

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.

VISION:

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: 7

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Hung Winn, M.D., J.D., M.B.A.

President Elect

Raghav Govindarajan, M.D.

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c/o Elizabeth James, M.D.,
610 West Blvd
Columbia, MO 65203
www.acalltoserve.org

“People Helping People Build a Free and Peaceful World”

Dear Friend and Camp Supporter:

Please let me introduce you to a young Georgian who will inspire you, as she has me. Tatia is a faithful participant in the ACTS-Lions Ronald James Georgian Diabetic Children's Camp. Starting at age 7, when she knew little about the disease that threatened her health, she came to camp each summer, growing in knowledge, confidence and potential with every stay.

Always a willing camper, she participated fully in all activities and asked many questions of her cabin counselor and the camp medical team. She learned how to properly give herself insulin injections, rotate injection sites, measure her blood glucose multiple times a day, and what the HbA1C level means in terms of diabetic control.

After 10 years, Tatia “aged out” as a camper but since has returned as a camp counselor, inspiring her entire cabin of girls as a role model for good diabetic control with how she uses her knowledge to balance her insulin dose, her food intake (calories) and her exercise.

Tatia's story is just one from more than 1,100 young people whose lives are healthier and will be longer because of what they have learned at the ACTS Diabetic Education Camp. Without our camp to introduce modern care standards, many of them would not be alive, and certainly we wouldn't see some of these young adults grown and married with beautiful children of their own.

The camp continues to make a difference, serving children in Georgia's poorer regions who don't have access to pediatric diabetes specialists and who sometimes arrive with sores and other evidence of poor care. **Your help is still needed.** Each camper has a life-changing experience and a likelihood for a brighter future.

This summer will be Tatia's fourth as a counselor. She is ready to host a cabin full of eager learners ready to emulate her self-care practices and healthy lifestyle. Without your help, some of our beds will be empty. Last year, we did not raise enough, and some little ones could not participate. Please give what you can from your heart so that we can reach the full capacity of 50 children this year.

Please make your tax deductible gift of \$500 to sponsor one camper, or as much as you can afford, to ACTS, 610 West Blvd S., Columbia, MO 65203 or online at www.acalltoserve.org. On the website, scroll down to the “Donate Now” button area and you'll see further instructions on how to easily key in the needed information.

Thank you for your faithful support of these precious diabetic youngsters!

Sincerely,

Betty

Elizabeth James, M.D.
President, A Call to Serve-Missouri

*Never doubt that a small group of thoughtful, committed citizens can change the world, indeed, it is the only thing that ever has.
Anthropologist Margaret Mead*

BCMS June General Membership/CME Meeting

MACRA: Overview, Implications and Opportunities
by
Raghav Govindarajan, M.D.



Hung Winn, Trish Blair, Raghav Govindarajan



Mila Cunningham, Trish Blair, John Cowden, Lisa Thomas, Bridget Early



Jerry Murrell, Alan Hillard, Larry Lampton, James Denninghoff, Richard Heimburger, Wilma Rajcher



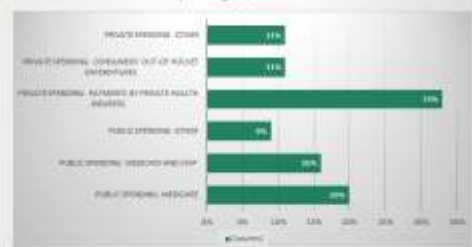
Amy Zguta, Jerry Blair, Eric Barnes, Jeff Seaberg

Why Are We Here?

- US health care spending is unsustainable
- Quality of care is variable
- Overall lack of price transparency
- Health care now accounts for 18 cents of every dollar Americans spend, up from 7 cents in 1970.
- US health care spending grew 5.3% in 2014, reaching \$3.0 trillion or \$9,523 per person.
- As a share of the nation's Gross Domestic Product, health spending accounted for 17.5%.
- Out of all this spending, approximately 22.8% was for physician and clinical services.

Distribution of Health Care Spending, 2014

Percent of total health care spending of \$3 trillion



Kimetha Fairchild will be the Director of the recently opened Fulton Walk-in Clinic in Fulton, MO. They will be offering preventative health care and chronic illness management as well as treatment of minor illness and injuries.

