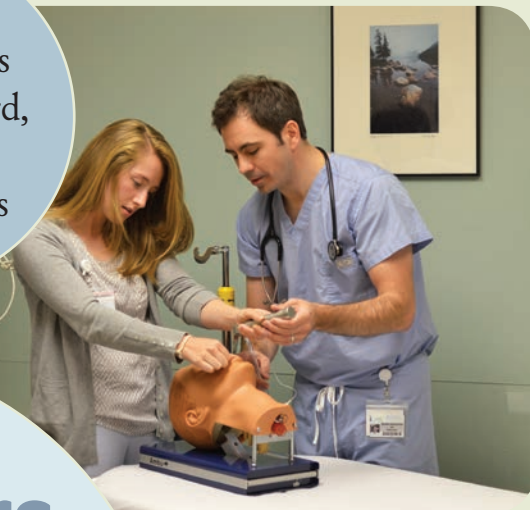


Straus Program

32 volunteers
487 hours

MDIH

46 Volunteers
(Regular, Board,
Committee)
2,745.5 hours



Volunteers

Total Volunteers

224

Total Hours

4,679

Valued at

\$20.54/hr

Total Value

\$96,107

Birch Bay Village

31 volunteers
448.5 hours



Auxiliary

116 volunteers
998 hours



Brenda Sprague, Mount Desert Island Hospital's much-loved Volunteer Coordinator, received the 2015 Director of Volunteer Excellence (DOVE) Award from the Maine Society Directors of Healthcare Volunteer Services (MSDHVS) in June for her outstanding contributions and continued excellence in the volunteer administration field. Brenda was surprised to be honored for her work in the volunteer field. "This award truly honors MDI Hospital's wonderful, dedicated volunteers. I am grateful to MSDHVS for giving me the opportunity to encourage others to volunteer in our community," she said.

From Small Town to Major City: Expanding Horizons

Meaghan Young is a graduate of Mount Desert Island High School and a newly minted Registered Nurse from the University of Maine who knows firsthand how life-changing the MDI Hospital-Penn Medicine Collaborative can be. During her nursing education program, Meaghan

worked for two summers in MDI Hospital's Emergency Department as a Certified Nursing Assistant, and then returned for her senior-level clinical partnership. "My position at MDI Hospital gave me a leg up in my academics and helped me continue to practice my skills outside of the school environment," Meaghan says.

Even more importantly, working at the Hospital introduced Meaghan to Collaborative partners from Penn Medicine. "Each Penn team was unique and everyone had something different to offer," she says. "I noticed that both the Penn teams and MDI were truly happy to swap stories, bounce ideas off of each other, and work closely to bring efficient, quality care. Even as a CNA, I was able to learn so much from Penn that I could apply to my quickly expanding knowledge of medicine."

During her second summer at MDI Hospital, Meaghan met Robin Weingarten, MSN, RN, Nurse Manager of the Emergency Department at the Hospital of the University of Pennsylvania. "Robin and I worked closely," Meaghan shares, "and she was always willing to answer questions and teach me new things. Near the end of her stay, she encouraged me to pursue a career with Penn because of what their graduate nurse program had to offer. Robin and I both could see that it would be a good fit for me because I love the environment, and the pace of the ED, but I'm also enthusiastic and I love to learn. The day after graduation in May, I drove to Pennsylvania and interviewed with Robin and shadowed."

The happy ending to Meaghan's story is that a young woman from MDI is now residing in Philadelphia and employed as a nurse in one of the largest academic medical centers in the world. "As an individual, I have learned so much from the Penn teams," Meaghan summarizes. "I know that I am headed to the right place. Without this Collaborative, I wouldn't have been given such an amazing opportunity."



Meaghan Young and her mother Lisa Richardson celebrate Meaghan's graduation from the University of Maine Nursing Program.

Nurses Recognized for Excellence

Mount Desert Island Hospital is pleased to recognize the winners of the organization's 2015 Nursing Excellence Award, Mike Kiers, RN, Jennifer Kuehne, RN, Tom Mockus, RN, Lily Sweeney, RN, Heidi Wittwer, RN. "These nurses are so deserving of this honor," said MDI Hospital President/CEO Art Blank. "In addition to their talent, experience and education, each of them is a dedicated, compassionate professional. They clearly demonstrate how a passion for nursing can drive excellence in every aspect of patient care."

