



CALIFORNIA ACADEMY OF FAMILY PHYSICIANS

LOS ANGELES COUNTY CHAPTER

Los Angeles Academy of Family Physicians Newsletter
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Welcome to the January e-Newsletter. As the New Year begins, we want to wish you the very best of what life has to offer you, both in your personal and professional life. We would like to think that part of what is best for your professional life is becoming more active in your local county chapter and possibly, your state chapter. Please watch for invitations to participate in some local events this year. Also see the invitation below to join the All Member Advocacy Meeting held in Sacramento, March 7 & 8.

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CAFP All Member Advocacy Meeting

CAFP's 2015 All Member Advocacy Meeting (AMAM) (Saturday and Sunday, March 7-8) and Family Medicine Lobby Day (Monday, March 9th) will focus on some of the advocacy issues family physicians care most about: ensuring access to care for patients by increasing the primary care physician workforce and creating payment reform that supports keeping patients healthy. Hotel Reservations are now open! [Click here](#) for the direct link to book your room at The Citizen Hotel in Sacramento. Group ID: **1503CALIFO_002** (case sensitive).

Any family physician, family medicine resident or medical student interested in the specialty can also register for the meeting free, but **advance registration is required**, so please [click here](#) to reserve your spot.

The AMAM is also your opportunity to develop and hone your leadership skills - an *essential* part of every physician's professional development. We have an action-packed weekend in store for you:

- Saturday March 7: Interactive policy discussions to **deepen your understanding of local and state issues** that affect family medicine.

Make your reservations before February 17.

The LAAFP Executive Board would like you to join them at the **Breakfast Caucus** that is held every year in conjunction with the AMAM and will be held in the "Plaza Park Ballroom" of The Citizen Hotel from 7:00 – 8:15 am Sunday morning just prior to the final all member session. Items for discussion are the approval of the LAAFP 2015 proposed budget, the upcoming year of local events and the current topics being discussed at the AMAM. Please RSVP your intentions to attend the breakfast to LAAcademy@aol.com.

President's Message
Art Ohannessian, MD



Hello fellow family physicians and those soon to be family physicians. I wanted to begin by thanking the entire membership of the Los Angeles Chapter of the AAFP for providing me with the honor and privilege to serve as your President for the 2015 term. I am humbled to have your trust and support and promise to be a strong advocate for our patients, our specialty, and our communities. I am excited to say the Executive Committee members you elected have already been very vocal and constructive in their efforts to continue to grow and expand our Chapter. We recently had our first meeting where we discussed budgetary planning, revision and updates to our constitution and mission statement, and expansion of community engagement through grant funding. In addition, we agreed to extend the deadline for medical student and resident applicants for scholarship funding to attend the upcoming All Member Advocacy Meeting in Sacramento on March 7-8, 2015. We have secured funding for up to six medical students and six residents, so I encourage all of you aspiring family physicians to apply.

I would also like to extend an invitation to all our Los Angeles Chapter membership to attend the AMAM. Not only will this be an opportunity for you to meet CAFP leadership and members from chapters across California, you will also have a chance to debate proposed legislative actions and resolutions. A strategic goal I have for this term is to have our Los Angeles Chapter have an expanded role in writing and presenting resolutions at the state and national level. At this year's AMAM I will be presenting a resolution I co-authored regarding the expanded use of naloxone and plan on further resolution writing and debate at the national level at the National Conference of Constituency Leaders (NCCL) in May 2015.

I am proud to say we are fresh off victories for our patients, our communities, and our constituency. Covered California has been a shining example of a historic successful expansion of health care services to residents of this great state. California voters

overwhelmingly rejected Proposition 46 and its special interest backers. Furthermore, we are at a time when the value of the primary care physician is finally gaining national attention and recognition. I could not be prouder to say that I'm a leader of a group of physicians that truly uphold the tenants of compassion, continuity of care, and community advocacy. Thank you all again for your support and I am very much looking forward to the year ahead.

Editorial

Katrina Miller, MD



Happy New Year!

