

Brighton First Care

Open from 9 a.m. to 8 p.m. every day. Walk-in medical care for minor emergencies.

When does an emergency call for First Care?

- Allergies (minor) or Hay Fever
- Back Pain (mild, able to walk without help)
- Bronchitis
- Bruises
- Burns
- Coughs
- Cuts and Lacerations
- Earache or Ear Pain
- Eye Irritation
- Flu
- Follow-up visits (remove stitches, dressings)
- Foot Problems (blisters, pain, ingrown toenails)
- Fractures Without Visible Bone
- Headaches (recurrent, chronic, mild)
- Insect Bites and Stings
- Joint Pain
- Muscle Aches
- Nausea, Vomiting, and Diarrhea
- Neck Pain
- Scrapes
- Sexually Transmitted Disease Exposure
- Sinusitis
- Skin Lumps and Bumps or Growths
- Sore Throat
- Sports Injuries
- Sprains, Strains, etc.
- Sunburn
- Wound Checks

First Care is staffed by one physician and two physician assistants/nurse practitioners. Ambulances do not bring patients to First Care, but patients are frequently transported from First Care to MMC's emergency room, or sometimes directly admitted as inpatients.

**Vascular Access Center
at MMC Brighton Campus**

Placement and removal of catheters

A dialysis catheter placement is done in a special procedure room, using X-rays and contrast (X-ray dye) to help guide the catheter (a small tube) into a large blood vessel (vein) that runs directly to the heart. The chest or neck is often the preferred area for placement. This catheter is a special tube that has two channels and is used for dialysis.

Angioplasty of grafts and fistulas

An angioplasty is a procedure that opens up blocked or narrowed fistulas or grafts without surgery. The doctor uses X-rays and contrast (X-ray dye) to help guide a catheter (a small tube) through the skin into a blood vessel to the exact location of the blocked or narrowed fistula or graft. There is a balloon on the end of this small catheter. When the balloon is placed in the area of the blockage or narrowing, the balloon is filled and emptied a number of times, which opens the narrowing. This helps increase the flow of blood through that area, thus maintaining the life of your graft or fistula.

Mechanical thrombolysis

Thrombolysis is a procedure to remove a blood clot (thrombus) from your fistula or graft. It is performed in a special procedure room using X-rays and contrast (X-ray dye) to help the doctor find the exact location of the blood clot. The doctor performing this procedure will determine the best way to remove the clot. Thrombolysis by any of these methods helps prolong the life of your graft or fistula, and may prevent the need for surgery.

The Hannaford Center for Safety, Innovation and Simulation at Maine Medical Center

Maine Medical Center and Tufts University School of Medicine (TUSM) have entered a true medical education partnership.

This unique facility offers high-tech and realistic simulation, allowing medical students, residents and current medical staff to learn new techniques and enhance skills through repeated practice and review.

Simulation Lab

The Simulation Lab includes three fully equipped, accurate representations of MMC clinical environments: an Operating Room, Trauma Bay/Intensive Care Room and a Medical/Surgical Patient Room. These rooms are equipped and furnished in much the same fashion as MMC's actual clinical settings.

The Operating Room is an exact replica of an operating room in MMC's recently constructed Scarborough Surgery Center; the Trauma Bay, which will also support intensive care scenarios, resembles the trauma bays in MMC's newly expanded Emergency Department. The Medical/Surgical Patient Room is comparable to recently refurbished and equipped patient care rooms.

These high fidelity simulation rooms contain sophisticated mannequins, known as patient simulators. Patient simulators are designed to respond and mimic human physiology, from blinking and breathing, to accurately responding to medication. The simulators come in preemie, newborn, infant, pediatric or adult models; and can have either male or female anatomies.

Adjacent to each high fidelity room is a dedicated Control Room. From here, the simulation specialists operate the patient simulator from several dedicated computers within the room. The wireless microphone receivers and video recorders are also in here. The educator (instructor) works in concert with the staff to call up and modify simulation scenarios, watch the performance of the simulation participants (learners), direct the surgeon and clinicians (actors), and even provide the patient's "voice" through a speaker in the mannequin's head.

Skills Lab

The Hannaford Simulation Center has a section dedicated to hands-on skills such as partial airway trainers and laparoscopy machines: a Skills Lab and a Surgical Skills Lab.

