

Why is membership important to you?

Why is the AARC so important? Without the AARC, there would be no respiratory care departments; no respiratory care educational programs; no nationally recognized NBRC credentials: the Federal Government would not have drafted the new Conditions of Participation allowing respiratory care practitioners to take verbal orders and administer medication such as oxygen and aerosols; there would not be the recognition and respect given to us by our medical sponsors; and there would be no legal recognition nor efforts towards increased legal recognition.

The AARC now offers a digital subscription for just **\$89.00** for renewing members.

FMI: Contact normahay@hotmail.com

Did you know you automatically become a member of the MeSRC when you join the AARC.



2018 Board Members

PRESIDENT: Sally Whitten

PRESIDENT ELECT: Suzan Michelle Collins

IMMEDIATE PAST PRESIDENT: Kate McKay

SECRETARY: Hannah Keaney Leadbetter

TREASURER: Don Cotta

DELEGATE: Amanda Albee & Daren Rainey

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Norma Hay

Kathy Roy-Gosselin

Joe Isgro

Kim Michaud

Alex Dickinson

Bobbie Crockett

Brittany Cyr

Erin (Healey) Ledue

MEDICAL ADVISOR: Neil Duval, MD

STUDENT LIAISON: Rachael Beote (SMCC)



SAVE THE DATE!!!

Plan Now for the Maine Event May 17 & 18, 2018

Online registration at www.MeSRC.org

Spruce Point Inn

Boothbay Harbor, Maine

Make Your Reservations Now!

sprucepointinn.securereservations.com

***For your discount make sure to mention
The Maine Event***

Questions Contact:

Hannah Keaney, RRT

Educational Comm. Chair

hannah.keaney@maine.edu

www.mesrc.org



Event Fees:

AARC Member 1 Day: \$ 80.00

AARC Member Day 2 ONLY (1/2 Day): \$ 50.00

AARC Member 2 Days: \$ 125.00

AARC Non-Member 1 Day: \$ 180.00

AARC Non-Member Day 2 ONLY (1/2 Day): \$ 145.00

AARC Non-Member 2 Days: \$230.00

Student with Lunch: \$ 25.00

Student without Lunch: Free

2018 MeSRC Meeting Dates

All are Welcome!!

May 17, 2018 in Boothbay

BOD Meeting: Lunch Time

August 22, 2018 at TBA

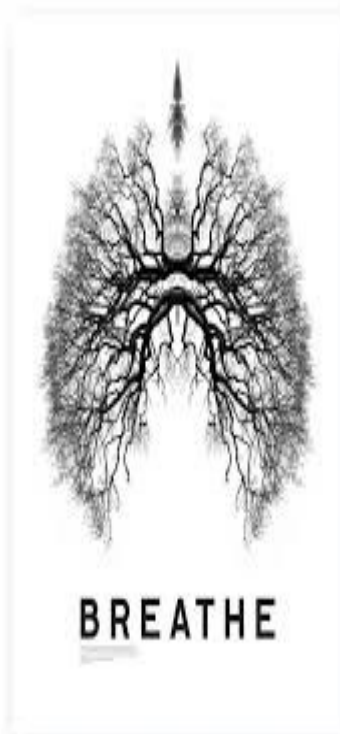
Educational Meeting: 1700

BOD Meeting: 1800

December 12, 2018 at TBA

Educational Meeting: 1700

BOD Meeting: 1800



LOBESTERGRAM INFO

We want to hear from you!

Share with us what is going on at your facility and/or in your community.

Please submit an article, note and/or pictures for an upcoming addition of the Lobestergram to maine@copdfoundation.org.

Interested in participating in the development of our newsletter, please contact Michelle at maine@copdfoundation.org.

President's Message

“We may have all come on different ships, but we’re in the same boat now”

Martin Luther King Jr.

Calling all Maine RCPs

In a few short weeks, I’ll be headed to Boothbay Harbor and the Spruce Point Inn for a few days. I’m not going on a vacation, I’m going there to help organize and host the Maine Society for Respiratory Care’s (MESRC) annual RCP conference called The Maine Event. I love visiting the Boothbay region for this conference and the gorgeous ocean front Spruce Point Inn is the perfect setting to unwind with friends and colleagues as we learn the latest in evidence-based patient care. This year, as in many others, volunteers have organized lectures, encouraged our manufacturing reps, clinical specialists, and pharmaceutical reps to participate so those attending can see the latest technology, learn about medications, and discover what community services are available for our patients. A great deal of time and energy goes into making this conference a first rate event and I’m going to ask you to please attend and to even bring an RCP friend. You are the lifeblood of this organization and we truly need your participation.

