

Georgia Chapter GOVERNOR'S NEWSLETTER



American College
of Physicians

American Society
of Internal Medicine

Fall 2002

Joseph W. Stubbs, MD, FACP
Governor, Georgia Chapter



FROM THE GOVERNOR'S CORNER HEALTHCARE'S "PERFECT STORM"

In 1994, the unlikely collision of several storm fronts off the coast of Gloucester, MA resulted in one of the most severe and "perfect" storms in history. The ecology of healthcare may be creating a similar scenario of colliding forces resulting in a devastating "perfect" storm for the healthcare delivery system.

Despite the retreat from many of managed care's draconian measures, patients continue to be dissatisfied with the quality of healthcare they receive. The costs of their medicines are skyrocketing; continuity of care is a mere pipe dream. They are being bombarded with "healthcare information" but have no means of evaluating the reliability. The public grows increasingly skeptical and question if the physicians' decisions are truly in the patient's best interest.

Physicians continue to show signs of increasing burnout. The burnout is directly proportional to the increasing hassles and liability associated with practicing medicine, while at the same time, experiencing a decreased reimbursement. Malpractice premiums have doubled or tripled in the past year. Simultaneously, Medicare has cut fees 5.4% last year and plans a similar cut again in 2003. In many areas, the reimbursement of Medicare services does not even cover the cost of the physicians' overhead. Surveys find a frightening high percentage of physicians burned out, many considering early retirement.

Unfortunately, at the same time we are witnessing an increased runoff in the primary care physician pipeline, we are also seeing a striking decline in the inflow as well. The reasons for the decline in medical student interest in internal medicine and other primary care specialties includes increasing debt, quality of lifestyle issues, declining reimbursement and demoralization of faculty role models. The bottom line from this declining number of primary care physicians is a decreased access to quality medical care for patients.

With patient satisfaction and access to care all declining, we are simultaneously experiencing inflationary increases in the cost of healthcare. Recent figures indicate that healthcare spending is jumping over 10% again this past year. We are all experiencing increases in our healthcare insurance premiums and increases in the amount of co-pays while simultaneously seeing a decrease in the benefits coverage.

In the face of this protracted economic downturn, many employers are simply not able to carry the burden of these increased healthcare costs. As a result, the number of working uninsured, already at forty million, is likely to increase dramatically. Despite what will be an alarming increase in the number of uninsured in the coming years, the issue of healthcare coverage has almost dropped off Congress' radar screen since the events of 9/11.

The collision of these forces could prove devastating to the healthcare delivery system. Our history suggests that America is crisis oriented and it may take the "perfect healthcare storm" to arouse us to action despite the dire consequences. One thing is for sure, to avert such a storm will require enormous effort and sacrifice on the part of all of us working together. Seeking our own individual agenda will be no more successful than the fate of the crew of the Andrea Gail. Working

together through organizations such as the College, we can begin to form broad coalitions of support advocating for change in the healthcare delivery system in a uniform, consistent, and powerful voice. The College leadership is working hard to achieve this aim and I urge you all to take part.

HOT TOPICS

Harold Szerlip, Professor of Medicine at the Medical College of Georgia, and **Joyce Doyle**, Program Director and Associate Professor of Medicine at Emory School of Medicine, are this year's **co-chairs** for the **2003 Scientific Meeting**. The theme of this upcoming meeting is "Hot Topics in Internal Medicine." The meeting will be **March 7-9** at the **Westin Savannah Harbor Resort**. Please see pages 6 and 7 of the newsletter for a description of the program and a registration application. There is no better place in Georgia to have this meeting than Savannah, and the meeting is packed with great topics and great speakers. You do not want to miss out on this great opportunity to get 17 hours of CME. I look forward to seeing you there.



