

Buckeye Osteopathic Physician

The Quarterly Publication of
The Ohio Osteopathic Association
Summer 2016

2016 Symposium Review

This year's event draws
record attendance





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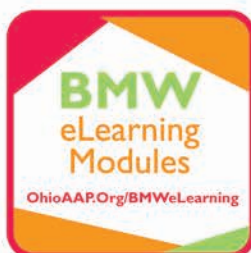
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LEARNING MODULES	CME	Length of Module
Anxiety Treatment in Primary Care	.50	28 minutes
Evaluation and Management of Common Sleep Problems	.75	27 minutes
Evidence Informed Pharmacotherapy	.75	29 minutes
Identification and Initial Management of Substance Use (SBIRT for Drug and Alcohol Use)	.75	36 minutes
Identifying and Supporting Children Exposed to Trauma	1.0	48 minutes
Mental Health and Children with Developmental Disabilities	.5	20 minutes
Preparing your Office to Support the Emotional, Developmental and Behavioral Needs of Your Patients and Their Families	1.25	55 minutes
Positive Parenting in a 15-Minute Visit	1.0	39 minutes
Purposeful Parenting	1.25	54 minutes
Recognizing and Managing Caregiver Depression	.75	41 minutes
Where the Action is! Screening Emotions, Development and Behavior	1.5	60 minutes

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Buckeye Osteopathic Physician

The Quarterly Publication of the Ohio Osteopathic Association
Summer 2016 • Volume 86 • Number 1 • USPS 068-760

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Buckeye Osteopathic Physician Magazine

Buckeye Osteopathic Physician (08983070) is published quarterly for the Ohio Osteopathic Association, 53 West Third Avenue, Columbus, Ohio 43201. Telephone 614-299-2107; Fax 614-294-0457; www.ooanet.org.

Subscription price for non-members is \$25 per year. Periodicals postage paid at Columbus, Ohio. Send address changes to Buckeye Osteopathic Physician, PO Box 8130, Columbus, Ohio 43201.

Editor: Cheryl Markino

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On the Cover: Ohio Osteopathic Symposium Keynote Speaker Paul Grundy, MD, is a nationally recognized leader in health care transformation.

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Recap:

THE OHIO OSTEOPATHIC

SYMPOSIUM





SYMPOSIUM

By Scott Rawdon | Photos by Rich-Joseph Facun

Record attendance reaches more than 860

Data. It's not a sexy term, but its accurate collection and accessibility is the cure to what ails the existing health care system, according to Paul Grundy, MD, keynote speaker at the 2016 Ohio Osteopathic Symposium.

Recap:

The medical home is a human relationship of trust," Grundy told a packed ballroom. Within the next 10 years, he said, we will live in the middle of an aging and chronic disease epidemic, but in a world where digital technologies such as social and mobile are pervasive, and where data is regarded as just another natural resource. But, there will also be the ability to analyze data in a cognitive way, which will do for clinicians' minds what X-ray and medical imaging have done for their vision. Grundy, founding president of the Patient-Centered Primary Care Collaborative and known as the "godfather" of the patient-centered medical home (PCMH) concept, said this will be accomplished by turning data into actionable information and where computers can analyze the meaning and context of human language, quickly processing vast amounts of information to suggest personalized options targeting a patient's individual circumstances. When the population is proactively managed with data, he said, we begin to see positive results.

PCMH offers a model of care providing the basic foundation to support this transformation, and where patient-level data flows and is held accountable. It requires comprehensive, relationship-based care, empowered by population health management and supporting tools to manage this data and communicate effectively. In other words, there must be a database so comprehensive that all doctors know all of the specialists who are working with each of their patients at any given time. "We must all sing off the same sheet of music," Grundy said. "Don't prescribe a medicine when you don't know what other doctors are prescribing for that patient." Cost and demography, information technology and data, and consumer demand to engage health care differently are three significant factors driving the concept of PCMH across the world. "Whenever there is data, there is an expectation of accountability of the data," Grundy emphasized; however, "we are in a very primitive state with our data."

Grundy said the health care industry has taken the best and brightest minds

and essentially turned them into data repositories; doctors are doing their best to remember each patient's needs and history. "Fundamentally, we're still only treating (patients) when we see the whites of their eyes," he said. But it's not all on the physicians.

In order for the PCMH to reach its fullest potential, physicians and the health care industry must find ways to engage patients into taking an active role in their own health. This may be accomplished through learning to balance long- and short-term rewards for patients, such as a financial incentive. For example, insurance premiums are reduced if the patient meets specific health goals. Engaging patients can also be as simple as sending them a text message reminder to take their medications.

Grundy, who has been mentored by DOs, said he firmly believes in the mission of osteopathic medicine. He said this is the time for DOs to shine. The medical profession is in need of physicians who will get to know patients, empathize and treat the entire person, not just the injuries. "Never leave a patient untouched," he said. "The time for principle-based medicine has arrived."