Since Boone Hospital Center has recently opened three new cardiovascular operating rooms, including a hybrid room **Jose Fernandez**, a cardiothoracic and vascular surgeon, has performed the first transcatheter aortic valve replacement (TAVR) there.



July

7/01	William K. Winkelmeyer
7/01	H.Dennis Dierker
7/02	Sidlee Leeper
7/02	Charles W. Barbee
7/03	Brent M. Parker
7/04	Holly Monroe
7/04	John K. Boyer
7/06	William Woods
7/07	James M. Koch
7/07	Steven T. Fogel
7/08	Terrence Ryan
7/14	Amy Zguta
7/16	Nicholas Golda
7/16	Eleanor Braddock Shaheen
7/16	Trung Tran
7/17	Don Liu
7/18	Mark Adams
7/20	Pamela J. Honeycutt
7/21	Gregory H. Croll
7/22	Thomas Meyer
7/23	Brett D. Crist
7/23	Edwin Long
7/26	Michael J. Friedman
7/28	Bokkwan Jun
7/28	Catherine Dunn
7/28	John Zygiel
7/31	Jonathan Dyer
7/31	Eric Barnes
7/31	Rene Boulicault

MONTHLY RETIRED PHYSICIAN LUNCHEON

Retired physician luncheon meets on the 3rd Wednesday of each month at 12:00PM (noon)

Arris' Pizza
1020 E Green Meadows Rd #102
Columbia, MO 65201

No reservation needed, just show up.

WE NEED YOUR EMAIL ADDRESS!!

BCMS is trying to become greener – we need your email address to do this. Please email it to the office at bcms@socket.net. We probably have 30% of our members email addresses. Do we have yours?



BILLS THAT PASSED 2016 LEGISLATIVE SESSION

Missouri Governor Nixon Signs Pharmacy Sale of Narcan for Treating Heroin Overdoses

On June 21, 2016 Governor Nixon signed House Bill 1568 to expand access to Naloxone Hydrochloride, a non addictive opioid antagonist that blocks the effects of an opioid overdoses, commonly known as Narcan.

Naloxone has been approved by the FDA and can be administered by injection or nasal spray. When administered in time, a dose of Naloxone can reverse an overdose of heroin or legally prescribed opioid pain medication and prevent the loss of life.

Governor Nixon expressed his disappointment that this legislature failed to pass a Prescription Drug Monitoring Program, but expanding access to Naloxone is an important step forward that will save lives.

Under HB 1568 pharmacists operating under a physician's protocol will be able to sell and dispense the drug and organizations will be able to store Naloxone without obtaining a pharmacy or drug distributor's licenses. The legislation also legalizes the possession of Naloxone without a prescription and removes civil, criminal and professional liability for good faith use.

During the 2016 MSMA Convention you will recall that BCMS sponsored a Resolution entitled "Good Samaritan Fatal Overdose Prevention" written by **Bridget Early** recommending that MSMA support legislation to allow a person to possess and administer Naloxone or other opioid antagonist drugs to an individual believed to be suffering from an opioid overdose and support extending civil and criminal immunity to physicians who prescribe Naloxone or other opioid antagonist drugs through a standing order or protocol with a pharmacy. This was adopted by MSMA as amended.

Additional **bills that passed this session** (the Governor has until July 13 to decide whether to sign or veto them)

Telehealth Authorization (SB 579) This bill gave statutory authority and provides parameters for the use

of Telehealth services, including establishment of the patient-physician relationship, standard of care and the use of store-and-forward technologies.

Collateral Source Rule (SB 847) This tort reform effort requires damages be calculated using the actual cost of healthcare services, rather than the value of those services. This will help suppress high verdicts based on the subjective value and constrain damages awards to what the plaintiff actually paid for their care. This bill is expected to be vetoed and an override to be attempted in September.

