

Missouri Chapter GOVERNOR'S NEWSLETTER

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Governor's Message

ACP has a new initiative, which is a good one: *"I'm Proud to be an Internist."*

This announcement is accompanied by a new ACP definition of Internal Medicine:

"Internal medicine physicians are specialists who apply scientific knowledge and clinical expertise to the diagnosis, treatment, and compassionate care of adults across the spectrum from health to complex illness." I like it—how about you?

At our Board of Governors meeting in Savannah, Georgia, September 19-21, 2013,

Dr. Christine Sinsky, who practices internal medicine in Dubuque, Iowa, with her husband internist, gave an inspiring talk entitled: *"Finding Joy in Primary Care."* Her focus was on improving the efficiencies of a private practice office, with one punchline: "I used to be a doctor; now I am a typist!" For details I refer you to her article in *Annals Family Medicine* 2013; 11: 272-278. To me it sounded like the principles of the Patient Centered Medical Home. The five key problem areas she addressed:

1. EHR, that push more work to the physician with greater amount of time filling in formatted boxes, complying with administrative (billing) and regulatory requirements
2. Inadequate time spent with patients

3. Unplanned visits with overfull agendas
4. Dysfunctional teams with poor communication; lack of huddles/team meetings
5. Inadequate support staff to share the care and expand responsibility of care to team members, with better overall coordination.

She and her co-authors visited 21 sites (urban, suburban, and rural; number of physicians 2-115), developing a unified theme: Practices that build stable, well-trained teams, which work together closely every day, and meet regularly to improve their work flow and quality, have personally rewarding lives, ie. the joy of medicine returns and risk of burnout decreases. Sounds reasonable to me. For further practical information, open/read the new ACP Practice Advisor under “*Running a Practice*” at www.acponline.org.

At our Annual Meeting, Missouri Chapter, ACP, September 26-29, 2013, at Tan Tar A, our Executive VP, **Dr. Steven Weinberger**, gave us an update on **High Value Cost Conscious Care (HVCCC)**. Isn’t it amazing how far common sense goes in medicine?

Example: The Endocrine Society and American Association of Clinical Endocrinologists recently came out with their 5 items that should be addressed by the physician and patient; one especially caught my eye: “*Don’t routinely order thyroid ultrasound in patients with abnormal thyroid function tests if there is no palpable abnormality.*” Common sense again and I love the emphasis on physical exam—Isn’t that one of the key reasons we went into internal medicine, ie to make a diagnosis by our hands, eyes, and ears. Back to the Joy in Medicine again. Thank you, Steve, for your continued focus on HVCCC. Can we as internists help change the paradigm in American medicine: educate ourselves and our patients about the benefits/risks ratio plus the costs of procedures and drugs, leading to a New Era of enlightened care or HVCCC?

For more data about HVCCC, I refer you to the new AAIM-ACP curriculum, a free download at www.highvaluecarecurriculum.org; and you can find clinical cases that stimulate you to make a diagnosis, followed by cost conscious use of resources (has six interactive one-hour modules based on actual patients and their hospital bills), http://hvc.acponline.org/physres_cases.html. Try it—very educational.

Also at our Annual Meeting I demonstrated the new **ACP Smart Medicine**, a free benefit of your ACP membership dues. It is very easy to utilize with user-friendly navigation and up to date scientific/clinical information. Just log onto a diagnosis and see if you agree. Note: you can go to either <http://smartmedicine.acponline.org>, or our Missouri Chapter website, www.missouriacp.org, for free access. Try it, you will like it, and possibly replace *UpToDate* Medicine, which costs you money.

Dr. Brent Beasley was awarded the **Laureate Award**, a well deserved honor for a valued contributor to our Missouri Chapter. Brent served as Program Director, UMKC Internal Medicine Residency before taking on his current challenge: full time Medical Director for the Saint Luke’s Health System’s Physician Quality Organization or Saint Luke’s Care. So contact Brent if you need any advice about quality of care issues.



Dr. Brent Beasley

Doctors Dilemma was very exciting, since the defending champs the past two years, University of Missouri-Columbia (who actually made the finals at the national competition in San Francisco last April, 2013) was defeated by the University of Missouri-Kansas City team of IM residents.

The **Poster Session**, presented by both IM residents and medical students, was again well coordinated by **Dr. Fred Buckhold**. Thank you, Fred, and all the judges who participated in the judging.

And I want to thank **Dr. Megan Wren** and her **Education Committee** for another stimulating educational meeting, plus thanks to all the excellent speakers who prepared and presented quality data.