As you all know, the MESRC is a state affiliate of the AARC, so those of us who live and work in Maine and join the AARC all get to be part of this incredible group. There are over 670 RCPs in the state of Maine and about 26% of those RCPs also belong to the AARC. I'm told 29% participation is pretty much the national benchmark for AARC membership across the country, but it still bothers me that so few RCPs recognize the value of this organization and join.

I want to thank each and every one of you for your membership in the AARC. This is OUR professional organization, and although it may not be obvious to you on a daily basis, the AARC is truly fighting to advance our profession through the national legislative process, through education, and with the state level membership within all 50 states. In Maine we are stronger when we all work together and nothing highlights our collective educational effort more than The Maine Event. Please join us as we all learn something new, meet up with old friends, make new connections, and enjoy a fun evening of music and dancing.

Sally Whitten, President of the MESRC



AARC Government Affairs – Your Voice on Capitol Hill

Each spring, the AARC hosts “Hill Day” in Washington, DC to meet with our members of Congress in order to seek their support on important initiatives.

Suzan Michelle Collins and Keith Siegel will be representing Maine as your Maine Political Advocacy Contact Team (PACT) members this year. We will once again be joining fellow RTs and patients from all over the country on Capitol Hill on May 1st to advocate on behalf of RTs and the patients we serve. This year, we will be enlisting the support of Congress in the passage of the Telehealth Pilot Program.

This bill, if passed, would mark the first time that respiratory therapists are recognized under Medicare as qualified providers, which will go a long way toward enabling RTs to expand the areas in which we can practice. In the weeks leading up to “Hill Day”, you will be called upon to write to Congress in support of this important bill. Our leaders in Washington need to hear your voice!



AARC's Virtual Lobby Campaign
April 11 – May 2, 2018
RTs Support Telehealth
Tell Congress to Support RTs as Telehealth Practitioners
Let Congress hear your voice today!
Go to: <https://www.aarc.org/advocacy/congressional-legislation/aarc-virtual-lobby-campaign>

<https://p2a.co/lowDE4J>

What is Telehealth?

Telehealth covers a variety of technologies and tactics to remotely deliver medical, health, and education services to patients. Telehealth is not a specific service, but a collection of ways to enhance patient care and education. More specifically, telehealth uses digital information and communication technologies, such as computers and mobile devices, to provide health care services for patients.

Who Uses Telehealth?

Patients who benefit most from telehealth services are those:

- Living in rural areas with long commutes, or
- Whom have physical ailments making it difficult to visit a medical facility.

What's the Goal for AARC's 2018 Virtual Lobby Campaign?

As we kick off our 2018 Virtual Lobby Campaign, we aim to gain support in Congress for a telehealth pilot focused solely on respiratory therapists (RT) as telehealth practitioners. This program will give us the chance to gather information on both the health impact and costs associated with these services. It will also provide a platform to demonstrate the expertise RTs bring to the health care system and their patients. We've already received positive feedback from key telehealth proponents about the pilot.

The pilot would allow qualified respiratory therapists as telehealth practitioners to provide self-management education and training, demonstration and evaluation of inhaler techniques, smoking cessation counseling and remote patient monitoring to Medicare beneficiaries diagnosed with COPD. Review our to learn more about the pilot.

How Did This Telehealth Pilot Come About? Before focusing on this pilot, the AARC advocated for the three telehealth bills introduced in the House of Representatives that include respiratory therapists as telehealth practitioners in addition to other allied health professionals. They are: H.R. 2550, the Medicare Telehealth Parity Act; H.R. 2291, Helping Expand Telehealth to Rural America (HEART) Act; and H.R. 766, Telehealth for Individuals Residing in Public Housing.

