



IDAHO ACADEMY OF  
FAMILY PHYSICIANS  
**STRONG MEDICINE FOR IDAHO**

# Idaho Family Physicians

**Winter 2010/2011 Electronic Newsletter**

**Features:**

**Page 2**

**Growth in Family Medicine**

**Page 3**

**New Members**

**Page 4**

**Legislative Session is Underway**

**Page 8**

**Help High School Students Discover a Career in Medicine**

## The President's Message

**Scott Dunn, MD, Sandpoint, Idaho**

In the legislative session in Idaho, there will be a proposal to increase the tax on cigarettes by approximately \$1.25 per pack and on other tobacco products by a similar amount. The increase in tax is an effort to positively improve the health of Idahoans by reducing the harmful effects of smoking to all who share our air. Family physicians around the state urge you to support this effort.

Studies, and experience in other states, show that higher cigarette fees are one of the most effective ways to reduce and prevent smoking among youth and adults. The 2005 report by the Task Force on Community Preventative Services shows for every 10 percent increase in the retail price of cigarettes, there is a 7 percent drop in youth smoking and total cigarette consumption is reduced by 4 percent. \$1.25 increase in cigarette tax in Idaho would decrease youth cigarette use by an estimated 19% with many youth deciding never to begin to smoking.

Each year Idaho families spend \$539 per taxpaying household for smoking related, government subsidized health care. Tobacco use currently costs Idaho \$319 million a year with \$83 million spent on Medicaid alone. An increase of \$1.25 per pack and corresponding increase on other tobacco products would raise an additional \$51.1 million in revenue. The additional revenue could be used to pay for tobacco cessation programs and partially offset the tax burden caused by tobacco related illness in Medicaid.

According to a recent poll of Idaho voters throughout the state, seventy-three percent of respondents demonstrated support for a tobacco tax increase of \$1.50 and 71 percent also agreed to increasing tobacco taxes to help the state deal with deficits while other options such as cutting essential services or raising income, gas or sales taxes found very little support.

Currently Idaho's cigarette tax at \$0.57 per pack remains one of the lowest tobacco taxes, ranking 42<sup>nd</sup> nationwide. Idaho's neighboring states all have higher tobacco tax rates with the national tax average per pack at \$1.45.

Raising the tobacco tax will prevent premature smoking related death, keep kids from starting to smoke, help adults quit, and save health care costs for all of us. Please join your family doctor in support of increasing the tobacco tax.

We are asking you to weigh in on the tax increase proposal and contact your legislator and/or write a letter to the editor.

Tax increases for cigarettes and other tobacco products could help pay for vital Medicaid programs for Idaho families. Raising the tax on cigarettes and also on other tobacco products would help keep youth and adults from simply switching to cheaper products. ♦

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## **Growth of Family Medicine Residents at Family Medicine Residency of Idaho**

**Ted Epperly, MD, Program Director and CEO,  
Family Medicine Residency of Idaho**

There are two things I would like to update the IAFP members about in regards to the Family Medicine Residency of Idaho (FMRI).

The first item is the Primary Care Residency Expansion (PCRE) grant. FMRI is the recipient of the HRSA Affordable Care Act, PCRE program grant which will allow the expansion of two residents per class, one for the Caldwell RTT and one for the Magic Valley RTT. The ISU Family Medicine Residency was also a recipient and will increase their resident class by one. This is good news for Idaho as we rank tied for last in the nation (with Oklahoma) for the lowest number of primary care physicians per capita. This will allow us to train and grow more superb family medicine physicians for our state. These new family medicine physicians will be looking to possibly join your practices and potentially be your replacements as you start to think about retirement.

The second is the Teaching Health Center Graduate Medical Education (THCGME) Program. FMRI submitted the HRSA THCGME grant on December 29, 2010. The purpose of this project is to officially meld FMRI's education and service mission into the new federal concept of a Teaching Health Center (THC). The THC is a concept that brings together a family medicine residency program and a community health center. We have already done that at FMRI and this grant will pay us for expansion into this concept that we have already been doing. FMRI will expand our existing family medicine residency by four positions through this grant for the first academic year. Three of the four positions are for ongoing unfunded expansion in our Boise program and Magic Valley Rural Training Track (RTT) and the fourth is a new position for the

Boise program. The anticipated announcement date is January 15, 2011 for grants to be awarded by July 1, 2011.

