Honoring Our Heritage

INSIDE
- 2019-2020 Board of Trustees
- 39th Annual Fall Seminar
- AOMA in Action
Proactive risk management programs can reduce the risk of a claim or suit. We offer many specialty-specific programs, as well as those that can be used by all medical practitioners. Our policyholders have access to MICA’s extensive selection of risk management tools, such as: office audits, online CME, monthly webinars, podcasts and weekly Hot Topic emails. Our dedicated risk management hotline is staffed during business hours by Risk Management Consultants who are available to answer any questions you may have about risk mitigation in your own practice.

To learn more about the risk management tools that MICA provides, how you can become a member, or to get a quote, visit our website mica-insurance.com or contact us at 800.352.0402.
The Official Publication of the Arizona Osteopathic Medical Association

COLUMNS
2 President’s Message
4 Executive Director’s Message
6 AOMA in Action
8 2019-2020 AOMA Board of Trustees

FEATURES
10 Right of Access to the Medical Record is a Frequent Source of Inquiry
14 Injecting Compliance into Your Practice – Part II
16 Adding Value: How Using a Commercial Real Estate Expert Can Benefit Your Practice
18 Honoring Our Osteopathic Heritage
19 Shaping the Future with POCUS

AOMA NEWS
20 AOMA Fall Seminar
21 5th Annual Flagstaff Osteopathic Medical Conference
22 2020 Clinical Case Competition and Poster Forum
22 Welcome New AOMA Members
22 In Memoriam
24 AOMA Wins STAR Prize
24 Annual Birdies for Charity Fundraiser
25 AOA House of Delegates

OSTEOPATHIC COMMUNITY NEWS
27 Arizona Chapter of the American College of Osteopathic Family Physicians
28 Midwestern University Arizona College of Osteopathic Medicine
31 A.T. Still University School of Osteopathic Medicine in Arizona
35 DOs in the News
36 Calendar of Events
36 Advertisers Index

Opinions expressed in the AOMA Digest are those of the authors and do not necessarily reflect viewpoints of the editors or official policy of the AOMA, or the institutions with which the authors are affiliated, unless explicitly specified. AOMA Digest does not hold itself responsible for statements made by any contributor. We reserve the right to edit articles on the basis of content or length.

Although all advertising is expected to conform to ethical medical standards, acceptance does not imply endorsement by this magazine. The appearance of advertising in the AOMA Digest is not an AOMA guarantee or endorsement of the product, service or claims made for the product or service by the advertiser.
This year – 2019 – celebrates the 50th anniversary of the Apollo moon landing, the Woodstock music festival, the release of the Beatles' Abbey Road album, and the debut of Sesame Street. A great deal has changed in the world since then, including the way we practice medicine.

In the 1960's my father, John Labban, MD, witnessed historic changes in medicine including vaccines for polio and measles, the first human organ transplants, and the institution of Medicare. Trained as a surgeon, he saw patients in a small, rural community practicing as a surgeon and general practitioner, treating colds and flu, setting broken limbs, performing abdominal surgery, even delivering babies. Patients usually didn't have health insurance unless it was employer-provided.

I was in medical school in the 1980's when the AIDS epidemic was the top healthcare priority. By the time I opened my family medicine and sports medicine practice in the late 1990's, the first human embryo had been cloned, the first vaccine to prevent chicken pox was approved, and Viagra became available. The world of HMOs, capitation rates, and the move toward value-based medicine and universal-type healthcare was the new landscape.

The past ten years have seen the growth of telemedicine, the use of 3D printers to create replacement organs, and the passage of the Affordable Care Act. What will we see in the next ten years? A cure for Alzheimer's? A vaccine for HIV? An end to cancer?

Today, physicians face a variety of challenging issues for themselves and their patients, including the opioid epidemic, practice burnout, vaccine hesitancy, scope of practice encroachments, and insurance reimbursement. The Arizona Osteopathic Medical Association (AOMA) is our advocate for protecting our interests. As a major stakeholder in the Arizona healthcare community, AOMA led the way on initiatives and legislative policy to deal with these concerns.

• In response to the increased number of overdose deaths from opioids, AOMA is working with the Arizona Department of Health Services (AzDHS) in the fight against opioid abuse, including the development of the Arizona Opioid Prescriber Education program, free online training on opioid laws, prescribing guidelines, and Medication Assisted Treatment. Visit www.azrxed.org to access this program.

• To address the root causes of physician burnout, AOMA partnered with the Arizona State University College of Health Solutions and conducted a multidisciplinary survey focused on advancing solutions to the problem. The full report is available at www.az-osteo.org/Burnout

• AOMA is part of the AzDHS Immunization Breakthrough Action Plan focused on improving immunization rates among school-aged children in Arizona and restoring herd immunity.

• During the 2019 Legislative Session, AOMA led and supported efforts to pass legislation to fund graduate medical education and physician loan repayment programs; defeated anti-vaccination bills; defeated unwarranted pharmacist scope of practice expansion bill; passed co-pay accumulator reforms; protected direct payment programs; and reformed harmful
virtual fees and silent network transfers practices; fixed opioid e-prescribing issues. Read the AOMA Legislative Report at www.az-osteo.org/LegReport (member login required).

After more than twenty-five years in private practice, I continue to be amazed by advancing technology, innovative treatments, and pioneering science. My practice is very different from my father’s, but, even with all the advancements and innovations in medicine, we still use a stethoscope, sphygmomanometer, thermometer, etc. to measure vitals. While the technology for these tools has evolved, their importance remains fundamental to patient care. And as osteopathic physicians, we remain true and constant to the basic principles of patient care – to preserve the health and the life of our patients and embrace the philosophy of mind, body, spirit and the body’s own natural healing abilities.

Continuing medical education is key to keeping pace with new medical treatments, technology, and trends. AOMA is the premier provider of continuing medical education in Arizona.

The AOMA 39th Annual Fall Seminar – Honoring Our Heritage, Shaping Our Future - is November 2 & 3, 2019 in Tucson. The lecture topics are timely and relevant to you and your patients, including Measles Epidemic, Treatment of ADHD, Anxiety Disorders, C. difficile Infection, Chronic Diarrhea, and Allergic Rhinitis as well as lectures on osteopathic manipulative medicine. For complete information, see page 20. Please join us and invite a colleague.

In addition to advocacy and quality continuing medical education, for nearly 100 years AOMA has been dedicated to keeping you abreast of local and national issues, protecting your profession, and providing opportunities for personal and professional development. Your membership supports AOMA’s work to preserve the proud history of our profession and guarantee the future of osteopathic medicine in Arizona. Share the AOMA story with your colleagues and ask them to join us as we anticipate the next generation of medicine.
Protecting Your State Licensing Board

Like public health programs, licensing boards work most effectively when you do not hear about them. Of course, the exception to this is if you are ever a recipient of one of the 200+ complaints the Board of Osteopathic Medical Examiners (Board) receives each year. Except for licensing renewals, you seldom hear much about the Board, however, it is important to understand its role and impact on your profession.

The primary function of the Board is to administer and enforce Arizona laws governing osteopathic physicians and to “protect the public from unlawful, incompetent, unqualified, impaired, and unprofessional practitioners of osteopathic medicine.”

Most of the work of the Board involves adjudicating complaints at its meetings. Every complaint received is investigated and either dismissed or the Board may take an action against the physician. Actions may include placing him/her on probation, revocation or suspension, entering into a stipulated order for remediation, or issuing a letter of concern, reprimand, or a decree of censure.

The Board plays an important role in public safety and prevention through the screening and examination of applicants for licensure. Through the adoption of administrative rules and substantive policy statements as authorized by Arizona statutes, it sets and maintains education and training requirements and the standard of practice for the osteopathic profession. These can be straightforward policy issues, like the cost to renew a license, or complex issues such as the requirements for self-reporting a substance abuse disorder.

Service on the Board

The Board is comprised of seven members appointed by the Governor for five-year terms. Two members are from the public who “shall not be in any manner connected with, or have an interest in, any school of medicine or any person practicing any form of healing or treatment of bodily or mental ailments and who has demonstrated an interest in the health problems of the state.”

The remaining five members must be osteopathic physicians in good standing and active practice with direct patient contact preceding their appointment for at least five years in Arizona.

Board of Osteopathic Examiners in Medicine & Surgery Responsibilities

The Board examines, licenses, and maintains standards for members of the osteopathic profession in the state. The primary responsibilities of the Board are to:

- Protect the public from unlawful, incompetent, unqualified, impaired, and unprofessional practitioners of osteopathic medicine.
- Issue licenses, conduct hearings, place physicians on probation, revoke or suspend licenses, enter into stipulated orders, issue letters of concern or decrees of censure, and administer and enforce Arizona laws governing osteopathic physicians.
- Maintain a record of its acts and proceedings, including the issuance, denial, renewal, suspension, or revocation of licenses to practice according to this chapter.
Appointment for all Arizona state boards and commissions is handled through the Governor’s Boards and Commissions office. This is a busy job for the Governor and his staff who handle approximately 2,000 individual appointments to more than 220 Boards, Commissions, Councils, Committees, & Task Forces. Prospective applicants undergo a criminal and licensing background check and are interviewed prior to appointment.

