



Hawaii Academy of Family Physicians

Summer 2011

Volume 7



President's Message
Damon Lee, MD



Spotlight on. . Dr. Melanie Arakaki



Dr. Arakaki is a 1998 graduate of the University of Hawaii John A. Burns School of Medicine (JABSOM). She completed her residency at the UH Family Medicine Residency Program in 2001. A native of the Big Island, she returned home to work for the Bay Clinic after graduation from residency. She is

currently in private practice with family physician Dr. David Nakamura in Hilo.



In recognition of her outstanding teaching and commitment to family medicine medical student education, Dr Arakaki was selected as the 2011 JABSOM Department of Family Medicine preceptor of the year. Dr. Arakaki is always gracious in accepting third year students in her busy practice as part of the third year family medicine clerkship. For their third year clerkship in family medicine, JABSOM students are given the option of rotating with preceptors on the neighbor islands. Hilo remains a popular choice for students, and Dr. Arakaki is one of a core group of volunteer faculty on the Big Island that the clerkship relies on to teach students interested in experiencing neighbor island practice. Students consistently rate their preceptorship with

her positively as they get a sense of not only outpatient private practice in Hilo, but they also have opportunities to round with her at Hilo Medical Center as well as at the local nursing home.

An advocate for rural health, Dr Arakaki was recently invited to speak at the JABSOM Dean's Circle reception where she shared her medical school experiences whereby she was able to rotate with preceptors on the Big Island, solidifying her decision to return home to practice upon completion of her training.

Dr. Arakaki's devotion to teaching family medicine is best exemplified by comments from some of her recent students:

"While studying under Dr Arakaki, I learned a great deal about how to interact with patients. Her practice is as busy as any other physician's with an average of 15 minutes per patient. Despite the time restraint, I was still allowed to see most of her patients. She was also somehow able to make those 15 minutes count for each patient. All of her patients leave their visits grateful. I think she accomplishes this by not just

addressing the patients' diseases, but also their stress and anxiety associated with being sick. Her practice was also relatively diverse with ob/gyn and psychiatric patients under her care,



▲ Dr. Melanie Arakaki, JABSOM Class of 1998, and a Hilo native, now mentors medical students in Hilo. She is pictured here, with Christopher Clave, MS4, making a house call to see Grandma Rose, age 101.

which allowed me an opportunity to learn about a variety of medical problems. Throughout my rotation, Dr Arakaki was also able to remain enthusiastic about both teaching students and seeing patients. This was evident by her smiling personality and her upbeat energy throughout my entire rotation with her. She was able to make my rotation very enjoyable.” (Third Year JABSOM Student)

“My time spent with Dr. Arakaki was the highlight of my 3rd year of medical school. She exemplifies the importance of having great physicians practice on the outer islands, as her contribution to the community of Hilo is significant and palpable. Dr. Arakaki is a great teacher and example for JABSOM medical students.” (Fourth Year JABSOM Student)

“Dr. Arakaki is a very caring and effective family physician.

I am glad to have [had] the opportunity to learn from her and her patients because she is a very good role model to students. She establishes good relationships with the patients and knows about all her patients very well on a personal level. Almost all of her patients would tell me that I am very lucky to have her as my teacher when I first met them at the clinic, and I would agree with them wholeheartedly. She is always welcoming questions from students and very flexible. . . It is great to have a preceptor like her on a neighbor island who is willing to take in students. I believe that this kind of experience can effectively persuade medical students to go into primary care fields in neighbor islands where there is shortage in [the] physician workforce.” (Third Year JABSOM Student)

Third year clerkship director, Dr. Sheldon Riklon adds that “Mel is the ideal family medicine preceptor. She is a great role model to the medical students who rotate with her. She personifies a family physician who loves her work, her patients, and everything she does in life. She works very hard but also makes time to take care of herself and spend time with her family. She consistently gets high marks from the medical students in being an excellent family medicine preceptor. She is a great teacher and an excellent mentor for the medical students.”

