

# PRESCRIPTIONS

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: 5

### **OFFICERS**

#### **President**

Hung Winn, M.D.

#### **President Elect**

Raghav Govindarajan, M.D.

#### **Secretary/Treasurer**

Frederick Fraunfelder, M.D.

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Mitchell Padkins, Nick Arnold

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#### **MO AMA Delegate**

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#### **AMA Council on Legislation & MSMA Council on Judicial and Ethical Affairs**

Jerry Kennett, M.D.

#### ***Prescriptions* Editor**

Steven Westgate, M.D.

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Beverly Wilcox

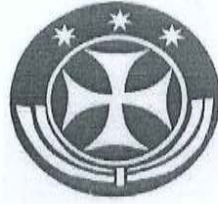
### **Boone County Medical Society**

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(573) 814-1894

[bcms@socket.net](mailto:bcms@socket.net)

[www.boonecountymedicalsociety.org](http://www.boonecountymedicalsociety.org)



საქართველოს ექიმთა ასოციაცია

GEORGIAN MEDICAL ASSOCIATION

0177 თბილისი, საქართველო ასათიანის ქუჩა №7; #7 Asatiani str.0177.Tbilisi, Georgia

+ (99532) 2 3986 86 ; fax + (995 32) 2 398686

№ 30

25/02/2016

Dear Dr Hung Winn,

Congratulations to you and your officers on your election to the presidency of the boone county medical society,

BCMS has been a long term partner with ACTS and our Georgian Medical Association (GMA) This important productive partnership has helped our Georgian Physicians very much,, We look forward to meeting with you and develop some programs and project of mutual . Dr Trish Blair sent us your newly approved BCMS Mission statement and we are interested in discussing with you the issue of medical ethics. In addition we would value your opinion the Georgian Physician Ethics code which is the first ever for our country.

The ACTS/Rotary vocational training team (VTT) program that was launch in June 2015 by BCMS board member Dr John Pardalos and Dr.Trish Blair is providing updated neonatal resuscitation training to our physicians and nurses using the American Academy of Pediatrics NRP standard along with providing the needed supplies, textbooks and other learning materials is instrumental in reducing our high stillbirth and neonatal death rates.

As the next step in the program four of the five Georgian physician 3 weeks of intensive training on the training team will be coming with Dr.John Pardalos at the MU Women's and Children Hospital NICU. We all are looking forward to meeting with you. Regrettably.

Dr Nodar Zaldastanishvili (the head doctor and chief of obstetric at Hera hospital in Tbilisi will be with our Georgian team due to family illness. He hopes to come at a later date. Hopefully our two organizations with ACTS help will continue working together for many years in prenatal and neonatal care to save the lives of Georgian babies.

Sincerely,

Giorgi Tsilosani, M.D. PhD  
Vice President Georgian Medical Association  
President ACTS Georgia  
Director  
Honorary Member Boone County Medical Association

David Kvirkvelidze, M.D.  
Past President Tbilisi Rotary  
Vocational Training Team Medical





## HOW TO IDENTIFY ONLINE HOAXES!

Our inboxes and social media feeds are flooded these days. And few things are more frustrating than wasting time on chain letters or forwarded messages that are completely false. On the other hand, we want to stay informed and pass along information our friends and family might find interesting or useful.

Fact or fiction isn't always easy to sort out online. Some things that seem far-fetched are actually true, and some that seem to make sense are completely false.

This can leave us with many questions. Can outdated pancake mix really cause an allergic reaction? Will this person really share their lottery winnings with me if I share their photo? Can I get money or gift certificates from my favorite stores by forwarding e-mails or sharing Facebook posts?

Although some online rumors are true, many are not and can spread very quickly. It can be difficult to distinguish true stories and warnings from hoaxes. Unsure about a claim's legitimacy, many people end forwarding it anyway, "just in case." Hoaxes continue to spread and the dilemma of knowing what to believe worsens.

Luckily, sites like Snopes ([www.snopes.com](http://www.snopes.com)) and Truth or Fiction ([www.truthorfiction.com](http://www.truthorfiction.com)) can help dispel many hoaxes. Use these sites to search for a particular hoax using key words or browse through common categories of hoaxes. If you can't find what you're looking for, submit it on the website or via email.

