



Network of Ethnic Physician Organizations California Medical Association Foundation

*Optimal Wellness and Equality in Healthcare
for All Communities*

JULY 2011 E-NEWSLETTER VOLUME 9, ISSUE 7

INSIDE THIS ISSUE:

Where Are We In Our EMR Journey?	1
EHR Desk Reference	2
CalOptima Foundation—COREC	2
ETHNIC PHYSICIAN LEADERSHIP SUMMIT	3
California Healthcare Providers—Are You Ready to Help Your Patients Meet the 2011-2012 7th-12th Grade Tdap Requirements?	4
The 2nd Edition of the Diabetes & Cardiovascular Disease Provider Reference Guide is now available on the CMA Foundation Website	5
CMAF Clinical Toolkits—Obesity Prevention Project Survey	5
CALHIPSO	6
HITEC-LA	6

Where are we in our EMR journey?

Dr. Edward Castro, Family Care Specialists Medical Group



Well, we've come a long way and we have a long way to go.

We're a mid-size medical group located in Los Angeles. We have 4 offices, 26 providers (physicians and PAs), and we run a Family Medicine residency program. We also have an IPA. So we have a lot going on. After a long search process, we signed a contract with e-MDs in May for their integrated Practice Management/Electronic Medical Record solution. We go live in October.

What can I tell you about using an EMR? Well, since we're not using one yet, not a lot. I can tell you about the process. First – the decision on whether to go down the EMR road is not an easy one. It's a big capital outlay, it'll disrupt operations, and besides the cost there'll be lost productivity to deal with (at least initially). The number one reason we signed a contract is to improve the medical care we provide for our patients.

Not that we do poorly now. But we know we can do better. Our goal has always been to try to do everything for patients that they need, every time they come in the door. I've been in practice for over 20 years and I think I have a pretty good handle on helping my patients keep up to date on their routine health maintenance recommendations. But when we do chart audits, that just doesn't always happen. Patients in real life have multiple medical problems, and to deal with them all and talk about anything new can be overwhelming even for the most dedicated physician. Things get missed. Having an EMR will allow us to create flags that remind us (and the MA and the front office) that a patient needs a mammogram for example. Wouldn't it be great if the MA scheduled the mammogram for the patient, without the physician having to explicitly order it? Improved medical care and one less thing for the physician to worry about. And that's for the patients who come in. With an EMR, we'll be able to query our database to tell us the patient's who haven't come in and who need their mammogram. Again, better medical care for the patients we care for.

The timing is right. The federal incentives helped make the decision a much easier one. The Affordable Care Act will pay us between \$44,000 and \$63,000 per physician (over 5 years depending on how many of our doctors will qualify for the Medicaid versus the Medicare incentive). With the cost of the system and the hardware we'll need, as well as the lost productivity we'll face when we go-live, it won't cover the entire cost, but it'll cover the majority, and for a private practice like ours that's huge. The clock is ticking – you need to implement in this coming year to be able to qualify for the full amount of incentive dollars. And once you've decided you want to purchase and implement an EMR there are still many steps before you first turn on the system. You need to decide which EMR is best for you. There are literally hundreds of choices available to you - this won't be an easy decision. And then once you sign a contract, the EMR vendors are so busy right now that as you can see from our example it'll be months before you go-live. You'll need help with all of this, no matter how knowledgeable and tech-savvy you are. This is where CalHIPSO, HITEC-LA, and Cal-Optima come in. They'll help you make a decision on which EMR is best for you, help evaluate your office processes so that you can fully utilize whatever system you choose, help you implement, and then help you reach meaningful use. Whew!

My advice: Make the decision now (and the decision should be Yes), get help, and go forward. The time is now.



EHR Desk Reference

NEPO Chair, José A. Arévalo, MD, FAAFP



A heartfelt personal thanks to the CMA Foundation for sponsoring 4 NEPO Regional Meetings during the first part of 2011 aimed at updating local NEPO physicians on the HiTech Act of 2009 and the potential opportunities for their practices. NEPO staff and I travel to Fresno, Los Angeles, San Diego and Santa Clara bringing with us CalHIPSO, HITEC-LA, COREC, CMA, and several of our EHR vendors. These talks were well received but did not quite reach our target numbers. Nonetheless, we will continue to provide information through our network communications to ensure that our NEPO organizations have the latest and most accurate information. Along those lines, we were excited to use some of these forums to help CMA announce the availability of a new high quality publication to help doctors make the right decisions.

