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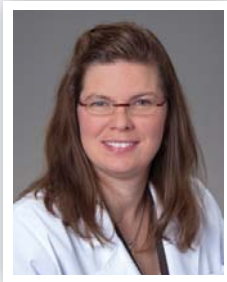
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From the President

Happy Spring!

The crocuses are blooming, the polar vortex has spun back toward Canada, and hopefully sunny days are here to stay. Spring is a great time to think about reconnecting—with neighbors on the street, with trees in the park, and with your Monroe Owen County Medical Society colleagues!

This Spring brings multiple opportunities to strengthen our medical community ties to help you stay engaged, motivated and supported in your medical career.

As the 2019-2021 MOCMS President, I wanted to introduce myself. My name is Laura Knudson, and our family moved to Bloomington from Salt Lake City, UT in the winter of 2014. Prior to moving to Bloomington, I graduated from the University of Minnesota Medical School and from the University of Utah Family Medicine Residency, and worked for a few years in a Federally Qualified Health Center in Ogden, UT. I had the pleasure of working at the Liberty Drive location of IU Health Southern Indiana Physicians Family and Internal Medicine division for nearly 5 years. In September 2018, I took a position with the Indiana University Health Center, where I focus on women's health, eating disorders and transgender medicine. My spouse, Jason (a biology professor at IU) and our kiddos, Peter (7 yrs) and Celia (3 yrs) keep me engaged in all that Bloomington has to offer outside of medicine. In the Spring, we like to hike, goof off on our neighborhood front porches, and make music (of varying skill levels—I'm a beginner violinist!). I have really enjoyed being part of the MOCMS Executive Board for the past 5 years and I appreciate the opportunity to meet and connect with so many colleagues at MOCMS functions. I'd also especially like to thank Dr. Wes Archer for his leadership as MOCMS President for 2017-2019, and his continued willingness to serve on the MOCMS executive board.

The MOCMS membership has grown significantly in the past few months—over 30 new members have joined since the last newsletter. On January 24, 2019 we hosted a New Member Meet and Greet at Switchyard Brewery which had a great turnout and allowed us to sample tasty beers as we chatted. Our Women In Medicine branch gathered for a mini-yoga retreat in November 2018 which stretched us all in the best possible way—we hope to make this a recurring event in the future. A new opportunity occurs March 29, 2019 when we host a casual Physician Book Club, which we hope to make a quarterly event. We will be discussing "In Shock" by Dr. Rana Awdish. Feel free to attend any book clubs even if you haven't read the book—the conversation will be richer with more perspectives and opinions. Our Spring General Meeting will be at the IU Baseball Game on May 18, 2019. We hope you and your family can join us for conversation, lunch, baseball and children's activities.

As you connect with your colleagues at the above events and connect with your patients in your practice, please keep in mind our third-annual Enigma event, tentatively scheduled for November 7, 2019 at Upland Brewing. This fun, informal setting is a great opportunity to share interesting, unique, or puzzling cases with colleagues from all disciplines. Think of it as Grand Rounds from residency with none of the stress and all the camaraderie. As you see challenging or tricky

(Cont'd on page 2...)

Welcome New Members

MOCMS would like to welcome the following new members:

