



THE LIGHTHOUSE

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

President's Message Cheryl Schilke, CPMSM

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SPECIAL HOLIDAY EDITION

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As of January 1, the actual New Year, I will be stepping down as President and Lena McDougal will be assuming that role. We have had some new volunteers for Board positions and I look forward to a fresh infusion of ideas. As with any leadership change, this is an opportunity for a new President and new board to build on the success of the past and create a more dynamic future.

I am very proud of the accomplishments of the past two years. I am also proud of all of you for actively taking part in the educational offerings and growing professionally. It has been an honor to be your President.

As our Nation's Leadership Changes, so do MeAMSS Leaders

2008 Election Results

President-Elect: Deb Carter, CPMSM, CPCS
Secretary: Joyce Allen, CPMSM
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Education Chair: Rosemary Lyons, CPCS
Lighthouse Editor: Patricia O'Connor, MS, CSP
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Media Chair: Judy Lovejoy

Past President: Cheryl Schilke, RN, CPMSM
President: Lena McDougal, CPCS, CPMSM

Congratulations to all new board members and many thanks and appreciation to outgoing board members. Newly elected board members will take office January 1, 2009 after a transition meeting with the old board.



The MeAMSS Board of Directors extends best wishes for a safe and happy holiday season!



The Changing Trend Continues.....

CHANGES TO ADVANCED PRACTICE REGISTERED NURSES LICENSURE

Submitted by Claudia Edwards, CPMSM

Effective September 1, 2008, APRNs will be licensed and not required to separately register as RNs and then to register for an "approval to practice" as the APRN. There are four different license categories as follows:

- AA Nurse Anesthetist
- AP Nurse Practitioner
- AM Nurse Midwife
- AS Clinical Nurse Specialist

APRNs no longer have to renew the RN license; however, MSBON warns that, depending on the nurse's practice situation, s/he might have to maintain an active RN license as well as the APRN license. For those nurses who want to exercise his or her multistate privilege to practice in a Compact state, there might be a requirement from a Compact state to have an active RN license with multistate privileges.

An example I encountered in my work here at Maine Coast Memorial Hospital was that of a nurse midwife who could not find a position as a nurse midwife (prior to her employment here) and who took various positions as RN Manager in Labor and Delivery. In this instance she would have needed to have both an RN license and an AM license.

If you are going on the MSBON website, one should be looking for licenses with any of the above-listed prefixes to verify they have an active APRN license.

The MSBON is no longer issuing the temporary approval to practice letter because APRNs now have a license, not approval to practice. The notice is on plain paper, does not carry the MSBON logo nor is it addressed to the nurse practitioner. For this reason credentialers should cease asking for those letters from the APRN. Instead, what the MSBON issues is a notice that informs the APRN s/he has "TEMPORARY APPROVAL PENDING LICENSURE as a nurse practitioner. You may not practice as a nurse practitioner if unsuccessful in two attempts to pass the examination in two years." The notice goes on to further state that they must be supervised a minimum of 24 months based on a 40-hour work (this equals 4,160 hours).

I also have it on good authority that the MSBON is retooling its website and the new website will contain this information in the future.

WIRED M.D.: DOES YOUR DOCTOR PLAY NINTENDO?

Surgeons who are nimble on their video games may also perform better in the OR, report researchers from Beth Israel Medical Center in New York City. Doctors who were experienced gamers (defined as having played more than three hours per week sometime in their past) scored 42% better overall on a test of simulated laparoscopy than those who'd never touched a controller. The video game players also made 37% fewer errors and were 27% faster.

In a separate study, this one from Temple University in Philadelphia, internists who practiced listening to common heart murmurs on their portable audio players significantly improved their stethoscope skills. On average, physicians identify heart sounds correctly 40% of the time; those who did the iPod training scored twice as high, nailing the murmurs 80% of the time.

