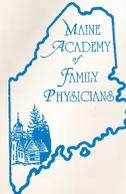


The Pine Tree FP



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Kristen Silvia, MD, a practicing family physician in Scarborough, Maine, is among a select group of physicians honored by the American Academy of Family Physicians Foundation for her commitment to education in the field of family medicine. Dr. Silvia was selected to receive the 2009 Pfizer Teacher Development Award based on her scholastic achievement, leadership qualities and dedication to family medicine.

“As a residency program director for several years, having part-time, community-based family physician colleagues committed to teaching and mentoring

Maine Family Physician Awarded Prestigious Teaching Honor



Kristen Silvia, MD, Scarborough

residents and students is vital to our program and to our medical school. I applaud the efforts of these award winners for their dedication to the values of family medicine and to teaching the next generation of physicians. In addition, I am very thankful for Pfizer’s continued commitment in this area,” said Mark H. Belfer, D.O., AAFP Foundation President.

The monetary award recognizes community-based physicians who teach family medicine on a part-time basis. The award provides funding for each recipient to attend an activity of choice to further their professional development and teaching skills. Dr. Silvia

earned her medical degree from the University of Massachusetts Medical School and is a graduate of the Maine Medical Center Family Medicine Residency Program, where she is currently a part-time instructor. Dr. Silvia will be recognized for this achievement during a ceremony held by her teaching center.

Dr. Silvia has served as attending for the MMC Family Medicine Inpatient Service for the last several years, and has also precepted in the outpatient

center two afternoons per month. In addition, she hosts second year residents in her office for a community family medicine rotation for three to four months each year. According to the residents, she is by far one of the best loved attendings, and was awarded the Family Medicine Preceptor Award by the residents during their graduation in June 2008. “Dr. Silvia seems to have the ability to understand what the residents are (*con’t. pg. 3*)



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Elisabeth Fowlie Mock, MD, MPH, FAAFP
MAFP President

Let's hear from YOU about your efforts for your patients and your specialty!

What's going on in your corner of the state?
What are you doing to get your name mentioned on the front page of the paper?

Let YOUR Academy know!



*Kathryn Bourgoin, MD, from Bangor, gave Senator Snowe some chocolate-covered blueberries along with her opinions on healthcare at an impromptu meeting on a Bangor sidewalk in August and was mentioned in the front-page Bangor Daily News (BDN) article

*Karen Hover, MD, from Bangor, likewise, was mentioned in a different front page article on healthcare reform

*Jean Antonucci, MD, from Farmington, stood and spoke at the Maine Medical Association open mike session in September

*Ron Blum, MD, from Patten, met with Senator Snowe while attending the AAFP National Tar Wars Poster Contest in Washington, along with Maine's 1st place winner, 4th grader Ravin Davis

*Erik Steele, DO, of Bangor, writes a regular opinion piece for the paper.

Recent events where the MAFP represented YOU-

*Listening session with Representative Chellie Pingree in July (MAFP was the only specialty society invited, along with many other healthcare groups)

*Quality Counts Maine Healthcare Forum in August

*Coalition for the Advancement of Primary Care in July and September

*Maine Medical Association annual meeting in September
Future opportunities for YOUR involvement

*AAFP Congress of Delegates and Scientific Assembly, Boston, October 11-17

*AAFP Annual Leadership Forum and Congress of Special Constituencies, Kansas City, April 29-May 1, 2010

*MAFP Annual Update in Freeport, May 6 & 7, 2010

Final note: As the President of the MAFP, I have been accepted into the Health Leadership Development Practicum sponsored by the Daniel Hanley Center for Health Leadership and the Institute for Civic Leadership, "A national-caliber program aimed at providing emerging and evolving leaders with the skills, knowledge, confidence and relationships they need to be effective leaders in Maine's increasingly complex, competitive and demanding healthcare environment." I look forward to gaining new tools and alliances which will allow the Maine Academy of Family Physicians to continue its efforts in the areas of **ADVOCACY, CONNECTING AND EDUCATION.**