When asked about her enthusiasm for teaching, Dr Arakaki replied, “I enjoy

precepting students because it keeps me on my toes and I think it's important for them to be exposed to practicing in a rural setting. It is very gratifying to see them learn and gain confidence in their skills as the rotation progresses, and their enthusiasm is incredibly refreshing and reminds me of why I went into medicine in the first place.”

For her contributions to family medicine education in Hawaii the UH JABSOM Department of Family medicine will sponsor Dr. Arakaki's attendance at annual Society of Teacher of Family Medicine (STFM) Conference on Medical Student Education this upcoming February 2012 in Long Beach, California.

If you are interested in precepting a third year medical student in your practice, please contact the UH Family Medicine Clerkship Director, Dr. Sheldon Riklon at riklons@hawaii.edu.



IMPORTANT Reminders:
January 1, 2012: Version 5010 Implementation
October 1, 2013: ICD-10 Transition
For more information:
https://www.cms.gov/ICD10/01_Overview.asp#TopOfPage

Help Wanted

Family Physician to work full time or half time (2weeks clinic hours-two weeks off) in rural Oahu clinic. Call Dr. Shlachter at 293-8558

Help Wanted

Navy Health Clinic Hawaii is recruiting 2 Board Certified/Board Eligible Family Physicians for full time/part time opportunities. Please contact **Dr. Phyllis Barr at 741-1315** or **Ms. Trina Bowman at 561-0990**

Help Wanted

Board Certified/Board Eligible Family Medicine Physician wanted for Busy Primary Care Group Private Practice in Hilo. Contact Michelle Mitchell, MD (808) 933-2399 or Timothy Duerler, MD (808) 933-2399 mmitchell@hawaiifamilyhealth.com www.hawaiifamilyhealth.com

New Members

HAFP extends a warm welcome to our newest members

*Anne Saareihm-Riggs
David Dean
John Bossian
Kristine McCoy
Michelle Wong
Malcolm MacDonald
Stacy Kanayama Trivedi*



February 24-26, 2012
Hilton Prince Kuhio Waikiki
Register at hafp.com



Please join us for our Annual Family Medicine Mixer Monday - January 30, 2012 6:00 – 9:00 pm Buca di Beppo

1030 Auahi Street Honolulu HI 96814

A great opportunity for us to showcase our specialty to meet medical students interested in family medicine rsvp: ernel.hafp@gmail.com Dinner will be provided for "FREE"

Consider doing a Locum Tenens in Guam for 1-3 months at a new clinic Starting up. This temporary employment could result in a permanent position. Contact John Ray jraytaitano@gmail.com

HELP WANTED

Family Practice Provider, Full- or Part Time, at Waimanalo Health Center. Excellent Benefits!! Full Spectrum Family Practice work. Please email Christina Kealoha Lee Clee @ waimanalohc.org

Help Wanted

Bay Clinic of Hawaii Island is currently looking for Physicians for two of our clinics, our Hilo and Keaau locations. We are a Community Health Center that provides care for the uninsured and underinsured/medicaid population of East Hawaii. We offer a competitive salary and benefit package compared to other community health centers, and our side of the island is the most affordable place to live in Hawaii. This is a 40 hr week job, which is broken down into 4 x 10 hr days, approx 17-20 pts per day, with some phone call or long term care call, which usually/(never) involves coming in.



Our ability to support student dues for AAFP, FMIG, research awards and student travel to the AAFP Resident and Student conference each July depends on the faithful giving to the foundation by our membership. Please Give Generously



Please send your updated email address, mailing address and phone numbers to: ernel.hafp@gmail.com



On October 16, 2011 the Family Medicine Interest group along with a handful of Family Medicine Physicians joined the Susan G. Komen walk for cure. Not only did they have a chance to support a great organization that provides early detection and awareness of breast cancer; they had a chance to show case our specialty.



HMSA



On January 11, 2012 Family Medicine Physician Ronald Fujimoto updated the Board of the HMSA's 2012 Pay for Quality Update

Presented to HAFP on Jan. 11, 2012

By Ron Fujimoto, D.O., FAAFP
HMSA Medical Director

In 2012, HMSA continues to invest in primary care by building on the foundation of our new Primary Care PayforQuality program.

