

NKMS Society Rounds

Volume 58, Issue 56

April - June, 2022

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Inside this issue:

President's Report 1

Footpaths: Finding Our Way in the Great Outdoors 2

Footpaths: Continued 3

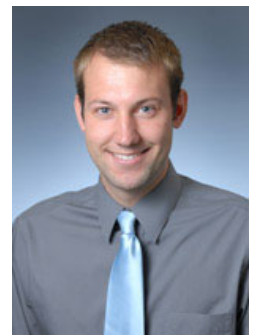
NKMS Alliance Report 3

NKMS Alliance Report Continued 4

President's Report

I attended Physicians Day at the Capitol joining physicians from across the Commonwealth to discuss important medical issues that were being presented to the state legislature. If there is one thing physicians and state politicians share its being busy. The legislative session only amounts to a few short weeks where the legislation is written, sponsored, presented to a committee, and moved to House or Senate floor votes.

KMA and physicians across the state have had several victories this session including SB140 that streamlines prior step therapy requirements for medications. Insurances now in the state must follow evidence-based guidelines for step therapies. Now insurances must follow the modern science of what is best for patients rather than force them into trying 20-30+ year old medications just because they are cheaper on insurance companies bottom line. This affects all insurances in the state, including the state Medicaid. Anyone who takes Medicaid patients may have noticed things got easier to prescribe in the last year or so, that is due largely because of the shared formulary that ALL Medicaid insurances now share. You no longer must try to remember differences in Passport vs Wellcare, that was a major success of the 2021 session, and I know it has made my day run much smoother in a busy primary care office in a rural community. The state has also adopted an evidence-based lung cancer screening program. This program is based off the major success the Northern Kentucky community has had with its screening program. We are leading the country in changing outcomes for patients with lung cancer, and Kentucky is hoping to take that to the statewide level in a state that consistently ranks in the bottom 3-5 for lung cancer rates and deaths from any cancer. This is important legislation for our patients and their families.



James Schack, MD
President, NKMS

KMA has several legislative bills currently up for discussion or approaching a vote such as HB573 that provides additional state funding and incentives to help with the healthcare worker shortage, including funding for physicians. HB136 is laying the framework to establish medical marijuana in the state. HB354 which allows APRNs to prescribe controlled substances without the one-year practice requirement and end the collaborative agreement requirement. This bill has already passed the House and is currently in the Senate. These pieces of legislation may have passed or been voted down by the time this is printed, but my point is simple. It is important for us to be vocal and communicate to our representatives how we feel about medical legislation. I ask that you be part of the conversation, contact your local representative or senator and tell them how a bill will affect you, how you practice medicine and the health of your patients. These conversations matter. Every time I have talked to legislators in Frankfort, I am grateful for how engaging they are, they ask good questions, and they want to know our opinions of the downstream effects on the bills. Your opinion matters, your voice matters, you are the expert. Don't choose silence, take the 5-10 minutes to send an email, or leave a voicemail (Legislative Message Line: 800-372-7181) and join the conversation.

President's Podcast Recommendation: "Doctor Me First" is led by Errin Weisman DO and focuses on issues specific to female physicians. She includes guests frequently from a variety of specialties, and topics vary from burnout to career challenges, to balancing a busy practice with being a parent. Episodes are short, most 20-30 minutes, so easy to listen to on your commute.

Footpaths: Finding Our Way in the Great Outdoors



2022 Events

July 19, NKMS Executive Board Meeting

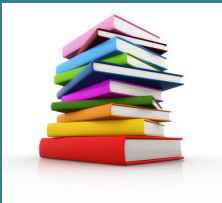
September 20, NKMS Executive Board Meeting

October 6, Meet Your Legislators

November 15, NKMS Executive Board Meeting

December 9, Holiday Party

The KPLI 2022 program is offered over 4 weekends starting in July. Each weekend has a separate focus on leadership. The NKMS will cover the cost of tuition, for 3 participants, which includes meals, hotel accommodations, and course materials for the program. If you are interested in attending, please contact the NKMS office.



