



Nebraska Psychiatrists Newsletter

3rd Quarter 2009

Letter from the NPS President

Michele Marsh, M.D.



I would like to take this opportunity to express a warm welcome to the Creighton/UNMC residents and fellows! We are pleased to introduce them to you over the course of the year in our newsletter.

As usual it will be a busy year for all of us. We have all been impacted by the myriad of forces affecting the practice of psychiatry and those under our care. The economy, budget, transparency, disclosure, parity are terms we have all become familiar with. Amid the controversy of health care reform, our state similar to others is responding to projected future costs of health care.

In April 2008 Governor Heineman approved Legislative Bill 830 which is now called the **Medicaid Prescription Drug Act**. The bill mandated the establishment of a "Preferred Drug List" designed to maximize both clinical and economic benefits of medications. Most classes of Behavioral health medications have been excluded from the bill i.e. antidepressant, antipsychotic and anticonvulsant medications; however the stimulant class was included. The bill mandated that a Pharmacy and Therapeutics committee be established with specific requirements for membership. This committee acts in an advisory capacity to the Nebraska Department of Health and Human Services. Health and Human Services will have the preferred drug list on its web site and update changes as they are made. The bill also details under what circumstances a physician can prescribe a drug not on the preferred drug list and the process to request an exception. The website address is: www.nebraska.fhsc.com (click on the PDL tab.) This is where you will find the form for an exception request as well as the current drugs on the preferred lists per class of medications.

The Nebraska Pharmacists Association sponsors the DUR board. (Drug Use Review). This board is composed of 8 pharmacists, 5 physicians, 2 pharmacy students and members from Health and Human Services. One function of this board is to develop the clinical criteria for medications that require pre certification from the state. The address for this website is: www.durnebraska.org. These meetings are open to the public and meeting dates and times are available on their website. Your attendance at a DUR meeting would be welcomed.

The State Senator Breakfasts have begun. This is a great opportunity to begin dialogues about issues we feel are important. For a current schedule, visit www.omahamedical.com and click on "Legislative" in the left column. Breakfasts are held in the Omaha Medical Society Office at 7906 Davenport Street from 7-8 AM. I strongly encourage all of us to try to attend one or more.

Our quarterly meeting will be held October 20 at 6 PM at Spezia. We are fortunate to have Kerry Winterer as our guest speaker. He recently assumed the position of CEO of HHS. If you have any specific issues you would like addressed with him at our meeting please email them to Cindy.Hamilton@OmahaMedical.com. Hope to see you there!

Sincerely,
Michele Marsh, MD
President, NPS



NPS Quarterly Meeting

Tuesday, October 20th

Spezia
3125 S. 72nd St • Omaha, NE

6:00 pm – Cash Bar
6:30 pm – Business Meeting
7:00 pm – Dinner & Speaker

Featuring:
Kerry Winterer
CEO
Nebraska HHS



Meal Selections:
Heart of Angus Sirloin
Honey Pepper Salmon
Chicken Oscar
Salad available on request.

**We look forward to
seeing you there!**
**Please consider inviting
a colleague to come as well.**

RSVP by October 15th to
Lorraine at 393-1415 or
liseibel@omahamedical.com

Insurance Chair Report

The History of NPS

I had hoped this month's column would be one in which I could explore the pros and cons of Congress' health care reform legislation. As this is being written, the situation remains very fluid and no one knows what changes ultimately will be approved. Since it seemed pointless to comment on that much uncertainty, I decided to write on another topic.

For several years various members have asked me to write a history of the Nebraska Psychiatric Society and its predecessor organizations, since I have witnessed nearly all of that history. The Nebraska Psychiatric Society is a younger organization than you might think, having been organized under the name in 1979. Prior to that our district branch was called the Sioux Psychiatric Society. It originally included North Dakota, South Dakota and Nebraska. We were, however, always a Nebraska led organization headquartered in Omaha. This column will briefly summarize the history of the Sioux Psychiatric Society.

The Sioux Psychiatric Society was founded in 1964 through the leadership of Thadeous Krush, who, in addition to being our first president, was a very energetic and dynamic Clinical Director of Community Psychiatry at the Nebraska Psychiatric Institute. He flew his own plane, was well known throughout Nebraska and helped to set up the Community Mental Health Center in Scottsbluff. I did not meet him during my junior year psychiatry rotation in the Spring of 1965, but I heard many stories about him. Dr. Krush died of a heart attack later that

year and is the only district branch president I didn't know.

He was succeeded as president by Dr. Harry Henderson, (Bill's dad) who was in private practice and served from 1965-1966.

Dr. Frank Menolascino, of the Nebraska medical school faculty, was president starting in 1967.

He was succeeded by Dr. Charles Waite, Superintendent of the then Norfolk State Hospital in 1968. It was during his 1968-69 term and my second year of residency training that I joined the Psychiatric Society and the APA. That same year, North Dakota formed its own district branch and our district branch shrank to South Dakota and Nebraska.

Dr. Waite was succeeded in 1969 by Dr. John Baldwin who was in private practice in Lincoln and then by Beverley Mead from Creighton in the spring of 1970.