In addition to service on the Board of Osteopathic Medical Examiners, there are other regulatory board positions available to physicians willing to serve. For example, the Arizona Regulatory Board of Physician Assistants has four physician positions on its 11-member board, two must be osteopathic physicians.

Most of the regulatory boards operate in a similar manner. Board members are immune from civil liability for acts done in good faith. There is compensation available. In the case of the Board of Osteopathic Medical Examiners it is $250 per meeting and includes some travel expenses and for time spent preparing for the board meetings.

Serving on a regulatory board requires a significant amount of time and is the biggest obstacle to recruiting prospective applicants. The members of the Board of Osteopathic Medical Examiners will spend approximately ten Saturdays each year meeting for full days. In addition, each Board member will spend time in advance of the meetings reviewing cases and materials in preparation for their impending decisions.

If you are interested in applying to serve on a board or commission, all of the information for application is available on the Governor’s Boards and Commissions website at www.bc.azgovernor.gov. If there are no open positions available, you may submit your application for the queue to be reviewed as vacancies arise. For some applicants, it may take months or years before an opening is available and the appointment is made.

The Importance of Having a Strong Regulatory Board

One of the highest priorities for AOMA is making sure that Arizona osteopathic physicians have a strong and effective regulatory board. AOMA often partners with the Board to ensure that it has ample resources and personnel to do its job effectively. Each year there are typically legislation and/or administrative rules that need to be changed to ensure that regulations are keeping pace with industry trends and emerging issues related to public safety, e.g. safe opioid prescribing.

When a profession is not regulated effectively and fails to protect the public, it hampers the credibility and impedes advocacy efforts by the regulated profession. A prime example of this in medicine is advocacy for malpractice reforms. If a regulatory board is lax in disciplining physicians and the public is unprotected, it is irresponsible to advocate for decreasing penalties and increasing legal thresholds for acts of malpractice.

Most regulatory bodies like the Board have challenges managing escalating workloads and recruiting and retaining quality personnel. These are exceptionally difficult jobs with low reimbursement and little appreciation recognition. We are fortunate to have many hard-working and dedicated Board members and staff who are committed to public safety and ensuring the highest integrity for the osteopathic profession.

Your membership with AOMA supports continuous efforts to guarantee your profession is appropriately regulated. Whether it is recruiting prospective Board members for a vacancy, lobbying for legislation to make licensure renewals easier, advocating for fairness, or clarifying a policy, AOMA is there for you and the Board to represent your regulatory needs.
AOMA in Action

AOMA in Action

AOMA is the voice of osteopathic medicine in Arizona, representing the profession as a healthcare stakeholder and community partner. This activity update covers the three-month period from July 1, 2019 to September 30, 2019.

Advocacy/Legislative Affairs

• Published the 2019 AOMA Legislative Report
• Launched the Arizona Healthcare Advocacy Coalition of physician specialty societies in partnership with the Arizona Medical Association to support and unify physician advocacy efforts

American Osteopathic Association (AOA)

• AOMA was awarded the AOA 2019 Strategic Team Award and Recognition Prize
• Sent twelve delegates, two alternates, and four student delegates to the AOA House of Delegates in Chicago in July 2019
• AOMA Past President Shannon C. Scott, DO, FACOFP was re-elected Third Vice President to the AOA Board of Trustees
• AOMA Executive Director Pete Wertheim was elected President of the Association of Osteopathic State Executive Directors and appointed to the AOA Strategic Planning Committee

Continuing Medical Education

• Sponsored 8.0 hours of AOA Category 1-A CME credit for the 5th Annual Flagstaff Osteopathic Medical Conference in August 2019
• Created and posted six new online on-demand CME offerings on DOCME.org

Public Health

• Represented AOMA on the ASU Medical Advisory Board to improve access to Medication Assisted Treatment
• Represented AOMA on the Department of Health Services Arizona Prescription Drug Misuse & Abuse Initiative Health Care Advisory Team
• Represented AOMA on the Arizona Board of Pharmacy Controlled Substance Prescription Monitoring Program Task Force
• Represented AOMA on The Health Current Board of Directors
• Represented AOMA on On The Arizona Partnership for Immunization (TAPI) Steering Committee
• Represented AOMA on the Governor's Breakthrough Project on Immunization Coverage Rates

Public Relations

• Co-sponsored the 5th Annual Flagstaff Osteopathic Medical Conference with Flagstaff Medical Center

Osteopathic Charities

• Launched the 2020 Birdies for Charity campaign

The Future of the Osteopathic Profession

• Announced the 2020 AOMA Clinical Case and Poster Competition
• Presented new student orientation to Kirksville College of Osteopathic Medicine students in Arizona
• Recruited students to serve on the AOMA Student Legislative Affairs Committee
• Provided recommendations for student induction into Omega Beta Iota, the national political action honor society
• Attended Midwestern University Student Club Fair

For more information about any of these updates, call 602-266-6699 or email communications@az-osteo.org.
Need CME before 12-31-19 and can’t make it to the Fall Seminar? Check out a selection of lectures available online!

Visit the AOMA website under the Education tab or go to www.docme.org

AOMA members receive a $10 discount on all AOMA-created CME programs.
Enter promo code AOMA2017.

Positive Returns On Your Membership Investment

www.az-osteo.org/BusinessPartners

AOMA's Business Partners Program provides immediate access to national and local high-quality providers. Special rates have been negotiated and we have tested their ability to provide exceptional service for our association members.

Mutual Insurance Company of Arizona
602-956-5276
800-352-0402
www.mica-insurance.com

Financial Services
Jeffrey Burg, AID, CRPC, CRPS
Founding Partner
480-681-0200
jeff@dobrusinburg.com
www.dobrusinburg.com

Real Estate Services
Tracy Altemus, CCIM
602-277-8558
taltemus@ensemble.net
www.ensemble.net

Know a trusted business you would recommend as an AOMA Business Partner? Contact us at communications@az-osteo.org or 602-266-6699.
EXECUTIVE COMMITTEE

Christopher Labban, DO, HPF
President

Angela DeRosa DO, MBA, CPE
Immediate Past President

Richard Dobrusin, DO, MS (Ost), FACOFP
President Elect

Danielle Barnett-Trapp, DO
Vice President

Brandon Abbott, DO, MPH, FAAP
Secretary/Treasurer

Pete Wertheim, MS
Executive Director

TRUSTEES

Not Pictured: Michelle Eyler, DO Member at Large

Alphonse Ambrosia, DO, FACC
District 4 Representative

Craig Cassidy, DO, FACOO
Specialists

Donald Curran, DO
District 2 Representative

Susan Del Sordi-Staats, DO
District 3 Representative
Right of Access to the Medical Record is a Frequent Source of Inquiry

Contributed by Mutual Insurance Company of Arizona (MICA)

Courts consider medical records to be confidential, privileged information between the patient and physician. Medical records must be released upon the authorization of the patient or by a court order.

Courts recognize the rights of patients to obtain access to the information in their records in almost all circumstances. This right to obtain information may be delegated to a legally authorized representative of the patient. The fact that the record may involve potential malpractice is not an appropriate reason for refusing to make the information available to the patient. The fact that the record may contain information relating to treatment of a psychiatric condition is also not a sufficient reason to refuse to release the information. Similarly, the fact that the patient has an outstanding balance is not proper grounds to withhold records.

Only in those cases where there are therapeutic reasons for not releasing the information to the patient have courts approved limitations on the patient’s right of access. This requires a determination and order by the patient’s physician that the information not be provided because it is reasonably likely to cause substantial harm to the patient or another person. Even then, only the potentially harmful portion may be withheld. Situations in which patient requests are to be denied for this reason are likely to be unusual and delicate.

If the physician denies a request for access to the medical records or payment records, the physician must note the determination in the patient’s records and provide the patient with a written explanation why access was denied. In addition, the patient must be given the right to have the denial reviewed by a licensed healthcare professional for a second opinion.

Medical records (the designated record set) pertain to all communications related to a patient’s physical or mental health or condition that are recorded in any form or medium and that are maintained for purposes of patient diagnosis or treatment, including medical records that are prepared by a healthcare provider or other providers, billing and payment records, and claims and insurance. The medical record may contain copies of records of prior treating physicians. As a rule, these records are also confidential and according to your state’s law, must be released under the same circumstances. All records should be released to avoid the possibility of failing to release a pertinent piece of information or of being subject to licensing board action.

