



Maine Association of Physician Assistants

MEAPA E-News

1/17/2014

2013-14

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Student Directors Class of 2015:

Andrew Borghese, PA-S
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Stephanie Podolski, PA-S
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2014 MEAPA Annual Award Nominations

These Awards for outstanding service are presented each year in recognition of outstanding service to the PA Profession and to the Maine Association of Physician Assistants. Nominations are made to the Chair of the Awards Committee, who presents the names to the Board of Directors for final selection. The awards are presented at MEAPA's Annual Meeting, held in the Spring of each year. To make a nomination submit name with a brief statement of why this individual should be nominated using the options below.

<https://www.surveymonkey.com/s/6YWG7PW>

Mail, fax or email nominations to:

MEAPA

30 Association Drive, PO Box 190, Manchester, ME 04351

Fax: 207-622-3332 Email: info@mainepa.com

24th Annual Winter CME Conference

February 5-8, 2014

Sunday River Resort, Grand Summit Hotel, Bethel, ME

www.mainepa.com

MEAPA GAC Meeting

Wednesday, **February 19, 2014**

8: 00 pm via Conference Call

Dial-in Number: 1-218-862-7200 Access Code: 448896

Maine Association of Physician Assistants

30 Association Drive, PO Box 190, Manchester, ME 04351

T: 207-620-7577 F: 207-622-3332 or www.mainepa.com

To submit a news item, contact Lisa Martin at info@mainepa.com

Christopher R. Ross, PA-C

In late December, Maine Governor Paul LePage appointed Christopher R. Ross, PA-C to the Maine Board of Licensure in Medicine, filling the new seat established by legislation enacted in the First Regular Session of the 126th Legislature.

Christopher lives in Winthrop with his family and works at the Maine Dartmouth Family Practice Residency Program in Augusta. He is a former officer in the Maine Association of Physician Assistants and is a current member of the PA advisory Committee to the Board.

Christopher participated in his first board meeting January 14, 2014.

There is also a PA seat available on the Osteopathic Board of Licensing. The seat has not been filled and any PA interested and meeting the qualifications should submit a letter of interest to the Governor's office. Should any possible applicant have any questions, they are welcome to contact MEAPA for assistance.





MEAPA
24th Annual Winter CME Conference
February 5-8, 2014
Sign up today:
www.maineapa.com

***Skiing/Winter Activities**
visit Exhibitors for a chance to win K2 Stinger "Catch Free rockered" ski's

***Up to 12 hours of PI CME credits**
pre-registration by January 20th, limit 5 attendees



This conference offers you a variety of opportunities:

- * Education and Training
- * Up to 23 hours of category 1 CME Credits
- *Product Theaters

Register today at www.maineapa.com/conference

For Skiing/Winter Activities visit www.sundayriver.com

Suicides of young vets top those of active-duty troops

Gregg Zaroya, USA TODAY 11:17 a.m. EST January 10, 2014

Whatever torment has driven troops to commit suicide in historically high numbers is following them as they leave the service, according to data released by the Department of Veterans Affairs.



Young veterans just out of the service and receiving health care from the government committed suicide at nearly three times the rate of active-duty troops in recent years, according to data released Thursday by the Department of Veterans Affairs.

VA officials say the data show that severe personal issues driving self-destructive tendencies for those in uniform follow them when they leave the military. The figures were released through a USA TODAY public records request.

"The rates ... are honestly alarming. This group of young veterans appears to be in some trouble," says Janet Kemp, head of the department's suicide prevention program.

The Army has struggled with suicide among active-duty troops more than other service branches during the wars in Iraq and Afghanistan, and the risk persists after soldiers return to civilian life.

Veterans ages 18-24 enrolled in the VA's health program killed themselves at a rate of 46 per 100,000 in 2009 and nearly 80 per 100,000 in 2011, the latest year of data available, according to the figures.

Non-veterans of the same age had a suicide rate during 2009 and 2010, the most recent data available, of about 20 per 100,000, according to data from the Centers for Disease Control and Prevention.

Thirty-six young veterans receiving some form of VA health care committed suicide in 2009 and 65 died by their own hand two years later. Among those in the broader age group 18-29, the suicide numbers rose from 88 in 2009 to 152 in 2011.

The overall suicide rate for active-duty personnel in the Army hovered at 22 per 100,000 during 2009-11, according to military figures.

The number of soldier suicides peaked at 185 in 2012 and a record rate for the Army that year of 30 per 100,000. Numbers for 2013 are not yet available.

Kemp says a preliminary analysis shows that most of them were not receiving mental health therapy but had been treated for other health issues by the VA.

"They're young. They've just gotten out of the service," she says. "They're more concentrated on going home, getting jobs, for the most part. They're not coming in for mental health care."

VA epidemiologist Robert Bossarte says a similar pattern was found among veterans in the past.

"There were several studies after Vietnam that showed increases in suicide and other forms of injury/mortality for about the first five years following return from service," Bossarte says. "Those rates (eventually) came down to be about the same as the rest of the population."