Dr. Robert Osborn became president in 1971. He had just spent several years as the Medical Services Director at the Department of Public Institutions in Lincoln where he reorganized the state hospitals under the current regional center system. An effort was made during those years to rotate the presidency from persons in academia to private practice to out-state which seemed to serve us well.

In 1971, a decision was made to shift to two-year presidential terms. Gene Waters, who was in private practice in Omaha served from 1971-1973.

Merrill Eaton, Department Chairman at UNMC and Director of NPI followed him from 1973-1975. Emmet Kenney, who was by then in private practice, served from 1975-1977. He appointed me chairman of our Continuing Education Committee in 1975.

During that time, Dr. George Bartholow replaced Dr. Robert Muffly as our assembly representative.

Norm West served as president from 1977-1979. He had just become director of the then relatively new Immanuel Mental Health Center.

Mable Kirsh, who had been Dr. Krush's secretary, served as our executive secretary until her retirement in the late 1970's. Dr. West then appointed his secretary, Margaret Walsh as our executive secretary and she served through the 1980's.

Simultaneously with the close of Dr. West's term and the beginning of Dr. Bill Bruns' term, South Dakota developed its own district branch. Dr. Bruns, therefore, became the first president of the Nebraska Psychiatric Society in 1979. (I was its fourth president in 1985-1987.)

As I looked through our newsletters from the late 1960's and through the 1970's and searched my own memory from those years, I recalled concerns about what a national health care system might be like if Teddy Kennedy were to become president in 1972, and how it might affect career choices. By 1975, the cost of health care had risen to an average of \$540 per person per year. Dr. Mead editorialized that something had to be done to control those costs. In 1979, we were concerned about efforts of the Nebraska Legislature to increase the number and types of persons being allowed to practice psychotherapy. Does any of this sound familiar?



John Donaldson, M.D.

John Donaldson, MD
Insurance Chair

2010 APA Election Candidates

The nominating committee selected the following candidates for the 2010 APA elections:

President-Elect:

Donna Norris, MD John Oldham, MD

Secretary:

Fred Gottlieb, MD Roger Peele, MD

Treasurer:

David Fassler, MD Paul Summergrad, MD

Area 3 Trustee:

Brian Crowley, MD John Urbaitis, MD

Area 6 Trustee:

Barton Blinder, MD Marc David Graff, MD

MITTE:

Sarah Johnson, MD Samir Sabbag, MD

To receive an electronic ballot,
sign up at www.psych.org
in the 2010 election section
before December 1st.

Assembly Representative Report

What does the APA do for me? That is often the question of whether to belong or not belong to the APA. Being a true believer in the need for the APA to be a voice for our medical specialty, I could answer "a lot." Take the passing of the House and Senate Parity bills this past year. The APA Department of Government Relations battled at least thirteen years to make this happen. Without an organized front, it would not have happened. What a provocative question. I pay my dues. I want them to do something for me.

I then realized that really that is a excellent question. Without the APA members, the APA does not exist. Individuals do make a difference. We speak our voice in the columns on The Psychiatric News, at the Assembly and through the elected members of the Board of Trustees. I feel privileged to be a representative to the APA for Nebraska, but I realized I do not always communicate back to the Nebraska members about the APA.

Many members, especially residents, may wonder what is an Assembly Representative and what is the Assembly. The following explanation is provided by the APA. The Assembly is a deliberative body that advises the APA via the Board of Trustees. It represents the individual

members of the Association and acts for them in the affairs of the Association by means of the District Branch representatives. The Bylaws of the Association were amended in 1952 to create the Assembly of District Branches, which is commonly known as the Assembly. This allowed for representatives members of local/state psychiatric societies to meet and influence the direction of the national organization. The Assembly meets twice yearly, in Washington, DC each November and each May just before the APA Annual Meeting.

I will be attending the November Assembly Meeting in Washington D.C. I will be emailing out a list of the Action Papers to be voted upon for your review and input.

To answer the question of what the APA does for you. Let me start with saying FREE CME. The APA provides practice guidelines and informational learning sessions for free. Here is the link to the CME portion of the website. <http://archive.psych.org/cme/apacme>. Additionally, is our Green Journal, Psychiatric Times, and Psychiatric News.

Amy Schuett
APA Assembly Representative

Interested in Serving on the Nebraska Psychiatric Society Executive Committee?

The Nebraska Psychiatric Society has openings on the NPS Executive Committee.

If you are interested in serving, please contact Cindy Hamilton at 402-393-1415 or



I SHOULD HAVE BEEN CURED OF ALL MY FAULTY HUMAN TRAITS THREE BEST SELLERS AGO.

NEW FREE MEMBER BENEFIT FROM THE APA

APA members now have access to a new service. The Health Care Notification Network (HCNN) provides physicians and their staff with news about drug and medical device recalls and patient safety alerts.

