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FALL | NOVEMBER 2018

ACUMEN

Ada Canyon Medical Education Consortium's Monthly Newsletter



Thankful for Local CME

BOUNTIFUL NOVEMBER GRAND ROUNDS SCHEDULE

This month's Grand Rounds kicks off on November 7th with an update on **Movement Disorders & Deep Brain Stimulation** presented by Dr. Cong Zhi Zhao, neurologist at the St. Luke's Movement Disorder Clinic.

On November 14th, Dr. Robert Jackson, urologist at St. Luke's, will present a talk on **Male Infertility** as part of a focus on men's health for November.

Lastly, Drs. R. Scott Thomas and Benjamin Perry of Mountain Pine Dermatology, will present a **Skin Cancer Update** on November 28th.

As a reminder, there are no Grand Rounds sessions scheduled for November 21st and 22nd in observance of the Thanksgiving holiday. We hope you all enjoy this time with your loved ones!

UPCOMING GRAND ROUNDS

November 7th
Movement Disorders & Deep Brain Stimulation
Cong Zhi Zhao, MD
Neurologist, St. Luke's Movement Disorder Clinic

Join us for a conversation on the latest developments in movement disorders, including the use of deep brain stimulation.

November 28th
Skin Cancer Update
R. Scott Thomas, DO
Benjamin Perry, DO
Dermatologists, Mountain Pine Dermatology

Join us for a discussion on the latest recommendations related to melanoma and non-melanoma skin cancers.

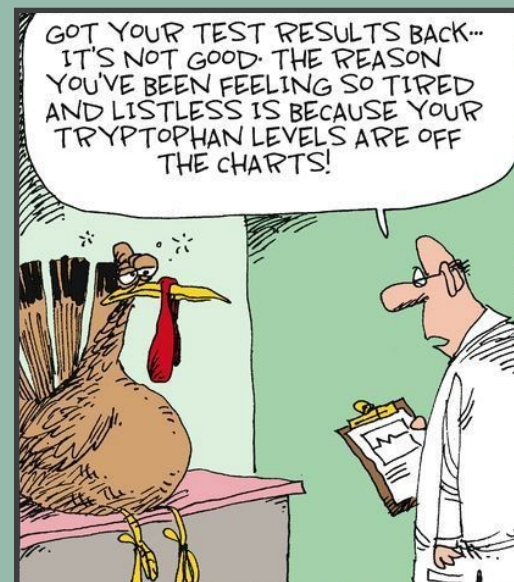
For more Upcoming Grand Rounds, go to www.acmec.org.

PH: 208.331.1478 | FAX: 208.331.1924 | WWW.ACMEC.ORG | E-MAIL: ACMEC@ACMEC.ORG

What's Ahead December 2018

ST. LUKE'S BOISE MEDICAL CENTER

- 5** Endocrine Incidentalomas: What to do about that thing?
Richard Christensen, MD
- 12** Practical Osteopathic Manipulation: Part II
Loren Colson, DO
- 19** ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS
Pediatric Hearing Loss
Jessica Stich-Hennen, AuD, PASC
- 26** NO CONFERENCE
Winter Break



NOTICE: ACMEC Annual Membership Meeting

ALL ACMEC MEMBERS ARE INVITED TO JOIN US THIS JANUARY

ACMEC will be holding its 2019 membership meeting on January 2, 2019 before Dr. Christine Hahn's annual St. Luke's Grand Rounds **Idaho Public Health Update**.

ACMEC members are invited to join us at 7:30 a.m. for a full breakfast at the St. Luke's Anderson Center or connect via Webex (www.webex.com) using meeting

number 627635685 and ACMEC2018 as the password. The business portion of the meeting will be held from 7:45 a.m. to 8:00 a.m.

During the annual meeting, active ACMEC members will have the opportunity to hear general updates on the state of ACMEC. We hope you can join us!

