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SPRING | MARCH 2016

ACUMEN

Ada Canyon Medical Education Consortium's Monthly Newsletter



Luck of the Idahoans

POT OF CME GOLD AWAITS AT END OF THE GRAND ROUNDS RAINBOW

ACMEC is pleased to kick off spring with this month's Grand Rounds.

On March 9th, Dr. Russell Saneto, Professor of Neurology and Adjunct Professor of Pediatrics at the University of Washington and Seattle Children's Hospital, will present a **Mitochondrial Disease Update**. In this talk, Dr. Saneto will discuss the latest recommendations for screening for mitochondrial disease and disease management strategies. This talk is presented in partnership with The United Mitochondrial Disease Foundation.

We are also excited to present talks by two faculty members from the Family Medicine Residency of Idaho. First up is Dr. Penny Beach with a **HCV Update** on March 11th. In this talk, Dr. Beach will discuss the latest developments in the treatment of HCV. Then, on March 23rd, Dr. Roger Hefflinger will present **New Drug Review: Focus on Newly Released Outpatient Medications and Interactions**. In this talk, Dr. Hefflinger will review the latest drug releases, recommendations for usage and interactions to be aware of in the outpatient setting.

To close out the month, we will kick off the annual FMRI Resident Talks. First up is Dr. Bonnie Reed with **Prescribing the Outdoors** on March 18th, followed by Dr. Cara Sullivan with **SALUDAHO: Caring for Idaho's Growing Latino Community** on March 25th, and Dr. Annika Maly with **Getting Creative with Office-Based Opiate Treatment: A Resident's Perspective on Providing Buprenorphine and Naloxone for Opiate Dependence and Chronic Pain** on March 30th.

Please save the date for a special talk on April 27th by Dr. Paul Offit. Dr. Offit, Director of the Vaccine Education Center at the Children's Hospital of Philadelphia as well as Professor of Vaccinology and Pediatrics at the University of Pennsylvania, will be presenting **Communicating Science to the Public: The Vaccine-Autism Controversy**. This talk is presented in partnership with the Idaho Department of Health and Welfare Division of Public Health as part of its **Shot Smarts Week**.

We look forward to seeing you at these talks to help us welcome spring to the Treasure Valley!

UPCOMING GRAND ROUNDS

March 9

Mitochondrial Disease Update
Russell Saneto, DO, PhD
Professor of Neurology and Adjunct Professor of Pediatrics, University of Washington and Seattle Children's Hospital

Join us for a mitochondrial disease update with a discussion on the latest recommendations for screening and developments in disease management strategies.

March 23

New Drug Review: Focus on Newly Released Outpatient Medications and Interactions
Roger Hefflinger, PharmD
Clinical Associate Professor of Pharmacology, Idaho State University and Family Medicine Residency of Idaho

Join us for a review of the latest drug releases, recommendations for usage and interactions to be aware of in the outpatient setting.

For more Upcoming Grand Rounds, go to www.acmec.org.

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What's Ahead April 2016

ST. LUKE'S BOISE MEDICAL CENTER

- 6** Helping Primary Care Patients Move Forward with Motivational Interviewing
Amy Walters, PhD
- 13** TBD
Speaker TBD
- 20** ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS Pediatric Sinusitis Guidelines
Ingrid Lundgren, MD and Jacob Robison, MD
- 27** Communicating Science to the Public: The Vaccine-Autism Controversy
Paul Offit, MD

SAINT ALPHONSUS REGIONAL MEDICAL CENTER

- 1** Prostate Cancer
Jonathan Tward, MD
- 8** Male Birth Control
Jaime Palmer, MD
- 15** FMRI Resident Talk: TBD
Kelsey Terland, MD
- 22** Saint Alphonsus Spring Symposium Topic & Speaker TBD
- 29** TBD
Speaker TBD

Upcoming Conferences

- March 3, 2016** St. Luke's Sports Medicine: A Primary Care Update in Musculoskeletal Medicine
For information and registration, contact Shawna Schaeffer at schaeffs@slhs.org.
- March 3 - 5, 2016** Eastern Washington Medical Dental Summit III
For information and registration, go to www.medicaldentalsummit.com.
- April 2 - 3, 2016** 2016 Idaho Society of Anesthesiologists Annual Meeting
For information and registration, go to www.idahosocietyofanesthesiologists.com.
- April 22, 2016** Saint Alphonsus Spring Symposium
For information and registration, go to www.saintalphonsus.org/springsymposium.

Ada County Medical Society News

UPCOMING ACTIVITIES FOR ACMS MEMBERS ONLY

**Early Career Physicians Series:
Reverse-Engineering Your Residency
Brain | Thriving with Change**
March 8th
6:30 p.m. | Boise

After practicing clinical medicine for 11 years and experiencing the highs and lows of being a doctor, Dr. Tom Murphy survived his own journey through burnout and is helping others do the same. Discussion to focus on how habits learned in medical school and residency will break you if you don't change, and how you can use change to accelerate your learning and profession.

RSVP required by March 3rd. Space at Juniper Restaurant is limited to 50 "early career" physicians, and is free for ACMS members and local medical residents. Non-members can attend for \$25.

**New York Life Balance Series:
March MD-ness**
April 4th
TIME TBA | Meridian

ACMS members are invited to join us at Big Al's in Meridian as we watch the NCAA playoffs and enjoy sports bar food, a drink or two and time with friends. Starting time to be published closer to the game. Space is limited to 30. Hosted by New York Life.

