



Boulder County Medical Society HeartBeat

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Boulder County Medical Society

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PRESIDENT'S MESSAGE - CASEY GALLAGHER, MD

“If you don't know where you are going, any road will get you there.”

Lewis Carroll

It's 2010. Does Anybody Know Where We Are Going?

The twists and turns, unexpected accelerations and sudden dead-ends of the Congressional journey toward health-care reform have led to some stomach-dropping episodes of exhilaration and some unpleasant moments of motion sickness. They have not, however, left us with a very good idea of where we're heading.

Regardless of one's political affiliation, there's no denying our current system is

unsustainable. Exorbitant co-pays and deductibles keep sick patients from visiting their physicians for medical care; restrictions on medication and study options hamstring physicians' power to treat their patients; insurance claims denials increase the financial and psychological cost of healthcare for both patients and physicians.



**Casey Gallagher
M.D., BCMS President**

continued on page 2



**DON'T MISS IT!
2010 LEGISLATIVE FORUM
Make Plans to Attend Today!**



BCMS is proud to present a night of important discussions with our Boulder County legislators, co-hosted with Boulder County Bar. As this is an election year, it is crucial to craft a personal dialogue between legislators and physicians. Don't miss this important opportunity!

Moderators - Mark Laitos, MD, BCMS Past President and CMS 2010 President Casey Gallagher, MD, BCMS President

CMS Leadership - Ben Vernon, MD, CMS Past President; Jan Kief, MD, CMS Speaker of the House

Special Invited Guests and Dignitaries:

Senators: Dan Gibbs, Rollie Heath, Shawn Mitchell, Brandon Shaffer

Representatives: Dickey Hullingerhorst, Claire Levy, Jack Pommer, Dianne Primavera, and Paul Weissmann

DATE/TIME: WEDNESDAY, MAY 19, 2010 6:00 pm to 8:00 pm
(cash bar and dinner included)

PLACE: Boulder Country Club, 7350 Clubhouse Rd, Boulder
COST: BCMS members - no charge Guest Fee - \$30

PRESIDENT'S MESSAGE continued from page 1

So what to do?

Well, if the reform effort is primarily a political expedition, and all politics is local, I believe every physician has the opportunity to impact where this journey takes us. For its part, the Colorado Medical Society, which like the BCMS regards the input of its membership very seriously, has actively engaged with state and national legislators to shape policy. CMS has been in regular communication with Colorado's Congressional delegation to support the principle of healthcare reform. More specifically, CMS has championed the expansion of coverage while remaining strongly critical of the lack of tort reform in recent legislative proposals. I encourage every BCMS member to contact me with healthcare reform ideas to communicate to the BCMS Executive Committee or CMS. Or speak with me about possibly joining the Executive Committee.

Another strong opportunity for impacting the healthcare reform process exists at the annual CMS

meeting in September. At the meeting, delegates are invited to present proposals to the Society for consideration. Past proposals have resulted in state policy changes. Recent proposals from the BCMS delegation have argued for passage of a motorcycle helmet law as a public-health concern; for digitization of and unrestricted emergency-room access to patient EKG results; and for smart-phone connectivity to emergency services with single-button confidential transfer of essential medical information. If you have any public health or administrative policy recommendations you would like to recommend, please contact Judy Ladd or me at BCMS.

Historically, physicians have not been strong advocates for the practice of medicine or our own interests. So busy taking the best possible care of our patients, we have largely considered politics disruptive or distracting. But I would argue the time has come to make a change and draw a map. We need to decide where we're going and what road will finally take us there.



HAITI DISASTER! WAYS FOR YOU TO HELP

Prepared by Dr. John Ogle, Chair of BCMS Disaster Response Committee

Physicians wanting to help in this epic, devastating event should not self deploy. There is no infrastructure to support them. Spontaneous volunteers are a liability in disaster response. There is no electricity, water, food is scarce, and shelter is nonexistent. Aftershocks make those buildings still standing danger zones. Roads are impassable and those planes that do land at the airport quickly find out that planes that cannot refuel to leave.