Embrace the Unexpected

John J. Kopchick, PhD, a world-renowned molecular endocrinologist in the growth hormone area, agrees with Grundy; data is incredibly important. "Data does not lie," said Kopchick when he delivered this year's JO Watson, DO, Memorial Lecture. The lecture honors significant contributors to the advancement of health care, osteopathic medical education and/or research.

To all scientists, Kopchick said, "Let the data lead your future thoughts. Don't become dogmatic such that if results do not fit your ideas, you dismiss them. What should happen is that you embrace the unexpected results and change your ideas."

Kopchick was on a mission to create a more potent growth hormone, but, in the process, created an inhibitor, or antagonist, instead. "We did not start out to discover a growth hormone antagonist," Kopchick said. "But, once we knew we had it, I like people to know how close we were to not being able to successfully develop it. There were at



CONTINUED ON PAGE 8



SAVE THE DATE
Ohio Osteopathic
Symposium
April 19-23, 2017



1. More than 860 physicians, medical students, exhibitors and guests attended the Symposium, April 20-24 in Columbus. 2. Lt. Col. Kathryn Lowrey, director of Community Outreach for Ohio National Guard, presents Jennifer J. Hauler, DO, with a certificate of appreciation for her efforts on behalf of service members and their families.

HONORING YOUR OSTEOPATHIC PEERS

DOs across the state are doing tremendous work for the profession, their patients and their communities. Those accomplishments were recognized during the Symposium as the Ohio Osteopathic Association (OOA), Ohio University Heritage College of Osteopathic Medicine Society of Alumni and Friends (OU-HCOM), Ohio State Society of the American College of Osteopathic Family Physicians (Ohio ACOFP); and Advocates for the Ohio Osteopathic Association (AOOA) presented their highest honors.



OOA DISTINGUISHED SERVICE AWARD
Robert S. Juhasz, DO
Cleveland

- Exceptional leader whose vision, dedication, enthusiasm, hard work and diplomacy have advanced the profession at the local, state and national levels.
- Past president of AOA, OOA and Cleveland Academy of Osteopathic Medicine.
- Advocate for the profession and osteopathic medical education throughout his 30 years in practice.



OOA LEGACY AWARD
Richard A. Vincent, MBA
Columbus

- Thought-leader who inspires others to lead, mentor and leave a lasting legacy of their own.
- Has been a champion and advocate for the osteopathic profession for decades.
- OOA/Osteopathic Heritage Foundations George L. Eckert, Jr., DO, Mentor of the Year.



AOOA OSTEOPATHIC SPIRIT AWARD
OOA/OSTEOPATHIC HERITAGE FOUNDATIONS GEORGE L. ECKERT, JR., DO, MENTOR OF THE YEAR
David W. Towle, DO
Chillicothe

- Passion for the osteopathic medical profession shines through with patients, colleagues and residents.
- Inspires professionalism and teamwork through his everyday actions.
- Has high expectations for his residents regarding behavior and sets the tone through his own.



OOA TRUSTEES AWARD
John M. Jonesco, DO
Oberlin

- Embraces the principles of osteopathic medicine, as evidenced by his commitment to treating the entire patient — mind, body and soul.
- Advocate for the osteopathic profession and osteopathic medical education.



OOA M. BRIDGET WAGNER, DO, HUMANITARIAN AWARD
Kathleen Trace
Athens

- Provides more than \$1 million in free services and support to underserved Ohioans as director of the College's Area Health Education Center and Community Health Programs.
- Longtime health advocate for Southeast Ohio.



OOA MERITORIOUS SERVICE AWARD
The Honorable Capri S. Cafaro
Youngstown

- Advocate for patients, physicians and quality health care throughout her nine years in the Ohio Senate.
- Wrote legislation to establish benchmarks for payment innovation and create incentives for improving health outcomes.



OOA/OSTEOPATHIC HERITAGE FOUNDATIONS JO WATSON, DO, MEMORIAL LECTURE AWARD
John J. Kopchick, PhD
Athens

- World-renowned molecular endocrinologist in the growth hormone area.
- Leads the research team that discovered and characterized the molecular aspects of GH receptor antagonists.
- Developed drug to treat acromegaly.



OHIO ACOFP FAMILY PHYSICIAN OF THE YEAR
Douglas W. Harley, DO
Fowler

- Passionate about family medicine and embraces the team approach.
- Strong commitment to medical education and quality patient care.
- Outstanding leader dedicated to advancing the philosophy and practice of osteopathic medicine.



OHIO ACOFP DISTINGUISHED SERVICE AWARD
William J. Burke, DO
Dublin

- Active, vocal and respected leader in Ohio and nationally.
- Dedicated to educating primary care physicians at home and abroad.
- Epitomizes the osteopathic profession's highest standards of excellence.