The **Skills Lab** is designed to be a highly flexible and multi-functional space:

- The room can be set up for practicing on a variety of airway trainers, arterial access trainers, or IV trainers.
- We can easily clear out the room and use it as a staging area for a trauma situation.
- The room is equipped with an integrated Audio/Video system for use as a classroom.
- As with all the rooms at the Simulation Center, the Skills Lab can view a situation occurring in any other room in the center, including the Standardized Patient Lab and the Simulation Lab. A scenario might begin in the Skills Lab, and migrate to the OR, Trauma, ICU or even the Standardized Patient Lab and be seamlessly recorded as one hybrid event.

The **Surgical Skills Lab** focuses on providing the training aids necessary to support MMC's Surgery Programs. The room currently contains six laparoscopic trainers with plans to expand and acquire additional interventional equipment. As with all the other training rooms in the center, the video feeds from this room can be viewed from any other computer in the facility.

Standardized Patient Lab

The Standardized Patient (SP) program at Maine Medical Center (MMC) uses people of all demographics from the community to help teach and evaluate medical students, residents, faculty and other allied healthcare providers at MMC. The program was created in 2002 to provide a learning and assessment resource for undergraduate

medical education. Since then the program has expanded beyond medical students to help teach and evaluate residents and multi-disciplinary staff in multiple functions of their profession, including physical examinations, counseling, interviewing, history-taking, communication skills and personal interaction with patients.

Orthopedic Trauma & Fracture Care

Maine Medical Partners - Orthopedic Trauma & Fracture Care physicians are fellowship trained in orthopedic traumatology and are certified by the American Board of Orthopaedic Surgery. Together, they bring years of experience caring for patients with complicated traumatic injuries.

Our Services include:

- Preoperative evaluation
- Diagnostic testing
- Patient education and counseling
- Wound care
- Application and removal of casts and splints
- Custom orthotics

Spectrum Medical Group- Chronic Pain Management Brighton Pain Care

- Cancer Pain Management
- Discography
- Epidural Steroid Injection
- Facet Injections
- Lidocaine Challenge
- Lumbar Sympathetic Block
- Spinal Cord Stimulation
- Stellate Ganglion Block

Radiology

- **Computerized Tomography** (CT Scan) No weekend or holiday hours
- **Diagnostic Radiology** in the areas of the gastrointestinal tract, chest, and bone (including plain film, fluoroscopy, barium study). They perform a fluoroscopic procedure called a modified speech swallow (barium swallow) for New England Rehab patients, a video is made as an aid to the speech therapist. Most routine x-rays are now viewed digital format, rather than film, the images are viewed on high resolution computer monitor screens.
- **Mammography**

- **Neuroradiology** (Brain CT)
- **Pediatric Radiology** -Brighton will do testing on teenagers, however the younger kids will go to MMC for testing. If sedation is necessary, it is performed at MMC.
- **Ultrasound** until 4 PM weekdays, no weekends or holidays

New England Rehabilitation Hospital of Portland

The New England Rehabilitation Hospital of Portland (NERHP), a joint venture of Maine Medical center and Healthsouth, is the only free standing acute rehabilitation hospital in Maine.

New England Rehabilitation Hospital of Portland provides comprehensive medical rehabilitative care for individuals over the age of 15 whose function as been impaired by injury or illness. When a patient's functional decline co-exists with complex medical problems, our staff addresses those medical and functional needs simultaneously so the patient can achieve optimal health and independence.

Inpatient Rehabilitation Services and Programs

NERHP offers the following inpatient services:

- Internal Medicine
- Physical and Rehabilitation Medicine
- Pulmonology
- Neurology
- Orthopedics
- Psychiatry
- Nursing
- Neuropsychology
- Physical Therapy
- Occupational Therapy
- Speech-Language Therapy
- Therapeutic Recreation
- Case Management
- Radiology
- Swallowing Studies
- Lab Services
- Medical Nutrition Therapy

Specialty Programs

NERHP provides medical rehabilitative care for individuals with many different debilitating injuries, illnesses, and other medical conditions. All of our patients, from adolescents to seniors, benefit from the highly specialized care provided through our inpatient specialty programs.

