



Governor's Corner

Internal Medicine 2009 was a successful meeting with over 7000 attendees. Superlative course offerings, representatives from all 50 states, and many international representatives all made for a great annual meeting in Philadelphia.

Next year, IM2010 will be in Toronto, Canada. Get your reservations in early! Update your passport for expeditious border crossings. Your driver's license is not sufficient to allow exit and re-entry in to the United States. And for international members who are in the U.S. on a visa, you will have special challenges to exit and re-entry – be sure to start investigating what is required so that there are no surprises at the last minute.

The Board of Governors met in advance of IM2009. Our national organization has been adversely affected by the economy and its negative impact on the bond and investment portfolio. Although membership is at an all time high, expenses are greater than the anticipated revenues for 2009 and 2010. The Board of Regents will re-evaluate the strategic and the business plan to bring our mission, vision, and values into line with our resources.

In these times, our Desired Future (the new strategic plan) will emphasize 4 areas of focus: Delivery of Quality Patient Care; Reform of the U.S. Healthcare Delivery System; Excellence in Education; and the ACP as a Leader and Unifier of the Internal Medicine Community. There is an opportunity in this unsettled time to completely re-visit and re-evaluate all that your organization does – looking for increased effectiveness, increased efficiencies, and preservation of organizational financial reserves. The Board of Regents will begin a study to evaluate its own organizational effectiveness and size. The desired result is to improve its function and effectiveness. A final report will be presented in early 2010.

Lastly, we inducted nine new fellows at the Convocation at IM2009. I refer you to an article about them in this newsletter. I cannot tell you how gratifying it is to participate in the Convocation with colleagues and their families and friends. Fellowship is a special recognition available to members who meets the criteria for the Academic Physician, the dual boarded or specially qualified, the Active Member with five years of practice, and the senior physician who has made many contributions to their community over the length of their careers.

Remember, we are only as strong as the number and commitment of our members. We sit at the national table participating in meaningful healthcare reform efforts. Our voice is strong, in large part due to our membership size and strong policy development. Recruit a colleague who is not a member – with that person, our effectiveness is greater and he will benefit from the ACP. Present a colleague with the opportunity and encouragement to apply for Fellowship – an honor the physician and his family deserve.

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Welcome New Fellows

Alvin S. Calderon, MD, FACP	Seattle
Eduardo S. Cuevas, MD, FACP	Tacoma
Davonna R. Cufley, MD, FACP	Seattle
Kathleen K. Davis, MD, FACP	Vashon
Carin Dugowson, MD, FACP	Seattle
Robert B. Ellis, DO, FACP	Vancouver
Michael Myint, MD, FACP	Seattle
Mary M. Noble, MD, FACP	Spokane
James K. O'Brien, MD, FACP	Seattle
Patricia J. Peterson, MD, FACP	Longview
Michael Puruckherr, MD, FACP	Spokane
Stephen A. Tilles, MD, FACP	Seattle
Thomas M. Tocher, MD, FACP	Seattle

Visit the Chapter website at

www.acponline.org/about_acp/chapters/wa

New Fellows at Convocation IM2009



Row 1, left to right: Drs. Linda Pinsky, Jeffrey Wolff-Gee, Patricia Peterson, Lee Burnside, Tony Vu, Row 2: Drs. George Vargasw, George Merriam, Hugh Maloney, Governor, Dennis Rochier, Gary Forbes

Welcome New Members

Arinola F. Dada, MBBS	Bellevue
Kenneth D. Favour, MD	Vancouver
Jacob Riley Fleet, MD	Seattle
Ellen E. Frechette, MD	Seattle
Ahmed Kheiter, MD	Vancouver
Joseph I. Lee, MD	Bellevue
Sunita Mishra, MD	Seattle
Suresh K. Piryani, MBBS	Richland
Meeta Sabnis, MD	Seattle
Vandita S. Samavedi, MD	Bellevue
Pratima Sharma, MBBS	Kirkland
Paula M. Shaw, MD	Tacoma
Salona Shrestha, MBBS	Camas
Pragati Singh, MBBS	Yakima
Susannah Watson	Seattle
Margaret K. Yu, MD	Seattle
Angelina M. Zappia, MD	Seattle

Call for Nominations for 2009 Annual Awards

These awards will be presented at the Washington State ACP Scientific Meeting in Seattle November 5-7, 2009. Please take a few minutes to nominate internists you believe should be considered for these awards. If YOU don't, nobody will. Your colleagues deserve to be recognized. Send your nominations to **Dr. David Dugdale III** or **Dr. Paul Smith** at paul.smith@VMMC.org or call (206) 625-7373 ext. 63378.