Major Changes in WIC Nutrition Program Effective October 1st

The Maine WIC Nutrition Program is required by the USDA's Food and Nutrition Service (USDA FNS) to implement changes to food benefits provided to WIC participants beginning on October 1, 2009. This is the first significant change to WIC benefits in over 30 years, and the changes will bring WIC food benefits in line with nutrition guidance provided by Dietary Guidelines for Americans and the American Academy of Pediatrics. Benefits will also reinforce nutrition and health education as well as promote and support breastfeeding.

It is our desire to share details of these changes with Maine physicians so that everyone will have a clear understanding of the new USDA FNS rules. Details of the changes can be found on USDA's website: www.fns.usda.gov/wic/regspublished/foodpackages-interimrule.htm.

The comment period for these changes remains open until February 1, 2010. Please consider responding to the USDA FNS changes by submitting comments either electronically or by mail. To respond electronically, go to: <http://www.regulations.gov> and click "Rules" under "Document Type" and enter "FNS-2006-0037-0003" in the "Keyword" field. USDA FNS will consider comments received before publishing a final rule concerning these WIC food benefits changes. Highlights of the changes include:

Infants:

Healthy infants drinking a standard cow's milk or soy-based infant formula will be issued the WIC contract infant formula (Good Start Gentle Plus or Good Start Soy Plus). Formula issuance will be based on infant feeding status (partial breastfeeding or non-breastfed) as well as infant age; maximum infant formula issuance amounts are as follows:

Fully breastfed infants:

No formula first 12 months of life
6-12 months—infant cereal, 2nd stage fruits and vegetables, 1st stage infant meats
Exclusive breastfeeding mother receives average monthly food benefits of \$80 to support her nutrition needs

Partial breastfed infants:

First month of life—no more than 1 can supplemental powdered formula
1 - 3 mo—approx 12-14 oz reconstituted infant formula per day
4 - 5 mo—approx 14-17 oz reconstituted infant formula per day
6 - 12 mo—approx 10-12 oz reconstituted infant formula per day (amount decreased because of addition of infant cereal and 2nd stage fruits and vegetables)
Partially breastfeeding mother receives average monthly food benefits of \$65 to support her nutrition needs (*con't. pg. 4*)

Doctor of the Day Program 2010

The **Doctor of the Day Program** is the only program that welcomes you to the Maine House of Representatives and the Maine State Senate.

Sign Up to Participate Now!

Join your colleagues who have served as the "Doctor of the Day"* at the Maine State Legislature. Established in 1997, the program is well respected and legislators are enthusiastic about it. Volunteering as the "Doctor of the Day" gives you a better sense of legislators' perception of the medical profession, the importance of developing a relationship with your legislators, and promoting the medical profession among the State's leaders.

*As the "Doctor of the Day," you are provided with a beeper to respond to any health care issues that may arise with legislators, staff, or the public. You usually need to arrive at the State House by 9am (times may vary) with session ending around the noon hour. The MMA works diligently to secure a "Doctor of the Day" for each day the legislature is in session from January through the end of the session, June or April,

depending upon the year. When you are a confirmed "Doctor of the Day," the State House staff will mail you a confirmation letter with detailed information and a parking permit. If you have additional questions prior to participating, please don't hesitate to contact MMA legislative staff. In 2009, the program was able to secure physicians as Doctor of the Day 48 out of 55 days!

Your presence at the Maine Legislature is a critical element of the MMA's grassroots contacts program. Serving as the "Doctor of the Day," you are greeted enthusiastically by the legislators and **you also have the option to enroll your child(ren) to serve as a Page at the same time!**



Yes! I would like to sign up for Doctor of the Day!

