



The Alabama Pediatrician

First Quarter 2017

From the President

It's been a busy 2017 so far!



Cathy Wood, MD, FAAP
Chapter President

The last month has been a busy one for me – the usual winter patient flow, the juggling act of family/work balance, and quite a full schedule of AAP activity. Late February provided an opportunity to participate in a Chapter “fly in” to

Washington D.C., where I joined Chapter leaders from across the country in a federal legislative advocacy day. The focus was on Medicaid/CHIP funding and the education and advocacy was very state-specific. March 9-12 was the ALF (Annual Leadership Forum), and it provided our Chapter with a platform to build relationships with other chapters from across the country and share ideas and strategies to improve advocacy and program outcomes. And then March 16 was our Alabama Chapter Legislative Day. We partnered with VOICES for the second year, and the day was a tremendous success. Turn-out was great with a strong showing of pediatricians from across the state. We finished that day with our Pediatric Council meeting, which was a vigorous discussion of payor issues with Blue Cross Blue Shield (BCBS), ALL Kids and Medicaid.

As a result of advocacy for pediatricians at Pediatric Council, screening for maternal depression during the postpartum period will now be recognized as a procedure and covered by Medicaid, ALL Kids, AND BCBS. A second issue that was reviewed again was Teladoc and its impact on primary care. It is clear that Teladoc as an entity tied to certain BCBS plans is not going away, but BCBS reports that they are currently developing a process that would allow practices to bill for phone care. More information to come on that as early as late summer.

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REGISTER SOON! OUR 2017 SPRING MEETING IS JUST AROUND THE CORNER!

Conference will feature fourth annual “Grand” Pentathlon Benefitting Reach Out and Read

May 4 – 7, 2017 • Sandestin Golf & Beach Resort, Destin, FL

The Chapter executive office and CME Chair David Gremse, MD, FAAP, are looking forward to our 2017 Spring Meeting, to be held May 4 - 7 at the Sandestin Golf & Beach Resort Baytowne Conference Center in Destin, FL

Dr. Gremse has ordered a fantastic educational line-up for the conference with a focus on vision screening & evaluation, early childhood (parenting and nutrition), infectious disease, and pediatrician wellness.

Other topics include: Preventing Cancer: Primary Care Use of Quality Improvement to Increase HPV Vaccinations, a Medicaid update, and much more. This year’s meeting will include a Maintenance of Certification Part 2 session, which will also be available for CME for those not enrolled in MOC!

In addition, Children’s of Alabama is sponsoring a separate lunch symposium,



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Alabama Chapter – AAP

Mission:

The mission of the Alabama Chapter of the American Academy of Pediatrics is to obtain optimal health and well-being for all children in Alabama, and to provide educational and practice support for its membership so the highest quality of medical care can be achieved.

Values:

Children must be highly valued by society.

Each child must develop to his/her highest potential.

Children must have strong advocates for they have no voice of their own.

Pediatricians are essential to achieving optimal child health. The work of pediatricians, and the profession of pediatrics, must endure and grow even stronger.

Vision:

Children in Alabama are happy and healthy; Alabama pediatricians are professionally fulfilled and financially secure.

Register soon! Our 2017 Spring Meeting is just around the corner!

“Comprehensive Behavioral Intervention for Tics (CBIT): An Evidenced-Based and Successful Treatment Protocol for Tic Disorders” that is sure to be of benefit and interest to attendees. There will also be a symposium on peanut allergy that you won’t want to miss!

In addition to a Saturday evening dinner on the green, sponsored by USA Children’s & Women’s Hospital, networking opportunities include our Grand Pentathlon benefitting Reach Out and Read. The event will afford attendees, family members and exhibitors to participate in five events at their own pace – bicycling, swimming, kayaking, walking/running and reading – to become eligible for great prizes.

Register now using the brochure mailed to you in late January, or online at <http://bit.ly/2mUkJFR>.

Make plans to attend now – we’ll see you at the beach!

Join your fellow pediatricians at the fourth annual Grand Pediatric Pentathlon

Going into its fourth year, the Grand Pediatric Pentathlon is our five-event Chapter activity designed to allow you to take advantage of everything the Spring Meeting resort has to offer while raising funds for Reach Out and Read-Alabama. If you have never participated, this is the year to start. The last three events have raised a total of \$30,000 and this



year’s event is well on the way to surpassing last year’s total of \$8,000.

Michael Ramsey, MD, FAAP, Immediate Past President is returning as honorary chair for this year’s event. “Continuing with the success of the past two years, our pentathlon will include a one-mile run/walk, 30 minutes of biking, 30 minutes of kayaking, one hour of swimming (Gulf bay or pool) and an hour of reading for fun,” said Dr. Ramsey. “Anyone can be a part of this – sign up your family, friends, and office staff. The events have no start and no finish, and no one is timed – complete all five events and enter to win the prizes that are awarded at dinner on Saturday night.”

Each \$50 registration will support one child’s library of books from birth to five years and earn the participant a free event tech shirt with the Pentathlon and sponsor logos.

Check out Dr. Ramsey’s fun video by scanning the QR code!



Chapter partners with Rural Development Office, ADPH to bring Baby Box to Alabama

In January, the Chapter responded to a request from the Alabama Rural Development Office (ARDO) to partner on the Alabama Baby Box Project, which has developed in just two short months as a way to tackle Alabama's infant mortality problem through promotion of safe sleep.

The Alabama Department of Public Health (ADPH) has long been working on safe sleep and infant vitality, in conjunction with the Chapter and many partners who have been at the table for many years.

But thanks to an offer from the Baby Box Company to fund baby boxes for every new mother in Alabama, Governor Robert Bentley tasked his ARDO team with spearheading this project in Alabama.

Partners gathered for several meetings and then we were well on our way to implementation; a news conference was held on March 29 for the Alabama kick-off.

So what is the Alabama Baby Box Project? Through a series of distribution points, including Alabama hospitals, OB/gyn offices, Gift of Life Foundation, other maternity providers and others, new mothers will soon have the opportunity to sign up to receive a box, which is lined with a mattress, is safe to use as the infant's first bed and serves as a "starter kit" for their new baby, containing newborn necessities.

As you may know, Baby Boxes have a long history in Finland, demonstrating sharp reductions in the number of SIDS- and SUID-related deaths and helping the country achieve one of the world's lowest infant mortality rates. Now, the boxes are manufactured safely in the United States through a husband-and-wife-owned company based in California, whose mission is to drive infant mortality down through the use of social media and the "power of the Baby Box." Their goal is to appeal to the millennials use of social media to get the safe sleep message across; the Baby Box is the "hook" to make that happen.