To recognize the outstanding efforts of internists in our state, we present three types of awards at our annual meeting:

1. The Washington ACP Internist of the Year Award
2. The ACP Community Service Award
3. ACP Golden Apple Awards for Community Teaching.

New Master Douglas S. Paauw, MD, FACP



Congratulations to **Douglas S. Paauw**, Seattle, Washington who will become a Master of the American College of Physicians, at Internal Medicine 2009, in Philadelphia, Pennsylvania, April 2009.

He has spent his career focusing on the educational needs of students, residents and colleagues. He is a true exemplar of the best in internal medicine. Every one of us is a better physician for having learned from him.

An Attending at both Harborview Medical Center and the University of Washington, Academic Medical Center, he has been the Head of the Section of General Internal Medicine, UWMC. Locally, regionally and nationally, Dr. Paauw is recognized as a consummate educator, a teacher's teacher, with his numerous awards and accolades. He earned every teaching award UW has to offer, including Teacher Superior in Perpetuity in 1997. He has had continued advancement in his academic career with his appointment to the Rathmann Family Foundation Endowed Chair for Patient Centered Clinical Education in 2000 and subsequent promotion to full professor in the Department of Medicine in 2001. He was the first to advance up the ranks of "*clinician-teacher*" a new faculty category to the rank of full professor and in the process "*defining*" excellence and professionalism in this new cadre of faculty. He has literally defined the "*ideal type*" of clinical teacher for his and subsequent generations.

Dr. Paauw has participated in the affairs of the American College of Physicians at the local and national level over the length of his career. Twice, he was the Chair for the ACP Scientific Session planning committee for the 2006 Annual Meeting and Internal Medicine 2008. He has chaired the Board review course and the recertification course. He served as the Governor, Washington Chapter, from 2002 thru 2006. He received the 2007 Laureate Award from the Washington Chapter. Complementing his college activities, he is a member of the AOA Board of Directors and the National Board of Medical Examiners, Step 1 Anatomy Test Committee. He has a list of honors, which attest to the consensus that he is a remarkable educator and clinician. He publishes extensively, and serves in many editorial capacities for noted publications.

His commitment to medical students is legendary - in the outstanding Osler Club participation, the engagement of the students with our chapter at the Council meetings, and his steadfast determination to expose each and every student to a career in general internal medicine.

How to Keep Up With Health Reform

By Bruce C. Smith, MD, FACP
Chapter Federal Legislative Coordinator

The nature of health reform in early 2009 is so dynamic that any article would be seriously out of date by the time a print edition reached its readers. Instead I've listed some web resources to help you keep up with proposals and changes as they happen. Many others exist as well. Add a few to your "favorites" list or subscribe to some update newsletters to keep abreast of changes in "the other Washington".

Our own ACP website (www.acponline.org) has an excellent "Advocacy" section with policy highlights, ACP whitepapers, and a blog by **Bob Doherty**, ACP Senior VP for Governmental Affairs and Public Policy (<http://blogs.acponline.org/advocacy/>). Bob's blog gives you an insider's view of Capital Hill.

The Kaiser Family Foundation site www.kff.org offers resources on a myriad of topics and free subscriptions to daily or weekly newsletters and policy updates.

Many specialty societies have newsletters and updates available. The AMA publishes American Medical News (www.ama-assn.org/amednews/) which is available even to non-members. Check your own sub-specialty site for information as well.

