Calais Regional Hospital – 100 Years of Care

The January 17, 1917 edition of the Calais Advertiser included a simple and concise story about Dr. Walter Miner and the new business he had opened the week prior – the Calais Hospital. While many things have changed about Calais and the surrounding areas in the last century, upon reading the article on the opening of the Calais Hospital, it is apparent that some things are timeless in this area and have stayed very much the same.

Dr. Miner opened his hospital and pledged that patients would not be turned away on account of inability to pay – just as Calais Regional Hospital operates today. He also relied on the generosity of community members to assist with the purchase of equipment and furnishings - as it also occurred when the current facility was built and opened. The hospital recruits locally and outside of the area to ensure quality staff is available to care for your family and neighbors, as Dr. Miner did. An abundant array of services is available locally now, as it was then, from the basics, such as lab and xray, to complex surgeries and emergency care. The community utilizing the hospital services and supporting the organization is still integral to the success and longevity of the hospital, just like it was in 1917.

It is also easy to see that the philosophy of civic responsibility, banding together for the betterment of the area and the overall sense of

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New Services Now Available in CRH Surgery Department

The CRH Surgery Department is excited to provide needed services locally to community members. Over the last few months CRH has added PICC line insertion and new pain control methods of ERAS and blocks to the available services of the department.

**PICC Line Insertion**
A Peripherally Inserted Central Catheter, or PICC line, is a long, very thin flexible tube that is usually placed into one of the large veins in the arm, often just above the elbow. This tube is threaded into a large vein above the right side of the heart.

A PICC line is used to administer IV medicines or fluids such as antibiotic therapy, chemo agents, blood transfusions and hydration. It can also be used to obtain samples for most blood tests as well. The line can last several weeks to months, which means fewer needle pokes and less pain. When it is time to administer medicine, the medicine is connected to the PICC line and disconnected again when the medicine is finished.

**Enhanced Recovery After Surgery (ERAS)**
Anything that may reduce the pain associated with surgery so patients can resume their normal daily function is a priority at Calais Regional Hospital. For this reason, the surgery and anesthesia team has begun to offer the Enhanced Recovery After Surgery (ERAS) process for certain procedures. The ERAS process has been found to reduce hospital days, decrease complication rates and increase patient satisfaction with pain control.

The ERAS process is typically used for major operations such as hip or knee replacements, colorectal and abdominal surgery. The surgical process changes include allowing patients to eat solids up to six hours before surgery, keeping patients hydrated with carbohydrate loaded drinks up to two hours before surgery, controlling pain better with non-narcotic pain relievers before the operation to reduce the need for narcotics after, and having patients walk and eat solid foods more rapidly after surgery.

**Nerve Block**
CRH is pleased to offer pre-operative Peripheral Nerve Blocks for improved pain control after surgery. The CRH anesthesia team uses ultrasound technology to place medication and isolate the nerves that are involved in the surgery to “turn off” pain signals. It can be used...
Chronic Pain? We Can Help

Chronic pain can turn even simple everyday tasks into difficult events. Sometimes, no matter what conventional methods are used, pain continues to affect how people live. When pain treatments have failed to work, Interventional Pain Management at CRH may be the answer.

Interventional Pain Management alleviates pain without the use of narcotic medication. Neurons that relay pain messages to the brain are blocked from being delivered. Many patients experience pain relief temporarily or permanently, depending on the type of pain and the method used.

Dr. Jonathan Herland, anesthesiologist, conducts treatments in the CRH OR and William Head, PA-C, conducts the office-based visits at the CRH Surgical Services office. Treatment options available in Calais include facet joint blocks, sacroiliac joint injection, epidural steroid injection, injection of the hip joint, piriformis muscle injection, and much more.

If pain is having a negative impact on your life, you may be a good candidate for interventional pain management services. Speak with your Primary Care Provider about a referral to Dr. Herland.

CRH New Year’s Baby

Calais Regional Hospital welcomed the first baby of the New Year on January 7, 2017. Lincoln Tobias Tomah arrived at 10:25 a.m. weighing 8 lbs. 8.5 oz. Lincoln’s proud parents are Kathleen Clement and Brandon Tomah of Princeton. Lincoln also has a big brother, Liam, who is 20 months old awaiting his arrival at home.

Mom Kathleen shared that she has “had a wonderful experience, once again, with her delivery at CRH. The staff is so friendly and very attentive.” Dad Brandon added his thoughts with “Dr. Hatem is the best OB ever. We highly recommend him!”