In January, the Executive Board reviewed the Baby Box safety materials and the specifics of the proposed project, and made the decision to endorse the project as a tool in the safe sleep toolbox. In February, several pediatricians, including Chapter President Cathy Wood, MD, FAAP, recorded short teaching videos on various aspects of new parenthood, with a focus on safe sleep, which have become part of the "syllabus" of videos required to be viewed by the parents as part of "Baby Box University" prior to receiving their boxes.

"The bottom line is that this gives every baby whose parents agree to the education an opportunity for an immediate "safe place" to sleep," Dr. Wood said. "It seems like a winning endeavor all the way around. We are very excited about this opportunity to impact an at-risk population."



Jaime McKinney, MD, FAAP, of UAB Department of Pediatrics, recorded a short teaching video for the Baby Box syllabus, along with several other pediatricians across the state.

Annual Meeting & Fall Pediatric Update to feature sessions on oral health and others

Make sure your calendars are marked for September 29 – October 1, 2017 for the Alabama Chapter-AAP's 2017 Annual Meeting and Fall Pediatric Update at the Hyatt Regency Birmingham-The Wynfrey Hotel in Birmingham! The tentative topics for this year's conference include oral health, neonatal abstinence syndrome, Genetics, Genomics and Pediatric Disease, and family engagement, among others.

In addition, on Friday afternoon, a separate practice management workshop, co-sponsored by the Chapter's Practice Management Association, will feature sessions on coding, payor issues and more! The workshop will be followed by a two-hour Loss Prevention seminar, sponsored and presented by ProAssurance Indemnity.

This year, we will once again conduct a special 20-point Maintenance of Certification Part II group activity on Sunday.

Look for more details and registration this summer!

From the President continued from page 1

In the last quarter, Chapter members have also contributed to educational videos for the Baby Box initiative. This program has the potential to impact infant mortality in our state if the educational component of the program can “drive home” the safe sleep recommendations. These are small, important steps toward improving infant health and vitality.

Lastly, as a Chapter we are developing plans to participate in the nationwide effort to address opioid abuse. Pediatricians as practitioners have little need to prescribe opiates, but we certainly see the impact of opioid addiction. For our Chapter, this is a work in progress.

We have a great meeting planned in May. The spring meeting is always fun – plenty of time for education, recreation and networking with colleagues. Please plan to attend and build your pediatric family.

MEDICAID NEWS – Regional Care Organizations update

In late February, the Alabama Medicaid Agency was notified that Centene had pulled the financing from all five Alabama Healthcare Advantage (AHA) organizations that had planned to operate as Regional Care Organizations (RCOs) this fall. Subsequently, AHA ended their pursuit of full certification, leaving two organizations, Alabama Community Care and My Care Alabama, as the only organizations currently seeking certification as RCOs.

According to Commissioner Stephanie Azar, the Agency is still in position to implement Regional Care Organizations by October 1, 2017, under a 2013 state law that allows current probationary RCOs to provide services in additional regions, Commissioner Azar said.

The law requires the State to first offer existing probationary RCOs the opportunity to provide services in other regions if no RCOs are certified in a region. The withdrawal of AHA would leave Regions B, D and E without a certified RCO. Both Alabama Community Care and My Care Alabama have put in writing interest to provide services in Regions B, D, and E and are working closely with the Agency to accomplish this goal.

“As a result, the Agency has confidence that the state can have at least one certified RCO in each of the regions by October 1, 2017,” Medicaid officials wrote in a February 28 email.

If for some reason no probationary RCO becomes fully certified and contracts to offer services in these regions, then state law allows the state to offer “alternative care providers” the opportunity to operate in those regions.

“We will continue to move forward with our Regional Care Organizations, because we must have a delivery system for Medicaid that provides high quality care, while working to reduce the cost of healthcare. In Alabama, we have already started engaging in conversations with President Trump and incoming Health and Human Services Secretary Tom Price. We are closely monitoring Congress as they work to repeal and replace the Affordable Care Act,” Governor Robert Bentley said. “As the federal government works with states to help develop a plan, in Alabama, we will continue to support RCO’s because we feel it’s the best plan for the state.”

The Chapter and other healthcare provider organizations in the state, however, are skeptical about making moves until we know more about what is going to happen at the federal level.

The Chapter leadership released this position statement in mid-February:

“AL-AAP Executive Board continues to be a full supporter of provider-driven Medicaid reform in an effort to encourage the Medical Home, particularly patient-centered care and cost-effective care coordination. However, considering the uncertainty of long-term funding and the unknown details of program changes to Medicaid at the federal level, it is our position that all aspects of reform, including Regional Care Organizations, should be put on hold until our state leaders have the needed clarity to make informed decisions on the healthcare delivery system that serves more than 600,000 of Alabama’s most vulnerable children and supports our state’s healthcare infrastructure. Above all, in order to ensure stability for this vital program, reform must include long-term, sustainable funding for the Alabama Medicaid Agency.”

Notifiable Disease Rules

FOR VACCINE-PREVENTABLE DISEASES (VPDs)

HIGHLIGHTS

- Physicians cannot delegate laboratories to report for them, but must report separately
- Laboratories are required to report electronically to EPI
- Expanded minimum data elements required
- Report “presumptive” within 4-hour (Polio) and 24-hour diseases (Diphtheria, Hib, Hepatitis A, Measles, Meningococcal Disease, Pertussis, Polio-nonparalytic, and Rubella)
- Report Standard Notification diseases (Hepatitis B, Mumps, Strep pneu invasive disease, Tetanus, Varicella) within 5 days
- Report ALTs with all acute hepatitis A & B reports



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To learn more about VPDs, go to
adph.org/immunization or call 1-800-469-4599.

To schedule a 1-hour Notifiable Disease CEU Training,
go to adph.org/epi or call 1-800-338-8374.

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14th Annual Pediatric Legislative Day draws more than 20 pediatricians

At time of writing, state lawmakers are 13 days into the 30-day legislation session and are currently on a two-week Spring break. The 13th day, March 16, also served as the Chapter's 14th Annual Pediatric Legislative Day, held in conjunction with VOICES for Alabama's Children's Advocacy Day in Montgomery, which culminated with a Kids Count Rally on the State House steps and visits with lawmakers. More than 200 people attended the festivities, including more than 20 pediatricians across the state who linked arms to speak up for children!

"VOICES has long been a strong partner of the Chapter's, and we were delighted to join them again this year, especially since we share common legislative priorities," said Linda Lee, APR, Chapter Executive Director.

