



news & views

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**Ohio State Society
American College of
Osteopathic
Family Physicians**

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President's Message

Fit for Life: Fit Families and Fit Futures

by Jay H. Shubrook, Jr., DO, FACOFP

In my last column I discussed the positive impact we can have as physicians when our patients see us participating in acts of wellness.

Now I want to share the importance of keeping our children "Fit for Life." As we all see in our daily practices, obesity has become an American epidemic. Two-thirds of adult Americans are either

overweight or obese. An adult today is an average of 25 lbs. heavier than 40 years ago, and females are 24 lbs. heavier. This increase in weight has led to increased rates of diabetes and increases our risk of cardiovascular disease.

The rate of obesity in our children and adolescents has tripled over the past forty years. This has led to an increased rate of diabetes in children. Forty-five percent of children who develop diabetes now are diagnosed with type 2 -- a disease that was once thought to only occur in adults. This foreshadows a grim future. This generation of children is predicted to have a shorter life expectancy than their parents. We must act as parents and physicians to reverse this trend.

Children spend an average of 44 hours a week in front of a screen.

Screen time now includes television, computer, as well as handheld devices such as i-Pods, phones and games. Calories ingested and children's BMI are directly correlated with time in front of a screen. We need to work with families to help them develop parameters that balance static and physical activities for the entire family. Offer family friendly alternatives that can keep the whole family moving.

Bring back the dinner table.

When families sit down and eat together, the meals are more likely to be home cooked, healthier and well balanced. This is an opportunity for parents to role model healthy eating habits and food choices as well as strengthening family ties.

In an article published in the December issue of *JAOA*, McNerney, Andes and Blackwell found that young osteopathic physicians were less likely to take an annual vacation and less likely to schedule daily personal time. Overall only 51 percent of DOs exercise regularly. These behaviors are not only good for the physician but also demonstrate to children the priority of mental and physical health.

We as osteopathic family physicians can have a dramatic impact on the health of our children, our families, and our communities.

DOs Fit for Life: Caring for our Family and Yours!



Supporting Students



Ohio ACOFP President **Jay H. Shubrook, DO, FACOFP**, (right) presents **Christopher R. Selinsky, OMS II**, with a \$1,500 check, October 20, 2007, for the Ohio University College of Osteopathic Medicine Family Practice Student Association. Selinsky, who serves on the Ohio ACOFP Board of Governors, is president of the student group. Each year, Ohio ACOFP supports the Student Association with a grant.

Ohio DOs Attend National Meeting, Ohio ACOFP Wins Awards

The Ohio ACOFP sent 20 delegates to the ACOFP Congress of Delegates, March 11-12, in Denver, Colorado, held in conjunction with the ACOFP 45th Annual Convention & Exhibition. A group of Ohio University College of Osteopathic Medicine students also attended the national meeting.

During the Congress, Ohio ACOFP was recognized with two awards. President **Jay H. Shubrook, DO, FACOFP**, of Athens, who led the delegation, accepted the State Society of the Year Award and the Public Service Award on behalf of the organization.

The Society of the Year Award is presented to the outstanding chapter that demonstrates overall excellence.

This was the third year for the state society awards. Four awards are available: State Society of the Year; Excellence in Leadership; Public Service; and Member Services. Last year, Ohio ACOFP won the Excellence in State Society Leadership Award.

At the Congress of Delegates, Ronnie B. Martin, DO, FACOFP *dist.* of Parker, Colorado, was installed as ACOFP president.

Martin dedicated his early professional career to the service of his patients by practicing family medicine primarily in rural and underserved settings, while his more recent efforts have been concentrated on the promotion of public health, advocacy for osteopathic medicine, the advancement of osteopathic medical education and supporting osteopathic family physicians.

