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FALL | OCTOBER 2019

ACUMEN

Ada Canyon Medical Education Consortium's Monthly Newsletter

CME Treats, No Tricks

SPOOKTACULAR GRAND ROUNDS SCHEDULE FOR OCTOBER

ACMEC is happy to present this month's Grand Rounds schedule.

Dr. Kyle Davis, clinical psychologist at the St. Luke's Center for Lifestyle Medicine, will present **Application of Principles of CBT-I for Management of Insomnia in Primary Care** on October 2nd. In this talk, Dr. Davis will discuss how insomnia develops in patients and how Cognitive Behavioral Therapy for Insomnia (CBT-I) principles can be used for management in the primary care setting.

On October 9th, Dr. Neil Argyle, internist at the Salt Lake City VA Medical Center, will present his annual **Update in Outpatient Medicine**.

Dr. Clayton Sontheimer, pediatric rheumatologist at St. Luke's Children's Rheumatol-

ogy, will present an update on **Pediatric Rheumatology** at Children's Hospital Grand Rounds on October 16th.

On October 23rd, Dr. J. Audie Black, clinical neuropsychologist with St. Luke's Clinic – Neuropsychology, will present **Neuropsychological Evaluations for Dementia: Whom to Refer & When**.

To close the month out, Dr. William Weppner, co-director of the Center of Excellence in Primary Care Education at the Boise VA Medical Center, will present **How Innovation Takes Hold: The Structure of Medical Revolutions** on October 30th.

As a reminder, Grand Rounds are scheduled from 8:00 a.m. to 9:00 a.m. in the Anderson Center at St. Luke's Boise Medical Center. See you there!

UPCOMING GRAND ROUNDS

October 2
Application of Principles of CBT-I for Management of Insomnia in Primary Care
Kyle Davis, PhD
Clinical Psychologist,
St. Luke's Center for Lifestyle Medicine

Join us for a conversation on insomnia and CBT-I as a non-pharmacologic approach to treatment.

October 23
Neuropsychological Evaluations for Dementia: Whom to Refer & When
J. Audie Black, PhD, ABN
Clinical Neuropsychologist,
St. Luke's Clinic – Neuropsychology

Join us for a discussion on the latest research related to the neuropsychological evaluations for dementia.

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

November 2019

ST. LUKE'S BOISE MEDICAL CENTER

6 HIV in 2019: Where We've Been, Where We're Going, and What You Need to Know
Abby Davids, MD, MPH

13 Non-Opioid Pain Treatment Options a Physician Can Prescribe and Perform In-Office
Matt Booth, PT, DPT

20 ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS
Medical Management of Pediatric Urinary Tract Infections: Update on Current Trends & Antibiotics
Joseph Hilinski, MD

27 NO CONFERENCE
Thanksgiving



Now Scheduling: 2020 Grand Rounds

LOOKING FOR MEMBER SUGGESTIONS FOR SPEAKERS & TOPICS

Scheduling for Spring 2020 Grand Rounds is underway, and we would love to hear from members on the topics and speakers you would like to have included to ensure we continue to present relevant topics that meet your needs.

Are there any specialties you would like to see represented? Any dynamic speakers you've heard elsewhere that you think would be beneficial to bring to the Treasure

Valley? Any local providers doing innovative things or offering unique services that the medical community should know about? Any hot medical topics that *must* be covered? Let us know!

Suggestions can be sent via email to acmec@acmec.org with **Grand Rounds Suggestions** in the subject line.

Thanks in advance for your insight!

Upcoming Conferences

October 5, 2019

Idaho WWAMI Faculty Development Workshop: Educating in the Clinical Environment,
For information and registration, go to www.regonline.com/registration/Checkin.aspx?EventId=2567329.

November 1, 2019

St. Luke's Mini-BAND Conference (Behavioral Aspects of Neurologic Disorders)
For information and registration, please email Kirk Rasmussen at rasmussk@slhs.org.

Ada County Medical Society News

UPCOMING ACTIVITIES FOR ACMS MEMBERS ONLY

Practice Efficiency Workshop
October 12th | 8:30 a.m. | Meridian

Come learn the pearls of practice efficiency and network with your colleagues and experts in the field at this half-day workshop.

New Physician Welcome Party
October 25th | 6:30 p.m. | Meridian

Our free casual dinner is designed to let you get to know other physicians in your city, both new and established. Come learn more about the variety of benefits and events your ACMS/IMA membership provides and celebrate our 2019 Physician of the Year, Kim Stutzman, MD.

Legislative Update
November 4th | 6:30 p.m. | Boise

Come get a rundown on IMA's legislative priorities and agenda for 2020. You'll meet your IMA lobby team and local representatives and senators. *Date tentative.*

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

SAVE THE DATE

Winter Garden aGlow
December 4th | 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.

ACMS Winter Clinics
February 20th - 23rd | McCall

Come catch up on education and with colleagues at Shore Lodge in wintery McCall during the 61st Annual ACMS Winter Clinics. Registration will be available in October at www.acmswinterclinics.com.

NEW MEMBERS

- Kathryn Applin, MD
- Ryan Baugher, DO
- Brian Cey, NP
- James Crouch, MD

ACMS also welcomes the 161 students of the Idaho College of Osteopathic Medicine Class of 2023 who became members this summer.

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

Shine a Light. Speak Its Name.