Pediatrician attendees were able to visit their lawmakers to discuss several Chapter legislative priorities, including Medicaid funding, the Child Care Safety Act, Pre-K funding and lay midwifery legislation. Here is a status update on these issues:

State Legislative Update Medicaid & ALL Kids Funding

The House passed the General Fund budget on March 14 with bare bones funding for Medicaid, buoyed by one-time BP monies made available from legislation that passed during the 2016 special session. Specifically, the budget is \$42 million shy of the Governor's budget, which included dollars for RCO/Medicaid reform. It remains to be seen what this will mean for Medicaid, but Commissioner Stephanie Azar is not expecting a funding crisis like last year.

Child Care Safety Act

At our Legislative Day, there was a lot of fervor around HB 277, the Child Care Safety Act, which will take away the licensing exemptions for religious- and family-affiliated child care centers, placing all child care in Alabama on equal, safe footing. Pediatricians spoke to their lawmakers in support of the bill, which is meeting with opposition among religious-affiliated lobbying groups, but is hugely supported by child advocates. During the week of March 13, the bill was discussed on the House floor but was carried over to discuss further once lawmakers return from Spring Break. In the meantime, there is no better time than NOW to visit with lawmakers, call them, email them – and let them know to VOTE YES for HB277!

Pre-K Funding

On March 15, a Senate committee approved a \$15 million increase for Alabama's First Class Pre-K program. The full Senate is scheduled to vote on this proposal on April 4, after the Legislature's Spring Break. The House will then repeat the process. The \$15 million increase would help expand the program to an additional 1,980 four-year-olds in the next school year. These are 900 students fewer than the 2,880 that would be added with the \$20 million increase recommended by the Governor and the Alabama School Readiness Alliance Pre-K Task Force, of which the Chapter is a part. However, Chairman Arthur Orr made it clear in the committee meeting (there was no public hearing) that pre-k funding was a priority. According to Orr, several Senators asked him to put pre-k at the "top of the list" to receive new funding. He did not make similar remarks about other programs in the Education Trust Fund Budget legislation (SB 129), which were relatively flat-funded.

Lay Midwifery Legislation

Also on March 15, two lay midwifery bills were approved by House committees. For HB 316, which sets up a licensing board for certified professional midwives, the Medical Association

14th Annual Pediatric Legislative Day draws more than 20 pediatricians continued from page 4

and other organizations worked to amend the bill to increase the education and training of the midwives. Amendments were also provided to the sponsor of the bill to address concerns regarding the liability exposure placed on physicians and hospitals who will have to assume the care of a mother or baby when there are complications the midwife is not trained to handle. Unfortunately, those amendments were rejected, and consequently, the committee approved the bill with minor modifications. The Alabama Chapter-AAP, along with the Medical Association and other organizations, will continue its steadfast opposition to the legislation and continue to advocate for HB 344, which has better safety mechanisms in place for mother and baby.

Chapter releases first Blueprint for Child Well-Being

By Nola Ernest, MD, FAAP, Chapter Legislative Chair

Have you seen the American Academy of Pediatrics' (AAP) new Blueprint for Children? It is a 58-page "prescription" for children for the new presidential administration and federal agencies, covering all policy aspects of Healthy Children, Secure Families, Strong Communities and Leading Nation. The AAP released the Blueprint in advance of the presidential election as a way to let our federal leaders know the AAP's child health policy agenda and its ideas for what's best for children from a federal government perspective.

Several of us at the state level thought that creating a much more streamlined version of the Blueprint would be a perfect complement here in Alabama – serving as a nice "leave-behind" piece for our state legislators, governor and state agency commissioners.

So in October, Chapter President Cathy Wood, Linda Lee, Graham Champion, our Chapter lobbyist, and I, as Legislative Chair, put our heads together and came up with a small eight-page piece, which provides our policy agenda, rationale and ideas for what legislators can do in the areas of "Healthy Children," "Secure Families," "Strong Communities" and "Leading the Nation." The last page also includes our current Legislative Agenda. We don't see the document changing much over the next few years, as our mission and vision are here to stay.

We unveiled the Blueprint at our recent Legislative Day, which by the way, was a fantastic gathering of child advocates from across the state. We were able to put these in the hands of our legislators.

Please check out the Blueprint on the Chapter website; also, use it to reach your legislators and let them know where pediatrics stands! See our legislative update on page 6 for more information on current legislation.

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A Blueprint for Child Well-Being in Alabama

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Alabama Child Health Improvement Update/Alabama Chapter-AAP quality improvement update

By Cason Benton, MD, FAAP, Director, Alabama Child Health Improvement Alliance

Nine Alabama practices engaged in practice change to increase early screening

Alabama's developmental screening rate increased from 12.1 percent in 2007 to 24.7 percent in 2011, but that leaves 75 percent of children unscreened for developmental delay at an earlier age when interventions have the best outcomes.

The Alabama Child Health Improvement Alliance is increasing screening rates through the launch of its third Early Screening continuous quality improvement (CQI) collaborative, which began in February. During this nine-month collaborative, practices are working with expert faculty, including a clinical expert, family perspective expert, and a practice facilitation coach, to increase their screening and referral rates of children with developmental, behavioral and autism concerns to 80 percent.

Early Screening practices have 16,672 annual visits for children birth to three years of age, of which 46.75 percent are Medicaid enrollees. While all practices currently use the MCHAT screen for autism, only four use the ASQ-3 for screening of developmental delays. In our partnership with the Help Me Grow Alabama initiative, four of our practices will use the ASQ Enterprise. This electronic system assists practices in creating and managing child and program records, reliably selecting the correct age questionnaire, tracking when children need to be screened, and accessing activities for parents to use at home.

One exciting development is the co-location of child health and behavioral health services at one practice site. The Charles Henderson Child Health Center (CHCHC) in Troy, in collaboration with East Central Mental Health-Mental Retardation, Inc., provides a myriad of child and adolescent therapeutic services. Elizabeth Dawson, MD, FAAP, of CHCHC, can easily refer children and families identified as being at risk on the social-emotional screen "down the hall" for needed mental health services.



Continuous Quality Improvement Committee

Since its inception in January 2014, ACHIA has supported practice improvement of obesity prevention and treatment, HPV vaccinations, and developmental, autism, and social emotional screening and referrals. ACHIA's "next steps" include the launch of a Continuous Quality Improvement Committee (CQIC) to advise ACHIA's director and the Steering Committee on the project portfolio for the next three years. Having a portfolio identified will allow ACHIA to develop stronger community resources to support practices and patients as well as allow practices to plan which QI endeavors will provide the greatest value to the practice.

What's trending in practice/family engagement?

As ACHIA moves into assisting practices to achieve a better balance for medical home and family engagement, we are partnering with the Chapter and Alabama Children's Rehabilitation Services-Family Voices in submitting a "Family Partnerships in AAP" Chapter grant to the Academy. In 2018, ACHIA will undertake a Medical Home Continuous Quality Improvement Collaborative that will focus on children with and without special healthcare needs and transitions to adult healthcare. If awarded, this grant will allow us to focus on the "family-centered" aspect of the medical home.

