

NEW HAMPSHIRE PHYSICIAN

A PUBLICATION OF THE NEW HAMPSHIRE MEDICAL SOCIETY



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PlanWell Financial Education Series

2022 Election Wrap Up



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*Opinions expressed by authors may not always reflect official NH Medical Society positions. The Society reserves the right to edit contributed articles based on length and/or appropriateness of subject matter. Please send correspondence to "Newsletter Editor," 7 N. State St., Concord, NH 03301.

Do you or a colleague need help?

The New Hampshire Professionals' Health Program (NH PHP) is here to help!

The NH PHP is a confidential resource that assists with identification, intervention, referral and case management of NH physicians, physician assistants, dentists, pharmacists, nursing licensees, veterinarians, chiropractors, dietitians, licensed drug and alcohol counselors, mental health practitioners, midwives, optometrists, podiatrists and psychologists who may be at risk for or affected by substance use disorders, behavioral/mental health conditions or other issues impacting their health and well-being. NH PHP provides recovery documentation, education, support and advocacy – from evaluation through treatment and recovery.

For a confidential consultation, please call Dr. Molly Rossignol @ (603) 491-5036 or email mrossignol@nhphp.org.

2022–2023 NHMS Council

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Immediate Past President

Penultimate Past President

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Speaker

Vice Speaker

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Young Physician Rep.

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Member-at-Large

Member-at-Large

Member-at-Large

Board of Medicine

Lay Person

Physician Rep.

Dept. of Health & Human Services

Specialty Society Representatives:

· NH Ch of American College of Cardiology

· NH Ch of American College of Physicians

· NH Academy of Family Physicians (2)

· NH Ch, American Acad. of

Addiction Medicine

· NH Chapter of Emergency Physicians

· NH Society of Eye Physicians & Surgeons

· NH Pediatric Society

· NH Radiology Society

· NH Psychiatric Society

· NH Society of Anesthesiologists

· NH Society of Pathologists

· NH College of Obstetricians

and Gynecologists

· NH Orthopaedic Society

Invited Guest: MGMA Representative

Eric Y. Loo, MD

William C. Brewster, MD

Eric A. Kropp, MD

G. Kenton Allen, MD

Molly E. Rossignol, DO

Maria T. Boylan, DO

Tessa Lafortune-Greenberg, MD

Richard P. LaFleur, MD

Molly E. Rossignol, DO

P. Travis Harker, MD, MPH

Alan C. Hartford, MD

P. Travis Harker, MD, MPH

James P. Bartels, MD

John Klunk, MD

Ernie Tao

Linda L. Martino, PA-C

Arlene Mrozowski, DO

Patrick A. Ho, MD, MPH

Stephen Bishop, MD

Melissa Martinez-Adorno, DO

Seddon R. Savage, MD

Danielle T. Albushies, MD

Jonathan R. Ballard, MD

Angela Yerdon-McLeod, DO

David C. Conway, MD

Lucy Hodder, JD

Benjamin P. Chan, MD

Stephan Heo, MD

Richard P. Lafleur, MD

Gary A. Sobelson, MD

Marie E. Ramas, MD

Molly E. Rossignol, DO

Thomas J. Lydon, MD

Kimberly (Truax) Licciardi, MD

Tessa Lafortune-Greenberg, MD

Rebecca A. Zuurbier, MD

Leonard Korn, MD

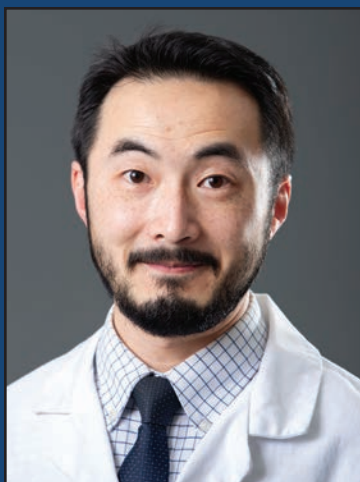
Kate Riddell, MD

Eric Y. Loo, MD

Oge Young, MD

Anthony Mollano, MD

Dave Hutton



Eric Loo, MD
NHMS President

NHMS Welcomes 191st President

NHMS Inauguration

October 29, 2022

We Want You!

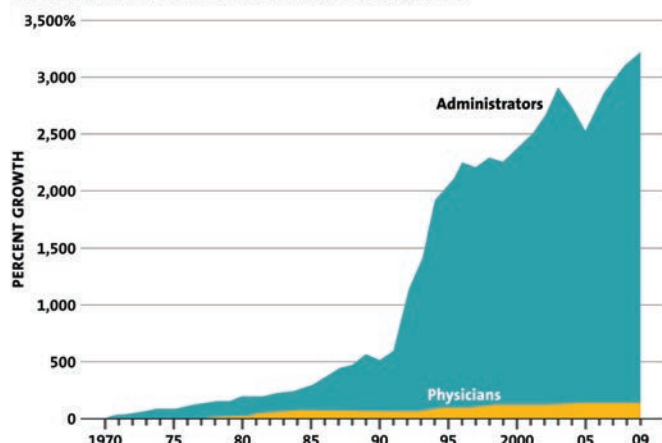
If you're taking the time to read this article, I presume that you have at least a modicum of interest in the affairs of your state medical society. In the following paragraphs, I plan on sharing excerpts from my journey in health and physician advocacy; with the hope that it might inspire you to become a more active participant in shaping New Hampshire healthcare.