Baby Lincoln was presented with a gift basket full of goodies assembled by the CRH OB staff, as well as a gift of books and baby items from Maine Books for Maine Kids. Congratulations to the new parents!
Quality Surgical Care Close to Home

If surgery is in your future, it may be worth your while to select a hospital close to home. A recent study in The Journal of the American Medical Association found that critical access hospitals, such as Calais Regional Hospital, tend to be safer and less expensive for the most common operations than larger facilities.

Seeking care close to home means more attentive and personal care, less time away from friends and family, and more time for healing. Calais Regional Hospital Physicians perform a great variety of outpatient procedures and many inpatient procedures you’d find at a big out of town hospital, but with a little something extra - the comfort that comes with care from professionals you know and trust. With the experience and expertise available here, choosing your local hospital is a decision everyone can feel good about.

**Surgical Staff**

At CRH, we’ve assembled an exceptional staff of general and specialty surgeons, anesthesia providers, and specialized nursing staff who realize every case is unique and every patient deserves exceptional care.

Our Board Certified General Surgeons, Dr. Joseph Dougherty and Dr. Christopher Hayward have over ___ years of training and experience between them. Orthopedic Surgeon Dr. Michael Kessler has been practicing for over 30 years, ten spent working at a level 1 trauma center. Dr. Hatem Hatem provides gynecologic and obstetrical procedures. He is board certified and has extensive experience in women’s health issues. Dr. Jonathan Herland began providing pain management services last year at CRH. Longtime CRH physician, Dr. Peter Wilkinson uses his expertise in the surgery area performing many endoscopies for his patients and referrals from area providers. Manuel Falcon, CRNA, oversees anesthesia services. His anesthesia experience includes general surgery and a variety of specialties such as orthopedic, trauma, neuro, bariatric, obstetric and pediatric surgery.

The surgery department also boasts a highly trained nursing staff, some of whom have received special certifications in surgical care along with certified surgical technicians and sterile processing staff.

**Equipment**

Our medical staff’s training and the equipment available at CRH, have made surgery a lot easier for people in our community. The hospital boasts a surgery department that includes state of the art equipment, including high definition endoscopic and laparoscopic technology. The high definition equipment allows improved minimally invasive surgery and

**Available Procedures at CRH include, but are not limited to:**

- **Endoscopy**: colonoscopy and upper endoscopy (EGD)
- **Obstetric and Gynecological**: C-section, hysterectomy, hysteroscopy, DNC, ablation, and fibroid management
- **Orthopedic**: total knee/hip replacement, arthroscopy, fracture, carpal tunnel
- **General Surgery**: hernia repair, bowel resection, colostomy, vasectomy, lesion removal, as well as, laproscopic gall bladders, appendectomy, and diagnostics
- **Pain Management**: facet joint blocks, sacroiliac joint injection, epidural steroid injection, injection of the hip joint, piriformis muscle injection, and much more
provides doctors with a much more detailed, sharper and realistic image. The department includes two spacious operating rooms, an endoscopy room, a pre-op and recovery area.

**Pain Control Options**

Pain control options available at CRH are the same advanced techniques utilized in Bangor, Boston and beyond. Every patient is unique and therefore each patient’s pain control and anesthesia plan for their procedure is developed especially for them. The patient’s medical history, type of procedure being performed and preferences all go into determining the appropriate course of action during the procedure and post-operative care. The most recent additions for pain control is the use of nerve blocks and the Enhanced Recovery After Surgery (ERAS) process. These options have been a huge success with many patients. See the info on page 2 of this issue for more detailed information. Many of our new moms and surgical patients have benefited from the availability of epidurals. Intrathecal blocks, general and local anesthesia options are also accessible to patients.

The thought of having surgery can be very frightening and is not something anyone likes to think about. However, if surgical options are presented to you, please remember that the CRH surgical team offers compassion, experience and expertise in patient care - right here, close to home. So request the quality team, close to home.
Trustee Interest Notice

Requirements:     Good character
Advocate for quality healthcare
Commitment to the health & welfare of the people of
   Eastern Washington County
Willingness to share experience or skills valuable to the
   continued welfare and improvement of CRH healthcare

Salary:  $0.00

If you meet the above requirements and are interested in applying for nomination to serve on the Hospital’s Board of Trustees, please complete the following and mail or email to:

Nominating Committee - Board of Directors
Calais Regional Hospital
24 Hospital Lane
Calais, Maine  04619

Name:______________________________________________
Address:____________________________________________
Telephone:__________________________________________

Must be postmarked or emailed to mary.brown@calaishospital.org by March __, 2017.