Through this grant, ACHIA will work with the Chapter in hosting a national Family Engagement expert to present at the Alabama Chapter-AAP Annual Meeting & Fall Pediatric Update in September 2017, the Children's of Alabama Pediatric Medical Grand Rounds (University of Alabama at Birmingham School of Medicine), and to a small group of Birmingham parents/providers identified by CRS-Family Voices. A family engagement workgroup will identify a panel of practice representatives already engaged in partnering with families to work in conjunction with the ACHIA CQI Medical Home Initiative.



Reach Out and Read All About It!

By Salina Taylor, Development and Communications Coordinator

In *Pediatrics*, February 2016, longtime Reach Out and Read supporter Dr. Alan Mendelsohn reported results from a randomized study on the Video Interaction Project at Bellevue Hospital in New York. This randomized controlled trial demonstrated the effects of pediatric-based interventions focused on promoting positive parenting through reading and play on socioemotional outcomes. The report showed that helping parents read and play with their young children prevents behavior problems, such as hyperactivity for children growing up in poverty.

“We know that research on early brain development shows that early experiences with books and strong family relationships directly impact brain development and function,” said Tonya Dobbs, MD, FAAP, medical coordinator for Eight Mile Clinic, a Mobile County Health Department clinic. “Many of our parents and caregivers live in poverty with limited resources. These families struggle to find the resources for food and their transportation needs. Providing books and encouraging parents to read together also empowers the parent to be their child’s first teacher.”

According to VOICES for Alabama’s Children 2015 Kids Count Data Book, 20.8 percent of Mobile County’s children live in poverty. Dr. Dobbs has prescribed more than 8,000 books to the children and families that they serve in Eight Mile since implementing Reach Out and Read in the clinic nine years ago.

To hear more from Dr. Dobbs about the impact of Reach Out and Read in her practice, check out her video on Reach Out and Read-Alabama’s YouTube channel!



Project ECHO: Autism

A unique opportunity for YOU to help kids with autism

Project ECHO: Autism is a virtual learning network with real-time access to autism and behavioral experts.

Project ECHO: Autism provides YOU:

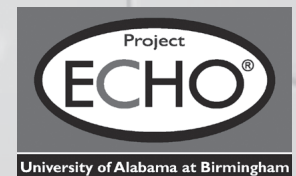
- An ongoing opportunity to learn more about common medical and behavioral concerns among children with autism through case-based learning.
- Support of autism experts to assist you in caring for patients in your own practice
- Continuing education for each session

Here’s what you’ll need to participate:

- Internet access and a front-facing camera via smartphone, tablet or computer.
- Time — every other Friday beginning June 2, from 11:45 am - 1:15 pm (90 minutes)
- Sign up by May 12



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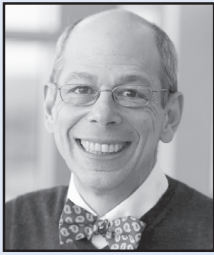
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Email echoautism@peds.uab.edu or call 205.638.9254 to sign up!

Let's hear it from our Departments of Pediatrics!

Training the doctors of tomorrow

By Mitch Cohen, MD, FAAP, Chair, Department of Pediatrics,
University of Alabama at Birmingham School of Medicine;
Physician in Chief, Children's of Alabama

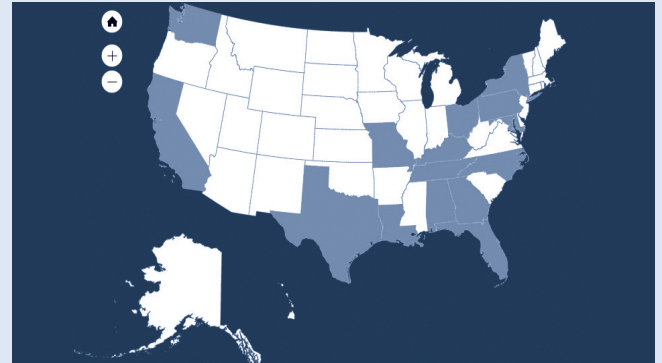


Mitch Cohen, MD, FAAP

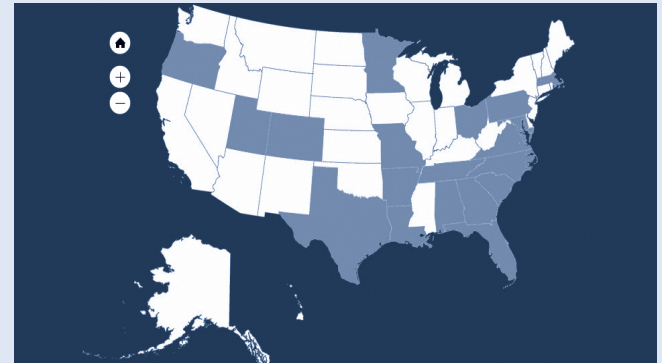
A major mission of the Department of Pediatrics at the University of Alabama at Birmingham is to train the next generation of primary care physicians and specialists. For each graduate, a strong foundation in pediatrics is essential. For the past five years, each of our graduates has passed the ABP certifying examination. This 100 percent pass rate is unsurpassed. And

because we do a good job, we are expanding our program to include 24 interns in July 2017.

We state that we highly value both primary care and specialty care. A great care delivery system needs both. How do we measure up? Over the past 10 years, half of our graduates (47 percent) have gone into general pediatrics and half of these (52 percent) have stayed in Alabama. Over the same time period, half of our graduates (53 percent) have gone on to do fellowships and half of them (51 percent) have stayed in Alabama. We are training the doctors and leaders of tomorrow both for Alabama and for the country.



Where have our graduating residents gone in general pediatrics: (52% in Alabama)



Where have our graduating residents gone for fellowship training: (51% in Alabama)

Tobacco cessation: Asking the right questions

By David Gremse, MD, FAAP, Chair, Department of Pediatrics, University of South Alabama



David Gremse, MD, FAAP

In Alabama, 22.1 percent of the adult population (ages 18+)—over 783,000 individuals—are current cigarette-smokers. Across all states, the prevalence of cigarette-smoking among adults ranges from 9.3 percent to 26.5 percent. Alabama ranks 42nd among the states. We can all help families to create smoke-free environments for children.

To help pediatricians in this area, the American Academy of Pediatrics has produced a Maintenance of Certification Part 4 EQIPP module, “Eliminating Tobacco Use and Exposure to Secondhand Smoke.” The module utilizes a three-step model, “CEASE,” to identify families exposed to secondhand smoke and to offer the motivation, education, and resources they need to quit.