These programs include the following:

- Amputee Rehabilitation Program
- Arthritis Rehabilitation Program
- Brain Injury Rehabilitation Program
- Cardiac Rehabilitation Program
- Direct Access Admission Program
- General Rehabilitation Program
- Neurorehabilitation Program
- Orthopedics/Multitrauma Rehabilitation Program
- Pulmonary Rehabilitation Program
- Spinal Cord Injury Rehabilitation Program
- Stroke Rehabilitation Program

Outpatient Services, Programs and Clinics

Therapeutic Services

- Physical Therapy
- Occupational Therapy
- Speech/Language Therapy
- Recreational Therapy
- Case Management

Medical Services

- Physiatry - NERHP physiatrists (physicians specializing in rehabilitation medicine) provide comprehensive evaluations and medical care.
- Neuropsychology

Specialty Programs and Services

Following is a list of specialty programs provided through NERHP's Outpatient Rehabilitation Center.

- Balance & Vestibular
- Lymphedema Program
- Pediatric Program
- Driver Assessment Program
- Pulmonary Program
- Hand Therapy Spine Center
- Speech-Language Programs
- Swallowing Disorders Program
- Neurorehabilitation
- Pre-Op Program
- Musculoskeletal Injuries
- Work Related Injuries

Specialty Clinics

Amputee clinic

This clinic is designed to care for individuals with a new amputation as well as for those who have been living for years with their amputation and need to be re-evaluated. Prosthetists (artificial limb specialists) are among the members of this team.

MS Clinic

Serves individuals with Multiple Sclerosis. A multi-disciplined team develops a therapeutic treatment plan to increase the functionality of the MS patient. A representative of the MS Society is part of the team, meeting each patient privately to provide education and support.

Brain Injury Clinic

Provides comprehensive evaluation and treatment for patients who have mild to severe head injuries (including concussion). Special attention is paid to mental and emotional processes as well as functional issues.

Brace Clinic

Brace clinic is designed to meet the needs of patients who require body or extremity bracing. It serves newly disabled patients and those who need repairs and/or new braces. Orthotists (bracing specialists) are among the members of this team.

Wheelchair/Seating Clinic

Individuals seen in this clinic are evaluated for seating needs (special cushions, posture devices, etc.) and for transportation needs (special wheelchairs, scooters, and other mobility aids). Professionals specializing in providing wheelchairs and seating are included in this team.

Tone Management Clinic

Patients with neurological problems, who have developed issues with tone or spasticity, are served in this clinic. Appropriate treatment will be discussed with the patient and their physician.

NERHP has Certified Therapists in:

- Balance and Vestibular
- Hand Therapy
- Lee Siverman Voice Therapy
- Vital Stim Swallowing Therapy
- NDT Treatment
- Interactive Metronome
- Driving Assessment
- Therapeutic Recreation
- Lymphedema Management

Support Groups

- Stroke & Aphasia
- Brain Injury
- Amputee
- Practical Skills for Recovery

Endoscopy

Endoscopy is located on the second floor where SCU was. Endoscopies and colonoscopies are performed there. Patients that come to this unit are generally considered to be in good general health. Patients that may have more serious health issues typically have these procedures done at Maine Medical Center. Pediatric patients are also deferred to MMC as are any patients where there is a language barrier. Bronchoscopies are not performed at this unit. The Vascular Access Center is also located here.

Neurobehavioral Services of New England

Neurobehavioral Service of New England is a group of mental health professionals who have extensive experience and training in the assessment, diagnosis, and treatment of cognitive and psychological disorders. Their focus is on the assessment and treatment of cognitive, emotional, and adjustment difficulties that may arise from acute and chronic neurological or medical disorders.

