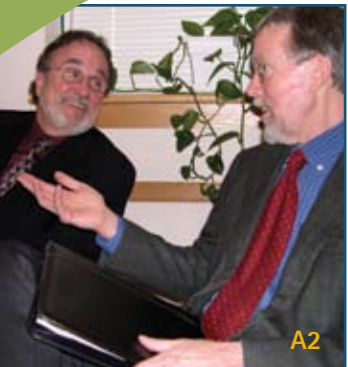


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# CMMC OPENS CENTRAL MAINE FERTILITY CENTER



By Chuck Gill,  
CMMC vice president for marketing  
and community affairs

Central Maine Medical Center has established the Central Maine Fertility Center to treat infertility problems and to be a valuable resource for assisted reproductive technologies for patients living in central, western and northern Maine.

The Central Maine Fertility Center is located at 287 Main Street, Suite 201 in Lewiston, Maine,

came more than 20,000 babies since 1986 with pregnancy rates approaching 60 percent in certain patient population groups.

“Patients seeking to achieve a pregnancy will benefit both from the convenience and value of the local point of service fertility care we offer in Lewiston and the support of the world class resources of Boston IVF. The Central Maine Fertility Center and Boston IVF are both committed to providing compassionate and clinically effective care,” said Dr. Drouin.

nutrition consultation, acupuncture, therapeutic massage, and mind/body programs. The Domar Center offers acupuncture pre and post embryo transfer seven days a week. Research suggests that acupuncture treatments before and after embryo transfer in infertility patients may help improve pregnancy rates.

Boston IVF’s distinguished embryology team continues to pave the way for future breakthroughs in the ever-changing world of IVF and stem-cell research. Current research projects include oocyte cryopreservation and stem cell research in collaboration with researchers at Harvard University.

“We are very excited about working with the Central Maine Fertility Center, said Doug Powers, Ph.D., a founder of Boston IVF and Chief Scientific Officer. Maine patients will benefit from receiving most of their care locally from a very experienced team in Lewiston and expedited access to the latest advanced assisted reproductive technologies. New and exciting assisted reproductive techniques are on the horizon and we plan to make them available as soon as possible to our patients consistent with our high quality and safety standards.”

**For more information about the Central Maine Fertility Center, call 207-795-5785 or 1-800-978-0315.**

**For more information about Boston IVF, call 1-888-300-BIVF or go to [www.bostonivf.com](http://www.bostonivf.com)**



## DISCUSSING THE FUTURE

*Infertility specialist Michael T. Drouin, M.D., (left) talks with Boston IVF founder and Chief Scientific Officer Doug Powers, Ph.D. See accompanying story for more details about CMMC and Boston IVF's effort to enhance fertility services in the central and western Maine region.*

Most infertility problems can be managed locally. Where assisted reproductive technologies are clinically appropriate, patients will first come to the Central Maine Fertility Center

for consultations, testing, and monitoring, including ovulation stimulation cycles, ultrasound services, specimen collections, blood hormone evaluations, intrauterine inseminations, IVF cycle monitoring, and reproductive surgeries (laparoscopy and hysteroscopy).

Patients travel to the Boston IVF office in Waltham, Mass., for IVF and GIFT procedures (egg retrieval and implantation). While in Waltham, patients may also take advantage of Boston IVF’s Domar Center for Complementary Care, which offers counseling,

across the street from Central Maine Medical Center. This new program is led by CMMC infertility specialist Michael T. Drouin, M.D., who has been practicing obstetrics, gynecology and infertility in the Lewiston-Auburn area for more than 30 years. He completed advanced training at the Howard and Georgianna-Segar Jones Infertility Institute at the Eastern Virginia Medical School. Working with the Center is Boston IVF - considered America’s most experienced and successful fertility clinic. Boston IVF has wel-

# FEDERAL GOVERNMENT AGENCY RECOGNIZES CENTRAL MAINE MEDICAL CENTER ORGAN DONATION PROGRAM



**The U.S. Department of Health and Human Services has recognized Central Maine Medical Center for substantially raising the organ donation rate of eligible donors at its Lewiston facility.**

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CMMC was first awarded the Department's Medal of Honor for Organ Donation during a meeting in New Orleans of the Second National Learning Congress on Organ Donation and Transplantation. But several representatives of the New England Organ Bank (NEOB) recently visited CMMC to personally present the award to CMMC. NEOB is the organ procurement organization that works in partnership with CMMC in the organ donation process.