Please join me in congratulating Melody Petty, MD, FAAP, and Daniel Preud’Homme, MD, FAAP, both on faculty at the University of South Alabama Department of Pediatrics, who applied and were accepted into a program at the AAP Julius B. Richmond Center of Excellence entitled, “Asking the Right Questions: Clinicians & Tobacco Cessation in the Clinical Encounter.” The program was held March 31 - April 1, 2017 at the AAP Headquarters in Elk Grove Village, IL. We look forward to Drs. Petty and Preud’Homme sharing their experience in the “Asking the Right Questions” program to improve the health of children.

Practice Management Association update: don't miss out on this year's practice management webinars!

By Reginald Hope, Practice Management Association Chair

Spring is here and our 2017 Spring Meeting & Pediatric Update is just around the corner! Our AL-AAP Practice Management Association will once again be exhibiting, so please look for our booth! The PMA is more than 110 members strong and we will be featuring everything that our group can offer your practice managers and other staff members. So, bring your questions, concerns, and thinking caps and visit us in the exhibit hall. Our goal is to provide you relevant and up-to-date information in the hope that it will help you navigate the ever-changing health system.

Five reasons you should apply fluoride varnish and perform oral health risk assessment

By Nola Ernest, MD, FAAP, Enterprise Pediatric Clinic

Did you know? 24 percent of US children two to four years of age, 53 percent of children six to eight years of age, and 56 percent of 15-year-olds have caries experience (i.e., untreated dental caries, filled teeth, teeth missing as a result of dental caries).

The Alabama Chapter-AAP has worked to change those statistics by training pediatricians on oral health risk assessment and fluoride varnish application through the 1st Look program. Our practice has developed a new demonstration video for the Chapter, which will be uploaded soon and hopefully will help those of you who have been trained but perhaps have not taken that next step to implementing it in your practice.

Here are five simple reasons why you should be doing it:

- 1) It's quick—I can say from personal experience that it takes only an extra 90 seconds or less per patient encounter;
- 2) It's easy—Did you know you do not have to clean or dry kids' teeth to apply varnish? This is asked a lot! Varnishes can be applied in your office without special tools or fancy techniques;
- 3) You WILL make money—Not only is fluoride varnish and oral health risk assessment reimbursed well above cost by Medicaid and ALL Kids through the 1st Look program, but fluoride varnish is also covered by Blue Cross and Blue Shield of Alabama. Materials only cost \$1.30 per patient - look up the reimbursement and you do the math!;
- 4) It's worth it—Not only is oral health part of the UPSTF and Bright Futures periodicity schedules, but who has not seen a young child with a mouth full of caries? Let's put an end to this most chronic infectious disease of childhood! Having done this program for years now, I hardly see dental caries in my Medicaid population anymore; and,
- 5) Families like it—it is my practice's second most popular program after Reach Out and Read. And, the 1.25 hour online training is convenient: take it at your leisure AND earn enduring materials CME. After training, you'll receive a list of helpful suppliers to get you started, as well as tips on adding it to your practice flow (again, it's quick and easy!). You'll also get payor information so you know exactly how to code it. Plus, you can shadow a fellow pediatrician who is already doing fluoride varnish application and has agreed to demo it in his/her office. I'm happy to host you in my office.

Want to get started? Take the training at <https://www.alaap.org/oral-health-risk-assessment-module>, and the Chapter will send you guidance from there. If you have questions, please contact the Chapter office at 334-954-2543.



Event Calendar

April 19, 2017
AAP Webinar: Bright Futures Guidelines, 4th Edition - Introduction (for Health Care Professionals)
12:00 p.m.

May 4 - 7, 2017
2017 Spring Meeting & Pediatric Update
Sandestin Golf & Beach Resort
Destin, FL

May 24, 2017
AAP Webinar: Bright Futures Guidelines, 4th Edition - Introduction (for Public Health Professionals)
12:00 p.m.

July 26, 2017
Chapter/PMA Webinar: Social Media
12:15 p.m.

September 29 – October 1, 2017
2017 Annual Meeting & Fall Pediatric Update
Hyatt Regency Birmingham-The Wynfrey Hotel
Birmingham, AL

Early childhood wins in Alabama!

By Madeleine Blancher, MD, FAAP, Early Childhood Champion, Alabama Chapter-AAP



Madeleine Blancher, MD, FAAP

Exciting things are happening in our state. As the Early Childhood Champion for the Alabama Chapter of the American Academy of Pediatrics, I wish to bring this good news to you.

We all know the importance of a parent or a loving caregiver in the life of a child. Bright Futures has indicated the need for a social-emotional component in our anticipatory guidance. For many pediatricians, dealing with social and emotional issues is uncomfortable because they feel inadequately trained to deal with these problems. But pediatricians are often asked about how to manage unwanted behaviors. How can pediatricians, in the limited time available for each well-child visit, adequately deal with this kind of parental concern? Well, help is on its way!

In early March, **First 5 Alabama (the Alabama Association for Infant and Childhood Mental Health)** was formed. This Association is devoted to training anyone who comes into contact with young children on how to support optimal development within the framework of nurturing relationships. The target population for this training are physicians, parents, caregivers, child care workers, counselors, pre-school and kindergarten teachers. The goal is to have an increased workforce to be able to help children grow to their potential in a safe and secure environment.

This Association includes as its founding partners: the Alabama Partnership for Children, Alabama Department of Child Abuse and Neglect Prevention, the Alabama Department of Early Childhood Education, the Alabama Department of Education, the Alabama Department of Human Resources, the Alabama Department of Mental Health, the Alabama Department of Public Health, and the Alabama Department of Rehabilitation Services, Early Intervention. This is an impressive collection of governmental agencies that are committed to improving mental health services for infants and young children. This has been made possible through the Project LAUNCH grant from the federal Substance Abuse and Mental Health Services Administration and the Kellogg Foundation.

Here's another bit of good news. The Alabama Legislature is strongly considering a bill that would require all child care facilities to be licensed. This will abolish the exemption for religious-based and family-based centers. I am reminded of the campaign material to get this accomplished: "All tattoo parlors have to be inspected. Child care centers don't!" It seems this has gotten the attention of the legislators. Yay!

Editor's Note: Please see more information about the child care legislation under our legislative update on page 6. Also, we are honored to announce that Dr. Blancher has been named to the founding board of the new First 5 Alabama (Alabama Association for Infant and Childhood Mental Health). She wasn't going to toot her own horn, so we had to do it for her. Kudos to Dr. Blancher!

Alabama payors add maternal depression screening coverage in answer to Pediatric Council advocacy, new guidelines

In March, the Chapter leadership was delighted to learn that Alabama Medicaid, Blue Cross Blue Shield of Alabama and ALL Kids have all added coverage of maternal depression screening using the new code 96161.