Gloria Alano, MD

*Internal Medicine/Geriatrics/
Hospice & Palliative Medicine*

Shaun Altneu, DO

Internal Medicine

Kimberly Benham, DO

Emergency Medicine

Frank Boateng, MD

Nephrology

Ricardo Dorotheo III, MD

*Emergency Medicine/Family
Medicine*

Suzanne Field, MD

Pediatrics

Daniel Garrison, MD

Emergency Medicine

David Grunow, MD

Family/Hospital Medicine

Michelle Herman, MD

Anesthesiology

Allison Kaderabek, MD

Internal Medicine

Michael Kane, MD

Family Medicine/Psychiatry

Wasim Khasawneh, MD

Neonatal/Perinatal/Pediatrics

Melissa Kunkel, MD

Neonatal/Perinatal Medicine

Ivy Lee, MD

Palliative Medicine

James Lindsay, MD

Pediatrics

Nancy Marshall, MD

Internal Medicine

Saki Miwa, MD

Cardiology/Internal Medicine

Mark Munroe, MD

Internal Medicine

Cory Norman, MD

Emergency Medicine

Amanda Pettibone-Pond, MD

Urology

Stephanie Riley, MD

Emergency Medicine

Michael Rominger, MD

Emergency Medicine

Beatriz Sanchez, MD

Pathology/Cytopathology

Camilo Santiago, MD

General Surgery

David Savage, MD

Cardiovascular Surgery

Bahadur Shah, MD

Internal Medicine

Rajesh Shah, MD

Oncology/Hematology

Jennifer Winders, MD

Family Medicine

Zachary Worley, DO

Emergency Medicine

Thomas Worster, MD

Rheumatology

Billie Zody, MD

Obstetrics & Gynecology

cases during the year, please keep them in mind to present at Enigma. We are always looking for cases and presenters.

Hopefully our community's unusual cases will not involve preventable childhood diseases such as measles, mumps or polio! Nothing reminds me of our global interconnectedness, and the importance of communicating with patients and families, like an outbreak of preventable disease. Indiana University has recently had a mumps outbreak, so please keep in mind those "rare" diseases when evaluating your patients, and continue to discuss vaccinations with your patients and families. Dr. Scot Moore has graciously written about vaccination communication for this issue.

Lastly, MOCMS is evaluating the best mode of communication with their members, including how to distribute the member directory. Please consider replying to the survey about paper vs electronic member directories and newsletters.

We hope that your Spring is full of sunshine without sunburns, non-allergenic flowers, gentle spring breezes that don't carry respiratory viruses, and rejuvenation.

Sincerely,

Laura B. Knudson, MD

President

Monroe Owen County Medical Society

Women In Medicine enjoy a Mini Yoga Retreat

Rejuvenate your mind, body and spirit was the theme for a mini yoga session held for Women In Medicine on November 27, 2018. Attendees were treated to an evening of gentle yoga, relaxation and aromatherapy followed by wine and conversation. It was a great event to boost camaraderie among peers and everyone left feeling renewed and refreshed!



The Importance of Childhood Vaccinations

The childhood vaccination program is considered the most important disease prevention strategy benefiting people of all ages. Over the past 100 years, the dramatic decrease in the incidence of each vaccine-preventable disease has been credited with the greatest impact on health and longevity throughout the world. Unfortunately, recent outbreaks of measles, mumps and whooping cough prove that complacency and misinformation leading to vaccine hesitancy or refusal stand in the way of control or elimination of these dreaded diseases.

Physicians and all others involved in healthcare must embrace our role as the expert in conveying compelling evidence-based information in support of childhood vaccinations. There are many great resources available to confirm the safety and effectiveness of vaccines; I like the CHOP Vaccine Education Center (<https://www.chop.edu/centers-programs/vaccine-education-center>) and the AAP 2018 Red Book section "Discussing Vaccines with Patients and Parents," pages 7-11 (<https://redbook.solutions.aap.org>).

Every patient contact is an opportunity to discuss vaccination status and be sure that they are up-to-date. I encourage parents to ask questions, acknowledging that this is an important responsibility for all of us. If they are unsure, confused or have beliefs that are different from mine, I say "I have some thoughts about that. Is it OK if I share those with you?" I am confident that I am right, but giving parents space to voice their concerns and then provide the science behind childhood vaccination strategies can lead to a fun and fruitful discussion. It is important to point out that routine childhood vaccine products: contain no Mercury; incorporate less aluminum than breast milk; when given all together are less taxing to the immune system than strep. throat; will never have safety or effectiveness studied on any alternative schedule; in regard to MMR, the purported connection to autism has been completely debunked. A strong and unwavering recommendation supporting vaccination from the physician is the most effective way to gain immunization acceptance. Following a thoughtful and respectful discussion, I actually have very few parents that will ultimately choose an alternative vaccination course.