Occupational Therapy Co-Pays (SB 635)
Expert Witness Standards (SB 591)
Maintenance of Licensure Prohibition (HB 1816)
Pediatric Specialty Reimbursement (HB 2011)
Maintenance Medications (SB 973)
Cost Transparency (SB 608)
Nurse Licensure Compact (SB 635)
Vaccinations (SB 608)
Medical Freedom Act (HB 1682)
Patient Restraints (HB 1862)
Interchangeable Biologics (SB 875)
Step Therapy (HB 2029)
Medication Synchronization (SB 865)
CPR in Schools (HB 1642)
Workforce Data Reporting (SB 635)
Optometric Students (HB 1816)
Physical Therapy Licensure Compact (SB 608)
CDB Oil Liability (HB 1682)
Emergency Medicine CME (SB 988)

Bills that Did Not Pass this Session

Predetermination of Benefits
Helmet Repeal
APRN Licensure and Scope
Collaborative Practice
Drug Monitoring Program
Medical Student Mental Health
Texting While Driving
Epipens
OTC Birth Control
Physician Examinations
BNDD Funding
High Deductible HMO's
MO Health Net Managed Care
Litigation Lending
Concussions
Tobacco/Allocable Share
Athletic Trainers
Radiology Technicians
Prior Authorization Forms
Information obtained in part from MSMA Final Legislation Rpt

MSMA UPDATE

Missouri Physician Chosen as AMA President-Elect

Physicians gathered at the Annual Meeting of the American Medical Association (AMA) today (June 14) voting for David Barbe, M.D., M.H.A., a family physician from Mountain Grove, MO to be the next President-Elect of the nation's premier physician organization. Following a year long term as President-Elect, Dr. Barbe will assume the office of AMA President in June 2017.

“It is a tremendous honor and privilege to be elected by my peers to be President-Elect of an organization that is dedicated to improving the practice environment for physicians, the education of our medical students and the health of the patients we serve,” said Dr. Barbe. “I am eager to continue the strong work of the AMA in shaping America's health care system to better meet the needs of patients and physicians both now and in the future.”

Dr. Barbe was first elected to the AMA Board of Trustees in 2009 and served on numerous AMA committees and task forces. He served as Chair of the Board from 2013-2014 as well as a member of the Executive Committee from 2011 to 2015.

Dr. Barbe has practiced family medicine in his hometown of Mountain Grove in rural Southern Missouri for more than 30 years. After 15 years in independent practice, he merged his medical group with Mercy Clinic, Springfield, MO., a 650 physician, multi-specialty integrated group. In his current role as Vice President of Regional Operations for Mercy, he is responsible for five hospitals, 90 clinics and more than 200 physicians and advanced practitioners. He also serve on the Executive Management Team of Mercy-Springfield, which was ranked No 1 in the nation in IMs Health's 200 Top Integrated Health Networks in 2012 and is one of Truven Health Analytics' top 20 large community hospitals.

Dr. Barbe continues to live and practice in his hometown of Mountain Grove, MO. He and his wife, Debbie Barbe, B.S.N., R.N. have two children and six grandchildren.

*(This information was forwarded to MSMA from
the AMA – Chicago)*

BCMS offers our congratulations to Dr. Barbe for his years of hard work and dedication to obtain this high honor and we look forward to working with Dr. Barbe at the national level.

MSMA New Member Half Price Dues Offer

Wouldn't it be nice if you didn't have to sweat the big stuff? With the Missouri State Medical Association (MSMA) on your side, that is exactly what you can enjoy - a break from the big stuff and the major issues affecting you, your practice and your patients. Now, through July 15 you won't have to sweat all the small stuff either because MSMA is offering new members an opportunity to see exactly how we take care of the big stuff at half the price. This offer is only available for a few weeks and will provide you with all MSMA's membership benefits through the remainder of 2016. Now that we are taking care of the big stuff, and some of the small stuff (if you take advantage of this offer), you can focus on what you do best – caring for your patients. Go to www.MSMA.org/joinrenew to sign up today or call the MSMA office at 800-869-6762.

Because BCMS is a component society linked to MSMA, this half price offer applies to BCMS dues also. Now is the time to ask some of your partners or associates who just keep putting off joining to take advantage of this offer from MSMA and BCMS.

