



# Nebraska Psychiatric Society

## Efficiency, Efficiency, Efficiency: A Thousand Times Efficiency

A recent article "The Physician Compensation Bubble is Looming" by Seger Morris and Heather Lusby (physicianleadrs.org) posits that the current levels of employed physician compensation are, in fact, heavily subsidized and vulnerable to "rebalancing" (bursting). The number of physicians in private practice has fallen to 17 percent, and when compared to private practice physicians employed physicians see 19 percent fewer patients. Lower productivity is not necessarily something employed physicians can control--studies estimate physicians spend over 50% of their time performing nonclinical tasks. And so the gap between what physicians can produce and their pay from employers continues to grow.

A point from the article that the APA and the NPS must take to heart is as follows:

*"Physicians must take action to separate themselves from their competition and protect their financial futures--and the time is now. While many organizations exist to serve the needs of physicians, they largely have failed to protect the financial futures of their members. Advocacy efforts by professional and subspecialty groups for decades have failed to reduce*

*administrative burdens that decrease productivity or to ensure reimbursement structures that protect physician compensation against the catastrophic risks of inflation and permit the benefits of supply and demand.*

*Now that most physicians are temporarily financial beneficiaries of the laws of supply and demand as employees of health care systems, they must join forces with organizations that now have a vested interest in protecting the fees generated by physician services to provide great strength in numbers and financial resources in advocating for real and sustainable improvement in these areas. The financial future of both physicians and hospital systems depend upon it."*

NPS wants to partner with all psychiatrists to make sure our profession is on stable economic footing. To that end we will need to work together in advocating for efficiency; push for doctors doing what only doctors can do, and pushing back against doctors doing things that don't require a medical degree. We must speak as one voice in advocating for psychiatrists to do what they are trained to do: care for patients. We welcome your ideas in how to bring the NPS voice to the table, provide you with resources to support your work,

and we encourage your participation in your NPS. For further reading on "Death By a Thousand Clicks" see <https://kbn.org/news/death-by-a-thousand-clicks/>



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Authors' opinions do not necessarily reflect the official opinion of the Nebraska Psychiatric Society.

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[nebraskapsych.org](http://nebraskapsych.org)

## Ethics & Legislative Updates

The 2019 Nebraska Unicameral convened on January 9, with 13 new senators and a record high of 14 female senators. Bills were introduced through January 23, and the legislative session is expected to conclude on June 9.

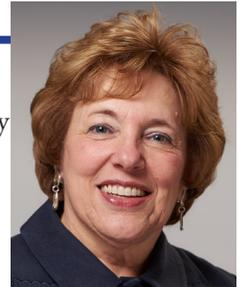
I have worked in conjunction with the Regional Council of Child and Adolescent Psychiatry (ROCAP), the Nebraska Medical Association and the Nebraska Association of Behavioral Health Organizations (NABHO) to review bills and provide testimony. The NPS Executive Committee provides guidance and votes whether to support, maintain a neutral position or oppose the key bills which are of interest to our profession and our patients. While there was a bill written to extend psychologists' scope of practice to include prescribing of psychotropic medications, the senator identified by the psychologists declined to introduce the bill. We have appreciated the ongoing lobbying assistance of Korby Gilbertson of Radcliffe and Associates.

We wrote in support of LB140 which would bar minors under the age of 18 from

using commercial tanning equipment, even if they had parental permission. LB247, the Advance Mental Health Directives Act, contained some inconsistencies and raised other issues which weren't adequately addressed, so we sent a neutral letter articulating our concerns with the bill as written. We opposed LB378 which would remove the current requirement that motorcyclists age 21 and older wear helmets, even though the bill would require protective eye wear. I testified in support of an amended LB554, which would protect antidepressants, antipsychotics and anticonvulsants from being included on the Nebraska Medicaid Preferred Drug List (PDL). The bill addresses generic medications and preserves a prescriber's right to indicate Dispense as Written. We will oppose LB245, which is the opposite of LB554 in that it would remove the three classes of medications from the PDL. LB327, addressing rate increases for behavioral health services, will be supported. And NPS joined our physician colleagues in standing with ophthalmologists in opposing LB528; this bill would allow optometrists to perform

lasik surgery and prescribe virtually any medication for any condition.

Property tax relief, possible increases in sales taxes and how to fund K-12 education equitably are areas of considerable debate, as are Corrections reforms, University of Nebraska funding and outlawing discrimination based on sexual orientation.



**Beth Ann Brooks, M.D.**

### Ethics Update

There have been no new ethics complaints, but I continue as a consultant to the APA Ethics Committee. We have been reviewing several Ethics Opinions each week and editing or deleting them in order to maintain a contemporary library of opinions for members' use.