The NKMS is hosting book raffles. The drawings will be held once a month in the Edgewood, Florence, and Ft. Thomas doctors' lounges. Each month we will raffle a new book. Please write your name on the index cards provided in the doctors' lounges. If your name is drawn, the book will be placed in a NKMS bag in each doctors' lounge for you to pick up at your convenience.

I retired in April 2021, basically a year after the Covid pandemic had started. The date however had been chosen 2 years prior. I just felt that it was time for some fresh air and to pursue some of my other passions.

Over the winter prior to my retirement, I had read the coffee table book, *Kentucky's Last Great Places* by Thomas Barnes. It is a collection of photo essays describing some of the most beautiful and threatened habitats in Kentucky, and inspired me to make hiking in these protected lands one of my priorities during my retirement.

The book also got me thinking that, perhaps through my wife's nature photography hobby and my love for natural places and knowledge of the field biologies, we could share some of our experiences with others through a hiking and nature blog. My initial thought was to concentrate on trees native to North America, which has always been one of my hobbies, but our daughters, who have spent their lifetimes with Peg and I on hiking trails, felt that we should comment on our more generalized outdoor experiences, featuring trees as parts of the ecosystems that we find them in. And Footpathsblog.com was born.



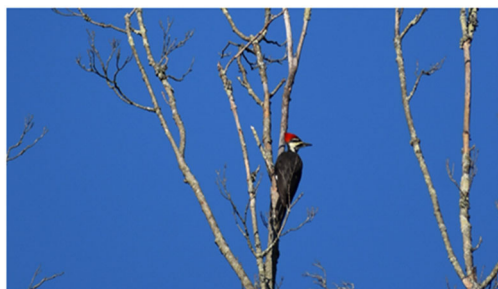
As I developed the site in the summer of 2021, I literally considered hundreds of names. I was most attracted to the term "Footpaths" because some of my favorite hikes had been on the historic public footpaths in Great Britain and Ireland, and it has a sense of relaxation to it. Because the domain names Footpaths.com and Footpaths.net were both taken, I settled on the appropriately descriptive name Footpathsblog.com.

I posted my first blog article in mid-September, after visiting two of the nature preserves mentioned in *Kentucky's Last Great Places*. At that time, we decided that hikers could also use a resource that provided descriptions of some of the excellent hikes closer to home, that they could access more easily and more often. We thought that having a first-hand description of trail conditions, difficulty, ecosystems, facilities, and other items, could help people find hikes appropriate for their skill and fitness level and improve their experience, which could then encourage further participation. In addition, by doing our homework we could find new venues that were less well known or publicized, again broadening both our and the viewers' experiences.

The process of writing the articles is rewarding to me because it makes me slow down on the trail, to study things more closely and to give Peg time to take photos. I also have to broaden my knowledge base, especially if we have visited an ecosystem that I am not too familiar with. With environmental study, like medicine, lifetime learning is a necessity.

After completing a hike, Peg and I sit down and review the hundreds of photos that were taken and choose those that tell the story that I want to tell. The hikes tend to take on a theme once we get there and we build upon that.

Vista are awe inspiring but sometimes it is the macroscopic close ups that steal the show.



Footpaths Continued

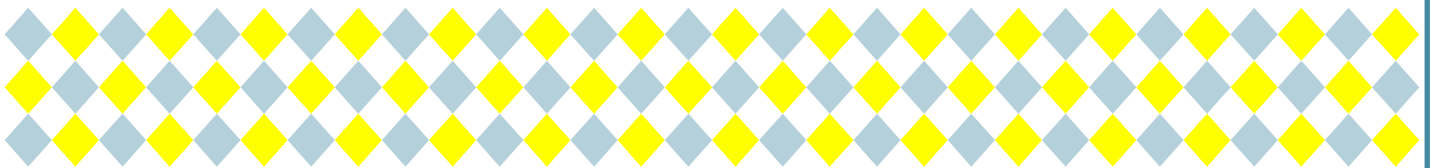


Patrick Burns, MD

The blog has been successful based on the feedback that I get from followers and viewers and we are accomplishing what we wanted to accomplish; Making people aware of some great hikes, some near and some far, and encouraging them to get outside themselves. One surprising group of followers are people who used to like to hike but have lost the physical capability to do so. They just love the photography and the memories that they trigger.