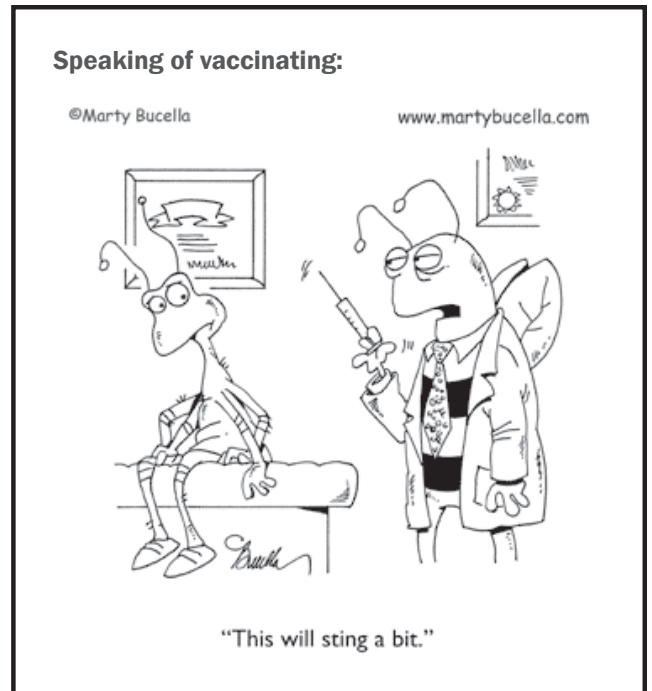
Scot B. Moore, MD, FAAP

IU Health Riley Physicians

Chairman of Infection Control, IU Health Bloomington Hospital

Member of AAP Committee on Infectious Diseases (authoring group of the AAP Red Book)

Member of AAP Committee on Practice and Ambulatory Medicine



Make sure you are compliant with recent INSPECT laws

Senate Bill 221

INSPECT program allows a dispenser of ephedrine, pseudoephedrine, or a controlled substance to transmit certain information to the INSPECT program by any electronic method that meets specifications prescribed by the state board of pharmacy (board). It provides that, to the extent considered appropriate by the board, the INSPECT data base must be interoperable with other similar registries operated by federal and state governments. It requires the following practitioners to obtain information about a patient from the data base before prescribing an opioid or benzodiazepine to the patient: (1) A practitioner who has had the information from the data base integrated into the patient's electronic health records. (2) Beginning January 1, 2019, a practitioner who provides services to the patient in the emergency department of a hospital or a pain management clinic. (3) Beginning January 1, 2020, a practitioner who provides services to the patient in a hospital. (4) Beginning January

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1, 2021, all practitioners. It also provides that a practitioner is not required to obtain information about a patient who is subject to a pain management contract from the INSPECT data base more than once every 90 days and removes lapsed provisions. INSPECT provides that beginning January 1, 2019, a practitioner who is permitted to distribute, dispense, prescribe, conduct research with respect to, or administer ephedrine, pseudoephedrine, or a controlled substance in the course of the practitioner's professional practice or research must be certified to receive information from the INSPECT program. It allows a practitioner to request a waiver from the requirement of checking the data base before prescribing an opioid or benzodiazepine if the practitioner does not have access to the Internet at the practitioner's place of business. INSPECT requires the Indiana state board of pharmacy to: (1) establish a process for a practitioner to request a waiver; (2) determine whether to grant a practitioner's request for a waiver; and (3) issue a waiver when the board determines a waiver is warranted. Complete details can be found in: iga.in.gov/legislative/2018/bills/senate/221

And from ISMA's Legislative News for 3/15/19, "As you may recall from the first half of session, ISMA has actively supported HB 1294, which removes criminal penalties tied to new INSPECT requirements and moves the INSPECT law into a more appropriate section of Indiana law. After passing out of the House unanimously, it has moved on to the Senate and is scheduled for a committee hearing this Wednesday (March 20). ISMA will continue to testify in support of this legislation until it is on the governor's desk! The INSPECT prescription drug monitoring program is an important tool for providers in their efforts to help combat Indiana's opioid crisis. This week, it was reported that IU Health's opioid prescriptions are down 13 percent since the health system integrated INSPECT with its electronic health records. This is clear evidence that the health care provider community's response to state efforts promoting use of INSPECT is making a difference in the fight to stop opioid diversion and prevent Hoosiers from becoming addicted."