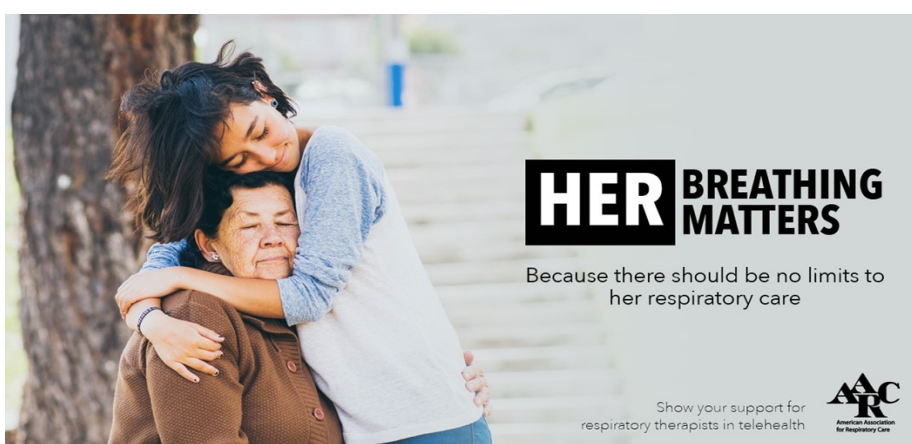


While we still support this legislation, we have heard large bills, such as the Parity Act, are unlikely to advance in Congress because of the significant costs associated with them. The committees of jurisdiction are instead focusing on telehealth provisions that are narrow in scope with a lower price tag. Therefore, AARC has shifted its strategy in response.

So How Can You Help? Contact your House Member and Senators by email and phone asking them to support a telehealth pilot that studies the impact RTs can have on the health outcomes and costs associated with Medicare beneficiaries with COPD by clicking on the “Take Action” box above.

It’s important that Congress hear from RTs, patients, and other supporters of the respiratory profession. This is an exciting time as the recognition of respiratory therapists by Congressional leaders is gaining momentum. Don’t delay — get started now!

<https://www.aarc.org/advocacy/congressional-legislation/aarc-virtual-lobby-campaign>. You will find several tools to use to com-



Register Now at AARC.org: [VAP to VAE: Implications for the Respiratory Therapist](#)

Because there is no reliable definition for ventilator-associated pneumonia (VAP), the CDC convened a multidisciplinary group to develop a surveillance definition. The result is a tiered approach that focuses on ventilator-associated events (VAE). 1.0 CRCE. Member Discount!



Educational Committee Update

Hello from the Educational Committee!

We are getting really excited about this year's Maine Event on May 17 & 18, 2018 at the beautiful Spruce Point Inn! Last year we had a blast! This year, we chose to do a Thursday-Friday conference. For those of us that love Boothbay Harbor as much as we do, this is a perfect opportunity to make it an extended weekend in Boothbay! We are currently working hard behind the scenes and will have attendee registrations available on shortly! Brittany Cyr, our speaker liaison has put together a great line up of speakers for our 1.5 day event.

Here are just a few of the great topics we will be hearing about this year: Preventing Post-Operative Pulmonary Complications; SNOT Your Average ARDS; So This Kid Comes into your ER...(Taking the Cringe –Factor Out of Pediatric Respiratory Care); Vaping; ConVen-tional Wisdom for KIDS, Patient View – My Life with Alpha-1 and a Double Lung Transplant...and much more

Erin Ledue is our silent auction extraordinaire; if you have any inquiries, please contact her @ EHealey@mmc.org. Amanda Albee is our lead vendor liaison. Norma Hay is your registration go to. If you have any questions about the upcoming conference, please email me at Hannah.keaney@maine.edu. Thank you to our other EDU committee members and all the members of the board who help make a successful conference possible! See you all soon!

Hannah Leadbetter

Educational Committee Chair



Silent Auction

This year we will be holding two separate Silent Auctions, one on the 17th and the other on the 18th, to give all attendees an opportunity to participate. So don't forget to bring some cash or use a little of the cash you win at the Sputum Bowl to bid on our Silent Auction items. Proceeds from the auction go directly into an Education Fund to finance student activities, tuition assistance and educational opportunities. Rachael Beote our student liaison from SMCC is working hard to make sure the Auction is a success.

If you or any business you know would like to donate an item to this event, please contact Erin Healey. ErinEHealey@gmail.com

We welcome and thank everyone who contributes to make this initiative happen. It is such a good cause, promoting our future through education and experience.



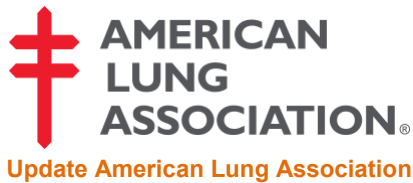
As most of you know, we will be holding our annual sputum bowl. We encourage you to make your teams early and register at the registration table. A cash bar will be available for those thirsty from learning all day.

Who wouldn't want a chance to win \$\$\$\$?

First Place: \$100.00 pp

Second Place: \$50.00 pp

Third Place: \$25.00 pp



email: Lee.Gilman@lung.org

Better Breathers Club - Anyone interested in sponsoring a **Better Breathers Club**, a monthly support group for people living with lung disease, at their facility, please contact Lee Gilman. Currently there are five active clubs in Maine!