To be eligible for Medal of Honor recognition, a hospital had to have eight or more potential organ donors during the 26-month award period ending in June 2006. All Medal of Honor hospitals had to achieve and sustain a donation rate of 75 percent or more from among eligible donors for at least a year. Only a small percentage of hospitals nationwide were recognized with the award.

NEOB Executive Director Richard Luskin told a crowd gathered at CMMC that the hospital was cited for its donation rate of 83 percent of eligible donors. By contrast, the

national average donation rate in all hospitals was 59 percent in 2005, up from 55 percent in 2004.

In 2006, six organ donors at CMMC provided 15 organs that were received by recipients waiting for life saving organ transplantation. Statistics indicate that every successful organ donation gives more than 31 years of life to a recipient.

"We are celebrating the remarkably good things that can come out of individual tragedies," said CMMC Chief Operating Officer Laird Covey. "It takes the efforts of multiple employees and hospital departments working together to make successful organ donations possible. Today we recognize the efforts of our employees that made this award possible."

Singled out for special recognition at the event were CMMC organ donation liaisons Mary Philbrick, R.N., and Tammy Theberge, R.N., both of the Critical Care Unit, and Crystal Guerrette, R.N., of the Emergency Department.

Sharon Sieleman, CMMC's vice president for nursing, offered the hospital's gratitude to those who assist with organ donations. She also recognized the difficult role that healthcare providers must play in managing an organ donation program. "We work very hard to dignify a patient's death and support the family during an extremely difficult time, but we are honored to be part of a team that helps save lives with the process of organ donation."

Nationwide, the number of organ donors has grown, but there are still many people who require but never receive an organ transplant. The New England Organ Bank says more than 94,000 Americans are waiting for lifesaving organ transplants and many more wait for donated tissues. On average, 17 people in the U.S. die every day – 6,600 each year – waiting for organ transplant.

For more information about organ donations or to request an organ donor card, call 800-446-6362 or visit the New England Organ Bank website at [www.neob.org](http://www.neob.org)



*MEDAL OF HONOR – New England Organ Bank Executive Director Richard Luskin (left) presents Central Maine Medical Center Chief Operating Office Laird P. Covey with a U.S. Department of Health and Human Services Medal of Honor for Organ Donation. See accompanying story for details.*

# VETERAN PHYSICIAN SPECIALISTS JOIN CENTRAL MAINE MEDICAL CENTER PRACTICE GROUP

Two long-established central Maine surgeons and an experienced medical oncologist have joined a group physician practice affiliated with Central Maine Medical Center,

Plastic surgeon Steven C. Bonawitz, M.D., urologist Paul R. Mailhot, M.D., and medical oncologist Juergen H. Bertram, M.D., have joined Central Maine Physician Practices, a multispecialty group physician practice based in Lewiston, Maine, that's owned and managed by Central Maine Medical Center.

Dr. Bonawitz, founder of Northeast Plastic Surgery in Lewiston, and his office staff joined Central Maine Physician Practices in January. The practice continues functioning as Northeast Plastic Surgery and continues serving patients from offices at 287 Main Street Plaza, Suite 302, in Lewiston.



*Steven C. Bonawitz, M.D.*

Dr. Mailhot, a member of the Lewiston-Auburn physician community for more than 25 years, has joined fellow urologist Michael Parker, M.D., and nurse practitioners Candice Hammerton and San-

dra Cadwell at the Central Maine Urology Center, a CMMC clinical department.