Effective Jan. 1, 2012, HMSA has increased the total pay-for-quality payment for commercial plans (PPO and HPH) from \$2 per member per month (PMPM) to \$4 PMPM. That means that a physician with 600 HMSA commercial members has a

maximum quality earning potential of \$28,800. But the amount earned depends on the doctor's quality performance.

The payment calculations remain unchanged but we are moving to a quarterly payment schedule. For the first quarter of 2012, for example, performance will be measured for April 1, 2011, through March 31, 2012, and compared to a baseline period of April 1, 2010, through March 31, 2011. The first quarter payment will be made in about June 2012.

There are four new adult measures and two new pediatric measures. The new adult measures are:

- 1) Spirometry testing for newly diagnosed COPD patients.
- 2) Avoidance of antibiotic use for acute bronchitis.
- 3) Chronic ACE/ARB drugs monitored with either a potassium and BUN or potassium and creatinine.
- 4) Chronic diuretic use monitored with either a potassium and BUN or potassium and creatinine.

Existing adult measures include diabetic annual eye exams, HgbA1c testing, LDL testing, and diabetic nephropathy measure. Other preventive measures for adults include breast cancer screening, cervical cancer screening, colorectal cancer screening, and chlamydia screening. Controller medication for persistent asthmatics and LDL testing for patients with the diagnosis of coronary artery disease complete the adult measures.



The two new pediatric measures are 1) chlamydia screening and 2) Dtap and meningitis vaccines for adolescents (completed by the 13th birthday).

The existing pediatric measures include immunizations recommended by ACIP by age 2 (DTaP, IPV, HiB, HepB, PCV, MMR, and VZV), six well-child visits before the 15th month, and annual well-child visits from age 3 through age 6. Additionally, appropriate testing for children with a diagnosis of pharyngitis receiving an antibiotic, having controller medications for persistent asthmatics, and looking for inappropriate antibiotics for children with the diagnosis of upper respiratory illness make eight total pediatric measures.

As a reminder, providers can see their patient panels and care registries by logging on to HBIOnline™ through hmsa.com/providers. This portal will also provide the care registry with Excel capabilities that can be customized to fit your needs.

Because family practitioners often see a range of patients, you will be measured on all 14 adult and eight pediatric measures as appropriate. The complete program description for the HMSA 2012 Primary Care Pay for Quality program can be found on HMSA's website (www.hmsa.com/providers/qualityprogram/).

If you have any questions, you may reach me by email at ron_fujimoto@hmsa.com or by phone at 948-5931 on Oahu. Good

luck on another successful year of improving patient quality.



HELP WANTED



The Medical Director for the prisons and jails for Hawaii will be leaving the position shortly. We are actively looking for someone to work at least half-time in this position. Contact Marc Rosen, MD at Marc.Rosen@hawaii.gov through January or marc_rosen@hmsa.com. By phone at 542-8112.



The annual Christmas party at the Kaka'ako next step shelter.



Show Me...Family Medicine!



By Viola Chu

It was an inspiring weekend in "The Show Me State" of Missouri. Lining the quiet downtown streets of Kansas City, bold flags flew proudly under a sun emanating ninety-

five degree heat to announce the commencement of this year's AAFP National Conference of Family Medicine Residents and Medical Students. Amidst hip shops offering gelato and ice pops to quench the Midwest summer thirst, individuals gathered within the cool Kansas City Convention Center to celebrate the diversity of Family Medicine residency programs across the nation. The three day event included an exciting breadth of activities, and I was thrilled to see how much the conference offered in terms of programming. There were excellent lectures in EKG and chest X-ray interpretation, interactive activities simulating Wilderness Medicine, suturing workshops and social activities galore. With ample time to venture to all of the attractions, strolling through the exhibition hall became a cross country expedition as one meandered down California Road and turned the corner to Texas Lane. It was definitely worth the extra time to take the detour at Colorado and admire the impressive aisle spanning backdrop of mountainous slopes while learning about the University of Colorado's exciting programs set in beautiful scenery. At the end of the day, people couldn't resist the quick stop to the tropics as they were warmly welcomed and lei-ed by representatives from the University of Hawaii.