Submitted by Lena McDougal, CPMSM - *From November 2007 Good Housekeeping*

DID YOU KNOW?
Submitted by Julie Plummer, CPCS

An individual practitioner who is an agent or employee of a hospital or other institution may, when acting in the normal course of business or employment, administer, dispense, or prescribe controlled substances under the registration of the hospital or other institution which is registered in lieu of being registered him/herself, provided that:

1. Such dispensing, administering or prescribing is done in the usual course of his/her professional practice;
2. Such individual practitioner is authorized or permitted to do so by the jurisdiction in which he/she is practicing;
3. The hospital or other institution by whom he/she is employed has verified that the individual practitioner is so permitted to dispense, administer, or prescribe drugs within the jurisdiction;
4. Such individual practitioner is acting only within the scope of his/her employment in the hospital or institution;
5. The hospital or other institution authorizes the individual practitioner to administer, dispense or prescribe under the hospital registration and designates a specific internal code number for each individual practitioner so authorized. The code number shall consist of numbers, letters, or a combination thereof and shall be a suffix to the institution's DEA registration number, preceded by a hyphen (e.g. APO123456-10 or APO123456-A12); and
6. A current list of internal codes and the corresponding individual practitioners is kept by the hospital or other institution and is made available at all times to other registrants and law enforcement agencies upon request for the purpose of verifying the authority of the prescribing individual practitioner.

CFR-1301.22 c(1-6)

Note: TAMC's policy is that employed members of the medical staff can use the hospital pharmacy DEA number on a temporary basis pending receipt of an individual practitioner DEA registration number for which a new/renewal application has been submitted to the DEA.



Congratulations to Claudia Edwards. CPMSM who was appointed to a one-year term on the Audit and Finance Committee of NAMSS.

Members of the Audit & Finance Committee review financial reports, investments and records, assist in the preparation of an annual budget and provide guidance on the preparation and review of an audit.



FROM THE EDITOR





Holiday Madness - Tips to Manage Your Stress

While the holidays can be a time of fun and cheer, no one can dispute the fact that they can also be a time of chaos and stress. Shopping in crowded malls, dealing with monster traffic and hopping from one party to the next can all take its toll. What's more, if stress continues over an extended period of time, it can affect your emotional and physical well-being. In fact, the Centers for Disease Control and Prevention (CDC) estimates that up to 90% of illness and disease is stress-related. Don't let stress ruin this great time of year -- follow the tips below to keep your stress at a healthy level and make the most out of the holiday season.

BE HONEST	Don't freak out if you can't afford gifts or don't feel like going to holiday parties. – just be forthright and honest. Give a straightforward reason and don't apologize. "I can't afford gifts this year" or "I can't make it tonight" are simple and to the point explanations..
EAT YOUR WHEATIES	The CDC recommends that at least ¼ of your daily calories be consumed at breakfast – it's harder to deal with problems on an empty stomach. For an extra "punch", put fresh fruit like bananas or blueberries in your cereal.
DECAFFEINATE	Caffeine may promote more nervousness and tension. Try switching to decaf coffee or at the very least, you can drink one less cup of coffee or soda a day.
CHUCKLE UP	When you laugh, the cells that fight off illness increase – the International Stress Management Association reports that your blood pressure and pulse drop and endorphins (chemicals that suppress pain) are released into your body. Try renting a favorite comedy to get a good laugh, and at the same time, relieve stress
GET FIT	It's easy to forget about diet and exercise with all the extra snacks and goodies that accompany the holidays, but it's essential that you don't scratch it off your schedule. According to the CDC, cardiovascular fitness has been shown to boost your mood. In addition, stretching and flexing your muscles can reduce common indications of stress. headache, neckache and backache. Take 30 minutes out of your day to exercise – take a walk or go for a jog – just do something.,
BE POSITIVE	The American Institute of Stress estimates that 50% of American workers suffer from symptoms of burnout at work. However, if you have a good attitude, you'll most likely be able to handle problems and challenges better. With a positive attitude, you can be motivated by these occurrences instead of being put out by them.
BE SELFISH	First and foremost, take care of yourself. According to the American Psychological Association, (APA), stress is linked to the leading causes of death. So make sure you take the appropriate steps to ensure health. Eat properly, take a daily multivitamin, exercise and get an adequate amount of sleep – it will do wonders to help you cope with stress.
MAKE A LIST	In addition to gift lists, write a daily to-do list and make sure to include the things you need to do to manage your stress. Whether it's taking a bath, meeting with a friend or going to the gym, if you put it on paper, you're going to be more apt to do it.
TRY YOGA	The National Institute of Health reports that yoga can make you feel relaxed and more alert – this can help you manage your stress.
TAKE A BREATH	One of the contributors to stress is shallow breathing which decreases the oxygen that is available to the brain. So try some deep breathing to relax – take a slow, deep breath in through your nose and then slowly exhale through your mouth.
ASK FOR HELP	As we know, the holidays can be overwhelming so seek help and don't try to be a super hero. Getting ready for Thanksgiving and Christmas requires a lot of planning and preparation. Ask family members to help with those voluminous "to-do" lists and perhaps buddy up with a friend for holiday baking or shopping. The holidays are meant to be enjoyed, so do all you can to make that happen!

