

NORTHERN MAINE AREA HEALTH EDUCATION CENTER HIGHLIGHTS

AHEC Newsletter

April 2014

Finding People

to fill healthcare jobs

- 53 Middle School students participated in 3180 total hours of Northern Maine AHEC's Survivor Aroostook camp in 2013.
- 110 High School Students participated and 450 College Students participated in education, training, and career planning programs offered through Northern Maine Community College in 2012-2013.

From Survivor to Doctor

Survivor Aroostook, hosted annually on the Northern Maine Community College campus by TAMC and the Northern Maine AHEC, Michelle Osgood is well on her way to becoming a doctor, with the intent of returning home to practice medicine.

Michelle Osgood attended Survivor Aroostook during its inaugural year in 2003. She had just graduated from the eighth grade and listed in her Easton school yearbook that her dream occupation was to become a teacher like her mother, who teaches at Northern Maine Community College.

According to Osgood, her week at Survivor Aroostook in 2003 "kept getting better," as students learned how to suture by practicing on steak, made their own casts alongside representatives from the TAMC orthopedic department, and learned about other ancillary departments, including Laboratory Services, Respiratory Therapy, Occupational Therapy, Physical Therapy, XR/CT/MRI/Ultrasound, Speech Therapy, Dietitians, etc.

"The camp was absolutely amazing," said Osgood. "From the very first day, we were racing wheel-chairs through the hallways and touring the usually 'off-limits' part of the hospital - the operating room, cardiovascular lab, etc."

- Michelle Osgood

Keeping People

where they are needed

- In the last 12 months Northern Maine AHEC provided over 1000 hours of continuing education for 497 health professionals in rural and underserved communities, including 72 First Responders, 50 Nurses, and 33 Allied Health Providers.
- Of participating health professionals surveyed, 97% reported that participating in the educational offering helped to meet educational or training requirements, 96% reported that knowledge and skills were improved and 97% reported intention to implement at least one practice change as a result of participation in NMCC Continuing Education offerings.

In 2012, offerings in the following topics were offered to help providers maintain licensure requirements within their community:

- **Evidence Based Medicine/Practice**
- **Informatics**
- **Interprofessional/Team Practice Training**
- **Mental Health Service Needs of Military Veterans and Service Members**



Ryan Lavway, Presque Isle High School student at Doc4aDay

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From Survivor to Doctor

“Survivor Aroostook is designed at the perfect time for students - as they enter high school, they can plan the courses they need to take in order to be successfully prepared for college and major in whatever desired occupation they may have in mind,” said Osgood. “I met with my guidance counselor and shared with her my experiences from Survivor; she set me up on a college preparatory course load, and I was determined to take even the hardest of classes in order to be prepared for college.”

In addition to covering healthcare occupations available at TAMC, the camp provides instruction in other fields that are short on healthcare workers, like dentistry and prosthetics. “We are gaining healthcare workers,” said Healthcare Recruiter, Barb Turner. “It’s definitely working.” As Survivor Aroostook’s initial participants are graduating from college, TAMC has maintained contact with many of them, and have figured the success rate of the camp at about 25 percent.

Lincoln Memorial University - DeBusk College of Osteopathic Medicine in Harrogate, Tennessee, is where Michelle is wrapping up her 1st year of medical school. Osgood lives in Cumberland Gap, Tennessee and has recently been inducted into Sigma Sigma Phi, a national osteopathic medicine honors society, who recognized her outstanding academic achievements and her volunteer efforts..

“My end goal, no matter what I do specialize in, is to return to my roots and treat the wonderful people of Aroostook County,” said Osgood.

The Maine AHEC Network is comprised of 3 rural Centers—the Eastern, Northern, and Western Maine AHEC Centers—and a central Program Office located at the University of New England in Portland, ME.

Doc4aDay

Northern Maine AHEC hosted a group of MMC physicians, medical students from UNE and Tufts and Aroostook County high school students on March 28th for a Doc4aDay program at NMCC.

This project is designed to encourage promising high school student to consider a career as a physician, giving them tools to help plan their educational pathways and assistance with financial planning.

12 of the areas brightest youth were chosen to participate from referrals by their high school guidance counselors, based on academic achievement and interest in learning more about a career as a physician.

The participants learned about various paths that can lead to medical school and the options for specialty training, as well as how to fund their education. Hands on learning in the simulation lab at NMCC and learning how to suture, using pigs feet, were highlights of the day for these 12 local students.



Learning to suture pigs feet at Doc4aDay