

CONNECTICUT FAMILY PHYSICIAN

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Drs. Edmund Kim and Johvonne Claybourne Head the CAFP Leadership Team in 2014

Dr. Edmund Kim of West Hartford was installed as President of the Connecticut Academy of Family Physicians at the Academy's Annual Business Meeting on October 23, 2013 at the AquaTurf Club in Plantsville. Named President-Elect was Dr. Johvonne Claybourne of Hartford.

Dr. Ross Winakor of Mansfield, the retiring President of the Academy, received the AAFP Chapter President's pin and

President's plaque, from the Academy, recognizing his long service to family practice and the Connecticut Academy of Family Physicians. He will continue to serve on the CAFP board as the Immediate Past President.

The membership elected Dr. Sandra Hughes of East Granby as Secretary and Dr. Frank Crociata of Torrington as Treasurer.

Seven CAFP members were named to the Academy Board of

Directors. They are: Drs. Christopher Doan of Hamden, Timothy Fignar of Enfield, and Henry Yoon of Fairfield, all three year terms concluding in 2016; Andrew Selinger of Bristol, completing the term of Dr. Crociata and ending in 2014; Robert Carr of Southbury, Ayaz Madraswalla of Storrs, and Roy Zagieboylo of East Hartford, as Past Presidents-at-Large concluding in 2014.

Elected delegate to the AAFP Congress of Delegates was Dr. Craig Czarsty of Oakville. His two year term will conclude in 2015. Named alternate delegate was Dr. Domenic Casablanca of Shelton, whose term will also complete in 2015.

The Board of Directors will also include the following five physicians who are currently serving as directors: Drs. Tonya Cremin of Huntington, Emmanuel Kenta-Bibi of New Britain, Mod Pratinidhi of Vernon, Fonda Grabino of West Hartford, and Patricia Lampugnale of Glastonbury.

Currently serving on the delegation to the American Academy of Family Physicians are Dr. Drew Edwards of Prospect, a delegate whose term concludes in 2014, and Dr. Kathy Mueller of Windsor, an alternate delegate whose term completes in 2014.

“Dr. Ross Winakor of Mansfield, the retiring President of the Academy, received the AAFP Chapter President's pin and President's plaque.”

“After very careful deliberation, the Academy has offered its support for the proposal along with recommendations for improving it.”

SGR Solution Within Reach

For more than a decade, the AAFP has been calling for the repeal of the flawed sustainable growth rate (SGR) formula that CMS uses to calculate physician payments for providing services to Medicare patients. Instead, Congress has repeatedly put short-term patches on the problem – at a cost of billions of dollars – rather than producing a long-term solution. At last, it looks like a long-term solution may be within reach.

The House Ways and Means and Senate Finance committees have released a bipartisan, bicameral proposal that would repeal the SGR and replace it with alternative payment models more closely aligned with quality of care. AAFP also asked for members' opinions on the

proposal and received responses from both individual AAFP members and state chapters. The input was mixed, with some respondents voicing concerns about the proposal and other supporting it as a bold move forward.

After very careful deliberation, the Academy has offered its support for the proposal along with recommendations for improving it. Although AAFP thinks the proposal is imperfect, it does address many critical and longstanding areas of concern for family medicine. The proposal

- repeals the SGR;
- rewards participation in alternative payment models

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What Academy Leaders Are Saying About Medicine

About Primary Care

One of my jobs as President this coming year will be to ensure that everyone is clear about definitions. It is incredibly exciting that ‘primary care’ is being mentioned consistently and seemingly almost everywhere. The challenge becomes what is meant by those two words. It is important to be crystal clear that family medicine is the primary care specialty. We are the only physicians who do not have to limit ourselves based on age, gender, diseases, body parts, organ systems, or locations in the hospital. This skill-set is a critical and a foundational need for our country.

Reid Blackwelder, M.D.
AAFP President

110,000 Strong

Your Academy now has 110,000 members and is growing in every category: practicing family physicians, students, and residents. And for the fourth year in a row, more US medical students chose family medicine than any year in the past decade.