Most valuable to the fourth year medical students were the panels offering honest advice on choosing residency programs, avoiding interviewing no-no's, and strolling through The Match. One could tell that these

were people who took pride in prioritizing passion and heart over paper achievements and applauded leaders in community health. The talks eased the anxieties of graduating seniors and highlighted why the Family Medicine community were fondly deemed the "warm and fuzzy" specialty.

At the end of the conference, I bade my farewells to Kansas City with a rock out tribute to 90's greatest hits in downtown's Power and Light District. It was fun imagining myself becoming the friends and colleagues of all the smiling faces who converged this past weekend to promote the future of primary care. I flew away with a shoulder bag full of brochures and hand-sanitizing goodies, feeling confident of my decision to apply for a residency position in Family Medicine.



SAMI



Town Hall Meeting



On Wednesday, October 12, At the Oahu Veteran's Center HAFP Members came out to meet and discuss issues with Representative Ryan Yamane (Chair, House Health Committee) and Senator Josh Green (Chair, Senate Health Committee) before the start of the next legislative session.



This was a wonderful opportunity for our members to voice their concerns and to hear about important issues that may be coming up during the next session that may impact our practices and the health of Hawai'i.





Annual HAFP Meeting

Collaborating for a Healthier Community

Friday, February 24, 2012

(Moderator: Damon Lee, MD)

7:45 am Welcome - Dr. Damon Lee

8:00 am Resident Research Presentations (CME=0.5)

8:30 am Primary care update: Medical Management of Type 2 Diabetes Mellitus (CME=0.75)

Lisa Wong, MD

9:15 am Effective Education for Your Diabetic Patient (CME=0.75)

TBA (Certified Diabetic Educator)

10:00 am Q&A with Dr. Wong and CDE (CME=0.25)

10:15 am Break

10:30 am

Primary care update: Chronic Kidney Disease (CME=0.75)

Lee

Buenconsejo-Lum, MD

11:15 am What can I eat?: A

Dietary Guide for Patients with Kidney Disease (CME=0.75)

TBA (Dietician)

12:00 pm Q&A with Dr. Buenconsejo-Lum and Dietician (CME=0.25)

12:15 pm Break

12:30 pm Patient-Centered Healthcare Home: The Kaiser Model (CME=1.0)

TBA

Lunch time session

1:30 pm Break

1:45 pm Breakout Session #1 (CME=1.5)

1A: Optimizing your musculoskeletal exam: Shoulder, Elbow, Wrist, Back
Chelsea Walker, MD and Sabrina Tan, MD

1B: Common Billing Errors: How to avoid getting in trouble and ways to optimize your charges

Jeri Leong, R.N., CPC, CPC-H

3:15 pm Break

3:30 pm Breakout Session #2 (CME=1.5)

2A: Optimizing your musculoskeletal exam: Hip, Knee, Ankle

Chelsea Walker, MD and Sabrina Tan, MD

2B: Getting a handle on the spectrum of Domestic Violence: A panel discussion

TBA

5:00 pm Aloha Reception – Altitude 37 (37th Floor) Saturday, February 25, 2012 (Moderator: Jill Omori, MD)

8:00 am Resident Case Presentations (CME=0.5)

8:30 am Striving for a Patient-Centered Healthcare

Register Now

Annual HAFP Meeting

“Collaborating for a Healthier Community”

February 24-26, 2012

Hilton Prince Kuhio Waikiki

Neighborhood: A panel discussion (CME=1.0)

TBA

9:30 am Break

9:45 am Medico-Legal Aspects of Healthcare (CME=1.0)

Dina Shek, JD

10:45 am Break

11:00 am HAFP Annual Meeting and Awards Luncheon “Best Practices in Collaboration” (CME=1.0)

Keynote: Laura DeVilbiss, MD – Medical Director, Kokua Kalihi Valley Health Center

Guest Speaker: Roland Goertz, MD, MBA, FAFAP –

Board Chair, American Academy of Family Physicians

2:00 pm Breakout Session #3

3A: Principles of Wound Care (CME=1.0)

Aiea Samoy, R.N.

