



# THE LIGHTHOUSE

The official publication of the Maine Association Medical Staff Services, published by and for the MeAMSS membership

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## SUMMER FUN ISSUE

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PRESIDENT'S MESSAGE  
Cheryl Schilke, CPMSM



**Summer Doldrums – Take a vacation!**

### Mark Your Calendars



#### Educational Meeting Schedule

August 15 – Educational Meeting  
Maine General, Waterville, ME

October 10–Educational Meeting  
TAMC, Presque Isle, ME

Just think of all the CME credits you will obtain by attending these meetings!

October 11-15 NAMSS Conference  
Milwaukee, Wisconsin

### A MESSAGE FROM RON LAMBERT, CPCS, Past President Chair of the Nominating Committee

I know what all of you have had in the forefront of your mind – “Should I or shouldn’t I run for the Board if Directors of MeAMSS?” Of course the answer should be “I should.”

Elections for the board are coming up and the nominations are currently being taken for all positions with the exception of President. I have sat on the board for about, I think, 8 years and I can say it has been a great experience. It has allowed me to make wonderful relationships that have been and continue to be valuable both personally and professionally.

Being on the board has allowed me to practice skills such as public speaking, delegation of projects, managing meetings to list just a few. Being a member of the board has also allowed me to give back to an organization that has given me so much.

I know you all are interested and have questions. So, with that said I will direct you to the MeAMSS.org website and contact your current board members and ask them about their various positions and what is involved. All of you should have the nomination form and job descriptions but if not just drop me a line and I will e-mail you a packet.

# An Inspiring Little Story

*Submitted by Kim Pelletier, CPMSM, CPCS*

A carrot, an egg, and a cup of coffee...You will never look at a cup of coffee the same way again.

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up; she was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, 'Tell me what you see.'

'Carrots, eggs, and coffee,' she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, 'What does it mean, mother?'

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile, its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water. 'Which are you?' she asked her daughter. 'When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?'

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are the greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling.

Live your life so at the end, you're the one who is smiling and everyone around you is crying.



## **MS.1.20 Task Force to Continue Revisions to the Standard**

On May 30, The Joint Commission (TJC) determined that the MS.1.20 Implementation Task Force did not have adequate time to finalize its recommendations for modifying Standard MS.1.20. The Task Force was originally scheduled to provide its final recommendations at last week's Board of Commissioners meeting. Task Force Chairman Stephen LaTour, PhD, provided the Board with a progress report that highlighted the Task Force's accomplishments thus far, identified issues needing further discussion, and presented a proposed timeline for completion of the Task Force's work.

At this time, the Task Force is planning future meetings in June and July, and hopes to take its recommendations to TJC's Board of Commissioners for consideration at their August 1-2 meeting. TJC is still expected to ask the Board to approve a field review and delayed implementation date.

While the main issues important to NAMSS have been resolved in the latest revision, NAMSS continues to advise its members to hold off on any changes to their Bylaws until the Board of Commissioners acts. The two major changes advocated by NAMSS include the addition of a conflict resolution process between the medical staff and Medical Executive Committee and the flexibility to place procedural details in manuals and rules and regulations documents outside of the bylaws.

While we are confident that the Task Force will recommend a standard that will be accepted by our membership, implementation may be more difficult for some of our members than others, but not impossible. NAMSS intends to provide our members with educational resources to assist with implementation once the final standard is approved.

Carol Ostermann, CPMSM, CPCS  
NAMSS Representative to the MS.1.20 Task Force - June 4, 2008

## **Kadlec Decision Overturned**

The U.S. 5<sup>th</sup> Circuit Court of Appeals overturned the decision in the 2006 credentialing case, *Kadlec v. Lakeview Anesthesia Associates*. The original decision ruled that Lakeview Medical Center, Lakeview Anesthesia Associates, and Drs. Mark Dennis and William Preau were all liable for patient harm sustained under the care of Dr. Robert Berry at Kadlec Medical Center. Kadlec claimed that the parties involved had failed to disclose Dr. Berry's known drug abuse, which impaired his ability to treat a patient.

The court ruled that while the other three parties are still liable, Lakeview Medical Center can no longer be held liable for the harm since it had provided Kadlec with a neutral verification of employment that could not be misinterpreted as a recommendation for Berry's employment.

This new decision creates a new series of questions regarding the role that hospitals should play in disclosing disciplinary actions taken against physicians.

## **Changes Made to the DEA Record Layout**

The DEA has added a Payment Indicator field to the Controlled Substances Act (CSA) Database. The Payment Indicator includes the following two codes:

- P (Paid): Indicates that the institution or individual distributing controlled substances has paid the application fee for DEA certification.
- E (Exempt): Includes federally-operated hospitals and institutions as well as practitioners who are officials of state or federal agencies exempt from paying the application fee. Once a practitioner leaves a position at an exempt institution, the individual must obtain and pay for certification.

