Ringing in the New Year

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On January 4th, Dr. Christine Hahn, Idaho State Epidemiologist, will present her annual Idaho Epidemiology Update. In this talk, Dr. Hahn will review Idaho’s epidemiologic data and discuss the biggest public health stories of 2016.

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Resource: A S M P H R I S T E N I NG & C E D U C A T I O N

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Final Reminder for Saint Alphonsus Providers

As a reminder, providers who are solely affiliated with Saint Alphonsus are reminded to log in to the ACMEC Cloud-CME portal between January 1 and January 15, 2017 to download a copy of your ACMEC CME transcript for your records.

Important Note: Providers whose ACMEC membership lapses as a result of this transition will no longer have access to their ACMEC CME transcript. After January 15th, credits will need to be verified with your Saint Alphonsus CME activity coordinators.

For more information, go to www.acmec.org.

ST. LUKE’S BOISE MEDICAL CENTER

1 Reversing Alzheimer’s: Exciting Possibilities
  Generated by New Research
   Ashish Desai, MD and Jennifer Lewis, MD

8 Naloxone in Idaho
   Magni Hamso, MD, MPH

15 ST. LUKE’S CHILDREN’S HOSPITAL GRAND ROUNDS
   Ethical Dilemmas When Parents Refuse Medical Care for Their Children
   John Lantos, MD

22 Ethics Topic: TBD
   Rev. Alex Chamberlain

2017 WINTER | JANUARY

305 W. JEFFERSON ST
BOISE, ID 83702

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Ada County Medical Society News

UPCOMING ACTIVITIES
FOR ACMCS MEMBERS ONLY

Physicians Career Stages Series: Getting Your Finances Right from the Start | Doctors Without Personal Borders
January 10th
6:30 p.m. | Meridian

Medical School Loan Repayment Options | Does Your EQ Match Your IQ?
January 11th
6:30 p.m. | Boise

RSVP’s for all events are required. Information available at www.adamedicalsociety.org

2017 ACMCS Winter Clinics
February 23 - 26, 2017
Come catch up on CMEs and with colleagues at Shore Lodge in winter. McCull during the 58th Annual ACMCS Winter Clinics.

Attendees will have the opportunity to earn up to 12 CMEs, connect with vendors, colleagues and their families at various social events, and take part in the annual ski races at Brundage Ski Resort.

Ada County Medical Society’s Physician Vitality Program
By Jeremy Stoddart, MD

B

y the second week of medical school, you knew practicing medicine was going to be hard. What you did not know, weren’t told, or nobody could have predicted was that the medical industry would be going through such wild gyrations and transitions over such a short period of time. Nobody needs to name the litany of acronyms that have thrust physicians into “survival of the most adaptive.”

Once you completed (i.e. survived) residency, you had used all the adaptive skills you possessed, and likely picked up more along the way. If you are like most of your peers, this has taken a great toll on you, your family life, and your satisfaction with work. You might already see the emotional, mental, and physical wear and tear in your life as a result. As one senior resident told me in my internship, “You should really find someone to talk to.” But who is it safe to talk about this with? High achieving professionals learn to conceal any possible vulnerabilities, sometimes at the expense of the growth that can come from addressing them. Fear of being seen as weak, unprofessional, or a liability to the organization keeps us from reaching out for help and improvement.

This fall, Ada County Medical Society (ACMS) launched its Physician Vitality Program to address the unique stresses and challenges medical professionals face. Designed by member physicians who vetted our contract psychotherapists, this program is an ACMS member benefit providing eight no-cost sessions each year. The goal is to make counseling therapy more readily available in a way where confidential access is the highest priority. As such:

• No diagnoses are made or recorded other than the limited written (not electronic) progress notes kept by the therapists.
• Neither your employer, ACMS or the Idaho Board of Medicine will be alerted of your participation.
• Participation is voluntary and may not be mandated by an employer.
• Appointments are made directly with the therapists by members.
• Locations are available at convenient hours in Meridian and Boise.