In addition to Shubrook, the following Ohioans served as delegates: **Victor D. Angel, DO**; **William J. Burke, DO, FACOFP**; **Franklin DeMint, DO**; **Melinda E. Ford, DO**; **Donald R. Furci, DO, FACOFP**; **Ioanna Z. Giatis, DO**; **Edward E. Hosbach, II, DO**; **Robert L. Hunter, DO**; **Mark S. Jeffries, DO, FACOFP**; **Brian Kessler, DO**; **Paul A. Martin, DO, FACOFP**; **Charles D. Milligan, DO**; **Eugene D. Pogorelec, DO, FACOFP**; **Ronald J. Russ, DO**; **Phillip A. Starr, III, DO**; and **Katherine A. Clark, DO**. In addition, **Kelly Becker, DO, PGY 3**, and **Christopher T. Marazon, DO, PGY 2**, served as resident delegates and **Christopher R. Selinsky, OMS II**, served as the student delegate.

In addition to the two Congress sessions, delegates attended a caucus

breakfast to review resolutions. For those who stayed for the entire Convention, Ohio ACOFP co-sponsored the OU-COM Alumni & Friends reception on March 14.

In other Convention news, Ohio ACOFP Past President **Paul A. Martin, DO, FACOFP *dist.***, received his designation as a Distinguished Fellow. The designation honors exceptional members and is presented to Fellows who have exhibited exemplary service to ACOFP by attendance, as well as support of the governance and committee structures locally and nationally.

A Research Poster Presentation was held as part of the Convention. There were a total of nine student posters and five of them came from OU-COM. Selinsky, who serves as the student representative on the Ohio ACOFP Board of Governors, received first place in the student division. Other winners were OU-COM students Lisa Light and Amanda McConnell. **Lisa Phelps, DO**, a resident at Firelands Regional Medical Center in Sandusky, won Best Case Report in the Resident Division.

Shubrook Advocates for Medicaid Reform

As part of the Ohio Coalition of Primary Care Physicians, Ohio ACOFP President **Jay H. Shubrook, DO, FACOFP**, and Executive Director Jon F. Wills met with state officials, March 4, 2008, to discuss Medicaid managed care contracting issues relative to access and reimbursement.

Specifically, the Coalition issues are verification of adequacy of provider panels; contracts that ensure legislatively enacted payment increases are passed through to the providers of care rather than to care administrators only; the need for an independent study to evaluate the Medicaid population's access to healthcare; and hassles resulting from multiple formularies and subspecialist referral problems.

Medicaid Director John Corlett indicated a review of Medicaid managed care was forthcoming. Shubrook and the Coalition members pledged to work cooperatively with the Office of Medicaid to resolve issues that limit patient care and frustrate physicians and other healthcare providers.

PHOTO CREDIT TOMI CLARK



Ohio ACOFP President Jay H. Shubrook, DO, FACOFP (left), accepts the 2008 State Society of the Year Award from ACOFP President Ronnie B. Martin, DO, FACOFP, at the Congress of Delegates, March 11, in Denver. The award recognizes overall excellence and State Societies that provide regular and effective communications with members and prospective members, including students and residents, as well as the general public. Three Awards are available, one for each ACOFP size category. Ohio won in the large state category, 300+ members excluding students and residents.

Ohio ACOFP to Sponsor Family Medicine Day at State Convention

Some 200 physicians, exhibitors, guests, and others are expected to attend Ohio ACOFP's Family Medicine Day, June 21, 2008, as part of the 110th Ohio Osteopathic Convention. The annual Convention is sponsored by the Ohio Osteopathic Association. The event will be held at the Hilton Columbus at Easton Town Center.

Family Medicine Day features the Annual Meeting & Awards Luncheon at 12:00 noon with a keynote address from ACOFP President Ronnie B. Martin, DO, FACOFP *dist.* of Colorado. In addition, Ohio ACOFP President **Jay H. Shubrook, DO, FACOFP**, will present the Distinguished Service, Family Physician of the Year, Young Family Physician of the Year, Resident of the Year, and Resident Scientific Paper awards. **Mark S. Jeffries, DO, FACOFP**, will be installed as president and members will elect a Board of Governors for 2008-2009.

The day kicks off with a continental breakfast and Poster Competition & Exhibition followed by education sessions on Childhood and Adolescent Obesity, Smoking Cessation, Informed Consent, Mammography & MRI, Vaccines, and an OMM workshop. **Brian A. Kessler, DO**, of Cleveland, serves as program chair of the event.