These new positions are intended to produce a larger family medicine work force for Idaho. As was mentioned earlier, according to the Health Care State Ranking 2010, Morgan & Morgan, CO Press, Idaho and Oklahoma are tied for last in the nation in physicians in primary care per 100,000 population. This expansion of family physicians per year will have a major impact on growing the family medicine and primary care work force in the State of Idaho. Thank you for what you do on a daily basis in caring for your patients and your community. ♦

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## **WELCOME NEW MEMBERS:**

**ACTIVE:**      **KIMBERLEY D. BLEWETT, DO – MOSCOW**  
**JOEL DYE, MD – TENDON**  
**CATHY W. ENGLE, MD – TWIN FALLS**  
**JEFFREY FIELDS, MD – BOISE**  
**JENNIFER GRAY, MD – MCCALL**  
**DANIEL GRIFFIS, MD – GRANGEVILLE**  
**CAMILLE LEUGERS, MD – HAILEY**

**STUDENTS:**    **HEATHER HALLETT – MERIDIAN**  
**DEREK HILL – MOSCOW**  
**DAN JULIEN – MOSCOW**  
**DAVID RAINEY – BOTHELL, WA**  
**KRISTIN SEYMOUR – PULLMAN, WA**  
**JOSHUA SMITH, MOSCOW**  
**SHANNON SUMMERS – PULLMAN, WA**  
**HAILEY WILSON - MOSCOW**

## **THE 2011 STATE LEGISLATIVE SESSION IS UNDERWAY**

**NEVA SANTOS, CAE, EXECUTIVE DIRECTOR**

Another legislative session is underway and legislators face revenue shortages that will ultimately affect family physicians again this year. The state budget that Governor Otter delivered in his State of the State Address featured severe cuts in several areas of government. The lack of state funding will shape the way vital services will be delivered to Idaho citizens. Many of the services that Idahoans have become reliant upon may be cut severely or eliminated completely. The IAFP is working with the IMA and other

partners to influence legislation that involves family physicians and other aspects of medicine in Idaho. We strive to ensure the impact on health care delivery is minimally affected by the funding shortfalls. We will monitor and keep you informed of legislation that affects you.

Some of the issues that are on the legislative radar of the IAFP are the increase in a tobacco tax and truth in advertising for health care providers. Please join us in persuading your legislators to support these two important issues. An increase in the tobacco tax would provide the needed revenue to the state, help decrease smoking rates and dissuade youth from starting. To help the cause by submitting a letter to the editor or contacting your legislators directly, log on to the IAFP Web page and click on the link on the front page. The truth in advertising legislation will ensure that health care providers identify their professional affiliation such as whether they are a chiropractor, pharmD, or nurse practitioner instead of being identified as doctor.

The beginning of the legislative session brings changes in leadership positions this year. Brent Hill of Rexburg will serve as president pro tem, replacing Bob Geddes of Soda Springs, who chose not to seek the position after serving for the past ten years. Senator Chuck Winder of Boise was elected as Assistant Majority Leader, defeating incumbent Joe Stegner of Lewiston. Senator John McGee of Caldwell will serve as the new majority caucus chairman and Senator Edgar Malepeai of Pocatello as minority leader. Senator Les Bock of Boise is the new assistant minority leader and Senator Michelle Stennett of Ketchum the new minority caucus chair. The leadership in the House had minimal changes. The top four Republican leaders remained the same with Lawrence Denney of Midvale as Speaker, Mike Moyle of Star as Majority Leader, Scott Bedke of Oakley as Assistant Leader, and Ken Roberts of Donnelly as Majority Caucus Chairman, all of which are continuing in their positions. The Democratic House Minority Leader remains John Rusche, MD of Lewiston, Representative Elfreda Higgins of Garden City was elected assistant minority leader and Representative Brian Cronin of Boise is the new Democratic caucus chair.

A number of committee chairs changed as well; in the House Health and Welfare Committee, Representative Janice McGeachin of Idaho Falls will take over the chairmanship and Representative Carlos Bilbao of Emmett will serve as vice chair. The two new members named to the House Health and Welfare Committee are Representative Ken Roberts of Donnelly and Jim Guthrie of McCammon. The Senate Health and Welfare Committee leadership stayed the same with Patti Anne Lodge of Huston presiding over the committee and Joyce Broadsword of Sagle serving as vice chair.

To keep our membership informed of the activities at the Capitol, the IAFP will continue to have a legislative monitor in the statehouse that will report on legislation impacting family doctors. Each week, the IAFP will send updates to our members of important proceedings legislative session again this year. If you are interested in receiving the weekly updates but we've missed sending them to you, please let me know.

