

PRESSCRIPTIONS

— BOONE COUNTY MEDICAL SOCIETY —



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BOONE COUNTY MEDICAL SOCIETY



Prescriptions is published monthly for members of BCMS (physician members in Boone, Cooper and Howard Counties). Deadline for submission of materials is the 15th of each month preceding publication.

MISSION:

The Boone County Medical Society's mission is to support the physicians of Boone, Howard and Cooper Counties and others across the State of Missouri in their efforts to provide high quality patient-centered care.

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The Boone County Medical Society will be an indispensable unifying voice for the physicians in Boone, Howard and Cooper Counties in:

- ⌘ Providing high quality continuing medical education.
- ⌘ Advocating for the physicians and patients of Boone, Howard and Cooper counties as well as others across the State of Missouri and
- ⌘ Providing mentorship for the next generation of physicians through professional development and active participation in organized medicine.

VALUES:

The Boone County Medical Society will embrace the values of leadership, professionalism, collegiality, advocacy, transparency, inclusiveness and fairness while pursuing its vision and mission.

PRESCRIPTIONS

VOLUME: 33 ISSUE: 2

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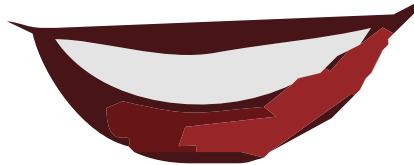
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www.boonecountymedicalsociety.org

WHEN THE SMILE IS GONE

By Raghav Govindarajan, M.D.



Julie was a 40 something lady who loved her job as a beautician. She had saved up enough money to open her own business along with her husband who had recently retired. She always took pride in her work and had clients from all over the town. A few months later she started noticing that her hand grip was weak and she could no longer hold onto the eye liner or the mascara brush.

Worried that she might lose her clients, she decided to seek an opinion from a plastic surgeon who recommended a wrist brace for carpal tunnel syndrome. She wore it for a couple of months but the weakness continued to get worse. It was then I saw her in my clinic for the hand weakness.

What struck me the most about Julie was her smile! Despite putting her through multiple tests including electric shocks, spinal taps, needle pokes, she always had her angelic smile. Even on the day I gave her the diagnosis of ALS the smile never vanished. As months passed by the torrid disease took over her body and the weakness worsened but she always had her smile. Even when she was completely wheel chair bound and had to depend on her husband for everything she still had her smile on.

Our ALS association clinic is a tough place to be as a physician. You helplessly watch as the disease takes over the lives of our patients and their loved ones and yet Julie's smile was the bright spot in that dark place. Despite her breathing muscles becoming weak and being hooked onto the

breathing machine she managed to keep her smile. Throughout this time she developed multiple complications including pneumonia, blood clots, and heart problems and through it all she managed to keep her smile. During one of these hospital admissions Julie stopped smiling. The pearly white teeth that I was so accustomed to seeing were not visible any more.

It's always hard for physicians to let go of their patients especially after taking care of them for a long time and having gone through the disease with them. But I realized Julie's time had come. She no longer enjoyed her life and was in constant pain. Her biggest fear she told me was that she was going to die.

After a long discussion we decided to hospice care at home. A couple of days ago I received a call that Julie had peacefully passed away at her home. I am saddened by her loss but the memory of her smile will forever be with me. More importantly it will keep my spirits up while taking care of my other ALS patients.

Dr. Govindarajan is a member of BCMS and our 2015 Secretary/Treasurer. He has wanted to write stories of his patients and has now accomplished this feat. This is the fourth in a series that he has written for BCMS.

