



LUNDER • DINEEN

Health Education Alliance of Maine

In collaboration with Massachusetts General Hospital



ANNUAL REPORT

2018

「 HEALTH EDUCATION IS POWERFUL MEDICINE 」



THIS YEAR'S ANNUAL REPORT
INCLUDES PHOTOGRAPHY
FROM OUR TRAVELS ACROSS
MAINE AND AT MASS GENERAL

DEAR COLLEAGUES, FRIENDS & NEIGHBORS IN MAINE,

ON BEHALF OF THE LUNDER FAMILY, the Lunder Foundation, and Massachusetts General Hospital, we are proud to present the eighth annual report from the Lunder-Dineen Health Education Alliance of Maine.

This report offers detailed updates on our three strategic programs. In 2018, our MOTIVATE oral health initiative (pages 4-5) neared its goal of launching across the Maine Veterans' Homes system. The program continues to focus on promoting equity in oral health care for frail older adults. It supports quality improvement efforts and advances early interventions to prevent serious oral health problems. This wards off costlier care.

Our Time to Ask initiative (pages 6-7) rolled out at primary care practices in Bucksport and Fairfield. It helps address the epidemic of unhealthy alcohol use in Maine. The program teaches health professionals how to confidently integrate meaningful, routine alcohol use questions and conversations into their practices. This enables them to intervene early with patients who are at risk from unhealthy alcohol use.

Our Maine Nursing Preceptor Education Program (pages 10-11) launched for the fourth time and educated another 200+ RNs from across the state. The total number of participants now exceeds 700. This initiative truly impacts every single Mainer by preparing the next generation of nurse leaders in the state.

In fact, all our work centers on best practices for teaching and learning. Our goal is to help advance the health care workforce in Maine.

Leaders in government, academia, and patient care know that skilled health care workers are a critical link to improving public health. That is why work is under way in agencies across the state to prioritize workforce development. Maine needs to recruit and retain more graduates in all professions in order to meet identified public health needs. It also needs advanced training for these providers to help them practice within a strong, collaborative, team-based model of care.

We are proud to align with these ongoing efforts to strengthen public health capabilities and resources. We want to help Maine address chronic diseases, lower health care costs, meet the needs of an aging population, and improve health for its residents.

More than eight years ago, the Lunders partnered with Mass General on a vision for sustainable, education-driven solutions to public health issues in Maine. Every day we work to bring this vision to life.

Maine needs it today more than ever before.

We thank you for your interest in Lunder-Dineen. Please join us and support our efforts to craft a bright future for Maine.

*James J. Dineen, MD
Jeanette Ives Erickson, RN, DNP
Robert J. Birnbaum, MD, PhD*



ORAL HEALTH is both a public health and population health issue. This means that it is important to the health of everyone in Maine. It is especially critical for Maine's most frail older adults who live in nursing homes. A growing body of evidence links poor oral health to chronic diseases such as diabetes, heart disease, and stroke.

In the 2018 *State of Decay Report* from Oral Health America, Maine ranks #33 in the country in terms of older adult oral health. The report recommends a strategic, multi-stakeholder approach combined with education in order to address the issue. This is the approach that Lunder-Dineen uses for its **MOTIVATE** initiative. Its aim is to improve oral health and overall health for older adults in long-term care.

IMPORTANT GOALS FOR MOTIVATE ARE:

- ▶ Empower every person on the health care team to work together and provide the best oral care possible to older adults.
- ▶ Teach the importance of routine, daily preventative oral health care.

In addition, we want **MOTIVATE** to help an organization's efforts to meet the National Academies of Science, Engineering and Medicine's framework. The six suggested components for the health care system are: safe, effective, patient-centered, timely, efficient, and equitable.

 [Learn more about MOTIVATE in an exclusive video >>](#)

BASIC CARE TO MINIMIZE COSTLIER CARE



MOTIVATE teaches professionals evidence-based skills in oral health care so they can preempt issues and avoid emergency care. This access to regular dental care can positively impact health care cost savings.

TOOLS OF THE TRADE: STEPS IN PROVIDING ORAL HEALTH CARE

Lunder-Dineen makes an effort to share education from our **MOTIVATE** initiative statewide. We offer a free, on-demand webinar for health care providers in long-term care. It covers best practices to care for the mouth, teeth, gums, dentures, and more.

 [View this webinar >>](#)



Watch a video from [Go-Live Day at MVH Machias >>](#)



THE PERFECT PARTNER – MAINE VETERANS' HOMES



Lunder-Dineen is proud to have Maine Veterans' Homes (MVH) as a partner in developing, piloting, and refining the **MOTIVATE** initiative.

We are thankful for MVH leadership's support and the MVH staff's readiness for **MOTIVATE** education. In addition, the geographic diversity of MVH locations makes the partnership ideal as it brings **MOTIVATE** to several regions of the state.