The decisions came after the Chapter's Pediatric Council had been making the case for coverage under the baby's claim over the last year, as well as the new Bright Futures guidelines for the code.

"This is a huge win for babies, new mothers and Alabama pediatricians," said Cathy Wood, MD, FAAP, Chapter President. "This will allow us to rightfully screen the mother--in an effort to ultimately protect the baby's health--and direct her to the help she needs."

The Chapter will soon be producing a guidance document for members, but for now, please see the Coding Update below.

Maternal Depression Screening Update & Basic Information for pediatricians

By Lynn Abernathy Brown, CPC

Alabama Medicaid Agency and Blue Cross Blue Shield of Alabama announced effective January 1, 2017, CPT code 96161 is now covered subject to contract terms.

CPT 96161 represents "Administration of caregiver-focused health risk assessment instrument (e.g., depression inventory) for the benefit of the patient, with scoring and documentation, per standardized instrument."

Based on the code, the standardized tool must be included in the medical record or scanned into an electronic

medical record in order to support billing CPT 96161. The intent of this code is to allow providers to bill on the patient's claim for assessment tools given to the caregiver on behalf of the patient.

96161 has been added to the NCCI edits so ask your staff to review bundling edits. For example, Modifier 59 will be required to be added to 96161 when it is billed in combination with vaccine administration and developmental screening.

Developmental, Behavioral, Psychosocial, Screening, and Assessment Forms

The following *Bright Futures Tool and Resource Kit* materials are available for download for review and reference purposes only. For any other use, to make multiple copies of specific items, or to incorporate forms into an Electronic Medical Record System, please contact institutions@aap.org.

Maternal Depression Screening

- Patient Health Questionnaire-2 (PHQ-2)
- Patient Health Questionnaire-9 (PHQ-9)

- Edinburgh Postnatal Depression Scale: Permission required for use* Contact the Royal College of Psychiatrists at permissions@rcpsych.ac.uk to request permission to use. Rights and Permissions Manager: Lucy Alexander.

Also see Detection of Postnatal Depression: Development of the 10-Item Edinburgh Postnatal Depression Scale, by J. L. Cox, J. M. Holden, and R. Sagovsky, in the British Journal of Psychiatry.

Resource information is available at <http://bit.ly/2mZvWF2>.

Not one specific code has been determined to match this Health Risk Assessment for the caregiver as of now. Z13.89 Encounter for screening for other disorder is one choice a provider could choose if there are no signs or symptoms.

Consider these diagnosis codes below for symptoms in the R45 category related to emotional and behavior issues when dealing with a caregiver:

SIGNS AND SYMPTOMS OF THE EMOTIONAL STATE

R45.0	Nervousness	R45.81	Low self-esteem
R45.1	Restlessness and agitation	R45.82	Worries
R45.2	Unhappiness	R45.850	Homicidal ideations
R45.3	Demoralization and apathy	R45.851	Suicidal ideations
R45.4	Irritability and anger	R45.86	Emotional lability
R45.5	Hostility	R45.87	Impulsiveness
R45.6	Violent behavior	R45.89	Other symptoms and signs involving emotional state
R45.7	State of emotional shock and stress, unspecified		

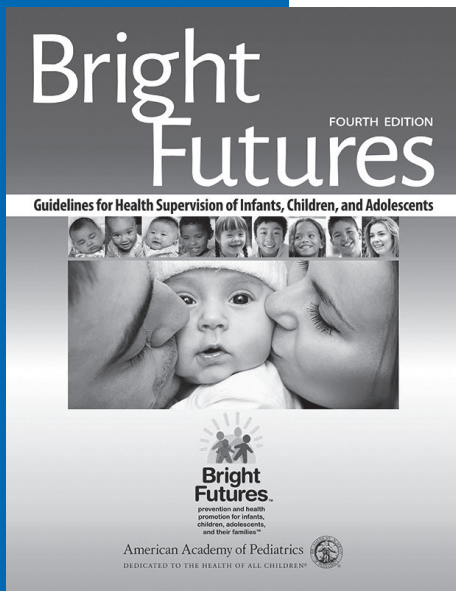
NEWS FROM THE AAP

Bright Futures Guidelines, 4th Edition released!

Do not miss the completely revised and updated 4th Edition of the Bright Futures Guidelines! It is an essential resource that provides updated background and recommendations for pediatric health promotion and health supervision for 31 age-based visits - from infancy through adolescence. With Bright Futures, you can accomplish the following four tasks in 18 minutes – disease detection, disease prevention, health promotion, and anticipatory guidance! The result: more efficient visits, stronger partnerships with children and families, and greater knowledge of changes in family, communities, and society that affect a child's health.

The Bright Futures Guidelines, 4th Edition builds upon previous editions with new and updated content that reflects the latest research. It includes three new health promotion themes (Promoting Lifelong Health for Families and Communities, Promoting Health for Children and Youth With Special Health Care Needs, and Promoting the Healthy and Safe Use of Social Media), updated Milestones of Development and Developmental Surveillance questions, and new clinical content about the latest age-specific recommendations. Throughout, the Guidelines weave in recognition of social determinants of health (risks and protective factors) and an increased focus on lifelong physical and mental health.

As established in the 3rd Edition, the first priority for each health supervision visit is to address the needs and concerns of the child/adolescent and family, and the therapeutic relationship is key to implementation.

*Introductory Webinars*

Make sure to sign up for the latest Bright Futures Webinars beginning in April 2017! Learn about the revised and updated guidelines from the editors themselves. The AAP will be hosting two separate 45-minute webinars for health care professionals and public health professionals, which will be recorded and posted on the Bright Futures Web site for future viewing.

The editors will review the new and updated components and how to efficiently and effectively integrate them into your practice setting, and will answer your questions about the latest guidelines.

- Bright Futures Guidelines, 4th Edition - Introduction (for Health Care Professionals)
Wednesday, April 19, 12 noon CT
Scan the QR code to register
- Bright Futures Guidelines, 4th Edition - Introduction (for Public Health Professionals)
Wednesday, May 24, 12 noon CT
Scan the QR code to register

Bright Futures/AAP Periodicity Schedule updated!

With the release of the 4th edition of Bright Futures, comes the update of the Bright Futures/AAP Recommendations for Preventive Pediatric Health Care (known as the Periodicity Schedule). Scan the QR code to access the schedule.

For more information, contact brightfutures@aap.org.



NEWS FROM THE AAP

AAP engages members on current healthcare reforms

For the last several months, we have heard a lot of discussion coming out of Washington about “repealing and replacing” the Affordable Care Act, and “block-granting” Medicaid. On March 7, the U.S. House of Representatives introduced the American Health Care Act, which, unfortunately, would have severely underfunded Medicaid and put much more of the funding burden on states, which, in Alabama, would be disastrous, since our program is already “bare bones” and struggles for state funding each year.

