



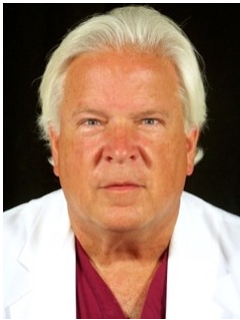
BOULDER COUNTY MEDICAL SOCIETY

HeartBeat

NEW OFFICE: 6650 Gunpark Drive, Suite 100, Boulder, CO 80301

Summer 2017

President's Message: Scott Replogle MD, BCMS President



Hey, the year is more than half over and the Replogle Administration is three-quarters over! Time for another newsletter for sure.

At the last BCMS board meeting we had a presentation by CMS Chief Operating Officer Dean Holzkamp on the past legislation session and what CMS has done and is planning to do in the future. It was so informative that I thought all members should have a chance to hear it, and get up to speed on legislation affecting them and what CMS is doing. So we're having a soiree to meet and greet and have a presentation from CMS on legislation past and future. You will receive a separate invitation but put Thursday, Aug. 17 on your calendar. It's at the new Element Bistro by the Hampton Inn at 63rd Street and Lookout Road, which should be a good spot for such BCMS events.

Not much has happened on reviewing and updating our committees, but we're hoping to review them at the next board meeting. Again, interest in serving on committees for your BCMS is a good way to get involved without an excessive time commitment.

The 2017-2018 BCMS Physician Directory has been out and circulating for quite awhile now. It's another great and successful effort thanks to Judy Ladd. Let Judy know if you need more copies by emailing bcmedsoc@aol.com. I delivered a few and got to see some offices I'd never seen out in east Boulder County, which seems like a happening area.

We're still looking for suggestions for future soiree topics; if you have one you think would be worthy please let us know. Ideally we need someone to oversee it and organize the speakers or presentations. I'm considering a presentation by the Community Foundation of Boulder County (CFBC) that helps with charitable efforts in the county and has a section that helps doctors participate in charitable efforts without having to go through Medicaid and government controls. CMS is also looking to help retired or retiring docs and it should be a worthy combination.

The BCMS annual meeting and installation of new officers is coming up in early November this year. Make plans to get to The Greenbriar Inn for this wonderful evening; reserve Saturday, Nov. 4 with festivities to begin at 6 p.m.

OK, time to get back to work...



BCMS Soirees 2017

Your Board of Directors selected these meetings for 2017, hoping at least one would be of interest to you. We extend special thanks to the presenters who crafted content and deftly handled the Q&As following each meeting. And we hope you'll make plans to join us for the final two programs of the year.

Jan. 19: "Moving From What to How: Practical Tools for Safe and Effective Opioid Prescribing." BCMS co-hosted with Boulder County Public Health, North Colorado Health Alliance and the Colorado Consortium for Prescription Drug Abuse Prevention.

March 23: "BCMS Legislative Forum 2017." This annual event featured Boulder County legislators who discuss relevant bills and medical issues facing physicians and their patients. Invitees were State Senators Steve Fenberg, Matt Jones and Tim Neville, and State Representatives KC Becker, Mike Foote, Matt Gray, Edie Hooton and Jonathan Singer.

May 25: "An uncertain future: Unscheduled care and freestanding emergency departments." Special kudos to presenter, BCMS treasurer and past president, John Ogle, MD, MPH, FACEP, who discussed the changing landscape of health care and the rapid emergence of Freestanding EDs in the Denver/Boulder area. As Colorado is a national test bed for this concept it couldn't have been a more relevant presentation.

UPCOMING:

Thursday, Aug. 17: CMS President Katie Lozano, MD, will provide an overview of the legislative wins during this past legislative session. 6 p.m. Element Bistro in Boulder

Saturday, Nov. 4: BCMS Annual Dinner Meeting and Election of Officers. 6 p.m. at The Greenbriar Inn in North Boulder.

MEMBERSHIP CLIMBS!

Welcome to our new members!