To learn more go to: <http://www.lung.org/support-and-community/better-breathers-club/>



Trek Across Maine

You are invited for the adventure of a lifetime! Ride or Volunteer
The **Trek Across Maine** is a 3-day, 180 mile cycling event from the mountains of Sunday River to the sea in Belfast. As the largest fundraising event of its kind in the nation for the American Lung Association, the Trek has raised more than \$22 million in the past 30 years. Join more than 2,000 cyclists and 750 volunteers on this one of a kind journey on Father's Day Weekend, June 15-17, 2018.
Start Location: Sunday River, Newry, ME
Finish Location: Steamboat Landing, Belfast, ME



MAINE LICENSE RENEWAL REMINDER

In an effort to streamline the renewal application process, your license will no longer be mailed via snail mail. Renewal reminders will be **emailed** to licensees using the **email address on file** with the State of Maine. Please note this email contains the access code required to renew the license online. Licensees may check or update the email address at the following website, [OPOR Change License Contact Information](#).

If you do not know your access code, have any questions, or need further clarification, please contact the office at (207) 624-8603, or you may send an email to the office, prof.lic@maine.gov.



Delegates Report

The most recent House of Delegates meeting was held for the first time in Indianapolis, Indiana. The continued tradition of recognizing our active, reserve, and retired military members was not forgotten. The AARC, for many years, has recognized the commitment and sacrifice that our military members provide our profession. Several states have an active military liaison, if you're interested in taking that on, please one of us on the board.

Following recognition of the guests and student representatives, Speaker Keith Siegel began work on a busy agenda. One item, which began at the summer meeting, was the delegates' work on the goals of the strategic committees' objectives. In general, these committees are aligned with the association's strategic objectives. Each subcommittee is focusing on the eight strategic objectives:

1. Define and expand the scope of practice for respiratory therapists in all care settings.
2. Advance the knowledge base and educational preparation of respiratory therapists to ensure the delivery of high quality patient care and to foster patient safety initiatives.
3. Support research and scientific inquiry to strengthen the scientific foundation and promote best practice for patient care.
4. Establish professional standards and outcomes that are supported by scientific evidence.
5. Advocate for federal and state health care policies that enhance patient care, access to care, and professional practice.
6. Partner with governmental agencies, community organizations, third party payers, professional societies and the public to promote healthy behaviors and prevent cardiopulmonary disease.
7. Broaden consumer and health care providers' knowledge and understanding of the value of respiratory therapists in providing safe, competent, and evidence-based care.

Assure the Association has the resources to meet the mission and strategic goals of the organization. There is another subcommittee with the charge to “Identify challenges facing the Affiliates and develop possible strategies to address these issues.”

President Brian Walsh addressed the House with the State of the Association. Aside from the three goals of quality, safety and value, he discussed the need for the Advance Practice Respiratory Therapist. A question he had, and we would like to know, is would NJ – and other states – support the development of the APRT within the profession? If you have thoughts or questions on the APRT, reach out to us.

Back to quality, safety and value measures. The quality goal remains an education requirement of the bachelor’s degree as well as the development of the APRT education programs. Safety measures include leading and advancing safety in respiratory care. Included in the safety measure is patient care while receiving mechanical ventilation. The charge of the second goal is to maintain and expand relevant alliances with key organizations to ensure safety and competence. Finally, value measures include the expansion of research efforts and advancing the international respiratory community.

The AARC announced the first few facilities that received its new APEX award. This is the new AARC recognition program, replacing the Quality Respiratory Care Recognition award. Hospitals, LTACs and home medical companies are all eligible for recognition. The next application period will open in fall of 2018. Shawna Strickland challenged the House, the state presidents and state board members to encourage departments which you do not work for but which are located in your state, to apply for this new prestigious APEX award. We encourage your facility to review the criteria and apply for this award.

As mentioned in past reports, AARC membership is flat or down compared to previous years. If you are a student reading this, the AARC and MeSRC want you to know the value of membership. If you are already a member and know of a colleague that is not a member, help them realize the value of AARC membership. One of the biggest questions is “What does membership do for me?” Not to avoid answering the question, but membership is often confusing for some. Remember, Maine does not have separate membership; without being an AARC member, you cannot be an MeSRC member. Anna Marie Hummel, the AARC Government Affairs Director, provided an update on so many regulatory and legislative issues. A few things of note, it was reported that CMS has a new direction that is more patient centered. Additionally, the AARC continues to monitor the effect of state governments examining the necessity of licensure boards. One federal bill, Restoring Board Immunity, is good news but faces huge hurdles. The bad news, states are not waiting and are moving on their own laws to attack licensure boards. We have seen that independent boards are the ones most vulnerable to change. We have two meetings this year, the next one in June, and we will keep you all informed with updates.