To register for the entire Convention, go to www.oaanet.org or call the OOA at 800-234-4848. Ohio ACOFP members will receive a fax flyer detailing the Family Medicine Day schedule.

Residents Report

by Kelly Becker, DO, PGY 3
St. Joseph Health Center, Warren

The FP residents are busy, busy, busy! Another year halfway done and so far very successful.

Results from the November OSCE are in and the residents are performing very well. Inservice exam scores were received in February.

PGY IIIs prepared for boards, held in March in Denver. Some did private studying and others went to courses like the Family Practice Review & Reunion in Dayton.

Third years are also interviewing for jobs and fellowships -- and looking forward to finishing residency in June!

Measuring Performance: CMS PRQI and CAP

by Jay H. Shubrook, DO, FACOFP

I bet most of you have heard about Pay for Performance Initiatives. I expect your reactions are much like the political arena where everyone has their own opinion which differs greatly from one to the other. No matter what your opinion, performance measurement is here to stay. It is our responsibility to engage this process in a way that allows us to participate and mold its implementation and enforcement. If we ignore or boycott the process we are likely to not have our wishes represented and still suffer the effects from the process and implications.

The Centers for Medicare & Medicaid Services (CMS) has implemented a system in which physicians can earn a 1.5 percent bonus on qualifying Medicare claims for voluntary reporting on pre-specified measures of chronic disease measurement. The key factor here is that physicians can be rewarded for just reporting, not for the outcomes achieved. In a typical practice this could equate to an extra few thousand dollars collected per year.

In 2008 there are 119 measures to choose from, spanning a variety of health conditions. Physicians who want to participate will need to sign up for the program and choose at least three measures on which they report. They can choose any of the measures they like. Physicians then report on all Medicare patients who present to the office with the ICD-9 diagnosis that matches the selected measures. To qualify for the bonus, physicians must report on at least 80 percent of qualified

charts. At the end of the year physicians will receive a confidential report on how they met the measure set. This can be valuable if the physician is willing to assess progress and improve performance.

Another system that is available to DOs regarding quality improvement is the Clinical Assessment Program (CAP). This program is administered by the AOA and free to member physicians. This program has developed measurement sets in acute low back pain, diabetes, women's health, hypertension/metabolic syndrome and vaccinations. These sets are determined by evidence-based measures such as the HEDIS outcome recommendations. Physicians will need to report a minimal number of patients to get a report (about 35). The AOA analyzes the patient data and submits a free report on how the physician met the standards of quality. The report illustrates how your results compare to the national data set of those who reported. This innovative program has placed DOs in the national forefront of continuous quality improvement.

As a proactive and insightful step, the AOA now requires all osteopathic family practice residency programs to submit data to the CAP. This will introduce the residents to the basics of quality improvement measurement programs as well as the concepts of systems-based practice and practice based learning. This program helps prepare future DOs to be successful in the changing medical environment.

Serve Your Profession

Interested in serving on the Ohio ACOFP Board of Governors?

Governors serve a one-year or four-year term, attend 3-4 board meetings a year, serve as a delegate to the ACOFP Congress of Delegates when possible, participate in occasional conference calls, take an active part in discussions, and speak on behalf of family physicians in a geographical area.

Governors are elected during the Annual Meeting in June.

If you would like to serve in this volunteer capacity or for details, contact President **Jay H. Shubrook, DO, FACOFP**, at jshubrook@yahoo.com.

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Dayton FPs Host Successful CME Seminar

The 13th Annual Family Practice Review & Reunion held at Grandview Hospital and Medical Center in Dayton, February 29 - March 2, broke the attendance record that weekend. More than 25 vendors from pharmaceutical companies and other medical organizations participated along with physicians, residents, medical students, nurse practitioners and physician assistants.

Barbara A. Bennett, DO, introduced Grandview Hospital Family Practice Resident **Tejal R. Bhatt, DO**, whose paper was selected as the recipient of the 10th Annual Frank W. George, DO, Memorial Family Practice Resident Award.