The New Year is a time of resolutions: a culturally-motivated opportunity for a restart, for cleansing or returning to the source of your motivation. In another view, it may be a draconian decision to start or stop a habit. A comprehensive study commissioned in 2014 by an Australian website found 42% of participants set themselves a New Years' Resolution; however, almost two in three people (62%) didn't succeed with their resolutions. The most common reason for participants failing their New Years' Resolutions was setting themselves unrealistic goals (35%), while 33% didn't keep track of their progress and a further 23% forgot about it. About one in 10 respondents claimed they made too many resolutions.

A 2007 study by Richard Wiseman from the University of Bristol showed 88% of those who set New Year resolutions failed despite the fact that 52% of the study's participants were confident of success at the beginning. Men achieved their goal 22% more often when they engaged in goal setting, (where small measurable goals are set; such as, a pound a week, instead of saying "lose weight"), while women succeeded 10% more when they made their goals public and got support from their friends.¹

We in Primary Care understand that goal setting is a very important aspect to behavior change. But as these studies show, if the goals are too difficult, they will likely still be unachievable. Aristotle said, "Moderation in all things". Ayurveda promotes health

through the eight limbs of yoga, focusing on mere essentials such as breath, correct posture, and meditation among others. “Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance.”²

In our busy world of crammed schedules, kids, pets and keeping up with the Joneses, I hope we can be reminded again in this New Year to focus on ourselves for a minute. We family physicians understand and promote that maintaining one’s healthy physical and mental state is paramount to existential contentment. But how much do we adhere to our own advice? The FAA requires flight attendants to remind us, “...in case of emergency, oxygen masks will drop down ...if you are traveling with a child, **please attend to yourself first**, then the child. Breathe normally...” Without helping yourself, you cannot help anyone else.

Make the commitment right now to take yourself out for a massage, a manicure, a haircut, a yoga, dance or exercise class. Simple and time efficient enjoyments can be so rewarding! Maybe even encourage your friend or spouse to do the same, as there is more success with making the goals public and getting support!

Life and our careers will always have challenges. CMS, ONC and HHS will come up with new ways to regulate, constrain and confound. We need to maintain our health and happiness in whatever way that is sustainable and comfortable. I raise my glass of champagne in a toast of “Salut” to your good health and contentment. My uncle uses this Irish blessing at our Miller family holiday gatherings, and I wish it to you as well, “May you always have walls for the winds, a roof for the rain, tea beside the fire, laughter to cheer you, those you love near you, and all your heart might desire.”³

Maintain those good spirits in whatever way possible. In the words of William Purkey (perky is even in his name!): “You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody listening, And live like it's heaven on earth.”⁴

Happy 2015!

Mark http://en.wikipedia.org/wiki/New_Year's_resolution

² <http://www.brainyquote.com/quotes/keywords/balance.html>

³ <http://tacomaweekly.tripod.com/Irish-Quotations.html>

⁴ <http://www.goodreads.com/quotes/10123-you-ve-gotta-dance-like-there-s-nobody-watching-love-like-you-ll>

Katrina Miller, M.D. is a Family Physician who currently serves as Clinical Information Systems Medical Director for Adventist Health, West. In this position she has facilitated creation of more than 600 Order sets, multiple EMR-based Lean workflows and education and communication processes focused on provider user experience. She trained in Quality Management through ACPE, is GE Change Agent + and has chaired multiple inpatient and ambulatory quality and peer review committees. She is Diplomate of the American Board of Family Medicine and the American Board of Preventive Medicine – Clinical Informatics Specialty. She was an Assistant Professor through USC’s Keck School of Medicine, having served as faculty in Residency programs, Medical and Physician Assistant Schools. She is Fellow of the National Institute for Program Director’s Development (NIPDD) and Pre-Doctoral Director’s Institute (PDDI). Her BA is from Reed College in Portland, OR, MD from

EVMS in Norfolk, Virginia and residency was at UCLA-Westwood. In 2011 Dr. Miller was honored to receive the Glendale, CA "Women in Business Award for Science and Technology".