Other informative sites include:

The Hill, a Capital Hill newsletter: <http://thehill.com/>

The Health Care Blog (the name says it all): <http://www.thehealthcareblog.com/>

The Health Beat (another blog): <http://www.healthbeatblog.org/>

Health Affairs, a respected journal in health policy: <http://content.healthaffairs.org/>

The Commonwealth Fund, a health system reform foundation: <http://www.commonwealthfund.org/>

The Brookings Institution, a public policy foundation: <http://www.commonwealthfund.org/>

The Alliance of Community Health Plans, another perspective on health reform: <http://www.achp.org/>

WAFP Patient - Centered Medical Home (PCMH) Improving Performance in Practice (IPIP) Program

The Washington Chapter of the ACP is excited to announce its support of The Washington Academy of Family Physicians (WAFP) PCMH - IPIP program. The program, focused on primary care specialties, is made possible through funding from the WAFP Foundation and a grant from the Robert Wood Johnson Foundation, directed by the American Board of Medical Specialists (ABMS).

The PCMH-IPIP program, designed to dramatically improve patient outcomes by transforming primary care delivery through; integrating quality improvement and data collection; increasing efficiency and satisfaction; using population-based strategies for the management of patients; and developing sustaining strategies that improve care through this new model of delivery. The program supports the transformation by adopting practice characteristics outlined in the National Commission for Quality Assurance's (NCQA) Physician Practice Connections - Patient Centered Medical Home, (PPC-PCMH). Additional information regarding AAFP and the PPC-PCMH can be found at:

<http://www.aafp.org/online/en/home/membership/initiatives/pcmh/ncqaquide.html>

The benefits of participation include, receiving a designated Quality Improvement Coach (QIC) who will assist practices in the implementation of four measures: (with initial focus on Diabetes and Asthma)

1. Use of an electronic registry
2. Use of condition specific decision supports tools.

3. Creation, use, and monitoring of practice wide protocols.
4. Patient and family, self-management support, education, and training.

The long-term goals for the program are to assist primary care physicians in the adoption of NCQA's Physician Practice Connections- Patient Centered Medical Home, (PPC-PCMH), (not disease specific). Successful implementation can also assist physicians

- Become recognized by NCQA as a Physician Practice Connections - Patient Centered Medical Home (PPC-PCMH)
- Collect additional payment from Medicare's Patient Quality Reporting Initiative
- Receive maintenance of certification credits.
- Receive continuing medical education (CME) credit from many professional societies

The WAFP PCMH-IPIP program appreciates your support and enthusiasm as we take this critical step forward supporting primary care practices in their efforts to be recognized as Patient-Centered Medical Homes.

For more information or to express interest in participation, contact **Karla Pratt**, WAFP Executive Vice President, at 425.747.3100 or karla@wafp.net

Medical Reference Portal Now Available to All Washington Physicians

by Bruce C. Smith, MD, FACP

HEAL-WA (Health Evidence Resource for Washington State) is a web portal allowing all practicing physicians and other licensed professionals in Washington State to access to a wealth of medical references online. HEAL-WA's goal is to provide evidence-based information on specific diseases, conditions or medications to health professionals who might not have access to a medical library. The program is funded by an existing \$25.00 per year Washington license surcharge and is coordinated by the University of Washington Health Sciences Library.

Available resources include PubMed, the Cochrane Library, DynaMed, Natural Standard, many online databases, over 40 electronic textbooks such as Harrison's and the Current Diagnosis & Treatment series, some electronic journals and full text articles, and patient handouts.

Access is free but requires registration for a user ID and password. Log on to <http://heal-wa.org> for full information and access.

Washington ACP Internist of the Year

We seek to honor a community-based internist considered to be a role model by his or her peers. Nominees should possess excellent clinical skills, dedication to patients, enthusiasm for medical practice, leadership, and the ability to maintain humanity and a healthy balance between professional and personal interests that we can all strive to emulate. Internists who have championed innovations in practice to promote healthy patient behaviors will be given special consideration. Previous winners:

- | | | | |
|------|---|------|--|
| 2004 | Y. Ki Shin, MD – Montesano | 2005 | Jimmy Dy Chua, MD, FACP – Kennewick |
| 2006 | John H. Vassall, III, MD, FACP – Seattle | 2007 | Thomas Laselle, MD, FACP - Spokane |
| 2008 | Michael R. Kelly, MD - Seattle | | |

