



American Academy of
Home Care Medicine

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Frontiers

American Academy of Home Care Medicine
Home Care Medicine's Voice

The AAHCM empowers you to serve patients who need health care in their homes through public advocacy, clinical education, practice management support, and connections to a network of over 1,000 professionals in home care medicine.

Annual Meeting

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Academy 2015 Annual Meeting - Delivers on the Promise of Home Based Primary Care!

by Gary Swartz, JD, MPA, Associate Executive Director

The Academy Annual Meeting was a tremendous success, delivering highly rated content to a record 398 Academy members and non-members. Credit was due to the Planning Committee co-chaired by Dr. Steve Landers and Robert Sowislo. The level of speakers and presentation contest was outstanding. The highest level of exhibit participation and sponsorship support also helped contribute to the meeting's success. Finally, Academy members were able to enjoy the vibrant networking that is a growing feature of the Academy Annual Meeting. The evaluations, at an average 4.2 out of 5 showed the success of the meeting.

The Academy was honored that Congressman Dr. Michael Burgess took

time from a busy voting day in Congress to present to the Academy. Dr. Burgess was invited to present to the AAHCM about his work introducing the IAH Demonstration extension language in the House of Representatives. Beyond the specific benefits of home based primary care, Dr. Burgess indicated he was pleased to have been involved with the legislation providing for permanent repeal of the SGR. Dr. Cornwell presented Dr. Burgess with



Representative Michael Burgess, MD accepting recognition for his work on the Independence at Home Demonstration Extension Legislation with AAHCM President Dr. Thomas Cornwell

Special Edition: Annual Report

AAHCM

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Editor-in-Chief: Mindy Fain, MD.

Associate Editor: Laura M. Vitkus. Comments on the Newsletter can be emailed to the Editor at: aahcm@aahcm.org.

a framed copy of the IAH legislation in appreciation of his work to extend the Demonstration and the field.

Executive Director Row Receives Lifetime Achievement Award

Dr. Thomas Cornwell presented retiring Executive Director Constance Row the Academy's Lifetime Achievement Award. This award had been presented only two other times in the history



Retiring AAHCM Executive Director, Constance Row, LFACHE accepting the Lifetime Achievement award from President Dr. Thomas Cornwell

of the AAHCM. Ms. Row was thanked for her role in the Academy's accomplishments during her 18 years of service. For example, Dr. Cornwell mentioned that during her tenure the Academy had gone from nearly running out of cash (\$50,000 in bank) to current total assets of over \$900,000. Ms. Row thanked the Academy leadership and staff with whom she had worked over the years and applauded all of the inspiring members it had been her privilege to serve, who were "being the change they wanted to see."

Clinical Sessions Well Received

Ms. Lara Offenberger, PA-C presented on Pain Management- Hydrocodone. She emphasized the value of a pain management (contract) model with patients in place, and also of teaming up with a pain management specialist for expertise. Familiarity of state guidelines and regulations was critical as well as mastering the logistics drug transport,

IAH Day

The Academy conducted its 4th Annual IAH Day on May 13th. The meeting was attended by the 15 Academy practices participating in the Demonstration. Also in attendance this year were the CMS IAH management team consisting of CMS Innovation Center, Mathematica Policy Research (MPR), and Research Triangle Institute (RTI) staff, which together are managing and evaluating the Demonstration.



CMS representatives Linda Magno and Linda Colantino accepting recognition for their work with the Independence at Home Demonstration

The IAH Day included a celebration of the three years of work by the practices, lessons learned, recommendations for regulatory and specification modifications in an extended or expanded Demonstration, and review of the opportunities IAH participation has provided for practices in the private market.

IAH Faculty member and Past President Dr. Peter Boling presented Linda Magno and Linda Colantino of the CMS Innovation Center with framed copies of the IAH legislation as a token of the Academy Learning Collaborative's appreciation in working with the Academy and the IAH practices through the initial three years of the Demonstration. The "Lindas" were appreciative of the comments and gift. This set the tone for a productive day.



Dr. Althea Lloyd from the Department of Veterans Affairs presenting on mental health care

communication, and clinical quality assurance.

