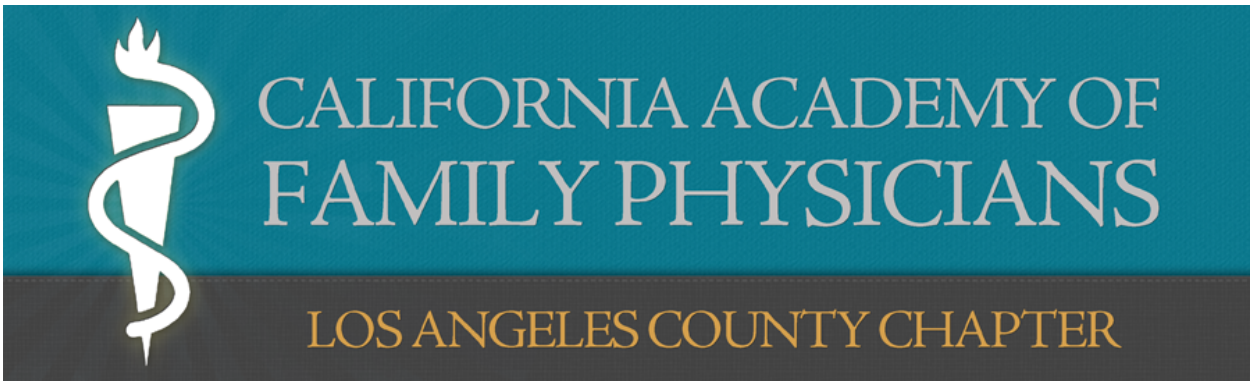

Los Angeles Academy of Family Physicians Newsletter
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Welcome to the January e-newsletter. The beginning of the New Year gives the opportunity to make a new beginning in our professional life by attending the All Member Advocacy Meeting in Sacramento, on March 12-13. You won't regret it. It will offer you a new perspective on family medicine and encourage a stronger membership connection at the state level. We look forward to seeing you there. Please RSVP through the invitation that follows.

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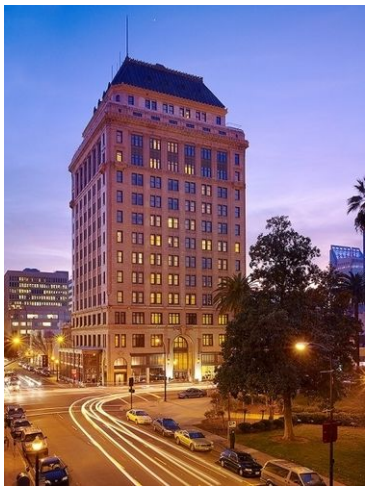

All Member Advocacy Meeting

The Citizen Hotel
926 J Street
Sacramento, CA 95814

Saturday-Sunday, March 12-13, 2016

All members are invited to this special advocacy meeting,
sponsored free by the CAFP.
Check out the familydocs.org website here to register.

Note: The bloc of rooms set aside for CAFP members is full.
Call The Citizen Hotel at 916.492.4460 (don't use their website);
and identify yourself as being with the CAFP group.
You can also go online to your favorite discount travel search engine
to book at The Citizen; currently prices are equivalent to the discount.
So don't delay!

The Los Angeles Chapter will be hosting a Breakfast Caucus for LA members
on Sunday, March 13, in the Plaza Park Ballroom from 7:00 – 8:15 a.m.
To make your reservation, please RSVP to LAAcademy@aol.com.

President's Message
Kevin Rossi, MD

Welcome fellow family physicians and soon to become family docs. Happy New Year 2016! I don't remember a more exciting time to be a family physician in California or in Los Angeles County; this is certainly the Year of the Family Doc!

I'd like to start by thanking our outgoing chapter president, Art Ohannessian. Art spent the last year tireless promoting our specialty, advocating for our members and our patients. I have been impressed by his devotion to recruiting our future physicians from residents and medical students spread across the county. He spent countless hours reworking our bylaws, establishing a grant funding process and working on legislative issues related to Naloxone use. He's a dogged advocate for Family Medicine with unbound energy and enthusiasm, which will be hard to follow!

I consider myself a "seasoned" family physician. I am a native Californian, born in Oakland. I trained at UCLA Medical School after undergraduate work at UC Davis. My residency was at Kaiser Los Angeles and I have worked at Kaiser Permanente for over 30 years. I served as Regional Chief of Family Medicine until 2009 helping lead a very large and thriving Family Medicine Department from Bakersfield south.