Jeffrey Cain, M.D.
Immediate Past President

Payment Reform

Payment reform in both the public and private sector is a train that has left the station and its progress will only speed up over the next five years. While the final destination may be uncertain, I feel confident about these two things that our members must understand:

- Within this five year window, it is likely that our members will have an option of staying with a predominantly FFS payment model – but if they do so, I believe it will be at best a stagnant payment model and most likely a declining one.
- But, as payment models evolve, there will be the opportunity for our members and their practices to be paid differently and better if they demonstrate improved quality and cost efficiency of care, and the best bet to realize this potential is to transform one’s practice to a medical home.

Douglas E. Henley, M.D.
AAFP Executive Vice President

Affordable Care Act

Today, our country and our members continue to be split on

the overall package of the Affordable Care Act. Yet, it is also true that we are united as citizens and as family physicians in support of many of the important individual parts of the Affordable Care Act: increasing the number of insured Americans, eliminating restrictions on preexisting conditions, moving our health care system to one that values primary care, and creating the workforce that our country deserves.

Jeffrey Cain, MD
Immediate Past President

Getting Younger

A few statistics on the congress: The average tenure of a delegate is now 3 years. You are 36% female and 64% male. The average age of the delegates is 54.5 years. The average age of your board of directors is 53.6 years.

John S. Meigs Jr., M.D.
AAFP Speaker

Health Care Costs

Some final comments about physician responsibility and accountability in controlling health care costs. I have referred before to the 2002 Physician Charter endorsed by the Academy and over 130 medical associations worldwide. In describing professionalism, the charter clearly identifies the responsibility of physicians as stewards of limited health care resources. This responsibility is not about rationing – rather, it is about making health care more rational by physicians accepting accountability for how our health care resources are

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New CAFP Members

Welcome:

Michelle Cardona, M.D.
West Hartford

Saimah Ghani, M.D.
Middletown

Corey Angelo Jaquez, M.D.
Stamford

Dipak Patel, M.D.
Meriden

Melisa Pensa, M.D.
Old Saybrook

Shaista Amjed Qursehi, M.D.
Naugatuck

Marianna Salas-Vega, M.D.
Groton

Roy Christopher Williams,
M.D.
Enfield

Practice Tools

CAFP has posted a list of reimbursable Medicare G Codes on our website at:

www.CTAFP.org/practice-tools-2/

Meet Your New CAFP President



A graduate of the Worcester Polytechnic Institute in Worcester, MA, Dr. Edmund Kim, the new president of the

Connecticut Academy of Family Physicians, received his medical education at the University of Connecticut School of Medicine.

He completed his family practice residency at the UCONN School of Medicine and was the chief resident in his third year. Dr. Kim is the recipient of the Society of Teachers of Family Medicine Research Teacher Award.

Prior to joining the UCONN faculty, Dr. Kim spent five years in active family practice in Connecticut.

The new Academy President is

an Assistant Professor of Family Medicine at the University of Connecticut School of Medicine, the Assistant Program Director of the Family Medicine Residency Program, and the Interim Medical Director of the Family Medicine Center at Asylum Hill. Dr. Kim also serves as a hospice medical director.

Prior to his election as President, Dr. Kim served the Academy in numerous capacities, including President-Elect, Treasurer, Secretary, and Chair of the Scientific Symposium Committee for two years. He has been a member of the Academy since 2005.

With his educational background and long service to the Academy in leadership positions within the CAFP structure, Dr. Kim brings vision and leadership capability to the position of President of the CAFP.

About Your New CAFP President-Elect: Dr. Johvonne Claybourne



Johvonne Claybourne is a family physician. She grew up in the North End of Hartford, attended Annie Fisher School and Kingswood Oxford School, where she graduated with honors. She completed her undergraduate education at Johnson C. Smith University in Charlotte, North Carolina and graduated summa cum laude.

Dr. Claybourne received her medical degree at the University of New Jersey – School of Osteopathic Medicine in Stratford, New Jersey, which has been renamed Rowan School of Osteopathic Medicine as of July 1, 2013. Upon completion of her medical school education, she returned home to Hartford and completed her family medicine residency at St. Francis Hospital and Medical Center. Dr. Claybourne has always had an interest in her community, but found her passion for Women's Health and Adolescent Medicine during her medical training.