OHIO ACOFP YOUNG FAMILY PHYSICIAN OF THE YEAR
Nicklaus J. Hess, DO
 Springboro

- Champions osteopathic medical education and always considers the student perspective.
- Special interest in OMM, integrative medicine and health policy.
- Poised to assume future leadership roles within osteopathic family medicine.



OHIO ACOFP FAMILY MEDICINE RESIDENT OF THE YEAR
Anthony C. Bianco II, DO
 Columbus – Doctors Hospital

- Actively demonstrates his belief in osteopathic medicine and its role in the complete care of patients.
- Passionate about education and teaching medical students.
- Committed to organized medicine through leadership and active engagement.



OU-HCOM MEDAL OF MERIT
Jeffrey A. Stanley, DO
 Cleveland

- Has devoted time, energy, resources and leadership to the college and the osteopathic profession.
- Strong commitment and guidance to launch the Cleveland campus and related fundraising.
- Distinguished leader in vascular surgery.



OU-HCOM DISTINGUISHED SERVICE AWARD
Gregory Hill, DO
 Copley

- Successfully lead the Society of Alumni and Friends as president with thoughtful approach and unique skills to bring out the best in those around him.
- Demonstrated commitment to the University and Heritage College.



OU-HCOM OUTSTANDING ALUMNUS
Cynthia S. Kelley, DO
 Hudson

- Outstanding representative of the college and profession.
- Leader in medical education.
- Highly regarded member of Ohio Gov. John Kasich's Opiate Action Team.



OU-HCOM HONORARY ALUMNUS
Edward W. Schreck, DO
 Athens

- Exemplary service to OU-HCOM and its community.
- Impacted the college and students for more than 35 years as assistant professor and 17 years as admissions chair.
- Outstanding ambassador for the college and the profession.



OU-HCOM RECENT GRADUATE AWARD
Nicholas A. Cheney, DO
 Columbus

- Actively involved in training medical students.
- Works to advance research opportunities under the college's name.
- Great promoter of the osteopathic profession.



OU-HCOM KIRKLAND AWARD
Carrie Watson, DO
 Toledo – Mercy St. Vincent Medical Center

- Pursues expertise in her specialty with a genuine passion.
- Promotes respect in the workplace and builds and encourages teamwork.
- Puts her patients first and values relationships.



OU-HCOM EXECUTIVE DEAN'S TRILLIUM
E. Lee Foster, DO
 Cortland

- Long history of service to the profession and to OU-HCOM.
- Helped establish the college and develop curriculum as one of the first full-time clinical faculty and later full professor of Family Medicine.

Life Members, Class of 2016

- Jeffrey M. Ayers, DO
- Roger F. Classen, DO
- John M. Kovesdi, Jr., DO
- Harry G. McDonnell, DO
- Joseph B. Nienaltowski, DO
- Frank R. Raymond, DO
- Roger S. Ruben, DO
- Carl G. Simmers, DO
- Anita M. Steinbergh, DO
- Robert J. Thomas, DO
- James W. Thomson, DO
- Adon S. Weinberg, DO

Mentor Hall of Fame, Class of 2016

- Jane T. Balbo, DO
- Scott Carpenter, DO
- Anthony J. Cirino, DO
- William R. Fraser, DO
- Robert J. Hampton, DO
- David W. Towle, DO
- J. Todd Weihl, DO



CONTINUED FROM PAGE 4

least three stages in the development of the drug, Pegvisomant, where serendipity played a significant role.”

Kopchick was excited when he was sure he created a GH antagonist. “My glass was half-full,” he said. “I had learned that if one discovered anything that inhibited something *in vivo*, it may be of clinical significance. Many of the past and current drugs are inhibitors of some sort.”

Still, it wasn’t an easy sell. Kopchick was forced to address industry biases. “It was not a failing on their part,” he said. “I believe that they were relying on data for previous antagonists used at that time. All were relatively small molecules. Ours was a large molecule. At that time, some of the drug experts told me that there could not be a large molecule antagonist of any kind. So, we were faced with the pre-existing dogma in the pharmaceutical world and could not overcome their biases toward our compound.”

Eventually, pharmaceutical companies were convinced to embrace Kopchick and his team’s discovery and marketed the drug Somavert (Pegvisomant for injection). The FDA approved to treat

acromegaly, a disorder caused by excessive growth hormone. Today, Somavert earns \$160 million in annual sales.

Osteopathic Update

“The osteopathic profession is a family,” said American Osteopathic Association (AOA) President John W. Becher, DO, as he delivered an update on the profession from a national point of view. “I hope we never lose that sense of family; that’s what got us here.”

Becher, an emergency medicine physician from Philadelphia, said the people in Washington, DC, who monitor medical changes around the world routinely invite input from the osteopathic profession. “We are at the table.”

He also reported the AOA brand awareness campaign, launched last year to sharpen the definition of osteopathic medicine and increase awareness of osteopathic medicine and the DO degree, is progressing nicely. He said it’s up to all DOs to sustain it. “Awareness of osteopathic physicians is on the rise. There’s an opportunity here for our profession to seize the moment.”