Upon receipt of a proper written authorization or request, the physician should make a copy of the requested record, place a copy in a sealed envelope, and give it to the patient or the patient’s representative (or forward it to the requesting physician). Only copies should be forwarded, not originals (this same suggestion applies to x-rays as well as other documents, strips, and videos). Generally, records that are not in written form, such as x-rays, CDs, and videos, should be released only if the patient or the patient’s authorized representative specifically requests and identifies in writing the type of record desired. The written authorization form should be retained in the patient’s chart.
Release of Drug and Alcohol and Behavioral Health Records

Some records are so confidential that they are exempt from the power of a subpoena. If a physician holds himself or herself out to be a provider of substance abuse diagnosis, treatment, or referral, and meets any definition of a federally assisted program (for example, receives any federal funds, including Medicare), then the records of a substance abuse patient are absolutely confidential. They may not be disclosed except as provided under the federal regulations. This confidentiality requirement applies to civil, criminal, administrative, and legislative proceedings, unless disclosure is authorized by the federal regulations. Generally, this will require, at a minimum, a specific consent from the patient, subject to exceptions and/or a court order. (42 U.S.C. § 290dd-2).

Access to a Minor Patient’s Records

Minors generally may not have access to information in their medical records without the consent of a parent or legal guardian. There are exceptions to the general rule. An emancipated or married minor can have access to records information without parental consent. Certain information (such as pertaining to HIV test results, sexually transmitted disease, birth control, and pregnancy results) may be available to unemancipated minors who have been providing consent for their own medical treatment. In these situations, parents are not entitled to the minor’s records without the minor’s consent. The record custodian should carefully document the reason the minor was given access to the records or the parents were denied access to the records.

What is a “Proper Authorization”?

- Written in plain language.
- Describes and identifies the information to be disclosed in a specific and meaningful fashion.
- Names the provider authorized to make the disclosure.
- Names the person(s) authorized to receive the disclosure.
- Describes the purpose of the requested disclosure. The statement “at the request of the individual” is a sufficient description of the purpose when an individual initiates the authorization and does not provide a statement of the purpose
- Describes an expiration date or event for the authorized disclosure.
- States the individual’s right to revoke the authorization in writing, any exceptions to that right, and a description of the process for revoking authorization, or a reference to the provider’s notice of privacy practices, if such information is contained there.
- A statement that the provider may not condition treatment, payment, enrollment or eligibility for benefits on the signing of the authorization, unless federal regulations otherwise provide, in which case the consequences of refusing to sign the authorization must be stated.
- The potential for information disclosed pursuant to the authorization to be subject to redisclosure by the recipient and no longer protected by federal privacy regulations.
- Signed and dated by the patient or his or her duly designated personal representative, with a statement of the individual’s authority to act for the patient.
- Dated within one year of the date of request.
- A copy of the signed authorization must be provided to the individual.
Medical Records & HIPAA

New regulations added to Health Insurance Portability and Accountability Act (HIPAA) provide that physicians who maintain medical records electronically are required to provide an individual with a copy of his or her medical record in electronic form and format requested by the individual, if such format is readily producible. If the requested format is not readily producible, the physician must offer to produce the electronic medical records in at least one readable electronic format. Physicians may use various methods to accomplish this, such as providing a disc (CD) with a PDF file, sending a secure email with a word file, or providing access through a secure web-based portal. A hard copy of the medical record may be provided if the requesting individual rejects any of the offered electronic formats. If the medical record is mixed – paper and electronic – there is no requirement to scan the paper documents to provide a single electronic record. If necessary, for its own business operations or on the request of a patient for a copy of the patient’s medical record, the record may be released to a contractor for the purpose of duplicating the record. The contractor, as a business associate under HIPAA, is obligated to maintain confidentiality of the patient and return the record only to the healthcare provider who released the record for copying purposes. When a person claiming to be the authorized representative of a patient seeks to obtain a copy of the patient’s record, the physician should require the representative to present identification and a written authorization signed by the patient.

States may have enacted laws allowing release of deceased patient medical records to governmental agencies, such as the office of the medical examiner, county health department, and medical or osteopathic licensing boards. HIPAA relies on state law to determine who qualifies as the individual having the legal right to access deceased patient medical information. Most states have laws establishing a hierarchy of who can access deceased patient medical information, yet there are still situations requiring additional consideration. Physician practices and medical facilities are frequently asked for copies of deceased patients’ medical records but the decision to release the records is not always easy. Some may believe HIPAA contributes to the complexity of releasing deceased patients’ medical information. In fact, HIPAA explicitly requires the release of medical records to authorized individuals. If a record request is not authorized by the patient, the physician should assert the physician-patient privilege on behalf of the patient.
Release of Medical Records & Arizona Law

Patient access to medical records – Third party access to medical records in Arizona:

Arizona law on medical records conforms to federal privacy regulations promulgated pursuant to the HIPAA. The law defines a medical record to include all communications recorded in any form or medium, which are maintained for the purpose of patient diagnosis or treatment. E-mail and message slips that reflect communication regarding patient care are also included since they constitute a part of the patient’s medical record. Using this broad definition of medical records also includes the written reports, notes, orders, test results, diagnoses, billing records, and records received from physicians and other providers, as well as non-written information such as videotapes, CDs, photographs, tape recordings, EKG strips, fetal strips, x-rays, and communications between EMS and medical personnel concerning the treatment of a patient. A.R.S. § 12-2291(6).

The importance of releasing medical records in Arizona is reflected by licensing statutes that provide that the failure to comply is unprofessional conduct and subjects a provider to professional discipline. A.R.S. § 32-2933(A)(20).

Accessing Minor’s Medical Records

Arizona law on medical records reinforces the legal right of a minor’s legal parent or legal guardian to obtain information in a minor’s records as the minor’s healthcare decision maker. A.R.S. § 12-2291(4). In addition, there is a separate Arizona statute that provides for the noncustodial parent’s right to access information pertaining to their child’s medical record. A.R.S. § 25-403.06. The record custodian should require the person making a request for records to present identification to verify the relationship and document it.

Refusal

A healthcare provider may deny a request for access to or copies of medical records or payment records if a health professional determines that either:

1. Access by the patient is reasonably likely to endanger the life or physical safety of the patient or another person.
2. The records refer to a person other than a health professional and access by the patient or the patient’s healthcare decision maker is reasonably likely to cause substantial harm to that other person.
3. Access by the patient’s healthcare decision maker is reasonably likely to cause substantial harm to the patient or another person.
4. Access by the patient or the patient’s healthcare decision maker would reveal information obtained under a promise of confidentiality with someone other than a health professional and access would be reasonably likely to reveal the source of the information. A.R.S. 12-2293(B)(1)

These medical records should be accessible and retained in a manner that ensures confidentiality. Be sure the party designated to act as the custodian of records will continue to act in the best interest of the practitioner and the patient.

Conclusion

It is important for healthcare clinicians to carefully follow the law. If there is any question regarding release of records, retention or withholding of records, or if the requesting party can be billed, contact your malpractice carrier’s Risk Management Department or your attorney.
The field of aesthetic medicine is rapidly evolving. Irrespective of the procedure, there are mainstays that should be consistent throughout your practice. Now that you have spent time learning the intricacies of a new technique, you can implement the skills within your daily practice.

Proof of meeting the standard of care is embedded in documentation. When practicing aesthetic medicine, charting is critical. The physician or mid-level provider should perform the initial assessment, prepare a written treatment plan, obtain informed consent, create and maintain the medical records. This cannot be delegated to a medical assistant. A detailed history and physical examination in the office setting will highlight comorbidities that will guide medical evaluation preoperatively. A focused physical examination should include:

- Sex
- Age
- Weight
- Height
- Vital signs
- Assessment of risk of possible complications

A detailed background and history should include:

- Medical history
- Family history
- Mental health history
- For females: gynecologic and obstetric history
- Allergies
- Prior surgery history
- Prior cosmetic/aesthetic history including tanning salon use
- Current medications
- Screening for substance abuse (smoking, alcohol)
Once the history and physical exam is complete, the practitioner may decide if additional clearance by medical specialists is needed.

The purpose of a thorough patient evaluation and assessment is to help guide a truly informed consent. First, the provider must learn about the patient to see if there are any immediate red flags. Red flags include multiple failed procedures with high level of patient dissatisfaction or high comorbidities that would suggest the procedure is contraindicated. All health providers are familiar with intuitive feelings about problem patients. Follow your intuition and decline patients as necessary.

Once you have determined that the patient is an appropriate candidate, the next step is to educate the patient on the procedure, possible outcomes, and expectations. Documenting patient education is critical. We suggest creating standard language in your EMR regarding patient education. Providing a printed signed informed consent form ensures proof that the patient understands the procedure, and is informed about outcomes, conditions, or alternatives. Screening allows the provider to postpone treatment for more testing, cancel, or offer alternative treatment. All steps are equally vital for the practitioner as proper history and physical exams guide the plan of care and help prevent complications.

As with any cosmetic procedure, assessing the patient’s motivations and expectations is important. The provider must listen to patient’s goals but also consider what is not being said. After completing the preoperative evaluation, the practitioner should describe in detail what additional procedures (i.e., injectables, laser treatments, or diet, etc.) may be necessary to safely achieve the patient’s goals. Furthermore, the practitioner should provide the patient with realistic expectations regarding the final outcome based on his/her own experience and abilities. Physical documentation with before and after pictures is highly recommended.

Unexpected outcomes and mistakes do occur. Be sure to create policies and procedures for risk management including how to handle adverse reactions. Employees not involved in the practice of medicine may be witnesses to adverse reactions – are they trained how to handle a patient with an adverse reaction? As a provider, are you prepared to properly document adverse events? Prepare for the unexpected by creating policies and procedures.