Thank you for your continued support of the IAFP and family medicine, we will work hard for you and all family physicians in Idaho. ◆

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## ***AimEarlyIdaho: Idaho Association for Infant and Early Childhood Mental Health***

*AimEarlyIdaho: Idaho Association for Infant and Early Childhood Mental Health* is a non-profit organization whose vision is to support a system of care which helps families ensure the social and emotional well-being of their infants and young children (birth to five years). Our purpose is to:

- Provide support to infants, young children, and their families to develop positive relationships (a.k.a. infant and early childhood mental health);
- Promote parent and professional development through education and research related to infant and early childhood mental health;
- Facilitate networking, cooperation, and collaboration among those concerned with the optimal development and relationships of children birth through five years of age;
- Promote scientifically-based programs of care, intervention, and prevention of mental impairment in infancy and early childhood; and to
- Support local and state policies that promote family and infant and early childhood mental health.

Idaho, in 2003, had 2,382 children placed in foster care. The number of children placed in foster care jumped to 3,421 in 2007 with 6% of these children being referred from the Children's Mental Health Program. Of these 3,421 children placed in foster care 38% are under the age of six years.<sup>1</sup> National data indicate that nearly 80% of the infants in foster care are exposed to prenatal substance abuse and 40% are born prematurely and/or at low birth weight. Premature deliveries and low birth rates are associated with later academic, and social and emotional challenges.<sup>2</sup> The cost for partial care services for children <1 year through 36 months jumped from \$30,000 in 2003 to \$256,000 in 2007 for Idaho Medicaid. For 4 year old children alone the cost jumped from \$32,000 in 2003 to \$478,000 in 2007. The cost for partial care for children 5-18 years of age for 2007 was \$5 million, a rate that was 10 times greater than in 2003. Psychosocial Rehabilitation (PSR) costs have more than doubled since 2003 costing more than \$37 million in 2007 for 6,000 children ages 1-18 years. While PSR costs for children <1 year through 36 months was \$95,000 in 2003, in 2007 it was \$210,000.<sup>3</sup> The rate that American children are prescribed antidepressants doubled in 5 years (1998-2002) with a 66% increase among preschool-aged children. In Idaho, the cost for psychotropic medications for 3 year old children doubled from 2006 to 2007.<sup>4</sup>

Aim Early Idaho is establishing an endorsement system for professionals with knowledge, skills, and commitment to infant and early childhood mental health. four levels of endorsement range from childcare providers to social workers, psychologists, educators, therapists, and physicians. In addition, our website (<http://AimEarlyIdaho.org>) has an excellent library of information for families and professionals. We also have free bookmarks and pamphlets for your offices to share with families who may be struggling with doubts and questions regarding their children's behaviors. If you have any questions contact our office at [info@AimEarlyIdaho.org](mailto:info@AimEarlyIdaho.org). We are an affiliate of the World Association for Infant Mental Health (<http://waimh.org>).

<sup>1</sup>Idaho Department of Health and Welfare. (2008). *Facts, Figures, Trends 2007-2008: A Report by the Idaho Department of Health and Welfare*. Boise, ID: Idaho Department of Health and Welfare.

<sup>2</sup>Shonkoff, J. & Phillips, D. Eds. (2000). *From Neurons to Neighborhoods: the Science of Early Childhood Development*. Board on Children, Youth and Families, Commission on Behavioral and Social Sciences and Education. Washington, D. C. P National Academy Press.

<sup>3</sup>Idaho Medicaid. (September 2, 2008). Public Records Request

<sup>4</sup>Delate, T., Gelenberg, A. J., Simmons, V. A., & Motheral, B. R. (2004). Trends in the use of antidepressants in a national sample of commercially insured pediatric patients. *Psychiatric Services*, 55, 387-391. ◆

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## **NEW FEATURE ON [www.Idahofamilyphysicians.org](http://www.Idahofamilyphysicians.org)**

*To keep our members informed on state and national issues, the IAFP web site will feature a Government Relations link. To access current information about governmental issues, log on to [www.Idahofamilyphysicians.org](http://www.Idahofamilyphysicians.org) and click on the Government Relations button. The site will give you current information on state and national issues that affect your practice and Family Medicine.*

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## **FREE QUIT-SMOKING AIDS AVAILABLE TO IDAHO SMOKERS**

*Provided by Project Filter*

On July 1, 2010 Project Filter began offering free Nicotine Replacement Therapy (NRT) to smokers looking for help in kicking the nicotine habit. Nicotine patches, gum and lozenges are available by calling 1-800-QUIT-NOW or logging on to [www.idaho.quitnet.com](http://www.idaho.quitnet.com). Smokers who call the QuitLine or log on to Idaho QuitNet can request 4-weeks of their choice of NRT to be shipped directly to their homes.

The free NRT program is made available through money from the Millennium Fund targeted by the Idaho Legislature specifically to provide Idahoans working to quit smoking with free access to nicotine gum, lozenges and patches.

The Idaho QuitLine is a free telephone counseling service designed to help smokers quit. Smokers can receive up to five free counseling sessions with a trained quit coach

at a time that is convenient for the caller.

