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NKMS Society

Rounds

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May Is Stroke Awareness Month

Stroke is our leading cause of adult disability, the third leading cause of death, and shares many risk factors and comorbidities with heart disease (the leading cause of death).

The primary goal of any health care system is to minimize disease impact. Disability and death represent this impact. From a medical perspective, it could be argued that preventing stroke and its complications should top our priority list.

We are doing better. Exceeding targets set for 2010, stroke may be dropped to the 4th leading cause of death. Better prevention and attention to treatment and co-morbidities have made this possible.

Hypertension control is the key component in prevention. The increase in statin usage has likely reduced incidence and recurrence. There has been an increase in warfarin use for atrial fibrillation.

The widespread use of tPA has had an important impact. St. Elizabeth, a certified Primary Stroke Center, has implemented measurable protocols and has now expanded the time window to 4.5 hours after symptom onset.

The new baseline rate of stroke in asymptomatic carotid stenosis may change the utility of endarterectomy for primary prevention. The direct thrombin

inhibitors (DTI's) in atrial fibrillation will alter previous warfarin decisions.

Clopidogrel and aspirin/extended-release dipyridamole were found equally effective in a large multi-center secondary prevention trial. The use of statins is appropriate for many pts., but has to be interpreted by the type of stroke and time windows. Effective education, including smoking cessation, is necessary for both primary and secondary prevention. Evolving evidence improves our prevention of co-morbidities such as DVT, aspiration, and CAD.

The increased incidence of warfarin-related ICH will demand new protocols, such as the use of prothrombin complex concentrates. We will need effective antidotes and assays for DTI's.

The rehab of disabled survivors remains an evidence challenge. Timing, dose, and intervention specifics need to be controlled. Emerging data will change these practices dramatically, starting earlier and changing continuously during recovery.

Epidemiologic (not prospective) data suggest that addressing five lifestyles, namely cigarettes, diet, daily exercise, BMI (< 25), and moderation of alcohol would result in an 80% reduction in first stroke incidence. We will learn how to help patients retain/follow our advice.

We can look forward to stratifying ER cases through advanced imaging. CTA immediately defines vascular anatomy and will guide intra-arterial interventions. Imaging may highlight at-risk brain tissue which may benefit from an intervention, guiding immediate issues such as blood pressure management. In the patients who do not get tPA or an arterial mechanical intervention, loading an anti-platelet agent (as in coronary stents) is currently under investigation.

Rehab interventions will be tailored through seamless integration between acute stroke and rehab care. Patient education will become a continuous process through inpatient and outpatient venues. Holistic approaches to these patients will recognize issues related to readmission in the context of the entire system of care.

Most members of the Northern Kentucky Medical Society will be directly or indirectly involved with stroke care. A challenge, but no challenge is more important.

James Farrell, MD, Member at Large, NKMS

Dr. Jim Farrell is a Neurologist with Riverhills Neuroscience. He is medical director of the Stroke Program at St. Elizabeth Healthcare. He is also director of the stroke rehab program at HealthSouth.

Health Care Reform

President's Report

It seems that every day the medical environment we practice in is changing. Health Care Reform is upon us and changes are on the horizon. Are we prepared? Just keeping up with the changes is a daunting task. March 31 NKMS and the KMA sponsored the annual Trustees Dinner. Pat Padgett, Executive Vice President of the KMA provided an excellent synopsis of the changes and their effect on KY Physicians.

Of course a thorough discussion is beyond the scope of

this message. But some of the most prominent changes are worth noting. First is Medicaid expansion. It is estimated that an additional 350k-500k patients will be enrolled. This system is facing an \$80 deficit BEFORE these changes. Next, Medicare may offer a 10% bonus for certain codes for Primary care physicians for the first 5 years. Raising the eligibility age may be required. Physician Feedback Systems and Physician Compare website may play a larger role. Our ability to report quality data

will become important. Finally, we are facing insurance market changes. In 2014 everyone must have insurance. Of course this presents all sorts of challenges. The KMA is working hard for KY physicians and our patients. Their website at www.kyma.org continues to provide detailed and up to date information. If we don't become involved we will surely be left behind.