I was hired several years ago to cover hematopathology and molecular genetics at Dartmouth Health. At the time, my thoughts were focused on the trifecta of academic medicine (clinical care, teaching, and research); legislative/regulatory advocacy wasn't even a remote consideration. In 2015, I decided to attend our state pathology society's annual meeting and was the only one foolish enough to stay for the lunch and business meeting. They didn't have a full officer roster and I was voluntold to take the role of pathology representative to the NHMS. A few months later in 2016, a number of stipulations from the Affordable Care Act (ACA) went into effect, and the closely related issues of Network Adequacy and Surprise Medical Billing exploded to the forefront.

So: an "adequate" insurance network has enough physicians and other providers to cover the full scope of advertised services. At that time, our state's network adequacy ruleset permitted insurers to market health plans as having adequate network, without actually requiring any meaningful assessment for hospital-based physicians (emergency physicians, pathologists, radiologists, etc). In the setting of the ACA's "narrow network" exchange plans (e.g., an insurance plan that provides in-network access to <25% of physician providers in a particular area), one would naturally expect this to exacerbate the problem of surprise 'out-of-network' medical billing. Unfortunately, the NH Insurance Department was strongly opposed to changing their assessment methodology (or lack thereof). However, we successfully worked on getting a legislative solution passed, mandating assessment of these physician groups, as well as ensuring that in-state legislation prohibiting 'surprise medical billing' didn't unfairly mandate tying out-of-network provider payments to Medicare rates (NH HB. 1809; 2018).

This exercise in the legislative process tipped me into a different career path. Instead of spending my free time on research, my involvement in advocacy issues grew to include things like representation on the Clinical Advisory Committee for our region's Medicare Administrative Contractors, involvement in Medicare Local Coverage Determination reform efforts, advocacy efforts for a variety of state and federal health-related issues, advocacy to ease regulatory burdens and keep laboratories operational through the COVID pandemic, and most recently participation in round-table discussions held by the Senate Subcommittee on Intellectual Property pushing-back against reversing the supreme court judicial exemptions in patent law for subject matter eligibility, which would again permit natural phenomena and rules of nature (things like "genes") to be patented.

GROWTH IN PHYSICIANS AND ADMINISTRATORS

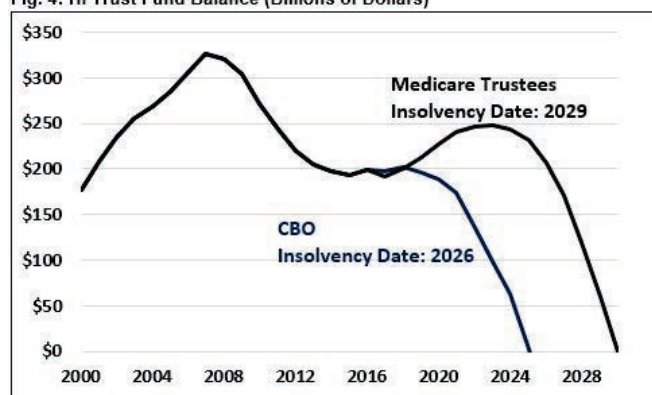


SOURCE: Bureau of Labor Statistics; NCHS; Himmelstein/Woolhandler analysis of CPS

FIGURE 1.

This graph makes me pretty upset. When I look at this graph, I see: (1) a source of physician burnout, (2) a factor that dissuades young people from choosing medicine as a career, (3) additional costs that do not add meaningful value or quality to patient care, (4) a graphical representation of the cumbersome regulatory, documentation, reporting requirements, and the huge administrative burdens associated with our industry's revenue cycle, (5) a systemic decision to pursue palliative/symptomatic control of the problem, rather than treatment with curative intent – Basically “throwing more money at the problem” to try to lubricate the process, rather than trying to unravel/fix/streamline all of the regulatory and administrative burdens.

Fig. 4: HI Trust Fund Balance (Billions of Dollars)



Source: Congressional Budget Office.

FIGURE 2a.

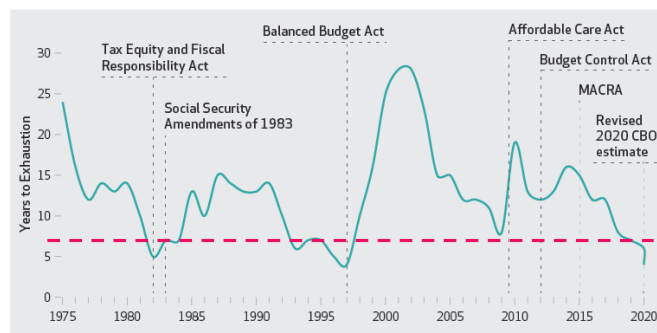


FIGURE 2b.

We are within 5-6 years of the Medicare Hospital Insurance (Part A) Fund becoming insolvent. Historically, we see large pieces of legislation that negatively impact the way we practice and deliver care passed in these times. We can expect something to come from Congress in the next year or two, and I hope the house of Medicine is able to stick together in advocacy efforts. Medicine is a complex interdependence, and we are all on the same team.

- A house divided against itself cannot stand.
- “If you’re not at the table, you’re on the table.”

In regard to being “A house divided”... the Medicare E/M code issue is a current ongoing example, and (unless you’re one of the lucky few in direct primary care) it probably affects you! If you don’t know about this, basically, CMS decided to finally give primary care physicians a well-deserved pay raise. They did this by increasing reimbursement for evaluation & management CPT codes. However, because of budget neutrality rules they are funding this increase by decreasing reimbursement for everything else. As a result, practices that don’t really utilize E/M much are facing high-single digit to double-digit percent decreases in overall reimbursement from Medicare. Congress doesn’t want to grow the pie, and Medicare funding is having solvency problems, so if anything, the problem is going to get worse not better. We have to remember that we’re all on the same team. Healthcare delivery functions as a complex interdependence, and most hospital systems function with extremely thin margins of like 1-2%. This is nuts when you compare it to most other businesses/industries. I think it would be a shame if we miss the forest for the trees, focusing on superficial symptom control and totally forgetting to excise and treat the underlying problem.

