



PULASKI COUNTY MEDICAL SOCIETY *News*

February 2020

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When you think professional, ethical, quality healthcare,
think physicians of Pulaski County Medical Society.

2020 President's Address

Dear Members,

I am honored and humbled to serve as your President of the Pulaski County Medical Society for the 2020 term. On behalf of the Board of Directors, I would like to thank all of you for giving us the opportunity to serve you. We look forward to continuing the work of our predecessors in fulfilling the mission of PCMS - the oldest and largest county medical society in our great state - and we hope to have your support and active participation in the activities of the PCMS.



Kay Chandler, MD

With ever-increasing demands of documentation/coding, prior authorizations, managing employees or meeting requirements of employers, and taking care of patients with chronic and complex medical conditions, it is tempting to "put our heads down" and do what we do best - take care of patients. But with the challenges facing our profession, including the issues of scope of practice and tort reform, we can't assume that someone else will take care of these things for us. Now is the time for us all to stay involved and join together to ensure adequate and safe patient care for the people of our state.

We are currently in our third year of implementing the PCMS Strategic Plan. We are grateful for the work of the members of the strategic planning committee. Using their input, we have made advancements and continue to work in these areas:

Practice and Professional Viability - This year the PCMS is investing in improved communication with our members through a web based app and updated website. We anticipate that this will facilitate our ability to disseminate information to our members and promote greater involvement.

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2020 President's Address

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The PCMS will continue its newsletter focusing on matters of local interest, as well as providing a forum for issues pertaining to the practice of medicine. We continue to offer service through the Pulaski County Medical Exchange, the only emergency medical answering service in central Arkansas exclusive for physicians and monthly Lunch and Learn sessions. If you have suggestions for Lunch and Learn topics contact Derek at 501-687-0039, or email him at derek@pulaskicms.org.

Community Voice and Outreach - The PCMS is pleased to partner with Harmony Health Clinic, a non-profit medical and dental clinic serving the medically uninsured and underserved in Pulaski County. As a group, we are contributing financially toward the needs of the clinic, but they are also in need of physician and other medical and non-medical volunteers (contact them at <http://www.harmonyclinic.org/volunteer-harmony>.) With your

support, PCMS had the opportunity to fund some very impactful UAMS student projects including "Walk with a Future Doc", "Harmony Health Clinic Garden" and "LULAC Medical Spanish Course". We look forward to continuing to support medical students and our community by funding additional projects this year.

Leadership - PCMS is encouraged to have seen an increase in our membership in 2019. As we grow, so does our impact. One of our focuses in encouraging physician participation in organized medicine is to involve medical students early in their training and careers. We had over 20 students at our Annual Membership Meeting. Thank you to State Volunteer Mutual Insurance for sponsoring their registrations. The Annual Membership Meeting and Dinner in December is always a great opportunity to take some time to connect with each other. I hope to see many of you there this year!

Sincerely,
Kay H. Chandler, MD

Baptist Health Dedicates New Medical Office Building in North Little Rock; Gov. Asa Hutchinson Attends Ribbon Cutting

Baptist Health officially dedicated its new Baptist Health Medical Office Building on Monday, Jan. 13, in North Little Rock. Governor Asa Hutchinson was on hand to help Baptist Health President and CEO Troy Wells and other local dignitaries cut the ribbon on the four-story 160,000-square-foot building which houses the Baptist Health-University of Arkansas for Medical Sciences Medical Education Program.

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Pictured from left to right are Joe Smith, North Little Rock Mayor; Troy Wells, President and CEO of Baptist Health; Dr. Cam Patterson, UAMS Chancellor; Asa Hutchinson, Arkansas Governor; and Judy Henry, Chairman of the Baptist Health Board of Trustees.