**Takeaways**

1. Becoming clinically competent is the minimum standard. Strive to understand the product, procedure, and outcomes beyond baseline knowledge. Continuing medical education is one of the best ways to prove competency. Successful practices integrate the practice of medicine and aesthetics. Know your patient’s goals and utilize medical judgement to achieve results. A picture says a thousand words.

2. Be thorough in your charting. The best records contain clear documentation with a focused physical exam, detailed history, desired outcomes, and patient education. In this case less is not more.

3. Create and update documentation including informed consent and documentation regarding adverse reactions. Creating a form showing the patient reaction, the follow-up care recommended, and the outcome is essential.

The content in this article is not intended to be used as specific legal advice or opinions. The article is for informative purposes only and does not create an attorney-client privilege; all recipients should seek appropriate legal advice to their unique case. Published October 2019. Questions? Contact Kent Law Group at 602-264-5600 or visit www.klgaz.com
Do you need a commercial real estate expert for your practice? While the easy answer is yes, it may be a good idea to dig into why you should have representation whether you are a tenant or a buyer.

As an example, you would not enter into a legal document without your attorney providing oversight and recommendations for language to protect you from unnecessary recourse. You rely on your accounting team to make sure you're in compliance with tax and reporting laws while leveraging potential tax advantages to increase your bottom line. These advisors have a couple of things in common; they are experts in their field and they provide their expertise in ways that allow you to focus on your business.

Think of your real estate expert in the same way; they bring expertise and local market/industry knowledge in order to offer solutions around the many facets of real estate and use that expertise to garner the best lease/sales price for your real estate needs. In addition, a good real estate advisor will offer strong representation and be your voice at the negotiating table and because most landlords and sellers pay for the fees, it's like your own real estate department but without the overhead.

Knowing you need a real estate advisor is only half the battle. You need to know that you're working with the right professional so there are a few things you'll want to consider.

**Exclusive Tenant/Buyer Representation**

Use consultants with healthcare experience. It may seem like a no-brainer but it's surprising to see the number of tenants who do not use real estate professionals with expertise in their asset class. Physicians and practices should use experts with a firm understanding of the nuances of healthcare space: parking requirements, electrical and HVAC concerns, permitted and prohibited uses, etc. The negative ramifications of entering into any transaction without a solid understanding of the issues surrounding the use could be catastrophic.

Another point to consider is compensation. Most landlords and sellers will pay a commission fee to your representative as a part of the deal. That said, many times these fees are “per separate agreement” in the documentation and therefore, not fully disclosed. Don’t be afraid to ask for this to be outlined for you. While the landlord/seller is paying the fee, it is still a factor in the economics of a deal. You have a right to know what your agent is making.

Regardless of whether you are a tenant or a seller, there are always helpful hints, thoughts, and considerations that you can keep as discussion points with your real estate professional.

**Regulatory Considerations**

- HIPPA
- IT security
- ADA compliance
Create Flexibility and Yield Win-Win Deals

- Termination options
  o Typically one or two fixed dates with termination fees that equal unamortized leasing costs (leasing commission, tenant improvements and legal fees) plus a fixed number.
- Relocation clauses (landlord or tenant relocation rights)
- Expansion clauses/right of first refusal/right of first offer on adjacent space.
- Renewal rights
  o A percentage of market or Fair Market Value
  o Keep a calendar of notification dates; this is the biggest “miss”. These dates pass and the tenant loses their opportunity to remain in the premises.

Avoiding Tenant Improvement Build-Out Disputes in Leased Healthcare Facilities

- Be clear as to responsibilities of both parties as well as approval processes
  o Questions for shell versus second generation are different
  o Make sure the work letter agreement accurately depicts the plans for the space
- Building standards
  o Both parties should be clear as to what is and is not allowed
- Second generation space
  o Be detailed about what gets fixed, replaced, or re-built. Both parties will appreciate avoiding miscommunication about the end result.

Hot Button Issues in Leasing Outpatient Care Facilities in Retail and Office Space

- Personal/corporate guaranty. Is one needed; what are alternatives?
  o Cap
  o Burn down for performance
- Check ground leases, non-compete clauses, and carefully consider the use and restrictions in the lease.
  o Can I do what I intend to do and do I have the flexibility I need to be able to modify my use in the future?
- In retail settings, pour through the uses and restrictions and overlay those against your current and future plans. While the current use may be approved, do you understand the CC&R implications for future uses?
  o Operating expenses
  o Cap the controllable expenses
  o Gross-up provisions
  o History of expenses in the property so no surprises on either side
  o Be mindful that unless specifically negotiated, the cap will typically be cumulative and compounding.
- Parking
  o Be sure there is sufficient parking for the particular use
  o Be clear where tenants, employees, and invitees can park
- Purchase
  o Existing building or land for development
  o Restrictions in CC&R's
  o Sufficient for current and future needs
  o Exit strategy

Above All – Get It In the Contract!

Being thorough is necessary. In this age of mergers and acquisitions, the likelihood that either party to the original transaction will be the same throughout the term is slim. Get those deal points in writing! No one likes a laborious document but more than that, no one likes surprises.

Questions? Contact Ensemble Real Estate Solutions & Investments at 602-277-8558 or visit www.ensemble.net.
Honoring Our Osteopathic Heritage

By Jeffrey Morgan, DO, MA, FACOI, CS, Dean, A.T. Still University–School of Osteopathic Medicine in Arizona

The theme of the AOMA 39th Annual Fall Seminar is *Honoring Our Heritage, Shaping Our Future*. I can not think of a better way, in the world of academia, to honor our osteopathic heritage and to shape the future of our profession than to integrate osteopathic principles and practice (OPP) throughout the four-year medical education of our future physicians. It has long been accepted that the osteopathic philosophy embraces the concept of unity of structure and function, and follows four main principles that include:

1. The body is a unit, and the person is a unit of body, mind, and spirit;
2. The body is capable of self-regulation, self-healing, and health maintenance;
3. Structure and function are reciprocally interrelated; and
4. Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function.

At A.T. Still University’s School of Osteopathic Medicine in Arizona (ATSU-SOMA) we are DOing just that. Osteopathic principles are at the core of our curriculum – driven by an expert in osteopathic manipulative medicine (OMM) and guided by recommendations from the National Council on Educational Principles (ECOP). Objectives and competencies are further aligned with the American Osteopathic Association (AOA) Seven Core Competencies for Medical Students that include training with an emphasis in the following areas:

- Osteopathic Philosophy and OMM
- Medical Knowledge
- Patient Care
- Interpersonal and Communication Skills
- Professionalism
- Practice-based Learning and Improvement
- System-based Practice

Our curriculum is made even more robust by the complementary addition of both bioinstrumentation and ultrasound in conjunction with the classroom development of both medical skills training and of osteopathic manipulative treatment diagnostic skills. The real-time feedback students receive in the process affords them further insights into the changes they effect in a person with the use of OMM. The early emphasis on OPP is intended to be carried by students throughout their training and into graduate medical education and subsequent practice. Further evidence of our commitment to the integration of OPP into the lives and minds of our trainees and graduates is the fact that our National Family Medicine Residency (in conjunction with the Wright Center for Graduate Medical Education) has recently received Osteopathic Recognition.

Like rational treatment that is based on an understanding of the principles described above, integrating osteopathic principles and practices into the classroom is a rational approach to honoring our heritage and further shining a light on our osteopathic distinctiveness.
In 2016, Midwestern University Arizona College of Osteopathic Medicine (AZCOM) developed a plan to integrate ultrasound into the four-year curriculum, a project spearheaded by Charles (Chip) Finch, DO, Chair, Department of Integrated Medicine. He enlisted a diverse group of professors at both Midwestern University and A.T. Still University to design an ultrasound development series – identifying opportunities to train both basic science and clinical faculty. With the help of Randall Nydam, PhD, Professor and Associate Dean for Academic Affairs, ultrasound began to be integrated into the Anatomy, Physiology, and OMM first-year courses in the fall of 2017.

Fast forward to today, ultrasound education has been integrated into the first through the third years of the AZCOM curriculum, with opportunities extending into our postgraduate training programs across the state. There are excited students assisting with the courses in the first two years, and ultrasound has become a part of the norm for students across the curriculum. A third year of ultrasound faculty development began this month, with the focus on Point of Care Ultrasound training (POCUS), with sessions sprinkled throughout the year. There is a robust Ultrasound Club on campus, which works with other colleges across campus to develop interest in ultrasound training. And, this fall, Midwestern University will be holding a first annual Arizona Ultrafest on Saturday, November 9, 2019.

Arizona Ultrafest is a day-long gathering of medical students, faculty, and community clinicians designed to illustrate cutting-edge advancements in ultrasound technology in healthcare applications. The day will include morning workshops, a keynote speaker, and a friendly ultrasound scanning competition between attendees – SONOWARS, an exciting opportunity to compete with others in a costumed demonstration of ultrasound skills. It will be fun to see what our students can do!

