

# CONNECTICUT FAMILY PHYSICIAN

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*"These burdens are costly in terms of significant time, significant dollars, and often, patient morbidity."*

## Handling the Administrative Burden

By Ross Winakor, M.D., President



Administrative burden is a catchphrase we have started to hear more and more over the last few years. It is very real to all of us

each and every day. Regardless of your practice environment and workplace logistics, there is little chance you do not know this phrase and the chaos and shivers it creates.

We are family physicians trained in the art and skill of

medicine where our satisfaction and success come in the exam room and in the patient-centered interactions we relish every day. Unfortunately, if you practice clinical medicine in the current constraints of today's model, you are all well aware of the ever-increasing burdens outside of the exam room. The paperweight-sized reams of insurance and pharmacy info our fax machines generate, the phantom refill requests that come via your EMR of medications that were changed or discontinued months ago, the pre-

authorization requests that seem to come now with even the simplest generic pharmacologic or inexpensive and appropriate imaging study are all just a few of these concerns.

No single person, no single entity and no single advocacy effort can fix this completely overnight, but the CAFP and AAFP are well aware of these ever-increasing demands and encroachments on our daily lives and patient and staff interactions. These burdens are costly in terms of significant time, significant dollars, and often, patient morbidity. Advocating and tackling these issues is important for independent, employed, and academic physicians alike, as well as the next generation of colleagues with our residents and medical students that we steward into careers as family physicians.

We hear your stories and are acting on them. Change obviously doesn't happen with a snap of the fingers, but keep the case examples and gripes coming. Keep sending the success stories and adaptations that some of you may have made to keep sane and successful.

We at the state and national levels will continue to advocate on your behalf, ruffling feathers if need be, with the ultimate goals of reducing any emotional despair and enhancing your rants of being a successful, happy, productive, admired family doc to your patients.

## Top 3 Member Priorities for the AAFP

Working to reduce administrative burden

61%

Increasing overall payment

38%

Protecting family physicians' interests with regard to non-physician providers

30%

*"We hear your stories and are acting on them."*

## CAFP at the AAFP Congress of Delegates



Left: Dr. Gary LeRoy was installed as the President of the AAFP.



Right: Dr Ada Stewart of South Carolina was elected AAFP President-Elect.



Left: CAFP EVP, Mark Schuman, presented a gift to retiring AAFP EVP/CEO, Douglas Henley, on behalf of all Chapter Executives.



Above: Dr. Kathleen Mueller and CAFP Deputy EVP, Mary Yokose, attending the Delegates Dinner.

Right: Dr. Kathleen Mueller served as an Observer on the Reference Committee of Organization and Finance.



KATHLEEN MUELLER, MD  
CONNECTICUT, OBSERVER



JOHN MITCHELL, MD  
MISSISSIPPI, OBSERVER

DOMENIC CASABLANCA, MD  
CONNECTICUT

Above: Dr. Domenic Casablanca served on the Reference Committee on Education in Philadelphia.



CONNECTICUT

Left: The CT Delegation representing all CAFP members at the 2019 AAFP Congress of Delegates. Pictured left to right: Drs. Drew Edwards, Robert Carr, Kathleen Mueller, and Domenic Casablanca.

## HHI in the Dominican Republic



Left: Dr. Yadira Acevedo seeing a patient on a recent Health Horizons International trip to the Dominican Republic.

Right: Deborah Hanchek, DO, a Family Medicine resident at the Middlesex Hospital Family Medicine Residency Program, providing assistance at a recent HHI clinic.

## Students Recognized for Outstanding Efforts

Right: Students from the Frank H. Netter, MD School of Medicine were recognized by the AAFP for their outstanding efforts to promote Family Medicine with their Family Medicine Interest Group.



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### CAFP Mission Statement

The mission of CAFP is to promote excellence in health care and to improve the health of people of Connecticut through the advancement of the art and science of Family Medicine, the specialty of Family Medicine and the professional growth of Family Physicians.

**Register now for this great program  
Do not miss it!**

14 Clinical Lectures

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Research Day

Sessions for Residents,  
Students and Office Staff



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FAMILY  
PHYSICIAN**

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CONNECTICUT ACADEMY OF  
FAMILY PHYSICIANS  
CARING FOR CONNECTICUT'S FAMILIES

## 2019 Scientific Symposium

October 16 & 17, 2019

Aqua Turf Club

### Wednesday Lectures

- Office Efficiencies: Strategies to Alleviate Administrative Burden
- New Medications in Diabetes Management
- An Update on the AHA Guidelines of Taking Care of Aortic Disease
- Gait
- Non Alcoholic Fatty Liver Disease
- Non Pharma Approach to Neck Pain
- The Ten Best Things I Have Learned in the Past Year

### Thursday Lectures

- Nutrition: Approaches and Lifestyle
- Stress Incontinence
- Restrictive Lung Disease
- Breast Disease: What a Family Physician Needs to Know
- CHF
- Evaluation of Shoulder Pain
- Pediatric Psychiatric Emergencies

For registration information, contact the CAFP Executive Office at 860-243-3977  
or register online at [ctafp.org/register](http://ctafp.org/register)