

CONNECTICUT FAMILY PHYSICIAN

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“This may make sense to someone in the far corner boardroom, but I am pretty sure there are no practicing clinicians who can make sense of this...”

Questions about Leadership, PCMH and Reimbursement Issues

By Ross Winakor, M.D., FAAFP, CAFP President



“How to Manage cash needs ahead of ICD-10 transition”... This was the headline in one of this week’s most maddening and confusing emails. How many of you have read or heard of its contents extolling the recommendations to reserve

enough money to cover three to six months of operational practice expenses “just in case” payers experience delayed reimbursements?

This may make sense to someone in the far corner boardroom, but I am pretty sure there are no practicing clinicians who can make sense of this, and I guarantee that no private practi-

tioners can even comprehend this idiotic thought. As a family physician there are obviously patient experiences that are professionally gratifying. However, as like many of you, issues of ICD-10, the push for higher deductible insurance plans, promises of PCMH and various other unfunded or partially funded mandates cause periodic cash flow demands, especially in the early calendar months, to small business owners. The incentives for going down these paths for seasoned veterans and newcomers alike are perhaps dwindling.

We, collectively, as Connecticut Family Physicians may only be a small voice, but we will continue to voice our concerns at the local, state and national levels in ways that protect our specialty, reimburse us accordingly for the work we have and will continue to perform, and the high quality outcomes we will continue to achieve. We will help maintain and reinvigorate our personal and professional satisfactions.

PCMH can be achieved, but is it easy and is it worthwhile? At this point many of the questions surrounding the concept are still unknown and many of the proposed enhanced reimbursements are still lacking. Our four-physician private practice has achieved NCQA recognition as a PCMH, but like many of you, I am still struggling to figure out what this means and what all the benefits are going forward.

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Headaches, Diabetes, Cancer Highlight 2013 Symposium

Twenty lectures and workshops, making up one of the most complete educational offerings available to family physicians, will highlight the 2013 CAFP Scientific Symposium, which will be held October 23-24 at the Aqua Turf Club in Plantsville, CT.

The first day of the program will open with a keynote address on obesity, followed by an update on infectious diseases. These will be followed by lectures on common sports medicine injuries and updates in contraception. The afternoon of the first day will feature talks on nutrition and thyroid dysfunction followed by presentations on headaches in children and early detection of gynecological malignancies. Finally, the Wednesday session will close with a special presentation on

domestic violence.

Opening the Thursday session will be a presentation on office dermatology followed by a presentation on breast cancer.

Midday on Thursday will be a presentation on hypertension. Following lunch will be a lecture entitled “Everything You Need to Know About Sports Supplements and Performance-Enhancing Compounds.” With the current investigations of Major League Baseball on performance-enhancing drugs, this lecture will be very pertinent at this time. There will also be Thursday afternoon lectures on neuropsychological testing, type II diabetes and alcohol withdrawal. The symposium will conclude with a workshop on Thursday afternoon on injec-

“With the current investigations of Major League Baseball on performance-enhancing drugs, this lecture will be very pertinent at this time.”

“Electronic medical records and electronic prescribing are fine utilities, but should they be mandatory and do they ultimately enhance physician and patient satisfaction and even decrease medical errors?”

Letter to the Editor

Dear Mr. Schuman,

I wanted to thank you for your letter after match day. I graduated from Yale at the end of May and my husband and I moved to Ann Arbor, Michigan shortly thereafter. Today is my first day of orientation at the University of Michigan! So far everyone seems very nice and I am excited to begin.

Thank you again for reaching out. I hope we cross paths in the future!

Niyati Shah, M.D.

Questions about Leadership (continued from page 1)

Patient access, satisfaction and compliance are keys to better outcomes.