Name _____ MD/ DO

Residential Address _____

Mailing Address (if different from above) _____

Daytime Phone _____

Email _____

Preferred Day(s) of the Week _____

Best Dates, Jan. - April _____

I practice medicine at:
(specialty/hospital(s)/practice) _____

My child(ren) would like to serve as page(s).
(Age 7 or above) Name, Age, School _____

Please direct questions and return form to:

Maine Medical Association · 30 Association Drive · PO Box 190 · Manchester, ME 04351

207-622-3374 · 622-3332 (fax) ·

docoftheday@mainemed.com



WELCOME NEW MEMBERS

~ ACTIVE ~

Jessica Bloom-Foster MD, Bangor

Geoffrey Carden MD, Lewiston

Nina Fagles MD, Orono

William Gregory Feero MD, Fairfield

John Hatzenbuehler MD, Lewiston

Allyson Howe MD, Falmouth

Tiffany Segre MD, Gorham

William Wadland MD, Portland

~ Life ~

John Zapp MD, Topsham

~ Supporting ~

Gavin Ducker MD, Unity

Welcome Now Residents

**Maine Dartmouth
Family Medicine
Residency**

Prativ Basnet MD

**AAFP Applications
Available at:
www.aafp.org**

(Dr. Silvia con't. from pg. 1) going through and teaches in a way that supports them most effectively." "Dr. Silvia is a kind, supportive and very well-respected teacher already; one who should be given every opportunity to further hone her skills." (quotes from nomination letter)

The AAFP Foundation, which administers the Pfizer Teacher Development Award, is the philanthropic arm of the AAFP. The AAFP Foundation advances the values of family medicine by promoting humanitarian, educational and scientific initiatives that improve the health of all people. Please visit

www.aafpfoundation.org for more information.

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(Maine CDC Letter con't. from pg. 7)

Keep informed:

Check the Maine CDC H1N1 Website:

www.maineclu.gov

Check the Weekly H1N1 Updates:

www.maineclu.gov You can subscribe to these updates via their RSS feed

Sign Up to Receive Health Advisories & Urgent Updates from Maine CDC's Health Alert Network (HAN).

The easiest and quickest way to sign up is through the HAN Alert RSS feed at www.maineclu.gov (midway down the center of the homepage)

Follow Maine CDC's Updates and Other Information on:

Facebook (search for "Maine CDC")

Twitter (<http://twitter.com/MEPublicHealth>)

My Space

(www.myspace.com/maineclu)

Maine CDC's Blog

<http://maineclu.blogspot.com/>

Can't Find an Answer, Call or Email:

For health care providers: for clinical consultation, outbreak management guidance, and reporting of an outbreak of H1N1, call Maine CDC's toll free 24-hour phone line for health care providers at: **1-800-821-5821**

General Public Call-in Number for Questions: 1-888-257-0990
NextTalk (deaf/hard of hearing) - (207) 629-5751
Monday - Friday 9am - 5pm

Email Us Your Questions at:

Sue.Dowdy@maine.gov

Thank you very much for your attention to protecting your patients from the severe effects of novel H1N1 influenza! Feel free to call or email us if you have any questions or concerns.

Sincerely,
Dora Anne Mills, MD, MPH, FAAP Director,
Maine CDC/DHHS, State Health Officer

H1N1 Information

Volunteers Needed

Sites Needed for 4th Year Medical Student Rotations

The new partnership between Maine Medical Center and TUFTS University School of Medicine is an exciting opportunity to be part of training future doctors who will care for the healthcare needs of Maine people. These 36 students (20 of which are Maine residents) will spend time in rural areas of Maine throughout their training.

Some students may want another experience in Family Medicine in the state, in addition to their required 3rd year clerkship rotation. Please consider hosting a student for a 4th year rotation. This would be a month long experience. Housing would need to be provided by the host site.

If interested, please contact Dr. Peggy Cyr (cyrp@mmc.org) for more details.