Upcoming Conferences

- November 2, 2018** St. Luke's 6th Annual Seminar on Aging
For information and registration, contact Marketa Friel at 208.493.0455 or frielm@slhs.org.
- November 3, 2018** ICOM Faculty Development 2018
For information and registration, please go to www.idahocom.org.
- November 9, 2018** 12th Annual Idaho PUPC Consensus Meeting: Prevention & Treatment of Pressure Injuries
For information and registration, please go to www.idahopupc.com.
- November 10, 2018** Idaho WWAMI Faculty Development Workshop
For information and registration, go to www.uwmedicine.org/education/wwami/wwami-conferences/faculty-development-workshop.
- November 29, 2018** Idaho Suicide Prevention Hotline: "The S Word" Film Screening
For information and registration, please go to www.idahosuicideprevention.org.

Ada County Medical Society News

UPCOMING ACTIVITIES

FOR ACMS MEMBERS ONLY

Winter Garden A Glow

November 28th | 6:30 p.m. | Boise

ACMS members and their immediate families are invited to join us at the beautiful Idaho Botanical Gardens lit up with Christmas lights for our annual Winter Garden a Glow.

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

2019 ACMS Winter Clinics

February 21 - 24, 2019

Come catch up on CMEs and with colleagues at Shore Lodge in wintery McCall during the 60th Annual ACMS Winter Clinics.

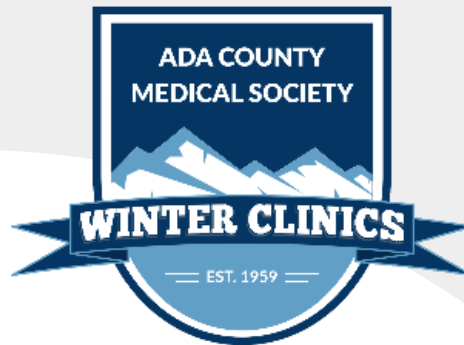
Attendees will have the opportunity to earn up to 12.50 CMEs, MOC Part 2 points, connect with vendors, colleagues and their families at various social events, and take part in the annual ski races at Brundage Ski Resort.

This year's conference will focus on a variety of neurological topics including:

- Dementia Treatment
- Epilepsy Management
- Stroke Care

- Balance and Vertigo
- Movement Disorders
- Psychogenic Seizures
- And a block of talks on CBD oil, cannabis, and medical marijuana.

For full schedule and registration, go to www.acmswinterclinics.com.



NEW MEMBERS

- Lance Adams, MD
- Kylie Cooper, MD
- Adam Saperston, MD
- Caleb Sires, PA-C

ACMS also welcomes the 164 following medical students from the Idaho College of Osteopathic Medicine to its membership.

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

Review of the ACCME Annual Report on State of CME

By John R. Reusser | Director, Idaho Suicide Prevention Hotline

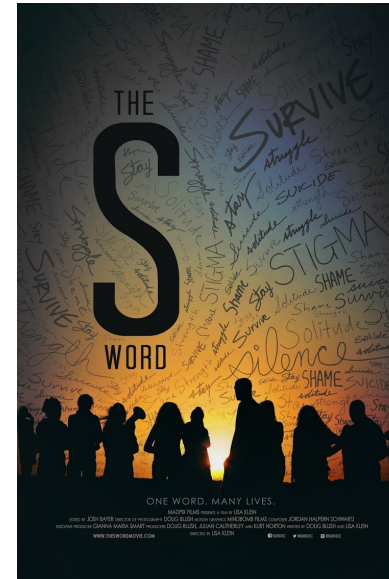
The Idaho Suicide Prevention Hotline (ISPH) is excited to bring the film *The S Word* to Boise, and is grateful for the support of the Ada County Medical Society for helping sponsor this event.

The hotline launched in 2012, six years after Idaho's last hotline closed due to a lack of funding. ISPH is Idaho's first nationally accredited, statewide suicide prevention hotline. Our model is a "dedicated phone room model" that incorporates ASIST, an evidence-based intervention to train volunteers to respond to crisis calls in our phone room, with round the clock supervision from a masters level counselor, social worker, or equivalent. ISPH has grown steadily since its launch: from 18 volunteers and 999 calls in its to 70+ volunteers and nearly 11,000 contacts so far in 2018.

Calls are silently monitored by the phone room supervisor who supports and coaches the volunteer through suicide or difficult calls. The hotline provides crisis intervention, emotional support, resource referrals, linkages to local services, and follow-up for all Idahoans. When someone calls in, we listen supportively, encourage them to look at options, and help them come up with their own solutions. If someone is suicidal, we create a safety plan with them, including identifying individuals that can support them, plus offering and scheduling follow-up calls.