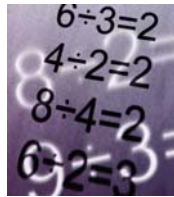
NAMSS Past President Carole La Pine worked with the DEA and the National Technical Information Service (NTIS) to achieve these changes. The new record layout will help hospitals identify practitioners who are no longer exempt and need to take the necessary steps to move to paid status.

### A look into the world of DEA numbers - how to validate that a DEA number is real....

*Fun Filler from Adrienne Zaccai*

1. Add the 1st, 3rd and 5th digits
2. Add the 2nd, 4th and 6th digits
3. Multiply the result of step 2 by 2
4. Add the results of the 1st and 3rd steps

The DEA number is valid if the last digit of the result in step 4 is the same as the last digit of the DEA number. Also, the second letter of the DEA number is the first letter of the doc's last name (although some who change their last name don't always request that to be changed). And, of course, the first letter has to be A, B or F.



#### **SISTER MARY ANN'S GASOLINE**

Sister Mary Ann, who worked for a home health agency, was out making her rounds visiting homebound patients when she ran out of gas. As luck would have it, an Exxon Gasoline station was just a block away.

She walked to the station to borrow a gas can and buy some gas. The attendant told her that the only gas can he owned had been loaned out, but she could wait until it was returned. Since Sister Mary Ann was on the way to see a patient, she decided not to wait and walked back to her car.

She looked for something in her car that she could fill with gas and spotted the bedpan she was taking to the patient. Always resourceful, Sister Mary Ann carried the bedpan to the station, filled it with gasoline, and carried the full bedpan back to her car.

As she was pouring the gas into her tank, two Baptists watched from across the street. One of them turned to the other and said, 'If it starts, I'm becoming Catholic.'

# Who's Who in MeAMSS

*Submitted by Julie Plummer*

**MaryCarol Rumsey, CPMSM~ Senior Medical Staff Coordinator**  
St. Joseph Hospital, Bangor, Maine

**How long have you worked in your current position?** *18 Years*

**How long have you worked in the Medical Staff Services field?** *18 Years*

**What are the primary duties of your current position?** *Processing reappointments, meetings management, updating hospital-wide provider data base, answer hospital affiliation requests.*

**What are some previous positions you've held and/or places you've worked?** *Education Assistant, Dover Delaware; Hospital Registrar, Plattsburgh, NY; General Clerk, Social Security Administration, Panama City, FL; Office Administrator, USAF, Minot AFB, ND; and Bangor ANG, ME; and then I finally settled down in one job!*

**What positions have you held on the MeAMSS Board?** *Education Coordinator*

**How many people work in your department? (Please describe your department structure)** *Just me and Kim Pelletier.*

**Please describe your hospital:** *112 bed acute care Catholic hospital sponsored by The Felician Sisters*

**How many credentialed providers do you have?** *325*

**What is the most rewarding part of your job?** *Dealing with our department chiefs.*

**What is the most frustrating part of your job?** *Dealing with our department chiefs.*

**What is the strangest thing you've encountered while performing your job?** *A physician who brought a PA in the OR with him and when challenged by the OR staff, said, "He's OK, just call MaryCarol He dropped off his application in her office yesterday."*

**What are your hobbies outside of work?** *Being a grandmother and reading*

**I was informed that you plan to retire soon. Do you have any plans for after retirement?** *Being a grandmother and reading a whole lot more!*

**What are your greatest accomplishments?** *Four wonderful, talented, well employed, happy, loving children and one wonderful, talented, retired, happy loving husband of 42 years. Two economically successful education conferences.*

**Who inspires you the most?** *Kim Pelletier. I want to be just like her when I grow up!*

**Where is your favorite place to be?** *Most any place warm where I'm surrounded by interesting people.*

**Additional comments:** *I have valued my association with the Maine Association Medical Staff Services most for the wonderful people who I have met. I hope the friendships will last a lifetime. I can pick up a phone and call a friend in most any hospital in Maine. I have also had the opportunity to meet some very interesting people through our education conferences.*

*Thank you for your participation, MaryCarol, and we hope you have a happy retirement! ☺*

*Like to Sing? - Try this one!!*



***The Credentialer's Lullaby***  
***Sung to the tune of "these are a few of my Favorite Things"***  
**Submitted by Cyndee Hougardy**

**Legible writing and timely submission.  
Dates of appointment for every position.  
Plenty of lead time and nary a ding..  
These are a few of my favorite things.**

**Email addresses for each single reference.  
All current licenses would be my preference.  
Passport size photo, please to me bring.  
These are a few of my favorite things.**

**No signs of drug use or past indiscretions.  
Logs of procedures and certifications.  
Malpractice claims all dismissed from the scene.  
These are a few of my favorite things.**

**When the state comes,  
When the phone rings,  
When I'm feeling sad,  
I simply remember my favorite things  
And then I don't feel so bad!**



***Will you be ready to sing this at our next meeting?***



## HOUSEHOLD TIPS Who Knew??

*Submitted by Claudia Edwards, CPMSM*

Eliminate ear mites. All it takes is a few drops of Wesson corn oil in your cat's ear...Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Kills fleas instantly: Dawn dishwashing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas.