Susan Bushelman, MD, President, NKMS

KMA Alliance Spring Meeting

Alliance Report

The Alliance hosted a Wine Tasting and Interactive Cooking demonstration on March 19, 2011 at the Art of Entertaining. The evening was filled with great friends, conversation, wine and food. "Chef" Dr. Larry Brennan stepped up to the plate and helped cook dinner. The KMA Alliance Spring meeting was held in Northern Kentucky on April

18 and 19. Drs. Lana Long and Brett Coldiron hosted a wine and cocktail party at their lovely home on April 18th. Great wine, food, friends and views - THANKS Lana and Brett! Many alliance friends from around the state attended the meeting. The luncheon at Tousey House in Burlington culminated with an antique lecture appraisal. Thanks to all

who volunteered, especially Spring Meeting Chairs: Nancy Lee Bunnell and Diane Park. Northern Kentucky Medical Society Alliance is now on Facebook! The page has information and pictures of events, please submit a request and join your friends.

Kathleen Lape, President, NKMS Alliance

Upcoming Events

Calendar of Events

- | | |
|-----------|------------------------------|
| May 5 | General Membership Dinner |
| May 17 | NKMS Executive Board Meeting |
| June 21 | NKMS Executive Board Meeting |
| July 19 | NKMS Executive Board Meeting |
| August 21 | NKY Physician Family Outing |

NKY Physician Family Outing

The annual Northern Kentucky Physician Family Outing will be held on Sunday, August 21, 2011 at the Florence Freedom Park (7950 Freedom Way, Florence, KY).

The gates open at 5:05 PM. Dinner will be served from 5:05 PM–6:35 PM and will include: hot dogs, hamburgers, pulled pork, coleslaw, potato salad and assorted desserts. Soft drinks will be served with din-

ner and free of charge between 5:05 PM–6:35 PM.

The game starts at 6:05 PM-Florence Freedom vs. Southern Illinois Miners.

You do not have to be a member of the Northern Kentucky Medical Society to participate.

There will be a limit of four free tickets per family. Additional tickets can be purchased for \$22.00 a ticket.

Invitations will be mailed in July. Make plans to attend this year’s Northern Kentucky Physician Family Outing.

For additional information contact the Northern Kentucky Medical Society, Karla Kennedy at (859) 496-6567.

Practice Update

The Northern Kentucky Medical Society would like to wish success to the graduating residents from the St. Elizabeth Family Practice Center. The following is a list of the 2011 graduates and the practices they will join.

Sam Bradley, DO

Cheryl Chacko, MD

Sarah Flora, MD

Patricia Isaacs, MD

Fred Pfenniger, MD

Brian Walters, MD

Bradley Williams, MD

Russell County Hospital (Kentucky)

OB Fellowship, St. Elizabeth Family Medicine Residency
Undecided

Undecided

Washington

St. Elizabeth Physicians (Union)

White House Clinics (McKee, KY)

General Membership Dinner

The General Membership Meeting will be held at the Oriental Wok, (317 Buttermilk Pike, Lakeside Park, KY) on Thursday, May 5, 2011.

The evening will begin with a cash bar at 6:30 PM and dinner will be served at 7:00 PM.

Choice of entrée will include the following: Filet Mignon, Sesame Chicken or Shrimp and Tilapia.

Dinner for NKMS Physician members and their spouse/guest is \$10 per person and dinner for non-member Physicians and their spouse/guest is \$30 per

person. Dinner is being underwritten by the NKMS.

Keynote Speaker for the evening: Narcotic Agent Terry Towles.

Topic of Discussion: Drug Diversion.

Make plans to attend this year’s General Membership Meeting. Please RSVP to the Northern Kentucky Medical Society, Karla Kennedy, at (859) 496-6567.

NKMS

**Northern Kentucky
Medical Society**

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Northern Kentucky's
Physician Network

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