There are also a few general rules to keep in mind when assessing whether or not an e-mail message is true:

- If it sounds too good to be true, it probably is. Promises of money, gift certificates or

other incentives for the simple act of forwarding the message are almost always false.

- Messages that seem excessively urgent or desperate are most likely untrue.
- Legitimate messages usually list a credible reference or name the individual telling the story. Check them out before passing the message along.
- Unusual photos can also be checked for accuracy online.

Do your part to stop the spread of hoax e-mails by arming yourself with common-sense knowledge and by taking a few minutes to verify a message's legitimacy before passing it on. Your friends and family will thank you.

## Dear Techie: WHAT IS THE CLOUD, AND HOW DO I STORE MY FILES THERE?

To put it simply, the "cloud" is the Internet - or, more specifically, any files you can access remotely with an Internet connection. By putting something "in the cloud," you're storing it on Internet servers rather than your own computer.

Not only does this make it easy to access your files from any device, it also provides a valuable backup - losing or breaking your phone won't mean you lose years worth of photos as well!

Here are a few different Cloud platforms, and how to use them:

### iCloud:

If you have an iPhone, chances are you're already using it and didn't know it! Your photos and applications are automatically backed up, but here's how to adjust those settings:

1. Tap Settings > iCloud.
2. Tap Storage > Manage storage.
3. Tap the name of your iOS device.
4. Under Backup Options, turn off any apps you don't wish to back up. When asked to confirm, choose Turn Off and Delete to turn off backup for that app and remove its data from iCloud.



## Dropbox:

Dropbox is a helpful tool if you need to access certain files from different computers. For example, if you have a large video file on your home computer and wanted to access it from work, you only need to complete a few steps to do so:

1. Visit [dropbox.com](http://dropbox.com) and click "create an account."
2. After verifying your account and signing in, click the upload button.
3. Find the file(s) you need to access, and select them to upload.
4. It's as easy as that! You can now sign in from any computer and access the uploaded files.

## Google Drive:

Google Drive is very similar to Dropbox, but with the added bonus of having Google Docs, Google Sheets, and other applications to create and edit various types of files. If you have a Google/Gmail account, you already have access to this tool. To use Google Drive, follow these steps:

1. Visit [drive.google.com](http://drive.google.com) and create an account, or sign in with your Gmail/Google account if you already have one.
2. Click the "New" button on the left to browse options. "Upload" lets you add files in the same manner as Dropbox, while "Create New" allows you to start a new document that auto-saves while you work.
3. Your files are now accessible from any device with an Internet connection!

## A few more things to keep in mind:

The obvious downside to putting your documents and photos online is that there are now security concerns involved. It's always a good idea to make sure your passwords are strong and safe, but keep in mind that there's no such thing as "hack-proof."

For backing up your recipes and school projects, the options above are free and effective. But for more delicate data, look into paid services that offer encryption. Or, go the physical route - copy your documents onto a USB drive and keep them offline entirely.

*Reprinted from The Socket Connection February 2016*



## Cardiology Review & Update: Focus on Primary Care

May 21, 2016

**May 21, 2016 | 7:15 am-12:15 pm**

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

Registration, Breakfast Buffet, Exhibits  
7:15-8 am

**4 CME/CE Presentations**

8:05-9 am - 12:15 pm

**Please RSVP by May 16 to:**

Judy Feintuch

Phone: 573-815-3498

Email: [jfeintuc@bjc.org](mailto:jfeintuc@bjc.org)

Or register online at

[www.boone.org/cme](http://www.boone.org/cme)



**Boone Hospital  
Center** B/C HealthCare

## MONTHLY RETIRED PHYSICIAN LUNCHEON

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

**Watch for your postcard for  
location information or  
checkout our website for more  
details.**

No reservation needed,

**Frederick Lobati** has been recognized in Strathmore's Who's Who Registry for his outstanding contributions and achievements in the field of healthcare and healthcare education.

**Troy Scheidt** is working with the Cochlear Provider Network and Woodward Audiology LLC to help his patients hear better beyond hearing aids with a comprehensive set of hearing health solutions.