Kevin Bach, MD
Otorhinolaryngologist
KAISER PERMANENTE

Akin Beckley, MD
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ALPINE SURGICAL
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Mandeep Bhamra, MD
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GASTROENTEROLOGY OF THE ROCKIES
303-604-5000

Gavin Bishop, MD
Orthopedic Surgery
UCHEALTH LONGMONT CLINIC
303-776-1234

Melissa Bishop, MD
OB-Gyn
THE WOMENS HEALTH GROUP
303-665-6016

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Stephanie Dettlebach, MD
Family Medicine
UCHEALTH LONGMONT CLINIC

720-494-3121

Anjoli Dixit, MD
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KAISER PERMANENTE

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KAISER PERMANENTE

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Megan Moini, MD
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AVISTA FAMILY MEDICINE
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Prescribing opioids safely: How to have difficult patient conversations

This article originally appeared in the July 2017 issue of Denver Medical Bulletin, the official publication of the Denver Medical Society. It has been reprinted with permission.

Drug overdose is the leading cause of accidental death in the U.S., and opioids account for over 60 percent of those deaths.¹ While opioids are effective pain medications when used in the proper setting, concerns arise when the patient's condition lasts longer than three months, and prescribing more medication does not necessarily result in better pain control.

Building a strong doctor-patient rapport can help facilitate tough conversations with patients about opioid prescriptions and reduce risks. Communication issues appear in 40 percent of malpractice claims, according to a study by The Doctors Company.² These tips can help when dealing with opioid requests and prescriptions:

- Don't make the mistake of jumping to conclusions that the patient is a drug seeker because the patient is there repeatedly for the same pain complaint. It could instead be a situation of missed diagnosis. Treat this patient like any other patient. Take a good history, including a very detailed medication history. Do a thorough physical examination.
- Your prescription drug monitoring program (PDMP) is a valuable tool, like checking allergies and old records. Use the PDMP to learn about your patient's prescription patterns, not just to check for doctor shopping.
- Medication refills for chronic conditions should have a medication agreement. ONE doctor and ONE pharmacy should prescribe controlled medication given for three months or more.
- When patients say that their medication is not working, ask the patient, "How are you taking the medication?" You'll be surprised how many patients used 400mg of ibuprofen twice a day and it was not enough. Taking a detailed medication history and providing patient education about the right dosage, right timing, and side effects to be aware of is essential to medication safety.
- When you hand a patient a prescription for a controlled medication, add a few words to let the patient know that these are serious medications: "I will give you a prescription for Norco. Please realize that this is a medication that can be abused. Keep it secure, take it only as prescribed, and do not drive if not fully alert."
- Be aware of the level of health literacy of the individual patient, and adjust your language appropriately. Ask patients to repeat back the information you gave to ensure they properly understand.
- Communicate the risk of medication theft to patients. Patients who are on a chronic treatment plan should know to watch their medication as closely as they would their money.

By Roneet Lev, MD, Chief of Scripps Mercy Emergency Department, Chair of Prescription Drug Abuse Medical Task Force, and President of Independent Emergency Physicians Consortium

**PRESCRIBING OPIOIDS SAFELY:
SUGGESTED ANSWERS IN
DIFFICULT PATIENT CONVERSATIONS**



PATIENT	DOCTOR ANSWER
"Can I have something for pain?"	"Yes, let me check your medical record for the best choice."
"The medicines don't work."	"Can you please tell me how you take the prescription?"
"My prescription was stolen."	"Did you file a police report?"
"I have chronic pain."	"For your safety, you need your medications coordinated by one doctor and one pharmacy."
"I received extra pain medications elsewhere."	"Let's do a drug specimen today."
	"I see you received 20 pills from the emergency department, what happened?"
	"OK, to stay on the same schedule, this month I will write 100 tablets (120 minus 20)."
A case of clear doctor shopping	"I am concerned because your medications can be addictive. I am going to refer you to someone who can help with this."
A case of need to stop an opioid prescription	"The medication no longer appears to be as beneficial as it once was. As the benefits of the opioids no longer outweigh the risks, we need to discontinue this approach and together find a safer and more effective means of dealing with your pain."

Source: The Doctors Company

More opioid education resources for you

The AMA last week launched a microsite focused on providing physicians with state- and specialty-specific education and training resources. The microsite, www.end-opioid-epidemic.org, includes nearly 300 education and training resources across three major categories:

- Recommendations from the AMA Opioid Task Force
- State medical society resources
- Medical specialty society resources

Physicians can use the site's "State Selector" and "Specialty Selector" to find tailored education and training resources. The AMA Opioid Task Force also has identified numerous national education and training resources. The site highlights the progress physicians have made in using prescription drug monitoring programs, reducing the nation's opioid supply, increasing treatment capacity and increasing access to naloxone.

