



THE Honker

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Report from the 143rd Annual Meeting

Mardi Gras in the Mountains

More than 400 physicians from around the state attended the 143rd Annual Meeting in Vail in September, "Mardi Gras in the Mountains." The busy weekend featured fun and fellowship, interactive programming and education, and policy-making and elections.

Highlights:

The CMS Board of Directors met Friday afternoon to hear presentations by the leaders of Colorado HealthOP and the health information exchanges, and discuss cost drivers in health care. The House of Delegates convened to deliberate on 19 resolutions and set policy on physician prescribing, prescription drug abuse, ICD-10, graduate medical education and more.

The House of Delegates also elected new leaders and presented awards. They selected Tamaan Osbourne-Roberts, MD, a Denver family physician, to be CMS president-elect, and they chose the three delegates and alternate delegates to the American Medical Association, among others. Gretchen Hammer, board chair of the

state health insurance exchange, was awarded CMS' inaugural Breakthrough Award for her work to advance Connect for Health Colorado. Attendees participated in interactive sessions on prescription drug abuse, the liability climate and physician wellness.

Attendees enjoyed various social events including a Mardi-Gras-themed Exhibitors reception with live music, giveaways and a photo booth; and the President's Gala, a masquerade ball with dinner, dancing, entertainment, and the installation of 2013-2014 CMS President John Bender, MD, FAAFP.

Saturday morning, the Northern Colorado Medical Society component caucus met to discuss the 19 resolutions before the House of Delegates, and the HOD convened for the final deliberation. Go to www.cms.org/annual-meeting to view the final disposition of resolutions and reports.

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Presidential Perspective

Christie Reimer, M.D.

We've heard these things: Health care costs are rising at an unsustainable rate as they approach 20 percent of the GDP. Increases in patient premiums and copays are far outpacing wage increases. And it has been reported that up to 30 percent of health care costs in the United States may be attributed to wasteful, unnecessary care.

If you want to learn about specific examples from our very own state, search for Brandon Comb and Tanner Caverly's "Do No Harm" project at the University of Colorado. You can read case reports including one about a 50-year-old man who needed a hernia repair: He had a probably unnecessary pre-operative screening chest X-ray that led to a chest CT to follow-up on a lung nodule, that then led to an abdominal CT to follow-up on an adrenal nodule that turned out to be benign. Meanwhile his surgery was postponed for six months, he got a reported 100 times the radiation of his initial chest X-ray, and he had to deal with the anxiety associated with abnormal test results. (This case, written by Meredith Niess, was also published in JAMA; go to <http://tinyurl.com/Niess-JAMA>.) We all see patients who have been harmed by too much health care.

You have also probably heard about the "Choosing Wisely" Campaign. The American Board of Internal Medicine has collaborated with over 50 specialty and subspecialty societies to address the issue of wasteful care. Participating societies have developed five specific evidence-based recommendations that deserve further discussion between us doctors and our patients.

The link to the full list, and each specific specialty's recommendations can be found at www.choosingwisely.org.

The Colorado Medical Society has chosen five areas to begin to focus on in our state. I encourage you to read and consider these, and read and consider the specific guidelines made by your specialty societies. Additional resources can be found at www.cms.org/choosing-wisely.

1. Do not perform routine annual Pap tests in low-risk women 30-65 years of age. Don't perform Pap tests in women younger than 21 or in those who have had a hysterectomy for non-cancer disease, or those who are low risk and over 65.
2. Do not order DXA screening tests in low risk women younger than 65 years and men younger than 70 years and don't repeat DXA scans more frequently than every two years.
3. Do not indiscriminately prescribe antibiotics for acute rhinosinusitis; specifically do not prescribe antibiotics for acute mild-to-moderate sinusitis unless symptoms are present.
4. Do not do imaging for lowback pain within the first six weeks unless red flags are present.
5. Do not perform population-based screening for 25-OH-D deficiency.

A recent New York Times article by Danielle Ofri challenged us doctors to change our habits much like we counsel patients to change habits. Go to <http://tinyurl.com/NYT-Ofri> to read the article. She referenced the Society of General Internal Medicine's Choosing Wisely recommendation to

NOT "perform routine general health checks in asymptomatic adults."