Suzan Michelle Collins, President-Elect



AARC House of Delegates Student Mentorship Program

Communication is the key to success! At least that's what I have always been told... When I ponder that statement it does, in fact, ring true.

I am Sam Demers, a 28-year-old, Respiratory Therapy student at Southern Maine Community College. Currently I am attempting to consolidate all the knowledge that has been instilled into my brain over the past year and a half into neatly organized piles to unload on the TMC and CSE that I will inevitably be taking shortly after graduation. Everyone knows something, but there is no single person who knows everything. With that statement in mind, we can once again emphasize that communication is the means that enables us to bridge those gaps in knowledge! That is why mentorship, whether it be between students, colleagues or even strangers, is such a valuable tool.

I love to cook, especially when it is for myself, friends and loved ones! Often, I find myself trying to recreate dishes that I have seen my friends and coworkers make over the years. Through trial and error, I have come to realize that instead of doing it wrong the first time, if I reach out to my friends ahead of time, the majority of the time I get a better end result. This simple principal has enabled me to get better at accomplishing the task at hand, more efficiently. These people are still my friends, but they are also communicating their systematic approach to me, as mentors.

This past year, I was given the opportunity to act as the Student Liaison for the MeSRC, it was a great chance to meet some of the dedicated professionals of my future career. My term as Student Liaison closed the end of 2017 and that torch is now being passed on to first year Respiratory Therapy student, **Rachael Beote**. The creation of that position has opened a fantastic opportunity for students to act as a resource as well as a mentor to relay information between the MeSRC and the SMCC students. At the same time, you get to meet a whole new set of mentors and resources. Also, the creation of the Student Delegate Mentorship program was an excellent way to instill the importance, inform and prep students for getting involved in our state society upon graduation. 2017's delegates, Amanda Albee and Daren Rainey, did a phenomenal job of taking me under their wing and ensuring that I got to ask any questions I had about our society and our involvement in the HOD meetings, and that is what is so great about mentorship.

One of the things I love so much about Respiratory Therapy is the small, close know community that our state, and I am assuming other states share. Everyone has something that they are passionate about and often highly and skilled in. In something as broad as Respiratory Therapy it can be very important to have that resource to reach out to when you need a second opinion on something. The bottom line is, everyone who gets into this

profession wants to be the best therapist they can, and if we all communicate well and make connections with our own mentors we will experience less error and accomplish the best level of care we can. The Student Liaison position and the Student Delegate Mentorship program are extraordinarily valuable to us as students and as future Respiratory Therapists, and we are thankful for them!

Samuel Demers

SMCC News



2018 Respiratory

Therapy Program Update



Rachael Beote, a first year student at SMCC, is the student liaison for 2018. Congratulations Rachael!

Our 13 seniors are busy preparing for their national board exams, and all are on track to graduate in May. In clinical they are focused in specialty rotations through the adult, pediatric, neonatal, and cardiothoracic ICU's and hemodynamics. They are presenting their capstone case study presentations in the Jewett Auditorium, all preceptors are invited to join in the fun! Ask your senior student when they are presenting if you would like to attend, or email a faculty member. This group continues to be very active in the community donating their time and energy. One example of this volunteerism is the work they are doing to raise money for the Cystic Fibrosis Foundation 2018 Great Strides Walk taking place in Portland this May. They are also being actively recruited into the workforce from near and far. They have been visited by managers from northern Maine, local area hospitals, and as far south as Boston. All are offering attractive incentives for our grads.

Class of 2019

We have retained 13 out of 18 students in our freshman cohort, of the 5 that did not progress to spring 2018; 3 did not progress because of academic performance, 1 withdrew for personal reasons, and 1 student changed majors into our Health Science program and will graduate this May. Challenges for the faculty teaching/mentoring this group are their diverse previous learning experiences/preparation and their average age is 19-26. They are out in the clinical environment this semester in a mostly observational role, and are excited, and naturally a bit overwhelmed by all they are learning out there with you.