In a nod to Art's work in 2015, the executive committee will be meeting this month to establish our goals for 2016. I'm confident we'll continue with our promotional work with residents and medical students through grant funding and participation in chapter activities. We may also continue with work related to primary care practice satisfaction and sustainability, opioid medication management and promoting issues related to the Affordable Care Act and its effect on primary care.

To this end, I encourage all members to attend the All Members Advocacy Meeting this year in Sacramento, March 12-13, and the Legislative Day on March 14. The Monday morning session on Capitol Hill has been very well attended and greatly enhances family medicine's visibility in the Legislature. It's also an ideal way to meet fellow family docs and recruited trainees. I found it to be a refreshing experience.

Please feel free to let me know of your issues in family medicine and I encourage everyone to get involved in our specialty activities with our frequent member dinner sessions throughout 2016.

Editorial

Rebecca Bertin, MD

At this time of year, many of our patients – and ourselves – have made New Year's Resolutions, many of which have to do with health. It is a great time of year to be talking about behavior change. I have a patient who likes to come in for his annual visit on New Year's Eve – he says he likes to start off the new year making sure he is healthy. Unfortunately, this year we found that his previously very well controlled Hemoglobin A1c went up significantly. He is motivated to improve his health, but this year I'll be working with him more closely, helping him figure out how to maintain his motivation and his choices to keep him healthy for the coming years. That is the essence of Family Medicine – sometimes our job is just to convince someone to make a change, or give them the tools they need to do it. But one of the best things about being a primary care physician is the long-term relationships with patients, working with them over time to become healthier, address setbacks and new situations, and maintain the changes they make for the better.

When we think about stages of behavior change, we often don't spend a lot of time or energy on the maintenance phase. Talking about contemplation, preparation, and action is more exciting, more concrete, easier to make a list or put on a calendar. Initiating a change takes a lot of energy to budge against inertia, but maintenance takes energy too. Maintaining behavior change is a seemingly unending series of choices to engage in the new behavior instead of the old.

Two years ago, when January 1, 2014 rolled around, I was a Community Medicine fellow. It was a fascinating opportunity to be working in five different clinical settings during the first half of 2014, as the major aspects of the Affordable Care Act were being implemented. The amount of energy and time that went into preparing for that date in each of those systems was astounding, and the work that providers, back office staff, and administrators did during those first few months of 2014 to accommodate all the changes was impressive. At the time, what I noticed most was how, in a time of transition, it often looks worse before it gets better. Transition is hard on everyone. Patients had to fill prescriptions at new pharmacies, learn new patterns, and even find new providers. Clinic staff had to learn new roles, some completely different from what they had done before. But I also started seeing patients get referrals approved more quickly, get the medications

and supplies they needed more easily, and have less unnecessary appointments. Even in the first few months of 2014, I could see positive effects of the new health care law.

Here we are, two years later, in 2016. This is the first year since the law was passed that no new aspects of the Affordable Care Act will be implemented. Everyone involved in health care is still feeling the effects of the changes that have happened over the last few years, but this year we can focus on continuing what is working well, improving what isn't, and moving forward with what we have. We're in the maintenance phase.

Let's maintain our momentum, on an individual and a corporate level. Let's be there for our patients, ask them how the weight loss or medication adherence or smoking cessation is going, and encourage them to keep working. Let's welcome the new patients in our practices who are still finding their way through the complex insurance system to finally find a medical home. Let's meet up at the All Member Advocacy Meeting in Sacramento in March to learn and discuss what issues are going to affect our practice and our ballots this year. Let's vote in November (and March, and June) for candidates and measures that will support our day-to-day work. And let's keep checking in with each other to make sure we're staying healthy and moving in the right direction ourselves.

Legislative Affairs Update
January 2016

Wesley G. Bradford, MD, MPH

The second half of the California Legislative Session reconvened on January 4. Gov Brown released his proposed budget the same week. He and the Legislature have until June 15 to come to a compromise budget. Included in the budget is a reworking of the state tax on managed care organizations (MCOs), which had previously been used to help fund the Healthy Families Program, which has not transitioned over to Medi-Cal. The current structure of the tax does not comply with federal requirements. CAFP is urging the Governor and legislative leaders to include money for primary care residency programs as millions of dollars in federal and grant funds that support the programs will end this year.