Additional announcements:



Dr. Richard Burns

- our own **Dr. David Fleming** becomes ACP President at the IM14 Annual Meeting in Orlando, April, 2014
- Dr. Richard Burns** has been elected Governor-Elect for the Missouri Chapter; he will follow me as Governor at the Annual Meeting in Boston, 2015
- Dr. Steve Keithahn** is now the Chair, Health Public Policy Committee
- Dr. Akwi Asombang** has accepted the role: Chair, International Medical Graduates Committee.

ACP announces a new **Leadership Academy**, replacing the older LEAD program, for early career internists. In partnership with the American College of Physician Executives (ACPE), courses are eligible for CME credit and you can earn a nationally recognized leadership certificate from ACPE; ACP members get a 15% discount on course costs. Sure, you could go and take a formal MBA course, which takes a lot of time, effort, and money. This opportunity sounds like a good alternative. If you are interested, notify **Pat Mills** and/or me, your Governor or go to <http://www.acpe.org/portals/acp>.

Finally, our patients need our help: **“Help Your Patients Enroll in Health Insurance Marketplaces,”** is located at a new ACP website: www.acponline.org/advocacy/state_health_policy/aca_enrollment. It includes an overview of the materials available, if you need them. Whatever you personally feel about the ACA or **“Obamacare,”** your professional responsibility is to help them get covered, especially the uninsured. No longer can you “put your head in the sand” and ignore the ACA—it is here and time to step up to the plate and hit the ball.

Your patients need your help; if you don’t understand the details of the ACA, it is time to get yourself educated and help your patient, possibly with the help of a navigator.

Best Wishes for 2014. It is a challenging time in medicine. Let’s together look for the Light, not the Dark, in our current life/practice situation. I truly believe that our commitment to each other (and the ACP) can help us put Joy back into Medicine. Good Luck.

IM 2014 in Orlando

David Fleming, MD, FACP will become President of the College at IM14. Dr Fleming served as Missouri Governor 2007-2011; chair of the ACP Board of Governors 2012-2013; and ACP President-Elect 2013-2014. Dr. Fleming is chair of the Department of Medicine at the University of Missouri School of Medicine.

Richard W. Burns, MD, FACP of Columbia will be installed as the Missouri Chapter Governor-Elect 2014-2015. Dr. Burns will serve as Governor of the Missouri Chapter 2015-2019. Dr. Burns practices at the Harry S Truman VA Center in Columbia.

ACP Center for Quality

As the largest medical-specialty organization and second-largest physician group in the United States, two of ACP's most important priorities are helping our physicians provide the best possible care to their patients and reducing unnecessary costs to the health care system. The College's High Value Cost-Conscious Care <http://hvc.acponline.org/> initiative is one example of how ACP is delivering resources to physicians to achieve these goals.

Missouri Chapter CME Meeting

More than 100 physicians attended the annual chapter meeting at Tan Tar A in September. Those attending earned up to 20.75 CME hours including two ABIM SEP modules. In addition to the updates in internal medicine; approx. thirty medical students met with IM Program Directors and Chiefs to discuss the IM residency experience.



APDIM Panel: Seated left to right Drs Viral Rabara – MU Chief; Megan Wren – Wash U; Fred Balis – St Lukes; Dan Rey – Mercy; Miguel Paniagua – SLU; David Wooldridge – UMKC and Kristen Gillenwater UMKC Chief.



Chapter receives Excellence Award

The Missouri Chapter is in receipt of the 2013 Chapter Excellence Award. The award recognizes chapters which successfully meet the standards for managing a chapter. The Chapter has received this award every year since it was created following the ACP-ASIM 1998 merger.

Doctors Dilemma

On Saturday afternoon during the chapter meeting six IM residency programs participated in Doctors Dilemma. Three ACP Residents from St Mary's; St Luke's; Saint Louis University; Washington University; the University of Missouri; and the University of Missouri – Kansas City competed head to head with fifteen question matches. The UMKC team won and will represent Missouri at IM14 in Orlando. Members of that team include: **Gurminder Dhillon, Hassan Salameh, and Aref Bin Abdulhak**. A special thanks goes to **Drs. Richard Burns, Wanda Terrell, Jo Reddy, and Sarah Florio** for question selection and organization. Additional assistance was provided by **Drs. Beth Andes; Andy Evans, Bill Taylor and Tom Allen** in running the buzzer system and keeping score.



Doctors Dilemma 2013

Poster Contest

The Missouri Chapter hosted another successful poster contest with almost 100 posters on display by student and resident members of the Missouri Chapter. The posters were judged by more than forty physicians attending the chapter meeting. The three resident winning posters and the two student winning posters will be entered at their respective poster contest at the College meeting IM14 in Orlando.