Now as for being at the table vs. on the table: Our profession is under a constant hidden assault... but as busy professionals working 60+ hours a week, physicians are often not aware that bad ideas are being discussed in various administrative offices. How can we provide input or pushback when we don’t even know the discussions are happening? This is where the goal of increasing engagement comes in. Mike Padmore is our NHMS director of advocacy and is truly doing yeoman’s work helping either to represent us at the table, or to get physician spots at the table. But there’s only one of him, and it’s unrealistic to ask him to keep tabs on

The problems we’re facing in medicine are too numerous and too convoluted for any one person or small group to address. Policies and regulations that impact our practice are constantly changing, and physicians must provide input to ensure that changes are positive. I mulled over what goal for my tenure would be realistically achievable, but also have positive impact for everyone. I think I would like to this coming year try: To increase medical society membership engagement; both in activities of the medical society and in other political/regulatory arenas.

This is the result of decades of physicians divesting themselves from the oversight of the practice of medicine. And there are consequences.

I hate to see us and our patients become victims of well-intentioned, but poorly crafted legislation. There are two aphorisms that I think are pretty apropos for our situation:

We Want You, cont. on page 17



Ben Mitchell
Baystate Financial



Fiscal Fitness for Your Life Launches

PlanWell Financial Education Series

It has been our objective over these past few years to use this column to introduce you to a wide range of topics, with the intent of helping you make informed decisions regarding financial matters most important to you. This is an area of your lives, as physicians, which you have, time and again noted, in response to surveys, is in need of more focused attention. It is not that physicians are not capable; it is simply that other priorities in life get in the way of you focusing your attention on your personal financial priorities.

For those NHMS members desiring a more proactive approach to improving their financial acumen, to take control over their personal financial lives, this spring, NHMS leadership and Baystate launched the *PlanWell Financial Education* learning program, a series of three, CME approved seminars. The series was presented in two distinct tracks, one focused on early to mid-career issues, and the other focused on issues being faced by mid to late-career physicians. These seminars are being hosted within the NHMS Learning Center, for view on demand.

More than 100 members registered for this initial PlanWell series. Attendees who completed the CME evaluation report for credit, graded the learning experience.

- 82% said the workshop materials were either excellent or very good.
- 80% said the workshop topic was either excellent or very good.
- 71% could apply what they had learned to their role as a physician.

The *PlanWell* based learning experience is continuing this year with some in-depth, single subject matter seminars. A session in mid-November addressed the elements of a successful Estate Plan.

Through our joint initiative with NHMS, *Fiscal Fitness For Your Life (FF-FYL)*, we at Baystate Financial are committed to helping NHMS members create a financial infrastructure to support all the hopes and expectations you have for yourselves and those you care most about.

The challenge physicians face, and which we at Baystate are dedicated to helping you take control over, is the process for making informed de-



cisions as to how best to allocate your financial resources to secure the future you hope for. This is simple to say, but difficult to achieve, because it takes time and energy to do this correctly, two resources in short supply for most physicians!

In your practice, success comes from a combination of a defined process, quality staff to execute that process, and the willingness to make decisions to act on those decisions. It is the same with financial planning. For physicians to effectively utilize your time and energy to address your important financial concerns, you need:

- Access to a proven process,
- Access to professional expertise, and
- An environment conducive to making informed decisions.

Just as there is both an art and science to the practice of quality

medicine, there is an art and science to quality financial planning. The starting point for all effective financial decision-making is to:

- Articulate your values – to effectively use your financial resources.
- Establish a program in place that allows you to organize all your financial resources and data and perform financial modeling.
- Create a process which supports your decision making as you select specific courses of action.
- Have a system in place to monitor your progress and make necessary mid-course corrections.

Experience has shown us that even when physicians can articulate the “why” and the “what” regarding their values, procrastination sets in because of a lack

of knowing “how” to implement a plan of action to establish the financial infrastructure, helping them to live those values.

At this year’s NHMS Scientific Conference, we were able to

- Recap this year’s FFFYL activities
- Announce the Estate planning focused November Seminar
- Introduce the rollout, in early 2023, of specific case studies focusing on the “What” and the “How” to implement an effective plan of action ■

Benjamin Mitchell is a registered representative of and offers securities and investment advisory services through MML Investors Services, LLC. Member SIPC. Branch Address: 200 Clarendon Street, 19th & 25th Floors. Boston, MA 02116. 617-585-4500. CRN202301-276601



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Michael Padmore
Michael.Padmore@nhms.org

