



Illinois Southern  
Region

"The Downstate  
Dialogue"

#### In This Issue:

- Opioid crisis update: finally some good news
- ACP resources for your practice
- Story Slams
- Maintenance of Certification
- Illinois Advocacy
- ACP for Early Career Physicians
- ACP for FACP Members
- ACP for Resident members
- ACP for Medical Student members
- Save-the-Date

#### Opioid Crisis Update

I wish to give you follow-up about the opioid epidemic. At our November 2016 annual scientific meeting of the Illinois ACP in Champaign, Illinois, **Kirk Moberg, MD, PhD, FACP**, gave us an excellent overview of the opioid crisis. Dr. Moberg also reviewed the new Chronic Pain Clinical Practice Guidelines from the Centers for Disease Control. Similar educational programs have occurred at national ACP meeting and at ACP chapter meetings throughout the United States. In concurrent media campaigns, patients and the lay public also received education about the opioid epidemic.

Most of the news about the opioid crisis has been depressing: deaths from overdoses, elderly addicts, etc. I thought some good news was worth sharing. The following quotes came to me from **Thomas G. Cooney, MD, MACP**, Chair of the ACP Board of Governors.

- "Within the last 12 months, Cigna customers' use of prescribed opioids has declined nearly 12 percent-about halfway to achieving the company's goal of 25 percent reduction by 2019."
- [Cigna opioid initiative](#)
- "New research reveals that the [VA] initiative led to a 31% reduction in the number of veterans prescribed opioids between mid-2012 and the end of 2016." [VA Opioid Safety Initiative \(OSI\)](#)

I hope this means the efforts to educate physicians, patients, and the public will lead to improvement in patient safety.

#### ACP Resources for Your Practice: Arthritis and Hepatitis

May was both Arthritis Awareness Month and Hepatitis Awareness Month. Continue to support your patients in managing their own care with ACP's arthritis and hepatitis patient education resources. Arthritis resources include our "Live Better with Rheumatoid Arthritis" guidebook and our two-page Patient FACTS sheets for rheumatoid arthritis and osteoarthritis. We also offer Patient FACTS sheets for hepatitis B and C. These patient-tested resources not only share valuable information about the conditions, but also promote action strategies and self-management.

Use the links below to access these high-quality tools for patient engagement:

[Rheumatoid arthritis](#)

[Osteoarthritis](#)

[Hepatitis B](#)

[Hepatitis C](#)

[ACP's full library of patient education resources](#)

#### Story Slams

Narrative matters. Stories can convey meaningful educational content with more emotional depth than recitations of graphs and numbers. When our goal is to teach about the art of medicine, stories might have the capacity to engage our learners in unforgettable ways.

The national ACP organization asked me to poll our members to find people with experience with Story Slams as they relate to medical education. If you have interest or experience with Story Slams, please contact me at [jfgraumlichuicomp@gmail.com](mailto:jfgraumlichuicomp@gmail.com)

#### Maintenance of Certification (MOC)

Your ACP continues to work with the American Board of Internal Medicine (ABIM) to make MOC more meaningful and valuable to you. I received the following update from **Dr. Moyer** that I would like to share with you.

- The American College of Physicians (ACP) is pleased to have been invited to work with the American Board of Internal Medicine (ABIM) to develop a society MOC pathway. We hope to create an additional MOC option that is valuable to physicians and patients, is convenient and flexible for busy physicians, and integrated with ongoing life-long learning that is relevant to daily practice.
- The new society maintenance pathway would be an alternative to other MOC pathways offered by ABIM, such as the current 10-year secure exam or the 2-year approach that ABIM is developing. It would be anchored in the principles of continuous learning, and would include

guided independent study, self-assessment, and evaluation - all based on ACP's Medical Knowledge and Self-Assessment Program (MKSAP).

- The society MOC pathway that ACP and ABIM are working together to explore would be offered by ACP, but ABIM would continue to be the certifier. ACP would attest to ABIM that a member has successfully completed the ACP pathway, which would satisfy ABIM's requirements for maintaining certification.
- Senior leaders and senior staff from ACP and ABIM have had recent meetings and made progress in working through the details of a potential society pathway and are hopeful that this progress continues.
- Feedback from ACP members and the internal medicine community is critical to the redesign of ABIM's MOC program.

From **Darilyn V. Moyer, MD, FACP**, Executive Vice President and CEO American College of Physicians

<https://www.acponline.org/cme-moc/moc/learn-more>

If you have feedback about MOC that you want me to forward to our national leaders of ACP, please contact me at [jfgraumlchuicomp@gmail.com](mailto:jfgraumlchuicomp@gmail.com)

Illinois Advocacy

Your Illinois ACP chapters sponsored a resolution that was adopted by the ACP Board of Regents. I thank the members of the Illinois ACP Health and Public Policy Committee for their work to craft the resolution.