A week after the AHCA was introduced, the American Academy of Pediatrics developed a Protecting Children’s Coverage Advocacy Toolkit for Chapters, Sections and Councils to use in order to get the word out about the devastating impacts that this legislation would have had on children’s health coverage. The toolkit included opportunities to take action, sample social media posts, template op-ed guidelines and key messages for contacting members of Congress.

At time of writing, the bill was stopped in the U.S. House of Representatives on Friday, March 24 and is “dead,” with any new legislation to repeal the ACA unlikely this year.

The Chapter and the AAP urge federal leaders to start over and consider health care reform proposals that will move children’s health care coverage forward, not backward.

Many thanks to Chapter members who reached out to their Congressmen about the bill and the importance of Medicaid!



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www.mainstreetfamilycare.com and click on the “Careers” tab.

Thank you for your interest with MainStreet!

Contact Katherine Whitson at kwhitson@mainstreetfamilycare.com or 205-545-5097 for more information.

C H A P T E R B R I E F S

Chapter finalist in Outstanding Chapter competition; to receive Award of Excellence

Each year, the Alabama Chapter-AAP (AL-AAP) submits an annual report to the American Academy of Pediatrics (AAP), along with its counterparts in other states. These reports are reviewed by the District Vice Chairs and chapters are nominated for the Outstanding Chapter Award in four chapter size divisions.

In February, the AL-AAP was selected again as a nominee for this award, which the Chapter has received five times in the past, most recently in 2013 for the 2012 year. Although the Chapter was not selected as the Outstanding Chapter of the Year, as a finalist, it will receive an Award of Chapter Excellence this summer.

“The Selection Committee had a very difficult time choosing winners from each of the size categories,” Martha Middlemist, MD, FAAP, Chairperson of the District Vice Chairpersons Committee, told Chapter President Cathy Wood, MD, FAAP, who participated in an interview with the Committee at the recent AAP Annual Leadership Forum. “We realize it is difficult to summarize a year’s worth of activities in a five-minute presentation, but you did an outstanding job of highlighting chapter projects and answering questions from committee members.”

Congratulations to our entire membership who helped make this nomination possible!

Chapter, AAP partner with USA to conduct Pediatric Leadership Alliance in June

In the last several years, the University of South Alabama Department of Pediatrics entered an agreement with the American Academy of Pediatrics (AAP) and the Alabama Chapter-AAP (AL-AAP) to assure 100 percent membership in the two organizations among its faculty. As a thank you and value-added service, the AAP, along with the Chapter, is conducting a two-day Pediatric Leadership Alliance workshop for faculty and community pediatricians at USA on June 16 and 17.

The sessions will focus on four leadership pillars, Modeling the Way, Inspiring a Shared Vision, Enabling Others to Act, and Challenging the Process, while delving into lessons learned in Alabama regarding Patient-Centered Medical Home and quality improvement. Faculty include Cason Benton, MD, FAAP, Chapter board member and medical director of the Alabama Child Health Improvement Alliance; Michael Ramsey, MD, FAAP, AL-AAP immediate past president; Daniel Preud’homme, MD, FAAP, USA Department of Pediatrics, and J. Wiley, MD, FAAP, past president of the Chapter. Thanks to these leaders for giving their time!

Raulerson honored by Anniston Star as 2016 Alabamian of the Year



Marsha Raulerson, MD, FAAP

Since 2008, the *Anniston Star’s* editorial board has named an Alabamian of the Year under the following guidelines: “An Alabamian (or Alabamians) who made a significant mark on events over the past year; someone who lived up to the state creed’s dictate ‘to foster her advancement within the statehood of the world.’” Achievements gathered over a lifetime are considered.

In January, the Alabama Chapter-AAP was delighted to learn Marsha Raulerson, MD, FAAP, past president and long-time leader in pediatrics from Brewton, Ala., was named the Star’s 2016 Alabamian of the Year, “for her diligent work on behalf of the state’s most vulnerable children.”

The article noted her longtime advocacy for Medicaid coverage for children as well as early literacy.

Dr. Raulerson said she plans to continue this work on a full-time basis starting this summer. As she told the Star, “Our children have only one childhood. We have only one chance to get it right.”

To paint the picture of how prestigious this award is, one needs to look no further than the list of previous honorees. Dr. Raulerson shares the honor with the following notable figures:

- Albert Brewer, ex-governor and constitutional reform champion
- Wikipedia co-creator Jimmy Wales, for his role in democratizing the online world.
- Bob Riley, former governor of Alabama
- The congregation of the First Baptist Church of Williams, for its response to the 2011 storms
- Carolyn Akers, executive director of the Mobile Area Education Foundation.
- David Bronner, Retirement Systems of Alabama director and critic of Gov. Bentley’s no-Medicaid expansion decision
- Apple CEO Tim Cook
- Harper Lee, author

C H A P T E R B R I E F S

Cortopassi receives DSA Distinction Award in Healthcare



John Cortopassi, MD, FAAP

Congratulations to Dr. John Cortopassi from Greenvale Pediatrics, who received the Down Syndrome Alabama World Down Syndrome Day Distinction Award in Healthcare for his work with children with Down Syndrome!

Dr. Cortopassi has been associated with Greenvale Pediatrics since 1980, during which time he has served on the board of DSA as well as the Childbirth Education

Association of Greater Birmingham.

He was presented with the distinguished award on March 10. Kudos, Dr. Cortopassi!



Feig elected as chair of subboard of pediatric nephrology



Daniel Feig, MD, PhD, FAAP

Daniel Feig, MD, PhD, FAAP, pediatric nephrologist at the University of Alabama at Birmingham, has been elected Pediatric Nephrology Subboard Chair of the American Board of Pediatrics. Dr. Feig will serve in this role from January 2018 - December 2019, and will serve as immediate past chair from January 2020 - December 2021. Congratulations, Dr. Feig!



Simpson receives AMWA Exceptional Mentor Award



Tina Simpson, MD, MPH, FAAP

Tina Simpson, MD, FAAP, associate professor in the UAB Department of Pediatrics, recently received the American Medical Women's Association (AMWA) 2017 Exceptional Mentor Award. The award celebrates those who have made an impact on the lives of medical students and physicians in training, going above and beyond what is required, and actively reaching out to those around them to help

guide students in their career paths.

"Over the years, I have had such influential mentors and take great pleasure in being able to provide similar encouragement and support to students and trainees," Simpson said.