CMS is posting opportunities for physicians wishing to deploy there on the Disaster Preparedness website as they become available. CMS disaster Web Page: <http://www.cms.org/disasterprep.html>

Donations should be made to nationally or to worldwide organizations that can get the right resources to the right people in a timely manner. While we like to know our donations were for specific things such as 25 blankets that went to the Smith family in Port Au Prince, large organized relief agencies can better gauge the needs and ensure that the goods get to

those who need it. See our list at: <http://www.bouldercountyflu.com/#ListofCharities>

If physicians are not all ready registered with a recognized response organization, this is a good time to register with the State recognized agency - The Colorado Volunteer Mobilizer: <https://covolunteers.state.co.us/VolunteerMobilizer/>

CMS has contacted the CDC to get guidelines for recommendations for vaccines responders should have prior to going to Haiti. This is going to **quickly turn into a public health concern with sanitation issues. These will be posted on the CMS disaster website as they become available.**



Dr. John Ogle, Chair of BCMS Disaster Response Committee

CRITERIA FOR HIT INCENTIVES RELEASED



The federal government late December released the long-awaited proposed rules for its Health Information Technology (HIT) incentives. Created as part of the federal stimulus bill, the program provides funds to eligible providers who demonstrate "meaningful use" of a "certified" Electronic Health Record system, or EHR.

If the rules become final later this year, eligible providers will be expected to report quality measures and meet other requirements. Go to the Colorado Medical Society/Component Societies' HIT web page to see a list of requirements and to learn more: <http://cms.org/HIT/iHITHome.html>

Then check out two great new self-help tools posted on the same page. The Stimulus Fund Calculator will help you determine how much money your practice may be eligible to receive, and how WHEN you implement HIT may affect your incentive amount. The Vendor Comparison Tool provides a side-by-side comparison of 11 of the most commonly used EHR systems in Colorado, as well as detailed information about each EHR. Both are available under "Self-Help Tools" toward the middle of the HIT page (member login required).

If you have questions, please call Sara Burnett at CMS: 720-858-6313.



YOUR PRACTICE NEEDS A BUSINESS PLAN

Preparing Makes Good Business Sense

Get ready now. (<http://www.ready.gov/business/plan/planning.html>)

Be prepared. Physician's offices are businesses. All physician offices should prepare for their business needs. Below are relative "tips" for making sure you are prepared for any disaster. You can also find a fill-able form at <http://www.cms.org/disasterprep.html> that can help the process of making your plan as simple as filling in the blanks. How quickly your office can get back to business after a terrorist attack, a tornado, a fire, or a flood often depends on emergency planning done today.

1. Continuity of operations planning:
 - Carefully assess **how your office functions**.
 - Review your **business process flow chart** if one exists.
 - Identify **operations critical to survival** and recovery.
 - Include **emergency payroll, expedited financial decision-making and accounting systems** to track and document costs in the event of a disaster.
 - Establish procedures for **succession of management**. Include at least one person who is not at the company headquarters, if applicable.
2. Identify your **suppliers, shippers, resources and other businesses**.
3. Plan what you will do if your **building is not accessible**.
4. **Plan for payroll continuity**.
5. Decide **who should participate** in putting together your emergency plan.
6. Define **crisis management procedures** and **individual responsibilities** in advance.
7. Coordinate with others.
 - Meet with **other businesses in your building** or industrial complex.
 - Talk with first responders, emergency managers, community organizations and utility providers.
 - Plan with your suppliers, shippers and others you regularly do business with.
 - Share your plans and encourage other businesses to set in motion their own continuity planning and offer to help others.
8. **Review your emergency plans annually**.



Check out <http://www.cms.org/disasterprep.html> for an easy to use Office Plan guide.



CHECK THIS OUT!

Tuesday, February 16

ICS 100/700 Training for Physicians

6:00 pm to 8:00 pm, dinner served at 5:30 pm
BCMS office

Physicians should sign up with the CVM state volunteer system at <https://covolunteers.state.co.us> prior to attending. REGISTER by email: aalbrecht@atcd.net, or call Anita: 720-273-2554.

Thursday, February 18

BCMS Office Managers Meeting

7:30 am to 8:30 am

BCH-Foothills Campus, Leo Hill A Room
“Coding Workshop” open to all BCMS staff, limited space, RSVP to: Anita at 720-273-2554.