Here is the text of the resolution that was approved:

***Resolution 11-S17. Accelerating High-Quality Research in Cost-Effectiveness, Comparative Effectiveness, and Safety of Non-Opioid Pain Treatments (Adopted and referred 1st resolved clause to the Health and Public Policy Committee for implementation; Adopted and referred 2nd resolved clause to the Medical Practice and Quality Committee for implementation):***

*RESOLVED, to accelerate the development of high-quality evidence for non-opioid pain treatments, that the Board of Regents:*

*. Advocates for PCORI- and AHRQ-funded research addressing safety, quality, comparative effectiveness, and cost effectiveness of non-opioid pain management strategies; and*

*. Advocates for large randomized controlled clinical trials whenever possible; and*

*. Encourages the incorporation of patient-centered and patient-reported outcomes in new research to appropriately characterize and assess potential benefits of these therapies; and be it further*

*RESOLVED, to facilitate improved access to non-opioid methods of pain control, that the Board of Regents advocates that CMS/Medicare reduce cost sharing and eliminate the need for prior authorization for non-opioid pain management strategies.*

I encourage you to add your voice to the national conversation "*To enhance the quality and effectiveness of health care.*" If you want to join the Health and Public Policy Committee, then please contact me at [jfgraumlichuicomp@gmail.com](mailto:jfgraumlichuicomp@gmail.com)

ACP for Early Career Physicians

ACP members can earn dues credit in the **Recruit-a-Colleague Chapter Rewards Program 2017-2018.**

As an expansion of the national Recruit-a-Colleague program, rewards are given to chapters that encourage local level peer-to-peer recruitment. This program is an excellent opportunity for chapters to build membership while earning chapter revenue and helping members earn dues credits.

The national [Recruit-a-Colleague](#) program rewards successful recruiters with dues credits for each new full Member or Physician Affiliate member recruited (up to the amount of annual dues) and a chance to win a trip to the annual Internal Medicine meeting. The program runs each year from April 1 through March 1.

The chapter program still rewards the individual recruiter as stated above, but it also:

- Provides a \$100 reward to the recruiter's chapter for each new member recruited *(Please note that international chapters will receive a monetary reward equal to 25% of the newly-elected member's dues)*
- Provides one free registration to Internal Medicine 2019 for the chapter per every 10 new members recruited
- Provides an additional \$25 reward to chapters for each of the first two years that a new member who is recruited through this program renews his/her membership

**Applicants for Membership or Physician Affiliate Membership must apply using a specially coded application, dues must be paid in full, and the recruiter's name must be listed on the application. If the application is downloaded from ACP Online, the recruiter's name and the code RACC must be listed at the top of the application.**

ACP for FACP Members

Please see Recruit-a-Colleague announcement above.

ACP for Resident Members

Get your teams ready for Doctors Dilemma, the medical knowledge competition. Some people might describe the questions as medical trivia. But there is nothing trivial about the competition between teams. Last year, the victors were the residents from the University of Illinois at Urbana-Champaign.

They earned bragging rights and they also won travel stipends to compete at the national Doctors Dilemma competition in San Diego during Internal Medicine 2017. The competition resumes on 17 October 2017. See Save-the-Date for more information.

#### ACP for Medical Student Members

There is an Internal Medicine Interest Group at each medical school campus in the Illinois Southern Region. I encourage each Interest Group to plan ahead and identify potential student delegates to attend ACP Leadership Day in Washington, DC, in Spring 2018. The Illinois Southern Chapter provides travel stipends for a limited number of attendees to participate in ACP Leadership Day.

#### Save-the-Date

- Every Tuesday at 8:00 PM Central Time: Webinar MKSAP Live Online Study Hall
- October 17, 2017: Illinois Chapter Downstate Region STUDENTS & RESIDENTS DAY, Memorial Center for Innovation & Learning in Springfield, IL.
- November 17-18, 2017: ACP Illinois Chapter Scientific Meeting, Oak Brook, Illinois
- April 19 - 21, 2018: Internal Medicine Meeting 2018 in New Orleans, LA,

Sincerely,

Jim

James F. Graumlich, MD, FACP  
Governor, Illinois Southern Chapter  
American College of Physicians

#### *ACP mission:*

*"To enhance the quality and effectiveness of health care  
by fostering excellence and professionalism in the practice of medicine."*

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