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FALL | OCTOBER 2015

# ACUMEN

Ada Canyon Medical Education Consortium's Monthly Newsletter



## Grand Rounds Oktoberfest

OCTOBER SCHEDULE PACKED WITH VISITING SCHOLARS

ACMEC is excited to welcome five out-of-town speakers for a diverse group of talks to compliment the great slate of local providers scheduled for Grand Rounds in October.

Dr. William Atkinson, former Medical Epidemiologist in the National Center for Immunization and Respiratory Diseases at the Centers for Disease Control and Prevention, will be coming back to Boise for a discussion on the latest in adult immunization in **What's New in Adult Immunization** on October 7th. Special thanks to the Idaho Department of Health and Welfare.

On October 9th, Dr. Gregory Miller, Chief Science Officer and Executive Vice President, Research, Regulatory and Scientific Affairs for Dairy Management Inc./National Dairy Council, will discuss the latest dietary fat recommendations in **Dietary Fat: Is it Time to Change the Dietary Dogma?** Special thanks to the Idaho Dairy Council.

We are also partnering with the Saint Alphonsus **Caring for Women** conference on October 23rd to present **Hormones & Heart Disease in Women** by Dr. Chrisandra Shufelt, Associate Director of the Barbra Streisand Women's Heart Center and Director of the Women's Hormone and Menopause Program at Cedars-Sinai.

To close out the month, we are working with two groups who have helped ACMEC coordinate previous talks and bring leading medical experts to Boise.

We invite you to join Dr. Alpesh Amin, Executive Director of the Hospitalist Program at the University of California, Irvine, for **Stroke Prevention in Atrial Fibrillation: Current Evidence for Tailoring Antithrombotic Therapy** on October 28th as he discusses evidence-based risk scoring assessments and new oral anticoagulants for stroke prevention in patients with atrial fibrillation. This talk is presented in partnership with Clinical and Patient Educators Association, and MCM Education. CNE credits will also be provided for this talk.

On October 30th, Dr. Sergio Fazio, Director of Preventive Cardiology for the Knight Cardiovascular Institute at Oregon Health and Science University, will present **Evolving Strategies for LDL Lowering in Patients with Hypercholesterolemia** to help providers integrate guidelines and treatment targets into patient-centric cholesterol management plans. This talk is presented in partnership with the North American Center for Continuing Medical Education. CNE and CPE credits will also be provided for this talk.

Hope you can join us for these talks!

### UPCOMING GRAND ROUNDS

**October 28**  
**Stroke Prevention in Atrial Fibrillation: Current Evidence for Tailoring Antithrombotic Therapy**  
Alpesh Amin, MD, MBA  
*Executive Director, Hospitalist Program  
University of California, Irvine*

Join us for a discussion on developing individualized guideline-based antithrombotic treatment regimens for stroke prevention in patients with atrial fibrillation.

**October 30**  
**Evolving Strategies for LDL Lowering in Patients with Hypercholesterolemia**  
Sergio Fazio, MD, PhD  
*Director of Preventive Cardiology,  
Knight Cardiovascular Institute  
Oregon Health and Science University*

Join us for a discussion on helping providers integrate guidelines and treatment targets into patient-centric cholesterol management plans.

For more Upcoming Grand Rounds, go to [www.acmec.org](http://www.acmec.org).

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## What's Ahead

• • • • • November 2015

### ST. LUKE'S BOISE MEDICAL CENTER

- 4** Management of BPH  
Brian Auge, MD
- 11** Pulmonary Hypertension Association Topic  
David Badesch, MD
- 18** ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS  
Pediatric Bone Marrow Transplant  
Nathan Meeker, MD
- 25** TBD  
Speaker TBD