Respectfully submitted,

**Beth Ann Brooks, M.D., M.S.A.**  
Ethics and Legislative Chair

## UNMC & Creighton Psychiatry News

**ACGME Approves New UNMC Psychiatry Residency Program.** On February 18, 2019, the Accreditation Council for Graduate Medical Education (ACGME) approved the UNMC Department of Psychiatry's application to begin a psychiatry residency program. The psychiatry residents will join the department in July 2020. Since 1987, UNMC and CUMC have had a combined residency program. The new program will start in July 2020 and recruitment of new residents will begin fall of 2019. Dr. Daniel Gih serves as the new residency program director and Dr. Jeanna Benton as the associate program director.

**ACGME Approves New UNMC Addictions Fellowship.** UNMC is now accepting applications (due April 15, 2019) for one of only a few addiction medicine fellowships in the Midwest. Applicants can come from any medical specialty to participate in this one-year program.

**Hello? Hello? ECHO!** Join providers across the state in discussing cases and adding to the information related to substance use disorders, with free SUD CME credit to boot. From the comfort of your office, home or parked vehicle, you can participate in a virtual interdisciplinary case conference for a delightful hour of collegial interaction.

Say as little (lurker!) or as much as you like. Check it out at: <https://www.unmc.edu/bhecn/education/project-echo.html>

**Dr Howard Liu Named Permanent Chair at UNMC.** The announcement was made on January 22nd, 2019 by Dr. Bradley Britigan, Dean of the UNMC College of Medicine. Dr. Liu had served as the interim Chair of the Department of Psychiatry for 11 months prior to his appointment. Dr. Liu is a Child and Adolescent Psychiatrist, and will be the sixth chair of psychiatry at UNMC. In accepting the position Dr. Liu is stepping down from his role as the director of Behavioral Health

## UNMC & Creighton Psychiatry News continued

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Education Center Nebraska (BHECN). Dr. Marley Doyle has been appointed as the new director of BHECN.

**Senior year class of Adult Psychiatry Residents and Child and Adolescent Psychiatry Fellows Prepare to Graduate.** Many are choosing to practice in the Nebraska: Dr. Steven Ayers, Dr. Andrew Baumgartner, Dr. Melissa

O'Dell, Dr. Dana Raml and Dr. Mark Thomsen have accepted positions with UNMC. Dr. Spencer Gallner will be joining a private practice in Omaha, NE. Child and Adolescent Psychiatry fellows Dr. Heather Spain, and Dr. Nicolas Basalay have accepted positions with Boys Town while Dr. Crystal Reyelts will be joining Catholic Health Initiatives (CHI).

*Contributions from Juvet Che, MD  
Nebraska Psychiatry Society Resident Representative*

## Upcoming Events - 2019

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### Music, Medicine, & Mental Health with Dr. Richard Kogan

Tuesday, March 26th

*Reception - 6:00 PM*

*Lecture-Recital - 7:00 PM*

UNO Strauss Permorning Arts Center (6305 University Dr. N)

Register to attend:

*omahamedical.com/events*

### 2019 Annual Meeting

May 8-22

San Francisco, CA

### 2019 IPS Conference

October 4-7

Chicago, IL

### 2019 AACAP Annual Mtg

October 14-19

Chicago, IL

### APA Assembly Meeting

November 15-17

Washington, DC

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## 2019 NPS Executive Committee Official Ballot

The Nebraska Psychiatric Society Executive Board would like to have your vote for:

(Vote for one candidate for each position.)

### Assembly Representative

Sarit Hovav, M.D.

Other: \_\_\_\_\_

**Return by fax to 402-393-7391 or email to Carol Wang at [cwang@omahamedical.com](mailto:cwang@omahamedical.com) no later than April 15, 2019**

**Or cast your vote online at [www.nebraskapsych.org](http://www.nebraskapsych.org) under "Resources"**

Questions, call 402-393-1415

## NeHII and the Nebraska PDMP

Nebraska Is Number One!....For our Health Information Exchange and PDMP. Nebraska has the best--the very best--health information exchange in the country. Our PDMP holds all your patient's prescriptions, from cash pay to mail order, making it a great way to

reconcile medication lists and get a true picture of what your patients are actually filling. Once registered as a physician you can designate others to look up your patients. Tools include graphic representations of total morphine

equivalents and controlled substances. The PDMP can also serve as a backup source of information when your own EMR goes down. It's the best and it's free. Sign up today at <https://nehii.org/>

## Winter Membership Meeting

NPS members gathered February 13 at the MOMS conference room for a presentation by former State Senator Merv Riepe entitled "How to be an Effective Policy Advocate". Members

learned how the Nebraska legislative process works, how bills are written, advanced (or killed) and made into law. Senator Riepe also offered valuable tips on effective lobbying and effective

testimony at legislative hearings. Our thanks to Senator Riepe for an informative evening.

