



LUNDER • DINEEN

Health Education Alliance of Maine

In collaboration with Massachusetts General Hospital

## Fact Sheet

### Health Education is Powerful Medicine

The Lunder-Dineen Health Education Alliance of Maine (Lunder-Dineen) offers free, easily accessible and evidence-based education to Maine health care professionals and the communities they serve through an innovative partnership with Massachusetts General Hospital and an ongoing collaboration with Maine's health care community. Its goal is to improve the overall health of Maine residents by expanding their health knowledge and by advancing the skills and expertise of Maine health professionals.

### About Lunder-Dineen Health Education Alliance of Maine

- Funded by a gift from the Lunder Foundation and Lunder family, and matched by Mass General
- Named for Dr. James J. Dineen, a Gardiner, Maine native who pioneered the concept of relationship-based care and who was instrumental in providing care for Mr. Lunder
- Dr. Dineen has made health education a focal point of his medical career, aiming to provide health care professionals with accessible and innovative training opportunities, and to give patients and families the knowledge they need to improve their health
- The Lunder-Dineen and Mass General relationship builds upon MGH's mission to partner with underserved communities to build, improve and sustain health care delivery and healthier communities
- Mass General's commitment to Lunder-Dineen includes making available the full resources of the Massachusetts General Hospital Academy, the Norman Knight Nursing Center for Clinical & Professional Development, the Maxwell & Eleanor Blum Patient and Family Learning Center, and the Red Sox Foundation and Massachusetts General Hospital Home Base Program
- Only program of its kind between a large academic medical center and a neighboring state
- Health education that addresses pervasive health issues specific to Maine, including mental/behavioral health, older adult health and a special focus on nursing and veterans

### Health Education is Powerful Medicine

- Teams, organizations and businesses operate successfully when they have access to the best resources
- In health care, new treatments, protocols, and standards of care develop very quickly
- Staying informed about the best treatment options and implementing best practices and the latest evidence-based guidelines is often difficult for patients and professionals alike
- Health education expands patients' and families' understanding of their health care needs and options, promotes healthy lifestyles and preventive care, and provides information about health care beyond a doctor's office or hospital
- For professionals, health education provides access to experts, research, and guidance that help clinicians make the best clinical decisions and optimize patient health

## Lunder-Dineen's Mission to Improve the Overall Health of Maine Residents

- Areas of educational focus are determined by Maine health reports, formal needs assessment research, and informal needs assessments in collaboration with the Maine health care community
- Convene stakeholders, build or disseminate existing educational programs in a planned way to address gaps, test evidence-informed educational models and extend their reach statewide
- Develop accessible, Maine-tailored programming where health education gaps have been identified and impact health care professionals across the state
- Also responsive to short-term education needs identified through grassroots meetings with health care professionals across Maine
- Learning Management System allows Lunder-Dineen to measure the impact of education and interventions against the identifiable need to improve health care quality
- Current areas of educational focus are older adult health, veterans' health, and mental health

## Free and Easily-Accessible Evidence-Based Education

- Maine tailored, evidence based, and on demand
- Web-based learning in addition to resources like white papers and posters on specific topics that are important to Maine health care professionals, such as motivational interviewing and bath salts abuse
- Many are CME/CE certified
- Features national and Maine-based experts
- All education is free, which benefits smaller hospitals and practices with tight budgets, time-pressed clinicians
- Needs-based education driven by technology

## Collaboration with Maine's Health Care Community

- Lunder-Dineen works directly with hospitals and health care organizations across the state to uncover unmet health education needs
- Convenes stakeholders, builds or disseminates existing educational programs in a planned way to address gaps, tests evidence-informed educational models and extends their reach statewide

### LEARN MORE

To learn more about Lunder-Dineen and our free educational activities, visit [lunderdineen.org](http://lunderdineen.org).

To collaborate with us on education, contact Denise O'Connell, senior program manager, 207.385.3185 or [denise@lunderdineen.org](mailto:denise@lunderdineen.org)



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