(WIC changes con't from pg. 2)

Non-breastfed infants:

Birth-3 months—approximately 26-28 oz reconstituted infant formula per day

4 months-5 months—approximately 28-31 oz reconstituted infant formula per day

6 months-12 months—approximately 20-22 oz reconstituted infant formula per day (amount decreased because of addition of infant cereal and 2nd stage fruits and vegetables)

Infants >6 months of age receiving a medically prescribed infant formula who are unable to consume solid foods may continue to receive the higher formula amount (28-31 oz) until they begin to eat solid foods

New infant fruits and vegetables category—allows purchase of plain infant fruits and vegetables for all infants aged 6-12 months

New infant meats category—allows purchase of plain infant meats for exclusively breastfed infants aged 6-12 months

Elimination of juice

Children:

Milk: 1 year to 23 month olds—whole milk; 24 month to 59 month olds—low fat or skim milk

Maximum cheese amount: 1 pound per month unless otherwise prescribed

New milk substitutes—fortified soy beverage and/or tofu available by prescription for children over 1 year of age with milk protein allergy or sensitivity

Juice: reduced to 4 oz/day

New monthly fruit and vegetable voucher for purchase of fresh, frozen or canned fruits and vegetables

New whole grains food category—allows purchase of whole grain bread, brown rice, oatmeal, or tortillas (whole wheat or soft corn)

There are also new prescription requirements in the USDA FNS rule. We recognize the burden that additional prescriptive requirements place on physician practices and hope to implement this part of the required changes in the least disruptive way. A more detailed document can be found at: www.maineclu.org, just click on WIC CHANGES

Maine Coalition for the Advancement of Primary Care Meets Sept. 16th

The Maine Coalition for the Advancement of Primary Care, chaired by Elizabeth Fowlie Mock, M.D., met at the MMA offices on Sept. 16th. Coalition members heard updates on the following projects/issues:

Patient Centered Medical Home Pilot - Lisa Letourneau, M.D., MPH

Primary Care Workforce/Pipeline - Charles Dwyer & Kevin Lewis

Oral Health/Dental Care: Workforce Issues - Frances Miliano, Maine Dental Association

Charles Dwyer presented information on the Health Workforce Forum established in 2005 by the 122nd Maine Legislature. The law established the Health Occupations Report, to be compiled by the Department of Labor, in conjunction with the Office of Health Data and Program Management's Office of Data, Research and Vital Statistics, and the Health Workforce Forum.

The Forum was established to coordinate the information and stakeholders needed to

assess current and projected shortages in a number of health occupations and to make policy recommendations. Participants include representatives of health professional associations, licensing boards, employers, education programs, Maine Department of Health and Human Services, Center for Disease Control and Prevention and the Maine Department of Labor.

The Forum meets regularly to review health workforce information, to draft recommendations based on its analysis, and to provide leadership and support for health workforce development initiatives in the state. Meeting information and reports are submitted to the Director of the Maine Center for Disease Control/Office of Public Health and shared with the Department of HHS and the State Health Plan Advisory Council on Health Systems Development.

The major themes for the Forum's work include: Leadership, Data, Collaboration, Planning Strategy, and Communications.

The Forum will submit a Fall 2009 report to the Department of HHS, Center for Disease Control, Office of Rural Health and Primary Care and the State Health Plan Advisory Council on

Resources at www.nbcam.org



NBCAM

NATIONAL BREAST CANCER
AWARENESS MONTH

Introducing Maine Diabetes Pathway Tool

The **Maine Diabetes Pathway** is a statewide communication and education tool for people with diabetes. The Pathway is a collaborative effort of the *Maine Aligning Forces for Quality (AF4Q)* initiative, and is part of a larger effort to promote improved care and outcomes for Maine people with diabetes.

The Pathway was created to provide a common messaging tool that can be used across healthcare and community settings to promote consistent, action-oriented messaging for patients with diabetes across the state to support people with diabetes by helping to build confidence and self-management skills; support adherence to evidence-based (ADA) treatment guidelines; and encourage patients with diabetes to partner with their care team to achieve best results.