## MAY

5/02 Kimetha Fairchild  
5/02 Siamac Vahabzadeh  
5/04 Nicholas B. Couper  
5/04 Walter R. Peters  
5/06 Thomas Younker  
5/08 John Miles  
5/09 David Fleming  
5/11 Gilbert Wilshire  
5/12 Justin L. Welch  
5/15 Roger Bonham  
5/15 Brian Hecht  
5/15 Lindell Perry  
5/16 William J. Crowley, Jr.  
5/17 James S. Denninghoff  
5/20 Marcus J. Wade  
5/20 Mari A. Z. Keithahn  
5/20 Michael D. Curry  
5/21 Ted Groshong  
5/21 Kristin L. Parkinson  
5/21 Richard J. Mellitt  
5/22 Gary LaMonda  
5/22 Thorkild Norregaard  
5/22 Kalen Long  
5/22 Alan Anz  
5/26 James F. Eckenrode  
5/28 Elangovan Balakrishnan  
5/28 George Parkins  
5/30 George Hubbell  
5/31 Gregory Renner  
5/31 Randall E. Mueller

## NEW FEES FOR MEDICAL RECORDS

If your office has questions about the new fee charges for copying medical records, please go to <http://health.mo.gov/atoz/fees.php>.

Currently they will be \$24.57 plus \$.56 per page for cost of labor and supplies. You can charge an additional \$23 if records are maintained off site. The new maximum fee for copies provided electronically will be \$24.57 plus \$.56 per page or \$107.67 total whichever is less.

Under HIPAA a covered entity may only charge an individual or the individual's personal representative a reasonable cost based fee. The Office for Civil Rights has posted guidance regarding what a covered entity provider may charge at [www.hhs.gov/ocr/privacy/hipaa/faq/right\\_to\\_access/medical\\_records/353.html](http://www.hhs.gov/ocr/privacy/hipaa/faq/right_to_access/medical_records/353.html).

*Info obtained from MSMA Progress Notes February 2016*



## BOONE COUNTY MEDICAL SOCIETY *A local voice for physicians*

If you are interested in serving as an officer or board member on the 2017 BCMS slate, please let the BCMS office know by June 1.

# WE NEED YOU

THREE GENERAL MEMBERS  
FROM OUR MEMBERSHIP ARE NEEDED

TO ASSIST THE BOARD OF DIRECTORS  
IN PUTTING TOGETHER THE 2017  
SLATE OF OFFICERS/BOARD

*Since 1902 physicians in the Boone, Howard and Cooper Counties have benefited from having a local organization representing the medical profession. The Boone County Medical Society asks that you step forward to influence the future direction of your medical society and make it more effective. Volunteers and nominees are needed for 2017.*

## NOMINATING COMMITTEE

Our bylaws read that the Board of Directors shall serve as the Nominating Committee for officers. There shall be three at large members of the Society nominated and elected at the June membership meeting by the general membership. The Society President shall serve as Chairman of the Nominating Committee.

The Nominating Committee should meet (whether in person or doing business via email) prior to July 1 to begin its function of preparing a slate of officers to be nominated and elected at the September general membership meeting. The following candidates will be selected:

**Officers:** President, President Elect, Secretary/Treasurer

**Board Members:** Currently have seven board members

If you are interested in serving on the Nominating Committee, please let the BCMS office know by June 1. Call 573.814.1894 or email the office at [bcms@socket.net](mailto:bcms@socket.net).

## Online Certificate Program Will Help Researchers Take Their Creations to Market

### *MU offers certificate in life science innovation and entrepreneurship*

Taking discoveries from the lab to the marketplace requires business savvy. But scientists and researchers often lack know-how when it comes to pitching investors and creating business plans. To help close this skills gap, the University of Missouri is now offering an online graduate certificate in life science innovation and entrepreneurship.

**BCMS has checked and any of our members interested or unsure how to take their dream creation to market will be able to sign up for this class. For additional questions login to the program website. Go for it!**

Students will be able to complete the four-class career development program completely online in just one year. The program is the result of collaboration among faculty in the MU School of Medicine, College of Engineering and the Trulaske College of Business.