### SAINT ALPHONSUS REGIONAL MEDICAL CENTER

- 6** A Foot in Two Canoes: Tools for Simultaneously Managing a Fee for Service Practice and a Fee for Value Practice  
Edward McEachern, MD
- 13** Reducing Readmission after Heart Failure: An Evidence Based Approach  
Larry Allen, MD, MHS
- 20** Dental Etiology and Treatment for Sleep-Related Breathing Disorders  
Dan Bruce, DDS
- 27** NO CONFERENCE  
Thanksgiving

### Upcoming Conferences

- October 23, 2015** **Caring for Women: A Multidisciplinary Approach to Women & Heart Disease**  
For information and registration, go to <http://www.saintalphonsus.org/caring-for-women>.
- October 24, 2015** **Faculty Development Workshop: Surviving and Thriving as a Clinical Teacher**  
For information and registration, go to <http://www.uwmedicine.org/education/faculty-development-workshop>.

# Ada County Medical Society News

## UPCOMING ACTIVITIES FOR ACMS MEMBERS ONLY

**Annual Meeting & New Physicians Dinner**  
October 30, 2015

Members **and newly licensed physicians** are invited to attend the ACMS Annual Meeting for an Oktoberfest evening. The strolling dinner will feature various German beer samples and Bavarian finger foods.

We will also be recognizing our Physician of the Year, Dr. Edward Newcombe, and electing our new slate of directors before closing the night with dancing. Childcare provided on site.

### Legislative Updates

November 9th  
Eastern Ada County/Elmore County

November 19th  
Western Ada County

Come meet your state district's legislators and find out about Idaho Medical Association's 2016 legislative priorities. This year we have decided to host two separate meetings, one on each side of the county, to promote better discussion. A light dinner will be served at each.

**Winter Garden a Glow**  
December 1, 2015

Our most popular event of the year is held in beautiful Idaho Botanical Gardens with the entire place lit up with Christmas lights.

**2016 ACMS Winter Clinics**  
February 18 - 21, 2016

Come "ketchup" on CMEs and with colleagues at Shore Lodge in wintery McCall during the 57th Annual ACMS Winter Clinics.

**RSVP's for all events are required.**  
Information available at  
[www.adamedicalsociety.org](http://www.adamedicalsociety.org).

### NEW MEMBERS

- Colby Austin, MD
- David Nielson, PA-C
- Craig Walker, NP
- Cary Johnson, MD

Questions?  
Email [director@adamedicalsociety.org](mailto:director@adamedicalsociety.org)  
or call 208.336.2930.

# Review of the ACCME Annual Report on State of CME

By Mayra Ruiz  
Director, Ada Canyon Medical Education Consortium

The Accreditation Council for Continuing Medical Education (ACCME) released their 2014 Annual Report this summer. The report includes statistical information collected from accredited continuing medical education (CME) providers, including ACMEC, to showcase the scope of the accreditation system and help highlight current industry trends.

In 2014, there were 1,908 accredited CME providers who offered more than 147,000 educational activities, providing more than one million hours of instruction. These CME activities created more than 25 million interactions with learners, including physicians and other healthcare professionals.

For its part, ACMEC accredited 134 activities, which included conferences, Grand Rounds, tumor boards, and other regularly scheduled series. Total physician participation in these activities was approximately 11,850, while the total participation of other healthcare professionals was around 10,900. All together, these activities and attendance accounted for approximately 1,525 *AMA PRA Category 1™* CME hours of instruction and more than 14,000 credits for providers throughout southwestern Idaho and eastern Oregon.

ACCME noted that while the number of accredited providers has become more consolidated over the years, the number of activities and hours of instruction have increased since 2010.

Additionally, while the number of physician participants has remained fairly stable, the number of non-physician participants has grown steadily. These trends are in line with what ACMEC has experienced over the same timeframe.

The report also includes analysis exploring participation by CME activity type. In 2014, accredited CME providers offered a diverse range of activities, from national conferences to online education to individualized learning projects. Analysis of the data shows a growth in participation in individualized, self-directed CME such as internet searching, learning and enduring materials.

While a majority of the activities ACMEC accredits are live courses, meetings and regularly scheduled series, we continue to see an increase in requests for approval of online learning modules.