I am a general internist who strongly believes that every patient should have a meaningful relationship with a primary care physician. This recommendation makes me re-evaluate how I best care for well adults. I challenge Northern Colorado physicians to re-evaluate their practices and be early adopters of including Choosing Wisely guidelines in discussions with our patients and peers about how we order tests and treatments as we continue to strive to always do what is best for the health of our patients and the community. +

Welcome new members to NCMS

Ross Barner, MD
Kent R Crews, MD
Bethany A Davis, MD
Hector E DeLeon, MD
Gary JL Foster, MD
Thomas J Fralich, MD
Stephanie D Goshorn, MD
Aaron D Jarrett, MD
Stacie L Johns, MD
Neil D Jones, MD
Noah T Kaufman, MD
Ryan J Keller, DO
Keasha N Kuhnen, DO
Kevin J Limbaugh, MD
Mellyna A McGlothlin, DO
Christopher D Mitchell, MD
Karl E Olsen, MD
Catherine C Pizzi, MD
Michael I Plotnick, MD
Pauline E Powers-Peprah, DO
Richard J Russell, MD
Steven R Schuster, MD
Jeffrey Siegel, MD
Randall W Smith, MD
William B Taylor, MD



Northern Colorado Medical Society

2013 MEETING SCHEDULE

October

- 22 CHA Patient Safety Leadership Congress

November

- 8 CMS Board Meeting
13 NCMS Board Meeting

December

- 4 NCMS Annual Meeting



Photos, clockwise from top: Richard Budensiek, DO, talks with Colorado State Sen. Cheri Jahn; John L. Bender, MD, is sworn in as 2013-2014 CMS President; Tom Allen, MD comments on a resolution before the House of Delegates; NCMS members Cory Carroll, MD, and Frank Dumont, MD, talk at the Exhibitors reception



Next on the agenda was the sold-out COMPAC-AMPAC lunch moderated by Christopher Unrein, MD, and featuring Todd Askew, AMA director of congressional affairs, and Colorado U.S. Representative Cory Gardner. They updated attendees on the SGR repeal effort, the Affordable Care Act, the debt ceiling and other issues important to physicians. U.S. Rep. Gardner answered questions from the audience.

Attendees reconvened in the afternoon

for interactive programming, starting with a panel discussion on prescription drug abuse. Gov. John Hickenlooper introduced the session with a special video welcome and announcement of his newly released strategy document on prescription drug abuse, which came out of his work with the National Governors Association and a multi-state collaborative of stakeholders.

On the panel were distinguished guests Cynthia Coffman, chief deputy attorney general in the Colorado Department of Law; Chris Gassen,

RPh, PharmD, program director for the Colorado State Board of Pharmacy; Zach Pierce, drug policy coordinator for Gov. John Hickenlooper; and Joel Dickerman, DO, CMS board member. It was moderated by John Hughes, MD, chair of the CMS Workers Comp and Personal Injury Committee.

Sunday morning, attendees heard an educational lecture by David Wahl, MD, associate clinical professor of psychiatry at UCHSC on embracing personality traits, recognizing signs of distress and maintaining whole-body health and wellness.

We've moved! Visit the new website for the Northern Colorado Medical Society at www.nocomedsoc.org

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The House of Delegates also convened to finish the business of the weekend. Gretchen Hammer, executive director for the Colorado Coalition for the Medically Underserved and chair of the Connect for Health Colorado board, received CMS' inaugural Breakthrough Award for her work to advance the state's health insurance marketplace. Delegates heard a presentation by Ted Clarke, MD, of COPIC, and voted to elect the 2013-2014 CMS leadership. Delegates selected Tamaan Osbourne-Roberts, MD, a Denver family physician, to be CMS president-elect.

The final session was on the liability climate, featuring Oregon Medical Society general counsel Gwen Dayton, JD and a panelist of elected officials: Sen. Ellen Roberts, (R); Sen. Cheri Jahn, (D); Rep. Clarice Navarro, (R); Rep. Joann Ginal, (D); and Rep. Mike Foote, (D). Dayton outlined the medical liability reform law passed this year by the Oregon legislature and the panelists spoke about the importance of preserving Colorado's stable tort environment and how Colorado's General Assembly can propose legislation to assure patient safety.

Thanks to all of the northern Colorado physicians who attended the 2013 An-

Select the next Northern Colorado Physician of the Year

Nominations are due Nov. 11, 2013

Your Board of Directors is seeking nominations for the 2014 Northern Colorado Medical Society Physician of the Year, the society's highest honor. The award will be presented at the NCMS Annual Meeting on Dec. 4, 2013, at the Embassy Suites in Loveland, 4705 Clydesdale Parkway.

Nominees should provide the community with compassionate and caring medical service in practice, education or research, enhance the quality of his or her community, serve as a credible role model to others, and be an active member in good standing of NCMS.

If you know a colleague who you feel goes above and beyond, a name by Monday, Nov. 11 to NCMS Executive

Director Nan Lee at nocomedsoc@gmail.com.