Funded in part from a generous contribution from the Physicians Foundation, the Reference is available free-of-charge to any physician. The EHR Desk Reference brings together information, tools, and resources from many sources into one comprehensive tool to help physicians and their practices make the transition to EHR. It includes information from CMA, the American Medical Association, the California Academy of Family Physicians, the Texas Medical Association, and many others. It is designed to help physicians at any stage of the EHR implementation process. Key topics covered in the book include: Understanding the Federal Incentive Programs; Selecting the Right EHR for Your Practice; Talking to Your Patients about Your HER; HIPAA Compliance; and Meaningful Use.

To download a copy of the Desk Reference, or to view CMA's collection of tools and resources around HIT, please visit the CMA HIT Resource Center at www.cmanet.org/hit.



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***



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**

**Hilton San Jose Hotel
 300 Almaden Boulevard
 San Jose, CA**



REGISTER ONLINE TODAY!!!

For more information & to register, visit www.ethnicphysicians.org

Registration Fees:

\$50 for Physicians & Members of a Community-Based Organization

\$25 for Medical Students | \$150 for Other Attendees

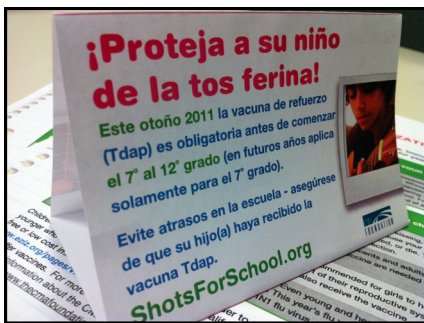
** Limited scholarships are available for Medical Students for registration, travel & hotel on a first-come, first served basis. Please contact Anna Gutiérrez for more information. **

To be added to our NEPO Summit Updates Email list, or for more information on how to become a Supporter or to have an Exhibit Table at the Summit, please contact Anna Gutiérrez, NEPO Project Assistant 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* is now available on the CMA Foundation Website.



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; and Updated ICD-9-CM codes.

To access the guide, please go to: <http://www.thecmafoundation.org/whatnew/index.aspx>

If you would like a copy of the guide in CD format free of charge, please contact Joe Mette, at jmette@thecmafoundation.org

CMAF Clinical Toolkits Obesity Prevention Project Survey



The CMA Foundation Obesity Prevention Project is working to update our Child & Adolescent Obesity Provider Toolkit. If you've used any of our Clinical Toolkits, we'd like to hear from you!

Please take the time to participate in this quick survey to let us know how the CMA Foundation can provide resources that focus on key messages and issues that are important to California Healthcare Professionals.

This survey should take less than 10 minutes to complete and all responses will be kept confidential. Upon full completion of this survey, participants will be given an opportunity to enter a drawing to win 1 of 5 \$25 Starbucks gift cards.

Please click the link below to take the survey:
<http://www.zoomerang.com/Survey/WEB22CF5A8527A/>

If you have any questions, please contact Vanessa Saetern, Obesity Prevention Project Assistant at vsuertn@thecmafoundation.org or (916) 779-6631.



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!
[Click here to donate.](#)





**Helping California Clinicians
Successfully Transition to Electronic
Health Record Systems**



The California Health Information Partnership and Services Organization (CalHIPSO) is an independent, non-profit, vendor neutral organization founded by clinical providers, for clinical providers. CalHIPSO provides technical assistance, guidance and information on best practices to support and accelerate providers' efforts to become meaningful users of certified EHR technology.

Ph: 510-285-5723 Toll-free: 888-589-4897 info@calhipso.org

Visit us online at www.calhipso.org and click on "Join Now"



**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



HITEC | LA™

Health Information Technology Extension Center for Los Angeles, and it's federally-funded and here to help you select, implement and meaningfully use EHRs. Our support services and resources include:

Education and Outreach, Vendor Selection and Group Purchasing, Implementation and Project Management, Practice and Workflow Redesign, Functional Interoperability and Health Information Exchange (HIE) Services, Privacy and Security Best Practices, Progress Towards Meaningful Use. All Los Angeles County health care providers may enroll for free. Subsidies are available for those that meet federal 'priority primary care provider' criteria. (Contact HITEC-LA for criteria).

Why Should Your Small or Solo Practice Enroll?

- You receive advice that is in your best interest; we are an impartial, trusted source.
- You get access to our free and reduced-cost services as well as volume discount programs
- You learn best practices via peer-to-peer collaboration within Los Angeles County and throughout the United States
- You benefit from the experience of our EHR technology and meaningful use teams who help you select the right system for your practice.

Sign Up Now—For Free! Contact HITEC-LA at 888.524.4832 or hitec-la@lacare.org