ACP Community Service Award

We seek to recognize an internist or group of internists who have an exceptionally positive impact on their community through volunteer activities. Previous winners:

- | | | | |
|------|--|------|--|
| 2004 | Richard A. Kirkpatrick, MD – Longview | 2005 | Arch H. Logan, MD – Spokane |
| 2006 | Grant E. Deger, MD – Bellingham | 2007 | Roderick S. Coler, MD - Kennewick |

ACP Golden Apple Award

We seek to honor volunteer teachers who have made a substantial contribution to the education of medical or other health profession students in his/her community. Balancing teaching with all the other demands of our profession is an important contribution to the future of internal medicine. Previous Winners:

2004 **Emily R. Transue, MD** - Seattle

2005 **Timothy H. Troeh, MD** – Aberdeen

2006 **Mohammad Saleem Memon, MD** – Aberdeen

2007 **John Addison, MD**- Mercer Island

2008 **John Y. Peng, MD** - Lynnwood

Women in Medicine

By Carrie Horwitch MD, MPH, FACP

Once again the 2009 national meeting was a great success. I attended several lectures that were educational and inspiring. One talk on osteoporosis was especially helpful. Some key take home points from the presentation were as follows:

1. Estrogen, alendronate, risendronate and zoledronic acid have been shown to prevent both spine and hip fractures. The other bisphosphonates and calcitonin do not have evidence to show prevention of hip fractures.
2. It may be reasonable to stop bisphosphonates after 5-10 years on the medication as the beneficial effect may continue for several years afterward. This should be decided on a case by case basis.
3. Heel bone density testing has a high false negative rate, however if the heel bone density shows osteoporosis it likely is a true positive for this condition.
4. National Osteoporosis Foundation guidelines for screening include all women > 65 years of age, women <65 years if they have risk factors (such as thyroid disease, chronic steroids, Vitamin D deficiency, COPD, malabsorption and women on aromatase inhibitors, all men > 70 years of age.

Our upcoming Washington state meeting in November will give everyone an additional opportunity to learn the latest on a wide range of important topics. The Women in Medicine interest group would like to start working on a mentoring program for young physicians to be paired with more experienced physicians. Please join us on **Saturday morning November 7th** to learn more about this activity.

If you have any suggestions for activities the ACP can be involved with please email **Carrie Horwitch** at carrieho@comcast.net.

Review of the ACP National Meeting

By Muiyiwa Awoniyi

I was very excited to be invited to attend my first ACP National Scientific meeting. It was a wonderful event, filled with outstanding seminars, workshops, and people. After attending several national conventions, I have noticed the quality of the talks suffer as you reach the end of the meeting; but that was not the case in Philadelphia. The depth and diversity of topics was astounding, and unfortunately there was not enough overlap in order to attend all the events that interested me.

Another aspect of this ACP meeting that impressed was their dedication to future physicians. As proof of this commitment, student admission was free and residents had a discounted rate. They had specialty workshop for students and residents to improve their clinical skills. Also talks that target different issues that students and residents face throughout their training. The crowning moment of the conference for me was at the Northwest Regional mixer, when my mentor, **Douglas Paauw**, was congratulated for his ACP mastership.

In conclusion, I had a wonderful and a very intellectually engaging time at the meeting. If I were to improve on anything, I would urge ACP to have formal meeting mentors for the students. This was due to my observation of many students wandering through the meeting confused and with a bit more direction would have made their time in the meeting easier.

Mark Your Calendar for Washington Chapter 2009 Scientific Meeting

By Co-Chairs, Genevieve Pagalilauan, MD, FACP and Cecily Peterson, MD, FACP

We are really looking forward to the upcoming Washington state ACP meeting on November 5-7 at Bell Harbor. The program is full of wonderful educational topics and dynamic speakers. **Dr. Kesavan Kutty**, ACP Regent and renowned pulmonologist who has received numerous teaching accolades, will be our National Representative. He will be presenting an update in Asthma and COPD as well as teaching a CXR workshop. Our precourse chairs - **Drs. Anne Eacker, Matt Hollon, Jennifer Best, and Anne Rossignol** - have put together very high yield programs for Preventive Medicine, and the always popular Hospitalist pre-course.