In addition to this program, our online Physician Vitality Center provides a host of resources to increase physician resiliency and help you make systemic changes at your workplace to reduce the risk of burnout.

The ACMCS board has made this program such a priority that it is building the cost of this program into its budget without any increase in dues. However, it is limited to ACMCS members so if you are not yet one, accessing this benefit alone would be cheaper by joining the Idaho Medical Association and ACMCS than paying for it out of pocket. SW Idaho Medical Society members may join ACMCS as a secondary society for just $35 and receive all the benefits of membership.

TO FIND OUT MORE:
⇒ Visit www.adamedicalsociety.org/physician-vitality
⇒ Subscribe to our podcast ACMCS Pearls of Great Value
⇒ Call Steven Reames at 208.336.2930

NEW MEMBERS
• Nicole Fox, MD
• Michael Glover, MD
• Magni Hamso, MD
• Richard Hend, MD
• Douglas Irvine, MD
• Allyson Komori, DO
• Becky Kroll, MD
• Stephen Longo, MD
• Moussny Nandy, MD
• Burgess Norrgard, MD
• Steven Pontikio, MD
• Robert Rose, MD

Questions?
Email director@adamedicalsociety.org or call 208.336.2930.

ST. LUKE’S BOISE MEDICAL CENTER
Anderson Center
Wednesdays, 8:00 - 9:00 a.m.

Idaho Epidemiology Update
Chris Hahn, MD

History of Medicine from Hippocrates to a Modern Day Virchow: How Progress Was Made Illustrated Using Pancreas Cancer
William Traverso, MD

ST. LUKE’S CHILDREN’S HOSPITAL GRAND ROUNDS
2016 Year in Review for Pediatrics
Perry Brown, Jr., MD

Connective Tissue Disease and Aortic Aneurysms
Sherene Shalhub, MD, MPH

BOISE VA MEDICAL CENTER
AW Horsley Learning Center
Thursdays, 8:00 - 9:00 a.m.

Update in Public Health
Chris Hahn, MD

NO CONFERENCE
Hindson Winter Conference

Genomics and CRISPR
Nancy Kois, MD

TOPIC: TBD *
Meg Dunay, MD

Please visit www.acmec.org/calendar for schedule updates

ST. LUKE’S CHILDREN’S HOSPITAL GRAND ROUNDS
Ethical Dilemmas When Parents Refuse Medical Care For Their Children
John Lantos, MD

Shot Smarts Week: Immunizations TBD
William Atkinson, MD, MPH

 Miscellar Medical Corner

In this section, you’ll find a potpourri of miscellaneous news from the world of CME and medicine.

CREATING LOCAL LEARNING HEALTH SYSTEMS

TOP 10 FPM ARTICLES OF 2016

CLEVELAND CLINIC’S APPROACH TO BURNOUT FOCUSSES ON RELATIONSHIPS
A look at Cleveland Clinic’s Relationship: Establishment, Development and Engagement (RED) program focusing on relationship-centered communications skills which improved patient satisfaction scores, physician empathy and self-efficacy, and reduced physician burnout through three simple phases. https://www.ama-assn.org/education/cleveland-clinics-approach-burnout-focuses-relationships

SAVE THE DATE
Upcoming Grand Rounds

February 15
ST. LUKE’S CHILDREN’S HOSPITAL GRAND ROUNDS
Ethical Dilemmas When Parents Refuse Medical Care For Their Children
John Lantos, MD

March 15
ST. LUKE’S CHILDREN’S HOSPITAL GRAND ROUNDS
Brief Resolved Unexplained Events (BRIE) in Children
Joel Tieder, MD, MPH

April 26
Shot Smarts Week: Immunizations TBD
William Atkinson, MD, MPH

January 2017
GRAND ROUNDS SCHEDULE

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Chris Hahn, MD

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