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community was a seed planted over a century ago in our surrounding areas.  Dr. Miner identified the need for a hospital in Calais and led the charge to bring that vision to fruition. While there is no indication how long it took to get from idea to opening the doors, it can be assumed it was a bit of time and a lot of work.  And while it required someone to lead the charge, it also took the perseverance, kindness and generosity of fellow community members to come together to provide for this tremendous community need.  The same could be said for most any great project our rural communities take on today.

A century ago, a vision for health care in our community was developed.  Today, Calais Regional Hospital continues on with this vision providing high quality care to Eastern Washington County residents right here at home.  Over 200 medical and other professionals, aided by the latest science and technology, care for almost 1000 inpatient stays and over 300,000 outpatient encounters each year.  Hospital staff treat patients in their homes, at the hospital and in the office.

In 2017 we celebrate our roots, our accomplishments and our future.  CRH will recognize and commemorate our century mark throughout the year.  Watch for upcoming announcements about the various activities and join us as we move forward into the next century pursuing our vision to be the best rural hospital in Maine.
**Calais Regional Hospital**  
**Quality Healthcare Close To Home**

**Free Prenatal Class**

They say nothing can prepare you for child birth. We can. Call to register for our free prenatal class to help prepare you for your special delivery. A one day class will be held April 8, 2017 from 8:00 am - 12 pm at CRH.

Call 454-3307 to register.

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**Schedule of Events**

### February

**Free Blood Pressure Clinic**  
Woodland Manor, Baileyville  
Tuesday, February 7, 9 a.m.

**CRH Breakfast Club**  
Wickachee Restaurant  
Wednesday, February 22, 7 a.m.

### March

**Free Blood Pressure Clinic**  
Woodland Manor, Baileyville  
Tuesday, March 7, 9 a.m.

**Diabetic Support Group**  
CRH Classroom  
Wednesday, March 15, 6 p.m.

**Dr. Seuss Birthday Celebration**  
CRMS Pediatrics Office  
Thursday, March 16, 4-6 p.m.

**CRH Breakfast Club**  
Wickachee Restaurant  
Wednesday, March 29, 7 a.m.

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**April**

**Free Prenatal Class**  
CRH Classroom  
Saturday, April 8, 8:00 a.m.-12 p.m.  
454-3307

**Free Blood Pressure Clinic**  
Woodland Manor, Baileyville  
Tuesday, April 4, 9 a.m.

**Diabetic Support Group**  
CRH Classroom  
Wednesday, April 12, 6 p.m.

**CRH Breakfast Club**  
Wickachee Restaurant  
Wednesday, April 26, 7 a.m.

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**May**

**Free Blood Pressure Clinic**  
Woodland Manor, Baileyville  
Tuesday, May 2, 9 a.m.

**Diabetic Support Group**  
CRH Classroom  
Wednesday, May 10, 6 p.m.

**Uniform Fair**  
CRH Classroom  
Wednesday, May 17, 7 a.m.-7 p.m.  
Thursday, May 18, 7 a.m. - 3 p.m.

**CRH Breakfast Club**  
Wickachee Restaurant  
Wednesday, May 31, 7 a.m.

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Surgery Services

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in a specific area of the body, such as the knee, leg, shoulder or arm. It’s used to prevent pain during surgery and as you heal afterward.

Nerve Blocks can avoid the downsides of general anesthesia during surgery and opioid-based medications during recovery. Blocks are found to reduce nausea, confusion, sleepiness and pain following surgery; which leads to a quicker recovery. Nerve blocks also have the advantage of providing long acting pain control for up to 18 hours after surgery.
The Newsletter is published for the benefit of the communities we serve. For more information about this newsletter, to make suggestions for articles in future issues or for information about the Hospital in general, contact the Community Relations Office at: 454-9227, community@calaishospital.org or write to us at 24 Hospital Lane, Calais, Maine 04619.

In accordance with Federal law and USDA Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability (not all prohibited bases apply to all programs). To file a complaint of discrimination, write to: Calais Regional Hospital, Section 504 Coordinator, 24 Hospital Lane, Calais, Maine, 04619 or call 207-454-7521 (voice) or 207-454-7608 (TDD). CRH is an equal opportunity provider and employer.

Dr. Seuss Birthday Celebration!

Come Celebrate Dr. Seuss' birthday with us at CRMS Pediatrics!

“From there to here and here to there, funny things are everywhere” - Dr. Seuss

Thursday March 16th from 4-6pm
37 Palmer St, Suite 1 - Calais

Come visit with us and enjoy:
• Birthday cupcakes/refreshments
• Face painting
• Popcorn
• Photo booth
• Storytime and balloons

Our neighbors, patients and families are encouraged to wear their favorite Dr. Seuss attire or costume to the office that day!