Attendees will be briefed about the ongoing integration of ultrasound techniques and technology into AZCOM’s curriculum, as well as the expanding role that ultrasound plays in modern medicine. Topics include the use of ultrasound in lower extremity musculoskeletal anatomy, ectopic pregnancy, FAST Exam, central and peripheral line placement, and tranesophageal echocardiogram.

Students, faculty, and preceptors are invited to attend for a nominal $25 fee, and invites have been extended to medical students and faculty from Midwestern University, A.T. Still University, University of Arizona (Phoenix and Tucson), Creighton University, and Mayo School of Medicine. If you are interested in attending, information can be found at: https://www.midwestern.edu/about/mwu-now/events/ultrafest.xml
Honoring Our Heritage, Shaping Our Future
AOMA 39th Annual Fall Seminar

Join us for the AOMA 39th Annual Fall Seminar at the El Conquistador Tucson, a Hilton Resort. The theme of the event is Honoring Our Heritage, Shaping Our Future. Twelve lectures will be presented on November 2 & 3, 2019.

The Arizona Osteopathic Medical Association (AOMA) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. The AOMA designates this program for a maximum of 13.25 hours of AOA Category 1-A CME credits and will report CME credits commensurate with the extent of the physician’s participation in this activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Touro University Nevada College of Osteopathic Medicine (TUNCOM) and the Arizona Osteopathic Medical Association. TUNCOM is accredited by ACCME to provide continuing medical education for physicians.

TUNCOM designates this live activity for a maximum of 13.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This Live activity, AOMA 39th Annual Fall Seminar: Honoring Our Heritage - Shaping Our Future, with a beginning date of 11/02/2019, has been reviewed and is acceptable for up to 12.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Online registration is available until Friday, November 1, 2019 at: www.az-osteo.org/FallSeminar

All topics, speakers and times are subject to change.

CME AGENDA

Saturday, November 2, 2019
7:30 am to 8:25 am
Measles Epidemic
Gina Wu, DO, RPh, MBA

8:30 am to 9:25 am
Why Don’t They Just Get It? Vaccine Hesitancy
Bob England, MD, MPH

9:55 am to 10:50 am
Pharmacotherapy Update in the Treatment of ADHD: Is New Always Better?
Randall Ricardi, DO

10:55 am to 12:15 pm
A Brief Primer on ADHD/Executive Functioning Disorder in Adults
Paul Beljan, PsyD, ABPdN, ABN

Controversies in Adult ADHD: Diagnostic and Treatment Approaches
Andrea Raby, DO

12:30 pm to 1:25 pm
Luncheon Lecture – Leadership in a Changing Environment
Karen Nichols, DO, MA, MACOI, CS

1:30 pm to 2:00 pm
Anxiety Disorders
Sristi Nath, DO

2:15 pm to 3:40 pm
OMM for the Upper Extremity
Carlton Richie III, DO, FAAFP
Nathan Nakken, DO

3:45 pm to 4:40 pm
The Long and Short of It - Osteopathic Approach to the Short Leg
F. P. Wedel, DO, FACMQ, AOBFP

Sunday, November 11, 2018
7:30 am to 8:25 am
C. difficile Infection: Improving Provider-Patient Communication to Hasten Diagnosis and Treatment
Kevin Garey, PharmD, MS, FASHP

Speaker provided through a grant from VEMCO

8:30 am to 9:55 am
Evaluation of Chronic Diarrhea and Getting Over Fecal Incontinence
Amy Foxx-Orenstein, DO, MACG, FACP

10:10 am to 11:05 am
Nose Bleeds – Prevention and Treatment
Bryan Friedman, DO

11:10 am to 11:55 am
Nasal Polyposis
Bryan Friedman, DO

12:00 pm to 12:45 pm
Immunotherapy with Allergic Rhinitis
David Mendelson, DO, FAOCO

AOMA News

AOMA Member $  395
Non Member $  525
Retired or Honorary Life AOMA Member $  345
Non-Physician Clinician (NP, RN, PA) $  395
5th Annual Flagstaff Osteopathic Medical Conference

McGee Auditorium at the Flagstaff Medical Center was filled to capacity as more than 80 physicians and other healthcare professionals attended the 5th Annual Flagstaff Osteopathic Medical Conference (FOMC). While summer temperatures were still above 100° in Phoenix and Tucson, it was a pleasant 70° in Flagstaff for the day-long event which offered 8.0 hours of AOA Category 1-A CME credit and AMA PRA 1 credits™.

Co-sponsored by Arizona Osteopathic Medical Association and Flagstaff Medical Center, FOMC featured lectures from physicians practicing in northern Arizona and the Valley. Topics presented were Sleep Medicine by Jennifer Henderson, DO; Structural Heart Disease – From Plumber to Contractor by Alphonse Ambrosia, DO, FACC; PrEP’aring for the end of HIV by Brandon Abbott, DO, MPH, FAAP; Childhood Post-Infectious Autoimmune Encephalitis (CPAE) – PANDA Problems by Christopher Spiekerman, DO, FAAP; OB/GYN Quick and Dirty...Well Really Just Gyn by Casey Deleonguerrero, DO; A Current Look at Rheumatology Services and Therapeutics by Paul H. Caldron, DO, PhD, FACP, FACR, MBA; Food is Medicine: Evidence-Based Recommendations for Nutrition by Shipra Bansal, MD and Michelle Gorman, RD; Acupuncture – Treating Pain and Beyond by Tamarah Fratianne, DO.

Thank you to the speakers for their informative and interesting lectures and all who attended the conference.

Thank you, too, to our exhibitors John Driscoll & Company and U. S. Army Medical Recruiting for their support of the event.

Save the date for the 6th Annual FOMC on Saturday, August 15, 2020.

2020 AOMA Clinical Case Competition and Poster Forum

Each year, the Arizona Osteopathic Medical Association sponsors a Clinical Case Competition and Poster Forum. The Poster Forum is open to all osteopathic medical students, residents, and faculty/preceptors across the state of Arizona. The Clinical Case Competition is open to third and fourth year osteopathic medical students attending medical school in Arizona.

The 2020 competitions mark the 12th year for these events and promise to be the best contests yet. Students submitting the top three clinical cases are invited to deliver an oral case presentation as part of the CME agenda on Saturday, April 4, 2020 at the AOMA 98th Annual Convention. Live and virtual poster judging will also occur on Saturday, April 4, 2020. The winners will be recognized at the awards ceremony and luncheon on Sunday, April 5, 2020.

Complete details for entry submission, including previous winning entries, are available on the AOMA website under the CME/Clinical Case & Poster Forum tab at www.az-osteo.org.

Questions? Contact Kristen Strong at AOMA at 602-714-6574 or kristen@az-osteo.org.

**IMPORTANT DATES**

- **JANUARY 31, 2020**
  - Poster abstracts, application, and IRB due
  - Case report, application, and IRB are due

- **FEBRUARY 17, 2020**
  - Notification of acceptance or rejection to lead author

- **MARCH 20, 2020 BY 12 NOON CST**
  - Poster submissions due

- **APRIL 4, 2020**
  - Poster Presentation and Judging
  - Oral case presentation and judging

- **APRIL 5, 2020**
  - Winners announced at Awards Luncheon
Welcome New AOMA Members

1st Year in Practice

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialties</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shaun Chatelain, DO</td>
<td>Internal Medicine, Geriatric Medicine</td>
<td>Tucson, AZ</td>
<td>520-626-9660</td>
</tr>
<tr>
<td>Sonja Cruz, DO</td>
<td>Family Medicine</td>
<td>Mesa, AZ</td>
<td></td>
</tr>
<tr>
<td>Albert Hsia, DO</td>
<td>Family Medicine</td>
<td>Tucson, AZ</td>
<td></td>
</tr>
<tr>
<td>Vincent Placido, DO</td>
<td>Psychiatry, Child &amp; Adolescent Psychiatry</td>
<td>Mesa, AZ</td>
<td></td>
</tr>
</tbody>
</table>

2nd Year in Practice

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialties</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexander Lund, DO</td>
<td>Otolaryngology</td>
<td>Flagstaff, AZ</td>
<td>928-773-2257</td>
</tr>
<tr>
<td>Sean Myers, DO</td>
<td>Family Medicine</td>
<td>Kingman, AZ</td>
<td>928-681-8530</td>
</tr>
<tr>
<td>Chelsea Presbey, DO</td>
<td>Family Medicine</td>
<td>Kingman, AZ</td>
<td>928-681-8708</td>
</tr>
<tr>
<td>Benjamin Williams, DO</td>
<td>Family Medicine</td>
<td>Page, AZ</td>
<td>928-645-0766</td>
</tr>
</tbody>
</table>

Full

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialties</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>William Brooks, DO</td>
<td>Neuromusculoskeletal Medicine, OMM</td>
<td>Tucson, AZ</td>
<td>816-509-7541</td>
</tr>
<tr>
<td>Merima Bucaj, DO</td>
<td>Family Medicine</td>
<td>Phoenix, AZ</td>
<td>602-246-5521</td>
</tr>
<tr>
<td>Clinton Damron, DO</td>
<td>Family Medicine</td>
<td>Safford, AZ</td>
<td>928-348-2151</td>
</tr>
<tr>
<td>Katelyn Geyer, DO</td>
<td>Family Medicine</td>
<td>Apache Junction, AZ</td>
<td>480-351-2850</td>
</tr>
<tr>
<td>Jennifer Henderson, DO</td>
<td>Family Medicine, Sleep Medicine</td>
<td>Flagstaff, AZ</td>
<td>928-226-6400</td>
</tr>
<tr>
<td>Jennifer Tidroski, DO</td>
<td>Pediatrics</td>
<td>Prescott, AZ</td>
<td>928-778-4581</td>
</tr>
<tr>
<td>Dawn Walker, DO</td>
<td>Family Medicine</td>
<td>Willcox, AZ</td>
<td>520-766-5000</td>
</tr>
</tbody>
</table>

In Memoriam

We are all diminished when one of our members leaves us. We will miss them and continue on for the betterment of our profession in their memory.

