



Network of Ethnic Physician Organizations
 California Medical Association Foundation
*Optimal Wellness and Equality in Healthcare
 for All Communities*

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Network of Ethnic Physician Organizations
 A Project of the California Medical Association Foundation
 & *NorCal Mutual Insurance Company*

Presents

ETHNIC PHYSICIAN LEADERSHIP SUMMIT

*“The Challenges & Benefits of Health Care Reform”
 Saturday & Sunday, September 17th-18th, 2011
 Hilton Hotel, San Jose, CA*

**Ethnic Physician
 Leadership Award Recipient
 Frank Staggers, Sr., MD**

Come and help us celebrate Dr. Staggers’
 accomplishments.



REGISTER ONLINE TODAY!!!

To register and for more information, visit
www.ethnicphysicians.org

Limited scholarships are available for Medical Students for registration, travel & hotel on a first-come, first served basis. Contact Anna Gutierrez for more information at 916.779.6627 or agutierrez@thecmafoundation.org



A Word from the NEPO Chair, José A. Arévalo, MD, FAAFP



The Alliance for Patient Care (APC), a California based delegation of Medi-Cal patient advocates that also represents NEPO, met with key Washington leaders including CMS director, Dr. Don Berwick and Senators Feinstein and Boxers staffs, on August 4th to urged the Centers for Medicare & Medicaid Services (CMS) and members of Congress to reject California's proposed Medi-Cal cuts. NEPO has signed on with APC, a coalition of health care providers, health plans, patient advocates and others working to protect access to care in California's Medi-Cal program.

This past May, APC wrote to CMS urging the agency to reject a plan submitted by the State of California that would reduce Medi-Cal reimbursement rates to physicians, hospitals, nursing homes and other providers by 10 percent. Governor Brown's request to CMS also requested permission to institute patient copayments of \$50 per ER visit, \$5 per physician visit, \$100 per day in the hospital as well as a provision that would limit patients to seven physician office visits per year.

California Medi-Cal rates are already some of the lowest in the nation and many providers cannot afford to participate. With a growing shortage of primary care physicians the addition of new copayments and arbitrary limits on services, further reductions in access to care will surely follow leaving many patients with coverage but no providers to see them. The resulting access gap will lead to further medical complications with higher use emergency rooms for basic health services.

Medi-Cal is currently the source of health care for one in five Californians (about 7 million). With the implementation of health care reform fast approaching, another 3 million uninsured patients will soon be added to the state's Medi-Cal program. For health reform to be a success, California needs to maintain and improve access to care, not create more road blocks to an already strained system.

A similar plan proposing to cut reimbursements to Medi-Cal providers was submitted in 2008. Recognizing that this reduction would threaten Medi-Cal beneficiaries' access to health care services, CMS rejected the plan in November 2010. Early reports are that the trip was a major success, especially the meeting with Dr Berwick, with reports that he noted that this was one of the best meetings he had been part of during his tenure at CMS.

Although NEPO was not able to send a specific delegation to these meetings we continue to monitor and support the efforts of our partners in the Alliance. My personal thanks to the Alliance for the incredible advocacy on behalf of our Medi-Cal patients and clinicians.

CalOptima Regional Extension Center (COREC), a federally funded program for Orange County priority primary care providers. COREC provides subsidized, on-site technical assistance to implement or upgrade to a certified electronic health record and achieve meaningful use.



Enrolling with COREC, we help you:

- Prepare your practice for the selection of a suitable EHR platform that meets your needs.
- Incorporate all components of the "meaningful use" matrix and clinical quality measures.
- Ensure implementation meets the compliance objectives of the Medicare and Medi-Cal Incentive Programs.
- Ensure progress towards meaningful use and participation in Health Information Exchange.

Learn more about meaningful use, EHRs, and incentive payments when you ENROLL in COREC. All Orange County priority primary care providers receive these technical assistance services at no cost to YOU!!!

Find out if your eligible – CALL TODAY 1-855-241-1145 or COREC@caloptima.org

Save the Date! Insulin Management Webinar with Dr. Kimberly Buss

On Tuesday, September 27 from 12-1pm CMAF will be hosting a no-cost webinar featuring Dr. Kimberly Buss to discuss adult outpatient insulin guidelines for type 2 diabetes. The learning objectives of the webinar are to:

- Identify patients with type 2 diabetes that are likely to benefit from insulin therapy.
- Discuss treatment goals for patients with type 2 diabetes on insulin
- Understand appropriate use of short-, intermediate-, or long-acting insulin's in the management of type 2 diabetes.
- Consider role of oral medications in combination with insulin in patients with type 2 diabetes

Dr. Buss is a Family Physician who practices with Sutter Medical group and is also the Director of Diabetes Education for the Sutter Medical Foundation. She received her MPH from the University of California at Berkeley in Epidemiology and Biostatistics and her MD from the University of California at Davis Medical Center. Dr. Buss then went on to complete her Residency in Family and Community Medicine at the University of California at Davis Medical Center. She has helped write and implement outpatient type 2 diabetes insulin guidelines for Sutter Health and she currently oversees a large insulin management program for Sutter primary care providers throughout the greater Sacramento region. Dr. Buss is also the president of the local chapter of the American Diabetes Association Community Leadership Board, the vice chair of the Diabetes Coalition of California (DCC), and she has helped create the DCC outpatient type 2 diabetes adult insulin guidelines.