158th **MSMA**
Missouri State Medical Association

Annual Convention

March 18-20, 2016 - St. Louis Airport Renaissance Hotel

Make hotel reservations prior to February 24, 2016 to take advantage of MSMA's Convention room rate.
Call the St. Louis Renaissance Airport Hotel directly at 1-800-468-3571 or
Online at <http://www.marriott.com>

MSMA Young Physician Section - Convention Session

The MSMA Young Physician Section (YPS) encourages you to attend the MSMA Annual Convention, March 18-20, 2016 at the St. Louis Renaissance Airport Hotel. A YPS presentation on **Protecting Your Biggest Asset – You** will be held on March 19 at 1:00 followed by a business meeting

Moderator: Raghav Govindarajan, Chair

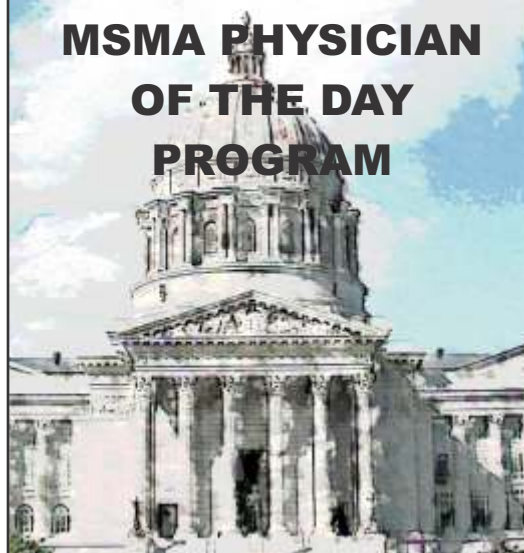
WE STILL NEED: 5 BCMS MEMBERS TO BE DELEGATES AT THE MSMA CONVENTION

9 Delegate Positions have been filled.

MARCH 18-20, 2016
RENAISSANCE ST. LOUIS HOTEL
IN ST LOUIS

If you are available to attend the convention, please let the BCMS office know by January 20. **Any BCMS member can be a delegate.** If you are planning to submit a Resolution, it is advisable to attend the convention so that you can defend that Resolution. Watch for updated information concerning hotel

MSMA PHYSICIAN OF THE DAY PROGRAM



Between January 6 and May 13, 2016, MSMA is lining up volunteers to spend a day in the Capitol as "Physician of the Day."

This excellent program is warmly received by the General Assembly and participating physicians.

Would you consider helping us? One physician per day is needed every Tuesday, Wednesday and Thursday during the legislative session. Plan to arrive in the Capitol around 9:00 or 9:30 a.m., and stay until 2:00 or 3:00 p.m. (except Thursdays, when the House and Senate typically adjourn around noon).

If you are interested in serving in this worthwhile project, please contact MSMA's Kenny Jackson at 800-869-6762 or by email at kjackson@msma.org.

He will coordinate with you to outline the responsibilities and offer dates available.

2016 BCMS RESOLUTION TO MSMA CONVENTION

GOOD SAMARITAN FATAL OVERDOSE PREVENTION

In support of “Good Samaritan Fatal Overdose Prevention” legislation

WHEREAS, accidental overdose deaths now exceed motor vehicle accidents as the leading cause of accidental deaths in this country and Missouri has the seventh highest drug overdose mortality in the united states, with overdose mortality rate of 18 per 100,000 people in Missouri

WHEREAS, naloxone has been used safely and effectively for over 40 years in ambulances and Emergency departments to reverse opioid overdose, and states that have programs to equip laypeople with naloxone have successfully reversed thousands of overdoses.

WHEREAS, there is now available to FDA approved devices for administering naloxone by lay people, one is a handheld auto injector similar to an EpiPen, and another recently approved is nasal insufflator. Communities that have developed programs to distribute naloxone to lay people have found significant reductions in opioid overdose death rates.

WHEREAS, the chance of surviving an overdose, like a heart attack or stroke, depends on how fast one receives medical assistance and witnesses to heart attacks or strokes rarely think twice about calling 911, but witnesses to an overdose often hesitate to call for help due to fear of police involvement; the best way to encourage overdose witnesses to seek medical help is to exempt them from arrest and prosecution for minor drug and alcohol law violations, an approach often referred to as Good Samaritan 911. These laws do not protect people from arrest for other offenses, such as selling or trafficking drugs, or driving under the influence. These polices protect only the caller and overdose victim from arrest or prosecution for simple drug possession, possession of paraphernalia, and/or being under the influence.