The Pathway is posted on the *Quality Counts* website (www.mainequalitycounts.org), along with separate PDFs of patient and provider "checklists" that can be printed as 1-page documents. We consider it to be a work in progress and plan to review and update it annually. Please send any feedback or suggestions to Lisa M. Letourneau M.D., M.P.H., Executive Director, *Quality Counts*, info@mainequalitycounts.org.

(Coalition con't.) Health System Development. This work will involve:

Providing the leadership around how Maine can best address its health workforce shortages. The collection and analysis of available workforce data. Bringing stakeholders together, such as the community colleges and universities, the employers, the professional associations, and facilitate and promote collaboration and partnerships across different sectors. Identify strategies that meet immediate and long-term needs and raising awareness.

The Coalition meets next on Wednesday, Nov. 18 at 9:00am at the MMA offices in Manchester.

How to Get Paid for Administering H1N1 Vaccine

For complete information and web links, go to www.maineafp.org, click on "How to Get Paid for Administering H1N1 Vaccine" on the left hand column.



"Health Care Reform" Topic for AAFP Congress of Delegates Town Hall Meeting to Be Held October 11, 7pm





My Donation:

___ \$500 ___ \$250
___ \$100 ___ \$50
___ \$25

Other amount: \$ _____

Please list me as:

___ MD ___ DO

Other: _____

on any published roster of contributors. Please direct my contribution to the following:

___ MAFP Foundation, use where need is greatest
___ Tar Wars in Maine
___ Student Externship

(Name(s) please print)

(Street)

(City)

(State/Zip)

MAKE A DIFFERENCE BY DONATING TODAY!



Ron Blum, MD (Patten), with Ravin Davis (Madison), Maine's Tar Wars Poster Contest First Place Winner, attended the Tar Wars National Poster Contest in Washington, D.C., in July

What's New???

NEW & Revised Tar Wars Program Guides Now Available

The revised Tar Wars Program Guide for Teachers & Presenters (2009-2010) is now available on the Tar Wars website. Check it out & download a copy at www.tarwars.org/.

The updates include:

* 2 NEW sections - Teachers Quick Start (6 pages) & Presenters Quick Guide (1 page). [The 2 new sections came from the Tar Wars coordinators workshop at the national conference in July!]

* Updated statistics, including cost of tobacco use in activity 3, percentages of people who use tobacco on pre-activity sheet, & amount tobacco companies spend on advertising

* Updated posters & poster contest guidelines

* Info on secondhand smoke on page 17.



To Volunteer One Hour of Your Time to Be a Tar Wars Presenter
Contact Deborah at the MAFP Office, 207-938-5005, or by Email: Maineafp@tdstelme.net

Find us on Facebook
Tar Wars has a page on Facebook! You can become a Fan of **Tar Wars**. Check back for more photos and new information, and share with your friends! Go to www.tarwars.org and find the link under "About Tar Wars"



Dr. Blum recognized for his service as Chair of the National Tar Wars Program Advisory Committee

Maine CDC Director Issues Letter to Providers on H1N1 & Pregnant Women

September 3, 2009

Dear Clinicians Who Provide Health Care for Pregnant Women:

This letter has important information. We need your help to prevent serious illness and save lives among your patients. As you may know, pregnant women and infants are being disproportionately affected by novel H1N1 influenza virus. Reports indicate that one-third of pregnant women with novel H1N1 influenza virus are so ill, mostly with severe respiratory distress, that they require hospitalization (Lancet, July 29, 2009). Deaths of otherwise healthy pregnant women are also being reported. Severe disease among pregnant women was reported from past pandemics, such as the one in 1918.

We expect an escalation of H1N1 infection this fall as well as the arrival of seasonal influenza. Therefore, your patients may more likely encounter H1N1, and their ability to recover may be compromised if they also encounter seasonal influenza.