Saturday, February 27

Medical Home/Medical Neighborhood Physician Leadership Summit

Help to shape the approach in developing practical ways for a practice to start the medical home journey and connect up with specialists in their community! For more info or to RSVP contact Karen Frederick-Gallegos at: Karen_Frederick-Gallegos@cms.org

Tuesday, March 2

CMS Brown Bag Teleconference

Noon to 1:00 pm

Topic will be Medicare Value-Based Purchasing/PQRI (Physician Quality Reporting Initiative).
Watch for registration info soon from CMS.

Thursday, March 11

BCMS Executive Committee Meeting

6:30 pm at BCMS office.

Thursday, March 18

BCMS Office Managers Meeting

7:30 am to 8:30 am

BCH-Foothills Campus, Leo Hill A Room.
Roundtable of Current Topics.
RSVP to: Anita at 720-273-2554.

Friday, March 19

CMS Board of Directors Meeting

1:00 pm at CMS Office in Denver.
All BCMS members welcome to attend.
Alfred Gilchrist returns as CMS CEO.

Wednesday, April 14

Full Day Disaster Preparedness Training

Training to be held at central location in Denver and will be taught by International Trauma & Disaster Instit. of Massachusetts. Training focus is Basic Disaster Awareness, and will include the ABC's of Disaster Medical Response. ICS 100/700 training will be offered. Physician participants will receive a disaster field manual. RSVP to: Anita Albrecht at 720-273-2554 or aalbrecht@atcd.net

Thursday, April 15

BCMS Office Managers Meeting

7:30 am to 8:30 am

BCH-Foothills Campus, Leo Hill A Room
“Creating Your Office Disaster Preparedness Plan” with Colleen Kinlund and Anita Albrecht.
RSVP to: Anita at aalbrecht@atcd.net or 720-273-2554.

Friday, April 30

CMS Board of Director's Meeting

1:00 pm

Held in conjunction with CMS Spring Conference at the Sonnenalp Resort in Vail.
All BCMS members welcome to attend.

Saturday - Sunday, May 1-2

CMS Spring Conference

Held at the lovely Sonnenalp Resort in Vail.
“Accountable Care Organizations” will be meeting focus. No charge for meeting. All BCMS members encouraged to participate.

Thursday, May 13

BCMS Executive Committee Meeting

6:30 pm at BCMS office.

Wednesday, May 19

BCMS Legislative Forum 2010

6:00 pm to 8:00 pm

Boulder Country Club, co-hosted with Boulder County Bar Association. A night of important discussions with our Boulder County legislators – this is an election year and it's crucial to craft a personal dialogue between legislators and physicians. Don't miss this important opportunity! BCMS members no charge, guests \$30.00.

WELCOME! - Please Welcome These New Members

Nina Baker, M.D.
Interventional Physiatry
SPINE WEST
5387 Manhattan Circle
Suite 200
Boulder, CO 80303
303-494-7773

Jerald Boseman, M.D.
Nephrology
WESTERN NEPHROLOGY
1960 Ken Pratt Blvd.
Suite B
Longmont, CO 80501
303-443-4200

David Conyers, M.D.
Hand Surgeon
COLORADO HAND & ARM, PC
8550 W. 38th Avenue
Suite 106
Wheat Ridge, CO 80033
303-421-1440

Laura Erben, M.D.
Internal Medicine
SPRUCE STREET INTERNAL
MEDICINE
2575 Spruce Street
Boulder, CO 80302
303-449-3594

Matthew Gerlach, M.D.
Orthopedist
FRONT RANGE ORTHOPEDIC
CENTER
1551 Professional Lane
Longmont, CO 80501
303-772-1600

Mark Hickey, M.D.
Sleep Medicine, Neurologist
BCH Sleep Disorders Center
1000 Alpine Avenue
Suite 201
Boulder, CO 80304
303-938-5354

Shirley Huang, M.D.
Geriatrics
INTERNAL MEDICINE
ASSOCIATES - BOULDER
1155 Alpine Avenue
Suite 360
Boulder, CO 80304
303-442-8840

Honor Kennedy, M.D.
Internal Medicine
INTERNAL MEDICINE ASSOCIATES
FOOTHILLS
4745 Arapahoe Avenue
Suite G-50
Boulder, CO 80303
720-854-7272