RESOLVED that the MSMA support legislation to legalize layperson possession of and administration of a naloxone by either an auto injector or nasal insufflator to an individual they believe is suffering from an opioid overdose; and that such action in good faith is exempt from civil or legal penalties.

RESOLVED that bystanders who call for emergency assistance in a suspected overdose situation are exempt from arrest or prosecution for simple drug possession, possession of

paraphernalia, and/or being under the influence of drugs or alcohol.

RESOLVED that MSMA support legislation to protect the physicians who provide these prescriptions.

RESOLVED that MSMA support legislation that will allow for prescription and distribution of naloxone throughout the state; will protect licensed health care professionals from any civil and criminal liability or any professional disciplinary action when they prescribe or dispense naloxone, or oversee distribution via a standing orders such as in an overdose prevention program or through standard medical practice.

It will furthermore permit individuals to possess and administer naloxone in an emergency and protects these individuals from civil or criminal prosecution for practicing medicine without a licenses.

It will clarify that licensed prescribers are encouraged to prescribe naloxone to individual patients on chronic opioid pain medications to address prescription drug overdose.

Dated: January 5, 2016


Bridget Early, M.D.
President

Written by Bridget Early, M.D.

And approved by the BCMS Board on January 5, 2016

Noted, there is legislation in the Missouri state house HB 1568 that has been revised and improved this session and does address most of these concerns adequately. It provides explicit immunity for physician prescribers only in the context of “protocol physicians” and it limits programs from charging fees for dispensing naloxone to its clients. It would be better to provide immunity for physicians to prescribe naloxone as well in their private practice and to chronic pain patients as well.

2016 BCMS RESOLUTION TO MSMA CONVENTION

IMPROVING ACCESS TO MEDICAL CARE FOR RURAL MID-MISSOURIANS

WHEREAS, health care is among the most basic of all essential services

WHEREAS, thirty-seven percent of Missouri's population is rural, equating to approximately 2.22 million people in rural areas

WHEREAS, healthcare disparities are amplified in rural areas due to depressed economic conditions, lack of services to appropriately serve residents with specific cultural or social needs, educational limitations, lack of access to affordable quality health care and lack of access to transportation

WHEREAS, rural communities also have limited financial and human resources and
Therefore, experience obstacles in addressing health care disparities and the quality of care in rural communities

WHEREAS, telemedicine services are medical services provided through advanced telecommunications technology from one location to another

WHEREAS, telemedicine has been known for its ability to provide affordable and quality care to the rural population

WHEREAS, store-and-forward telemedicine refers to the use of asynchronous (not real-time) computer-based communication between a patient to a consulting provider

WHEREAS, because these consultations do not require the specialist, the primary care provider and the patient to be available simultaneously, the need for coordinating schedules is removed, and the efficiency as well as access to health care services is increased

WHEREAS, store-and-forward telemedicine is especially useful in dermatology, radiology, pathology, ophthalmology and even neurology whereby stored photos or videos of patients can be viewed later by the specialist

WHEREAS, Health Net will not reimburse store-and-forward telemedicine services

THEREFORE, BE IT RESOLVED that the Missouri State Medical Association will support and work towards getting store-and-forward telemedicine reimbursed by Missouri Medicaid.

Dated: January 5, 2016

Bridget Early

Bridget Early, M.D.
President

Written by Raghav Govindarajan, M.D.
(Co-sponsored at the Convention with Bridget Early, M.D.)
Approved by the BCMS Board on January 5, 2016