Title: *Insulin Management in Type 2 Diabetes*

Date: Tuesday, September 27, 2011

Time: 12:00 PM - 1:00 PM PDT

Cost: No-cost

To register for the webinar please follow this link: <https://www2.gotomeeting.com/register/911498970>

If you have any further questions, please contact Joe Mette at jmette@thecmafoundation.org



Helping families lead healthier lives.

Families today are busier than ever, with less time for healthy homemade meals. Yet, we know diet affects our weight, energy and overall health. Still, nearly a third of American adults¹ and 17% of children in the U.S.² are obese. Unless addressed, this trend will have devastating health effects on current and future generations.

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1 U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC. Available at <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>. Accessed May 10, 2011.

2 Centers for Disease Control and Prevention. NCHS Health E-Stat. Prevalence of Obesity Among Children and Adolescents: United States, Trends 1963-1965 Through 2007-2008. Available at http://www.cdc.gov/nchs/data/hestat/obesity_child_07_08/obesity_child_07_08.htm. Accessed May 10, 2011.

The California Medical Association Foundation's Network of Ethnic Physician Organizations (NEPO), Orange County Medical Association and Cal Optimal Regional Extension Center (COREC) Presents

Orange County HIT Implementation Information Seminar

Tuesday, October 11, 2011

6:00 p.m. – 8:30 p.m.

** Dinner will be provided.*

Orange County Medical Association, 17322 Murphy Avenue, Irvine, CA 92614

Please RSVP by contacting Anna Gutiérrez at agutierrez@thecmafoundation.org or 916.779.6627.

California Healthcare Providers - Are you ready to help your patients meet the 2011-2012 7th through 12th Grade Tdap Requirement?

As of July 1, 2011, under State law, all California students entering 7th through 12th grades must be immunized with the Tdap booster. The CMA Foundation's goal is to help reach the 3 million children who need to be vaccinated before they head back to school in Aug/Sept. 2011. Under a new state law, SB 614, schools have the option of allowing students in the 7th through 12th grades to conditionally attend classes for up to 30 calendar days after their first day of the 2011-2012 school year before meeting their requirement for a whooping cough booster ('Tdap'). This option for conditional attendance will assist schools that need additional time to gather records on their students, but, as pertussis continues to occur at high levels in California, unimmunized adolescents remain at risk of becoming ill, missing school and spreading pertussis to their fellow students, households and communities. We urge schools, health care providers, and the public to continue their efforts to protect students against pertussis this summer.

The Shots for School website, administered by the California Department of Public Health, recommends the following action steps, as part of its Provider Readiness Checklist, to make sure you are prepared to help your patients meet the new Tdap requirement. Repeatedly assess which adolescent patients have already received Tdap and which still need Tdap. Repeatedly remind patients by mail, telephone, emails and clinic displays. Ensure that your clinic has adequate supplies of vaccines. Immunize now at every adolescent visit – the incidence of pertussis is highest in summer through fall. Provide clear documentation of Tdap immunization to patients and their schools. Use VFC-supplied vaccines on VFC-eligible patients only.

For more information on these and other tips for health care providers, visit the Shots for School website, Provider Info page at:

<http://www.shotsforschool.org/providerinfo.html>

To further assist providers, the CMA Foundation is also providing FREE patient education materials to help promote the 2011-2012 Tdap (pertussis) school mandate.

The California Medical Association Foundation's Cervical Cancer/HPV Project has launched a campaign that promotes awareness about California's new whooping cough vaccine requirement for 7th through 12th graders. California is facing a whooping cough epidemic. In 2010, more than 8,000 confirmed, probable and suspect cases of whooping cough were reported to the California Department of Public Health (CDPH) - the highest incidence rate in 52 years. To combat the high levels of disease and death from whooping cough that occurred in California in 2010, a new school immunization law will be in effect for the 2011-2012 school year.