Our Members Share Holiday Traditions

 <p style="text-align: center;">Melinda</p>	<p>On Thanksgiving we pass around a journal book. Each person writes what they are thankful for. We decorate the book with Thanksgiving stickers and each person uses a different colored marker (Thanksgiving colors, of course). It is fun to look back over the years and read some of the entries.</p> <p>This tradition started kind of by accident. My mother always uses a paper table cloth for the kids table. To keep the kids busy, we gave them crayons, markers and pencils to draw on the tablecloth. Each year, after everyone has eaten and the table has been cleared, she will put the old paper tablecloth back on the table and the kids will draw or write stories on it. The kids really look forward to adding to the tablecloth each year. Kind of weird, I know.</p> <p>On Christmas Eve each year we attend the Christmas pageant at our church. After church we will drive around the neighborhood looking at all the Christmas lights. Once home the children are allowed to open one present (usually Christmas PJs) and then go to bed.</p> <p>We have a Christmas Pickle ornament that we hang on our tree. I will hide in on the tree and after all the Christmas activities are over for the evening the kids will try and find the ornament on the tree. Who ever finds it first gets a special small present. As the kids get older we have found that we have to change the ornament they look for and keep it a secret until it is time to look for it.</p> <p style="text-align: center;">Melinda Wood</p>
 <p style="text-align: center;">Stephanie</p>	<p>A few years ago I read about an idea for a Thanksgiving tradition in a book by Gloria Gaither. I mentioned it to my sister, we put it into practice and we've been doing it ever since. It's been awesome, especially for young children!!</p> <p><u>Wildlife Tree</u></p> <p>Have an evergreen tree cut beforehand (or the men/children could do this Thanksgiving morning) and place in a tree stand (homemade or store bought, your choice) OR if you have a tree in your yard that you can use, then you wouldn't have to cut one down!!</p> <p>(We're set up in a garage with a woodstove in it to do this, but you could certainly do it in your kitchen)</p> <p>Supplies needed: apples, oranges, peanuts in shell, cranberries, popcorn, suet, bird seed, peanut butter, pine cones, milk cartons (small –get from your local school cafeteria), ribbon, string, wire, darning needles & thread, old pantyhose, (this list could go on and on as you think of things!).</p> <ul style="list-style-type: none"> • Cut fruit up and string on tree with ribbons • String popcorn, cranberries and peanuts for garland for your tree • Wrap wire hanger on pine cone, then smear with peanut butter and roll in bird seed before hanging on tree (this one's my favorite!!) • Place suet in pouch made from pantyhose and tie on tree • Seal up top of carton, punch hole in top and tie ribbon on it for hanging. Cut hole in one side of carton and then place suet or bird seed; whatever you like! <i>(Cont on next page)</i>

