



ACUMEN

The Official Newsletter of the
Ada Canyon Medical Education Consortium

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News

November 2013 News

Economic Impact of CME

Increasingly, stakeholders throughout the healthcare system are challenging educators, CME providers, and commercial supporters to prove that CME lowers healthcare costs and benefits society. Until recently though, it has been difficult to prove the actual dollar amount value attached to CME outcomes. A new computer model is changing that. CME can lead to millions of healthcare savings, even when only a modest number of participants change their behavior as a result of the activity.

In an example, cost savings were associated with an activity for cardiothoracic surgeons that promoted prevention of bleeding-related complications and reoperation from bleeding. The group analyzed the outcomes of a live, certified CME symposium held in conjunction with the 2012 annual meeting of the Society of Thoracic Surgeons using immediate post-activity commitment to change, survey data and data collected one year later.

They modeled the potential costs avoided when only three in 10 participants returned to practice and prevented bleeding complications in 1.5 percent to 2 percent of their annual surgeries. The researchers were surprised to find that even with a modest impact on behavior, savings estimates ranged from \$1.5 million to \$2.7 million. The following year, the faculty asked to present the results to an audience at a similar symposium. After the activity, 84 percent of participants said the economic data would be pivotal in their decision to incorporate what they learned into their practice. In this age of constrained resources, it is likely that economic impact data will affect learners as well as payers.

Online Course on Opioid Use

On Thursday, November 7, 2013 at 12:00 noon, Dr. Michael Meza will present on "ER/LA Opioid REMS: Achieving Safe Use While Improving Patient Care". This two hour course will meet the educational requirements issued by the FDA. Register by logging onto <https://attendee.gotowebinar.com/register/5528627392486047746>.

Upcoming Conferences

November 7-9, 2013 Ski and Mountain Trauma Conference, Contact Laurel York Odell
lyorkodell@gmail.com

January 16-19, 2014 37th Annual Hindson Winter Conference, Contact Sandi Denson
allisandra.denson@va.gov

February 20-23, 2014 Ada County Medical Society Winter Clinics, Contact Linda Jackson
director@adamedicalsociety.org

Regularly Scheduled Conferences

Wednesday, 8:00 a.m. - Anderson Center

Wednesday, 12:15 p.m. - Winter Room

Friday, 8:00 a.m. - McCleary Auditorium

Other Regularly Scheduled Conferences

St Luke's RMC

Thoracic Tumor Board - 1st & 3rd Tuesday, 7:00 a.m

Tumor Board - Tuesday, 12:00 noon

Breast Tumor Board - Thursday, 7 a.m.

MSTI Pediatric Tumor Board - 2nd & 4th Wednesday, 12 noon

CHEERS (Children's Hospital Education Enrichment Review) - 1st Thursday, 8 am

Anderson Center - Ada -2; MATCH 2nd Thursday, 8 am

Saint Alphonsus RMC - Nampa

Tumor Board- Tuesday, 12 noon

West Valley Medical Center

Tumor Board - Monday, 12:30 pm

Saint Alphonsus RMC - Boise

Tumor Board - Thursday, 12 noon

Breast Care Panel, Tuesday, 7:00 am

ACMS Society News

November 1, 2013 Annual Meeting and New Physicians Dinner at the Boise Riverside Hotel

November 21, 2013 Legislative Night at the Red Lion Downtowner

December 3, 2013 Winter Garden a'Glow at the Idaho Botanical Garden

February 20-23, 2014 55th Annual Winter Clinics at the Shore Lodge, McCall

MEMBERSHIP:

New members

Ashley Evans, MD

John Gibson, MD

What's Ahead

December 2013

- 4 A Case of Misophonia, JoAnn Campbell, MD
- 6 Cognitive Resilience: Lessons from a Memory Clinic, Abhilash Desai, MD
- 11 Update on Gout, Svetlana Meier, MD
- 13 Inpatient Management of Diabetes, Julie Foote, MD
- 18 St. Luke's Children's Hospital Grand Rounds, Small Bowel Syndrome, Tyler Burpee, MD
- 20 TBA, Speaker TBA
- 25 NO CONFERENCE
- 27 NO CONFERENCE