Rainy day cure for dog odor ...Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.

Reduce Headache Pain Fast! Did You Know that drinking two glasses of Gatorade can relieve headache pain almost immediately-- without the unpleasant side effects caused by traditional "pain relievers?"

Colgate Toothpaste – New Use -Did you know that Colgate toothpaste makes an excellent salve for burns?

Before you buy an Inhaler Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly-- even though the product was never been advertised for this use.

Honey remedy for skin blemishes ... Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus. Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.

Cleaning liquid that doubles as bug killer ... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover. Just pour a drop of Elmer's Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

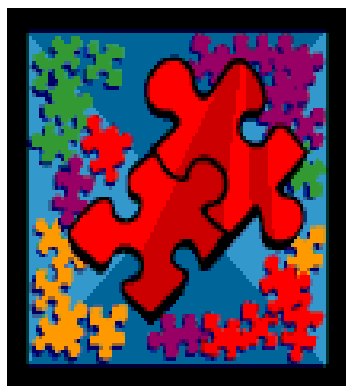
Hunt's tomato paste boil cure ...cover the boil with Hunt's tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters... To disinfect a broken blister, dab on a few drops of Listerine. a powerful antiseptic.

Vinegar to heal bruises ... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process,

Quaker Oats for fast pain relief... It's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water

### ***Being an Essential Piece What does it mean to you?***



### ***How does your piece fit in?***

Those of you who attended the biennial conference in Wells, Maine in May received an “essential piece” pin.- a puzzle piece reminding us all that we each have unique gifts to share and that as medical staff services/provider professionals, we are part of an entity much larger than ourselves. When we put our talents together, we are invincible. And so, I ask, “what would MeAMSS be without you?”

We, as individuals, are essential pieces of many things – our families, our circles of friends, our places of employment, our profession, our churches and our communities and MeAMSS, of course, to name just a few.

Let’s examine how we fit into the many aspects of our lives. What does being an essential piece of all these things mean to you? How do you fit into your family? What roles do you play? Like most of us, you may be a mother, a wife, a manager, an efficiency expert, a cook, a maid, a counselor, a loan officer, etc., etc., etc. Think about how your family would function without you.

What is your role as an essential piece in your circle of friends? Do you remember all the good stuff and forget all the bad stuff? Do you help through the rough stuff and give hugs through the rough stuff? Do you ignore all the dumb stuff? Do you create opportunities for fun, laughter and just enjoying each other? How would your friends fare without you?

How are you an essential piece of your profession? Do you keep up to date on standards and regulations? Do you readily share the knowledge you gain? Do you provide training to your coworkers and peers? Look at the ways you are an essential piece of your profession.

And MeAMSS, for example, are you an essential piece of this important organization? How do you contribute? Do you send in articles for the newsletter? Do you volunteer to be a presenter at an educational meeting? Have you reached out to a new member? Have you considered running for the Board? Look at the many ways you can be an essential piece of MeAMSS and act upon one.

So, to conclude, I challenge each of you to examine the things you believe you are an essential part of and think about how you fit into those things. This is an opportunity for you to examine what being an essential piece means to you.

So if you have an essential piece pin, take it out and wear it as a reminder that many things would not be what they are without you.

*Have a great summer.*

*Pat O’Connor, Editor*

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**HELPFUL WEBSITES**

<http://www.mainedental.org/>  
<https://profiles.ama-assn.org/amaprofiles/>  
[https://www.do-online.org/index.cfm?PageID=cme\\_guidereqs](https://www.do-online.org/index.cfm?PageID=cme_guidereqs)  
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<http://www.royalcollege.ca/>  
<http://www.state.me.us/pfr/olr/>  
<http://www.archives.gov/locations/index.html>  
<http://www.archives.gov/st-louis/military-personnel/letter>  
<http://www.nccpa.net/namss.org>  
[docboard.org](http://www.docboard.org)  
[msleader.com](http://www.msleader.com)  
[mssp-nexus.com](http://www.mssp-nexus.com)  
[qualityforum.org](http://www.qualityforum.org)  
[credentialinfo.com](http://www.credentialinfo.com)  
[www.aana.com](http://www.aana.com)  
[jointcommission.org](http://www.jointcommission.org)  
<https://www.nursys.com/Common.asp?pt=LICENSEVERIFICATION>  
<http://www.maine.gov/boardofnursing>

***DON'T FORGET ABOUT THE OCTOBER EDUCATIONAL SESSION IN PRESQUE ISLE – YOU'LL FIND OUT EVERYTHING YOU WANTED TO KNOW ABOUT THE KADLEC NEGLIGENT CREDENTIALING CASE PLUS OTHER TOPICS OF INTEREST. EMAIL ROSE LYONS IF YOU PLAN TO ATTEND.***

**Next deadline for submission of items is August 25th  
email submissions to [poconnor62@msn.com](mailto:poconnor62@msn.com). Remember – this is YOUR  
newsletter and the content reflects your input!**