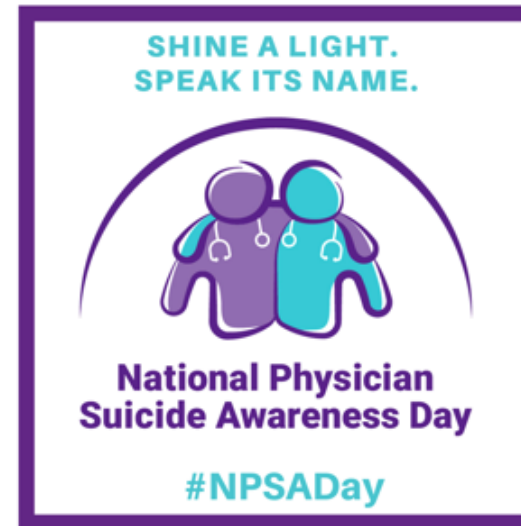
By Steven Reames
Executive Director, Ada County Medical Society

This summer, the Ada County Medical Society (ACMS) Foundation provided suicide prevention training to more than 370 local medical students, physicians, advanced practice providers, and hospital administrators. So far, a grant from the St. Luke's Community Health Improvement Fund (CHIF) and partnership with The Speedy Foundation has made possible five different trainings.

Suicide rates for U.S. physicians are estimated to be up to 230% higher than the rate for the general population. Our goal is to equip our local medical professionals to help themselves, distressed colleagues, and their own families. We provided QPR training, an evidence-based suicide gatekeeper process with three steps: Question, Persuade and Refer. QPR is like CPR: both professionals and lay-people can be trained in it and should apply it immediately when they think someone they know might be suicidal.

I am glad to have received this training myself and have used it three times in the past year alone. For instance, I spoke with a physician this month who was struggling with something that most certainly would bring professional and personal shame. Not knowing her well, I took the risk of asking, "Has this made you consider harming yourself or taking your own life?" She

answered, "Well, I think I've worked through those issues and have moved beyond them." My interpretation is that in her mind, that option was actually on the table.



The unique skillsets that help physicians make it through the rigor of medical school and residency, and make them good doctors – for example, being obsessive, autonomous, and able to turn their emotions off and just do their job – can be a recipe for suicidality when things go wrong.

And in medicine, things often go wrong.

St. Luke's Elmore and Treasure Valley medical staffs hosted two of the training sessions and we were very gratified when the Idaho College of Osteopathic Medicine (ICOM) opened its doors as well. We provided focused training to faculty and staff, as well as both first and second-year classes. Over time, I believe today's trainees have a strong role to play in reshaping the culture and systems of medicine, and helping bend the curve down toward zero physician suicides.

September was National Suicide Prevention Month and September 17th highlighted the second annual National Physician Suicide Awareness Day, organized by the Council of Residency Directors in Emergency Medicine. This day commemorates physician lives lost to suicide and strives to raise awareness about this issue.

I encourage you to program the Idaho Suicide Prevention hotline into your phone for calls or text: (208) 398-4357. You can also text 741741 or call 1-800-273-8255 for the national hotline. You do not have to wait until there is an imminent threat - you can use these lines to identify referral resources or get comfortable with asking the difficult question.

For more information visit:
www.physicianvitality.org/suicide-prevention.

Miscellaneous Medical Corner

UPDATE: ACMEC GRAND ROUNDS WEBEX VIEWING
SAME MEETING NUMBER, NEW PASSWORD

As a reminder, ACMEC uses the WebEx platform to broadcast weekly Grand Rounds online in real time for those of you unable to join us in person. We will continue using the same meeting number for the 2019-2020 academic year, but have updated the password. While your login process should stay the same, online participants will need to discontinue the use of the old password and connect using the information below.

TO VIEW GRAND ROUNDS REMOTELY VIA WEBEX STARTING SEPT. 4TH:

1. Go to www.webex.com.
2. Select **Join** (top right corner of screen).
3. Enter **Meeting Number 627635685** (no spaces), along with your name and email address.
4. When prompted, enter the **Password ACMEC2019** to log in.
5. Connect to **Audio** through your computer and be sure your speakers are turned on.
6. If you are using a mobile device, you may want to download the WebEx App.

Contact acmec@acmec.org with any questions.

"See" you at Grand Rounds!

October 2019

GRAND ROUNDS SCHEDULE

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

- 2** Application of Principles of CBT-I for Management of Insomnia in Primary Care
Kyle Davis, PhD
- 9** Update in Outpatient Medicine
Neil Argyle, MD, MPH
- 16** ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS
Pediatric Rheumatology
Clayton Sontheimer, MD
- 23** Neuropsychological Evaluations for Dementia: Whom to Refer & When
J. Audie Black, PhD, ABN
- 30** How Innovation Takes Hold: The Structure of Medical Revolutions
William Weppner, MD, MPH

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

- 3** Complex Cranial Neurosurgery
Ondrej Choutka, MD
- 10** Neuro-Ophthalmology
DonRaphael Wynn, MD
- 17** GI Microbiome and Health: A Review
Nancy Kois, MD
- 24** Contrast-Induced Nephropathy
Thomas Pintar, MD
- 31** Report on the CLIME Project
CLIME Team

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

SAVE THE DATE Upcoming Grand Rounds

December

18 ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS
Evaluation and Management of Gastroesophageal Reflux
Erin Lane, MD

January

8 Idaho Public Health Update
Christine Hahn, MD

15 ST. LUKE'S CHILDREN'S HOSPITAL GRAND ROUNDS
2019 Year in Review for Pediatrics
Perry Brown, Jr., MD