March 2016

GRAND ROUNDS SCHEDULE

**SAVE THE DATE:
Top Shelf Burger Competition**
May 14th
5:30 - 7:30 p.m. | Meridian

ACMS invites its members, SW Idaho Medical Society and IAAP Conference attendees and all their families to join us to eat, visit and play in Storey Park. You'll be treated to eight different gourmet burgers cooked by amateur teams before voting for the People's Choice Award.

Your attendance will help us raise funds for the ACMS's Foundation which assists with the annual Ada County high school physicals program and is developing a program to help physicians cope with their particular stressors.

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

NEW MEMBERS

- Christine Hoffman, NP
- Sean McGarry, MD
- David McMeekin, PA-C
- Eric Melbihess, MD
- Joseph Mortensen, MD
- Aaron Thomason, NP

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

2016 ACMS Winter Clinics Recap

By Steven Reames,
Executive Director, Ada County Medical Society

ACMS just concluded its 57th Annual Winter Clinics at Shore Lodge in McCall. The skiing at Brundage was phenomenal, rivaled only by the topics and speakers this year. Dr. Byron Haney from Ellensburg, Washington went into great detail about the effectiveness of shared medical appointments in a clinical setting, complemented nicely by dietitian Carol DeFrancesco's talk on motivational interviewing.

Other local providers, including Drs. Ashley Evans, Kara Kuntz, Justin McCoy, Stephen Montamat and Clay Roscoe, and nurse practitioner Margaret Mortimer, also brought their expertise that spanned a wide gamut: from sports injury and burnout prevention in young athletes all the way to fall prevention and advance care planning with older adults.



Dr. Tray Dunaway, a surgeon-turned-speaker from South Carolina, provided the keynote talk and challenged the way medical business oper-

ates in America. He taught physicians how to code more efficiently and profitably, create greater value for patients, and to "keep away from fraud and abuse" (to the tune of "Runaround Sue").



Perhaps the biggest surprise of all (besides Dr. Dunaway ripping off his suit down to surgical scrubs in the middle of his keynote speech), was Gretchen Hecht being "stripped" of her 22 year reign as women's ski race champion. Because of a fall on her first downhill run, Gretchen - who is Dr. Bob Friedman's wife - was awarded the Travelling Horn award, historically given for the best skiing "effort."

In all actuality, the women's trophy is being permanently renamed in her honor, allowing others the chance to compete for it. Terrie Rader has the honor of being the first name inscribed on the *Gretchen Hecht Invitational Ski Award* after winning this year's race. Chris Gussner, MD took home the men's tro-

phy and is close to being threatened with "permanent champion" status.

Families are always welcome at the event, and besides enjoying the pizza party, about a dozen kids got to practice infant care and injections with Idaho Simulation Network's medical mannequins. Kids as young as five also competed in the ski races. Watch out Terrie Rader: 15 year old Anna Gussner has you in her sights!



Special thanks to Mayra Ruiz, director of AC-MEC, for helping put on a world class CME event. Also to our sponsors which include: MIEC, Washington Trust, IMA Financial Services, DL Evans Bank, Wood Financial, and the Idaho Dairy Council.

**SAVE THE DATE:
2017 ACMS Winter Clinics**
February 23 - 26, 2017

It is never too early to make your hotel reservation at the Shore Lodge!

Miscellaneous Medical Corner

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

FOUR TOOLS FOR REDUCING BURNOUT BY FINDING WORK-LIFE BALANCE Article three of *Family Practice Management's* series on physician burnout offers four tools to help providers find work-life balance: www.aafp.org/fpm/2016/0100/p28.html.

HOW TO GROOM PHYSICIANS TO BE THE RIGHT KIND OF HEALTH CARE LEADERS A take on how to identify and develop future physician leaders, with a look into The Permanente Medical Group: www.forbes.com/sites/robertpearl/2016/02/18/how-to-groom-physicians-to-be-the-right-kind-of-healthcare-leaders/#83af4a96726e.

PROOF THAT POSITIVE WORK CULTURES ARE MORE PRODUCTIVE A look at the hidden costs of stressful work environments, qualities of a positive workplace culture, and recommendations for creating one: www.hbr.org/2015/12/proof-that-positive-work-cultures-are-more-productive.

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

- 2** Acute Kidney Injury
Thomas Pintar, MD
- 9** Mitochondrial Disease Update
Russell Saneto, DO, PhD
- 16** ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS
Pediatric Rehab: TBD
Jacob Neufeld, MD
- 23** New Drug Review: Focus on Newly Released Outpatient Medications and Interactions
Roger Hefflinger, PharmD
- 30** Getting Creative with Office-Based Opiate Treatment
Annika Maly, MD

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

- 3** Residual ASCVD Risk Factors after LDL Lowering by Statins
Johannes Veldhuis, MD
- 10** ID Topic: TBD
Matthew Goetz, MD
- 17** Medical Genetics Topic: TBD
Matthew Taylor, MD
- 24** TBD
Speaker TBD
- 31** NASH
Matthew Sericati, MD

SAINT ALPHONSUS REGIONAL MEDICAL CENTER McCleary Auditorium Fridays, 8:00 - 9:00 a.m.

- 4** Joint Preservation
Darin Jurgensmeier, MD
- 11** HCV Update
Penny Beach, MD
- 18** Prescribing the Outdoors
Bonnie Reed, MD
- 25** SALUDAHO: Caring for Idaho's Growing Latino Community
Cara Sullivan, MD