Other national dignitaries at the

Symposium included Larry W. Anderson, DO, president of the American College of Osteopathic Family Physicians (ACOFPP), and Pam Kolinski, president of the Advocates for the AOA.

The presentations from Grundy, Kopchick and Becher were among the highlights of the Symposium, held April 20-24 at the Columbus Hilton at Easton. Other notable presentations were a three-hour, in-depth session on chronic pain and addiction; *Single Accreditation: An Opportunity and Challenge for Osteopathic Medicine* from Heritage College Associate Dean for Graduate Medical Education Robert A. Cain, DO; and the always-popular dermatology workshop for primary care. Several evening events were held, including a “Match and Mentor” reception that gave medical students an opportunity to informally network with experienced physicians.

The Symposium, a collaboration between Ohio Osteopathic Association and Ohio University Heritage College of Osteopathic Medicine, drew a record crowd with more than 860 physicians, students, exhibitors, speakers and guests. ❧



1. Panelists David J. Nicholson, DO; Jayme L. Rock-Willoughby, DO; Nicholas E. Maksim, DO; and Vipin B. Koshal, DO, discuss cardiovascular issues for the primary care physician. 2. A two-hour workshop, *Everyday OMM*, provided tips and tricks for physicians. 3. OU-HCOM Student Government Association Co-President Andre Bown emcees the "Match and Mentor" reception.

+ SYMPOSIUM EXHIBITORS

Thanks and appreciation to all symposium exhibitors. Their support helped to enhance the quality of the medical education program.

The Exhibit Judging Committee of Carolyn M. Bailey, DO; Norman D. E. Raymond, DO; and Sean D. Stiltner, DO, evaluated the displays and determined three winning vendors: Novartis Pharmaceuticals – Best Overall Exhibit; Sanofi – Most Educational Exhibit; and Rebel Financial – Judges' Choice. Physicians who visited the trade show and obtained exhibitors' signatures were entered into a drawing for cash prizes. Winners of that drawing were: Diana L. Brewster, DO, of Canton; Wilson Benggon, DO, of North Canton; and William G. Paloski, DO, of Canfield.

EXHIBITORS

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Janssen Pharmaceuticals	US HealthWorks



It is a long-standing OOA tradition for the outgoing president to gift his successor with headgear. New president Geraldine N. Urse, DO, received a hard hat along with a high-visibility construction vest from Robert W. Hostoffer, Jr., DO.

Urse Installed as OOA President

Geraldine N. “Geri” Urse, DO, of Columbus, was installed as 2016-2017 president of the OOA at a luncheon, April 22, during the Ohio Osteopathic Symposium.

Urse, who is executive director of Medical Education at OhioHealth Doctors Hospital, has been committed to serving and leading the osteopathic profession, as demonstrated through her active involvement in organized medicine. In addition to the OOA Board, she also sits on the Ohio ACOFP Board of Governors and was recently elected vice president of that organization. Other leadership positions include past president of the Columbus Osteopathic Association (COA), and member of the Doctors Hospital Executive Committee, Osteopathic Heritage Endowment Committee, OhioHealth Foundation, Ohio University Women in Philanthropy, Association of Osteopathic Directors and Medical Educators, and

Society of Teachers of Family Medicine.

Passionate about educating the next generation of DOs, she was named OOA Mentor of the Year in 2013. She also established an endowed scholarship at Ohio University Heritage College of Osteopathic Medicine (OU-HCOM), worked to establish resident scholarships, published several articles in journals, and authored a chapter on Osteopathic Manipulative Therapy in a procedural text.

More recently, she has been instrumental to OOA advocacy efforts at the Statehouse. She testified before an Ohio House of Representatives committee and wrote letters to the editor to oppose legislation that threatens the team approach to quality care and patient safety.

She is the recipient of many awards, including Master Faculty and Outstanding Alumna from OU-HCOM; Outstanding Family Physician by the Centers for Osteopathic Research and



Education; multiple Prism awards from OhioHealth for compassion and stewardship; and the COA Distinguished Service Award.

Urse is the organization’s 110th president. She is also the sixth female and the eighth OU-HCOM graduate to become OOA president. ¶

Recap:



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+ ANNUAL POSTER COMPETITION HELD AT SYMPOSIUM



The 2016 Osteopathic Poster Exhibition and Competition, open to osteopathic and allopathic students, residents and fellows, brought posters from six states and seven colleges of osteopathic medicine. A total of 120 abstracts were submitted (53 biomedical/clinical, 54 case reports and 13 exhibition).

Originally started in 2003 as a statewide competition, the poster contest marked its sixth year as a regional event. For the second year, all DO Family Medicine residents in an Ohio residency, ACGME or AOA, were eligible to compete for the Ohio ACOFP Award.