2022 Election Wrap Up and Look Ahead

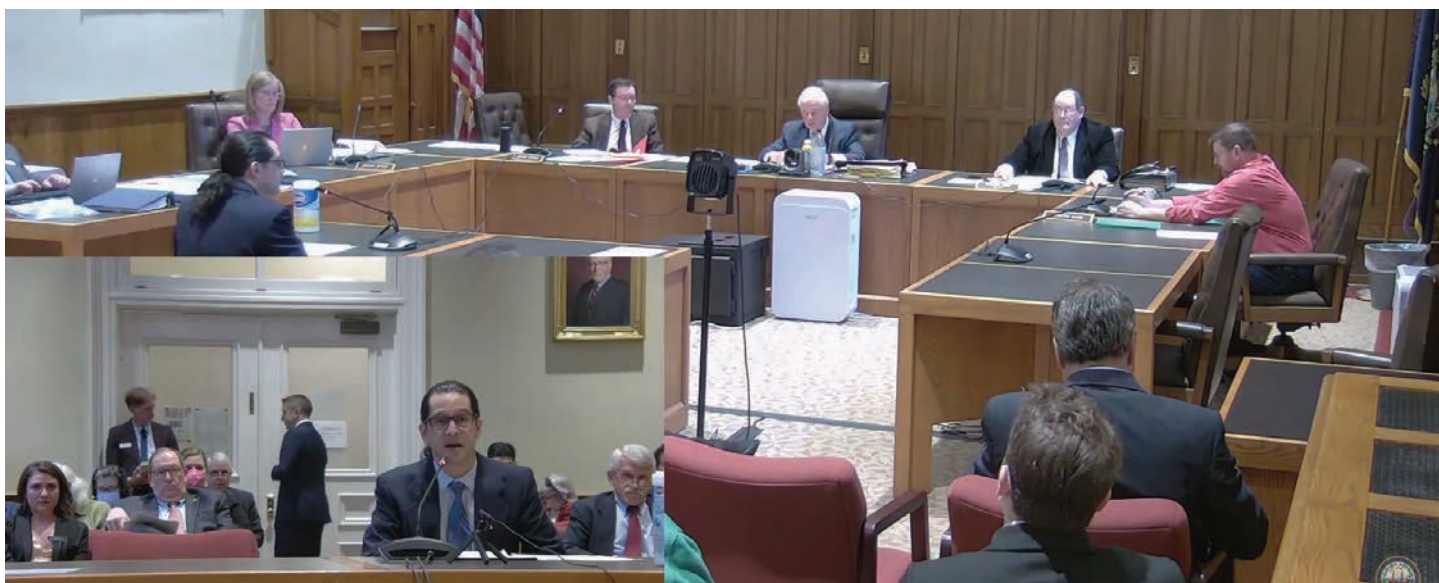
As we look forward to the 2023 New Hampshire Legislative Session – physicians will continue to have a strong presence in the legislature. This year's election saw our largest ever field of physicians (8) and spouses of physicians (8) running for office. Of those 16 total candidates, 12 won their races. While physician engagement in the legislature has been a top priority for NHMS with more than 300 physicians giving testimony in the last session – it's critical that physicians are not only advocating to their elected officials but becoming elected officials themselves.

We hope to continue this positive trend of physician representation in the legislature. If you are at all interested in learning more about what goes into become an elected official, please let me know. You can email me at Michael.Padmore@nhms.org or call me on my direct line 603-858-4744. I'm happy to talk!

While we're still learning of all the legislation that will be introduced this session, there are a few policies we know are coming up. One policy in particular, is the legislature's decision on whether to reauthorize the New Hampshire Granite Advantage Health Care Program – also known more broadly as "Medicaid Expansion". When it was last reauthorized in 2018, lawmakers created a commission to evaluate the effectiveness of the program and make recommendations for the future. Dr. Gary Sobelson, of Concord, represented NHMS on the commission and we thank him for his time and effort. Please see the commission's recommendations below.

Final Report of the Commission to Evaluate the Effectiveness and Future of the New Hampshire Granite Advantage Health Care Program - Recommendations

"Throughout the course of the Commission's work, it has been proven that the Granite Advantage Health Care Program benefits the residents of New Hampshire. This invaluable and important program provides health care access to over 90,000 New Hampshire residents. This program is administered in a responsible and thoughtful manner that protects New Hampshire taxpayers. Following numerous rounds of testimony from state agencies, stakeholders and providers, and the review of the 2021 Granite Advantage Health Care Plan Annual Report, drafted by the Medicaid Quality Program under the Division of Medicaid Services in the NH Department of Health and Human Services, **the Commission recommends that the Granite Advantage Health Care Program be reauthorized in 2023** to continue to serve thousands of New Hampshire residents. It is recommended that the NH Department of Health and Human Services report the Mathematica Inc. findings to the Health and Human Services Oversight Committee, the Senate and House Health and Human Services Committees, and the Senate and House Finance Committees."



Dr. Eric Kropp testifies on HB1022.

As in years past, NHMS will continue to be a strong advocate for Medicaid Expansion. Every day, our physicians see the impact that Medicaid Expansion has on our patient population, and we hope to illustrate that for lawmakers this session. If you would like to help in

this legislative effort, please let me know! Call or email me at Michael. Padmore@nhms.org or 603-858-4744. Your stories will truly make the difference in whether this program is reauthorized.

Once the full scope of all introduced legislation is published by

the legislature in late December I will prepare a more in-depth preview of what to expect for the upcoming 2023 legislative session. If you have any questions in the meantime, please don't hesitate to reach out! ■

In Memoriam: The Silent Chapter

Davis Clark, MD

Richard Lee, MD

David Walker, MD

Camilla Jones, MD

Leonard Emond, MD

Carmencita Lopez, MD

Concord, NH

Manchester, NH

Andover, MA

Holderness, NH

Goffstown, NH

Manchester, NH



2022 Annual Scientific Conference

A great weekend of learning and fun!



Thank you to all of our sponsors & attendees
for making NHMS22 a success!



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Organogenesis
Empowering Healing

laurel road

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Dartmouth
Health

COVERYS
Reduce Distractions. Improve Outcomes.

Takeda

Sulloway & Hollis
COUNSELORS AT LAW

EATON
BERUBE
INSURANCE
E&B



The masked ball!



Thank you for 32 years Joy!



Save the date for next year!
NHMS 2023 will be November 3-5, 2023
at the Mount Washington Resort!