Justin King, M.D.
Otolaryngologist
BOULDER VALLEY ENT
4745 Arapahoe Avenue
Suite 130
Boulder, CO 80303
303-443-2771

Lief Sorensen, M.D.
Pain Management
DIMENSIONS PAIN
MANAGEMENT
80 Health Park Drive
Suite 50
Louisville, CO 80027
303-661-4100

David Whitling, M.D.
Emergency Medicine
BOULDER COMMUNITY
HOSPITAL
1100 Balsam Avenue
Boulder, CO 80304
Home phone only available



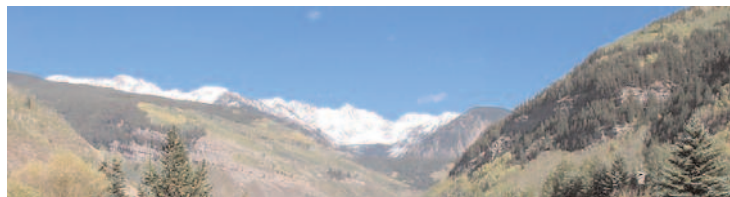
SAVE THESE DATES!



Sonnenalp Resort of Vail
Saturday & Sunday, May 1-2, 2010
CMS Spring Conference:
Sonnenalp Resort in Vail



Wednesday, May 19, 2010
BCMS 2010 Legislative Forum:
6:00 pm
Boulder Country Club



Friday to Sunday, September 10-12, 2010
DELEGATES! All Members Welcome!
CMS Annual Meeting:
Vail, Colorado

ALFRED GILCHRIST TO RESUME ROLE AS CEO FOR CMS



Colorado Medical Society (CMS) is pleased to announce the return of Alfred Gilchrist, the current CEO of the California Medical Assoc., to his recently vacated position of CEO of CMS.

"I am thrilled that Alfred will be returning to Colorado in his previous capacity," said CMS President Mark Laitos, MD. "Under Alfred's leadership, CMS made great strides over the past five years and I am delighted that circumstances worked out that Alfred could return."

Gilchrist was re-hired after an extensive national search and screening process. Gilchrist, along with two other candidates selected from the national search, interviewed with the medical society board of directors and was extended an offer to return.

Dean Holzkamp served very well as interim CEO for CMS during Alfred's move to California, and was one of the three final candidates for the CEO position. Dean and Alfred are good friends and they both were pleased with the process and final outcome.

"It took an out-of-state move for me to realize that Colorado has become my adopted home," said Gilchrist. "I'm profoundly grateful that the CMS Board of Directors invited me to return to my previous position and am honored and enthusiastic to get started back at CMS." Alfred assumes his duties as CMS' chief executive February 1.



VOLUNTEER OPPORTUNITY TO WORK WITH THE MEDICALLY UNDERSERVED



HEALTH AND HEALING MINISTRY

Dr. Shevaun Duiker, a family practice physician at Family Medical Associates in Lafayette, began volunteering at the Free Clinics offered by St. Benedict Health and Healing Ministry (SBHHM) in 2007. Duiker says, "It is very rewarding to provide this service to people who have no where else to go." SBHHM offers no cost basic health care to the thousands of medically underserved individuals in Boulder County via mobile Free Clinics.

Duiker explains, "We go to where the people in need gather, such as Sister Carmen Community Center and St. John's Episcopal Church in Boulder. We set up similar to a MASH unit providing basic health care intake, assessment, blood pressure/diabetes screening, education, and referral.

One of our primary goals is to connect people to a medical home where they can get ongoing Primary Care. Many of the people we see have chronic illnesses that are under treated. I am inviting you to join us in providing this invaluable service."

SBHHM is a Diocesan Institution of the Episcopal

Diocese of Colorado and a 501(C) 3 non-profit organization. Although faith based, the ministry is completely non-denominational in its outreach. All are welcome. The founder and executive director, the Rev. Sally Bowersox, is a registered nurse and Episcopal priest.

Bowersox says, "In the four and one half years we've been in Boulder County the number of patients we see on an annual basis has grown from 400 to a projected 1600 in 2009. When we began providing this service the typical patients seen were homeless men and the working poor. Over the last few years this has grown to include homeless women, elderly, youth, Latino folks and most recently two income families, single parents, those denied health care coverage for a variety of reasons, veterans, and the unemployed."