A subcommittee will review the nominations and make its selection this fall. Questions? Contact Nan by e-mail at nocomedsoc@gmail.com or by phone at (970) 324-3035.

Previous awardees (Larimer County)

2012 Janet Seeley, MD, PhD
2011 Frank D. Dumont, MD
2010 Krishna Murthy, MD
2009 Roger Sobel, MD
2008 Austin Baily, MD
2007 Steven Thorson, MD
2005 Michelle Soriano, MD
2004 Merlin Otteman, MD
2003 Cory Carroll, MD
2002 Joe Jabaily, MD



Peter Smith, MD, comments on a resolution before the House of Delegates



John Bender, MD, gets a \$10,000 haircut as his friends and colleagues met his fundraising goal for COMPAC



Kelly Lowther, MD, comments on a resolution before the House of Delegates

HERE'S THE BEST REASON TO WORK FOR BETTER MEDICINE.



COPIC is dedicated to supporting health care professionals and their organizations so they can deliver the best care possible. It's at the heart of what we do as a leading medical liability insurance provider and extends into the educational resources we offer. From practice quality assessments to risk management seminars, COPIC invests in opportunities that help to improve patient safety. And for health care professionals, having a proven partner and strong advocate means that they can focus on what matters most—better medicine and better lives.

Find out more about how we're supporting health care in your community at callcopic.com.



(720) 858-6000 • (800) 421-1834

COPIC is exclusively endorsed as the medical liability carrier of choice by the Colorado Medical Society for its members and by the Colorado Hospital Association for hospitals and facilities in Colorado.



Scan here to learn
more about COPIC.

Colorado Medical Society launches Connect for Health Colorado guide for physicians

The state's new health insurance marketplace, Connect for Health Colorado, opened on Oct. 1 for consumers and small businesses to shop for and purchase health insurance. Coverage purchased through the exchange will be effective Jan. 1, 2014.

The Colorado Medical Society has developed a new resource to help physicians understand and prepare for up to 240,000 newly insured patients that are projected in 2014. The guide, "Connect for Health Colorado: A Physician's Guide to the State's Health Insurance Exchange," covers important topics including:

- Participating health plans;
- Patient churn between these new marketplace products and Medicaid;
- 90-day grace period and how your practice may not be reimbursed for services delivered to patients that don't pay premiums; and
- Impacts of patient cost sharing.

Go to

www.cms.org/resources/covering-colorado to view or download "A Physician's Guide to the State's Health Insurance Exchange" and learn about these issues and more.

Please note that this content is restricted to CMS members only (which includes all NCMS members). If you have any issues with logging in, contact Tim Yanetta, CMS membership coordinator, at tim_yanetta@cms.org.

Get help navigating ICD-10 implementation with Colorado coalition

A statewide coalition led by the Colorado Medical Society aims to provide physicians and practice leaders with resources to navigate new requirements of the International Classification of Diseases, 10th Revision (ICD-10) code sets and tailor an implementation plan to fit their practices' needs in time for the Oct. 1, 2014 implementation deadline.

Members of the ICD-10 Training Coalition also include educators, consultants, physician practices, the Denver Regional Office of the Centers for Medicare and Medicaid Services, among others.

Coalition leaders urge physicians to start planning now for the extensive changes to how health care information is collected, documented and used in physician practices, both internally and externally. ICD-10 will add more than 55,000 codes to the previous version.

Visit the Colorado ICD-10 Training Coalition's website at www.cms.org/icd-10 for on-demand webinars, guides and worksheets, and sample task lists. +

Encourage your patients to dispose of unused medications at National Take-Back Event: Oct. 26

The abuse of prescription drugs is the fastest growing drug problem in the United States and a January 2013 survey found that Colorado has the second-highest rate of prescription drug abuse in the nation. Some diversion and abuse comes after family or friends pillage medicine cabinets for excess medications.

To reduce this risk and lessen the impact on the environment, the Colorado Department of Public Health and Environment encourages widespread participation in an upcoming event that allows the public to safely dispose of unused or expired household

prescription drugs or over-the-counter medications. The next National Prescription Drug Take-Back Day will be held Saturday, Oct. 26, 10 a.m. - 2 p.m. Help in the cause by alerting your patients of this opportunity.

For more information and a list of collection sites, go to www.deadiversion.usdoj.gov or call 1-877-462-2911. Please note that the following items will not be accepted: needles and sharps, mercury (thermometers), oxygen containers, chemotherapy or radioactive substances, pressurized canisters, or illicit drugs. +

SGR repeal bill advances, organized medicine calls on physician grassroots networks

Legislation currently under consideration by Congress would repeal the highly criticized Medicare sustainable growth rate formula (SGR) and replace it with a fair and stable system of payments starting in 2014. HR 2810 has passed several hurdles in its path to passage but is still not guaranteed to pass. If Congress fails to pass this legislation or another temporary patch, physicians would face a nearly 25 percent reduction in Medicare payments effective Jan. 1, 2014.