There are definitely locales and portions of the system that are in need of repair and modification, but it's still not clear to me that this one size fits all mentality is accurate. Is

“success” defined by the individual patient or the population at large? Electronic medical records and electronic prescribing are fine utilities, but should they be mandatory and do they ultimately enhance physician and patient satisfaction and even decrease medical errors? More data and reviews need to be

analyzed, but will the extra scrutiny and the many warranted checkboxes be the tipping point for many of you as we struggle with our own satisfactions? Leading the team, practicing to the top of your license and delegation of more mundane and tedious tasks are important, and, hopefully, your office and/or organizations have stayed ahead of these logistical issues in order to maximize the reimbursement in the many current and proposed programs.

We at the leadership of the Connecticut Academy of Family Physicians are just like you. We are solo doctors, small group private practitioners, members of large single or multi-specialty groups and employees of various hospital and government organizations. If you have had a question, a struggle, a controversy or a system glitch, chances are one of us has had it as well. Reach out with your issues. Reach out with your joys as well. Get involved in some capacity. We are always open to newcomers, those with invigorating ideas and attitudes or simply anyone who wants to listen. The health care economic waters of 2013 and beyond are not seas that one should navigate alone or in isolation.



David Chmielewski, a fifth grader from Torrington, CT, recently represented Connecticut at the AAFP National Tar Wars poster competition. He is pictured above with his father and U.S. Senator Richard Blumenthal.

Social Media & CAFP!

Join the Social Media Craze with CAFP!
CAFP is on Facebook and Twitter!

Like us on Facebook by searching for Connecticut Academy of Family Physicians.

Follow us on Twitter @CTAFPDOC.

CAFP looks forward to increasing communications with our members through social media.



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CAFP Well Represented at AAFP National Conference of Resident and Student Members

The National Conference is a three-day event designed for residents and medical students. Family medicine leaders and educators conduct special lectures, workshops, procedures courses, and clinics. More than 300 family medicine residency programs are represented in the Exposition Hall. The National Congress of Family Medicine Residents and the National Congress of Student Members hold their annual meetings during the conference. Some of those attending from CT included Mariah McAlister, a third year medical student at the University of Connecticut School of Medicine; Olayinka Edwards, a second year medical student at the University of Connecticut School of Medicine; and Shawnet Jones, a resident at UConn/St. Francis Family Medicine Residency Program.

Below are some comments from some of our CT representation.

I would like to thank the CAFP for its generous contribution to my trip to the National Conference for Students and Residents in Family Medicine. The conference was informative, inspiring, and fun! I spent the first day attending workshops that were truly interesting and useful for someone at my level of training. I also attended sessions that further inspired me to practice family medicine. The next two days I spent in the Expo Hall meeting Family Medicine residency programs. I found it amazing how simply moving from one booth to the next allowed me to feel like I was traveling between states and cultures, since the people from

each program were so different – different clothes, accents, booth styles, interests. It was fascinating.

I returned from the conference feeling extremely excited about my future career as a family doctor and with lots of great information about residency programs to which I want to apply. My only disappointment about the weekend was that I could not go to more of the workshops, since I barely had enough time to meet all the programs on my list! I would recommend this conference to any student considering Family Medicine. Thank you again for helping me get there!

Sincerely,
Mariah McAlister

Dear Mr. Schuman, Ms. Yokose, and the Board of Directors,

Thank you for your generous financial support for the AAFP National Conference last week. The conference was phenomenal!

I attended several informative sessions on applying and interviewing for residency. It was very helpful to hear the opinions from multiple family medicine residency directors on the specific details of the application process for family medicine residency programs. The best part of the conference was speaking with the 40+ residency programs I was able to meet.

It is a challenging process to select from 40+ programs; however, attending this conference has made it easier to pick the programs. Many times, students develop a program list based on faculty opinions and

general reputation of programs. By attending this conference, I am now able to create my program list not only based on these two factors, but also first-hand experience in meeting the programs.

I am incredibly grateful for your support as I embark on the residency application process.