Althea Lloyd, PhD identified the benefits of non-pharmacological approaches for managing Neuropsychiatric Symptoms (NPS) of dementia and summarized the DICE (Describe-Investigate-Create-Evaluate) approach for assessing and managing NPS. NPS affects 90% of dementia patients. Both a lack of treatment of NPS and also the mistreatment through automatic use of psychotropic medication produce negative impacts on patients. A patient case example was used to apply the DICE approach. The benefits of applying the structured DICE approach to the home- limited to enhance clinical practice to assess and manage challenging behaviors in dementia care were described.

Dr. Jon Salisbury presented on Managing Heart Failure at Home. He presented a diagnostic algorithm, which was followed by explicit pharmacological approaches and also non-pharmacological approaches to management. He concluded with educational guidance that practices can use with patients and caregivers to avoid hospitalization. He had not sent a heart failure patient to the hospital in 5 years.

Expert Sessions and Networking

The record number of attendees participated in numerous expert breakfast and lunch discussions covering a range of organizational practice management, specialty organizational, and technology topics. Attendance and evaluations that were received reflects the strong interest

in practice management and operational details.

Dr. Richard Schamp Provides Overview of Importance and Methods of Accurate Diagnostic Coding

Dr. Richard Schamp of Capstone Performance Systems provided a well-regarded teaching presentation of diagnostic coding and also the relationship of diagnostic coding to Hierarchical Classification Categories (HCC). Dr. Schamp's presentation covered the principles and guidelines to accurately code under ICD-9, introduced the concepts of ICD-10, and presented how the thousands of diagnostic codes are distilled into the fewer than 100 HCCs to produce the HCC score for a patient.

HCC is a critical component of payment formulas in government and private health plans as it is used to express the expected cost of health care for an individual. Thus, the more accurate the diagnostic coding, the more accurately the HCC will project the expected cost. This is important as an increased proportion of practice payment will come from more government and private payment programs based on HCC (as compared to volume based CPT fee for service payment).

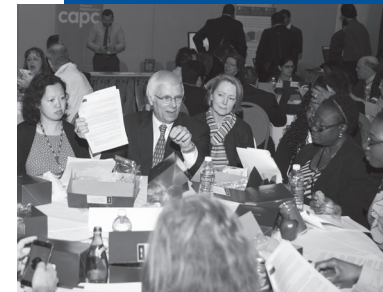
CMS Official Sean Cavanaugh Gives Closing Keynote

The Annual Meeting closed on a high note as Sean Cavanaugh, Deputy Administrator and Director, CMS provided the closing keynote address. Mr. Cavanaugh spoke of the preliminary success of the Accountable Care Act (ACA) in addressing quality and cost. The success is reflected in data such as the slowing rate of per capita increase in Medicare spending, reduced re-admission rates, and reduced rates of hospital acquired conditions.

Mr. Cavanaugh spoke of Secretary of the Department of Health and Human Service Burwell's emphasis in health care delivery that leads to better, smarter, and healthier



Dr. Jon Salisbury presenting on heart failure at home



Jim Pyles, Esq. leading a peer networking group discussion



Dr. Richard Schamp presenting on HCC coding in home-based primary care



CMS Deputy Director Sean Cavanaugh giving the closing presentation of the 2015 Annual Meeting

Continued on page 11

2015 Annual Business Meeting & Awards



AAHCM President Dr. Thomas Cornwell giving his 2015 President's Address during the Annual Business Meeting

President of the Academy Dr. Thomas Cornwell, (pictured left) conducted the Academy's Annual Meeting. In prepared remarks, Dr. Cornwell cited the accomplishments of the Academy, particularly noting the Academy's success in achieving reimbursement increases through the new Chronic Care code, and Independence at Home.

Dr. Cornwell also encouraged members to vote for new members to the Board. Elected were Linnea Nagel, PA-C, Watertown, WI, and Barbara Sutton, RN, ANP-BC, ACHPN, Barrington, IL.