James G. Potter
NHMS Executive Vice President

*...for more
information
and to provide
feedback on
future services
and locations
scan the QR code
with your phone's
camera app*



2022 Executive Vice President's Report

The year 2022 continued with the challenges and chronic stresses from the COVID-19 pandemic, coupled with a Respiratory Syncytial Virus (RSV) surge among younger children, for the Granite State medical and surgical community. The following are highlights of the Medical Society's continuing activities during these most extraordinary ongoing times.

COVID-19 Pandemic Response

Stemming from its initiatives early in the pandemic to convene weekly NH COVID-19 Vaccine Alliance online stakeholder meetings, as well as the #MaskUpNewHampshire and #SleeveUpNH campaigns to promote COVID-19 immunization resources and mitigate community transmission in collaboration with the NH Hospital Association and Business and Industry Association, the Medical Society was awarded and began implementation of a three-year contract with the state for a \$3.7 million contract to distribute CDC funds to assist and support independent pediatric and primary care practices to implement and continue to promote COVID-19 immunizations among a broad interest of stakeholders.

As NH is the last state in the nation to implement a vaccine registry, causing delays in HL7 messaging protocols for bulk uploads of patient immunization information to the NH Immunization Information System, more than \$2 million in CDC grant funds is to be given out and intended for NH health care practices, clinics and medical offices to increase infrastructure and capacity for COVID-19 vaccine administrations and reduce access barriers. More information and the online grant application can be found at <https://nhmedicalsociety.com/grants/>. Hospitals and their affiliate practices, FQHCs and community health center practices received separate funding to facilitate similar efforts for expanded COVID-19 immunizations.

To date, roughly \$1 million in grants have been allocated this past year to independent medical practices and long-term care facilities for vaccine refrigerator/freezers, data loggers, supplies and computer EHR system upgrades to enable HL7 messaging for batch syncing in the NH Immunization Information System (NHIIS), as well as administrative, personnel and facility costs to enable expanded COVID-19 immunization clinics. As an example, Derry Medical Center staffed and operated an outdoor COVID vaccine and testing clinic through this past year's winter months. A second round of grants for staffing and facility costs for COVID-19 administrations and immunization-related equipment can be reimbursed on a monthly basis from October 1st through the winter months until the funding is exhausted.



Derry Medical Outdoor Vaccine Clinic

Since May 2019, the Medical Society has published NH COVID-19 Weekly Update. This weekly online newsletter distributed at 7 am on Sunday mornings serves as a coronavirus curated news aggregator and provides

COVID-related announcements and resources. With an open rate averaging well over 50%, this publication is sent to over 8000 physicians, PAs, nurses and other stakeholders convened from the earlier NH COVID-19 Vaccine Alliance meetings. This year, the newsletter has featured more public health-related articles and resources, and in November was rebranded as Healthy New Hampshire.

COVID-19 and other immunization projects are under development that have included coordinating incentives for long-term care and congregate living facilities to offer immunization clinics to their residents and staff for the bivalent COVID booster and flu vaccines in advance of the Thanksgiving holiday, a radio and social media campaign for December working with AARP New Hampshire to target Granite Staters seniors in promoting the COVID and flu immunizations before the year-end holidays. In addition, immunization education efforts are planned for the adolescent cohort and minority communities in the state.

Unhealthy Alcohol Use

The Medical Society was awarded a \$100,000 contract with the state through the NH Bureau of Drug & Alcohol Services (BDAS) with funding from the Governor's Commission on Alcohol & Other Drugs to expand awareness and patient education of the importance of addressing alcohol misuse among the medical and nursing communities. The contract is unique in that it is collaboratively working with the nursing and hospital stakeholders to develop and disseminate this information given increased alcohol use and hospitalizations stemming from the COVID-19 pandemic. An advisory council of 15 stakeholders representing physicians, nurses, hospitals, community health centers, behavioral therapists, recovery

support services, including Alcoholics Anonymous, and chaired by Drs. Seddon Savage and Molly Rossignol.

A new web landing resources page at <https://www.nhms.org/alcohol-misuse> features: recent news & information on unhealthy alcohol use (taken from articles included in the weekly Healthy New Hampshire publication); sections for both clinicians and patients/family including assessment tools and information on the spectrum of unhealthy use and effects of alcohol use; as well as resources to find treatment and recovery supports in the community. Contracts to facilitate dissemination of this and related information have been set up with the NH Nurses and Nurse Practitioner Associations. Other clinical education sessions and a social media campaign are also under development.

Physician Health Committee Revived

Now NHMS Immediate Past President Eric Kropp requested that the Medical Society revive its Physician Health Committee to develop a comprehensive set of physician wellness resources and programs. Previously, this committee conducted the work of the NH Physician Health Program until it expanded to seven other health professions at the turn of the century and became the NH Professionals Health Program with 13 health professions now under its purview.

Chaired by Dr. Angela Yerdon-McLeod, the revised mission of the 12-physician member committee is to develop and coordinate a state-wide approach that supports physicians to thrive personally and professionally. The committee is actively assisting in the identification of "resiliency counselors" for the LifeBridge™ Physician Wellness Program under development through the generous donation

of \$46,000 from the dissolution of the Strafford County Medical Society. Some other objectives of the committee are to offer personal support resources to physicians through development of a website for a resource hub and to provide educational programming related to physician wellbeing to organizations.

As a part of a broader mindset about physician wellbeing, NHMS Penultimate Past President, Dr. Kenton Allen, has helped coordinate a 7-part free CME series on physician financial wellness in collaboration with Baystate Financial for different phases of your career, including estate planning. The series is now available on-demand for free Category 1 CME through our NHMS Learning Center.