Would you like to volunteer your time, talent or treasure? Please contact: Rev. Sally Bowersox: 303-380-3132, sallyosb7@comcast.net or Dr. Shevaun Duiker, MD sduiker@msn.com or visit our website at: www.stbenedicthealthandhealing.org



MULTITASKERS BEWARE!!

**If you think you can call, text and drive at the same time, you cannot.
That message you can't wait to send could kill.**

MULTITASKERS BEWARE!!



Millions of people text, talk or e-mail on their cell phones while driving—a recent survey finds that 71% of people between the ages of 18 and 49 admit they text or talk on the phone while they drive. If you think you can call, text and drive at the same time, you cannot. That message you can't wait to send could kill. Distracted driving is an epidemic that is sweeping through our country, claiming lives and destroying families.

“ Distracted driving is an epidemic that is
sweeping through our country, claiming lives
and destroying families. ”

Nearly 500,000 people are injured and 6,000 are killed each year because drivers are talking, texting and e-mailing behind the wheel, according to the U.S. Dept. of Transportation.

Most European countries ban the use of handheld cell phones while driving, but not all U.S. states have laws restricting texting and driving. So far, 19 states and the District of Columbia have banned texting while driving. In seven states and the District of Columbia, drivers can only use their cell phones if they are hands-free. Of the states with these laws, Utah's laws are among the strictest, due to one distracted driver and two grieving families.

We care about YOU, your family, and our community.

HAVE A SAFE DRIVE!

SUPPLIES NEEDED FOR MEDICAL MISSION TO PERU- COULD YOU HELP?

Submitted by Dr. Howie Wolf and Rose Pierro

BCMS member Dr. Howie Wolf and his wife Rose are going on a medical mission (co-sponsored by Centura Health) to Peru in April. The city of Iquitos is only accessible by plane or boat. Some stay in the city to train/work with the local medical people and perform needed surgeries, and others of us boat down river to small villages to perform primary care to the needy under some very primitive conditions.



These people live, eat, travel and drink from and on the Amazon. Needs are many, but include sustainable living conditions, clean water, and medical care. All that we will treat will have parasites, and most lack iron and vitamins. Many children suffer from diarrhea, parasites, skin lesions, and have many general needs. We will train about nutrition, necessity for clean water and more.

Some medical supplies will be on site, but the doctors bring blood pressure cuffs, thermometers, and stethoscopes. Other supplies are needed and we ask for a little help from you. Please consider joining us by donating any supplies from the list below. Our goal is to make a real difference and help make a more sustainable future for this fascinating culture.

NEEDED BY MARCH 10TH:

- Flip flops to help keep parasites from entering their feet
(they do not like shoes like crocs that cover the tops of their feet)
- school supplies (like pencils, scissors, pens)
- nail clippers
- medication samples (antibiotics, ointments, asthma meds)
- adult vitamins
- childrens chewable vitamins
- pre-natal vitamins
- books in Spanish
- soccer balls (need to be deflatable)
- toothbrushes but not toothpaste
- washcloths
- sunglasses (there is a big problem with cataracts)
- reading glasses
- children's give away small toys
(nothing with batteries, but bouncy balls, matchbox size cars, or items like this)

**You can call either of us directly, or drop supplies at Howie's office at:
401 E. Cleveland Avenue in Lafayette.
With appreciation, Rose & Howie
Howie: 303-829-2872. Rose: 720-244-3940**



stability matters.

If there is one thing to learn from the recent financial turmoil, knowing who to trust is paramount.

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**IF YOUR
VACCINES GET TOO
HOT
WILL YOUR
BUSINESS
INSURANCE
LEAVE YOU
OUT IN THE
COLD?**

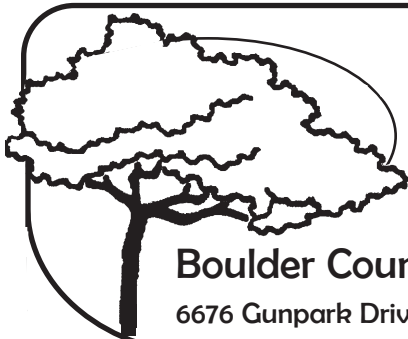
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PLEASE SHARE WITH YOUR OFFICE MANAGER