This is the first year that MDI Hospital has given the award, but it is a tradition that will last for a long time to come, said MDI Hospital Nurse Educator Betsy Corrigan, RN, MSN. "This award recognizes nurses who demonstrate advocacy, leadership, mentorship and excellence in their nursing practice and who work to effect positive change to promote positive patient outcomes. It is a very prestigious award and one that the hospital takes very seriously."



From left to right: MDI Hospital Nursing Excellence Award Winners Mike Kiers, RN, Jennifer Kuehne, RN, Lily Sweeney, RN, Heidi Wittwer, RN, and Tom Mockus, RN.

Early Treatment Promises Bright Future for Young Patient

Twenty-two year old Arielle Levesque has been visiting The Island Infusion Center at MDI Hospital for just over three years now in order to receive prolasin therapy to proactively treat her Alpha-1 Antitrypsin Deficiency.

The infusion center is a calm, sunlit, open room, tucked away on the second floor of the Hospital. Many will never know of its existence, but for some, the center is an oasis for healing. Arielle, a recent graduate from Husson University, knows the center very well. Her Alpha-1 Antitrypsin Deficiency is a genetic disorder that causes lung and liver disease.

Typically, Alpha-1 isn't diagnosed in patients under 40 years old. Arielle is unique in that she found out that she carried the gene at nine years old, when her oldest uncle passed away from the disorder. It is estimated that 19 million people in the United States have one normal and one defective Alpha-1 gene, making them carriers of the disorder.

After careful discussion with Dr. Edward Gilmore of MDI Hospital's Cooper Gilmore Health Center and her specialist in Colorado, Arielle made the decision to begin proactive treatment. "A lot of people don't show symptoms, and it's a blip on the radar in medical school," she says. "It was only discovered fifteen years ago, and in medical terms, that's not that long. It's not something that they really teach in medical school, so you really have to have a doctor that had seen

people with it or have a family history. Dr. Gilmore and Dr. Weiss were that for me."

Arielle is a bright, energetic patient. When asked about her experience at MDI Hospital, she says, "Fantastic! I love Joyce, I love Melanie, I love Krista. Actually, it's funny, Krista has been my nurse every time I have been an inpatient in the hospital in the last 5 or 6 years. When I had my appendix out, she was my nurse, when I had my port put in, she was my nurse, it was great. When she came to the infusion center, I was like, 'you're just following me around.'"

In getting to know her disease, Arielle discovered a passion for medicine and a deep respect for her care environment, which led her to explore a career path that she may not have otherwise considered. She now plans to apply to the Tufts Maine Track program in the next two years and then she intends to come back to MDI Hospital to practice. "I love the Island. I just love Maine, I love the people and the environment—it's different everywhere else."

A vocal advocate for others dealing with her disease, Arielle is quick to offer her support. "For those who are scared to get diagnosed, all I can say is, look at me. I was diagnosed early and was able to be proactive about it my entire life, and now I'm pretty healthy. I won't have the same future as my Uncle Paul who died young from Alpha-1, or of my aunt who is dying of it currently. I have a pretty bright future."

Oncology/Hematology Coordinator Joyce MacIntosh, RN, and Arielle Levesque share a moment in the Island Infusion Center.



Tufts Program on Track at MDI Hospital

The Tufts Maine Track Program was founded in 2009 by Tufts University Medical School and Maine Medical Center. The hallmark of this program is the Longitudinal Integrated Clerkship, offering students an innovative training model that reflects a real primary-care experience. Mount Desert Island Hospital is the only institution in Hancock County invited to take part in this pioneering educational program. During their nine-month clerkship experience, Maine Track students work alongside MDI Hospital's medical staff, following cases from beginning to end in a process that is patient-oriented, rather than program-oriented. Students gain a broader and more empathetic view of healing, and learn lasting lessons in doctor-patient relationships and communication.