“As scientists, we’re very good at testing hypotheses and producing scholarship,” said Jerry Parker, Ph.D., associate dean for research at the MU School of Medicine. “But, increasingly, we are understanding the importance of finding commercial applications for our discoveries and delivering them where they’re needed. We also want to help others acquire these important skills.”

Classes cover obtaining patents, intellectual property, determining commercial viability, market assessment, competitive landscape and life science research tools.

The life science innovation and entrepreneurship program is designed to serve researchers, doctors and veterinarians as well as engineering and business professionals. The certificate will prepare graduates to lead their own biomedical companies

or work as investment specialists for venture capital firms.

“This program gets scientists, engineers and business people all on the same page,” said Anandhi Upendran, Ph.D., director of biomedical innovation in the MU Institute for Clinical and Translational Science. “We show them how to better understand unmet clinical needs, so they can innovate together to build products to meet those needs and bring those products to the market.”

Classes begin in August and applications are now being accepted. GRE scores are not required.

Students in this program — and in all Mizzou’s online graduate degree and certificate programs — pay in-state tuition rates, regardless of their state of residency.

To learn more about the online graduate certificate in life science innovation and entrepreneurship or to apply to the program, visit:

[www.online.missouri.edu/lifescience](http://www.online.missouri.edu/lifescience)

*Reprinted from MU Health March 11, 2016*



## 2016 MATCH DAY AT MU

### 100% OF THE 2016 CLASS RECEIVED A RESIDENCY PROGRAM MATCH!!

As our members well remember, Match Day is one of the most anticipated and exciting days for the 85 fourth year medical students at MU and thousands more nationwide.

MU School of Medicine students simultaneously ripped open the sealed envelopes that contained their fates as future physicians today during the



school's annual Match Day. The gallery was overwhelmed with hugs, high fives and tears from families and friends as these fourth year medical students celebrated the start of a new chapter in their lives.

At 100% the number of MU School of Medicine graduates matched with residencies is above the national average match rate of approximately 94%. Thirty percent will stay on the MU campus for their residency training. Forty percent will remain in Missouri. Forty two percent of this graduating class selected residency programs in high need primary care fields, including internal medicine, pediatrics and family medicine.

Nationwide more than 42,000 medical school graduates competed for approximately 30,000 residency positions. The overall match rate for this year was 96.2%

*Information for this article was compiled from MU News and the AMA Wire. Photo from MU News.*



**School of Medicine**

*University of Missouri Health*



Frederick Fraunfelder, M.D.

## Chickenpox, Shingles Vaccine May Cause Corneal Inflammation in Some Patients

***Primary care physicians should be aware of possible vision side effect for susceptible patients***

In use for more than 20 years, the varicella zoster virus vaccine for chickenpox and shingles is

considered an essential medicine by the World Health Organization (WHO). However, researchers from the University of Missouri School of Medicine have found, in rare instances, a link between the vaccine and corneal inflammation. It is a finding the researchers say should be discussed by primary care physicians and patients with a history of eye inflammation before getting vaccinated.

“Keratitis, or inflammation of the clear layer on the front of the eye, is a vision issue that can cause serious complications or even permanent damage to your vision if left untreated,” said **Frederick W. Fraunfelder, M.D.**, chair of the Department of Ophthalmology at the MU School of Medicine and director of MU Health Care’s Mason Eye Institute. “By studying case reports from national and international registries, we found at least 20 cases of keratitis occurred in children and adults within a month of administration of the chickenpox and shingles vaccine. While this is a rare occurrence, it’s important for physicians to know when giving the vaccine to individuals who have a history of the condition because it could be reactivated by the vaccine.”

Fraunfelder is the director of the National Registry of Drug-induced Ocular Side Effects, an international effort to gather information on adverse ocular events associated with drugs, chemicals or herbs. The registry collects data from the U.S. Food and Drug Administration spontaneous reporting database, the WHO spontaneous reporting database and reports from physicians who submit to the registry.

A review of the database and previously published reports found 20 cases of keratitis with a close relationship to administration of the vaccine. For adults, symptoms of keratitis developed within 24 days of vaccination. For pediatric patients, symptoms of inflammation developed within 14 days.