Her decision to practice medicine at Community Health Ser-

vice at Community Health Ser-

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Meet the New AAFP President-Elect

Robert L. Wergin, MD, FAAFP, a family physician in Milford, NE, is the new president-elect of the American Academy of Family Physicians. Previously, he served three years as a member of the AAFP Board of Directors. He will assume office in October 2014.

As president-elect of the AAFP, Wergin will advocate on behalf of family physicians and patients nationwide to inspire positive change in the US health care system. Outside the AAFP, he is a practicing family physician in the town where he was born and raised. He works in private practice at the Milford Family Practice Center, where he practices the full spectrum of family medicine, from obstetrics to geriatrics. He also serves as medical director for Sunrise Country Manor Nursing Home and Crest View Care Center.

At the national level, Wergin has been an active member of the AAFP since 1982. He served as a delegate and alternate delegate to AAFP's Congress of Delegates of 12 years and is a former member of the AAFP's Commission on Membership and Member Services, and the Website Advisory Committee.

At the state level, Wergin has been an active member of the Nebraska Academy of Family Physicians since 1989, where he has served in numerous leadership positions, including president and board member.

Wergin was awarded the Nebraska Family Physician of the Year award in 2002, and Ne-

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Of Note...

- The 2012 retention rate of **CAFP active members** was an outstanding 96.37, surpassing that of the AAFP, while the CAFP had the highest growth rate of active members when compared to chapters of similar size. Similarly, resident membership reached an all-time high in 2012 as did total membership – 643.
- **Dr. Dominick Sorge** was recently honored by the AAFP for his 50 years of continuous membership in AAFP and CAFP.
- **Drs. Craig Czarsty and Brad Wilkinson** of Health Horizons International were honored by their Community Health Workers in the Dominican Republic in recognition of their efforts to bring quality medical care to the Dominican Republic.
- **Dr. John Foley**, a speaker at the CAFP symposium and immediate CSMS past president, donated his Symposium speaking honorarium to Safe Futures, which is formerly the Women's Center of Southeastern CT and the New London County Medical Association.
- Symposium speakers **Drs. Giselle Aerni, Noel Robin and Kristen Zarfos** donated their honoraria to the CAFP Foundation. Their generosity is greatly appreciated.

“AAFP will continue to advocate for a better proposal that is more advantageous for family physicians and their patients, and will work hard to inform Congress about the provisions that need to be improved or changed.”

SGR Repeal is Close *(continued from page 1)*

- such as the patient centered medical home and provides financial incentives for physicians who transform their practices;
- consolidates three existing quality and process improvement programs into a single program.
- provides financial resources to assist small practices with practice transformation;
- directs the Government Accountability Office to study the AMA/Specialty Society Relative Value Scale Update Committee (RUC) processes for making recommendations on valuation of physician services;
- establishes care-coordination codes in the Medicare physician fee schedule; and

It’s important to note that this proposal isn’t even a bill at this point. It’s a “discussion draft,” which means the finished product could vary greatly – for better or worse – compared to what the committees have released. Thus, AAFP will continue to advocate for a better proposal that is more advantageous for family physicians and their patients, and will work hard to inform Congress about the provisions that need to be improved or changed.

What Academy Leaders Are Saying *(continued from page 2)*

distributed and utilized. It is the decisions made each and every day by doctors which drive the vast majority of health care costs. If we want to maintain our status as leaders in health care, we cannot cede responsibility for controlling health care costs to others.”

Douglas E. Henley, M.D.
AAFP Executive Vice President

The Future is Bright

The truth is I love this Academy and believe in its members and its mission. Together, we can and will achieve great things in serving our members and our patients.”

Glen Stream, M.D.
AAFP Retiring Board Chair



Health Horizons International

Attention Medical Students and Residents!