Dr. Simpson was presented with the award during the AMWA's 102nd Anniversary Meeting on April 1 in San Francisco, Calif. Kudos, Dr. Simpson!

On January 20, American Academy of Pediatrics President Fernando Stein, MD, FAAP, presented "The Contribution of the General Pediatrician to the Reduction of Mortality in ICU" at Grand Rounds at the University of South Alabama Department of Pediatrics, which was well-received by the entire faculty. Dr. Stein's visit included time for networking with Chapter President Cathy Wood, MD, FAAP, and Executive Director Linda Lee, APR.

CHAPTER BRIEFS

Ashworth honored by UAB as one of seven Outstanding Women



Carolyn Ashworth, MD, FAAP

Carolyn Ashworth, MD, FAAP, division director of General Pediatrics and Adolescent Medicine at UAB, was presented with the Becky Trigg Outstanding UAB Faculty Member honor as one of seven Outstanding Women at UAB during a special ceremony on March 23.

The UAB Commission on the Status of Women presents the awards annually during Women's History Month to honor women in the UAB and Birmingham communities who have mentored or served other women, taken a courageous stance or overcome adversity to achieve a goal.

Dr. Ashworth has facilitated success among her mostly female faculty by allowing flexibility in work schedules that respects the struggle of women who juggle professional and family responsibilities – even if she had to fill the gaps in clinical coverage. In turn, nominators say, the division has excelled locally, regionally and nationally because she has created a culture that enables them to function effectively and promotes career development and fulfillment.

When she arrived at UAB so many years ago, female leaders were rare in the division but today they are the rule rather than the exception. “What better service could one provide to other professional women?” one nominator asked rhetorically.

On a personal level, Ashworth is the first colleague to whom others turn when they face adversity because she allows them to “overcome their challenges with empathy informed by wisdom.

“So often, people view courage as a very public, loud activity. But Carolyn's courage is a quiet, consistent, persistent principled courage that drives meaningful and lasting change.”

Congratulations on this worthy honor, Dr. Ashworth!

Over the past year the Chapter leadership has visited several member pediatric practices across the state in an effort to hear what practices are facing, share information about the Chapter and encourage active involvement. On January 20, Chapter President Cathy Wood, MD, FAAP, and Executive Director Linda Lee, APR, visited a number of pediatric practices in Mobile, and were most enriched by a visit with Don Palmer, MD, FAAP, former Chapter president, who is our most senior living member of the Chapter. Dr. Palmer resides at a retirement community in Fairhope and had many stories to tell of his long career as a pediatrician.



NEWS FROM PUBLIC HEALTH

Alabama Department of Public Health investigates mumps at the University of Alabama

In February, the Alabama Department of Public Health (ADPH) was notified by the University of Alabama (UA) Student Health Center that several students had been diagnosed with mumps. ADPH investigated these notifiable disease cases and is still working closely with UA to contact potentially exposed people.

“We are still in surveillance due to the incubation period of mumps; we had a couple of other cases of mumps in the Tuscaloosa community,” said Karen Landers, MD, FAAP, Assistant State Health Officer, ADPH.

While UA has a highly vaccinated population of students, mumps can still occur in vaccinated communities, particularly in close-contact settings such as schools, colleges and camps. However, high vaccination coverage helps to limit the size, duration and spread of mumps.

During this investigation, ADPH recommends that UA students, faculty and staff not vaccinated with two doses of measles, mumps, rubella vaccine (MMR), immediately receive a second MMR at the Student Health Center, their doctor, or health department. ADPH strongly recommends students who do not have any record of MMR and decline to be vaccinated should not attend class for 25 days after exposure to mumps.

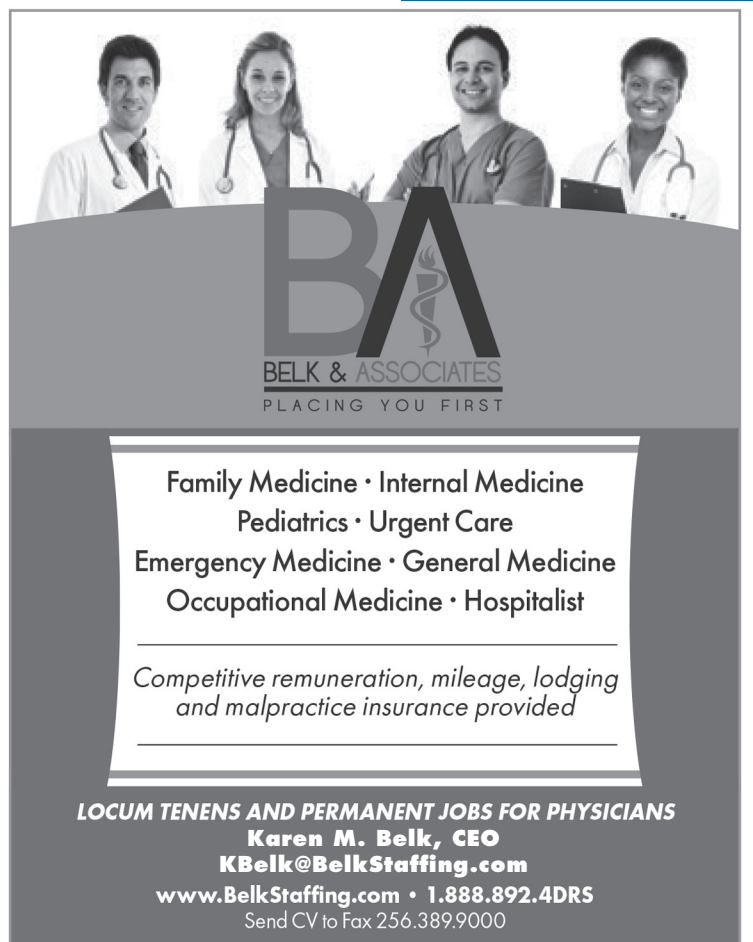
“The risk of mumps can be significantly reduced with two MMR vaccines,” Dr. Landers said.

Statistically, the number of mumps cases reported nationwide is low. Indeed, from January 1-28, 2017, 27 states reported just 495 mumps cases to the Centers for Disease Control and Prevention. In 2016, Alabama reported only one case of mumps.

“We understand that the Centers for Disease Control and Prevention is developing a mumps work group after the recent Advisory Committee on Immunization Practices meeting to look into the increase and recommendations regarding vaccine,” she said. “ACIP will probably advise on this in early 2018.”

Out of an abundance of caution, ADPH and UA have begun notifying the campus community about mumps, prevention tips, and vaccinations. For more information, visit adph.org/imm, cdc.gov/mumps or <https://www.ua.edu/campuslife/health/mumps>.

Stay updated on Zika and the ADPH:
<http://www.adph.org/mosquito/>



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