BCMS DUES FOR 2017 And on the subject of dues – your BCMS officers and board have just informed MSMA that for 2017 your BCMS dues will remain the same:

Active	\$205.00
3 rd year Practice	\$205.00
2 nd year Practice	\$102.50
1 st year Practice	\$ 51.25
Residents:	None
Retired	None
Students	None
Associates (APRN, etc.)	\$100.00

This no increase in dues has been in effect for at least 17 years with BCMS – not many organizations can tout that accomplishment – we have tried to be wise stewards of your dues.

BOONE COUNTY MEDICAL SOCIETY JULY-DECEMBER 2016 EVENT DATES

July 13 Wednesday	Board Meeting 6:00 Meeting at Boone Hospital Center Conf Rm 1B DIG (Doctor Interest Group Meeting) 6:30 wine social 7:00 dinner and presentation by Bob Bondurant, MO Physicians Health Program on Healing the Healer at Boone Hospital Center Conf Rm 1B RSVP by July 6
August 2	Board Meeting 5:30 Social 6:00 Meeting 500 N. Keene, Suite 405
September 13 Tuesday	Board Meeting at 6:00 at Les Bourgeois CME/General Membership Dinner Meeting (and election of 2017 officers) 6:30 wine social 7:00 dinner and presentation by SLU physician (Guest night for Mizzou Medical) FINAL RSVP by Sept. 5
September ____	Annual Mizzou Tailgate with Alliance
October 4	Board Meeting 5:30 Social 6:00 Meeting 500 N. Keene, Suite 405
November 1	Board Meeting 5:30 Social 6:00 Meeting 500 N. Keene, Suite 405
December 6	Board Meeting 5:30 Social 6:00 Meeting 500 N. Keene, Suite 405