Baptist Health Dedicates New Medical Office Building

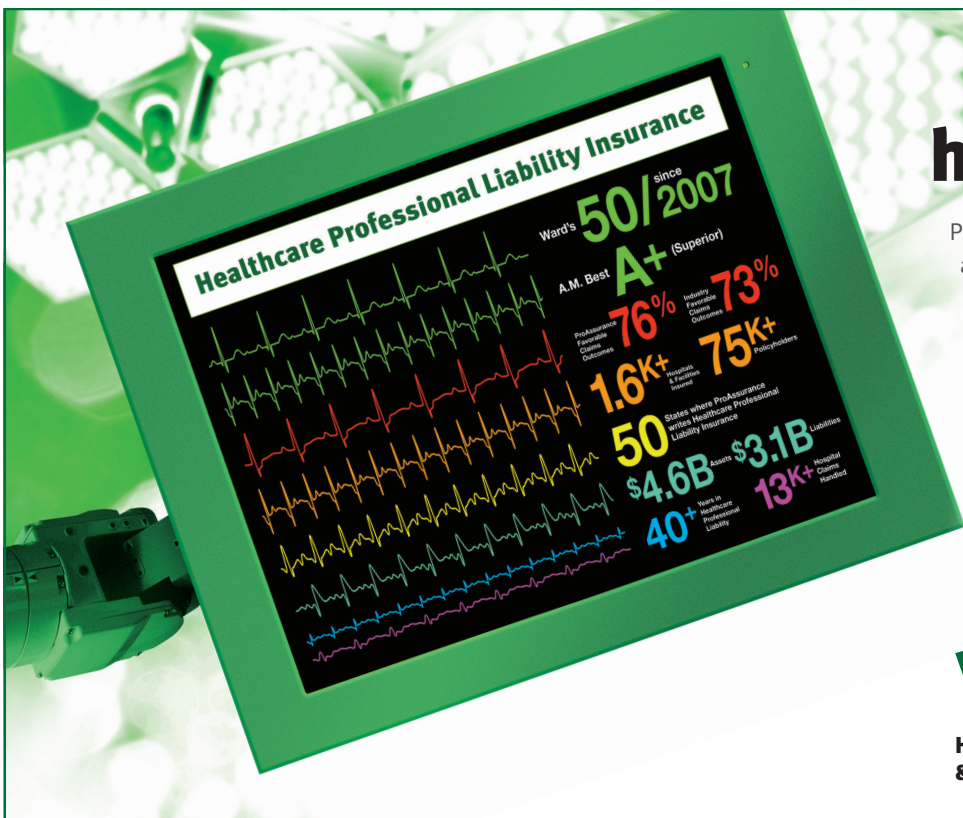
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The Baptist Health-UAMS Medical Education Program is a joint venture with UAMS that started with 24 residents in the specialties of family medicine and internal medicine with plans to expand and ultimately provide up to 120 or more new residency opportunities in the state.

"By working together, Baptist Health and UAMS will dramatically impact the number of residency opportunities available in our state," said Troy Wells, president and CEO of Baptist Health. "We know that when physicians train in a certain community they are much more likely to stay there after their training. The goal is more physicians for the state, which has a significant physician shortage."

"UAMS is proud of its partnership with Baptist Health for graduate medical education that will provide more physicians for Arkansas," said UAMS Chancellor Cam Patterson, M.D., MBA.

Baptist Health Internal Medicine Clinic and Baptist Health Family Medicine Residency Clinic are located in the building. These new clinics serve as new points of access for the North Little Rock community and provide opportunities for the residents to practice in a clinical setting. The facility features state-of-the-art equipment, conference rooms, a resident lounge, shower facilities, an exercise room, a kitchenette and patient care clinical areas. In addition, the new building will house other physician clinics, as well as lab and x-ray.



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Baptist Health Foundation Receives Two Grants Totaling More Than \$40,000 From National Breast Cancer Foundation

Baptist Health Foundation recently received two grants totaling more than \$40,000 from the National Breast Cancer Foundation. The first, in the amount of \$40,000, will go toward the Nurse Navigator Program at Baptist Health Breast Center-Little Rock. The breast center will enhance its support, guidance, education and resources to help breast cancer patients with their treatment. Nurse

navigators are vital to a breast cancer patient's journey through the continuum of care, and provide the primary support and guidance to help a patient at diagnosis, when they require additional testing and when they need treatment, support or other needed resources. The nurse navigators do not schedule appointments, but they do

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Member News

Arkansas Money & Politics Names Top Influencers 2020



Dr. Ali Krisht

Arkansas Money & Politics (AM&P) listed their Top Influencers for the year. Among those chosen was Society member Dr. Ali Krisht of the CHI St. Vincent Arkansas Neuroscience Institute (ANI) in Sherwood. AM&P said this about Dr. Krisht, "Krisht, who leads the ANI's world-class team of neurosurgeons, is also a leader in research, new techniques and training, who stands among the top 1 percent of neurosurgeons in the nation". For more of the story see page 62 of the January issue of *Arkansas Money & Politics*.

Congratulations Dr. Krisht and ANI.

UAMS Study Finds Raising Opioid Dosage Increases Risks, Ineffective for Pain

Increasing the opioid dose that a chronic pain patient regularly receives also increases their risk of adverse health outcomes while showing no significant reduction in pain, according to studies by University of Arkansas for Medical Sciences (UAMS) researchers.