Members can enroll at
www.hcnn.net

NPS MEETINGS

Oct. 20th	General Membership Mtg.	Spezia
Nov. 3rd	Executive Committee Mtg.	MOMS
Dec. 1st	Executive Committee Mtg.	MOMS
Jan. 5th	Executive Committee Mtg.	MOMS
Jan. 19th	Annual Meeting	TBD

Psychiatry Residents

Omar Abbasi

I was born and raised in Chicago. Other than my hometown, I've lived in the United Arab Emirates for three years, Atlanta for one year, and Detroit for a month. I have also traveled to Pakistan, Japan, Turkey, the UK, Switzerland, and Germany. My next stop will be Thailand.

I received my education in the basic sciences in U.A.E and performed my clinical clerkships in the U.S. I also helped create a tissue banking system data base for University of Chicago Hospitals' chest oncology department and helped interview patients for a Treatment Resistant Depression registry in a psychiatry clinic in Wheaton, IL. After residency, I am considering pursuing a fellowship in neuropsychiatry.

I enjoy playing video games, anime, watching movies, dabble in screen writing and have a pretty eclectic taste in music. I try to stay fit playing tennis and volleyball. I am also a bargain shopper and huge gadget geek. I enjoy observational humor and people who don't take themselves too seriously.

Sam Clinch

I am an Omaha native and graduate of the University of Nebraska—Lincoln. I graduated from Saint George's University and did most of my medical school rotations in New York City. I have traveled extensively including doing an elective in Prague in the Czech Republic. I am a big Huskers fan.

Umer Farooq

I was born, raised and attended medical school in Pakistan. I worked for a couple of years in the United Kingdom as a House Officer in Psychiatry. I am pleased to now be coming to the U.S. to be a part of the program that was my first choice.

I like to keep myself busy and enjoy playing squash and long drives (the maximum I have traveled is 60 hours on a Greyhound from New York to Texas — and the scary part is I enjoyed it). I have now visited and enjoyed 13 different states. In addition, have worked for a musical band as a lyricist and also I have written a couple of theatrical plays, one of which won an award. I love watching movies.

Krishna Madabushi

I graduated from Rangaraya Medical School in India, did Psychiatry residencies in India and then in the U. K. where I obtained my MD in Psychiatry and MRC Psychiatry respectively. I currently work in Forensic Psychiatry in Birmingham, UK. I presented a dissertation on 'Association between life events and Acute Psychosis & Acute Myocardial Infarction' and am involved in research on 'Childhood trauma in forensic psychiatric patients'.

I am married and have one son, Raghavan, named in memory of my father. My wife, Rohini is an Ayurvedic doctor (Indian alternative medicine).

I enjoyed my time in London, visited Switzerland and am planning to go to Italy, Paris and some other places in Europe before moving to the U.S. My interests outside medicine include music and cricket. I enjoy South Indian Classical music and play a musical instrument called the 'Veena'. I follow and play Cricket.

Cythia Paul

I grew up in Lincoln and lived in Salt Lake City for 10 years. While in Salt Lake, I was a juvenile probation officer, community college teacher and attended law school. I was an accomplished glass bead/jewelry maker, selling in numerous galleries prior to attending medical school at Creighton beginning in 2004. I have been happily married to my husband for 15 years, and I have 2 sons aged 13 and 10. I enjoy spending time with my husband, attending all of my sons' activities (Sports, Speech, Music, Dance), gardening, cooking, and playing with my three dogs.

I am excited to be part of the Psychiatry program at Creighton/UNMC, and tentatively plan to practice Adult Psychiatry both inpatient and outpatient. Additionally, I hope to use my JD/MD degrees together and incorporate some forensic work in my future practice.

Harmit Singh

I am a Board certified Psychiatrist from India. I did three years residency training in psychiatry after medical school. My decision to join the residency program at

Creighton was based on my desire for professional enhancement and to expand my horizons in the field of psychiatry. I have worked in psych-oncology during my psychiatry training and intend to get involved in research in the future. Psychopharmacology and various forms of psychotherapies are also of interest.

Personally, I believe that not only is it important to love your profession but also love life as a whole. I am a fun loving guy with diverse interests including music, singing and dancing, cooking with my wife, and traveling to new places. I am also an avid cricket fan and a big movie buff.

Joel Strauch

I taught English in Korea for a year and also worked as a writer/editor for several video game magazines in California for four years before starting medical school. I have been married for nearly eleven years. My wife is currently an M1 at the University of Nebraska College of Medicine. I enjoy traveling, Husker football, and running. I try to find time to play video games several times a week (Halo PC is my current game of choice), and I love to golf whenever I get a chance (although I'm a much better gamer than a golfer!).

Angelo Zieno

I have lived most of my life in Bellevue and received my BS in Psychology at the University of Nebraska — Omaha and went on to pursue my masters degree in counseling at Bellevue University, concentrating on counseling theory and verbal therapy. After realizing I missed the psychopharmacological part of human behavior modification, I enrolled in the osteopathic medical school at Kansas City University of Medicine and Biosciences. I kept an open mind considering both Family Medicine and Psychiatry, but found that I enjoyed Psychiatry the most.

As for hobbies I enjoy spending time with family and watching old classic movies. I also have been working on a kid's adventure novel "The Adventures of Simon Spleen," unfortunately I have not had much time lately to work on it.