Bhatt's selected presentation was *A Case Presentation of Hyperthyroidism*. She received a plaque and a check for \$500 made possible by Mark Stiles of Novartis Pharmaceuticals.

The Family Practice Review & Reunion Committee also recognized Tom Gross, audiovisual specialist at Grandview Hospital, for his 13 years of service.

Mark S. Jeffries, DO, FACOFP, and **Ed Kinkopf, DO**, served as Program co-chairs. Program Planning Committee members included Gross, Bennett, **Charles J. Zeller, III, DO**, and **Earl R. Staddon, DO**.



Barbara A. Bennett, DO (left), Tejal R. Bhatt, DO, and Mark Stiles, of Novartis Pharmaceuticals, at the 13th Annual Family Practice Review & Reunion held at Grandview Hospital and Medical Center in Dayton, February 29 - March 2, 2008. Bhatt, a family practice resident at Grandview, received the 10th Annual Frank W. George, DO, Memorial Family Practice Resident Award.

Osteopathic Profession Helps China Establish Family Medicine System

For the past several years the osteopathic profession has worked with health officials in China on an historic effort to transform that country's healthcare system. Development of the ultimate goal—a medical system based on family medicine rather than the current specialty care system—is moving closer to realization.

William J. Burke, DO, FACOFP, of Columbus, has been actively involved with the project. In May 2007 and again in October 2007 he visited Chengdu, China, as part of a team of osteopathic family physicians supported by the American Osteopathic Foundation (AOF), ACOFP Foundation, and Heart to Heart International (HTH), a global humanitarian organization active in the Sichuan Province for the past ten years.

This year, a group of 20 Chinese physicians and administrators will come to the US to see firsthand how Family Medicine residents are trained and hospitals and clinics are operated.

HTH was originally approached by the Sichuan Health Department after Beijing announced a decision to change from a specialty driven medical system to a primary care based system.

"This is being driven by a three-tiered problem," Burke explained. "Access, since more than 600 million are without access to care; the quality of care delivered; and cost concerns."

The Chinese solution to these problems is the development of primary care/family medicine, with each province expected to develop residency programs and retrain specialists as primary care physicians by 2010.

Burke explained each Chinese province needs to have two physicians and two nurses for every 10,000 people. In the Sichuan Province they need to retrain more than 8,000 specialists. One General Practice residency at West China Medical School & Hospital (4,000 bed facility) is in its second year. A new residency program at the Provincial People's Hospital (2,000 beds) was set to begin in January.

"During the visits, we learned a tremendous amount about the Chinese system," Burke said. "And how we can assist during their transformation."

News Briefs

- The Ohio Senate unanimously approved HB 125, the **Healthcare Simplification Act**, March 11, 2008. The legislation is intended to simplify interactions between physicians and health insurance companies; minimize physicians' administrative burdens; increase clarity and transparency in contracting and credentialing processes; and make needed adjustments in web-based eligibility.
- Representatives from the osteopathic, medical, podiatry and dental associations met with Ohio State Board of Pharmacy (OSBP) staff to challenge the Board's strict interpretation of law that requires physicians to obtain a terminal distribution license to sell or distribute "any drug requiring a prescription or intended for injection into the human body." Prior to 1998, physician and dental offices were exempt from the requirement, but recently drug wholesalers have been refusing to supply drugs to physician offices that don't have the license. According to the OSBP, any physician who is incorporated or part of a group practice, must obtain the license.
- Ohio's new PA formulary took effect on February 28, 2008. Prior to this date, PAs with prescriptive authority had been utilizing the APN formulary on an interim basis. While the formulary represents the maximum scope of a PA's prescriptive authority, a supervising physician may restrict it further if desired.

FPs, Pediatricians Team up for Child Wellness Forum

Ohio ACOFP partnered with the American Academy of Pediatrics to host an Open Forum, February 8, 2008.

Attendees at the event, held at Ohio University Baker Center in Athens, focused on two topics: *Early Literacy: Putting books into the hands of low-income children*, and *Healthy and Fit: What pediatricians, parents, schools and communities can do*.