SUPPORT FROM A NATIONAL LEADER

Lunder-Dineen is proud to receive solid support for **MOTIVATE** from the DentaQuest Partnership for Oral Health Advancement. We are a part of the Oral Health Progress and Equity Network (OPEN), which aligns us with like-minded, innovative partners from all over the country. Every year we gather with our OPEN colleagues to share ideas on how to develop, deliver, and promote our program to reach those most in need.

 [Learn more about OPEN www.oralhealth.network](#)

MEASURING THE IMPACT OF MOTIVATE

Lunder-Dineen values the expertise of the University of Maine Center on Aging, our evaluation partner for the **MOTIVATE** initiative. Their report will be published in early 2019. Their preliminary work thus far indicates that:

- **MOTIVATE** has educated hundreds of interprofessional staff and positively impacted 400+ residents in long-term care
- 89% of program participants indicated a greater knowledge of action steps when oral health problems are uncovered
- 91% indicated a greater knowledge of action steps in response to oral health emergencies



COMMUNITY CONNECTIONS



 [Listen to our Senior Talk program >>](#)

Senior Talk – September 2018

Good oral health is an important part of healthy aging. This is one of the many facts that people need to know about oral health. Several **MOTIVATE** Advisory Team members spoke about maintaining good oral health in older adults. The on-demand program is available to all Mainers for listening.

Learn more about our curriculum, program schedule, advisory team and more at lunderdineen.org/oral-health



TIME TO ASK

Education that transforms conversations about alcohol use

ALCOHOL use is a significant individual and public health problem in Maine. It is the most misused substance and has the highest need for treatment. Yet many aspects of our culture promote the notion that alcohol use is safe. This includes positive messages about alcohol on social media, for example. “Excessive alcohol use accounts for one in 10 deaths among working-age adults ages 20-64 years in the United States,” according to a report from the Centers for Disease Control and Prevention published in *Preventing Chronic Disease*.

In 2016, the U.S. Surgeon General released a landmark report, *Facing Addiction in America*. It affirms that the substance use and alcohol use epidemics are public health crises. The report recommends the use of prevention programs and evidence-based strategies to address the issue. Lunder-Dineen incorporates this model into the **Time to Ask** initiative. Evidence shows that primary care screening and interventions are effective at decreasing alcohol use.

IMPORTANT GOALS FOR TIME TO ASK ARE:

- ▶ Help primary care clinicians build skills in screening for alcohol use and become comfortable using those skills
- ▶ Provide support to ensure that screening for alcohol use becomes a routine part of caring for patients in primary care practices
- ▶ Inspire primary care clinicians to break down stigma and barriers that can make it hard to have conversations about alcohol use

 [Learn more about Time to Ask in an exclusive video >>](#)

OUR PRACTICE PARTNERS

Lunder-Dineen is proud to launch phase one of the **Time to Ask** initiative at two innovative primary care practices in Maine.

Four Seasons Family Practice <i>affiliated with Maine General</i>	Patient panel of 2,700
Bucksport Regional Health Center <i>a federally qualified rural health center</i>	Patient panel of 6,500



 [Hear a testimonial from a clinician at Four Seasons Family Practice >>](#)

THE THEME IN BUCKSPORT – ASK EVERY PATIENT, EVERY TIME

Time to Ask educates providers on how to screen for, discuss, and manage alcohol use in ALL their patients. The program includes training on how to recognize patients who may be at risk; how to educate patients about the health risks; and how to safely and effectively prescribe medication to support recovery.

Our colleagues in Bucksport took it to the next level. They rolled out the theme “*Every Patient. Every Time.*” to engage their team and remind them to ask every patient about alcohol use in every visit.

POCKET GUIDE

Lunder-Dineen developed a pocket guide on alcohol use facts and interventions. It was sent to all primary care practices in Maine.

 [Download the pocket guide >>](#)

COMMUNITY AWARENESS

Noah's Notes – April 2018

Time to Ask Advisory Team member Noah Nesin, MD, FAAFP, and Lunder-Dineen Senior Program Manager Denise O'Connell appeared on ABC-Fox 22 to discuss the impact of alcohol use on Maine.



 [Watch the video >>](#)

SENIOR TALK – SEPTEMBER 2018

Several **Time to Ask** Advisory Team members spoke about the impact of alcohol use on older adults, which can be very different than the impacts on younger people. The on-demand program is available to all Mainers for listening.

 [Listen to our Senior Talk program >>](#)



BASIC SKILLS AND CLINICAL APPLICATIONS OF MOTIVATIONAL INTERVIEWING

Lunder-Dineen makes an effort to share education from our **Time to Ask** initiative statewide. We offer a free, on-demand webinar for primary care clinicians. It covers best practices on how to employ motivational interviewing techniques to help patients change health behaviors.