Our phone responders help distraught and suicidal callers with a range of techniques including deep breathing, active listening,

feelings reflection, empathic listening, paraphrasing and summarizing. We collaborate with each caller to problem solve, leaving them feeling empowered to take concrete steps in the short-term. This combination of listening in an open and non-judgmental manner with common sense solutions delivers two significant protective factors against suicide – a sense of personal efficacy, and human connection – all within a brief phone (or text/chat) intervention.



ISPH has another vital, more implicit mission: to reduce stigma around the issue of suicide and mental illness. We do this in many ways. First, we recruit and support both staff and volunteers with lived experience of suicide – both loss survivors and attempt survivors. We

also train our volunteers to be open, accepting, and non-judgmental with all of our callers. Lastly, we partner with organizations with similar missions.

Our screening of *The S Word* on November 29th will serve as our 6th anniversary fundraiser for ISPH, and provide the community an opportunity to discuss the film and themes presented therein with the director.

According to *The S Word* director, Lisa Klein, "Effective storytelling is critical to the suicide prevention and suicide grief support efforts. Intimate, vulnerable, inspiring stories let us know we are not alone. Stories of recovery allow us to see a road map before us that leads us out of our despair. This film is bracing, controversial, and surprising in its revelations, its humor, its connections, and its multiple points of view."

The goals for this event are to:

- Raise awareness about suicide prevention and resources, including alternatives that reach outside the box.
- Expand the conversation about suicide to include everybody, because we have all been touched by it in some way.
- Talk openly about suicide without judgement, shame, or discrimination.
- Get people to think about suicide in a completely different way – highlighting the complexity, pain and even humor of our survivors.

To learn more about ISPH and find details for *The S Word* film screening, go to: www.idahosuicideprevention.org/s-word.

Miscellaneous Medical Corner

UPDATE: ACMEC GRAND ROUNDS WEBEX VIEWING NEW ONLINE VIEWING PLATFORM AND MEETING NUMBER

WebEx, the platform ACMEC uses to broadcast weekly Grand Rounds online in real time, has been updated. This update required us to set up Grand Rounds as a new meeting, with a new meeting number, on their new platform. While your login process should stay the same, online participants will need to discontinue the use of the old meeting number.

TO VIEW GRAND ROUNDS REMOTELY VIA WEBEX STARTING SEPT. 5TH:

1. Go to www.webex.com.
2. Select **Join** (top right corner of screen).
3. Enter **Meeting Number 627 635 685** (no spaces), along with your name and email address.
4. Connect to **Audio** through your computer and be sure your speakers are turned on.
5. If you are using a mobile device, you may want to download the WebEx App.

Please note that if you are using the WebEx App or a WebEx desktop application (other than a web browser), you will be required to use **Password ACMEC2018** to log in.

Contact acmec@acmec.org with any questions.

November 2018

GRAND ROUNDS SCHEDULE

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

- 7 Movement Disorders & Deep Brain Stimulation
Cong Zhi Zhao, MD
- 14 Male Infertility
Robert Jackson, MD
- 21 NO CONFERENCE
Thanksgiving
- 28 Skin Cancer Update
R. Scott Thomas, DO & Benjamin Perry, DO

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

- 1 Atrial Fibrillation
Margot Vloka, MD
- 8 TOPIC: TBD
Alicia Carrasco, MD
- 15 How Innovation Takes Hold: The Structure of Medical Revolutions
William Weppner, MD, MPH
- 22 NO CONFERENCE
Thanksgiving
- 29 Culinary Medicine
Timothy Harlan, MD

* Visit www.acmec.org/calendar for schedule updates

SAVE THE DATE
Upcoming Grand Rounds

January

- 2 Idaho Public Health Update
Christine Hahn, MD
- 9 ONCOLOGY TOPIC: TBD
Dan Zuckerman, MD
- 16 ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS 2018 Year in Review for Pediatrics
Perry Brown, Jr., MD
- 23 Idaho Echo Project
Lachelle Smith, MPP and Tara Whitaker, MD
- 30 TOPIC: TBD
Speaker TBD