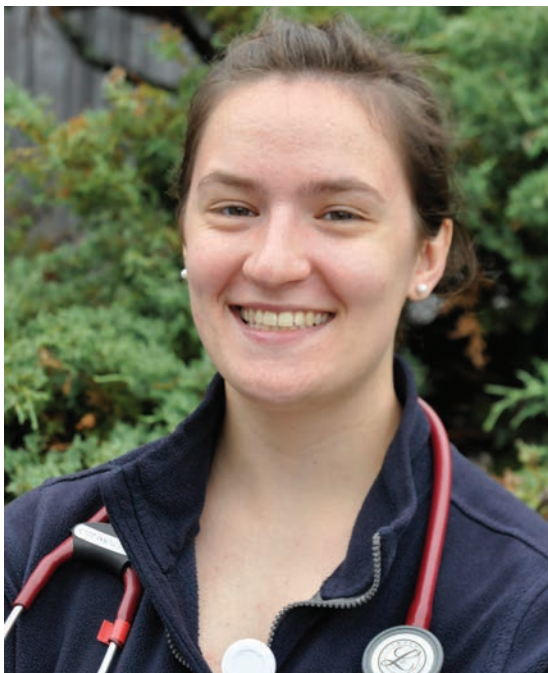
Astrid Gleaton and Kayleigh Sullivan began their nine-month Tufts Maine Track clerkship at MDI Hospital this June. So far, they have been very pleased with the experience. "Everyone has been very open and friendly," says Astrid. The Maine track program is unique in that it provides its students with a wide variety of hands-on learning experiences that are not typically available to third year medical students, she says. Originally from Palermo, Maine, Astrid plans to return to Maine to practice. "I like the idea of providing good quality new medicine in our state," she says.

Kayleigh hails from central New York. She sees herself as more of a city person, but has quickly come to appreciate life on Mount Desert Island. "The ability to be in the hospital and to maintain a good work-life balance is awesome!" she says. A self-described horse person, Kayleigh was thrilled to find a local therapeutic riding center to volunteer for here on MDI.

Both Kayleigh and Astrid appreciate the Maine Track rural clerkship opportunity at MDI Hospital because it offers broad exposure

to a variety of clinical disciplines. "Variety is more realistic, it is always engaging and constantly stimulating," says Astrid. "I really appreciate the continuity of a small community, and having a positive impact on people. I learn from them." Being in a small community not only affects access to care but the types of ailments and conditions that we see in our patients, says Kayleigh. While the two visiting Tufts medical students are only one month in to their nine-month immersive clerkship through the Tufts Maine Track Program, both have already come to value their experience and their mentors at MDI Hospital.

As past year's students have been, Astrid and Kayleigh are thrilled to have Mary Dudzik, MD, a Tufts graduate herself, at the helm of the Tufts Maine Track Program at MDI Hospital. "Mary has been really great about providing us with different opportunities. She goes out of her way to ensure that we are getting the most out of this experience, and that's very unique," says Kayleigh.



Two visiting Tufts medical students are staying on Mount Desert Island for a nine-month immersive clerkship through the Tufts Maine Track Program.

Left: Kayleigh Sullivan
Right: Astrid Gleaton

Tufts Program on Track at MDI Hospital



"I can say with 100 percent certainty that I was placed at one of the best institutions anywhere for a medical student to train. The one-on-one education from attending physicians and the incredible amount of autonomy afforded to me...is something that larger institutions simply cannot offer."

Clint Weiss, MDI Hospital Tufts
Maine Track Student, 2014



"Teaching students makes us all better. These students are interested and bright and ask really good questions. They challenge us and bring fresh energy, allowing us to reconnect with why we went into medicine in the first place."

Mary Dudzik, MD, Tufts Maine Track
Program Director at MDI Hospital

Classes for New Parents to Prepare for Parenthood

Pregnancy and childbirth is a wonderful and exciting time. However, it can also be a time for anxiety and/or concern for new parents who are unsure of what to expect. With this in mind, the Obstetrics Department of Mount Desert Island Hospital offers several classes to help alleviate these stresses as you prepare to embark on the magnificent journey of parenthood.

The following classes are offered throughout the year:

Labor Class #1 covers signs of labor, stages of labor, comfort measures, breathing techniques and coaches' role. Take by Week 36.

Labor Class #2 covers the labor tub, labor pain management, anesthesia options, possible interventions, Cesarean Section information and maternal post partum changes. Take by Week 36.



New-mom-to-be Kristina Stanley, owner of Moody Mermaid in Southwest Harbor, and Ellen Dacorte, RN, of MDI Hospital's Obstetrics Department, chat about the newest addition to the Stanley family.