Sincerely,
Irina Lisker

Greetings Mr. Schuman,

My name is Yinka Edwards and I am a second year medical student at the University of Connecticut School of Medicine.

I thoroughly enjoyed the conference. At first, I felt out of place being a second year in the sea of third and fourth years gearing to approach another milestone in their professional journey. However, I was pleased with being around a more experienced crowd. They told me what they wished they had done if they were in my position, which was very enlightening. One of the students I spoke with remarked that she wished she had spent more time getting to know her classmates, while another said that I should enjoy the ride as much as possible. In addition, the workshops were great. I particularly enjoyed the clinical skills workshops. I definitely look forward to attending this conference again. I feel as though with this exposure I will be better able to navigate the conference at a future date.

Thank you!
Yinka

Of Note...

- **Dr. Sandra Hughes** spoke on “social media” at the AAFP Annual Leadership Conference.
- This year, family physicians, residents, medical students and others will present **Tar Wars** to roughly 500,000 fourth-grade and fifth-grade students. Since the tobacco free education program was started in 1988, more than 9 million children have heard the Tar Wars message worldwide.
- **Mary Yokose**, CAFP Associate EVP, spoke on chapter relations and CAFP President **Ross Winakor, M.D.** moderated a session for chapter presidents at the 2013 AAFP ALF Conference.
- **The AAFP**, along with the Advisory Committee on Immunization Practices, the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists, has endorsed a “birth-dose” initiative from the Immunization Action Coalition that recommends newborns be given the first dose of hepatitis B vaccine before discharge from U.S. hospitals and birth centers.
- 2013 Symposium speaker **Dr. Noel Robin**, professor of Clinical Medicine at the Columbia University College of Physicians and Surgeons, has informed the Academy that he will be donating his speaker’s honorarium to the CAFP Foundation. *Editor’s Note: Thank you, Dr. Robin.*

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Charges for AAFP Task Force Set

Mark Schuman, CAFP EVP, has been appointed to a new AAFP member interest group task force.

The charge of this task force is outlined below:

- Develop recommendations to define, recognize, and involve member interest groups of importance to the AAFP.
- Establish criteria to identify potential interest groups for consideration by the Board.
- Develop, if appropriate, a new definition of ‘special constituency’ that would:
 - ◊ Ensure inclusion of appropriate active member groups or segments based on demographics, practice

location, and/or clinical areas of interest

- ◊ Define and consider current or future under-represented member groups’ involvement in the Congress of Delegates and/or other appropriate member groups/segments in the AAFP governance structure
- Define the role of the National Conference of Special Constituencies (NCSC) in convening these additional identified groups including:

◊ The nomination and election of delegates to the Congress of Delegates

◊ A review of the voting process on resolutions and other elections held during the NCSC

- Explore additional options for ‘connecting’ with and to additional member segments.

2013 Symposium Highlights (continued from page 1)

tions.

There will be a student and resident session on Thursday from 10:30am to 12:00pm. It will feature a presentation on maximizing office personnel potential as well as discussions with CAFP leaders on the future of family medicine and participation in Tar Wars presentations.

According to Dr. Ross Winkor, CAFP President, “quality medical education leads to improved patient care. We hope that all members will take advantage of these two days of outstanding lectures and work-

shops, which will be offered during the CAFP 2013 Scientific Symposium.”

A complete list of Symposium speakers, as well as updates on all subjects, will be included in a future issue of Connecticut Family Physician, and there will also be an official Symposium program which will be mailed out in September.

The Symposium, which will be approved for prescribed credit by the American Academy of Family Physicians, will include breakfast and lunch both days as well as an exhibit hall.

New CAFP Members

Welcome:

Jennifer Phelps, M.D.
Ridgefield, CT

Kashif Ramzan, M.D.
Stamford, CT

DOT Medical Examiner Certification Training

December 13, 2013
Mystic Marriott
Groton, CT

Registration begins at 8:00am
Program from 9:00am - 5:00pm
More information to follow

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