To further support physicians and patients locating physicians authorized to treat opioid dependency with buprenorphine by state, each state-specific page includes a link to the U.S. Substance Abuse and Mental Health Services Administration Buprenorphine Treatment Practitioner Locator.

While the initial launch of the website is focused on encouraging physicians to take action by using education and training resources, the next phase of the website will encourage physicians and patients to share their own stories.

America's medical community continues to focus on ways to support patients who need treatment as well as help increase overdose prevention efforts. The AMA Opioid Task Force also recently issued recommendations focused on safe storage and disposal, encouraging physicians to:

- Talk to your patients about proper use of opioid analgesics
- Remind your patients to safely store medicines away from children and never share prescriptions
- Urge your patients to safely dispose of expired, unwanted, and unused medications, utilizing pharmacy and law enforcement "Take Back" resources

Join BCMS for next all-member soiree on legislative victories, Thursday, Aug. 17

Don't miss great food, discussion and social time with your colleagues

You are invited to join the Boulder County Medical Society for our next all-member soiree.

WHAT: BCMS all-member late summer soiree

TOPIC: Legislative victories in 2017 and looking forward to 2018

PRESENTER: CMS President Katie Lozano, MD, FACR

WHEN: Thursday, Aug. 17 starting at 6 p.m.

WHERE: Element Bistro, 6315 Lookout Rd, Boulder, CO 80301

COST: Free to BCMS members and a guest

RSVP to Judy at bcmedsoc@aol.com

The Colorado Medical Society went into the 2017 Colorado General Assembly with a clear directive from physician members: reduce frustrating encounters with health plans that deteriorate the practice environment and place unnecessary hurdles for patients. Three all-member CMS surveys conducted in 2015 and 2016 and the insights drawn from our vigorous opposition to the health plan mega-mergers illustrated the urgency of action: Less competition in the health insurance market skewed bargaining power to the plans. Physicians were forced to accept take-it-or-leave it contracts and were increasingly deselected from networks without a clear explanation or appeal rights. Physicians and practice staff faced difficult prior authorization and payment requirements. And a scant regulatory enforcement was biased in favor of the plans.

Now, thanks to the hard work of CMS physician leaders, friends of medicine in the legislature and a dedicated lobby team, the society experienced a banner session advocating for Colorado physicians and patients, achieving reforms that will surely reduce hassles for physicians and increase transparency in the interactions between plans and practices. These victories would not have been possible without the CMS community investing in the Colorado Medical Political Action Committee (COMPAC) and without legislative champions who took the time to understand these complex issues and work toward solutions. There is still work to be done but the ship is turning.

This soiree is relevant to all of us, and sumptuous eats will be provided at one of Boulder's newest restaurants. This is a benefit of membership: There is no cost to members and a guest, no corporate sponsors, and no one will be trying to sell you anything.

SEATING IS LIMITED - YOU MUST RSVP. We hope you can join us! Questions? Email Judy at bcmedsoc@aol.com.

2017 CMS Annual Meeting

You are invited to the 2017 Colorado Medical Society Annual Meeting. The 2017 meeting will be held Sept. 15-17 at Beaver Run Resort in Breckenridge. [View the agenda here!](#)

Your BCMS BOD believes so strongly in this meeting that BCMS will pay up to \$500 to cover the hotel and travel expenses for 20 members. We want our region to be well represented!

As always, there is no registration fee for members, meals are included during conference times, and discounted group pricing on lodging is available at the resort. CMS will even provide free childcare during most conference events through the Children's Activity Center. Advance registration is required. [Learn more here.](#)

The CMS Annual Meeting will be entirely devoted to celebrating the community of medicine, bringing Colorado physicians together for social, clinical and intellectual stimulation. Attendees will experience informative panel discussions and worthwhile workshops on the hottest topics in medicine, led by an impressive slate of state and national speakers a complimentary continuing education. We hope you and your family will make plans to join us! [Register today!](#)



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