The Idaho QuitNet is a free internet service that has been successful in helping smokers kick the habit by offering online support from fellow smokers and professional counselors alike. Also featured on the site are tips for setting a quit date, a directory of local quitting classes and the health/financial benefits of quitting smoking.

To order free Idaho QuitLine and QuitNet brochures to have available in your office or clinic, please contact Jean Calomeni at 208-334-0631 or [calomenj@dhw.idaho.gov](mailto:calomenj@dhw.idaho.gov).

To learn more about Project Filter go to [www.projectfilter.org](http://www.projectfilter.org). ♦

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## ***Help High School Students “Discover a Career in Medicine”***

The “Discover a Career in Medicine” Program (DCM) is a statewide high school program designed to have a local physician visit with high school students interested in medicine and to talk about their experience in becoming a physician. It is our hope that this experience will inspire students to choose a career in medicine.

Physicians are matched with the schools in their communities that have a health occupations class or similar program. Health occupation classes are designed for students interested in health care. Each school contact will choose the topics, from the following list, that fit their curriculum the best. Prior to the visit, the school contact person will inform the physician of the topics that they would like to cover.

**What led you to a career in medicine? Tell your own story about your journey into becoming a physician.**

**From your perspective, what are some important guidelines to follow for high school students interested in pursuing a medical career?**

**What is important to accomplish in high school when considering a career in medicine:**

Grades  
Community Service  
Research  
Study Skills  
Shadowing opportunities

**What is the one thing you wished someone had told you before you went into medicine?**

**What are the most challenging and rewarding parts of being a physician?**

**What should students look for when choosing a career in medicine?**

**Discuss some financing options for school loans.**

If you are interested in participating in this program, please contact Neva Santos, CAE, Idaho Academy of Family Physicians: 208-323-1156 – [idafoafp@aol.com](mailto:idafoafp@aol.com) or sign up at the IAFP Web site at [www.Idahofamilyphysicians.org](http://www.Idahofamilyphysicians.org). ♦

## ***PRACTICE OPPORTUNITIES***

The IAFP maintains a list of practice opportunities on our web site at [www.Idahofamilyphysicians.org](http://www.Idahofamilyphysicians.org). Visit the IAFP web page for current practice openings and other useful resources. If you would like your practice included on this list, contact Neva Santos at the IAFP office at 208-323-1156; FAX 208-323-9661; email to: [IdahoAFP@aol.com](mailto:IdahoAFP@aol.com)

## **Explore the New IAFP Web Page**

Log on to [www.Idahofamilyphysicians.org](http://www.Idahofamilyphysicians.org) to view the new colorful Web page of the Idaho Academy of Family Physicians with more information and resources available to you.

## **NOMINATE A COLLEAGUE FOR THE 2011 IDAHO FAMILY PHYSICIAN OF THE YEAR**

Submit nominations by email to [Idahoafp@aol.com](mailto:Idahoafp@aol.com) or by mail to the Idaho Academy of Family Physicians, 777 N. Raymond Street, Boise, Idaho 83704. If you have any questions, please contact Neva Santos at (208) 323-1156.

**This award recognizes a physician member who is directly and effectively involved in community affairs and activities that enhance the quality of life of the community. Must be an AAFP member in good standing.**

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## **MENTOR A PREMED STUDENT**

Since 2002, the Idaho WWAMI Medical Education Program and the Idaho Academy of Family

Physicians (IAFP) have offered a shadowing opportunity with an Idaho primary care physician to Idaho's pre-medical students. Each spring, qualified students apply to participate in the program and are then matched with interested Idaho primary care physicians. Students are screened through the premed advisor at their university before they are accepted into the program. This may be the only experience the student has with a primary care physician, up to this point in their education. This introduction to primary care assists the students when making career decisions. We want to persuade Idaho students to choose a career in primary care. With every opportunity comes a challenge.

There have been some modifications within the medical school prerequisite structure and now the majority of medical schools require students to participate in at least 40 hours of shadowing experience prior to enrolling to medical school. With the added requirements, the shadow experience has been changed from three to five days. The flexibility of the experience will remain the same, only the timeframe has changed.

If you are interested in participating in the premed shadow program, please contact Neva Santos at (208) 323-1156 or [Idahoafp@aol.com](mailto:Idahoafp@aol.com). Don't let a talented student in your community miss the chance to apply to medical school,

**SIGN UP TODAY ♦**

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**THE IDAHO FAMILY PHYSICIAN is now electronic .**

**BUT, if you want to continue receiving the newsletter in the printed form, please send an email to Neva Santos at [Idahoafp@aol.com](mailto:Idahoafp@aol.com) or call the IAFP office at 208-323-1156.**

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