Using the WHO classification system for adverse drug reactions, the researchers found a probable relationship between the vaccine and keratitis. However, the researchers recommend the majority of patients still be regularly vaccinated against chickenpox and shingles.

“It’s important to note that keratitis associated with these vaccines is very rare, and by itself is not a reason to forego vaccination,” Fraunfelder said. “But for patients who have a history of keratitis, we recommend they talk to their primary care

physician before getting vaccinated. If these individuals are vaccinated, they should be closely monitored to ensure they don't experience corneal inflammation or additional scarring."

The study, "Varicella and Zoster Vaccine-associated Keratitis," was presented at the 2015 meeting of the American Academy of Ophthalmology in Las Vegas. In addition to Fraunfelder, the researchers included Anthony Grillo, M.D., fellow in the MU Department of Ophthalmology.

*Reprinted from MU Health January 2016*



## CMS LAUNCHES LARGEST-EVER MULTI- PAYER INITIATIVE TO IMPROVE PRIMARY CARE IN AMERICA

On April 11, CMS announced its largest-ever **initiative to transform and improve how primary care is delivered and paid for in America.**

The Comprehensive Primary Care Plus (CPC+) model, will be implemented in up to 20 regions and can accommodate up to 5,000 practices. The initiative is designed to provide doctors the freedom to care for their patients the way they think will deliver the best outcomes and to pay them for achieving results and improving care.

Primary care practices will participate in one of two tracks. Both tracks will require practices to perform the functions and meet the criteria of the model, but practices in Track 2 will also provide more comprehensive services for patients with complex medical and behavioral health needs.

**CPC+ will help practices move away from one-size-fits-all, Fee-For-Service (FFS) health care to a new system that will give doctors the freedom to deliver the care that best meets the needs of their patients.**

- **In Track 1**, CMS will pay practices a monthly care management fee in addition to the FFS payments under the Medicare Physician Fee Schedule for activities.
- **In Track 2**, practices will also receive a monthly care management fee and, instead of full Medicare FFS payments for Evaluation and Management services, will receive a hybrid of reduced Medicare FFS payments and up-front comprehensive primary care payments for those services

To promote high-quality and high-value care, practices in both tracks will receive up-front incentive payments that they will either keep or repay based on their performance on quality and utilization metrics. Practices in both tracks also will receive data on cost and utilization.

CMS will select regions for CPC+ where there is sufficient interest from multiple payers to support practices' participation in the initiative. CMS will enter into a Memorandum of Understanding with selected payer partners to document a shared commitment to align on payment, data sharing, and quality metrics in CPC+. CMS will accept payer proposals to partner in CPC+ from April 15 through June 1, 2016. CMS will accept practice applications in the determined regions from July 15 through September 1, 2016.

*Reprinted from MLN Connects April 2016.*



*David G. Hall  
Research Symposium*

University of Missouri  
Obstetrics, Gynecology and  
Women's Health



**"Professionalism and Mentoring"**

**Haywood L. Brown, M.D.**  
F. Bayard Carter Professor and Chair  
Department of Obstetrics & Gynecology  
Duke University Medical Center

**May 27, 2016; 1:30-2:30 PM**  
Lester R. Bryant Auditorium  
University of Missouri  
School of Medicine

 **Women's  
Health Center**  
University of Missouri Health Care

  
**Chancellor's Distinguished  
Visitors Program**  
University of Missouri

**BOONE COUNTY MEDICAL SOCIETY  
GENERAL MEMBERSHIP MEETING**

**SGR UPDATE**

By: Raghav Govindarajan, MD

**Tuesday, June 7, 2016**

Wine/beer Social (6:30 - 7:00) Catered Dinner, Business Meeting and Presentation  
(7:00 - 9:00)

Boone Hospital Center Conference Room C, 1600 E. Broadway, Columbia

**RSVP Required by May 30, 2016**

To Boone County Medical Society  
573.814.1894

[www.boonecountymedicalsociety.org](http://www.boonecountymedicalsociety.org)

[bcms@socket.net](mailto:bcms@socket.net)

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

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