During the May 14, 2015 Networking Reception the Academy recognized the 2015 award winners. First Dr. Theresa Soriano and Barbara Sutton, RN, MS, ANP-BC, ACHPN present the House Call Doctor, Clinician, and Educator of the year awards. Dr. Kristofer Smith was named the 2015 House Call Educator of the Year (pictured left), Pamela Eaton, CRNP-A, MSN, MA was named the 2015 House Call Clinician of the Year (pictured

left), and Dr. Sumir Sahgal, was named the 2015 Eric Baron House Call Doctor of the Year (pictured right).

Dr. Robert Kaiser then presented the Poster of the Year Award to Christine Patterson and the Trainee Poster of the Year award to Dr. Erin Rae Lockard (both pictured right). Student Poster of the Year Award winner Nandini R. Kumar was unable to attend.

Finally, the AAHCM President announced that all Academy members who have published in the past year had won the Innovator Award, and were invited to receive their Innovator's pin.

The Academy congratulates all the 2015 award winners!



Dr. Kristofer Smith accepting the 2015 House Call Educator of the Year award with Barbara Sutton, RN, MS, ANP-BC, ACHPN



2015 Innovation award winners who have published on home based primary care in the past year.



Pamela Eaton, CRNP-A, MSN, MA accepting the 2015 House Call Clinician of the Year award with Dr. Theresa Soriano

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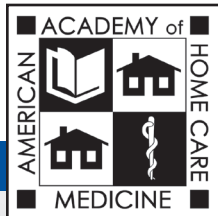
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For the Period of May 29, 2014 through May 27, 2015.
Thank you to the following members for their generous and thoughtful gifts in support of our programs and services



Dr. Sumir Sahgal accepting the 2015 Eric Baron House Call Doctor of the Year award with Barbara Sutton, RN, MS, ANP-BC, ACHPN



Christine Patterson accepting the 2015 Poster of the Year award with Dr. Robert Kaiser



Dr. Erin Rae Lockard accepting the 2015 Trainee Poster of the Year award with Dr. Robert Kaiser

- | | |
|--------------------------|---------------------------|
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1988-1989
John Lewis, MD

Membership, Programs & Services

1. Membership Diversification: The AAHCM continues to be delighted with the growth in diversity of our membership, with a current total membership around 1,300. Nurse Practitioners and Physician Assistants make up nearly 17% of our membership. About 64% of our membership is made up of physicians, of which 5% are Medical Directors. Remaining members include employees of home health agencies, administrators, residents and provider groups.

2. Public Policy: 2014 was the second year of the 3-year Independence at Home Demonstration, a decade-long effort of the Academy. The AAHCM also provided comments on numerous regulations including reform of the Medicare physician payment formula, meaningful use measures, audit and billing issues, and worked on new codes for transitional care, chronic care coordination and other matters.

3. Annual Scientific Meeting and Member Recognition:

The 2014 program "If Value is the Question, Home Care Medicine is the Answer" featured presentations on home care medicine for special populations, creative approaches to complex patients, measuring success in home care medicine, expert discussion seminars, and excellent networking opportunities. Winner of the Eric Baron House Call Doctor of the Year award was Dr. Thomas Lally. Winner of the Clinician of the Year award was Jeffrey Hulley, PA. Winner of the first House Call Educator of the Year award was Dr. Nami-rah Jamshed. Poster of the Year Award winners were Dr. Bruce Kinosian (Professional), Winnie Sun, BScN (Student), and Dr. Jennifer Voorhees (Trainee).

4. Newsletter: This year's bi-monthly editions of *Frontiers* have covered abstracts of the home care medicine literature and a variety of public policy, clinical and practice management topics, including a VA Perspectives column and strategic thinking columns. A weekly e-Newsletter continues to communicate the most up-to-date regulatory and practice management information to members. Back issues of *Frontiers* and the e-Newsletter are available in the member's only section of the website.

5. Medical Director Training: Through a grant, the Academy co-developed and hosted a web-based training program for Medical Directors of Home Health Agencies, which has remained active all year.

6. Medical Malpractice Insurance: Our agreement with Lockton Affinity continues, allowing medical malpractice insurance to be offered to our members.