3B: Principles of Feedback in Medical Education (CME=1.0)

Damon Lee, MD and Sheldon Riklon, MD

3:00 pm Break

3:15 pm Breakout Session #4

4A: Cervical Pathology Workshop (CME=1.5)

TBA

4B: Motivational Interviewing (CME=1.5)

TBA (Waialana Health Center Psychologists)

4:45 pm Adjourned

Sunday, February 26, 2012

(Moderator: Traci Masaki-Tesoro, MD)

9:00 am Early Diagnosis of Arthritis (CME=0.75)

Scott Kawamoto, MD

9:45 am Physical Therapy – Getting your patients back on track (CME=0.75)

Action Rehab (P.T.)

10:30 am Q&A with Dr. Kawamoto and Physical Therapist (CME=0.25)

10:45 am Break

11:00 am Primary Care Approach to Mood Disorders (CME=0.75)

Mark Kang, MD

11:45 am Choosing the Right Mood Stabilizers (CME=0.75)

Ben Chavez, PharmD

12:30 pm Q&A with Drs. Kang and Chavez (CME=0.25)



HOME projects Halloween Carnival



Board Eligibility

The term 'board eligible' has never been recognized by member boards of the American Board of Medical Specialties (ABMS), including the American Board of Family Medicine (ABFM), but the term continues to be used by credentialing organizations and others to recognize non-certified physicians as having equivalent status. In practice, no limit exists on how long a non-certified physician could remain board eligible. The abuse of the board eligible term and status perpetuated the ability of poorly qualified physicians to practice outside of their initial certification with a risk to patients and resulted in a lack of relationship between the initial certifying examination and training as a concurrent/synergistic measure of physician competency. In an effort to resolve this confusion for the credentialers and the patients, all member boards of the ABMS agreed to establish parameters under which non-certified physicians could actually be recognized as being board eligible and to further define the time limit for such board eligible status. The ABFM Board of Directors decided at its meeting in October, 2011 that it would define board eligibility as the first seven years after loss of certification or the completion

of an ACGME accredited residency training program. Therefore, beginning January 1, 2012, a physician will have seven years in which to successfully complete his or her initial certification examination after completing training or, if previously certified, will have seven years after the loss of certification to successfully complete the examination.

During this seven-year period, these board eligible physicians will have to continue to meet the ongoing requirements to sit for the examination and must maintain a full, valid, and unrestricted license. After this seven-year period, the physician will lose the ability to refer to himself or herself as board eligible and will need to re-enter training and complete at least one year of additional training in an ACGME accredited family medicine residency before he or she will be allowed to reapply to sit for the examination. This rule will be effective January 1, 2012, and as further details of the program are developed they will be published. For questions regarding the board eligibility, Diplomats may contact the Support Center at 877-223-7437 or help@theabfm.org

CALLING ALL COMMUNITY FAMILY PHYSICIANS!!

JABSOM is in dire need of Family Physicians to serve as preceptors for third year Family Medicine students. Currently only a handful of the Family Physicians in the State serve as preceptors for our students and this places a significant burden on these select few. If all of our practicing HAFP members would take just one student per year, we would have more than enough preceptors for

all of our students. If we cannot provide enough preceptors and a good experience in Family Medicine for our students, we are at risk of losing our Family Medicine clerkship. This would be a disaster for our school and also for the Family Medicine workforce for our State, since it will be very hard to recruit students into Family Medicine if there is no clerkship. There



are many schools across the country that are fighting just to get a Family Medicine rotation for their students, please don't let ours be put at risk. We know that everyone is really busy, but let's all pitch in to help show our students the wonderful world of Family Medicine. In addition to doing a good deed, here are some perks for precepting students:

- Discount for the HAFP Annual Conference in February
- Full access to the UH Health Science On-line Library, including many full-text journals, MD Consult, etc.
- Faculty discounts for computers at the bookstore and at UH athletic events
- Up to 20 hours of Prescribed CME credit per year just for teaching

If you have any questions or are interested in precepting a student, please contact Sheldon Riklon
riklons@hawaii.edu