Clinical Updates

After a year of collecting student competency evaluations (the blue forms) we will now begin our process of analyzing this

information in an effort to evaluate inter-rater reliability across our trained preceptors per CoARC requirements. Kathy will continue to provide and support preceptor training as needed to optimize this standard.

CoARC Survey Results

We are happy to report that all CoARC employer and graduate surveys were well above threshold.

Other News

We continue to build simulation based learning experiences for both student cohorts. We were able to acquire two new high fidelity simulators (an adult and neonatal model) with Perkins grant money. This has allowed us more flexibility to implement them in new and exciting ways across our curriculum from low fidelity classroom assessment drills to dynamic high fidelity scenarios. Simulation based learning is labor intensive from a faculty perspective, but an incredibly valuable learning modality for our students. Please keep us in mind when you are cleaning out expired supplies or are upgrading to new equipment, we really can use most items!

We have been asked to explore a satellite program at EMCC in the Bangor area. We are in the information gathering phase, and have a meeting scheduled this week with EMCC and our administration to discuss this further. We will hopefully be able to update you at our upcoming meeting.

We continue to see financial constraints on our student body every day in some form. Please consider strengthening our program with a donation to the SMCC Foundation, **Attention: Respiratory Therapy Fund**. We use this money to provide our students with opportunities they would otherwise not be able to afford. For example, this past fall we helped to supplement some of Sam Demers' stay in Indianapolis. Sam was our Maine Society for Respiratory Care student liaison, and the Society sponsored his attendance at the HOD meeting, we used money from this fund so he could attend some of the AARC National Meeting also. This was an enriching and valuable experience for Sam.

In closing, we want to THANK YOU all for your continued support of our students, and this program. We could not graduate such wonderful future RRT's without your commitment or support.

SMCC Respiratory Therapy Faculty

Respiratory Education in Maine

In August of 2014 KVCC's president Hopper announced his intention to suspend the respiratory therapy program along with two other allied health programs as they were not fiscally viable. Many meetings were held, driven in large part by our chair of the program's advisory board, Don Cotta. After unsuccessfully pursuing funding from grants and the Alford Foundation, Howard Mette worked

with State Representative Kornfield and Senator Langley to draft LD 318, emergent funding, to keep the program alive. As advisory board members we took our turn testifying before the Cultural Arts and Education committee. The bill died there.

For the purpose of keeping this summary brief, I will say that with the support of EMHS, I initiated discussions with first UMO's provost, and was deferred to UMA and finally to Husson who I met with on a few occasions. Husson needed to enroll 40 students per year and charge 5 times the cost KVCC charged. This created an impasse and there was no further contact until January when I received an email from a young mom living in the Bangor area wanting to know how she could become a respiratory therapist and the hardship it would cause to travel to SMCC. In a "knee-jerk" response, I sent Senator Collins a plea to consider the impact of a greatly diminished allied health workforce in our state. I also copied our VP's here at EMMC.

After receiving much immediate attention, (some not so good), our VP of Government Relations became an active member of a task group to find a solution. A few different educational models were explored, some as bridges until a sustainable solution could be implemented. It took a few discussions by phone to bring Husson University back to the table to talk about our sincere intentions at which time we presented a brief but impactful scenario outlining past, present and potential future state. We also presented an overview of the many roles of a respiratory therapist. At the time of this writing we are awaiting their decision.

I am not sure where we will go from this point if Husson does not accept, perhaps a cross over or 2+2 model. If accepted there will be many components to put in place such as the accreditation, faculty, labs, clinical, enrollment/advertising, and in general raising the public's awareness of what an RT is, especially targeting the high school population.

I am hopeful that, we will succeed in bumping our much loved profession forward. Stay tuned!!

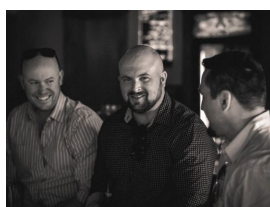
Joe Isgro ,
Manager of Respiratory Medicine & Sleep Diagnostics at EMMC



What's Happening Around The State?

Congratulations to Kelly Crossen-Guevara on the birth of her son and to starting her new position with Healthcentric Advisors.

Congratulations to Keith Siegel for being an entrepreneur and founding Siegel Respiratory Consulting, Inc. a little over a year ago. Keith has always been very involved with supporting the respiratory profession and continues to do so with being the Speaker of the House for our AARC, our Political Advocacy Contact Team Member for Maine and the U.S. COPD Coalition, participating with the development of the COPD National Action Plan as well as the COPD Rural Health Summit. (Just to name a few.) Keith is a great mentor, friend and colleague. We thank you for all that you have given and continue to give to the respiratory profession!