CAFP's next All Member Advocacy Meeting (AMAM) will take place on March 12-13, 2016 at The Citizen Hotel in Sacramento, CA and will focus on developing leadership and advocacy skills for family physicians. Family Medicine Lobby Day follows on Monday, March 14, on which day CAFP members meet with their legislators at the Capitol and discuss issues important to family medicine. All CAFP members are invited to attend and registration is FREE, but you must RSVP in advance.

CAFP has submitted comments to recently proposed federal managed care regulations for Medi-Cal and the Children's Health Insurance Program (CHIP). CAFP urged the strengthening of oversight in access, network adequacy and accurate provider directories and promoted higher Medi-Cal payments.

The "End-of-Life Option" Act was signed by Governor Brown last year and will be enacted in 2016. It was modeled after the Oregon law allowing a physician (with safeguards) to prescribe end-of-life medication. A ballot initiative to overturn it failed to secure enough signatures qualify for the November ballot. CAFP and CMA took no position on this law, in light of the divided views of their membership. CAFP hosted a webinar on January 20, 2016, from 12:00 - 1:30 pm focusing on the End of Life Option Act and what California family physicians need to know about its requirements.

The state Department of Justice (DOJ) has upgraded the Controlled Substance Utilization Review and Evaluation System (CURES 2.0), enabling licensed physicians and pharmacists to monitor control drug use. The new enhancements aim to improve the system's security requirements, user experience and feature a number of added functionalities, including the ability to delegate report queries and new practitioner-identified patient alerts. The upgrades include a streamlined registration process for new users. Licensed physicians with DEA registration must be registered to use CURES by July 1. (Physicians still using older browsers will be routed to the old CURES 1.0 interface for now.) Register at http://oag.ca.gov/cures. An FAQ is available at https://oag.ca.gov/cures/faqs.

CAFP's online "PCMH University" has a library of resources to assist family physicians in exploring the medical home model and transforming their practice. PCMH integrates high quality planned, coordinated, patient-centered health promotion and acute and chronic condition management. To get started, see http://www.familydocs.org/pcmh-university/getting-started.

MINUTES

EXECUTIVE BOARD & MEMBERS MEETING

November 17, 2015

President, Dr. Art Ohannessian, called the meeting to order. Thirty-one members and guests were in attendance. Individual introductions were made. All names have been placed on record.

Dr. Ohannessian introduced the newly elected 2016 Executive Board and confirmed the 90.9% acceptance rate of the updated Bylaws. He asked for a voice vote by members to accept the September 16th Executive and Members Meeting minutes as printed in the October 2015 Newsletter. He also asked for a voice vote to approve the October 31st

Treasurer's Report as presented by Assistant Secretary-Treasurer, Dr. Shannon Connolly, and printed in the Agenda. Both reports were unanimously accepted as printed.

After thanking everyone for the honor of being the 2015 LAAFP president, Dr. Ohannessian briefly recapped some of the exciting things that have happened within our chapter. It was a year of building momentum…

• contributing to the PAC
• presenting significant resolutions that were approved by the CAFP Board of Directors
• supporting residents and medical students in attending the AMAM, NCFMRMS and STFM
• offering special funds to aid a community outreach health education fair run by medical students
• developing a formal system for evaluating appeals for Academy funds
• collaborating with BREATH LA CME program of COPD, offering our members a reduced registration fee
• presenting a great slate of new officers for the 2016 year
• updating the LAAFP Bylaws
• seeing our membership count increase
• reminding everyone that we are the largest chapter in the State of California.

(Please see our website www.LAAFP.org to read the President's Message in the October 2015 Newsletter for greater details on the above topics.)

The meeting was adjourned.

Dr. Ohannessian introduced our guest speaker for the evening, CAFP's 2015 President, Dr. Jay Lee. Members and guests were encouraged and inspired by his presentation. Here are just a few insights that Dr. Lee shared: "one of the greatest values of Academy membership is finding community" – 'don't adjust your values to the workplace, find a workplace that matches your values" – "become the physician you wrote about in your personal statement" – "stick to it and stand up for what is right" – "show up and give a damn" – consider "the job (charting, billing, calls to pharmacies) vs. the work (being there for your patients)." Look for the "joy" in what you are doing. Remember: "FPs are heroes."

FAMILY MEDICINE
CLINICAL **FORUM**
APRIL 16-17, 2016 | SAN FRANCISCO, CA