The Connecticut Academy of Family Physicians awards a scholarship in global health in conjunction with the Health Horizons International Foundation (HHI). The scholarship is available to medical students enrolled at a school in Connecticut who are members of their respective family medicine interest groups and to Family Medicine Residents in the state of Connecticut. Resident applications must be approved by their residency director. Applicants may apply for one of HHI’s three yearly medical service trips lasting a week or for a three week experience combining a medical service trip and a patient care management experience. Proficiency in Spanish is desirable for the medical service trips and mandatory for the patient care management experience. Descriptions of the medical service trips and patient management experiences can be found on HHI’s website.

<http://hhidr.org/get-involved/volunteer-and-job-opportunities/> Applications should be submitted to the CAFP at mschuman@ssmgt.com.

Making a Difference is Important to Me

By Edmund Kim, M.D., CAFP President

Standing before you is a lucky man. I've been given the wonderful opportunity to represent the Family Physicians of Connecticut. This is an opportunity that I honestly never thought I would have. You see, before becoming a family physician I was an engineer. But I left that career after delivering a baby in a home as an EMT. I then went to UCONN medical school with hopes of first becoming an obstetrician. While on clinical rotations I found that I really enjoyed most careers in medicine. But then, in preparation for my family medicine rotation I was asked by Kelly Hookstadt if I minded driving to the practice of Charles Wreschner in Putnam. I said ok. What Kelly didn't realize was that I knew nothing of family medicine. Well, it was in Putnam that I got to see family medicine and realize that this is the career for me.

It's hard to believe what feels like a month ago was 15 years ago. In that short time we have seen so many changes in the way we deliver healthcare, from changes in recommendations such as with hormone replacement therapy and cervical cancer screening, to electronic

health records of which some of you may be on your second or even third. And in that time we've heard of so many acronyms and terms: PCMH, NCQA, HIE, IT, ACO, PQRI, ICD-10. We've felt the pressures to change whether we agree with it or not.

Now, in 2013, in spite of numerous changes, the basis of healthcare is unchanged. The patient comes first, and we as family physicians know this. No matter what system is developed with whatever reimbursement, the patient is front and center. By collaborating with different providers with different skills we'll be able to deliver a coordinated care that is much more meaningful. Now, how are we going to do this? To be honest, I don't know. I know that the tides are shifting, but exactly how they shift remains to be determined. Even last week, the paper had headlines about changes with Obama Care. I could go on and on about healthcare reform, but I think until all of the details are exactly worked out the best reform that can happen is in our own offices.

By this, I mean to look for changes that you and everyone in your office can make. This is not easy, but this can improve how our offices run, the morale of our office and the care of our patients. It starts with the culture of change which is often the most difficult part of transformation and innovation. Empowering everyone in our offices to look at what they do and rather than simply doing it, ask "why is it done this way and can I make it better" or "how can I make sure the best care is being provided for my patients." I think this is where we have the opportunity to bring something enjoyable back into our practices. This is where we can be creative and find that spark that's being hidden under the piles of paperwork.

Speaking about paperwork, do you wonder if there is a way to get out of the daily grind and feel more like you have an impact on the world around you? If you want to make a difference, here are some things you can do.

One is with medical student education. For those of you who

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"Now, in 2013, in spite of numerous changes, the basis of healthcare is unchanged. The patient comes first, and we as family physicians know this."

"I could go on and on about healthcare reform, but I think until all of the details are exactly worked out the best reform that can happen is in our own offices."

Happy Holidays

To All!

From Your Academy Staff



“Quite a story! Quite a person! Quite a family physician and CAFP leader!”

AAFP President-Elect (continued from page 3)

braska Nursing Home Medical Director of the Year in 2012. He graduated summa cum laude from the University of Nebraska, Kearney, with a bachelor’s degree in biology and chemistry. He earned his medical degree from the University of Nebraska Medical Center, Omaha, and he completed his

family medicine residency at St. Mary’s Hospital and Medical Center in Grand Junction. Dr. Wergin is board certified by the American Board of Family Medicine and has the AAFP Degree of Fellow.

Dr. Wergin attended the 2013 CAFP Scientific Symposium. (See letters to the editor.)