In May of 2017, after years of hard work and dedication, Taylor Steeves graduated at the top of his respiratory therapy class. In June, he accepted a full-time position at Maine Medical Center, a dream come true. He was now in a position to truly help people; saving lives and making every patient he worked with more comfortable – knowing they were in good hands. In July, the day before his 30th birthday, Taylor received an unbelievable diagnosis. He has stage 4 lung cancer - a non-small cell adenocarcinoma. It's spread to his liver and is VERY aggressive. His battle will be intense, but as so many know – Taylor is a fighter and is going to give cancer everything he's got. Taylor is a great friend and an even better son and brother, working year round to help make his parent's lives better.

April 15, 2018 Update: Waves 🌊 are crashing over the bow but onward is the call straight with speed cause that's the only way I know. After much to-do I was granted access to a clinical trial drug through Dana-Farber in Boston and have been taking it for 4-weeks now. Hard telling whether any effect is taking hold as official scans won't be done until 6-8 weeks out and the drug takes a while to establish in the body. The radiation on my sacrum and pelvis have proven worthy as I was able to do some of my first walking in months unassisted these last two weeks. I did learn that my time being immobile left me with blood clots in my legs so I have had to ramp up blood thinners to injections rather than pills; however I have responded well and began walking up to 200 yards at once sometimes affording myself some fresh air and views of the back acreage through groves of oaks, birches, and tall pines. This little bit of therapy makes me hopeful; however this week after a long walk in the back yard I woke in the night to excruciating back pain this time in my thoracic vertebrae where some of my most unstable bone cancer remains. I am currently at Maine Medical Center where I've learned I have compression fractures in the T-4 to T-6 regions of my spine. We are creating a pain control regiment that will allow me to get home and I am adamantly refusing radiation of that region at this time so that I do not have to interrupt the clinical trial of medication. Postponing the drug for that duration would essentially mean starting over. Regardless of how the scans turn

out I am either ready to continue battling pain and continuing the trial or completing radiation and going with full on chemo/ immunotherapy. Thank you all for your support and love which I use as energy 🏠👉 to try relentlessly to punch this uninvited disease into the floor 🍷👉 Not sure what environmental impact is causing so many young healthy non-smokers to get genetic non-small lung cancer across the nation and the world but the uptick is noticeable and I am starting to research ways to get word out. Again as always I thank you all for your tremendous outpouring and your endless patience and remind you that I can't respond to everyone, that I do not take you not asking as not caring. My one request to you is to live your best life, appreciate what you have and hold your families and loved ones tight. I am the master of my fate, I am the captain of my soul...
❤️👉👉👉 –Tay

You can follow Taylor and share your support and encourage him to Stay Strong <https://www.facebook.com/sTAYstrongsteeves/>. Also, check out the beautiful tee-shirts you can purchase to help support Taylor and his family during these difficult times <https://www.youcaring.com/taylorsteeves-877895>.

Our thoughts and prayers continue to be with you and your family Taylor. ❤️



Central Maine Healthcare

Respiratory Therapist, Allison Osgood, has recently created a brochure for the ICU at CMMC: What to Expect when a loved one is on a ventilator. The pamphlet is designed for the family members of our patient's. In the pamphlet we describe the ICU team members including intensivists, respiratory therapists, nurses and CNA's and their roles to help the family understand who is who and describing our role in patient care. It goes over what is "normal" when their loved ones are on a ventilator, such as coughing/gagging on the tube, restraints and sedation. I briefly describe what the ventilator is along with its purpose including that the ETT goes through the vocal cords and the patient is unable to talk. It goes on to list alternative communication techniques including asking yes or no questions, communication boards, and writing if the patient isn't too weak. One side of the pamphlet is also dedicated to Delirium which targets an all too real problem in today's ICU's. It explains the difference between delirium and confusion as well as ways to spot it and how to help such as: talking in a calm and soft manner and reminding them the date, time and where they are. I've created the brochures in hopes that the family has a less traumatic experience when their loved one is on a ventilator and to give them answers and insights about things that they may encounter. It is in the works and hope to roll out to the ICU in the very near future.

We are also excited to announce that the pulmonary function labs at CMMC, Brighton and Rumford Hospitals have implemented a standard of care protocol for Alpha-1 screening. CMMC was the first to launch the protocol over a year ago followed by Brighton and Rumford last fall. Lots of great screening is being conducted and we are thankful for the dedication to the success of this program from all those involved. For more information about creating an Alpha-1 standard of care protocol at your facility contact Suzan Michelle Collins at maine@copdfoundation.org.