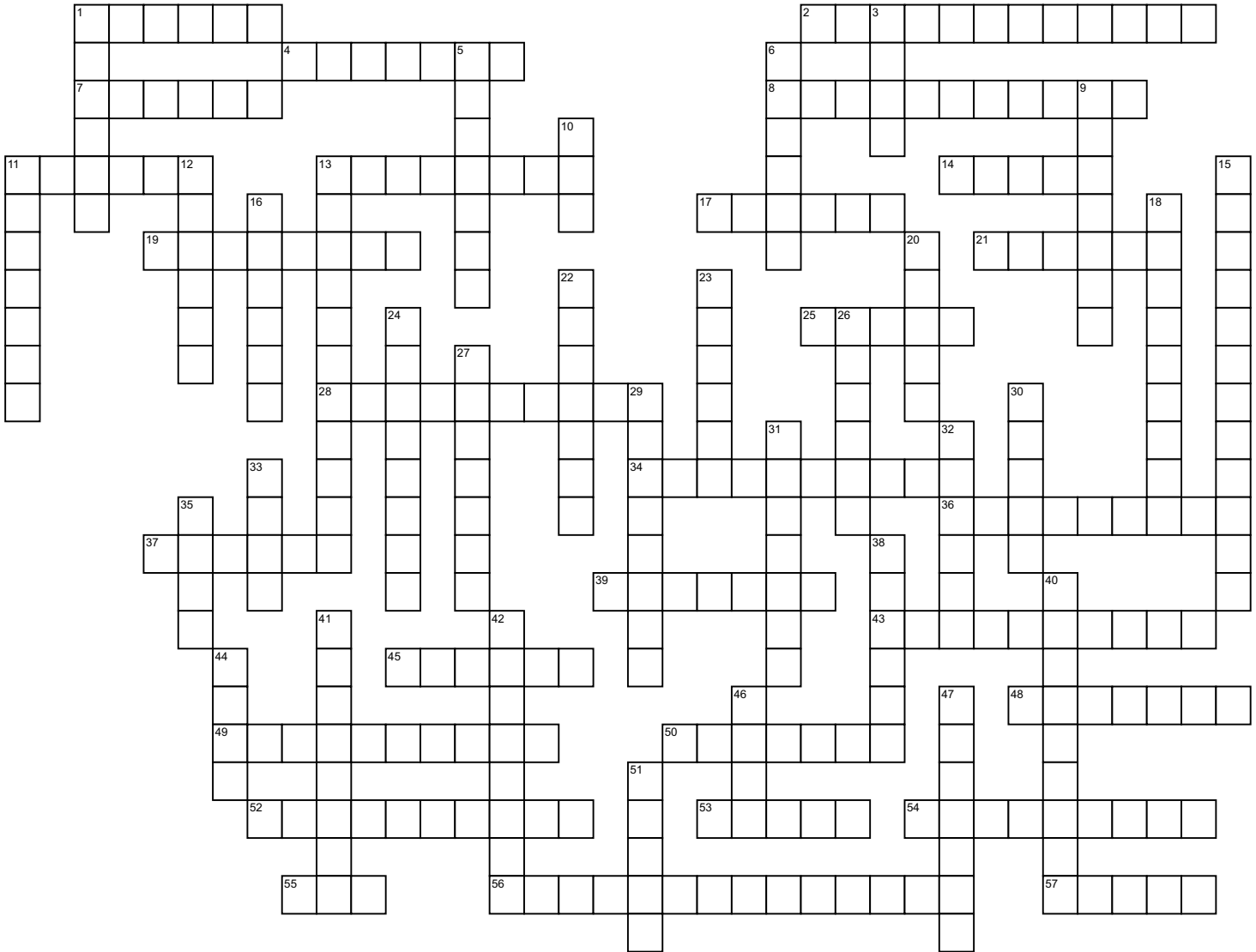
RETIRED PHYSICIANS LUNCHEONS JULY-DECEMBER 2016 EVENT DATES

BCMS Retired Physicians meet for lunch on the 3rd Wednesday of each month at noon. Watch your monthly personal invitation for the location.

July 20	12:00	Arris' 1020 E. Green Meadows (by Kohl's), Columbia, MO 65201
August 17	12:00	
September 21	12:00	
October 19	12:00	
November 16	12:00	
December 21	12:00	



Internal Medicine Crossword Puzzle



Dr.J.E. Bruni B.Sc., M.Sc., Ph.D., University of Manitoba

ACROSS

- 1 Plane dividing body into halves
- 2 Surgical removal of uterus
- 4 Nerve supplying quadriceps femoris
- 7 Terminal nerve of posterior cord of brachial plexus
- 8 Term for "on the same side"
- 11 Location of the palatine tonsils
- 13 Closes the jaws
- 14 Duodenal lesion
- 17 Paralysis (suffix)
- 19 Processes of death
- 21 Wrist (L.)
- 25 Hangs from soft palate
- 28 Islets of _____
- 34 Hip bone socket
- 36 End of a long bone
- 37 Fused vertebrae
- 39 Upper jaw

43 Thyroid cartilage (common name)

- 45 Brain cell
- 48 Largest nerve in the body
- 49 Leakage of CSF from the nose
- 50 Colonic sacculations
- 52 Neuroglial cells
- 53 Santiago Ramon y _____
- 54 Dampens movement of auditory ossicles
- 55 Cerebrospinal fluid: abbr.
- 56 Nose-brain (Gr.)
- 57 Cranium

DOWN

- 1 "_____ vivo docent" (L.)
- 3 Largest organ of the body
- 5 Loss of memory
- 6 Condition of scapula when serratus anterior is paralyzed

9 Muscle wasting

- 10 Magnetic resonance imaging: abbr.
- 11 Discoverer of Penicillin
- 12 Ureteric calculi (common name)
- 13 ligament of uterine tube
- 15 Protrudes tongue
- 16 Implantation site
- 18 Gullet
- 20 Female external genitalia
- 22 Opening through bone
- 23 Fertilized ovum
- 24 Fluid containing joint cavity
- 26 Bowlegged (clinical term)
- 27 Attaches muscle to bone
- 29 Lordosis (common name)
- 30 Shin bone
- 31 Knee cap
- 32 Peritoneum connecting stomach with certain viscera
- 33 Nobel Laureate for olfactory

system discoveries

- 35 Uterus (common name)
- 38 Defective muscular coordination
- 40 Heel bone
- 41 Ringing in the ear
- 42 _____ pili muscles
- 44 Around (prefix)
- 46 Pachymeninx
- 47 Diabetes laureate Hemorrhoids (common name)

Reprint source Dr. J.E. Bruni, Ph.D., Department of Human Anatomy and Cell Science, University of Manitoba.