CAFP President-Elect (continued from page 3)

vices in Hartford fulfills a dream from her adolescence. Dr. Claybourne needed to be the doctor that she never had, meaning a doctor that looked like her and understood the culture from which she came. This dream returned her to her neighborhood and her community. In August of 2005, upon the completion of her residency training, she began her career in Adult Medicine at CHS. In May of 2007, Community Health Services opened its Adolescent Medicine department and named Dr. Claybourne its Director.

In September of 2011, she became the Chief Medical Officer of the health center and oversaw the development of a family practice satellite office in Windsor, Connecticut. She transitioned out of her administrative duties in April of 2013 in order to focus on her clinical practice.

She currently works at the family practice satellite that she helped develop. She also provides urgent care services for Eastern Connecticut Health Network as an employed physician and at St. Francis Hospital on a per diem basis.

Quite a story! Quite a person! Quite a family physician and CAFP leader!

Letters to the Editor

Dear Mark Schuman:

I want to compliment you on your efficient and effective annual scientific meeting. I thought it was very well organized and well run. Thank you again for giving us the opportunity to participate, and for your support.

Harold P. Kaplan, M.D., FACP

Associate Professor – Medical Sciences & Medicine Medical Student Home (MeSH) Program Director, Frank H. Netter School of Medicine at Quinnipiac University

Dear Mark Schuman:

I had a wonderful time at your Symposium, and the warmth and hospitality of you, Mary and your members was almost overwhelming. I enjoyed seeing all my friends and getting a chance to meet Dom Casablanca’s son and visit his home. It made me feel special. I will use you as a resource for both state chapter and national issues. Thanks again for a wonderful time.

Robert Wergin, M.D.

President-Elect
American Academy of Family Physicians

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Making a Difference *(continued from page 5)*

have a student in your office either as a continuity site or a 3rd year site I want to thank you. For those of you who don't, I would ask that you strongly consider teaching a student. While you may have so many reservations, the fact is that it brings even more rewards. Had I not had my opportunity to spend time in a family physician's office, I am not sure what area of medicine I would be practicing today. And now with the new Frank Netter Medical School, Connecticut's 3rd medical school, even more preceptors are needed.

Give your financial support to Fam Medpac. The voice of Family physicians on Capitol Hill would be more effective if each family physician gave \$100 a year. There was a time when I had my own reservations like "I don't want to play their game." Well, once I got a better understanding of how things work, regardless of whether or not I

liked it, I knew the way to get our voice heard is through participation.

The other way to support ourselves is by becoming more politically active in the legislative process. We need your voices heard. When bills enter the legislature and we need your voice, help us. Send your legislator an email or call them to get your opinion heard. Believe it or not, the legislature listens to us. Don't sit back and think someone else will respond to our plea for assistance. If you're a virgin and never done it, we'll help you. We'll tell you who to call or email and help you with what to say or write. If you want to give testimony at the Capitol we will also help. It's not difficult, because it only takes a little time and effort to make a change.

I am a lucky person because several years ago I was asked if I wanted to serve on our Board.

Today I stand before you with the opportunity to be your president. All it took to start was to say, "yes, I want to make a difference." While it's true I am the Assistant Program director for the UCONN Family Medicine Residency Program, I am not purely academics. I came from private practice. I now serve as our office interim medical director where I am involved with our office finances, where 62% of our patients are on Medicaid, and I was the lead author of our Level 3 Patient Centered Medical Home. I strive to make changes and keep up the morale in a challenging fiscal climb up the mountain of paperwork.

While I can't fix healthcare alone or in my time as your president, I hope to be an effective leader for all of you in this next year. Thank you so much for this wonderful opportunity.

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DOT Training Course December 13, 2013



Effective May 21, 2014, all health care professionals who perform physical examinations and issue medical certificates for CMV drivers will be required to complete accredited certification training and pass an examination.

The December 13, 2013 course is full. For those already registered to attend, you must obtain a NRCME number by registering online at: <https://nationalregistry.fmcsa.dot.gov/NRPublicUI/MedExRegister.seam> prior to attending the course.