	<p>Place all items on tree and you've got a beautiful and yummy treat for the woodland animals and birds! Place the tree where you can see it in your yard for hours of enjoyment!!</p> <p>We seem to expand on our idea every year – We soon added crafts for the adults (ie wreath making, centerpieces and more) snacks of hot cider and Chex mix and a TV with the football game on...Whatever you wanted to do would work, just as long as you're having fun together with your family!!</p> <p>Stephanie Budreau</p>
 <p>Kandi</p>	<p>Well, my family does have a holiday tradition that was started from the time I was born. Here you go, hope it's what you were looking for!</p> <p>Every Christmas Eve, I get to open one present. As a child I never figured out that the one present was always the same "type" of present so I would get all excited with anticipation. My mother would make hot chocolate, we'd sit by the tree, and they would watch me open my gift. It would be a beautiful Christmas themed night gown or robe. I'd run to get ready for bed and put on my new gift. As the years passed, I would continue to sit and wait with anticipation of my one gift.</p> <p>My mother passed away in July 2000 and I thought for sure that would be the end of the tradition (knowing that it was my mother who would search for just the right night gown or robe). To my surprise, Christmas Eve 2000, my father called me to come over. I got there and he had hot chocolate made, my mother's favorite Christmas movie playing in the background, and my one present was waiting for me. He did a wonderful job finding just the perfect robe and wrapped it with love from both of them.</p> <p>I know I'm 30 something.....hehehe.....and I do know the "type" of gift I will get on Christmas Eve, but it's still a tradition my father continues with me. It's great to see the style of item he finds for me and buys each year. Still wrapping each one with love from Mom and Dad!!!</p> <p>Kandi Hale</p>
 <p>Julie</p>	<p>Our family's Christmas holiday tradition is going on a horse-drawn wagon ride to pick out our Christmas tree at Richards' Christmas Tree Farm. We actually cut down the tree ourselves! Then we return to the main building to warm up and drink hot apple cider.</p> <p>Julie Plummer, CPCS</p>
  <p>Nancy</p>	<p>I have a holiday tradition that is well known in my circle of friends. My co-workers especially love to check with me each morning to see which set of Christmas earrings & pin I am wearing. I currently have about 45 sets (some matched, some just coordinated) and I begin my "wearing of the pins" on Thanksgiving (turkeys) and go through Epiphany on January 6th. I wear a different set each day. I have a few that I save for special days (I wear "Rudy" at our Christmas Luncheon and a pin that says "I've been good now where's my present" with present earrings on Christmas Day). I have been collecting pins & earrings since I was a teenager - a tradition passed down from my mom...</p> <p>Nancy Horn</p> <p><i>One more on next page</i></p>



Lisa

I started this tradition with my kids when they were babies and they still look forward to it (they are now ages 19 and 14). Christmas Eve, after a day of shopping, cleaning and cooking, both of the kids open up their "Christmas Eve gifts". Every year these gifts contained Christmas/winter PJs and a movie (usually holiday themed). We then order-in Chinese food and sit and watch the movie together.

Christmas morning we get up bright and early and go out to the barn and feed the horses. On Christmas morning they get a special bran mash mixed with warm water, molasses, carrots and apples mixed with their morning grain. It may sound strange to some, but the warmth of the barn early that morning and sounds of the horses enjoying their special breakfast warms my heart and gets the day started off right. Next the cat and dogs get their Christmas breakfast (turkey & gravy mixed in with their morning food). Everyone grabs a piece of homemade Monkey Bread (recipe below) fresh from the oven and a cup of coffee and then off to the living room to open stockings and presents. Although it was hard on the kids when they were younger, my family has always opened gifts one-gift-at-a-time (rather than a mass free-for-all). As the kids have gotten older and have spent more time, money and thought on their own gifts to others they appreciate being able to watch their gifts being opened and enjoyed. Later on a couple of relatives arrive for Christmas Dinner, but the morning is just for the family and it remains my favorite part of the day.

Quick Money Bread

1 pkg frozen yeast rolls (I use 10-12 Rhodes frozen dinner rolls)

1 pkg cook and serve butterscotch pudding (dry)

1/4 cup chopped nuts (optional)

3/4 cup brown sugar

6 tablespoons melted butter

Grease bundt pan. Sprinkle nuts on bottom. Arrange rolls over nuts. Sprinkle dry pudding over rolls. Mix sugar and melted butter together and pour (drizzle) over rolls. Sprinkle with cinnamon.

Cover with a towel and let rise overnight or at least 8 hours.

Bake at 350F for 23 to 25 minutes

COOL NO LONGER THAN 5 MINUTES. Turn pan over on serving dish and enjoy.

Lisa Davis

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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
<http://www.maine.gov/sos/cec/rules/10/chaps10.htm>
<http://www.royalcollege.ca/>
<http://www.state.me.us/pfr/olr/>
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Editors Note: Part 2 of the Chakra article will appear in the Jan/Feb 09 edition