NOMINATING COMMITTEE - CALL FOR NOMINEES FOR 2017 OFFICERS/BOARD

For the past 114 years physicians in Boone, Cooper and Howard counties have benefited from having a local organization represent their profession.

Boone County Medical Society wants you to take a stand now to influence the future direction of your society by making your desire known to become a nominee for a position either as an officer or a board member. Elections for 2017 will be held at the general membership meeting on Tuesday, September 13.

Please contact the BCMS office or one of the following members of the Nominating Committee concerning your desire to make a commitment by August 15.

Hung Winn, Chairman Members: John Pardalos, Raghav Govindarajan, Frederick Fraunfelder, Steve Keithahn, Mark Janzen, Larry Lampton, Alan Hillard and Amy Zguta. Members at large are: Dan Hoyt and Richard Heimburger. **(We still need to have another general membership member on our Nominating Committee. If you would like to participate in choosing our 2017 slate of officers/board members, please contact the Society office immediately.)**

CALL FOR NOMINATIONS FOR HONORARY MEMBERSHIP IN BOONE COUNTY MEDICAL SOCIETY

Our By-laws have a class of membership that the current Board has determined we have not used as often as we could have. To date we presently have three members in this category—Drs. Patricia Blair (nominated for her work with ACTS), George Tsilosani (former President of the Republic of Georgia's Medical Society) and Paul Ladenson (nominated for his work with our Ladenson Scholarship and his outstanding work at John Hopkins University in Endocrinology).

The By-laws state: “Honorary members of this Society shall consist of such distinguished members of the medical profession as shall be elected by unanimous vote of the Society. They shall have distinguished themselves by investigational work or by a personal sacrifice in the cause of scientific medicine to warrant their recommendation for election by the Judicial Board. They shall be exempt from the payment of dues of the Society and shall have all the privileges of active members except that they shall not be eligible to hold office nor be allowed to vote.”

At this time we are calling for nominations to this class of membership. If you have someone you would like to nominate, please notify the Society before August 1 as we would like to present these nominations at our September 13th General Membership Meeting.

NOMINATION NAME/ADDRESS _____

NOMINATOR'S NAME / PHONE NUMBER _____

REASON FOR NOMINATION - Please place on a separate sheet

Forward to the BCMS: Email: BCMS@socket.net Fax: 814.3765. Mail: Box 196, Columbia, MO 65205

BOONE COUNTY MEDICAL SOCIETY
PRESENTS
DIG (DOCTOR INTEREST GROUP) MEETING

Healing the Healer
By
Bob Bondurant, RN, MSW, LCSW
Missouri Physicians Health Program

Join Mr. Bondurant to learn about:

- 1. Understand the high incidence of potentially impairing illnesses**
- 2. Be able to identify signs of impairment in colleagues**
- 3. Know how to initiate help for colleagues seeking help with substance dependency, psychological stressors, suicidal thoughts, disruptive behavior and other behavioral problems recognizing that being a physician also means helping a colleague in need.**

Wednesday, July 13, 2016

6:30 Wine/beer social

7:00 Catered Dinner and Presentation

BOONE HOSPITAL CONFERENCE CENTER 1B
1600 E. BROADWAY, COLUMBIA, MO

RSVP BY JULY 6, 2016

Boone County Medical Society

573.814.1894; email: bcms@socket.net; www.boonecountymedicalsociety.org (go to calendar tab, click on event and it will allow you to RSVP right there.)

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

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RSVP BY JULY 6, 2016

BOONE HOSPITAL CONF CENTER 1B
1600 E. BROADWAY, COLUMBIA, MO

6:30 Wine/beer social
7:00 Catered Dinner and Presentation

Wednesday, July 13, 2016

Program

Bob Bondurant, RN, MSW, LCSW
Missouri Physicians Health

By

Healing the Healer

MEETING

BCMS PRESENTS DIG