Brad Martin, Pharm.D., Ph.D., and Corey Hayes, Pharm.D., Ph.D., authored the two studies published separately online this month in the scientific journals *Pain* and *Addiction*. The studies were funded by the National Institute on Drug Abuse.

Martin is a professor in the UAMS College of Pharmacy's Division of Pharmaceutical Evaluation and Policy. Hayes is an assistant professor in the Center of Health Services Research in the College of Medicine Department of Psychiatry.

The *Pain* article looked at how dose escalation influenced the intensity of pain in patients and the *Addiction* article examined whether the risk of adverse effects increases with the opioid dose.

"What we found in one paper was that the pain relief the provider and the patient are going for really isn't there when they increase their doses," Hayes said. "You don't see the benefit, but you do see the risk. Our overall message is, when you're thinking about increasing the dose, you need to realize the risk it brings, too."

For both studies, Martin and Hayes drew from data from the same group of 18,358 patients. One subgroup of patients were "dose maintainers" who during the study period did not have their opioid doses significantly

increased. A second group of "dose escalators" had their doses increased by 20 percent or more. The majority in the second subgroup had their doses increased by about 60 percent, often starting from a low dose.

"The first question we wanted to answer was whether we are seeing meaningful pain relief when clinicians decide to increase someone's opioid dose," Martin said. "The second question was whether there were risks associated with increasing someone's dose."



In answering the first question, they found dose escalators persistently had higher pain scores throughout the study.

"Opioid dose escalation among patients with chronic pain is not associated with improvements in pain scores," the study stated.

In answering the second question, the research team compared the two groups on whether dose escalation also increased patients' risk of adverse effects such as suicide attempts, fall accidents and substance use disorders.

"For people who escalated their dose, compared to people who just maintained their dose, the increase in risk for developing a substance use disorder was about 30% when we look at all substance use disorders," Martin said. "Not surprisingly, it was highest for opioid use disorders, which increased about 50%. Use of other drugs and alcohol use disorders went up about 15-20%."

For most of the other negative outcomes, opioid use also increased their risk, the study concluded.



Calendar of Events

Workplace Violence



Melony Hilton

**Wednesday,
May 20, 2020**

**11:45 am – 12:30 pm
Suite 802 of the
Doctor's Building,
500 S. University Avenue**

Speaker

Melony Hilton, SVMIC

This session addresses the growing concern over workplace violence including the potential warning signs and appropriate responses to bomb threats and active shooters.

Medical Office Cybersecurity for Business People



Justin Huffaker

**Wednesday,
June 17, 2020**

**11:45 am – 12:30 pm
Suite 802 of the
Doctor's Building,
500 S. University Avenue**

Speaker:

**Justin Huffaker,
DataMax Vice President
of Strategic Technology**

In the wake of the Equifax security breach, approximately half of all Americans have had personal identity and financial credit data stolen. And, the Equifax breach is not an isolated incident. It seems that on a daily basis news headlines are trumpeting yet another high-profile company who has had defenses compromised and data stolen. As business people, it is a mistake to see these breaches as expressly "IT problems" when many cybercrimes are the result of con artists, simple trickery, and ignorance on the part of office workers. These so-called "socially-engineered attacks" are a highly effective threat vector and require specific defensive actions in order to be mitigated. A well-conceived business security strategy should not only involve deep technical tools but should also include employee education and technology usage best practices.

Baptist Health Foundation Receives Two Grants

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follow up with patients weekly to ensure that they are making appointments and following through with their care. Each answers questions and provides guidance through each step – from diagnosis to surgery or needed treatment.

The second grant, in the amount of \$2,500, was awarded to Baptist Health Breast Center-North Little Rock. It will solely go toward clinical breast exams, mammograms and ultrasounds for underserved women in 2020. Baptist Health Breast Center-North Little Rock will screen all patients for eligibility with special focus on those requiring diagnostic services.

**Please check the PCMS website at
pulaskicms.org
for updated event information.**



Pulaski County Medical Society
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Mission:
Promote medical care,
professional growth, and
public health.

Vision:
To be a catalyst for change
in how healthcare is
viewed and implemented
in Central Arkansas

Strategic Plan 2018 – 2021

1

Practice and Professional Viability

Maintain and enhance services,
professional staff and communications
to effectively implement the mission.

2

Community Voice and Outreach

Create and participate in events to
promote health; monitor and propose
government initiatives that affect public
health and safety; become the trusted
resource in the community for overseeing
the influencing of public health policy.

3

Leadership

Growing the number of active members
involved in the society's community
outreach and service, and take care of
the mental health of its members through
the foundation.

**If you would like to be involved in the
committee to help implement the
Strategic Plan please call 501-687-0039.**