In addition to family physicians and pediatricians, residents, school nurses and administrators, legislators, wellness coordinators, nurse practitioners, community agencies, and others were invited to the free event.

Family Practice Residency Profile: Doctors Hospital Columbus

This summary is first in a series looking at Family Practice Residency programs affiliated with the Ohio CORE.

The cutting edge educational experience at Doctors Hospital in Columbus allows its family practice residents to be well prepared to pass the American Osteopathic Board of Family Physicians certifying examination and to enter practice or fellowships, while allowing time to pursue individual interests for 18 trainees.

Affiliated with the Centers for Osteopathic Research & Education (CORE), this AOA-accredited residency is led by Program Director **William J. Burke, DO, FACOFP**, with **Geraldine N. Urse, DO, FACOFP**, and **Donald R. Furci, DO, FACOFP**, serving as residency directors. They are assisted by Stephanie Gibson, PharmD, BCPS, Jeri O'Donnell, MA, LPCC, four community osteopathic family physicians, over 150 specialty physicians, and other allied health professionals.

Extensive ambulatory training occurs in the well-equipped Family Practice Center (FPC) in Grove City: interns spend one half-day per week seeing patients; junior residents see their panel of patients four to five half-days per week in the second year; and senior residents see their panel of patients four to five half-days per week when not on a full month out rotation. Residents rotate through Doctors Hospital, Grant Medical Center and Nationwide Children's Hospital for their in-patient rotation experiences.

Weekly didactic conferences include procedure sessions, book clubs, seminars, an office management series, critical journal reviews, OMM sessions, practice guidelines lectures, support groups, and case-based presentations which cover the core curriculum material and topics of special interest to the residents. The residents also participate in the monthly family practice CORE education programs and quarterly meetings with the other family practice residencies in Columbus. Doctors Hospital has a wealth of additional outstanding continuing medical education programs that family practice residents are welcome to attend at no charge as time and interest permit.

The Doctors Hospital Family Practice Residency emphasizes:

- Osteopathic concepts and their therapeutic application.
- Diagnostic procedures and surgical skills pertinent to the ambulatory setting.
- Practice management: working knowledge of coding and billing, formularies and managed care.
- Progressive responsibility for all aspects of patient care.
- Problem-oriented medical record: understand the presenting complaint relative to the patient's problems.
- Time management: plan a workable schedule, yet be prepared for the unexpected.
- Referrals/consults: appropriately seek assistance and patient care management.
- Industrial cases: pre-employment and injury treatment with return to work goals.
- Communicable diseases: screen, identify, report, and management thereof.
- Psychosocial issues: interpersonal communication skills, behavioral problems.
- Pediatrics/Geriatrics: address the particular needs of special patient populations.
- Preventive healthcare: for the patient in particular and the community in general.
- Community service: giving back to the community through volunteerism.

The CORE and the Doctors Hospital Office of Research and Education (DORE) support the residents in developing their academic and research skills. Residents are involved in research using the AOA's Clinical Assessment Program (CAP), a web-based, retrospective chart review system used to assist physicians in evaluating not only the specific care delivered to a patient population, but also the impact of given healthcare treatment interventions. These measures are compared to other residency programs, as well as to nationally-recognized benchmarks. Each resident uses the information obtained through the CAP to produce an original paper, a poster and a lecture which is presented to his/her peers during the weekly conferences in order to enhance the care delivered to the FPC patients.

Residents are also actively engaged in a variety of community service projects including sports pre-participation physical examinations at local high schools, volunteer coverage at local high school sporting events, the annual Doctors Hospital Adopt-a-Family program at the holidays, the American Heart Association's Heart Walk, and other worthy events.

CORE Numbers

Family Practice residents affiliated with the Centers for Osteopathic Research & Education (CORE), Ohio's OPTI, are an important part of the osteopathic family. It is important for Ohio ACOFP members to mentor these trainees and show them the positive aspects of Family Medicine.