Free ISMA webinars count toward opioid CME requirement

Article published in the 2-11-19 ISMA Reports

Physicians who hold an Indiana Controlled Substance Registration (CSR) need look no further than ISMA's website for resources to help satisfy the new opioid continuing medical education (CME) requirement: More than a dozen webinars on the topic of opioid prescribing and abuse are available for CME credit to count toward the new requirement, at absolutely no charge.

Archived sessions of past webinars presented by respected Indiana experts may be viewed at physicians' convenience. Topics include the history of the opioid epidemic, treatment models, difficult conversations with patients, new laws for Indiana controlled substance prescribers, and others customized for different medical specialties.

CME credit earned by completing each module of ISMA's opioid webinar series is free, thanks to a grant from the Richard M. Fairbanks Foundation.

The new law, which stems from Senate Enrolled Act 225 (P.L.55-2018), requires any Indiana-licensed health care practitioner applying for or renewing a CSR to have completed two hours of CME on opioid prescribing and abuse during the previous two years. The requirement takes effect July 1, 2019, and sunsets on July 1, 2025. The Indiana Medical Licensing Board's website has more information about the requirement at www.in.gov/pla/4040.htm.

ISMA's free opioid webinars count toward satisfying the two-hour CME requirement because of their content and because ISMA is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide CME. For questions regarding the new CME requirement, contact ISMA General Counsel Chelsea Kurth, JD, at (317) 261-2060.

Following are some of the archived webinars within ISMA's opioid series, which count toward satisfying Indiana's two-hour CME requirement. Complete descriptions of each webinar and instructions for webinar access can be found on the ISMA website under Education then Physician Resource Center.

1. 2019 Legal Update: Understanding the Most Recent Indiana Laws for Prescribers and How to Comply
2. INSPECT Integration: Data for Critical Prescribing Decisions

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3. Project ECHO: Tele-mentoring Program for the Treatment of Opioid Use Disorder
4. Psychological Considerations in Assessment and Treatment of Patients with Chronic Pain
5. Medication Assisted Treatment for Opioid Use Disorders
6. Changing the Game: How Sports Medicine Can Help with the Opioid Crisis
7. Screening and Treating Adolescents with Substance Use Disorders
8. Chronic Pain Management and Integrative Pain Methods
9. A Collaborative Approach to Treating Controlled Substance Use and Abuse in the ED
10. Legislative and Legal Update on Opioid Prescribing
11. Strategies for Safe and Compassionate Opioid Weaning
12. The Least, Last & Lost: Pregnant Women with Opioid SUD
13. The Opioid Epidemic: Impact on Peri-Operative Care
14. Changing the Culture of Prescribing
15. Difficult Conversations with Patients Seeking Opioids
16. The Opioid Epidemic: Medical Societies' Views and Clinical Realities

ISMA's new mobile app has just launched! This ISMA online app puts free CME courses in your nearest mobile device, for your convenience. Read your most current ISMA e-REPORTS for details.

KUDOS

Thank you to our physicians!

March 30 is National Doctors' Day and is the annual celebration that honors our hard-working and dedicated physicians. We know that you are all busy with your professional and personal lives, and we want to thank you for your contributions to individual's lives and to our communities. We would like to take this opportunity to mention the many doctors that volunteer at Volunteers in Medicine:

- Eric Bannec
- Earl Craig
- David Harvey
- Tom Hrisomalos
- Mayo Mehrizi
- Wes Ratliff
- James Rickert
- Rob Stone
- Greg Sutliff
- Sarah Tieman
- Rick Weidenbener

Also, in a recent "biznet", the publication of the Greater Bloomington Chamber of Commerce, there was an article regarding the importance of volunteering. Our Dr. Jim Faris was mentioned for his many years volunteering at the Franklin Initiative's Reality Store. Dr. Faris also volunteers once a week for Habitat for Humanity.

Again, we want to thank you all for your contributions to our community, and want you to know that you are appreciated. We realize that there are other physicians that go above and beyond and deserve recognition. We would like to include them in our future Kudos section. Please keep us informed and send ideas or comments to director@mocms.org.

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MOCMS Meet and Greet

To celebrate a record number of new members joining MOCMS in 2018, the Medical Society kicked off the New Year with a meet and greet event on January 24th at Switchyard Brewing. Over 30 new, active and retired members mingled and enjoyed a light dinner along with a variety of beverages. The evening offered a great opportunity for physicians to connect and catch up with their peers. With the success of this event, we look forward to additional events in the upcoming months. Look for more information in the SAVE THE DATE section of each MOCMS newsletter.