Financial Information: 2014

Total Revenue:	\$704,286
Expenses:	
Program Services	\$598,382
Management and General	\$97,284
Fundraising	\$7,362
Payments to Affiliates	-0-
Total Expenses	\$703,028
Excess or (deficit) for the year	\$1,258
Net assets or fund balances at the end of the year	\$937,987

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- ProAssurance
- Relias Learning
- Suture Health, Inc.
- UltraLinq Healthcare Solutions Inc
- US Medical Management
- Visiting Nurse Association Health Group
- VITAS Innovative Hospice Care
- VPA Diagnostics
- Wachler & Associates, P.C.

AAHCM Publications & Training Materials

Home Care Medicine Services and Compendium of Federal Regulations

The Compendium builds upon the valuable foundational work done by Past-President Dr. Gresham Bayne, who developed the first Compendium at great expense and gifted the initial version to the Academy to support compliant, successful practice and the development of the “house-calls” field. This edition provides an update to Dr. Bayne’s contribution. The Compendium is intended to give you the legal and regulatory information you need to build your own compliance program through the expectations set for employees and contractors, policies and procedures, and educational programs.

\$69.95 members; 79.95 non-members (plus \$3.50 shipping)

Home Care Medicine - A Field Guide to developing successful practices and programs

Covering all aspects from building the program, design and implementation, measuring success, and growing your program, this manual will give you the guidance you need to start your program right and develop its success. Includes the first set of standards, called Guidelines, for the field of home care medicine.

\$90 members; \$100 non-members (plus \$12 shipping)

Advanced Issues in House Call Program Management:

Serving as a complement to “Making House Calls a Part of Your Practice,” this short publication is intended for those who have an established practice and are seeking to refine it somewhat, but not at the level of the Field Guide.

\$21 members, \$28 non-members (plus \$3.50 shipping)

Making Home Care Work in a Medical Practice: A Brief Guide to Reimbursement and Regulations

Covers codes and billing, domiciliary care visits, documentation for common house call codes, CPO billing, HME orders, and other issues.

\$13 members, \$15 non-members (plus \$3.50 shipping)

Making House Calls A Part of Your Practice

Offers practical tips for those considering adding house calls to their practice.

\$21 members, \$28 non-members (plus \$3.50 shipping)

Medical Directorship of Home Health Agencies

Covers topics such as the role of the medical director; rules, regulations, and standards; billing and reimbursement; Stark regulations; and includes sample contracts and forms.

\$30 members, \$50 non-members (plus \$3.50 shipping)

Bringing House Calls to Assisted Living & Other Group Facilities

Highlights the similarities and differences between making visits to assisted living facilities and individual homes. Introduces administrators and staff of congregate care facilities to the feasibility and benefits of arranging for home medical care services and provides an educational tool for providers who have an interest in providing service in these settings.

\$21 members, \$28 non-members (plus \$3.50 shipping)

Recommended Clinical Practice Guidelines

These guidelines cover the basic elements of structure and process of care typically required by accrediting organization such as JCAHO enhanced with specific sections on issues specific to home care medicine. They are offered as a guide to “best practices” as we know them, and will be updated as further information becomes available.

\$15 members, \$35 non-members (plus \$3.50 shipping)

An Approach to the Management of Pressure Ulcers: A Home Care Perspective (CD-Rom)

Produced by the AAHCM through an unrestricted grant provided by KCI, Inc.; Dr. George Taler, editor and lead author. Intended for primary care physicians, nurse practitioners, physician assistants and nurses to enable the use of best practices in preventing and treating typical pressure ulcer wounds found in home care medical practice.

\$20.00 members, \$25.00 non-members (price includes shipping)

Medical Management of the Home Care Patient: Guidelines for Physicians, 4th edition (Developed with the AMA)

A broad overview of the field of home care, including medical management of patients in the home. Helps physicians identify and oversee the wide range of medical and social services available to assist patients at home. Careful utilization of appropriate services can prevent unnecessary rehospitalizations, emergency department visits and poorer than expected health outcomes.