Association Management Systems Upgrades

The Medical Society further upgraded elements of its new association management systems (AMS) – including integrated database, website and financial management systems tied to an upgraded CME portfolio and biennial audit (for the NH Board of Medicine) with our existing NHMS Learning Center. These capabilities helped to facilitate adding virtual meeting options for the NH Osteopathic Association, NH Academy of Family Physicians and the NH Psychiatric Society. Planning has been undertaken for an integrated website for the NH Society for Eye Physicians & Surgeons and other state specialty societies.

Our upgraded NHMS website is designed to welcome members, keep you involved, informed and engaged. We do this through a new feature called the NHMS Member Compass –a dashboard that gives you all the information about your membership that you need in one place.

- See a snapshot of your CME Portfolio
- Access the NHMS Learning Center
- Update your profile with current contact information
- Pay online right in your Member Compass for dues, events, and other fees
- Sign up for a committee meeting and get involved

In order to simplify NH physician's biennial CME audit and license renewal process, the Medical Society has partnered with CE Broker. Through this partnership, your CME portfolio provides you with an easy way to track your CME online and simplifies the maintenance of your CME records and completion certificates. NH physicians have access to a free standard account that has the same features that you utilized in our previous system to manually enter your CME courses during the biennial CME audit process, along with the \$40 biennial auditing fee. Please note that all CME hosted on the NHMS Learning Center automatically uploads into your CME portfolio. Additional services for a virtual assistant or full concierge service package can be obtained for an additional annual fee. However, NH physicians are under NO obligation to pick either of those additional options, unless you choose to subscribe to them.

NHMS22 Scientific Conference

The NHMS22 Scientific Conference had another robust attendance for both in-person and simulcast participation held from October 28-30 at the Marriott Wentworth by the Sea Hotel in New Castle, NH, with Dr. Eric Loo inaugurated as the 191st Medical Society president. In addition, participants and those desiring to earn additional general and opioid prescribing credits may

do so via our NHMS22 CME package through the end of the year as on-demand, online CME through the NHMS Learning Center.

Thank you sponsors and attendees for another successful conference!

Physician Presence in NH Legislature

In the last election cycle with the support of state specialty society political action committees (PACs), the Medical Society embarked in a larger role in recruiting and actively supporting physicians for state elected office. The goal of the next election cycle is to expand physician presence in the Commerce Committees, historically dominated by insurance interests. Physicians in the NH legislature in this past two-year legislative session included:

Dr. Tom Sherman (District 4-D) - Senate Health & Human Services (HHS) and Transportation Committees

Dr. William Marsh (Carroll-8-D) - Vice Chair, House HHS Committee

Dr. Jerry Knirk (Carroll-3-D) - House HHS Committee

Dr. Richard Osborne (Grafton-7-D) - House HHS Committee

Dr. Gary Woods (Merrimack-23-D) - House HHS Committee

Dr. Jim Murphy (Grafton-9-D) - House HHS Committee

The November general election ballot included a record number of 16 physician and physician spouse candidates. Next session, the NH House of Representatives will include four physicians, as well as eight spouses of physicians elected in state government. Also thank you to Drs. Tom Sherman, Bill Marsh and John McIntyre who ran very spirited campaigns in difficult elections this year against popular incumbents.

GOVERNOR

Dr. Tom Sherman (D) *lost*

EXECUTIVE COUNCIL

Janet Stevens (spouse of Dr. Bob Stevens) (R) District 3 *won*

HOUSE

Dr. Bill Palmer (D) Sullivan-2 *won*

Katy Peternel (spouse of Dr. William Peternel) (R) Carroll-6 *won*

Dr. Trinidad Tellez (D) Hillsborough-40 *won*

Dr. Dave Nagel (R) Belknap-6 *won*

Dr. Jerry Knirk (D) Carroll-3 *lost*

Dr. Jim Murphy (D) Grafton-12 *won*

Ben Ming (spouse of Dr. Sarah Ming) (D) Hillsborough-35 *won*

Al Howland (spouse of Dr. Janet Perkins-Howland) (D) Strafford-20 *won*

Dan Veilleux (spouse of Dr. Laurie Veilleux) (D) Hillsborough-34 *results won*

Mark Pearson (spouse of Dr. Mary Pearson) (R) Rockingham-34 *won*

Allison Knab (spouse of Dr. Brian Knab) (D) Rockingham-12 *won*

SENATE

Dr. Bill Marsh (D) District 3 *lost*

Dr. John McIntyre (R) District 5 *lost*

Cindy Rosenwald (spouse of Dr. Peter Klementowicz) (D) District 13 *won*

The Bowler-Bartlett Foundation & Public Health Initiatives

The Bowler-Bartlett Foundation is a 501(c)(3) affiliate corporation to support the charitable, educational, and scientific purposes and functions of the New Hampshire Medical Society that is named after two

prominent Granite State physicians – John Bowler, MD, and Josiah Bartlett, MD. The Foundation is governed by a Board of Directors and receives input through Advisory Councils on specific programs or projects. They work in concert to achieve health goals, create public education and advocacy, disseminating information for the betterment of health for Granite Staters. The following are some of the activities undertaken by the Foundation over this past year.

Golf Tournament

The second NH Medical Society Annual Golf Tournament was held in June at the Concord Country Club as a physician social activity and fundraiser raising about \$10,000 to benefit the our Bowler-Bartlett Foundation's public health initiatives, historic preservation and leadership development programs.

Physician Leadership Institute

Through our Bowler-Bartlett Foundation, the NHMS charitable, educational and scientific 501(c)3 organization, a fifth cohort of 15 participants has undertaken the New Hampshire Physician Leadership Institute (PLI) with a grant from The Physicians Foundation. The goal of the Institute is to cultivate effective physician leadership across the Granite State from the bedside to the boardroom by teaching management, communication, and leadership skills, fostering effective communication between the medical staff and administration, and empowering physicians to foster change among their colleagues.