A positive sign in the new data, Kemp says, is that suicide rates for male veterans of all ages who are diagnosed and treated for mental health problems by the VA have fallen steadily from 2001-2011, in contrast to suicide patterns among non-veteran males.

The same is not true for female veterans, whose suicide rates have not improved and remain higher than women who are not veterans, according to the VA data.

Kemp says recent success in reaching veterans through social media offers hope that more young people can be brought into therapy.

Online chat connections with veterans through the VA's suicide prevention office (hotline number is 1-800-273-8255) have increased from several hundred in 2009 to nearly 55,000 last year, VA data show.

"If we can get them engaged in (mental health) services, we can make a huge difference, and that's encouraging," she says.



*Substance Abuse
and Mental Health Services*
*An Office of the
Department of Health and Human Services*

Paul R. LaPage, Governor

Mary C. Mayhew, Commissioner

Department of Health and Human Services
Substance Abuse and Mental Health Services
41 Anthony Avenue
11 State House Station
Augusta, Maine 04333-1011
Tel: (207) 287-2595; Fax: (207) 287-4334
TTY Users: Dial 711 (Maine Relay)

January 8, 2014

Dear Prescriber:

This letter is being sent to you because you are a licensed Allopathic Physician, Osteopathic Physician, Dentist, Physician Assistant, Podiatrist, or Advanced Practice Registered Nurse in the State of Maine.

The Department has determined that participation levels among prescribers in your category did not meet statutory participation requirements for the Maine Prescription Monitoring Program (PMP). Specifically, fewer than 90% of practitioners were participating in the PMP as of January 1, 2014. As a result, all licensed individuals in the above disciplines **must register with the Prescription Monitoring Program by March 1, 2014**. See 22 M.R.S. § 7249(5). In addition, [Chapter 21](#) of the Joint Rules of the Maine Boards recommends the utilization of the PMP (§III.1 Principles of Proper Pain Management: Evaluation of the Patient).

Therefore, if you have not done so already, please take a moment **right now** to register to use the PMP. To register, please fully complete and sign the attached registration form. Mail the original form to the address located on the form.

You may also go to the [PMP](#) website <http://www.maine.gov/pmp> for registration forms and further information. Click on "For Prescribers" located on the left side of the web page for more specific prescriber information.

Any questions or inquiries should be directed to the Substance Abuse and Mental Health Services/PMP office at 207-287-2595 or osa.ircosa@maine.gov. For technical and registration questions please contact the PMP Help Desk directly at 1-866-792-3149 or email mepmp-info@hidinc.com.

Thank for your assistance in reducing prescription drug abuse, misuse, and diversion in the State of Maine.

Sincerely,

Guy R. Cousins, Director
Office of Substance Abuse and Mental Health
Department of Health and Human Services



Substance Abuse
and Mental Health Services
An Office of the
Department of Health and Human Services

Paul R. LaFage, Governor

Mary C. Naytow, Commissioner

Department of Health and Human Services
Substance Abuse and Mental Health Services
41 Anthony Avenue
11 State House Station
Augusta, Maine 04333-0011
Tel.: (207) 287-2595; Fax: (207) 287-4334
TTY Users: Dial 711 (Maine Relay)

Maine Prescription Monitoring Program (PMP)

Prescriber/Dispenser Registration Form

This form is required for the approval of your registration for the PMP. Providing this form does not guarantee approval of your registration. **Completed and signed original registration form must be mailed to the address below.** After you submit this form, you will receive instructions on accessing your account via your registered email account. Mail this form to:

Prescription Monitoring Program
DHHS Substance Abuse and Mental Health Services
41 Anthony Avenue, State House Station #11
Augusta, ME 04333-0011

After you receive your account information, you may begin requesting reports. If you have any questions or need assistance in accessing the PMP system, please feel free to contact the Office of Substance Abuse and Mental Health Services at (207) 287-2595 or osa.ircosa@maine.gov.

Last Name* _____

Fax _____

First Name* _____

Email* _____

Middle Initial _____ Suffix _____

Date of Birth* _____

Business Name* _____

License Type*: CNM, DDS, DPM, DMD, DO,
(circle one) MD, NP, PA-C, PharmD, RPh

Street Address* _____

State License Number* _____

Delivery Address _____

NPI _____

City* _____

Specialty* _____

State* _____ Zip* _____

DEA Number(s)* _____

Phone* _____

DEA Suffix (For Resident) _____

* Required field

I affirm that all information on this registration form is true and that all requests made pursuant to approval of this registration will be used for legitimate purposes. According to Title 22, Chapter 1603, "a person who knowingly releases, obtains, or attempts to obtain information from the program in violation of Chapter 1603 shall be punished by civil fine." All data obtained from the site should be treated as Protected Health Information and handled in accordance with all federal and state laws regarding such. HIPAA and other privacy laws affect the disclosure of any data that is obtained.

Signature* _____

Date* _____

for Office use only

Date Received:

User Name _____

Approved/Denied _____

Dec 2013