Dr. Bertram recently relocated to Maine from Missouri, where he practiced at Three Rivers Health-care Campus North in Poplar Bluff.

## STEVEN C. BONAWITZ, M.D.

A member of the Lewiston-Auburn medical community since 1994, Dr. Bonawitz performs a wide variety of plastic surgery procedures, ranging from cosmetic surgery procedures like breast augmentation or liposuction to reconstructive trauma surgery and complex wound management. He has significant experience in post-mastectomy breast reconstruction, surgical treatment of skin cancer and other skin diseases, reconstructive microsurgery, surgery of the hand and extremities, treatment of facial deformities, and other reconstructive surgeries.

Dr. Bonawitz completed a fellowship in craniofacial surgery with

the Department of Plastic Surgery at Medical College of Wisconsin in Milwaukee.

A Phi Beta Kappa graduate of the State University of New York in Albany, N.Y., he was awarded his medical degree from the State University of New York Health Science Center at Syracuse College of Medicine in Syracuse, N.Y. He served a general surgery residency with The Western Pennsylvania Hospital in Pittsburgh, where he was presented the Dunmire Award for being the Outstanding Surgery Resident. He completed a two-year plastic surgery residency with the University of Rochester Medical Center Department of Plastic Surgery in Rochester, N.Y.

He is certified by the American Board of Plastic Surgery and is a fellow of the American College of Surgeons. He is a member of the American Society of Plastic Surgeons, American Society for Aesthetic Plastic Surgery, American Society of Maxillofacial Surgeons, New England Society of Plastic and Reconstructive Surgeons, American Cleft Palate Craniofacial Association, Maine Medical Association, and Androscoggin County Medical Society

Northeast Plastic Surgery's telephone number is 207-795-6543.

## PAUL R. MAILHOT, M.D.

A Lewiston native, Dr. Mailhot graduated from Providence College in Providence, R.I., and earned his medical degree from Georgetown



University in Washington, D.C. He served an internship at Rhode Island Hospital and a residency at Brown University Medical Center, both in Providence, R.I.

Dr. Mailhot presently practices from his long-time office location at 287 Main Street Plaza, Suite 300, in Lewiston. Later this year, Central Maine Urology Center will relocate to new facilities.

“CMMC has given me the opportunity to help develop the first urology group practice in the Lewiston-Auburn area. Joining a group practice will provide my patients with improved access to care and enhanced continuity of care. I’m pleased that my office staff has accompanied me in joining CMMC,” says Dr. Mailhot.

He is certified by the American Board of Urology.

Dr. Mailhot’s practice can be reached at 207-783-7892.



Paul R. Mailhot, M.D., (left) has joined Michael Parker, M.D., in practice at the Central Maine Urology Center.

**JUERGEN H. BERTRAM, M.D.**

Dr. Bertram, a hematologist-oncologist, is practicing with Hematology-Oncology Associates, a CMMC-affiliated physician practice.

Prior to beginning his practice at Central Maine Medical Center, Dr. Bertram worked at Three Rivers Healthcare Campus North in Poplar Bluff, Mo., where he served as chairman of the hospital’s cancer committee. His professional background includes more than 20 years collective experience as an educator in medicine and oncology at The Johns Hopkins School of Medicine in Baltimore and the University of Southern California in Los Angeles. He has an extensive background in research and has lectured and written on many topics relating to medicine and surgery.

Dr. Bertram studied for his medical degree at the University of Marburg, Marburg, Germany, and the University of Giessen, Giessen, Germany. He earned a doctorate in immunochemistry at the Max Planck Institute for Experimental Medicine in Goettingen, Germany.

He served an internship and residency at Greater Baltimore Medical Center in Baltimore and completed fellowship training at the Johns Hopkins Cancer Center. He also was a fellow at the Institute for Cancer Research, Columbia University, New York City.