The winners were: Nicole George, OMS IV, Ohio University Heritage College of Osteopathic Medicine, Athens, Ohio – *A Prospective, Randomized Trial Comparing EXPAREL® (Bupivacaine Liposome Injectable Suspension) Versus Fascia Iliaca Compartment Block for Postoperative Pain Control in Total Hip Arthroplasty*; Kruti Patel, DO (PGY 1), OhioHealth/Doctors Hospital, Columbus, Ohio – *Implementing Cadaver-Based Lab into Pre-Clinical Curriculum*

to Improve Procedural Techniques – A Pilot Study; Hoda Ilias, DO (PGY 1), Fairfield Medical Center, Lancaster, Ohio – *Dual External Direct Cardioversions Using Two Synchronized 360J Shocks for Morbidly Obese Patients in Atrial Fibrillation*; Obianuju Ezioalisa, OMS I, Ohio University Heritage College of Osteopathic Medicine, Athens, Ohio – *Channelopathy Contributes to Proprioceptive Deficits Following Chemotherapy*; Olutayo Sogunro, DO (PGY 4), Mercy St. Vincent Medical Center, Toledo, Ohio – *Sepsis Precipitating Propofol Infusion Syndrome in a 19-Year Old Male: A Case Report*; Anastasia Bessas, DO (PGY 2), Fairfield Medical Center, Lancaster, Ohio – *A Rare Cause of Acute, Idiopathic, Fulminant Respiratory Failure*; Maureen Cheung, DO (PGY 2), Western Reserve Hospital, Cuyahoga Falls, Ohio – *The Knife Averted: A Case of Intestinal Angioedema*; and Ohio ACOFP Award recipient Ben Ahrens, DO (PGY 2), OhioHealth/Riverside Methodist Hospital Family Medicine, Columbus, Ohio – *Kicker with a Shoulder Problem.*

1. OU-HCOM Medical Student Chelsea Anderson Willis presents a case report at the Sixth Annual Regional Osteopathic Poster Competition. 2. OU-HCOM Medical Student Anne C. Farbman discusses her research investigating whether stress response acted as a mediator connecting childhood adversity to adult health.

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OOA Members Set Policy at Annual Meeting

Delegates approve nine new positions

The OOA House of Delegates met April 22-23, during the Ohio Osteopathic Symposium. The physician-delegates representing the OOA's 10 districts debated 22 resolutions. Nine new policy statements were approved. Those resolutions covered a range of topics including law enforcement response to mental health crises; patient involvement in cancer clinical trials; LGBTQ patients; food and housing insecurity; human trafficking; eugenic selection with preimplantation genetic diagnosis; CME credits; and TRICARE health insurance.

During the Symposium, Geraldine N. Urse, DO, of Columbus, was installed as OOA president. Other elected officers include: President-elect Sean D. Stiltner, DO, of Piketon; Vice President Jennifer J. Hauler, DO, of Dayton; and Treasurer Charles D. Milligan, DO, of Orville. Immediate Past President Robert W. Hostoffer, Jr., DO, of Cleveland remains on the Executive Committee.

Speaker of the House John F. Uslick, DO, of Canton, and Vice Speaker David A. Bitonte, DO, MBA, MPH, presided over the meeting. Both were re-elected to another term.

The House also elected E. Lee Foster, DO; Sharon L. George, DO; and Paul T. Scheatzle, DO, to the Ohio Osteopathic Foundation Board of Trustees and voted for a full slate of physicians to represent Ohio at the AOA House of Delegates in July.

Four reference committees met on the first day of the House session to evaluate each resolution and conduct a five-year review of existing policies. Committee chairs then provided a report the following day to the entire House.

Peter A. Bell, DO, of Columbus, chaired the Ad Hoc Committee and the following served on the panel: Nicole J. Barylski-Danner, DO; Douglas W. Harley, DO; Nicklaus J. Hess, DO; and Christopher J. Loyke, DO.

Sandra L. Cook, DO, of Cleveland, chaired the Constitution & Bylaws Committee. Committee members included David A. Bitonte, DO (ex officio); Charles D. Hanshaw, DO; Adele M. Lipari, DO; Daniel K. Madsen, DO; and Marc S. Uchino, DO.

The Public Affairs Committee was led by Jennifer J. Hauler, DO, of Dayton, with committee members: Ying Chen, DO; William F. Emlich, Jr., DO; Luis L. Perez, DO; Mark J. Tereletsky, DO; Alyssa Ritchie, OMSI; and Cheryl Markino.

Charles D. Milligan, DO, of Orville, led the Professional Affairs Committee. John C. Baker, DO; James A. Schoen, DO; Henry L. Wehrum, DO; John J. Wolf, DO; and Carol Tatman served on the committee.

John F. Ramey, DO, of Sandusky, chaired the Credentials Committee.

Next year's House of Delegates will be held April 21-22 in conjunction with the symposium. ¶



Ohio ACOFP Installs New President



Edward E. Hosbach II, DO

Edward E. Hosbach II, DO, of Coldwater, was installed as president of Ohio ACOFP (American College of Osteopathic Family Physicians) at the organization’s annual meeting, held April 21, 2016, at the Ohio Osteopathic Symposium. ACOFP President Larry W. Anderson, DO, of Georgia, conducted the ceremony.