My hope for 2022 is that Covid declines and we can travel more, especially to the National Parks, and share some of those experiences. If our work encourages more people to get outdoors and hike, and have more confidence and satisfaction, we have accomplished our goal.

Our tag line for Footpathsblog.com is “Finding Our Way in the Great Outdoors”, and we hope others will say that as well.



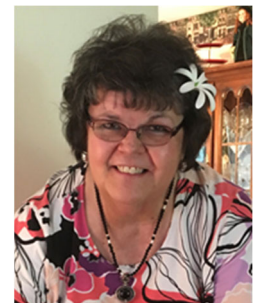
NKMS Alliance Report

I just love the warm weather when it happens in the spring and am glad to see the cold weather leave. This spring brings more hope that Covid (and its variants) will be even more manageable and we can start to resume a few activities (always with caution in mind).

Great news that the AMA and AMA Alliance will be held in person (as of now) in June. The dates of the meetings of the AMA starts June 9 this year with the opening HOD in the afternoon and the closing on June 15 around noon. Due to the first in face meeting since 2019, the AMA expects a busy schedule and is moving the Opening HOD to Friday instead of Saturday. As you know, our own Past State President of KMA (Dr. Bruce Scott - Louisville) is the AMA Speaker of the House and will be running in the very near future for the AMA President position. Any AMA member from the NKMS can attend the AMA meetings at no cost (except some social events) as a guest. Guests may attend and speak at reference committees, and are able to attend but can't vote or speak at the HOD sessions. We would love to see many of you attend if possible.

The AMA Alliance will be meeting from June 11 to 14, 2022. The AMAA is celebrating their 100th anniversary at this meeting. The Centennial Celebration of the AMAA will be held on Sunday, June 12 from 6-9:30 pm. More information on this celebration (and tickets) may be found on the AMA Alliance website at amaalliance.org. As you will remember, Representative Kim Moser (NKMSA) is a Past AMAA President.

In state news, the KMA is also planning on an in face meeting this year (as of now) on August 26-28, 2022 at the Marriott Louisville East, Louisville, Ky. We are very proud to have the current President of the KMA (Dr. Neal Moser) from Northern Kentucky. Dr. Moser is very active this year with KMA and is doing an excellent job for the citizens of the Commonwealth in education and promotion of Lung Health in various venues. Thank you, Dr. Moser for your service for the physicians of Kentucky. The KMA Alliance BOT plans on meeting face to face in August 2022.



Nancy Swikert, MD
President, NKMSA
President, KMAA

-Continued on page 4-



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NKMS Alliance Report Continued

NKMS recently lost an active member (to an unexpected death) who has served medicine on a county, state and national level for over 40 years. Our devoted and passionate friend and colleague, Dr. Bill Monnig, has served longer and in more leadership positions than any person in the history of Northern Kentucky and probably Kentucky as well. He served as Past President of KMA, KMA BOT both Chair and member, District Director for Northern Kentucky, Alternate Delegate from Ky to the AMA, President of the AMA OMSS (Organized Medical Staff Section), the Urological Association of Ky and many other leadership positions to list. Dr. Monnig was a kind man with a big heart and a quick smile. He was mentor to many physicians in NKY (including Dr. Don and myself). He fought with much passion for medical rights of both patients and physicians. He always believed that even one person could make a difference and he surely "walked the talk". Dr. Monnig has won many awards on both state and national level for his dedication and work. We will truly miss our gentle giant as he joins the Great Physician above. Please don't forget Dr. Bill Monnig.

So, as you can see, NKMS is a small but mighty force with many accomplishments. The NKMSA and the KMA Alliance is very proud of the NKMS. Thank you on behalf of both organizations.



Bill Monnig, MD