2013 Poster Contest - Residents

CV - Residents

1st - **Aref bin Abdulhak**, UMKC, *Familial atypical hemolytic uremic syndrome in an adult post kidney transplant patient successfully treated with eculizumab: a case report*

2nd - **Emily Beck**, St Luke's, *Thrombophilia Related Epstein-Barr Virus Infection*

3rd - **Raghav Gupta**, St Luke's, *Crohn's Lost in Lung*

Patient Safety & QI - Residents

1st – **Keval Patel**, SLU, *Improving Patient Outcomes and Guideline Adherence in Outpatient Setting by Using Reminder Cards*

2nd – **Kenisha Thompson**, SLU, *Billing and Coding, QI - Oh My! A Novel Real World Curriculum for Future Internists*

Research - Residents

1st – **Adam Highley**, St. Mary's, *Factors Affecting Chest Compressions Study (FACCS)*

2nd – **Alisa Likhitsup**, UMKC, *Staining for liver oxidative stress in an obese mouse model*

3rd – **William McCoy**, Wash U, *Structural investigation of KDEL receptor hijacking by cowpox virus provides new antiviral targets for an emerging viral threat*

CV – Students

1st – **Erin Engelhardt**, MU, *Hepatopulmonary Syndrome: Orthodeoxia in a patient with end-stage liver disease.*

2nd – **Dominic Zanaboni**, MU, *Eutopic and Ectopic Thyroid Cancer: Struma ovarii-associated follicular thyroid carcinoma presenting as pelvic mass.*

3rd – **Rusha Shah**, SLU, *Narcolepsy Masquerading as Seizures*

Research - Students

1st – **Anand Patel**, MU, *The Role of Cholesterol Synthesis Inhibitors as Anti Tumor Agents*

2nd – **Asha Nookala**, UMKC, *Curcumin supplemented diet reduces inflammation in nonalcoholic liver steatosis in mouse model*

3rd – **Katy Nickols**, UMKC, *Normative pupillometry data in healthy pediatric patients from 1-17 years of age*

The Poster Contest at the 2014 Chapter meeting will be at **1:00 pm Saturday, September 13.**

ACP 2013 Clerkship award

Anand Patel - MU

Bonnie Ronish - SLU

Christopher Brett - UMKC

Amit Bery – Wash U

ACP 2013 Physical Diagnosis award

Courtney Champagne - MU

Emily Hanzlik - SLU

Merrill Thomas – UMKC

Madeleine Chollet – Wash U

PQRS Penalty Looms

Physicians not submitting PQRS data for 2013 will face a -1.5% Medicare rate reduction in 2015 and a -2.0% in 2016 if PQRS data is not submitted for 2014. The good news is that you may submit 2013 PQRS data until March 13, 2014 to avoid the 2015 penalty.

http://www.acponline.org/running_practice/payment_coding/pqrs/

MOC news and 2014 Missouri Chapter ABIM SEP

Maintenance of Certification (MOC) has changed your board certification routine. If you have not already, go to <http://moc2014.abim.org/learn.aspx> to learn what lies ahead for you and your certification status. Even “*ABIM grandfathers*” will need to complete MOC to avoid being reported as “*Certified, Not Meeting MOC Requirements.*” If you are not already enrolled, you must enroll by March 31 to avoid the previous designation.

The Missouri Chapter 2014 CME meeting will have three ABIM SEP modules (Internal Medicine, Hospital Medicine, and Geriatrics) presented on **September 11, 2014** to assist you with MOC.

CHAPTER COUNCIL BALLOT – due February 12

The following have completed one term and are re-nominated for a second term (vote for four):

- ___ **Brent Beasley, MD, FACP** – Kansas City
- ___ **Melvin Blanchard, MD, FACP** – St Louis
- ___ **Sarah Florio, MD** – Kansas City
- ___ **Miguel Paniagua, MD, FACP** – St Louis

Nominated for a first term to the Council are (vote for four):

- ___ **Akwi Asombang, MD** – Columbia
- ___ **Nicole Forget, MD** – St Louis
- ___ **Steve Keithahn, MD, FACP** – Columbia
- ___ **Stan Vriezelaar, MD** – St Louis

Fax your ballot to: 573-636-8552 or mail to: ACP; PO Box 1028; Jefferson City, MO 65102

Calendar

January 8 – Missouri Legislature convenes

February 12 – Ballot due (see above)

March 8 – ACP Council meeting in Columbia

April 10-12 – IM 14 in Orlando

May 16 – Missouri Legislature adjourns

September 11-14 – Missouri ACP meeting

www.missouriacp.org