In an effort to meet the needs of all our members, not only will we have interactive case-based plenary sessions with the audience response system, we will also have a variety of interest groups, break-out sessions and skills workshops. A new edition this year for our associate members is a half day Saturday (Nov. 7th) concurrent course with **Drs. Doug Paauw, and Joyce Wipf** running a board review as well as targeted presentations for residents and medical students. We hope to see all of you there!

Legislative Session Wrap Up

The regular session has adjourned, though a short special session dealing with non-health care and operating budget issues is expected before next fall. As expected the 2009-2011 biennial budget dominated the session. With an over \$9 billion deficit, the legislature had a huge task to overcome. Many of the cuts come from social services because "basic" education is protected by the Constitution as the "paramount duty of the state." Washington looked to the federal government for more than \$2.6 billion in stimulus package funds to help fill the hole. That's a onetime fix.

Both the House and the Senate agreed on total expenditures of \$31+ billion for the biennium, and to keep \$822 million in the rainy day fund so that the Executive Branch can have some latitude during the interim until the Legislature next meets in the event revenue continues its downward spiral.

The budget's impact on health care – here are the highlights (or lowlights):

- Basic Health Plan: Enrollment is decreased by 40,000 (there are presently 100,000 enrollees).
- Medicaid Rate Cuts to Physicians: Adult primary care services fees are cut 12%, taking them back to their 2006 level, and pediatric services fees will be cut, but at this writing no exact figures have been announced.
- General Assistance Unemployable (GAU): The GAU is retained and clients will be enrolled in managed care to achieve savings.
- Healthy Option Premiums: There will be no growth in HO premiums for the biennium.
- Children's Vaccine Program: The program is cut completely by 2010.
- Local Public Health Funding: In 2007, the legislature appropriated a \$20 million enhancement for local public health. This enhancement was reduced by \$4 million in the final budget.
- Adult Vision and Hearing: Survived the budget axe intact.

Other issues:

Changes to Medical Assistants Scope: **Governor Gregoire** has signed HB 1414, the Medical Assistants (MA Bill), into law. The bill will help your practice by increasing the MAs' scope of practice. The bill removes an illogical prohibition against MAs administering some medications orally that they were allowed to administer by injection. Until now, they have been allowed to only give injections and orally and nasally administered immunizations. MAs will now be allowed to administer over-the-counter and unit dosed medicines specified in the bill. July 26 is the effective date for the Act. Prior to permitting your MA to perform these new functions they must first be certified by the Department of Health.

Administrative Simplification: SB 5346, sponsored by **Senator Karen Keiser** (D-Des Moines), included the following:

- Centralized electronic credentialing.
- Electronic detailed standardized information on eligibility, scope of benefits, cost sharing, exclusions, etc. required of all plans.
- Use of CCI for code editing – standard appeals process.
- Evaluation of applying medical management guidelines.
- The work must be completed by December of 2010 or the OIC can write regulations.

Advanced Imaging and Self-Referral: **Representative Eileen Cody** (D-Seattle) introduced legislation during the 2008 session to ban self-referral for electronic advanced imaging. She stated her goal was to reduce unnecessary high tech/high cost imaging. The WSMA worked hard during the interim to provide a reasonable alternative, meeting with Cody and affected specialties and medical practices. The result bill that passed, HB 2105, does not include any bans on self-referral but, instead focused on appropriate use of high tech imaging services.

Washington Physicians Health Program: The last month the governor signed HB 1765 into law (the bill goes into effect in 90 days). It supports the Washington Physicians Health Program (WPHP) by adding a modest \$15.00 per year surcharge to physicians' licensure fees. Since being formed by the WSMA over 20 years ago the program has returned hundreds of physicians to safe medical practice. The WPHP helps identify and refer physicians for evaluation or treatment, monitor their recovery, and endorse the safety of physicians who have a condition, mental or physical, which could affect their ability to practice with reasonable skill and safety. Examples of these conditions include substance abuse or dependence, depressive disorder, and bipolar mood disorder. Go to <http://www.wphp.org/> to learn more about this laudable example of your profession "walking the talk" on patient safety.