Northern Colorado physicians can help move HR 2810 along by urg-

ing our senators and representatives to stay committed to repealing the Medicare SGR formula and passing legislation to enact Medicare physician payment reform. The American Medical Association provides many resources and tools for physicians to stay up to date on the issue and reach out to our elected officials.

- Go to the AMA's Grassroots Advocacy webpage, <http://ow.ly/ogVsW>, to view tools and guides you can use including the congressional recess "Action Kit," a new grassroots smartphone

app, the AMA Guide to Communicating with Congress, and more.

- Go to the AMA Legislative Action Center webpage, <http://ow.ly/ogVDV>, to send an e-mail or printed letter with the click of your mouse, or call the AMA's Physicians Grassroots Network hotline at (800) 833-6354.

Congress must act this year to repeal the SGR and physicians must have the opportunity to lead in the development of quality metrics and alternative payment and delivery models. Get involved today. *

NCMS board hosts Legislative Night

The Northern Colorado Medical Society Board of Directors hosted seven guests at the Oct. 2 Legislative Night, facilitating discussion between physicians and elected officials on four top concerns in health care.

The guests were:

- Sen. John Kefalas (D), SD 14;
- Sen. Vicki Marble (R), SD 23;
- Rep. Perry Buck (R), HD 49;
- Jeni James-Arndt representing Rep. Randy Fischer (D), HD 53;
- Rep. Joann Ginal (D), HD 52;
- Rep. Dave Young (D), HD 50; and
- Ken Buck (R), candidate for U.S. Senate.

Larimer County Medical Society President Christie Reimer, MD, welcomed everyone. She pointed out that physicians from both Larimer and Weld counties were in attendance, which meant not all legislators represented all of the board members. "But we believe the practice patterns and concerns cross highways and county lines, which is why we're merging the two county components to form one

Northern Colorado Medical Society."

After brief remarks from each of the guests, Reimer introduced the discussion topics: Liability, physician reimbursement, Medicaid reform, and the trend toward physicians seeking employed practice situations. Physicians at the 2013 Colorado Medical Society Annual Meeting chose these four topics as the top four legislative priorities on which the Colorado Medical Society should focus in the upcoming Colorado legislative session.

After a long period of discussion and debate, the overall sentiment from the legislators was that health care is paramount to a community's vitality and that physicians are stewards of this wellness. They encouraged constituents to reach out to them regularly with ideas on health care reform and expressed genuine appreciation for the open dialogue, which will help shape their understanding of complex health care issues in the upcoming legislative session and beyond. *



John Bender, MD, and Sen. Vicki Marble



Rep. Joann Ginal, Christie Reimer, MD, and Richard Budensiek, DO



NCMS members discuss top legislative priorities



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NCMS Leadership

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LARIMER COUNTY DELEGATES

Christie Reimer, MD - *President 2013*

Tom Allen, MD

Robert Benz, MD

Julie Brockway, MD

Regina Brown, MD

Geoffrey Capes, MD

Cory Carroll, MD

John Cawley, MD - *President Elect 2014*

Bruce Cooper, MD

Jeff Donner, MD

Frank Dumont, MD

Sarvjit Gill, MD

Lee Goacher, MD - *Secretary/Treasurer*

Anne Kanard, MD

Bill Kieger, MD

William Lanting, MD

Deanne Lembitz, MD

Curtis Markel, MD

Krishna Murthy, MD

Warren Schutte, MD

Janet Seeley, MD

Peter Smith, MD - *Immediate Past President*

Matthew Solley, MD

WELD COUNTY DELEGATES

Neil Allen, MD

Richard Budensiek, DO - *Immediate Past President*

Randy Marsh, MD - *President Elect 2014*

Kevin Piper, MD

Patricia Powell, MD

Daphne Rommereim-Madden, MD

Gene Tullis, MD

Joseph Tyburczy, MD

Mark Wallace, MD, PhD - *President 2013*

LARIMER COUNTY ALTERNATE DELEGATES

Robert Ellis, MD

Rod Holland, MD

Michael Houghton, MD

Joe Jacob, MD

Daniel Langer, MD

Crystal North, DO

Richard Oddy, MD

Parker Preble, MD

Stephen Sears, MD

Michael Towbin, MD

WELD COUNTY ALTERNATE DELEGATES

Richert Quinn, MD

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Jan Gillespie, MD

Randy Marsh, MD

Edward Norman, MD