Boone Hospital Center Stroke Review & Update*

February 20, 2016 | 7:30am-Noon

February 20, 2016 | 7:30am-Noon

Boone Hospital Conference Center
1600 E. Broadway
Columbia, MO 65201

Registration, Breakfast Buffet, Exhibits
7:30-8am

4 CME/CE Presentation

Cardiac Causes of Stroke

8-8:45 am: Trung Tran, MD- Boone Hospital Center

Hemorrhagic Strokes

8:50-9:35 am: Charles Bondurant, MD- Boone Hospital Center

Break: Exhibits, Snacks

9:40-9:55 am

Current Trends in Stroke Care / Interventional Case Studies

9:55-10:55 am: Allyn Sher, MD and Andrew Getzoff, MD- Boone Hospital Center

Pre-hospital and Emergency Stroke Management: 2016 Update

11-11:50 am: Peter Panagos, MD- Washington University

Discussion/Follow-up Questions

11:50 am-Noon

**Please RSVP by February 16 to:
Judy Feintuch**

Phone: 573-815-3498

Email: jfeintuc@bjc.org

Or register online at www.boone.org/cme

Boone Hospital Center is accredited by the Missouri State Medical Association to provide continuing medical education for physicians. Boone Hospital Center designates this educational activity for a maximum of 4 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

***BCMS is a financial contributor of this event so
our members are able to attend at no charge.**



CONGRATULATIONS GO OUT TO THE FOLLOWING MEMBERS FOR THEIR EXCEPTIONAL WORK!!

John Pardalos, a pediatrician, is collaborating with an engineer and another pediatrician to create a device that automatically varies oxygen levels to premature infants. *

Ted Groshong will be the recipient of the 21st Annual Humanitarian Award presented by the International Center for Psychosocial Trauma on January 23, 2016.

Dean Hainsworth, an ophthalmologist, along with a bioengineer have developed a disposable sensor that detects diabetic retinopathy – a major eye complication that arises in patients with Types 1 and 2 diabetes. *

Mila Cunningham, a retired anesthesiologist, will be the recipient of the Distinguished Service Award by MO Society of Anesthesiologists at the MSMA Convention in March.

Nicholas Golda, a dermatologist, is collaborating with an engineer to develop a laser device that will make dermatology procedures safer, more effective and easier for practitioners to use by reducing the risk of serious irreparable eye injuries. *

Harold Williamson, Jr. has been appointed Executive Vice Chancellor of Health Affairs for the University of Missouri Schools of Health, Professions, Medicine and Nursing, as well as the clinical operations of MU Health Care's five hospitals and more than 50 outpatient clinics throughout mid Missouri.

BCMS members that have been appointed to serve on MSMA's Missouri *Medicine* for 2016 are:

David Fleming – Contributing Editor & Publications Committee
 Editorial Board: **Jon Dyer, Jerry Kennett, W. Kirt Nichols, John Pardalos, Pradeep Sahota, Harold Williamson and Gregory Worsowicz.**

**These three research teams have each been awarded \$100,000 in grants from the University of Missouri's Coulter Translational Partnership Program.*



NEW MEMBERS

Joss Fernandez TS
 Missouri Heart Center
 1605 E. Broadway #300
 Columbia, MO 65201

Justin Welch D
 Central Missouri Dermatology
 401 N. Keene
 Columbia, MO 65201

Welcome to BCMS. We encourage both of you to become active by attending our functions and meeting other members.



**HAPPY BIRTHDAY
 TO OUR MEMBERS**

DECEMBER

- 2/03 Edgar I. Ailor
- 2/04 Kathy Lentz
- 2/11 Alan E. Hillard
- 2/11 Hung Winn
- 2/11 Kenneth Rall
- 2/13 Frank G. Rieger, III.
- 2/13 Roland E. Lohmar
- 2/20 David Hinds
- 2/20 Robert E. McDavid
- 2/21 Jerry R. Blair
- 2/22 H.T. Lee



2016

MISSION AND VISION STATEMENT BOONE COUNTY MEDICAL SOCIETY

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Drafted by the BCMS Mission Statement Committee:
Hung Winn, Raghav Govindarajan and Steve Keithahn
Adopted by the BCMS Board December 1, 2015
Presented to the BCMS Membership at the January 2016 Gala