Welcomes Cristen Markey, Casey Knight, Kate Foley to our Respiratory Team.

Congratulates Nicole Giroux on her new position as a Night Shift Coordinator.

Congratulates Peter Pelletier on his much deserved retirement although he is not done just yet as he promises to continue to help out with our community health fairs. Thank you Peter!



Lincoln Health, Damariscotta

Welcomes Heather Brown and Lee Crosson to our Cardiopulmonary Team.

Mary Colcord will be making the Trek Across Maine again this year supporting the American Lung Association.

Maureen McAuliff Smith is training the Activities Director and some of the residents as they kick off the Harmonicas for Health Program at the Plante Home in Bath.

Suzan Michelle Collins developed and taught the COPD portion of the Community Paramedicine Program for Lincoln County, Waldoboro and Boothbay areas. Was awarded a grant from PhRMA to institute several more Harmonicas for Health Programs here in Maine. She just returned from NHLBI in Bethesda, MD where she worked with a diverse group of professionals and patients in addressing issues surrounding the National COPD Action Plan in Rural Areas.



Maine Medical Center, Portland

Norma Hay presented the COPD and the RT Educator course at the 25th Annual Paul M Cox Jr, MD Memorial Mud Season Conference on April 6th. Thank you Norma!

Congratulations to our recently hired student trainees: Gabby Goodall, Sam Demers, and Karlee Plante.

Congratulations to Brenda Pappalardo on passing the RPFT exam.

Congratulations to Christine (Young) Archibald on the birth of her daughter.

Congratulations to Savannah DeFelice on the birth of her daughter.

Congratulations to Brandon Endsley on the birth of twin sons.

Congratulations to Deb Geheb on her new position as the Staff Development Educator for the department.

MMC is launching an ECMO team with a team of RT's and RN's providing bedside care and monitoring. This is a new and exciting opportunity for the RT's at MMC and we look forward to providing this advanced service for our cardiac and respiratory patients. Congratulations to: Kyle Reed, Jeff Brown, Greg Lavertu, Jim Hatch, John Lichty, Robin Dykas, and Dave Kissin as they complete their training and take on this new role as ECMO Specialists.



MaineGeneral, Augusta

Elaine Murray, Keith Engelhart, and Suzan Michelle Collins had the unique opportunity to participate in a study from CSA

Medical and evaluated the ease of use of the instructions, technology and equipment for the RejuvenAir System. This system would be used for patients with chronic bronchitis to deliver liquid nitrogen to destroy the mucus-producing goblet cells while preserving the extracellular matrix, thereby enabling regrowth of health cells.

Vye Marshall is preparing her champion campsite for her Annual Relay For Life weekend event. Can not wait to see what her theme will be this year!



COPD Foundation News

Chris Jensen and the Academy of Country Music Support the Harmonicas for Health Program

Check out this You Tube Video of one of our first programs:

<https://www.youtube.com/watch?v=1rJYEWjVU9M>

Why play the Harmonica?

Helps strengthen the diaphragm

Mimics pursed lip breathing

Focus on the respiratory pattern

Portable and fun

We are looking for some individuals who would be interested in teaching and/or training the trainer (like Maureen Smith has done) for our Harmonicas for Health Program. There are a few more kits available from a grant that I was awarded from PhRMA. We are hoping to extend this service across the state and need your help. Some ideas of where to institute a program would be a Better Breathers Group, Assisted Living or Nursing Home, Veterans Home or Pulmonary Rehabilitation.

As of January 2018 we have over 100 programs established across the United States and 38 states with at least one program. Responses from a survey of participants across the country:

“Since I’ve been playing the harmonica I feel I have....”

- * More control over my breathing – 65%
- * Am more social - 62%
- * More active – 50%
- * More confidence in self - 50%
- * Better ability to cough up mucus – 42%
- * Have less stress – 35%
- * Have less episodes of shortness of breath – 35%

Never played an instrument or read music, not an issue. It is a very straight forward system. You do not have to be diagnosed with COPD to be a participant, all are welcome to participate. Please contact me for more information about the Harmonicas for Health Program and/or becoming an Advocate or Ambassador for our COPD Community!

Suzan Michelle Collins, BSRT, RRT

COPD Advocacy Captain and Ambassador for Maine, COPD Foundation

maine@copdfoundation.org

Respectfully Submitted,

Suzan Michelle Collins, President-Elect