Legislative Affairs Update, LAAFP

January 2015

Wesley G. Bradford, MD, MPH



Governor Brown's proposed 2015-16 State Budget does not include a reversal of the 10% Medi-Cal provider payment cut, despite a multi-billion dollar budget surplus. In addition, the Affordable Care Act (ACA) provision that raised primary care physician Medicaid payment rates to Medicare levels, ended on January 1, 2015, and neither the state nor federal government has strongly urged continuing this increase. The \$4 billion state budget surplus would be used mostly on education funding and building the state's new rainy day reserve fund. Leaders in the Assembly and Senate have indicated a desire to restore funding to safety net programs hit hardest by cuts during the recession, so the Governor's proposal could be amended in budget committees. Medi-Cal fees are already among the lowest in the US, while the number of insured Medi-Cal patients is expanding under the ACA, and there is already a shortage of primary care providers. CAFP achieved a big win in last year's budget, directing \$4 million in new funding to increase primary care residency slots in residency programs in underserved areas. CAFP will fight for a continuation and augmentation of these funds in 2015.

Meanwhile at the federal level, Congress has failed to pass a fix for the flawed Medicare sustainable growth rate (SGR) formula that determines Medicare payments. A 21% Medicare payment cut will occur on April 1 without Congressional action. Last year was the closest Congress came to an agreement on a complete replacement for the SGR. CAFP will work with AAFP to push this across the finish line in 2015.

CAFP's 2015 All Member Advocacy Meeting (AMAM) (March 7-8) and Family Medicine Lobby Day (March 9th) will focus on the advocacy issues that family physicians care most about: Access to care, increasing the primary care physician workforce, and payment reform. Your participation in this meeting can help us achieve our goals in California. Registration is free for all members. Please go here to learn more: <http://www.familydocs.org/all-member-advocacy-meeting>

California's landmark liability law, MICRA is safe from the trial lawyers; Prop 46 was soundly defeated (along with a random urine-test requirement on physicians) in November, thanks to hard work by CAFP, CMA and a strong coalition of opponents.

California Insurance Commissioner and CAFP's 2011 Champion of Family Medicine, Dave Jones, issued new regulations recently requiring insurers to adhere to timely access standards for appointment wait-times, provide accurate network providers lists (no "Ghost Panels"), and provide out-of-network care options when the number of local in-network providers is inadequate. CAFP applauds this effort and will continue to fight to ensure patient access to primary care.

The new Legislature has released its new committee assignments in the Assembly and the Senate. CAFP needs individual family physicians to develop relationships with these legislators in their districts. You can call their district office, introduce yourself, and offer to be a resource on health care issues they will vote on. Please contact Adam Francis at afrancis@familydocs.org for help and to coordinate approaches on specific issues.

Minutes of the Executive Board Meeting November 22, 2014



The Executive Business Meeting was combined with the All Member Family Event held at the Los Angeles Zoo. President José Avalos, MD, lead the brief meeting. Individual introductions were made. Members in attendance were: Doctors José Avalos (and family), Shannon Connolly, Rachel Ferrara (and family), Lawrence Greenberg (and family), George Lin (and family), Alia Matthews (and family), Katrina Miller, Gil Solomon (and spouse), Marissa Vasquez (and family), and Selene Velasco (and family). Executive Director, Roxanne Kuns, was also in attendance.

The Minutes from the September 10, 2014, Executive Board meeting were accepted as printed in the October Newsletter.

Dr. Katrina Miller presented the January–October 2014 Treasurer’s report. The report was approved as printed in the Agenda. Dr. Avalos gave a call for Resolutions to be submitted to the AMAM. Dr. Avalos introduced the new 2015 LAAFP Executive Board as printed in the October Newsletter.

The meeting was adjourned.

Following the meeting, members and guests enjoyed a delicious picnic buffet and were able to spend the remainder of the day touring the zoo.

Volunteer Opportunity



BREATHE LA’s (www.breathela.org) COPD conference will promote an **increase early diagnosis and early treatment for COPD patients in order to reduce hospitalizations and reduce hospital readmission rates**. We need a member of the association of family physicians to help us build content and qualify for CME credits. Please contact Brad Lebowsky at 503-490-0930 or BLEbowsky@breathela.org.