Monday Memo –March 13, 2017

Presentations

- On March 5th, Carolyn Langer, MassHealth Chief Medical Officer and Director of the Office of Clinical Affairs in Commonwealth Medicine, co-presented at the Association of Maternal & Child Health Programs annual meeting in Kansas City, MO with Ron Benham, MA Title V Director and Director of the Bureau of Family Health and Nutrition within the MA Dept of Public Health. Their topic was “Designing Alternative Payment Models to Support Children & Youth with Special Health Care Needs.”

- Michael Chin was an invited panelist at the HIE & Advocacy Event sponsored by the New England Chapter of the Healthcare Information and Management Systems Society (HIMSS). The event was held on March 9 in Worcester, MA. The panel discussion was titled, “The Value Proposition of State Health Information Exchanges” and included a representative of the HIE’s of Massachusetts, Maine, Vermont, Rhode Island and New Hampshire.

Professional Development/Mentoring

- The Department had its kick-off dinner and orientation session for the new group of mentor-mentee pairs on March 9th. Comprised of 9 new, and 3 continuing, mentor-mentee pairs, the group participated in an orientation to the program, some thoughts about Wellness from Tina Runyan and a presentation by Dr. Joanna Cain, the schools' Director of Faculty Talent Management. Time was set aside for the pairs to begin work on developing their goals for the 18 month program. This is the third group to participate in the Department's mentoring program.

WELLNESS MOMENTS
Eye Wellness

March is Workplace Eye Wellness month. By far the most common form of eye injury is computer vision syndrome. Too much screen time and not enough breaks can cause headaches, inattentiveness, neck pain, back strain, and dry eye. Studies show that staring at a screen for extended periods of time lengthens the interval between blinks, preventing eyes from staying lubricated and moistened.

There are some ways to prevent computer vision syndrome and keep your eyes feeling comfortable:

1. **Reposition your screen.** Adjust your screen to be at a right angle away from any direct light source. Invest in an anti-glare screen for your monitor to make computer work gentler on your eyes.
2. **Remember the 20-20-20 rule.** This rule reminds you that every 20 minutes, you should look at an object at least 20 feet away for at least 20 seconds.
3. **Don’t forget to blink.** While it may sound ridiculous, write yourself a note and place it on your monitor. Write “Blink Often” or any other message that will remind you to regularly close your eyes to keep them from getting dried out.
4. **Use artificial tears.** Over-the-counter eye drops can be extremely helpful in preventing dry eye and keeping your eyes comfortable.
5. **Drink water.** Adequate hydration can make a big difference, especially during the winter months when heaters and furnaces can make the air particularly dry. Consider mindful drinking, slow intake of liquids.
6. **Schedule regular comprehensive eye exams.**

Be mindful of your eye health by incorporating breaks and reminders into your daily routine.