Dr. Bertram is certified in internal medicine and medical oncology by the American Board of Internal Medicine. He is a member of the

American Society for Clinical Oncology and the American Society of Hematology.

Hematology-Oncology Associates can be reached at 207-795-2935.



Juergen H. Bertram, M.D.



# THE OSHA BLOODBORNE PATHOGEN STANDARDS: ARE YOU “SHARP SMART”?

*By Jennifer Messinger, R.N., B.S.N., CMMC Employee Health and Wellness, and Clark Phinney, Workers' Compensation Coordinator, Central Maine Healthcare*

In today's ever-changing health-care environment, recent advances in medicine, technology and procedures make those used only a decade or so ago seem obsolete. But one thing that hasn't changed is the danger that needles, sharp medical instruments and body fluids pose to all healthcare workers regardless of their practice area or specialty. There are an estimated 385,000 needle sticks and other sharps-related injuries to hospital-based healthcare workers each year in the United States.

The risk for bloodborne pathogen exposure is formally recognized by the Occupational Health and Safety Administration (OSHA). The OSHA Bloodborne Pathogen standard (1910.1030) was established in 1991 and updated in 2000. Unlike some other healthcare related guidelines issued by OSHA, the Bloodborne Pathogen standard is a federal regulation that requires full compliance from healthcare organizations.

The OSHA standards require employers to do the following:

- Develop a written Exposure Control Plan detailing known risks and procedures/policies to protect workers. The plan must be reviewed at least annually, and whenever new procedures or job tasks are adopted that could create potential exposure risks. The location of this plan must be provided to all employees and a writ-

ten copy made available within 15 working days of a request for it.

- Use safer medical devices such as retractable needles, needles with safety shields/glides, needleless IV systems, or blunt suture needles. The act also requires employers to include “front line” (non-managerial) employees in the device selection process.
- Provide all employees with Personal Protective Equipment (PPE) such as gloves, gowns, masks and face shields in sizes that fit the employee. Latex-free alternatives must be available.
- Provide access at no cost to the Hepatitis B vaccination series to all at-risk employees and a signed declination for records if they refuse.
- Prohibit work practices such as the bending, recapping, or disconnecting/removing of contaminated sharps/needles, unless there is a specific medical reason requiring it and a safer alternative is not available.
- Log all sharps injuries on a “Sharps Injury Log” with the details of the event, including date, place, situation of use, type of device and its manufacturer.
- Provide training for all at-risk employees regarding: bloodborne pathogens, correct use of devices, safe work practices, selection and use of PPE, as well as what to do in the event of an exposure. This training must be offered to all employees when hired and at least once a year thereafter. Employees must be paid for the time required for training and attendance

records must be maintained for three years.

Many employers, particularly smaller medical providers, overlook the annual requirement for training which can lead to serious fines and violations in the event of an OSHA inspection. OSHA requires training to be interactive, meaning that someone knowledgeable on the subject must be available in “real-time” to immediately answer any questions employees may have. This means that if a VHS, DVD or computer-based presentation is used then there must be a resource person present for immediate feedback, or if a question is asked by email or telephone, a dedicated person can provide an immediate response. This is an important point for employers to understand, as OSHA cites about 10 employers a year for failing to offer employees real-time access to a trainer.

Anyone wondering if their organization meets OSHA standards can get free assistance directly from OSHA. Each OSHA region has a compliance assistance specialists who serve in an advisory/consulting role. This specialist can recommend ways organizations can become or remain compliant with OSHA regulations, including rules regarding blood-borne pathogens. Compliance specialists serve in a non-enforcement role, meaning that all services they provide, including correction of existing hazards found, is non-punitive. For more information or to locate the nearest OSHA office, visit the OSHA website at [www.osha.gov](http://www.osha.gov)

# Central Maine Medical Center

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