The CORE system is an integrated statewide medical education consortium formed by affiliations between OU-COM and teaching hospitals in Ohio, as well as other colleges of osteopathic medicine nationwide. This infrastructure supports and promotes excellence in the continuum of osteopathic medical education that begins with matriculation at an osteopathic medical school and extends through residency training and beyond into continuing medical education.

ACADEMIC YEAR	CORE FP RESIDENTS
2004-2005	87
2005-2006	84
2006-2007	92
2007-2008	80

Submitted by William J. Burke, DO, FACOFP, Program Director

College Notes

by Christopher Selinsky, OMS II

A service learning project, November 2-4, 2007, took 29 students to rural Appalachian West Virginia to help a family in need. The volunteers completed several tasks including re-roofing the family's 119-year-old home, completing a bathroom remodeling project, insulating parts of the home, and cleaning up the property.

On December 10, 2007, the Student Association hosted a Red Cross blood drive that generated more than 30 units of blood.

Throughout the quarter the group has collected canned goods and non-perishable items to give to those in need in the surrounding areas.

Residency dinners continue to be popular, with an average of 50 students in attendance at each event. To date, physicians and Family Medicine residents from the following hospitals have been to Athens to present: Firelands Regional Medical Center, Wheeling Hospital, Grandview Hospital and Medical Center, St. Joseph Health Center, and Cuyahoga Falls General Hospital.

The Family Practice Banquet is always a much-anticipated event. This year, "COM Prom" was held on January 19. Over 200 students and physicians attended, including several members of the Ohio ACOFP Board of Governors. **Philip "Duke" Starr, DO**, of Warren, was the guest speaker.

Membership among OMS II is 100 percent and OMS I membership is nearly perfect at 97 percent.

Names in the News

If you received an award, opened a new practice, presented a paper, were published, etc. we want your news. Send it to Ohio ACOFP, News & Views, PO Box 8130, Columbus, OH 43201.

Michael Dietz, DO, joined HealthSource of Ohio and transferred his practice to New Richmond Family Practice in Clermont County. Dietz serves on the Ohio ACOFP Board of Governors.

Jesse Frank, DO, a family physician from Marengo, was named "Preceptor All Star" by students at Ohio State University College of Medicine.

Brian A. Kessler, DO, of Cleveland, was appointed chief academic officer and director of Medical Education at South Pointe Hospital. He serves on the Ohio ACOFP Board of Governors.

Paul A. Martin, DO, FACOFP, of Dayton, was nominated to serve on the Medicare Payment Advisory Commission (MedPAC), an independent Congressional agency established to advise the US Congress on issues affecting the Medicare program.

OxyContin Patent Update

On January 7, 2008, the US District Court for the Southern District of New York ruled that Purdue's patents for OxyContin Tablets are enforceable. The last of Purdue's patents on OxyContin Tablets expires April 2013.

The remaining generic manufacturers have stopped selling and distributing their versions of extended-release oxycodone as of the end of January.

In Memoriam

E. Thomas Harnish, DO, died October 25, 2007. He was 85 years old.

Harnish was a leader within his community in Newton Falls and actively involved in the osteopathic profession throughout his 40+ years in medicine. He served as OOA president in 1987-88, was named Ohio ACOFP Family Physician of the Year in 1986, and in June 2007 was awarded the OOA Distinguished Service Award.

Harnish was among the founding physicians of Warren General Hospital where he was twice elected chief of staff.

After graduated from the Chicago College of Osteopathic Medicine in 1949, he served a rotating internship at Zieger Osteopathic Hospital in Detroit, then moved to Newton Falls where he practiced as a solo family physician until he retired in 1992.

He was a combat medic in the US Army and was awarded the Bronze Star Medal, Asia-Pacific Ribbon and four battle stars and an arrowhead, among other decorations.

Active in the Trumbull County community, he served on many local boards and was elected to two terms on the Newton Falls Board of Education, including four years as president, and two terms on the Newton Falls City Council.

Harnish is survived by his wife, Helen; three sons; a daughter; two brothers; and two grandsons. Two sons are deceased.

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