All California students entering 7th through 12th grades must be immunized with the Tdap booster. The CMA Foundation's goal is to help reach the 3 million children who need to be vaccinated before they head back to school in Aug/Sept. 2011. Under a new state law, SB 614, schools have the option of allowing students in the 7th through 12th grades to conditionally attend classes for up to 30 calendar days after their first day of the 2011-2012 school year before meeting their requirement for a whooping cough booster ('Tdap'). This option for conditional attendance will assist schools that need additional time to gather records on their students, but, as pertussis continues to occur at high levels in California, unimmunized adolescents remain at risk of becoming ill, missing school and spreading pertussis to their fellow students, households and communities. We urge schools, health care providers, and the public to continue their efforts to protect students against pertussis this summer.

To help health care providers educate patients about the new vaccination requirement, the Foundation has published a number of patient education materials, including a 7th – 12th grade immunization chart, a table tent, and reminder postcard. All of these materials are available in English and Spanish. The CMA Foundation also encourages health care providers to talk with parents about all of the recommended adolescent vaccines available (HPV, chickenpox, seasonal flu and meningococcal) when administering the required Tdap shot.

PDFs of Tdap mandate patient education materials are now available on the CMA Foundation's Cervical Cancer/HPV Project web page ([click here to view/download the materials](#)) or if you would like to order FREE copies of these patient education materials, please contact Leslie Barron at lbarron@thecmafoundation.org or 916.779.6630.

The 2nd edition of the *Diabetes and Cardiovascular Disease Provider Reference Guide* has been completed is now available



The California Medical Association (CMA) Foundation's Diabetes Quality Improvement Project is pleased to announce the improved and updated 2nd edition of the *Diabetes and Cardiovascular Disease Provider Reference Guide (PRG), 2011*. This reference guide was developed with the goal of bringing healthcare providers in a variety of practice settings current clinical guidelines, evidenced based best practices and patient self management resources, to assess, manage and address diabetes as cardiovascular disease complication. The guide was coordinated by the California Medical Association (CMA)

Foundation with the help of 29 physicians and healthcare professionals who contributed to the update of the content.

New for 2011: Identification and management of prediabetes; An updated "Management" chapter that integrates blood glucose, hypertension and hyperlipidemia management all in one chapter (reflecting a more comprehensive management of diabetes); Adult outpatient insulin guidelines for type 2 diabetes, including a decision matrix, from the Diabetes Coalition of California; Physical activity guidelines for type 2 diabetes; Tips to improve medication adherence; Updated pharmacotherapy grids to treat and manage diabetes, hypertension and dyslipidemia; A Diabetes Care Guidelines & Flow Sheet that allows you to easily identify all recommended care for your patient compared to target goals – all on a single page; Updated ICD-9-CM codes.

To access a PDF of the PRG at no-cost, click [here](#).

To request the PRG on CD-ROM at no-cost, email Joseph Mette at jmette@thecmafoundation.org

To request a hard copy of the PRG, email Joseph Mette at jmette@thecmafoundation.org. Hard copies are available for \$20 + shipping.

New Additions to the Multicultural Diabetes Patient Education Database

The Diabetes Quality Improvement project staff has updated and added new materials to its Multicultural Diabetes Patient Education Database (McPED). This update was the first in a series of quarterly updates that aim to bring providers and patients with high quality patient education materials. The McPED is a free searchable database of culturally and linguistically appropriate patient education materials covering multiple subjects related to diabetes from key organizations and sources. The new additions to the database include resources from:

[Diabetes and Cardiovascular Disease Provider Reference Guide 2nd ed., 2011](#),
[National Diabetes Education Program](#),
[California Diabetes Program and American Diabetes Association](#).

Resources Topics

Cardiovascular Disease and Diabetes	Complications	Emotions
Exercise	Eye Care	Foot Care
Medication Management	Monitoring	Nutrition
Prevention		

To access the Multicultural Diabetes Patient Education Database, please click [here](#) or go to: www.thecmafoundation.org/PEM/application/Default.aspx



If you haven't looked at the CMA [education calendar](#), now is the perfect time! Check out their new website, including their updated registration process!

To submit articles or announcements, please contact:
agutierrez@thecmafoundation.org

The CMA Foundation reserves the right to edit all contributions for clarity and length, as well as the right not to publish submitted articles, for any reason.

Help us improve the health of California!
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**California Medical
Association Foundation**
3835 N. Freeway Blvd.,
Suite 100
Sacramento, CA 95834
Phone: 916.779.6620
Fax: 916.779.6658
www.cmafoundation.org
www.ethnicphysicians.org

Dexter Louie, MD
Chair, Board of Directors

Carol A. Lee, Esq.
President and CEO
clee@thecmafoundation.org
916.779.6622

**Network of Ethnic
Physicians Organization
(NEPO)**
Project Staff

Phoua Moua
Project Coordinator
pmoua@thecmafoundation.org
916.779.6636

Anna Gutiérrez
Project Assistant
agutierrez@thecmafoundation.org
916.779.6627

José A. Arévalo, MD
NEPO Chair

Margaret Juarez, MD
NEPO Co-Chair



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