Hosbach practices medicine at Mercer Health in Ft. Recovery, where he enjoys using his osteopathic manipulation skills to improve patient health, as well as doing office procedures such as joint injection and skin surgeries. He teaches medical students and residents as a clinical assistant professor for Ohio University Heritage College of Osteopathic Medicine (OU-HCOM).

A strong advocate for osteopathic family medicine, he has served on the Ohio ACOFP Board of Governors since 2001. As president, he will work to promote excellence in medicine through quality education, visionary leadership and responsible advocacy.

The 1987 OU-HCOM graduate completed his internship and residency at Grandview Hospital in Dayton, where he was named Intern of the Year.

Hosbach is active in his community, serving as team physician for Ft. Recovery High School, on the County Board of Health and as medical director for a local hospice organization. He is a strong believer that laughter is medicine, and emcees — with humor — several local events. ¶





THE PROBLEMS WITH

Opioid

The epidemic of substance use disorder and how DOs are changing the game

By Scott Rawdon

Addiction is no longer a technical term; it is substance use disorder. "Substance use disorder is a primary, chronic brain disorder that will have remissions and relapses like other medical diseases," said Elizabeth B. Lottes, DO, who specializes in identifying and treating substance abuse. She spoke at the Ohio Osteopathic Symposium, April 24, as part of an in-depth panel presentation that addressed issues related to the problem of opioid abuse.

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Physicians everywhere are dealing with this epidemic of opioid abuse resulting from efforts to control chronic pain. Lottes said those who are experiencing substance use disorder may be identified if they exhibit two or more specific behaviors within a year. She said a person is likely abusing opioids, “when a patient takes opioids in greater amounts or longer than intended; desires or tries to cut down or control use; fails to fulfill obligations at home, work or school; spends large amounts of time trying to get opioids and has cravings; continues to use opioids despite causing problems personally, socially, at work; and knows it is harming oneself mentally or physically and develops tolerance and has withdrawal when not getting opioids.”

Once a patient is identified with substance use disorder, Lottes said the first step in dealing with opioid abuse is to discuss with the patient, in a calm and nonjudgmental manner, how opioids are impacting his or her life. “Has the patient achieved function from the condition that started the opioid use, what other modalities have been used to address the pain, and how have opioids impacted their quality of life,” Lottes said. The treating physician should screen for underlying mental illness such as depression, anxiety and post-traumatic stress disorder, which often co-exist with opioid use disorder. Lottes said a treating physician should assess the patient’s stages of change — pre-contemplation, contemplation, preparation and action — and then discuss a plan with the patient. “If the usage is too high or prolonged and there is the possibility of complications with detox, then consider inpatient treatment,” she said.

Noting that opioid overdose is the second leading cause of death in America behind traffic accidents and the leading cause in 17 states, panel moderator Cleanne Cass, DO, said the role of doctors has expanded. “Physicians are being required to fight on two fronts — combating pain while simultaneously defending against misuse and addiction to pain medication.”

Cass, who works at Hospice of Dayton, said the origins of the opioid abuse epidemic can be traced to the self-prescribing habits of baby boomers,

direct-to-consumer marketing of prescription drugs and the designation of pain as a fifth vital sign. She said pain was added as a vital sign as physicians were encouraged to provide more pain relief. Additional causes include development of long-acting medications, rogue Internet sites and pill mills, “where opioids were prescribed indiscriminately for anyone who could pay, usually by physicians who came in from out-of-state to work in the mills.” Diversion is also a factor. Toxicology reports commonly show additional substances contributed to overdose fatalities.

State Rep. Robert Sprague (R-Findlay), a speaker on the Symposium panel, said osteopathic physicians’ focus on the benefits of manipulative treatment and the patient’s overall health — as opposed to simply writing an opiate prescription to control chronic pain — is an important factor in controlling substance use disorder. “The DOs are part of the solution,” he said. He praised his own family physician, a DO from Lima. “Dr. John fixed me right up,” he said. “I went in with back pain and could barely walk. He did some OMT and a little while later I was able to walk out.”

Sprague is working on legislation to help control opioid abuse. He sponsored HB 248 requiring health insurance companies to provide coverage for abuse-deterrent opioids, which cannot

be easily tampered. “According to the most recent state statistics, there were 2,110 overdose deaths in 2013. This is about a 10-percent increase from the previous year,” he said. “The bill gives physicians the opportunity to use tamper-resistant forms of these highly abused and diverted substances.”

HB 248 is just one part of a package of bills introduced this session in the Ohio General Assembly to address the addiction problem. Others include HB 4, HB 249, HB 250 and HB 251.