GEORGIA CHAPTER LITERARY RETREAT

The **Third Annual Literature and Medicine Retreat** will be held **March 14 - 16, 2003**, at the beautiful **Amicalola Falls State Lodge**. Once again, we will be discussing works of literature and their relevance to the medical profession. This year's topic will be Self Analysis, and will include **Jamie Weisman's, MD**, critically acclaimed new memoir, "**As I Live and Breath**," in which she reflects upon health and illness, both as a doctor and as a patient. Other readings will include **Fugard's** play, "**Master Harold and the Boys**" and the novel, "**The White Hotel**," which has been widely read in many book clubs. Sessions begin Friday evening and end Sunday morning. Many who attended the first retreat returned for the second, and hopefully will become annual registrants.

Ten CME credits will be available. **Registration will be limited to the first 30 registrants and one guest.** Fees, including reading materials which will be mailed to one member of each couple, and Saturday morning breakfast will be included in the **\$130 registration fee per couple**. Dinner and lodging (at special rate) are not included. A brochure and registration form will be mailed to all Georgia ACP-ASIM members and will include more details.

FALL BOARD OF GOVERNOR'S MEETING

The **Fall Board of Governor's meeting** was held in **Quebec, Canada, in September, 2002**. At the meeting, the Georgia Chapter submitted two resolutions, both of which passed. These resolutions called for the College to investigate opportunities by which subspecialists in internal medicine could obtain a combined membership in their subspecialty organization as well as the ACP-ASIM with one reduced fee. The other resolution called for the College to join with the AMA and the Nursing Association to advocate for increasing the number of nursing educators to teach in the nursing schools.

The **major overriding theme of the meeting** was "**declining interest in internal medicine as a career.**" Much discussion was had on ways in which the College could help to address this serious problem. The overriding opinion of the Board of Governors was that this issue should become the top priority of the College and a strategic plan that would involve activities throughout all levels of the College be developed.

The Board of Governors also heard from **Risa Lavizzo-Mourey, MD, MBA, MACP**, who is Director of the Robert Wood Johnson Foundation. Dr. Lavizzo-Mourey spoke to the Board of Governors on a Robert Wood Johnson Foundation initiative, "**Cover the Uninsured Week.**" This initiative will be an unprecedented weeklong series of national and local activities from **Monday, March 10, through Sunday, March 16, 2003**, designed to awaken the public and politicians to the plight of the more than 39 million Americans who lack health insurance. Several media markets have been

selected around the country where activities will be focused. Atlanta, Georgia is among the targeted markets and hopefully our Chapter will have an opportunity to participate.



MEDLINEPLUS — INNOVATIVE PATIENT EDUCATION TOOL

The Georgia Chapter of the ACP-ASIM is privileged to be co-sponsors with the ACP-ASIM Foundation and National Library of Medicine in a pilot project to educate physicians and patients about a website dedicated to consumer health information known as MEDLINEplus, the web address being <<http://www.medlineplus.gov>>. A recent Harris poll showed that 110 million individuals or 80% of Americans use the Internet to get health and medical information. What physician in clinical practice has not “silently groaned” as they walk into the examining room and see the patient with a stack of information they found on the Internet. Both patients and physicians realize that much of this information is misleading junk at its best. The National Library of Medicine, which has brought you Medline and PubMed now has a consumer version of Medline called MEDLINEplus. This is an excellent source of dependable, reliable, and up-to-date health information for patients and is free.

The goals of this project are the following:

1. Increase the number of physicians and patients using MEDLINEplus;
2. Assess from the physician the value of the materials in the tool kit to promote MEDLINEplus;
3. Assess the overall value of MEDLINEplus as a patient information website.

In November, the National Library of Medicine will be sending all of you a MEDLINEplus kit full of information you can use in your office to make your patients aware of MEDLINEplus and educate them on how to find information at this valuable website. A medical advisory committee, composed of your own peers here in Georgia, and some of your own patients and medical office staff have reviewed and commented on the make-up of this kit in order for it to be as useful and relevant for your practice as possible. Please, when you get this tool kit, take the time to open it up and familiarize yourself with the materials. Share these materials with your office staff so that they can be familiar with it and so that offering MEDLINEplus to patients can be a routine part of your office procedures.