Breastfeeding Class covers importance of breastfeeding, how it works, how to get ready, breastfeeding positions & techniques. Take by Week 36.

Breastfeeding Support Group meets the last Wednesday of each month. Share experiences and questions, develop confidence, network with other mothers. Dads and babies are welcome too! Group meets at Birch Bay Village from 6PM-8PM.

Newborn Care covers the newborn admission process plus the basics of newborn care including feeding, burping, diapering & bathing, sleep patterns, crying & soothing techniques. Take by Week 38.

Sibling Class prepares big brothers & sisters for the arrival of their new baby. The class is geared toward younger children (toddlers to age 7). Please call instructor for older children. Take by Week 38.

Infant & Child CPR American Heart Association Friends & Family class provides instruction for new parents on what to do to help an infant or child in an emergency situation. Class can be taken anytime. For moms' comfort, take by Week 36.

OB Department Tour helps familiarize you with where things are, how the rooms are laid out, our department security measures and more.

To learn more about our childbirth education classes, contact our Obstetrics Department at 288-5081, ext. 1352.

Internship Brings Clinical Education to Life

Grace Goshen came to Mount Desert Island to attend the College of the Atlantic from Seattle, Washington. Moving across the country has been a great experience for Grace, now 18 years of age and entering her junior year at the college. When asked about her MDI Hospital-COA Internship, she says, “This has been the best thing that I’ve gotten out of COA. I didn’t ever expect to get this much clinical experience in undergrad.”

The 10-week MDI Hospital-COA Internship program was established in 2013 through a cooperative partnership between the college and the hospital led by Edward Gilmore, MD, MACP, at MDI Hospital and John Anderson, ecology

professor and internship program coordinator at COA. The program allows Grace the chance to directly shadow and observe physicians and nurse practitioners across a variety of specialties and to truly immerse herself in the clinical setting, she says. “I’ve learned way more than I ever could have from just reading alone.”

When she learned about the internship opportunity at COA, Grace met with John to discuss her participation right away. She was thrilled to be selected

to participate. “This is a really unique opportunity where you get the chance to learn a ton that you would not learn in a more traditional setting,” she says.

Dr. Gilmore and Professor Anderson worked together to design the 10-week program, which consist of five two-week preceptorships, offering second and third year students at COA broad exposure to a variety of aspects of healthcare delivery. Three of the two week modules are fixed, while the last two are elective. The fixed modules of the program include



Clinical Intern Grace Goshen of College of the Atlantic spends quality time in the Mount Desert Island Hospital Emergency Department during her two-week rotation there this summer.

primary care, rounds with a hospitalist and emergency care, while electives may include medical imaging, orthopedics, dermatology and obstetrics.

Grace recently entered her two-week rotation in the Emergency Department led by Director Nathan Donaldson, DO, MHA, FACEP. As her medical interests are in Emergency Medicine and Pediatrics, Grace has especially enjoyed her time in MDI Hospital’s Emergency Department. She has even had the opportunity to interact with visiting staff from Penn Medicine.

The benefits of the program are numerous, says Dr. Gilmore. Students are exposed to a variety of care situations and have the chance to discuss what they observe. Programs like this also benefit physicians, he says. “I believe it benefits healthcare providers to have fresh minds around. Students can ask amazing questions, it’s very refreshing for their preceptors.”



“This has been the best thing that I’ve gotten out of COA. I didn’t ever expect to get this much clinical experience in undergrad.”

Grace Goshen
MDI Hospital-College
of the Atlantic Intern

MOUNT DESERT ISLAND HOSPITAL SUMMARY OF REVENUES AND EXPENSES

Including Health Centers and Birch Bay Retirement Village
Year ending April 30, 2015