January 2014

- 3 NO CONFERENCE
- 8 Idaho Epidemiology Update, Chris Hahn, MD
- 10 Idaho Epidemiology Update, Chris Hahn, MD
- 15 St. Luke's Children's Hospital Grand Rounds, Pediatrics 2013, Perry Brown, MD
- 17 Topic TBA, Speaker TBA
- 22 Updates on Genetic Testing for Hereditary CA Syndromes, Dan Zuckerman, MD
- 24 Electrolyte Abnormalities, Thomas Pintar, MD

(Wednesday, 8:00am/St. Luke's RMC; Wednesday, 12:15pm/Mercy Medical Center; Friday, 8:00am/Saint Alphonsus RMC)

Mohr's Musings...

Energy Drinks

Energy drinks containing caffeine are popular especially among young adults and US military personnel. Two recent essays review the risks of these drinks. The amount of caffeine in them varies from 80-140 mg but some may have much more than that. Because they are marketed as a dietary supplement they are not regulated. Coffee usually contains about 100 mg of caffeine per cup. Of particular concern is mixing these drinks with alcohol. This has become popular among college students with over 50% reporting consumption in the prior month. Some states have banned the sale of commercial pre-mixed alcoholic drinks with caffeine. Clinicians need to be concerned and ask patients about their use of energy drinks especially if combined with alcohol. (JAMA 2012 Dec 19)

"Mother's Kiss"

Many parents know that young children put things up their nose. Sometimes it is difficult removing these foreign bodies. The "Mother's Kiss" technique, first described in 1965 can successfully remove these many times. The mother occludes the unaffected nostril and blows into the child's mouth gently until resistance is felt and then blows more forcefully to expel the foreign body. A recent review of eight case series involving 154 patients age 1-8 said the technique was successful in 60% of the time. This is something worth trying before instrumenting the nose in a struggling child and even if the foreign body doesn't fly out it can be moved closer to the external nares. (CMAJ 2012 Nov 20; 184:E904)

Sleeping Pills in the Elderly

It has been known for years that benzodiazepines in the elderly increase the risk of falls and hip fractures. Hence, Medicare Part D coverage for these drugs was eliminated and now most sedation is from the use of nonbenzodiazepine hypnotics such as zolpidem (Ambien), eszopiclone (Lunesta) and zaleplon (Sonata). This self-controlled case cross over study looked at over 15,000 nursing home residents with a mean age of 81. The use of nonbenzodiazepine hypnotic drugs was associated with a 66% higher risk of hip fracture during the first 15 days of receiving the first time prescription. Much of what we do in medicine should remind us of the pledge of Primum Non Nocere "First do no harm." (JAMA Intern Med 2013 Mar 4)

John J. Mohr, MD

Weekly Conferences

November 2013 Conferences

Anderson Center, St. Luke's RMC, Wednesday 8:00 a.m.

- 6 Cervical CA Screening: Trends and Changes, Amy Cooper, MD
- 13 Skinny on Bariatric Surgery, Robert Korn, MD
- 20 St. Luke's Children's Hospital Grand Rounds, Laproscopic Surgery in Children, Ellen Reynolds, MD
- 27 NO CONFERENCE

Winter Room, Saint Alphonsus RMC - Nampa, Wednesday 12:15 p.m.

- 6 Cervical CA Screening: Trends and Changes, Amy Cooper, MD
- 13 Skinny on Bariatric Surgery, Robert Korn, MD
- 20 Laproscopic Surgery in Children, Ellen Reynolds, MD
- 27 NO CONFERENCE

AW Horsley, VA Medical Center, Thursday 8:00 a.m.

- 7 TBA
- 14 Skin: The Good, The Bad, The Ugly, Peggy Doucette, DO
- 21 TBA
- 28 NO CONFERENCE

McCleary Auditorium, Saint Alphonsus RMC, Friday 8:00 a.m.

- 1 2013 Update in Hospital Medicine ABIM Maintenance of Certification, Melissa Hagman, MD
- 8 Critical Care Case Conference, Nirmal Charan, MD
- 15 PTSD, Christopher Streeter, MD
- 22 Pulmonary Medicine: After the ER, N. John East, MD
- 29 NO CONFERENCE

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