Lyle Bailey, DO     Stanley Levine, DO     Dallas Moeller, DO     Anthony Scardino Jr., DO
AOMA gratefully acknowledges all its members for your support of the osteopathic medical profession and your association.

Your membership ensures that AOMA is looking out for you and enables us to accomplish great things on your behalf.

Thank you!

Arizona Osteopathic Medical Association

Protecting and promoting the osteopathic profession for 98 years

Recruit a new member, receive a $100 credit!

Do you know someone who isn’t a member of the Arizona Osteopathic Medical Association . . . and should be? Recruit a new member and you’ll both receive a $100 credit toward membership dues or continuing medical education fees!

Recruiting new members is simple:

✓ Review your network of colleagues.
  You may be surprised who is not a member.

✓ Check their membership status using the online member directory or by calling the AOMA office at 602-266-6699.

✓ Ask them to join! Express how membership has benefited you.

For details on how to recruit a new member* and receive your credit, visit the AOMA website at www.az-osteo.org under the Members tab or contact Janet Weigel, Director of Membership and Communications, at janet@az-osteo.org.

*New member must be an active, dues paying member. Does not apply to recruitment of “out-of-state” or “retired” members.
AOMA Wins AOA STAR Prize

The Arizona Osteopathic Medical Association (AOMA) is the recipient of the 2019 American Osteopathic Association Strategic Team Award and Recognition (STAR) prize. The STAR prize is awarded by the AOA Strategic Planning Committee to those osteopathic organizations that are implementing innovative activities to advance the osteopathic profession. AOMA was recognized in the osteopathic affiliates’ category for innovative and meaningful advances for Membership. The Association was acknowledged for its leadership and commitment to address the root causes of burnout and attack the problem in a direct and forceful manner. AOMA’s efforts include passing legislation to reduce administrative burdens, reducing regulatory stigma for physicians seeking treatment for behavioral health conditions, and partnering with Arizona State University to research, diagnose, and pursue interventions to eliminate root causes of physician burnout.

Birdies Mean Bucks for Arizona Osteopathic Charities
birdiesforcharityaz.com

Help Us Reach Our Goal!
You can make Arizona Osteopathic Charities a big bucks winner by making a pledge in the Birdies for Charity campaign at the 2020 Waste Management Phoenix Open. Arizona Osteopathic Charities will receive every penny of collected pledges. By making a pledge, you can help provide free sports physicals for school athletes (Team of Physicians for Students), support DOCARE (international medical outreach), help Camp Paz (camping retreat for children who have suffered a death in their life), and provide research awards and scholarships for medical students.

We Want Your 2 Cents – Literally!
Simply pledge two cents or more for every birdie that will be made by the PGA Tour players, Thursday through Sunday, at the 2020 Waste Management Phoenix Open and you will be supporting Arizona Osteopathic Charities. It’s estimated that between 1,300 and 1,800 birdies will be made. To make a pledge online go to birdiesforcharityaz.com and click on “Donate Now”. Contact Sharon Daggett for more information at charities@az-osteо.org.
2019 AOA House of Delegates

The Arizona Osteopathic Medical Association was well-represented at the 2019 American Osteopathic Association (AOA) House of Delegates. Led by AOMA’s Delegation Chair Kristin Nelson, DO and Vice Chair Shannon Scott, DO, twelve delegates, two alternate delegates, two student delegates, and two student alternate delegates attended the three-day event held in Chicago, Illinois on July 26-28, 2019. The delegates spent weeks reviewing all of the AOA resolutions and preparing strategic positions that aligned with AOMA priorities.

AOMA Delegates and Alternates to the AOA
Kristin Nelson, DO, AOA Delegates Chair
Shannon Scott, DO, AOA Delegates Vice Chair
Brandon Abbott, DO
Danielle Barnett-Trapp, DO
Stanley Brysacz, DO
William Devine, DO
Richard Dobrusin, DO
Charles Finch, DO
Annette Gawelko, DO
Lori Kemper, DO
Christopher Labban, DO
Michael Lokale, DO
Jeffrey Morgan, DO
Karen Nichols, DO
Aubrey Ingram, OMS II
Brysen Keith, OMS III
Leslie Hahn, OMS III
Zachary Wright, OMS II

More than 500 delegates met to create AOA policy on diverse issues impacting physicians. Some of the issues addressed included right to quality healthcare, licensure, certification standards, and health insurance regulations. Other highlights of the AOA House of Delegates:

• AOMA Past President Shannon Scott, DO was re-elected Third Vice President to the AOA Board of Trustees
• AOMA won the Strategic Team Award and Recognition (STAR) prize commemorating the Association’s outstanding efforts in implementing innovative activities to advance the osteopathic profession
• AOA and AOMA Past President Karen J. Nichols, DO delivered an inspirational and visionary A. T. Still Memorial Lecture
• Dr. Nichols was also re-elected Chair of the United Federation of Osteopathic Societies (UFOS), a coalition of 40 smaller state societies to ensure the AOA policy development process and leadership representation are appropriately balanced
• Ronald Burns, DO, FACOFP was installed as the 123rd AOA President and pledged to strengthen collaborative relationships with AOA state affiliates
• AOMA Director Pete Wertheim was elected president of the Association of Osteopathic State Executive Directors

AOMA President Christopher Labban, DO (center) and the AOMA Delegates accept the AOA STAR Prize during the AOA House of Delegates Meeting.
Mark Your Calendars!
Two Important AOMA Events

AOMA DO Day
February 18, 2020

Plan to attend AOMA DO Day at the State Legislature on Tuesday, February 18, 2020. The DO Day at the State Legislature provides a great opportunity to get an up-close view of the legislative process and to meet your legislators. The day begins with an orientation followed by presentations from key legislators on healthcare issues. AOMA will help you arrange individual meetings with your legislators, and you will have the opportunity to attend House or Senate hearings throughout the day.

Reserve your spot at
www.az-osteo.org/DODayRSVP

ARIZONA’S LARGEST ANNUAL MEDICAL MEETING!

AOMA 98th Annual Convention
April 1-5, 2020

NEW LOCATION!
Embassy Suites by Hilton Scottsdale Resort
5001 N. Scottsdale Rd
Scottsdale, Arizona

More than 40 different lectures are planned encompassing multiple specialties including family medicine, internal medicine, psychiatry, OMM, pediatrics, cardiology, OB/GYN, gastroenterology, oncology, and more.

This activity has been approved for AOA Category 1A Credit. This activity has been approved for AMA PRA Category 1 Credit™. Application will be submitted for AAFP prescribed credits.
On August 28, 2019 the AzACOFP held its board meeting and strategic planning session. The board identified key directions and objectives for the Chapter for the next five years. Areas of focus include the future of osteopathic family medicine, professional development, advocacy, membership and leadership, and public awareness.

Please plan to attend the AzACOFP Annual Meeting and Social on Saturday, April 4, 2020 from 4:00 to 6:00 pm at the Embassy Suites Scottsdale.

All family physicians are invited to join the AzACOFP, a community of Arizona family physicians, residents, and osteopathic medical students committed to osteopathic principles. The Society supports its members through education and networking. Membership is just $100 per year.

To join, contact AzACOFP by calling 602-354-5208 or email acofp@az-osteо.org. Visit www.azacofp.org for more information.

The AzACOFP is the Arizona state society of the American College of Osteopathic Physicians. The Arizona Society was established in 1985.
In August, a special presentation was made to the incoming DO students from the Jason Madachy Foundation. Each member of the Midwestern University Arizona College of Osteopathic Medicine Class of 2023 received a brand new stethoscope with the words “Excel in Leaving a Mark” engraved in the metal. The stethoscopes are a gift made in remembrance of the late Jason Madachy, a medical student at Marshall University’s Joan C. Edwards School of Medicine who passed away unexpectedly in 2007. The Foundation’s annual tradition of providing stethoscopes continues Jason’s dream of touching hearts through medicine.
MIDWESTERN UNIVERSITY HONORS SERVICE, RAISES SCHOLARSHIP FUNDS AT BRIGHT LIGHTS, SHINING STARS GALA

Academic, healthcare, business, and community leaders from around the Valley of the Sun joined together at Midwestern University on Saturday, October 12, 2019 at the annual Bright Lights, Shining Stars gala, which recognizes and honors community service and leadership.