In terms of funding, the report shows that CME is a \$2.6 billion industry, with 13% of that coming from advertising and exhibits, 25% from commercial support, and 61% from other sources including registration fees, government grants, and allocations from parent companies. In 2014, the average provider income was close to \$1.4 million. ACCME also noted that income from other sources has increased steadily since 2005, with an average yearly increase of 6%.

By comparison, 100% of ACMEC's \$335,000 annual budget comes from other sources includ-

ing consortium member allocations, CME application fees, and medical staff dues.

While total commercial support from industry still came in at around \$676 million in 2014, a majority of CME activities (89%) produced by accredited providers did not receive commercial support. The percentage of activities receiving commercial support has decreased by approximately 6% since 2010. Keeping in line with a majority of our colleagues, ACMEC does not receive commercial support from industry to finance its operations or support speaker participation.

The final area of emphasis in the report focuses on outcomes of CME activities. Accreditation criteria requires providers to determine desired outcomes, design activities to support them, and assess participants for changes in competence (teaching participants strategies for translating new knowledge into action), performance (changing and improving what participants actually do in practice), and changes in patient outcomes. The data shows that accredited CME providers, including ACMEC, are successfully achieving ACCME's expectations in this area.

We hope this review of the ACCME 2014 Annual Report and ACMEC's activities provides some helpful insight and information.

To view the full report, go to:  
<http://www.accme.org/news-publications/publications/annual-report-data/accme-annual-report-2014>.

# Miscellaneous Medical Corner

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

### PHYSICIAN BURNOUT: ITS ORIGINS, SYMPTOMS, AND FIVE MAIN CAUSES

According to Dr. Dike Drummond, CEO of TheHappyMD.com, physician burnout is everywhere, but you can't fight an enemy unless you recognize it: <http://www.aafp.org/fpm/2015/0900/p42.html>.

### ABIM & ACCME COLLABORATION IN SUPPORT OF PHYSICIAN LIFELONG LEARNING

Collaboration aims to simplify the integration of Maintenance of Certification (MOC) and accredited CME for ABIM Diplomates and CME Providers: <http://www.accme.org/news-publications/news/american-board-internal-medicine-and-accreditation-council-continuing-medical>.

### 7 TIPS FOR MASTERING PATIENT HANDOFFS

A list of best practices providers can implement to improve communication and patient safety in clinical settings: <http://www.ama-assn.org/ama-ama-wire/post/7-tips-master-patient-handoffs>.

# October 2015

## GRAND ROUNDS SCHEDULE

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

- 7** What's New In Adult Immunization  
William Atkinson, MD
- 14** Headache Diagnosis and Management  
Ryan Smith, DO
- 21** ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS  
Pediatric Hypertension  
Randall Jenkins, MD
- 28** Stroke Prevention in Atrial Fibrillation: Current Evidence for Tailoring Antithrombotic Therapy  
Alpesh Amin, MD, MBA

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

- 1** Acute Kidney Injury  
Tom Pintar, MD
- 8** Transgender Health Care  
Susie Klepack, MSW
- 15** The Integrated Spine Care Program  
Lynnsey Stewart, MD
- 22** General Medicine Topic TBD  
Michael Krug, MD
- 29** Geriatric Topic TBD  
Katherine Ritchey, DO

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

- 2** Sleep Biology: Circadian Rhythms, Sleep Deprivation, and Mother Nature  
Paula Carvalho, MD
- 9** Dietary Fat: Is it Time to Change the Dietary Dogma?  
Gregory D. Miller, PhD, MACN
- 16** Stress Fractures in Athletes  
Craig Smith, MD
- 23** Saint Alphonsus Caring for Women Summit: Hormones & Heart Disease in Women  
Chrisandra Shufelt, MD
- 30** Evolving Strategies for LDL Lowering in Patients with Hypercholesterolemia  
Sergio Fazio, MD, PhD  
**LOCATION: Management Conference Room**