## Dr. O'Dell Reports from APA Federal Advocacy Conference

On March 12th, over a hundred psychiatrists descended on Capitol Hill as part of APA's first federal advocacy conference in four years. APA members from across the country brushed up on advocacy skills while learning about the APA's legislative priorities for the 116th Congress. Attendees prepared for meetings with legislators by participating in workshops led by APA government relations staff.

I proudly represented NPS at the "fly-in" and met with legislative aids for the offices of Senator Ben Sasse (R), Senator Deb Fischer (R), and Rep. Don Bacon (R). I had the pleasure of advocating alongside Dr. Bruce Schwartz, President-Elect of APA, and Craig Obey, Chief of Government Relations for APA, who both attended my meeting with Senator Sasse's office. As Dr. Schwartz explained to the Senator's legislative aid, the The Mental Health Parity and Addiction Equity Act (MHPAEA) of 2008 has been largely unenforced since the passage of the legislation. Prior authorizations are still required much more frequently in the treatment of mental health and substance use disorders than in other medical conditions,

impeding access to needed treatment; "phantom networks" of mental health providers represent a facade of access to care for insurance companies who, in fact, cannot retain psychiatrists in-network due to inadequate reimbursement rates. There is no mechanism in place to challenge these and other inequities, as commercial insurers are not currently required to demonstrate parity between mental health and other plan benefits. The APA is working with Senator Chris Murphy (D-CT) to develop legislation which would require plans to perform comparative analyses of mental health vs. medical benefits and disclose the results to the Secretary of Labor or Health and Human Services in the event of complaints related to the plan. [Editors Note: All Nebraska Medicaid health plans have been reviewed for parity compliance with NE DHHS.]

APA members also advocated for increased funding for the Community Mental Health Services Block Grant to enable states to enhance mental health crisis services. Lawmakers were also urged to pass the Resident Physician Shortage Act of 2019 (S. 348) to increase the number of residency

slots funded by 3,000 each year for five years, dedicate half of those slots to train residents in a shortage specialty residency program, and study strategies to increase the number of health professionals from rural, lower income, and underrepresented minority communities.

For any NPS members considering advocacy work, I encourage you to start today! Write your state senator, call your Congressperson's office, testify at a committee hearing at the unicameral. If there is a policy issue you are passionate about, amplify your voice by raising it with NPS. Health care policy that impacts our patients and our practices is being made at the local, state, and national level all the time, and can only be as good as the input that policymakers receive from subject matter experts.

Find your representatives here: <https://www.commoncause.org/nebraska/>



**Melissa O'Dell, M.D.**

## Match Day 2019

March 15, 2019 was an exciting day for senior medical students when they learned where they will be going for residency training. At UNMC, five students will go to some of the top psychiatry programs in the country:

- Allie Burt, Creighton University Affiliated Hospitals, Omaha NE
- Andrew Reuss, Creighton University Affiliated Hospitals, Omaha NE
- Ian Parsley, Barnes-Jewish Hospital, St. Louis MO
- Jacob Franklin, University of Michigan Hospitals, Ann Arbor MI

At Creighton, ten students are going into Psychiatry:

- Emily Hochstetler, Creighton University Affiliated Hospitals, Omaha NE

- Cycle Johnson, Creighton University Affiliated Hospitals, Omaha NE
- Lark Meiners, Creighton University Affiliated Hospitals, Omaha NE
- Alex Seger, Creighton University Affiliated Hospitals
- Shannon McGuire, Washington University in St. Louis
- Madeline Nykamp, Washington University in St. Louis
- Karen Dionesotes, Johns Hopkins Medicine
- Sarah Sanders, Harvard Medical School
- Haley Euting, Boston University Medical Center
- Ted Bosi, University of Florida College of Medicine

The Creighton University Psychiatry Residency Program had a 100% match into their nine first-year positions and are pleased to welcome Allie Burt, UNMC; Andrew Reuss, UNMC; Cyle Johnson, CU; Lark Meiners, CU; Alex Seger, CU; Emily Hochstetler, CU; Rachel Carpenter, University of Oklahoma; Sam Warn, Oregon Health & Sciences; and Nicholas Williams, Touro College of Osteopathic, California.

On a national level, 18 slots for psychiatry went unmatched, then later filled. Of the 1740 residency slots available, 1054 were filled by US allopathic medical school graduates, at a rate of six percent of US allopathic graduates choosing to go into psychiatry.



Alexandra Burt, MD  
University of Nebraska  
Medical Center



Rachel Carpenter, MD  
University of Oklahoma  
College of Medicine



Emily Hochstetler, MD  
Creighton University School  
of Medicine



Cyle Johnson, MD  
Creighton University School  
of Medicine



Lark Meiners, MD  
Creighton University School  
of Medicine



Andrew Reuss, MD  
University of Nebraska  
medical Center



Alexander Seger, MD  
Creighton University  
School of Medicine



Samuel Warn, MD  
Oregon Health & Science  
University School of Medicine



Nicholas Williams, DO  
Touro University College of  
Osteopathic Medicine  
California