STATISTICS



EMPLOYEES 508
EMPLOYED NURSES 85



**OUTPATIENT
HEALTH
CENTER VISITS**
56,816

IMAGES TAKEN
(Radiology, CT Scan, Nuclear
Medicine, Ultrasound, MRI)
11,384



**CASES OF
AMBULATORY
SURGERY**
932



**VISITS TO THE
EMERGENCY ROOM**
6,235

MAMMOGRAMS 1,506
DISCHARGES 1,330



**ACUTE CARE
AVERAGE STAY**

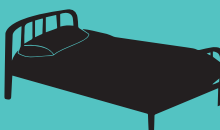
ACUTE CARE ADMISSIONS
970

**ACUTE CARE
PATIENT DAYS**
2,875



BIRTHS 100

SWING BED ADMISSIONS 154
SWING BED PATIENT DAYS 1,306



FINANCIAL HIGHLIGHTS

The MDI Hospital
Organization provided
508 jobs
and maintained a payroll of
\$26,764,886

Total capital expenditures
\$2,097,409
includes all equipment and
projects completed or in
progress for the year

Free and uncompensated care
\$4,171,489

Unrestricted and
restricted gifts received
\$1,921,340



- MDI HOSPITAL
- HEALTH CENTERS (10)
- BIRCH BAY
RETIREMENT VILLAGE

TOTAL REVENUE = \$54,949,755

Billed for service	\$78,338,449
Portion of billing not received due to Medicare, Medicaid and private insurance reimbursement rates	\$26,925,451
Portion of billing not received due to lack of patient ability to pay	\$774,176
Operating revenues	\$4,310,933

TOTAL OPERATING EXPENSE= \$54,306,054

(salaries, supplies, interest, depreciation costs)	
Operating gain	\$643,701
Non-operating revenue	
Gains from investment activities	\$(156,967)
Other non-operating revenue	\$1,200,482
TOTAL GAIN	\$1,687,216

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Chosen for their special talents, Board and Committee members are volunteers and receive no compensation for the time they give to the hospital. Thousands of hours are devoted yearly by men and women who serve on MDI Hospital's Board and Committees.

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"Traveling to Penn Medicine made me even more motivated to achieve that higher level of care, and to make sure that what I'm giving for care really is the most up-to-date and evidence-based care."

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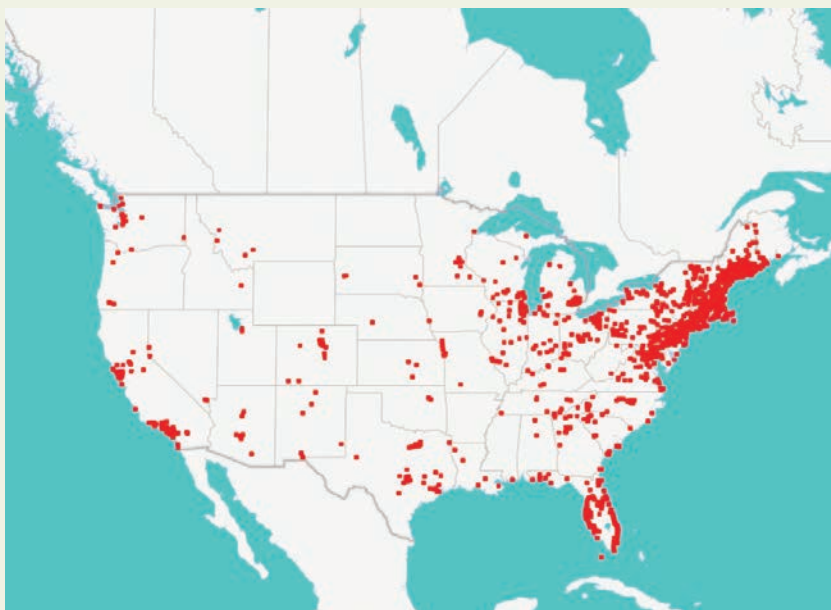
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This map demonstrates where our patients hail from throughout the United States. In total, this map represents 15,266 unique patients seen between May 1, 2014 and April 30, 2015.





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The Circle of Care Society recognizes our generous friends whose dedication to the health and wellness of their community is expressed through gifts of \$1,000 or more to MDI Hospital each year. Leadership gifts are critical to our ongoing efforts to provide the finest quality of care to everyone in our community, supporting a variety of initiatives that enhance the mission and vision of MDI Hospital.

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"Having the educational experience of being exposed to the real medical practice of psychiatry is something not all college students have, and for me, it is incredibly helpful and informative."