This year, Kathleen H. Goeppinger, Ph.D., President and Chief Executive Officer of Midwestern University, presented the 2019 COMET (Community Outreach: Motivating Excellence for Tomorrow) Award to PetSmart Charities, and the 2019 Shooting Star Award to Father Jim Turner of St. Thomas More Parish in Glendale.

Six Spirit of Service scholarships were awarded at the gala to students representing four Midwestern University colleges for the 2019-2020 academic year. The Spirit of Service scholarship program recognizes outstanding Midwestern University students based on community service, leadership abilities, academic standing, and financial need.

The annual black-tieoptional event, which raises scholarship funds for students in all of Midwestern University’s colleges, also featured a formal dinner, live entertainment, and a silent auction.

AZCOM CLASS OF 2023 ENJOYS MUSICAL ICEBREAKER

The Arizona College of Osteopathic Medicine’s incoming class of DO candidates recently spent a day at the Musical Instrument Museum (MIM) in north Phoenix as part of their orientation activities.

The new group of students had a chance to get to know each other in an informal setting and introduce themselves to AZCOM faculty. They were also treated to an interactive presentation from MIM, which included a scavenger hunt to identify various musical instruments from around the world located in the MIM collections. The activities were designed to help students understand the value of listening and observation as physicians, as well as relax before embarking on the challenges of didactic study.

AZCOM Associate Deans Sean Reeder, DO, Katherine Mitzel, DO, FACEP, and Randall Nydam, PhD, accompanied the class.
**APPOINTMENTS, AWARDS & GRANTS**

**Kelly Champlin, MS (AZCOM 2021)** was awarded the 2018 Welch Scholars Grant from the American Osteopathic Foundation.

**Ian Coker (AZCOM 2020)** was named AZCOM Student DO of the Year. Mr. Coker was also elected as President of the Student Association of the American College of Osteopathic Family Physicians (ACOFP) at the 2018-2019 SAACOFP National Student Executive Board elections in Austin, TX.

**Ryan Dyches (AZCOM 2020)** won the Arizona College of Osteopathic Medicine’s 9th Annual A. Hollis Wolf Case Competition.

**Kathleen H. Goepinger, PhD**, Midwestern University President and Chief Executive Officer, was appointed as a commissioner to the Western Interstate Commission for Higher Education (WICHE), a federal interstate compact of 16 Western states and territories that work collaboratively to expand educational access and excellence for all citizens of the West.

**Ian Elijah Johnson (AZCOM 2020), Pete Jonathan Manchen (AZCOM 2020), and Sino Mehrmal (AZCOM 2020)** were recipients of the Robert F. Crawford, M.D. Scholastic Achievement Award from the Mutual Insurance Company of Arizona.

**Lori Kemper, DO, MS, FACOFP (AZCOM)**, Dean, was named Chair of the American Association of Colleges of Osteopathic Medicine (AACOM) Board of Deans.

**Jay Olson (AZCOM 2021)** received the Excellence in Research Award from the Student Osteopathic Medical Association (SOMA) at the OMED 2018 Conference in San Diego, CA.

**Shannon Scott, DO, FACOFP (AZCOM)**, Assistant Dean and Medical Director, Midwestern University Multispecialty Clinic, was named to the American Osteopathic Association's Board of Trustees.

**Anthony Will, DO (AZCOM)**, Chair, Osteopathic Manipulative Medicine, was named Vice Chair of the American Association of Colleges of Osteopathic Medicine (AACOM) Educational Council on Osteopathic Principles.

**UPCOMING MWU EVENTS: MARK YOUR CALENDARS**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midwestern University Fall Open House</td>
<td>Saturday, November 9, 2019</td>
<td>10:00 am to 12:30 pm</td>
<td>Glendale Campus</td>
<td>19555 N. 59th Avenue Glendale, Arizona 85308 To register, visit <a href="http://www.midwestern.edu/AZOpenHouse">http://www.midwestern.edu/AZOpenHouse</a></td>
</tr>
<tr>
<td>Christmas Impressions Holiday Concert</td>
<td>Sunday, December 8, 2020</td>
<td>2:30 pm</td>
<td>Glendale Campus</td>
<td>19555 N. 59th Avenue Glendale, Arizona 85308 For information call 623-527-3353</td>
</tr>
</tbody>
</table>
ATSU Holds Open House for Standardized Patient Center

A.T. Still University (ATSU) recently held an open house for its Arizona-based Interprofessional and Culturally Proficient Standardized Patient Experience Center. Guests were invited to tour the center and observe several mock simulations.

ATSU’s Standardized Patient Center incorporates state-of-the-art technology with unique interprofessional learning opportunities for students in a variety of health sciences programs. The facility is open to ATSU’s medical, dental, physician assistant, physical therapy, and occupational therapy students. Standardized patients are trained to accurately and consistently portray patients or family members during a simulated office visit, giving students the opportunity to practice physical exam skills, bedside manner, and patient communication.

During the open house, ATSU staff members led the following demonstrations:

- **Age-simulation GERonTologic simulator (GERT) suit** – The GERT suit simulates the effects of aging, teaching students empathy for older-adult patients.
- **Physician assistant skills** – Participants observed hands-on skills, including casting and blood draws.
- **Standardized patient encounters** – Participants observed several simulated patient encounters, including a demonstration with a standardized patient portraying a single mother experiencing homelessness.
- **Communication drills** – During communication drills, students learn to communicate effectively with patients who are dealing with tough issues, including abuse, suicidal thoughts, and terminal illness.

“We’re excited that we have the opportunity to utilize the center to educate ATSU students on a variety of healthcare skills,” say Lorree Ratto, PhD, director of medical simulation and standardized patients, and Lisa McNeil, standardized patient educator. “Our emphasis on building the connection between patients and providers, with a focus on empathy, rapport-building, interprofessional education and cultural competencies, aligns with the University’s mission to prepare highly competent healthcare professionals. The ability to use real people to interact with our students is an exceptional opportunity for the students to practice their interpersonal communication skills in a simulated clinical environment. In addition, the center creates a space to offer continuing medical education for ATSU alumni and the healthcare community.”

Students participate in a GERT suit simulation.
ATSU-SOMA Student Receives AACOM’s Sherry Arnstein Student Minority Scholarship

Renee Crawford, fourth-year student at A.T. Still University’s School of Osteopathic Medicine in Arizona (ATSU-SOMA), received the 2019 Sherry Arnstein Student Minority Scholarship from the American Association of Colleges of Osteopathic Medicine (AACOM). The $5,000 scholarship, named for former AACOM Executive Director Sherry R. Arnstein, is awarded to two osteopathic medical students annually.

“I am very grateful and honored to receive the scholarship,” says Crawford. “As an African American, I am from one of the populations that is underrepresented in medicine as compared to its representation in the general population. I am blessed to stand on the shoulders of giants, including those of my mentor, Dr. Terence P. Rhone, who introduced me to the osteopathic profession as my youth pastor. I appreciate the opportunities and doors that this award has helped and will help to open, and I look forward to continuing on my path to fulfill the mission of ATSU-SOMA.”

ATSU-SOMA Student Participates in CHC Tour with U.S. Surgeon General

Brysen Keith, third-year student at A.T. Still University’s School of Osteopathic Medicine in Arizona (ATSU-SOMA), was recently invited to participate in a conversation with U.S. Surgeon General Jerome Adams, MD, MPH. Dr. Adams was touring Waianae Coast Comprehensive Health Center, where Keith is completing his clinical rotations. Keith, who serves in the U.S. Navy, was proud to represent ATSU and advocate for the osteopathic profession.

They discussed important topics in healthcare, including addiction, lifestyle medicine, serving the underserved, and the osteopathic philosophy.

“Dr. Adams' motto is ‘better health through better partnerships,’ something I believe is truly exemplified by community health centers that work to serve their population through the lens of body, mind, and spirit, and true whole person health,” says Keith. “It is so important in today’s healthcare that we recognize medicine is best practice when treating the person, not the disease, and that we all need holistic medical and spiritual support to obtain true health. I am so thankful to be part of a school, profession, and military branch that afford me such amazing opportunities.”
ATSU DO and OT Students Participate in Interprofessional Education Event

Students from A.T. Still University’s School of Osteopathic Medicine in Arizona (ATSU-SOMA) and ATSU’s Arizona School of Health Sciences (ATSU-ASHS) occupational therapy (OT) program recently participated in an interprofessional education event at the University’s Standardized Patient Center. The purpose of the event was to raise awareness among medical students about the breadth of areas that occupational therapists address with patients.

ATSU-SOMA students participated in a number of simulations, assuming a disability using the age-simulation GERonToLogic simulator (GERT) suits. The medical students were then introduced to OT interventions that would remediate the issue or teach compensatory methods to increase the patient’s independence.