\$19 members; \$35 non-members (plus \$3.50 shipping)

To order these publications and training materials, please visit www.aahcm.org and click “Online Store” or call the AAHCM at 410-962-0565.

Update of the Home Care Literature: May - June 2015

by Galina Khemlina, MD, VA San Diego Healthcare

The goal of this column is to briefly review interesting articles appearing in the recent home care literature with a focus on articles relevant to physicians. The reviews are not meant to be comprehensive or stand alone but are intended to give readers enough information to decide if they want to read the original article. Because of the decentralization of the home care literature, there are likely to be significant articles that are overlooked and these categories are by no means set in stone. Readers are encouraged to submit articles or topics that may have been missed.

Assessment

Hartog LC, Cizmar-Sweelssen M, Knipscheer A, Groenier KH, Kleefstra N, Bilo HJ, van Hateren KJ. The association between orthostatic hypotension, falling and successful rehabilitation in a nursing home population. *Arch Gerontol Geriatr.* 2015 May 18. doi: 10.1016/j.archger.2015.05.005.

The objectives of this study were to identify the prevalence of orthostatic hypotension (OH) in frail, elderly nursing home residents, and assess its possible association with falling and chances of successful rehabilitation. This was a prospective observational cohort study. A total of 290 patients participated in this study, of which 128 were admitted to the rehabilitation department. The conclusion of this study was that OH is highly prevalent in nursing home residents. Surprisingly, patients with OH were found to have a higher chance of successful rehabilitation compared to patients without OH. If confirmed in other studies, these results may change our view of the implications of OH.

Home Care Research

Ornstein KA, Leff B, Covinsky KE, Ritchie CS, Federman AD, Roberts L, Kelley AS, Siu AL, Szanton SL. Epidemiology of the Homebound Population in the United States. *JAMA Intern*

Med. 2015 May 26. doi: 10.1001/jamainternmed.2015.1849.

The main objectives of this study were to develop measures of the frequency of leaving and ability to leave the home and to use these measures to estimate the size of the homebound population in the US population. It was cross-sectional data from the National Health and Aging Trends Study collected in 2011 in the contiguous United States. Participants were a nationally representative sample of 7603 noninstitutionalized Medicare beneficiaries 65 years and older. The authors concluded that in total, 5.6% of the elderly, community-dwelling Medicare population (approximately 2 million people) were completely or mostly homebound in 2011. Those findings can inform improvements in clinical and social services for these individuals.

Article of the Month

Quality of Care

Xin H, Kilgore ML, Sen BP. Is Access to and Use of Primary Care Practices that Patients Perceive as Having Essential Qualities of a Patient-Centered Medical Home Associated With Positive Patient Experience? Empirical Evidence From a U.S. Nationally Representative Sample. *J Healthc Qual.* 2015 Apr 4.

The patient-centered medical home (PCMH) has emerged as an innovative healthcare delivery model that holds the conceptual promise to improve healthcare quality and patient experience. This study examined how patient perceived PCMH is related to patient satisfaction and experience nationwide. This retrospective cohort study used data from the 2010 to 2011 Medical Expenditure Panel Survey. This study focused on insured individuals aged 18 and older. The authors concluded that overall, the PCMH model was associated with improved patient satisfaction nationwide. Findings from this study have shed light on strategies of innovative healthcare delivery models in improving patient experience, which in turn, may translate to patients' compliance to treatment regimen and improved health outcomes.

Member News

President, Dr. Thomas Cornwell was featured in AAFP Health is Primary profile. Go to www.aafp.org/news/practice-professional-issues/20150526hip-cornwell.html to view the profile entitled “Family Physician Makes House Call Medicine His Mission.”

AAHCM Past-President, Dr. Bruce Leff, and AAHCM member Dr. Christine Ritchie were published in JAMA Internal Medicine. Their article entitled “Epidemiology of the Homebound Population in the United States” can be found at www.jamanetwork.com.

AAHCM member Dr. Jack Resnick’s letter to the editor was published in the New York Times. Go to www.nytimes.com/2015/05/27/opinion/housing-for-the-disabled-and-elderly-on-roosevelt-island.html to read his full letter.