BOONE COUNTY MEDICAL SOCIETY 2016 EVENT DATES

<u>February 2</u>	Board Meeting 5:30 Social 6:00 Board Meeting 500 N. Keene, Suite 405
February 17	Retired Physicians Luncheon 12:00 at TBA Watch for your postcard.
<u>March 1</u>	Board Meeting 6:00 Location TBA
	CME/General Membership Dinner Meeting (Guest night for Alliance) 6:30
	Social 7:00 dinner and presentation at TBA
March 16	Retired Physicians Luncheon 12:00 at TBA Watch for your postcard.
<u>April 5</u>	Board Meeting 5:30 Social 6:00 Board Meeting 500 N. Keene, Suite 405
April 20	Retired Physicians Luncheon 12:00 at TBA
<u>May 3</u>	Board Meeting 6:00 Location TBA
	DIG (Doctor Interest Group Meeting) 6:30 social 7:00 dinner and
	presentation on Missouri Tourism Location TBA
May 18	Retired Physicians Luncheon 12:00 at TBA
<u>June 7</u>	Board Meeting 6:00 Board Meeting Location TBA
	CME/General Membership Dinner Meeting 6:30 social 7:00 dinner and
	presentation at TBA
June 15	Retired Physicians Luncheon 12:00 at TBA
<u>July 12</u>	Board Meeting 6:00 Location to be announced
	DIG (Doctor Interest Group Meeting) 6:30 social 7:00 dinner and
	presentation at TBA
July 20	Retired Physicians Luncheon 12:00 at TBA
<u>August 2</u>	Board Meeting 5:30 Social 6:00 Board Meeting 500 N. Keene, Suite 405
August 17	Retired Physicians Luncheon 12:00 at TBA
<u>September 13</u>	Board Meeting 6:00 Location TBA
	CME/General Membership Dinner Meeting (and election of 2017 officers)
	6:30 social 7:00 dinner and presentation (Guest night for Mizzou Medical) at TBA
September 21	Retired Physicians Luncheon 12:00 at TBA
<u>October 4</u>	Board Meeting 5:30 Social 6:00 Board Meeting 500 N. Keene, Suite 405
October _____	Annual Mizzou Tailgate BCMS/BCMSA
October 19	Retired Physicians Luncheon 12:00 at TBA
<u>November 1</u>	Board Meeting 5:30 Social 6:00 Board Meeting 500 N. Keene, Suite 405
November 16	Retired Physicians Luncheon 12:00 at TBA
<u>December 6</u>	Board Meeting 5:30 Social 6:00 Board Meeting 500 N. Keene, Suite 405
December 21	Retired Physicians Luncheon 12:00 at TBA

Policy for Board and General Membership Meetings:

CME/General membership dinner meetings are held in March, June, Sept, and possibly November. Annual Gala with installation of officers is held in January. DIG (Doctor Interest Groups) dinner meetings with speakers are on various dates throughout the year. All of these dinner meetings are free to our general members but for guests there could be a \$20 charge, watch invitation.

Monthly board meetings are held on the first Tue. of each month at 500 N. Keene, Suite 405. (Location may change if there is a CME/Gen. Membership Dinner Meeting or DIG Dinner Meeting). They are open to the general membership but normally those in attendance are the board and committee members. Any member may have an item of interest placed on the agenda. (Contact the Society office in advance.)

DID YOU KNOW?

BCMS now has a website.

View Upcoming
Events and RSVP

Obtain your CME
certificates

Connect to MSMA
and BCMS
Alliance



Download issues
of Prescriptions

Update your
Membership
information

Check out BCMS
and Ladenson
Scholarships

www.boonecountymedicalsociety.org

SAVE THE DATE

**CME/
General**

**MARCH
3/1/2016**

Membership

Dinner & Meeting
(Guest night for Alliance)

● **6:30 Social**
● **7:00 Dinner and
Presentation**

For location details, watch the mail for your invitation or visit the BCMS website for event information and to RSVP.

Boone County Medical Society
Box 196
Columbia, MO 65205-0196

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SAVE THE DATE

MARCH 1, 2016

CME/ General

**Membership Dinner
& Meeting**

(Guest night for Alliance)

●6:30 Social

●7:00 Dinner and Presentation

For location details, watch the mail for
your invitation or visit the BCMS website
for event information and to RSVP.

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a website.



www.boonecountymedicalociety.org