Diagnostic Services

- Patient Interview/History
- Family Interview/History
- School/Occupational Review
- Cognitive Assessment:
 - Attention
 - Memory
 - Organization
 - Planning Ability
- Emotional Adjustment
- Neuropsychological Assessment
- Behavioral Assessment:
 - ADHD
 - Disruptive Disorders
- Dementia Assessment
- Gastric ByPass Evaluation
- Safety/Judgement
- Competency/Guardianship
- Recommendations/Referrals
- Conjoint Consultations

Treatment Services

The evaluation yields a comprehensive overview of the patient's deficits and strengths, culminating in the development of an integrated treatment plan, including:

- Focused Psychotherapy for Adults, Children, and Families
- Cognitive Rehabilitation
- Stress Management
- Vocational/Academic Plans
- Loss and Grieving
- Neurocognitive Testing

Adult Specialty Programs

- Medical conditions involving cardiac, cancer, infertility, Multiple Sclerosis, Parkinson's, and other degenerative chronic medical disorders.
- Memory and Cognitive Disorders (e.g. Alzheimer's Disease)
- Brain Trauma (Stroke, head injury, post-concussive disorders)
- Adult Attention Deficit and Learning Disorders
- Persistent Mental Illness (e.g. depression, bipolar disorder, schizophrenia)

Child Specialty Programs

- Learning disorders
- Memory deficits
- Distractibility/Hyperactivity
- Disruptive behaviors
- Emotional adjustment to medical conditions

Pharmacy

The Pharmacy is now part of New England Rehab and no longer serves any other departments in the building. Brighton First Care has a drug dispenser stocked by MMC pharmacy; otherwise, pharmaceuticals are couriered over from MMC as needed.

Cafeteria

The cafeteria has seen several changes in recent years. Hours are from 7 AM-130 PM, weekends and holidays from 11 AM-130 PM. Hot food is served, however the kitchen is essentially closed. Food is prepared at MMC and then trucked over. All meals for New England Rehab patients is brought over in heated trays from MMC. The kitchen still does some in house catering, Mon-Fri. Therefore, any weekend functions, such as Golden Club luncheons in the Brighton Room, would depend on an outside caterer.

Pre-Admission Testing

PAUB is located between Brighton First Care and the laboratory. They are open Mon-Fri from 9 AM-4 PM. Patients scheduled for more serious surgery have blood work, a nursing interview, an EKG and vital signs, and speak with an anesthesiologist. Less serious cases just have a nurse interview by phone. All the lab specimens are processed by the lab and tested on site. Those tests which NorDx Brighton doesn't perform, are couriered to either MMC or the main lab in Scarborough.

Dialysis

Dialysis is located on the first floor, where OB used to be. It is staffed by MMC nurses and is a service provided strictly for New England Rehab patients.

Pulmonary/Respiratory Care

Whenever a blood gas is ordered on a New England Rehab patient, a respiratory therapist will come over from MMC, as there is no actual in house staff. However,

NERH doctors will occasionally draw blood gases as well. Specimens arrive in the lab on ice and sent stat to MMC for analysis.

Materials Management

Materials management provides service for in house MMC departments and NorDx. The warehouse is located in Westbrook. Other areas of operation are MMC Bramhall, 100 Campus Drive in Scarborough and the Ambulatory Surgery Center in Scarborough. New England Rehab maintains their own separate materials management department.

NorDx

NorDx lab at Brighton is open every day and operates from 530 AM until 9 PM. The NorDx Brighton Campus outpatient service center is open 830 AM-5 PM, Monday-Friday, and Saturday 9 AM-Noon. The Brighton lab has been downsized since the merger in the late 90's with regards to staffing, on site testing, and square footage. Specimens come in from many sources, including outpatients, Pre-Admission, Brighton First Care, New England Rehab, Endoscopy, home health care agencies, The Pain Clinic, Dialysis, Orthopedic Trauma & Fracture Care. Additionally, Brighton does all Tegretol, Gentamicin and Lidocaine testing for NorDx.

Other Outpatient Patient Service Centers are located in Bangor, Biddeford, Falmouth, Gorham, Oakland, MMC, Portland Congress St, Scarborough (96 and 102 Campus Dr), Westbrook, Windham, Yarmouth, and New Hampshire locations in, Hampton, Newington, Rochester, Somersworth, Stratham.

NorDx performs lab testing at Brighton, MMC and Scarborough. Additionally, labs are located at Southern Maine Medical Center, Miles Memorial Hospital in Damariscotta, St Andrews Hospital in Boothbay Harbor, and Waldo County General Hospital in Belfast.

The main testing facility recently moved from 102 Campus Drive Scarborough to 301A US Route One in Scarborough. The administrative offices are located there as well.