H1N1 Information

One of the most important and immediate steps you can take is to register to receive H1N1 vaccine from Maine CDC. As a health care provider for pregnant women, we want to assure you and your patients have early access to this vaccine.

Recommendations for Providing Health Care to Pregnant Women:

Vaccinate:

Recommend and offer H1N1 novel influenza vaccine for pregnant women and their appropriate family members as soon as it arrives, which we expect to be in mid-October.

Register:

Register to receive H1N1 vaccine from the Maine CDC. This requires you to fill out and submit a Provider Agreement for H1N1 Vaccine, which can be found at:

<http://www.maine.gov/dhhs/boh/maineflu/h1n1/provider-agreement-2009-2010.shtml>

The H1N1 vaccine is free, will come with some supplies, and you will be able to bill for vaccine administration. We expect to have some thimerosal-free H1N1 vaccine available for pregnant women. Up to date CDC guidance on H1N1 influenza vaccine can be found at: <http://www.cdc.gov/h1n1flu/vaccination>.

Recommend Vaccine:

Recommend and offer seasonal influenza vaccine for

pregnant women and their appropriate family members now. To order or find out information on obtaining seasonal influenza vaccine, contact the Maine CDC's Immunization Program (287-3746) or the Immunization Action Coalition's website at <http://www.preventinfluenza.org/ivats>. Maine CDC has some thimerosal-free seasonal influenza vaccine available for pregnant women and young children.

Prevent:

Educate and inform your patients.

Prepare your office for H1N1:

<http://www.maine.gov/tools/whatsnew/attach.php?id=76279&an=2>

All pregnant women need to know the symptoms of influenza and to report to a health care provider such symptoms immediately.

All pregnant women and their families need to know how to prevent H1N1 (frequent hand washing, covering coughs and sneezes with tissue or sleeve, and staying away from others who are sick).

If a friend or family member is ill, the pregnant woman should arrange for someone else to care for those who are sick.

Post these educational posters. They can be downloaded at <http://www.maine.gov/dhhs/boh/Flu%20Posters.htm> or requested by emailing at disease.reporting@maine.gov.

Antiviral Medications:

We ask that pregnant women who have suspected novel H1N1 influenza A virus be tested for influenza.

Pregnant women who have symptoms consistent with influenza illness should receive antiviral treatment as early as possible after illness onset. Clinicians should not wait for test results to initiate treatment.

Symptoms of influenza like illness are a fever (100 degrees or greater) and a sore throat or cough, in the absence of another cause such as strep throat. If novel H1N1 is prevalent in your area of the state (as it has been in southern Maine much of the past 4 months), then these symptoms should be considered to be influenza.

Prophylaxis with an antiviral medication should be considered for pregnant women who have been in contact with someone with novel H1N1.

Keep updated with the latest treatment guidelines for pregnant women: http://www.cdc.gov/h1n1flu/clinician_pregnant.htm.

Report:

Clinicians should call Maine CDC (1-800-821-5821) to report pregnant women requiring hospitalization related to H1N1 or any outbreak of H1N1.

Keep educated:

US CDC H1N1 Clinicians' Guidance for Pregnant Women
http://www.cdc.gov/h1n1flu/clinician_pregnant.htm

Patient resources:

US CDC H1N1 Resources for Pregnant Women
<http://www.cdc.gov/h1n1flu/pregnancy>
(con't. on pg. 4)



Save the Dates Now!

18th Annual MAFP Family Medicine Update May 6 & 7, 2010 in Freeport, Maine

The program will include CME lectures of interest to Family Physicians, special FM Resident programming, and a Resident/Physician Recruitment Fair

So don't miss this unique opportunity to meet with your colleagues from around the state - Mark your calendar now and watch your snail & email after January 1st for more information and to register



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Hartland, ME 04943



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City, ST 00000