Welcome, New Members!

The Academy would like to welcome the following new members:

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Dr. Roy Berry
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Barbara Knott

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Cheryl Keith
Melody Shimpano
Kevin Stringer

VIRGINIA

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Washington
Dr. Molly Anderson
Vicki Bolton

WEST VIRGINIA

Dr. Rick Vasicek

Academy 2015 Annual Meeting

Continued from page 3

community results. This will be achieved through a focus on incentives, care delivery, and information. It will support the Secretary’s goals of linking 90% of fee-for-service payments to quality and value by 2018 and by linking 50% of Alternative Payment Model payments to quality and value by 2018. An example of this transition is that more than 405 ACOs are participating in the Medicare Shared Savings Program with 7.3 million assigned beneficiaries

in 49 states, plus DC and PR. A program concern Mr. Cavanaugh identified is that the program will grow in enrollment by 30 million beneficiaries between now and 10 years from now. This is the same amount of growth the program experienced in 50 years. This will produce increasing cost pressures and why the work of Academy members is so important.

Mr. Cavanaugh’s participation is the

first time in history that the senior Medicare official had agreed to speak at a meeting of the AGS or the Academy. Academy members and Board can be proud that the field has reached a place in health care delivery and policy to be recognized by the participation of Mr. Cavanaugh.

*We hope that you will join us in
2016 in Long Beach, California.
Save the dates of May 18 - 20, 2016!*

Share AAHCM's mission and encourage colleagues to join

The American Academy of Home Care Medicine is an organization of physicians and other home care professionals dedicated to promoting the art, science, and practice of medicine in the home. Achievement of that mission will require that providers be educated regarding home care; that they be actively involved in the evolution of home care medicine procedures, their delivery, and management; and that provider interests in the delivery of home care be voiced and protected. We urge membership and participation in the long-term future of home care.

AAHCM intends to provide the structure through which providers can evaluate home care and their position in it. It will monitor emerging technologies and appropriate delivery systems for the practicing physician, as well as the legal and regulatory environment. The Academy will be in a position to present providers' views regarding their interests and concerns in home care. Finally, the Academy will actively collaborate and cooperate with other organizations wishing to enhance the quality of home care. With these intentions for the Academy in mind, we hope to enlist physicians and home care professionals who will actively support and promote these changes in home care.

Home care medicine is one of the most rapidly expanding areas of health care. These changes are occurring because:

- Changing demographics demand a responsive health care system.
- Technology is becoming more portable.
- Home care medicine is a cost-effective and compassionate form of health care.
- Most persons prefer being treated at home.

Who should join?

- Practicing physicians.
- Nurse practitioners and physician assistants (associate membership).
- Practice administrators.
- Medical directors of home care agencies.
- Students and physicians in training.
- Other home care professionals (associate membership).
- Home care agencies (affiliate membership).
- Corporations (sponsor membership).
- Groups of MDs, NPs, PAs or a mixture; or home health agencies and their medical directors (group membership) - *Discounts available.*

Benefits:

- Public Policy representation; revenue-related regulations and legislative representation such as IAH.
- Practice Management publications, website and technical assistance.
- Information on clinical, administrative, regulatory and technology issues, and the academic literature through our Newsletter and e-Newsletter.
- Standards of excellence, including the Academy's Guidelines and Ethics Statement.
- For house call providers, listing in our online Provider Locator.
- Consulting and networking through our members-only list-serv.
- Clinical guidelines and communication templates.
- Discounted attendance to Academy meetings.
- "Members-only" prices on educational media and publications.
- Assistance for faculty who train residents in Home Care.

2015 Membership Fees*			
Physicians	\$250	Affiliate (home care agency employee)	\$195
NP/PA	\$200	Practice Administrators	\$195
Groups (MD, NP, PA or combination)	Custom**	Corporate Sponsor Membership	\$2,750
Associate (RNs, SWs, PTs, etc.)	\$115	*For international membership, add \$15	
Residents/Students	\$75	**Special discounts and flat rate options available - call 410-676-7966	

2015 Membership Application

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