 [View this webinar >>](#)

WELCOME OUR NEW ADVISORY TEAM MEMBER



PAT KIMBALL, LADC, CCS

MEASURING THE IMPACT OF TIME TO ASK

Lunder-Dineen values the expertise of the University of Southern Maine Muskie School of Public Service to measure the impact of the **Time to Ask** initiative. Their report will be published in early 2019.

They plan to measure the program's impact as a means to help an organization's efforts to meet the National Academies of Science, Engineering and Medicine's framework. The six suggested components for the health care system are: safe, effective, patient-centered, timely, efficient, and equitable.

Learn more about our curriculum, program schedule, advisory team and more at lunderdineen.org/time-to-ask



Dr. Dineen provided expert review of the online education modules in our Time to Ask initiative.

This initiative has a tangible impact for Mainers. That is why I am energized and excited to tell people about our education and invite them to see it in action.

21st century learning tools help us harness the ideas of four generations in the health care workforce. Our education helps them all learn and grow. It makes Maine a place where their careers can thrive.

*Dr. James J. Dineen, MD
Lunder-Dineen Co-Chair*

H EALTH care leaders across Maine believe in our work. Why? Because people who call Maine home, like Dr. Jim Dineen, are helping to see our initiatives through.



**LUNDER-DINEEN CO-CHAIR
DR. JAMES J. DINEEN, MD.**

A native of Gardiner, Maine, Dr. Dineen cultivated a storied, four-decades-long career at Massachusetts General Hospital as a primary care physician, mentor, and pioneer in health policy. Now, he helps guide Lunder-Dineen's work as a way of giving back to all Mainers.

Dr. Dineen recently attended a school nurse meeting in Maine to talk about our Maine Nurse Preceptor Education Program and how it offers career-building tools for school nurses. We hope to engage this important group of stakeholders in 2019.

JOIN US TODAY. SUPPORT OUR WORK. HELP US PROVIDE EDUCATION THAT RAISES THE QUALITY OF CARE FOR YOU, YOUR FAMILY, AND EVERYONE IN MAINE.

Learn more and donate online lunderdineen.org/join-us.



MAINE NURSING PRECEPTOR EDUCATION PROGRAM

Inspire. Teach. Guide. Invest.

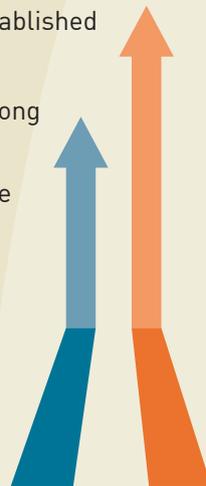
THIS SPRING under the direction and guidance of our Preceptor Advisory Team of Nurse Leaders, we successfully launched our fourth program. To date, more than 700 learners from a total of 71 hospitals, health care organizations, and health systems across Maine have participated in our program. [See the full list of organizations >>](#)



PROGRAM GOALS MET IN 2018

Through continuous quality improvement, we are proud to share that we met our established program goals. These goals include:

- ▶ Sustaining program interest and strong learner enrollment
- ▶ Maximizing the efficient and effective application of technology for streamlined learner use
- ▶ Expanding participation across the state and continuum of care
- ▶ Extending our learner audience to include nurse educators



HIGHLIGHTS FROM 2018

- 200 additional graduates from the fourth year of our program
- Endorsed by the largest nursing leadership organization in Maine
- Program redesign and expansion to include 40 clinical nurse educators
- High stakeholder satisfaction with the program, including program attendees, module authors, workshop presenters, and nurse leaders



[See other goals we met, images from our workshops, and more >>](#)

WELCOME OUR NEW ADVISORY TEAM MEMBERS



JOSHUA LITTLE, RN, BSN



MELODY NARRAMORE, MSN, RN-BC



VANESSA WHITE, RN, BSN

[See more info on our Advisory Team >>](#)

[Learn more about this program in an exclusive video >>](#)



Su Sepples, PhD, RN
Assistant Professor of Nursing
University of Southern Maine



MEASURING THE IMPACT OF THE PROGRAM

Consistent with our plans to complete in-depth evaluations of our **MOTIVATE** and **Time to Ask** programs, Lunder-Dineen has partnered with the Yvonne L. Munn Center for Nursing Research at Massachusetts General Hospital to measure the impact of the **Maine Nursing Preceptor Education Program**. The data collected for each launch of the program will be analyzed, compared, and reported. Our goal is to demonstrate how the **Maine Nursing Preceptor Education Program** has closed the gaps identified through preceptor stakeholder needs assessments by using the National Academies of Science, Engineering and Medicine's framework of six aims for the health care system. Their report will be published in 2019.