We are extremely excited about this project but need your help to make it a success. I truly believe that this project can be a win-win opportunity for both patients and physicians. What could be better for our patients and easier for you than having a reliable and free one stop website for patients to get almost all their patient education needs? If you have any questions, please feel free to contact either **Jacqueline Fincher** by phone: (706) 595-1461, or by e-mail: <102100.320@compuserve.com>, or myself by phone: (229) 438-3300, or e-mail: <jjwstubbs@bellsouth.net>.

STATE LEADERSHIP DAY

The Georgia Chapter ACP-ASIM in concert with the Georgia Primary Care Coalition is planning to have its **Third Annual State Leadership Day**. This has been a very successful program in which we meet together at the Capitol to hear from government and political leaders on various issues as well as take the opportunity to lobby our legislators about important issues related to internal medicine and primary care. This year's Leadership Day will occur on **Monday, February 3rd, 2003**. Details about location will be forthcoming. Please make every effort to attend.

FROM THE ASSOCIATES' CORNER ABIM CERTIFICATION EXAM

Kevin Chung, MD, Chief of Medical Residents, Eisenhower Army Medical Center

For all of us, our residency experience culminates in the ABIM Certifying Examination taken a couple of months after graduation. For three years, thoughts of getting past this hurdle stick with us every step of the way. Statistically, first time

takers have performed admirably the past couple of years. (88% and 89% first time pass rate in 2001 and 2002 vs. 69% in 1995.) It's unclear how graduating residents in recent years have managed to make this jump. Perhaps better study aids like MKSAP, MedStudy, or UpToDate? Or maybe residents are less tired, with programs adhering more closely to the 80-hours per week rule? Regardless of the reason, more graduating residents are passing. This information does not help current residents who have yet to take the exam and are thinking... "what if I fall in that 11 or 12% of first time takers who don't pass?" Well, in order to help alleviate some of that anxiety, Chief Residents from various programs in our Chapter have taken a moment to reflect back on the past few years to aid current residents navigate this process. What better forum to address this topic than this new column?

First and foremost, remember that it is not the end of the world if you don't pass. Your experience and training are not taken away, your MD or DO title is not stripped from your medical school diplomas, and you are not any less of a caring physician that you have trained to be. It just means you need to hit the books and study. Eventually, you will pass...and that certification is good for ten years.

What are some things that will help? Think back to all the qualities that have allowed you to succeed and help you get where you are today. Think back to all the hard work, persistence, and sacrifice it took to get you through medical school, your internship and residency. These are the same qualities that will help you pass the ABIM Certifying Examination.

Here is a short list of what various Chief Residents who responded to our inquiry said:

- Develop some type of reading program and set specific goals.
- Read a little about your patients with each new encounter.
- Try to teach students and interns as much as you can. Things stick better when you try to teach it.
- Read MedStudy and do the MKSAP questions...a couple of times.
- Consider a Board Review course in the weeks before the exam.
- Don't try to cram and get plenty of sleep before the exam.

We hope that some of this will help. Good luck studying!



IMMUNIZATION UPDATE

Melinda Wharton, MD, FACP

Smallpox Vaccine Recommended by ACIP for Smallpox Responders — On June 20, 2002, CDC's Advisory Committee on Immunization Practices recommended that smallpox vaccine use be limited at present to those persons responsible for initial response to first cases of smallpox. Each state and territory should form at least one Smallpox Response Team that would investigate cases of smallpox, and selected healthcare workers at hospitals designated to receive smallpox patients would also be vaccinated. As soon as case occurred, vaccination would be extended to other public health and health care workers. This recommendation was based on the current absence of smallpox disease anywhere in the world; the assessment that the risk of a bioterrorist attack is low; limited supplies of smallpox vaccine and vaccinia immune globulin; and the safety profile of currently available smallpox vaccines, which can be transmitted to contacts of vaccinated persons, resulting in adverse events not only in vaccinated persons but also in their contacts. The ACIP will review this recommendation periodically and reconsider it if circumstances change.