For example, at one station, ATSU-SOMA students were asked to eat cereal out of a bowl with a regular spoon while wearing tremor-simulation gloves. The gloves simulate the symptoms of Parkinson’s disease and age-related tremors. They are also used to emulate diabetic neuropathy. OT students then showed the medical students how they could eat independently using adaptive stemware.

Medical students learned what OT provides patients in terms of rehabilitation services and got a grasp of the challenges disabled patients face when going through rehabilitation. They came away with a very thorough understanding of the benefits of OT for their future patients.

“Key to the event’s success was giving OT students the freedom to make it about what they wanted ATSU-SOMA students to know,” adds Michael Gerg, DOT, OTR/L, CHT, CEES, CWCE, assistant professor of occupational therapy. “They demonstrated how OT intervention can make a big impact on a patient’s performance of everyday activities. Both groups of students came away energized.”

ATSU-ASHS Alumna Appointed to USA Track & Field Medical Staff

Erin Hassler, DAT, MS, ATC, LAT, PES, ’18, alumna of A.T. Still University’s Arizona School of Health Sciences (ATSU-ASHS) Doctor of Athletic Training program, has been appointed to the medical team for USA Track & Field (USATF). Dr. Hassler will travel to Doha, Qatar with the team to serve as a volunteer medical provider at the 2019 International Association of Athletics Federations (IAAF) World Championships. More than 2,000 of the world’s top athletes convened in Doha for the 10-day competition, beginning September 27, 2019.

Through the program, Dr. Hassler has also accompanied the team to the 2016 Pan American Combined Event in Ottawa, Canada; the 2017 Pan American U20 Athletics Championships in Trujillo, Peru; and the 2018 IAAF World Indoor Championships in Birmingham, United Kingdom.
Alumnus Writes Heartfelt Letter to Medical Students

When the mother of ATSU-KCOM alumnus Zach Brown, DO, ’03, realized what an impact anatomy lab had on her son's decision to become a surgeon, she made a promise: upon her death, she would donate her body to the School's anatomy program. In 2017, she made good on that promise.

Her son shared a touching message for the future physicians of ATSU-KCOM.

Dear ATSU Class of 2021,

18 years ago I was standing in your shoes, preparing to unzip the bag for the first time and meet my cadaver. For many of you, this will be the first time you have seen a deceased human. You may feel trepidation, excitement, fear, or other emotions of anticipation. But I want to also suggest another feeling you should consider: gratitude.

You don’t know me. We have never met. Yet I will share a bond with your class as I haven’t experienced with any other at KCOM. One of your dissecting teams is standing in front of the body of my mother. When my mom saw what an impact gross anatomy had on me, and how it accelerated my path to becoming a surgeon, she decided to gift her body to ATSU and enable a group of future physicians to have that same experience. On January 11 this year, she made good on her promise.

Every body in front of you was someone’s son or daughter. They may have been a wife or husband, mother or father. You will discover hints as you explore their remains as to how they passed. For those of you assigned to my mother’s body, you won’t be able to tell all of the amazing things she did with her life for her family and the world around her. But you will be able to see the scars and organs of a double lung transplant that was meant to extend her life after a long fight with idiopathic pulmonary fibrosis. You’ll also see the ravages inflicted on her bowel by graft versus host disease. Learn from her, and show your findings to other students for them to learn, too. By absorbing everything there is to see, you will honor the things which you could not see, the incredible life whose physical remains are entrusted to you.

Please treat all of the bodies before you with respect and care. Avoid the temptation to intellectually dehumanize the cadaver in an attempt to dissociate from the simple truth that before you lies what is left of someone who once breathed, felt, and lived just as you currently do. Instead, be grateful for their gift and embrace those similarities—it will make your education that much more meaningful, and will help you become a more compassionate doctor.

Thank you for helping my mom realize a dream, even after dying, to help others as much as she could, however she could, as long as she could. Thank you for helping to write the last chapter of her legacy. I hope you are able to meet my dad when he comes to collect her ashes next year at the conclusion of your lab, so he can thank you, too. I wish you all the best in your studies, and I hope to be there to congratulate you when you graduate in four years.

Sincerely,

Zach Brown, DO, ’03,
CDR/MC/USN
Danielle Barnett-Trapp, DO
Distinguished as Emerging Leader

AOMA Vice President Danielle Barnett-Trapp, DO, has been named one of the nation’s Top Ten Emerging Leaders selected by the American Osteopathic Foundation. The awards recognize state osteopathic leaders whose accomplishments and actions have been instrumental in motivating and inspiring others for the betterment of the osteopathic profession and public health.

A second-generation osteopathic family physician, Dr. Barnett-Trapp is a Clinical Assistant Professor in the Department of Family Medicine at Midwestern University College of Osteopathic Medicine in Arizona. She was a member of the first graduation class from A.T. Still University (ATSU) School of Osteopathic Medicine in Arizona and completed her residency in family medicine at St. Joseph’s Hospital and Medical Center where she served as chief resident. Following graduation, she completed a faculty development fellowship through the University of Arizona before joining the residency faculty in providing outpatient, inpatient, and obstetrical care.

Dr. Barnett-Trapp is an exceptional leader and highly deserving of this recognition. Since medical school, she has served in some capacity through the AOMA, the Arizona Chapter of the American Osteopathic Board of Family Physicians, and the ATSU alumni board.

Shannon Scott, DO Re-Elected Third Vice President to AOA Board of Trustees

During the 2019 American Osteopathic Association (AOA) Annual Meeting Shannon Scott, DO, FACOFP, was re-elected Third Vice President to the AOA Board of Trustees. Dr. Scott previously served on the AOA Board of Trustees as its first New Physician in Practice board member. She is Assistant Dean at Arizona College of Osteopathic Medicine and Medical Director of the Multispecialty Clinic at Midwestern University.

Dr. Scott was 2016-2017 AOMA President.

Timothy Byrne, DO Recognized as Health Care Hero

Timothy J. Byrnes, DO, FACC, has been recognized by the Phoenix Business Journal as a 2019 Health Care Hero for his contributions to keeping Arizonans healthy. Dr. Byrnes was honored in the Physician category for his work in the transformation of the Abrazo Arizona Heart Hospital as a top center for transcatheter valve replacements and other advanced cardiovascular care procedures.

Dr. Byrnes is the Executive Director of Cardiac Services at Abrazo Community Health Network, overseeing cardiac strategy, programs, education, research, and quality initiatives.

The annual Phoenix Business Journal Health Care Hero awards spotlight physicians, nurses, emergency responders, and volunteers who serve the community.

Congratulations, Dr. Byrnes.

Got a DOs in the News item? Send it to communications@az-osteo.org and we will share it in the Digest.
2019-2020 Calendar of Events

October 18, 2019
Dinner with Doctors
Phoenix, Arizona

November 1, 2019
AOMA Board of Trustees Meeting
El Conquistador
A Hilton Resort

November 2, 2019
AOMA House of Delegates
El Conquistador
A Hilton Resort

November 2 & 3, 2019
AOMA 39th Annual Fall Seminar
El Conquistador
A Hilton Resort
10000 N. Oracle Road
Tucson, AZ 85704

February 8, 2020
AOMA Board of Trustees Meeting
Phoenix, AZ

February 18, 2020
DO Day at the State Legislature
Arizona State Capitol
Phoenix, Arizona

April 1, 2020
AOMA Board of Trustees Meeting
Embassy Suites by Hilton
Scottsdale Resort

April 1-5, 2020
AOMA 98th Annual Convention
Embassy Suites by Hilton
Scottsdale Resort
5001 N. Scottsdale Road
Scottsdale, Arizona

April 3, 2020
AOMA House of Delegates
Embassy Suites by Hilton
Scottsdale Resort

Update Your Member Profile and WIN!

You could win a $100 VISA gift card. Please take the time to visit the AOMA website and login to update your professional profile information for the online AOMA Directory. Deadline to be entered into the gift card drawing is January 31, 2020.

NEW! Sign on using Facebook and LinkedIn. Register for the 39th Annual Fall Seminar; take an online CME course; or check out the resources for physicians.

Visit often for future enhancements and features!
AOMA Career Center: Connecting Talent with Opportunity

Looking for that ideal candidate?
Searching for a job?
Buying or selling a practice?
Need office space?
Have space for rent?

The AOMA Career Center offers enhanced resources for job seekers, expanded options for employers, and services for property owners and tenants.

AOMA members receive a 20% discount off all Career Center products.
Use Promo Code AOMAMEM20

Discover the difference the AOMA Career Center can make for you. Go to www.az-osteo.org/Jobs.
Join us for AOMA DO Day at the Legislature. Reserve your spot at www.az-osteo.org/DODayRSVP

A.T. Still University’s Osteopathic Medicine Center Arizona cares for our community

Through our care for the caregivers outreach, our OMM center is providing services to EMTs, firefighters, police, nurses, teachers, social workers, and other professionals who dedicate their lives to caring for and serving our community.

5845 E Still Circle, Suite 109
Mesa, AZ 85206
480.248.8198
ommcenter@atsu.edu

Learn more about our OMM center: atsu.edu/omm-center