Cass said while physicians didn’t single-handedly create the epidemic, they are asked to be the “front line warriors” so to speak. “We are catching the blame while the intent has been to treat real patients with real pain,” she said. “Physicians will always be called upon to help patients control chronic pain. We just have to do it much more wisely.”

Other panelists included Stephanie Abel, PharmD, a palliative medicine clinical pharmacy specialist at The Ohio State University Wexner Medical Center; Kimberly C. Anderson, chief legal counsel at the State Medical Board; and Cynthia S. Kelley, DO, who serves on the Ohio Governor’s Cabinet Opiate Action Team. Kelley, along with Cass, helped write the state’s acute pain prescribing guidelines, which specifically mention osteopathic neuromusculoskeletal medicine as an alternative to opioids. ¶



L-R: State Rep. Robert Sprague, Kimberly C. Anderson, Elizabeth B. Lottes, DO.

OHIO DOs IN THE NEWS

Deaths in the Family

OOA Life Member **Dale R. Feister**, 87, of Rawson, died May 17, 2016.

Feister practiced medicine for 41 years until his retirement last year. During his medical career he delivered approximately 10,000 babies.

He served in the United States Army during the Korean conflict and then attended Ohio Northern University where he received his bachelors degree in electrical engineering. He then went to medical school and graduated from Kirksville College of Osteopathy and Surgery in 1962.

Feister loved to fly and had his instrument rating. He also enjoyed magic and was a member of the International Brotherhood of Magicians for 42 years and the Society of American Magicians for 33 years. He built magic-making tricks that were sold worldwide.

Survivors include his wife Elsie, with whom he would have celebrated 61 years of marriage in August; his son Wayne Feister, DO, who serves on the OOA Board of Trustees; two grandchildren and a great-grandson.

Memorial contributions may be made to the Salvation Army or to Rawson Gospel Fellowship Church to support mission work.

Julie Theresa Palm Frisk, DO, died January 29, 2016. She was 98 years old.

She was among the osteopathic physicians in Toledo who, in the 1940s, decided to establish their own hospital, at first working from a remodeled Old West End homestead. Parkview Hospital (now closed) opened in 1946 as a 25-bed general hospital. Frisk was a strong supporter of the effort to establish the hospital, supported it financially and encouraged others to do the same.

She graduated in 1941 from Kirksville College of Osteopathy and Surgery. A lifelong resident of Northwest Ohio, she worked in Toledo until 1950 when she discontinued her practice and donated her medical instruments and supplies

to a Roman Catholic medical mission she supported.

Survivors include her husband Norman, six children and five grandchildren.

OOA Life Member **Victor N. Kassicieh DO**, of Dublin, died February 9, 2016, at his home, in his sleep. He was 85 years old.

Kassicieh, who was born in Jerusalem, graduated from Kirksville College of Osteopathic Medicine in 1967. He was in private family practice in Nelsonville for the majority of his career and retired in 1995.

Survivors include his wife Dalal and sons, Daniel Kassicieh, DO, and Charles V. Kassicieh, DO.

Justin G. Krause, DO, died February 22, 2016, in Denver after struggling to recover from an accident. He was 92 years old.

The family physician lived and practiced in Fairborn from 1951 to 1989. He also served as Greene County coroner for nearly 25 years and holds the distinction of being the first osteopathic physician appointed at Greene Memorial Hospital in Xenia.

He was a World War II veteran, serving as a medic in the 95th Infantry Division of the US Army where he earned a bronze star medal for heroic achievement.

Krause graduated in 1950 from the University of Health Sciences at Kansas City College of Osteopathic Medicine and Surgery.

He is survived by his wife of 46 years, Lois, and a large circle of family and friends.

Anthony James Linz, DO, MPH, 66, died May 7, 2015, after an extended illness.

He graduated from Des Moines University in 1974 and completed a rotating internship and internal medicine residency at Brentwood Hospital (now Cleveland Clinic South Pointe) and a fellowship in pulmonary medicine at Riverside Methodist

Hospital in Columbus.

In 1980 he returned to Sandusky to practice pulmonary medicine at the former Sandusky Memorial Hospital. He held many staff positions there, including medical director of pulmonary diseases, ICU/CCU chair and chair of the department of medicine. He also served in leadership roles at Firelands Regional Medical Center, including medical director of cardiopulmonary services, consultant in pulmonary disease, critical care and internal medicine and co-chair of the ICU/CCU code blue committee. He was also medical director of the respiratory care program at Bowling Green State University Firelands College.

Linz particularly enjoyed teaching and mentoring medical students, interns, residents and respiratory care students. Prior to his death he had been writing a book for students called *Respiratory Disorders, The Essentials*.

Active in his community, he chaired the Americans with Disabilities Act Advisory Board for the city of Sandusky for 15 years and worked with Camp Super Kids, a camp for children with asthma. Linz, who experienced many medical challenges himself, had a kidney transplant in 1999.

He is survived by his wife of 41 years, Kathleen, two children and twin grandchildren.