Smallpox vaccine is not available as a licensed product. CDC has a stockpile of about 15 million doses of Wyeth vaccine, which was recently demonstrated to be effective when administered as a one to five dilution (*New England Journal of Medicine* 2002;346:1265-1274). It has also been reported in the press that about 80 million additional doses of vaccine from Aventis Pasteur has been identified and found to be potent. The Department of Health and Human Services has contracted to obtain more than 200 million doses of new smallpox vaccine, grown in tissue culture, that is now in production. At present, any of these vaccines could only be administered as an Investigational New Drug.

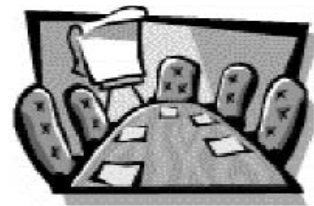
Td Shortage Ends — A national shortage of adult formulation tetanus and diphtheria toxoids (Td) began in late 2000, when one manufacturer unexpectedly left the U.S. market. In 2001 CDC recommended that available Td supplies be used

for wound management and other high priority uses, and that routine boosters of adolescents and adults be deferred until the supply situation improved. Supplies are now sufficient to resume boosters and recall patients whose booster doses were deferred (MMWR 51:529-530, <http://www.cdc.gov/mmwr/PDF/wk/mm5124.pdf>). We recently published a paper demonstrating that fewer than half of Americans 20 years of age and older had protective levels of diphtheria and tetanus antibodies (Annals of Internal Medicine 2002;136:660-666).

Projected Influenza Vaccine Supply for 2002-2003 Season— We have no indications at present of any problems with influenza vaccine supply for the coming influenza season. Based on manufacturers' projections, production of more than 90 million doses is anticipated, more than ever produced before. Updates on influenza vaccine issues are available on the CDC website <<http://www.cdc.gov/nip/Flu/default.htm>>.

2003 GEORGIA CHAPTER SCIENTIFIC MEETING

HOT TOPICS IN INTERNAL MEDICINE
WESTIN SAVANNAH HARBOR RESORT
SAVANNAH, GEORGIA
MARCH 7 - 9, 2003



Friday, March 7, 2003

- 8:30am-5pm** Registration
- 8:30-10:30am** Continental Breakfast
- 8:30am-Noon** Associates' Poster Mounting
- 10:30-11:30am** Committee Meetings
- 11:45am-1pm** Governor's Advisory Council Meeting (lunch)
- 1pm-5pm** View Posters

Scientific Program

- 1:05-1:15pm** Welcome, **Joseph W. Stubbs, MD, FACP, Governor, ACP-ASIM, Georgia Chapter**
- 1:15-2pm** Hepatitic C: Issues and Implications for Your Practice, **Brian L. Pearlman, MD, FACP**
- 2-2:45pm** Screening for Lung Cancer, **Samuel M. Aguayo, MD**
- 2:45-3pm** Break
- 3-5pm** Associates' Presentations I
- 5-7pm** Medical Jeopardy
- 6:30-7:30pm** Governor's Reception



Saturday, March 8, 2003

- 7:30am-4pm** Registration
- 7:30-9:30am** Continental Breakfast
- 8am-4pm** View Posters

Scientific Program

- 8-8:45am** Update in Internal Medicine, **Joyce P. Doyle, MD**
- 8:45-9:30am** Role of Inflammation in Coronary Artery Disease, **Arshed Ali Quyyumi, MD, FRCP, FACC**

- 9:30-10:15am** The Treatment of Hypertension: Beyond JNC VI, **Laura L. Mulloy, DO, FACP**
- 10:15am** Break
- 10:30-11:15am** Cardiac Resuscitation: What Do We Know? **David C. Parish, MD**
- 11:15am-Noon** Update on ACP-ASIM College Activities and Issues, **William E. Golden, MD, FACP**
- Noon** Lunch (Boxed)
- 12:45-1:30pm** Chapter Business Meeting/Town Meeting (Open Forum)
- 1:30-2:15pm** Evolving Role of Hospital Medicine, **Mark V. Williams, MD, FACP**
- 2:15-3pm** Will Public Reporting Spur Better Health System Performance? **William E. Golden, MD, FACP**
- 3:00pm** Break
- 3:15-4pm** Dermatology for Internists, **Loretta S. Davis, MD**
- 4-6:30pm** Associates' Presentations II
- 4-6pm** Associate Poster Judging (Closed)
- 6:30-7pm** Cocktails
- 7pm** Banquet and Awards Ceremony