The cornerstone of the Institute is the New Hampshire Physician Leadership Development Program (NHPLDP) that was developed in collaboration with the New Hampshire Hospital Association and University of New Hampshire's Peter

T. Paul College of Business and Economics.

We currently have 75 physicians who have participated in the program with a fourth cohort begun this month, including 35 in this calendar year. The first year's ten sessions focus on leadership "soft or behavior" skills of managing yourself and leading others, including sessions on emotional intelligence, team building, managing transitions, conflict resolution, mentoring and coaching. The second year of ten sessions focuses on more of the "hard or analytical" skill sets, such as quality management, financial and managerial accounting, communications and executive presence.

Participants can receive up to 80 hours of CME credits and a University of New Hampshire certificate. UNH's Graduate School has recently approved the waiver of up to two MBA elective courses (a total of 6 credits out of the 48 required for the degree) to MBA candidates who have successfully completed all requirements of the NH Physician Leadership Development. For the program brochure, curriculum outline, faculty list and additional information, visit our website at <https://paulcollege.unh.edu/physicianleadershipnh>.

We are also currently in the process of expanding our Physician Leadership Institute to add educational programming and services to promote physician leadership in the Granite State in advocacy, effectiveness of hospital medical staff organizations, media training and health equity.



Northern NH Mobile Clinic

The New Hampshire Medical Society and North Country Health Consortium, which serves as the regional public health network in Coos County, launched the Northern New Hampshire Mobile Health Clinic in mid-September with ribbon-cutting celebrations at the four partner hospitals: Androscoggin Valley Hospital in Berlin, Littleton Regional Healthcare in Littleton, Upper Connecticut Valley Hospital in Colebrook, and Weeks Medical Center in Lancaster.

The mission of the mobile clinic is a community-based care option that will offer easy-to-access health care for people living in Coos and Grafton counties. The Medical Society has served as the fiscal and governance agent over the last year



for the program which now has funding commitments of more than \$1.2 million.

Dr. Bill Brewster, who currently serves as NHMS President-Elect, helped to provide the stimulus for the program as one of his last acts before retiring as Vice President of NH Markets for Harvard Pilgrim by requesting and obtaining a \$500,000 matching grant through the Point32Health Foundation.

Dr. Brewster offered during the launch events that ‘this program was developed through a strong community collaboration between four local hospitals, a local not-for-profit health plan and its Foundation, a regional public health network, local businesses, foundations and agencies, and the New Hampshire Medical Society – all invested in working to eliminate barriers to accessing quality health care. The Mobile Health Clinic will be staffed by local community health practitioners offering preventative services such as immunizations, preventive care screenings, primary care medical services, telehealth connectivity and wellness education.”

The Northern NH Mobile Health Clinic, a customized Mercedes 3500DX 4x4 sprinter van designed specifically for clinical services and to navigate North Country winters, will be available to local residents through the four hospital partners and the Consortium, making stops at locations across northern New Hampshire beginning this fall. Initially, the clinic will offer the following services: immunizations; blood pressure, glucose and other preventive care screenings; primary care medical services; nutrition and wellness education, smoking cessation programs, and health literacy; Wi-Fi capability and computer access for telehealth services; and community connections to guide

individuals to local health and social services.

After the initial rollout phase, the groups will be seeking input from community members and partner organizations who have a deep understanding of the health disparities across the region. The objective of the second phase is to help the mobile clinic program identify specific locations for the Mobile Health Clinic and determine services that meet local needs and help increase access to quality health care for all. The goal of the third phase beginning this coming spring is to put the mobile clinic in operation at least 180 days of the year.

ECHO Series: Climate-Informed Healthcare-Activated Clinical Practices

The Foundation facilitated as fiscal agent a \$20,000 grant through the NH Charitable Foundation on behalf of the NH Healthcare Workers for Climate Action (NH HWCA) contracting with Project ECHO at Dartmouth Health to conduct a 6 session ECHO course on a biweekly basis over 12 weeks. See some of the educational events sponsored by the NH HWCA at <https://www.nhclimatehealth.org/our-past-events>.

Tick-Borne & Insect Diseases

Partnering with the NH Bureau of Public Health, an 8-member physician advisory council to develop a one-hour CME on prevention, early identification and early intervention of tick bite infections based on 2021 published ISDA/AAN/ACR clinical practice guidance, as well as a shorter public education program delivered by physicians. A study committee established by the legislature includes most of the physicians of the advisory council.

Vaping Unveiled

Partnering with Breath New Hampshire (former NH Lung Association), we have trained a cohort of ten physicians to be able to give 35–40-minute presentations to middle school, high school and parent audiences on the perils of vaping. <https://www.breathenh.org/programs/vaping-unveiled/resources>

Opioid Use Disorder (OUD) Treatment

The Medical Society continues to be contracted by the NH Department of Health and Human Services (DHHS) to offer 8-hour MAT/MOUD waiver courses (more than 700 practitioners trained to date over the last four years). With the assistance of Dr. Molly Rosignol, we have also developed a 90-minute continuing education session for nurses and other medical support staff to assist hospitals in implementing broader MAT/MOUD screening and treatment services. In addition, development is underway for CME sessions for physicians interested in prescribing buprenorphine for under 30 patients.

All of this is possible because of our great staff team – Jennifer Mazzei, Mike Padmore, Jane Tewksbury, Catrina Watson, Mary West and Joy Potter who retires at the end of this year with 32 years of service to the Medical Society. Many, many thanks and happy trails to Joy as she heads towards her new “rewiring, not retiring” adventures.