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In FY 2015, MDI Hospital Employees raised \$ 17,000 to update the hospital's cafeteria in order to make it more welcoming and efficient for our patients, visitors and friends. Improvements to the area are slated to

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1897 SOCIETY MEMBERS

Named for the year MDI Hospital was conceived, the 1897 Society was established to preserve the quality of life on our unique and beautiful Island. The 1897 Society honors those who have

Mary D'Alessandro
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I believe that Clinical Nurse Educators are change agents, working to engage nurses in the use of evidenced-based medicine and best practices in order to improve patient, family and community outcomes."

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The sustaining members of our new Green Giving program support the Hospital with an automatic monthly gift made with their credit or debit card. These gifts support the Hospital's daily operations, providing a consistent, reliable source of income. They also have an environmental impact—removing reams of paper, checks, envelopes, stamps and printer ink from the waste stream.

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NEW YEAR'S BABY 2015

Each year, MDI Hospital celebrates the New Year by welcoming the first baby born in January with a gift basket containing items donated from individuals and area businesses.

The following participants joined us in celebrating the arrival of our first baby of 2015, Steve Carter, Jr., born on January 8th. Steve Jr. joined his mom and dad, Steve Carter, Sr., and Jessica Bass, and was also welcomed by his big sister, Liberty.

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The First
Tanya Hanke
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Reel Pizza Cinerama
The Screenprintery
Sherman's Books and Stationery
Spruce and Gussy
Stone Soup
Mary Wallace

▲Deceased



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207.288.5081 www.mdihospital.org

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Bar Harbor | 288.8014

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Bar Harbor | 288.8435

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322 Main Street
Bar Harbor | 288.5119

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4 Community Lane
Southwest Harbor | 244.2888

COMMUNITY HEALTH CENTER

16 Community Lane
Southwest Harbor | 244.5630

DOWN EAST DERMATOLOGY

322 Main Street
Bar Harbor | 288.4177

FAMILY HEALTH CENTER

9 Hancock Street
Bar Harbor | 288.5606

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330 Main Street
Bar Harbor | 288.8100

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322 Main Street
Bar Harbor | 288.8604

MDI HOSPITAL MEDICAL IMAGING

10 Wayman Lane
Bar Harbor | 288.5081

MDI ORTHOPEDICS

10 Wayman Lane
Bar Harbor | 288.0242

MDI PHYSICAL THERAPY

10 Wayman Lane
Bar Harbor | 288.5082, ext. 1354

16 Community Lane
Southwest Harbor | 244.5630

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10 Wayman Lane
Bar Harbor | 288.0242

NORTHEAST HARBOR CLINIC

(seasonal) Kimball Road
Northeast Harbor | 276.3331

DON AND BETH STRAUS PROGRAM

25 Village Inn Road
Bar Harbor | 288.8014

TRENTON HEALTH CENTER

394 Bar Harbor Road
Trenton | 667.5899



Mark Kandutsch, MD, looks on as Denise Chandler, RN, and Margy Vose, EMT, practice their pediatric airway management techniques.

Clinical Excellence Starts with Clinical Education

Fostering a dynamic learning environment is a critical component of clinical excellence. At Mount Desert Island Hospital, we are committed to providing an environment of collaboration and education that enhances care for our patients and furthers the education of our talented clinicians. In service to this goal, MDI Hospital offers a nationally accredited, Continuing Medical Education (CME) program with extensive and varied clinical training opportunities as well as a robust Nursing Education program.

The CME program at MDI Hospital has seen rapid growth since it was established in 2005, and now offers more than 75 CME activities each year. CME sessions include provider breakfast meetings, lunch and learn educational sessions, case studies, book learning discussions, and a variety of community educational offerings.

The Hospital Organization also offers robust Nursing Education Program across a wide variety of clinical disciplines. More than 50 workshops and training sessions are offered throughout the year on topics such as pulmonary function testing and sleep studies, radiology, stress testing, as well as general CNA and nursing curricula. MDI Hospital is also a certified American Heart Association Training Center, and offers a full complement of CPR and First Aid courses.

MDI Hospital's CME and Nursing Education programs also benefit from the Hospital's active collaboration with Penn Medicine, which gives MDI Hospital staff the unique opportunity to participate in reciprocal staff exchanges as well as a wide variety of professional education sessions. Since 2010, this first-of-its-kind collaborative has resulted in more than 70 professional education sessions with over 700 attendees including both Hospital staff and members of the local medical community.