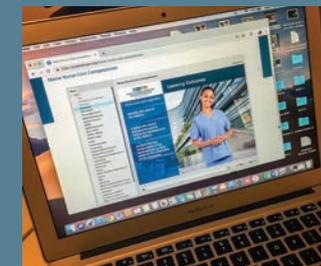
“The program has been very successful and designed to address an educational need thereby enhancing the confidence of nurse preceptors and educators.”

[Read the full Munn Center quote >>](#)

FREE MODULE ON MAINE NURSE CORE COMPETENCIES

Lunder-Dineen offers an online module from our program free of cost to any nurse in Maine. The module centers on core competencies that Maine nursing professionals should demonstrate in leadership, communication, teamwork, safety, and much more. It serves as an example to demonstrate the ease and impact of interactive, on-demand learning.

[Participate in the module >>](#)

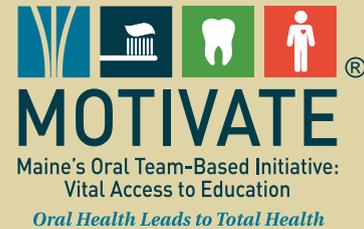


Learn more about our curriculum, program schedule, advisory team and more at lunderdineen.org/preceptorship

GLIMPSE AT 2019

IN 2019, WE PLAN TO FURTHER REFINE AND EXPAND OUR THREE FLAGSHIP INITIATIVES. THIS ADVANCES OUR GOAL TO MAKE EACH PROGRAM A SUSTAINABLE AND SUCCESSFUL PART OF THE HEALTH CARE LANDSCAPE IN MAINE.

FOR EACH OF THESE INITIATIVES, WE CONTINUE TO COLLABORATE WITH EXPERTS WITHIN MASS GENERAL. THIS INCLUDES NATIONAL LEADERS IN EDUCATION, RESEARCH, AND CLINICAL CARE ACROSS SUBSTANCE USE, NURSING, INSTRUCTIONAL DESIGN, AND MORE. ACCESS TO THIS GUIDANCE WILL PLAY A STRONG ROLE TO INFORM AND SHAPE OUR PROGRESS ON ALL INITIATIVES IN 2019.



Lunder-Dineen reached our goal of launching MOTIVATE throughout the entire Maine Veterans' Home (MVH) system.

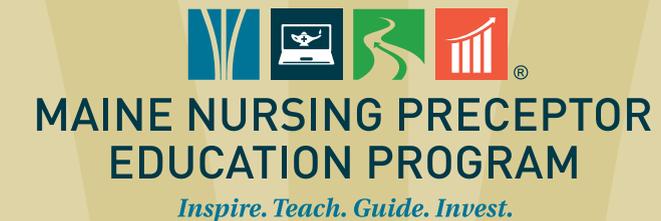
In 2019, we look to build on our success and scale up this initiative across additional long-term care settings. We plan to:

- Continue to work closely with our academic partners at the University of Maine and our Advisory Team to evaluate program data and measure program impact. This includes feedback from MVH staff, administrators, residents, and our program faculty.
- Share our 2019 program evaluation report with all stakeholders. This will provide insights on our education outcomes, measure program impact, and identify actionable changes.
- Use the evaluation process to refine the program content as we prepare to expand to other long-term care settings in Maine.



Time to Ask met its program goal of launching in primary care practices in Bucksport and Fairfield. In 2019, we look to refine this initiative and expand to other settings. Our goal is to reach more clinicians and their patients in Maine. We plan to:

- Continue our partnership with the University of Southern Maine, Muskie School of Public Service, to review and evaluate program data and measure program impact.
- Rely on input from our Advisory Team and our ongoing need assessments with health care leaders across the state to inform program enhancements. We will use these inputs to guide our plans for expansion.
- Use the evaluation process to refine the program content as we prepare to expand to other primary care settings in Maine.



In Spring 2019, this blended-learning program launches again for the fifth time. It will offer access to online modules and a live workshop for more than 100 RNs from across the continuum of care in Maine. We plan to:

- Continue to explore expansion to other learning cohorts in 2019, with an eye toward those nurses who hold a crucial role working alongside new orientees in ambulatory settings. We are actively working with our Advisory Team to shape and plan for this expansion.
- Partner with the Yvonne L. Munn Center for Nursing Research at Massachusetts General Hospital to review and evaluate program data from each annual presentation and measure the program's impact. This in-depth evaluation further informs the benefit and impact of preceptor education as an important link to the statewide effort under way to address Maine's nursing workforce shortage.

We invite you to take a moment and learn more about each of our signature education programs at lunderdineen.org.





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Health Education Alliance of Maine

In collaboration with Massachusetts General Hospital

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