On behalf of the Medical Society, thank you for your ongoing support. We couldn’t do it without you. ■

We Want You, cont. from page 4

every discussion at every table.

There are a few tentative ideas I hope to pursue. The new crop of physicians isn't meaningfully exposed to the business and regulatory aspects of medical practice during training, and participation in organized medicine has been in a decline. Mike is already doing some outreach to our trainees, but I hope to expand upon this going forward. I also hope to fill various roles for physician representation at the medical society, and in other roles around the state. Representation at our regions' Medicare Contractor Advisory Committee is a clear target, and I'm sure there must be others. Additionally, with increasing 'group membership' NHMS plans, I want to make sure that the views and concerns of all the membership are presented/heard. I don't want physicians who may be uncomfortable with positions or

policies of the society to feel as if they have no representation or recourse; stuck as a de-facto member though group membership.

Lastly, I've heard that past presidents would sometimes travel to meet with medical staff around the state. I'd like to revive this tradition, and hopefully do some recruiting. A possibly unrealistic hope that I have is to engage with physicians who detest politics. Realistically speaking, the persons who are more likely to engage are those with deep-rooted political convictions... but regardless of what side of the aisle they're on, these folks do tend to come to the table with deep-rooted preconceived agendas. My hope is that we'll find people who recognize that there's a problem, and don't want to leave their children and grandchildren with some crazy unsustainable fragmented healthcare system. I

hope to find physicians who will approach problem solving with a scientific lens as opposed to a political one.

Physicians are naturally leaders and counselors - You lead every time you stand up for your patients and colleagues. There is wisdom in a multitude of counsel, and I hope we'll be able to add your voice to the mix. Thank you for your time! ■



New Hampshire
Professionals Health Program

GET HELP NOW!

The NH Professionals Health Program (NHPHP) is a confidential resource available to all NH licensed physicians, PAs, dentists, pharmacists, nursing licensees, veterinarians, chiropractors, dietitians, licensed drug and alcohol counselors, mental health practitioners, midwives, optometrists, podiatrists and psychologists who are experiencing difficulties with:

- alcohol, drugs or other substances of abuse
- depression, anxiety or other mental health issues
- professional burnout or work-related conflict
- marital or family life matters

For a confidential discussion call Dr. Molly Rossignol at (603) 491-5036.

LEARN MORE @ WWW.NHPHP.ORG



WANTED

Internal Medicine, Orthopedic, Neurologic, General or Family Practice Physicians interested in providing part-time or full-time staff medical consultant services for the Social Security Disability program, through the state Disability Determination Services office in Concord NH. Staff work involves reviewing disability claims on-site and requires no patient contact. SSA Training is provided.

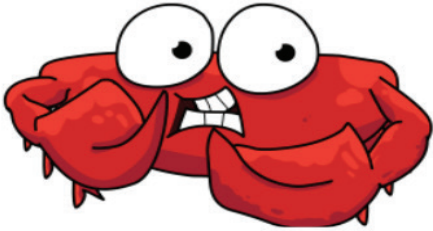
OR

Physicians interested in performing consultative examinations in their office for the Social Security Disability program, through the state Disability Determination Services office. Compensation is provided per exam. All administrative aspects are performed by the DDS and no billing is required. Free dictation service and a secure web portal is provided for report submission.

Any interested physician must be licensed by the state of NH and in good standing. Please email inquiries to Anne.Prehemo@ssa.gov

Have you reported your CME credits yet?

Read this if your license expires in 2023!



Licensees renewing on June 30, 2023 must report 100 CME credits earned between January 1, 2021 and December 31, 2022, including 3 pain management/addiction disorder credits if you have a NH DEA license.

Go to NHMS.org/CME-faq or use the QR code for instructions on how to report your CMEs.



Practice For Sale

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Dr George Idelkope,
gaidelkope@gmail.com
603 336 5948

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A new look, new community! Our new website is designed to welcome our members, keep you involved, informed and engaged. We do this through a new feature called the NHMS Member Compass—a dashboard that gives you all the information about your membership that you need in one place.

- Pay on-line right in your Member Compass for dues, events, and other fees
- See a snapshot of your CME Portfolio
- Sign up for a committee meeting and get involved
- Update your profile with current contact information
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Visit NHMS.org to activate today!



Julie Sawyer
NHMS Executive Assistant

NHMS Welcomes Newest Team Member

Julie Sawyer is our high-energy executive assistant with more than five years of experience working in a membership association environment. She is responsible for acting as the point of contact for members, staff, and other external partners, along with managing information flow in a timely and accurate manner to ensure all the goals and missions of NHMS are achieved. As the executive assistant, Julie touches each part of NHMS in some way.

Julie lives in Concord with her husband and three angels. She enjoys volunteering in her spare time.

Whether you have questions about membership, billing, or an event, she is happy to help. You can reach Julie at extension 109. ■

NH Osteopathic Association 32nd Annual Ski and Learn Winter Symposium

In Collaboration with NH Society of Physician Assistants

January 27- 29, 2023

Grand Summit at Attitash, Barlett, NH



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Mission: *Our role as an organization in creating the world we envision.*

The mission of the New Hampshire Medical Society is to bring together physicians to advocate for the well-being of our patients, for our profession and for the betterment of the public health.

Vision: *The world we hope to create through our work together.*

The New Hampshire Medical Society envisions a State in which personal and public health are high priorities, all people have access to quality healthcare, and physicians experience deep satisfaction in the practice of medicine.

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Prsrt Std.
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From all of us at NHMS,
we wish you a wonderful
winter and a happy and
successful New Year!