Sunday, March 9, 2003

- 7:30-10am** Registration
- 7:30-10am** Continental Breakfast
- 7-8am** Women Physicians' Breakfast

Scientific Program

- 8- 9am** PDAs in Medicine—What's the Big Deal? **Jerry A. Lambert, MD**
- 9-10am** Internal Medicine Board Review (Audience Participation), **Harold Szerlip, MD, FACP**
- 10am-Noon** Workshops (Pre-registration Required) (Choose One)
A. Making the Most of PDAs: A Hands-On Approach, **Jerry A. Lambert, MD**
B. Improving Your Teaching Skills, **Bruce M. LeClair**, and Peggy Jo Wagner, PhD
C. Patient Safety, **David Haburchak, MD, FACP**
- Noon** Adjournment

***Number of Category I Hours Requested:** 14.75 hours (Scientific Program) plus 2 hours (Optional Workshop)

REGISTRATION FORM

Georgia Chapter Scientific Meeting
Westin Savannah Harbor Resort, Savannah, GA
March 7 - 9, 2003



PLEASE TYPE OR PRINT

ACP-ASIM # (found on mailing label) _____

Name _____

Spouse/GuestName: (only if attending _____

Address _____

City

State

Zipcode

Daytime Phone _____ Fax Number _____

E-mail _____

Registration Fees: Check one category that best applies. Registration fee includes scientific program, all breaks, breakfasts, Reception and Awards Banquet.

ACP-ASIM Categories

- Master/Fellow/Member **\$125.00**
- Spouse/Guest (Awards Banquet) **\$ 30.00**
- Associate (resident members) **No Fee**
- Medical Student Member **No Fee**
- Speaker (please register) **No Fee**
- Associate Presenter (must register) **No Fee**
Circle One: Oral/Poster
- Judge Associate Competition (must register) **No Fee**

Nonmember Categories

- Nonmember Physician **\$150.00**
- Medical Resident **No Fee**
- Medical Student **No Fee**

***ALL MEDICAL RESIDENTS AND MEDICAL STUDENTS MUST PRE-REGISTER—** (Spouse/Guest must be registered on attendee's registration form; Spouse/guest banquet fee is **\$30.**)

REGISTRATION DEADLINE IS FRIDAY, FEBRUARY 28, 2003 — Registrations received after this date or on-site will be charged a **\$20 late registration fee** to help defray the cost of catering.

_____ How many will attend Governor's Reception, Friday, 6:30 p.m.

_____ How many will attend the Awards Banquet, Saturday, 7:00 p.m. _____ **TOTAL FEES**

Please make your check payable to **ACP-ASIM Georgia Chapter** and mail to:

Attention: Nancy Brady
214 White Oak Drive
Newnan, GA 30265

Questions? Please call Nancy at 770-252-1858

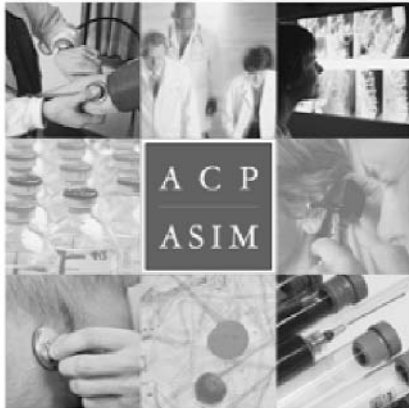
We encourage participation by all individuals. Check here if you are disabled and require assistance. Advance notification is essential in order for us to serve you better. Please notify the Georgia Chapter at the above address in writing at least 30 days prior to your course. We'll be glad to help.



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