Memorial contributions may be made to the Bowling Green State University Foundation, BGSU-Firelands College in Huron; Firelands Regional Medical Center or North Central EMS in Milan.

Thomas C. "TC" McDaniel, DO, died January 27, 2016, in Tucson, Arizona. He was three months shy of his 102nd birthday.

McDaniel practiced medicine in the Cincinnati area from 1961 to 2008. He was a past president of the Cincinnati Academy of Osteopathic Medicine, American Society of Bariatric Physicians and Kentucky Osteopathic Medical Association. He was appointed by four different Kentucky governors to serve

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on the Board of Medical Licensure.

He authored a book, *Disease Relieve*, which chronicled his personal story to find the source and cure of his cardiovascular problems, which led to the concept of zeta potential.

He is survived by his four children and seven grandchildren.

Harold Thomas, DO, of Cleveland, died April 13, 2016.

He was a longtime leader of the osteopathic family in Ohio, serving in numerous leadership roles: vice president of Medical Affairs and director of Graduate Medical Education at Richmond Heights General Hospital; president of the Ohio Society of the American College of Osteopathic Family Physicians (ACOFF); president of the Cleveland Academy of Osteopathic Medicine; and an active member of the Ohio delegation to the American Osteopathic Association's House of Delegates and chair of the delegation for several years.

He was well-known and respected nationally, serving as ACOFP president, chairman of the Board of Trustees of the Kirksville College of Osteopathic Medicine (KCOM), chair of the AOA Bureau of Osteopathic Specialists, chair of the Commission of Osteopathic College Accreditation, as well as many other boards and committees.

Thomas was the recipient of many awards, including ACOFP's Lifetime Achievement Award, ACOFP Physician of the Year, Ohio ACOFP Physician of the Year and OOA Distinguished Service Award.

He graduated from the University of Pittsburgh and received his medical

degree from KCOM.

Thomas practiced medicine for almost 50 years in the Cleveland area along side his brothers, George Thomas, DO, and Jim Thomas, DO, and his son Paul Thomas, DO.

Among his survivors are his wife of 50 years, Margaret, who is a past president of the Advocates for the Ohio Osteopathic Association, four children, nine grandchildren, siblings and many nieces and nephews.

He will be remembered by his family, friends, colleagues, the hundreds of residents he trained and the thousands of patients he treated as a generous, caring and thoughtful individual. Memorial contributions may be made to the Antiochian Archdiocese Syrian Relief Fund (Englewood, NJ) or ACOFP Education and Research Foundation.

Physician News

William J. Burke, DO, received the Osteopathic Family Medicine Educator of the Year award from the American College of Osteopathic Family Physicians (ACOFF) at the organization's annual convention in Puerto Rico, April 7, 2016. Burke is dean of Ohio University Heritage College of Osteopathic Medicine's Dublin campus.


Katherine A. "Toni" Clark, DO, of Beavercreek, was reappointed to the Ohio Board of Nursing Prescriptive Governance Committee. The multidisciplinary committee determines the drug formulary used by advance practice nurses.

George F. Dunigan, of Columbus, retired from his position as director of Government Relations with Ohio University Heritage College of Osteopathic Medicine, effective

June 30, 2016. He represented and has been associated with the osteopathic profession and OU-HCOM since November 1974. Under his leadership, the OOA successfully won passage of legislation (HB 229) that created the college.

Robert W. Hostoffer, Jr., DO, received the Outstanding Service Award from the Academy of Medicine of Cleveland & Northern Ohio (AMCNO) at its annual meeting, April 15, 2016, at the Wyndham Cleveland at Playhouse Square. The award is in recognition of his longstanding work and commitment to the AMCNO Pollen Line.

State Rep. **Terry A. Johnson, DO** (R-McDermott) received the Distinguished Legislator award from Food Allergy Research & Education (FARE) for his work on a new state law that allows a school to stock non-patient specific doses of epinephrine. FARE noted that during the past school year, two students in the Akron area were saved by a staff member who had medical training and was able to use the in-stock epinephrine at the school.

Michael P. Rowane, DO, of Richmond Heights, was selected president-elect of the American Academy of Osteopathy (AAO), March 17, 2016, during the academy's annual meeting in Orlando. He is director of medical education at University Hospitals Regional Hospitals and associate clinical professor of family medicine and psychiatry at Case Western Reserve University. AAO is the nation's largest medical society devoted to fostering osteopathic manipulative medicine and neuromusculoskeletal medicine. 

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Explore Family Medicine Opportunities in the Buckeye State

Genesis HealthCare System has several employment opportunities for Family Medicine physicians throughout its six-county service area in Southeastern Ohio, serving a population of 230k. Headquartered in Zanesville, just 45 minutes east of Columbus via I-70, the system includes a not-for-profit hospital, multiple outpatient centers, 3,000 employees, and an extensive network of over 300 physicians representing most specialties.

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Robert W. Hostoffer, Jr., DO, OOA President, 2015-2016