Batter Up!

It's time for some fun!

MOCMS Members and families are invited to

IU vs Rutgers Baseball Game and Picnic

It's Senior Day and the last home game of the season.

Saturday, May 18

- Bart Kaufman Field - the Outdoor Patio (in right-field corner)
- Patio will open with lunch (EXACT TIME TO BE ANNOUNCED)
- 1:05 pm - First Pitch - Open Seating

Kids' drawing for the first pitch at 12:00 Noon

Tickets/picnic lunch are complimentary. Join your colleagues and their families to cheer on the Baseball Hoosiers. Pick up your tickets and picnic passes at the ticket trailer. Game dates/times are subject to change pending weather. (Watch your email or give us your cell phone number for text updates if weather is threatening.)

RSVP by Wednesday, May 15 to 812.332.4033 or director@mocms.org

Please let us know how many adults and children will be in your party and the names of those planning to attend!



Leaving Practice or Retiring Soon?

Please let MOCMS know where your medical records will be stored.

One of the most common phone calls received at the MOCMS office involves locating patient medical records for physicians who have moved or retired from practice. MOCMS keeps a database of that information for a number of physicians but certainly not for all former or current members. If your medical records are not housed at Storage Unlimited or with an ongoing practice from which you have retired, please contact the office to update that information for our database. You may email to director@mocms.org or call 812-332-4033. Thank you very much!

Need more information?

Contact www.ismanet.org/legal/FAQ/all.htm

PLEASE NOTE THE NEW LAW (PL 76-2017) WHICH TOOK EFFECT ON JULY 1ST REGARDING ABANDONED MEDICAL RECORDS. For more information go to <http://iga.in.gov/legislative/2017/bills/senate/549#>

SAVE THE DATE

SPRING GENERAL MEETING AT IU VS RUTGERS BASEBALL GAME AND PICNIC

SATURDAY, MAY 18, 2019,

Members and families are invited. See page 6 of this newsletter for details.

ISMA ANNUAL CONVENTION

SEPTEMBER 13-15, 2019

THIRD ANNUAL ENIGMA EVENT

THURSDAY, NOVEMBER 7, 2019

Upland Banquet Center. Details will be sent in the near future. Be thinking of interesting and unique cases that you would want to share with your peers.



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The Monroe Owen County Medical Society Newsletter is designed and printed courtesy of Indiana University Health Bloomington. The Society extends our heartfelt thanks to IU Health Bloomington for their support and assistance.

PLEASE KEEP US UPDATED

In our increased effort to “go green”, MOCMS is hoping to communicate with you through email. If you would like to help MOCMS use less paper, please be sure we have your updated email address by sending an email to director@mocms.org and check that your spam blocker will allow communications from MOCMS.

Please check your office information listing on our website at www.mocms.org under “Find a Physician” and send corrections to director@mocms.org.

MOVED LATELY?

Please forward your new address for your **home** and/or your **practice** to MOCMS right away. You may call MOCMS at 812.332.4033, write to us at PO Box 5092, Bloomington, IN 47407-5092 or email: director@mocms.org. Please help us keep your information current/correct in the MOCMS database, Physician Directory and on our website at www.mocms.org.

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The Monroe Owen County Medical Society (MOCMS) Newsletter is published each spring, summer and fall by approval of the Executive Committee. The MOCMS Newsletter accepts submissions of articles, announcements, obituaries, and editorials related to the interests of our members. Materials submitted for consideration should be typed as a Word document. The MOCMS reserves the right to edit all articles submitted. MOCMS retains final editorial judgment regarding newsletter content. It reserves the right to reject articles, announcements, letters, advertisements, and other items that do not correspond with the goals and purposes of the organization.

The information contained in the newsletter is believed to be correct and accurate. Unless specifically stated otherwise, the opinions expressed in any article, advertisement, or column are those of the individual author and do not represent an official position of, or endorsement by, the Monroe Owen County Medical Society, its officers, Executive Committee, or the newsletter staff.

Approved by the Executive Committee on June 5, 2007.

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