

Community Medicine Newsletter



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Featured

Feature Community Medicine Physician:



Thomas W. Barber, MD

We reached out to Commonwealth Community Care's Associate Medical Director, Dr. Barber, to ask a few questions:

Q. How did you get involved with Commonwealth Community Care (CCC)?

A. I have known Bob Master, MD, the founder of the CCC practice (formerly known as Boston Community Medical Group) for more than 25 years,

Dec 14, 2016 (Vol. 4, ed. 3)

Director's Notes

Substance Use Disorders and Stigma

Since September of 2015, I've led a Substance Use Disorder and Chronic Pain program at Mattapan Community Health Center. Our team provides buprenorphine and naltrexone induction and maintenance in conjunction with group medication management/counseling visits for patients with opioid and other substance use disorders. Our weekly group provides positive support to our patients and enables them to share about their efforts and stressors from staying sober. Our aim is to provide a supportive, non-judgmental, and safe environment using a harm-reduction approach focused on reinforcing any and all positive behaviors. Sobriety is not required, only reasonable efforts towards that goal.

Our patients are challenged less by their disease and more by the stress, anxiety, frustration, and despair they experience in sobriety. Harassed, discriminated, and stigmatized by the courts, police, employers, friends, family, active drug users, old drug dealers and even themselves - our patients rarely get a break or the benefit of the doubt.

Sometimes, the language of clinicians unwittingly stigmatizes them. Our Team members regularly catch (and work to correct) ourselves describing our patients or their urine drug tests as "clean" or "dirty." Even the word addiction is fraught, I avoid it and instead use the DSM-IV term "Use Disorder" to describe the disease without innuendo.

When applying for jobs, it is common for our patients to face rejection or retracted offers because of this disease. The police have taunted one of our patients; having confiscated his prescription, two officers refused to return it, laughing in his face, and telling him "too bad, you'll just have to go get high until your doc writes you a new script." One patient related that after a volatile argument with her sister, that sister then ran out to the front of their house and screamed to the neighborhood that our patient was a "worthless drug addict." Another patient, traumatized by 5 years in solitary confinement while incarcerated, continues to suffer from the sequelae of that torture.

Substance Use Disorder can lead to individuals to engage in behaviors that often leave them ill-suited to engage in the larger society. Then, despite productive engagement in treatment, patients often continue to be stigmatized by assumptions that their past actions and behaviors could continue.

As healthcare providers, we are privileged to intimately

and have always had great admiration for the work that he and his colleagues have done to support the health, welfare and independence of persons with major disabilities. I approached Bob a couple of years ago to explore possibly working with his practice, and walked away 45 minutes later with a job offer. I now work half-time at CCC as a clinician and Associate Medical Director.

Q. What has surprised you the most about working at CCC?

A. Anyone who has done home care understands how profound the experience of caring for people on their home turf can be, for the patient, the family and the caregivers. But this has been a recurring revelation to me. For example, I referred one of my long term BMC primary care patients, disabled with mental illness, super-morbid obesity, severe osteoarthritis and chronic oxygen and steroid dependent lung disease, to CCC. At my first home visit, I learned within 5 minutes that she lived on a 4th floor walk up, pulled herself up the stairs with a rope and had a 75 yard extension tubing for her oxygen, had boxes from floor to ceiling throughout her apartment, had a dog she had to walk twice per day, has an ironic sense of humor, has an ethnic heritage and linguistic background that I never knew about... it was like being in the Wizard of Oz movie when the film goes from black and white to glorious Technicolor.

Q. What do you wish other people knew about CCC?

A. The practice cares for disabled people dually eligible under Medicare and Medicaid, and spans Massachusetts from the Cape Cod Canal to the Berkshires. We have offices in Boston, Lawrence, Framingham

know that all humans make bad choices at various points in their lives. In the case of substance use disorders, I think it is fair to ask "What good comes from continued stigmatization and marginalization of these people, especially when in treatment? How does this help them or society?" Moreover, for our patients with Substance Use Disorder, given the enormous challenges they face, one way we can support and advocate for them as they recover is to choose language carefully and to treat them with respect, not judgment.



Warm Regards,
Christopher W. Shanahan, MD MPH FACP
Director, Community Medicine Unit

Network News

The MA Prescription Monitoring Program (MA PMP) is launching a new online PMP: the Massachusetts Prescription Awareness Tool (MassPAT)

Online registration for MassPAT began July 14th & the database has been open for prescription data searches since August 22nd, 2016.

1. Create an Account:

a. Register for MassPAT today!

b. Follow this [link](#) to access MassPAT: "Create an Account" to begin your registration.

Please complete the registration process in one sitting. Before beginning the registration process, please be sure to have the following information available:

* Federal Drug Enforcement Administration (DEA) Number.

* Professional License or Board Number. Please enter the prefix before the number if applicable (i.e. RN1234).

* Massachusetts Controlled Substance Registration (MCSR) Number. Please enter your MCSR# in the "Controlled Substance ID" field.

2. Enter Username:

Create an account by entering your professional email address as your username. The email address you choose for your username will be used by the PMP for communication purposes and to link with the delegate, resident, and intern account(s) that you approve. If you do not have a professional email address, please use an email address you use frequently.

3. Authenticate your Username:

You will receive an email asking you to authenticate your email address/username. Don't forget to check your spam box!

and Springfield. Much of the care is provided by NPs and PAs, along with a robust team of RNs, LPNs, social workers, rehab therapists, housing specialists, health outreach workers and administrators. The mission of the practice is to provide the ultimate safety net to the most vulnerable eligible patients who have difficulty getting care in more traditional models. The care is paid for in a capitated formula negotiated with the payers, and as such is a model for other practices working towards this goal.

Q. What do you think you'd like to see change (if anything) at CCC, over the next 5 years?

A. I would like to expand the eligibility to patients with more diverse insurance plans -- it is difficult to reject people who are insured by non-governmental plans but who would benefit from the CCC programs.

Q. How do others describe you?

A. Not sure. Ask them. I've been around a long time and have worked in clinical care, medical education, hospital administration, and briefly as an infectious diseases clinician and researcher. At my core, I'm a clinician.

Q. What is something someone might be surprised to know about you?

A. I have a son named Marco who is applying to medical school now (including BU), spending this year working on special clinical projects at CCC (a little nepotism?), as well as working as a food runner at Bar Mezzana in the South End and as a lobster fisherman.

Thanks for sharing, Dr. Barber!

4. "Pended" Registration:

If any of the credentials you entered do not match what is on file, your account will be pended.

5. "Rejected" Registration:

a. You will receive an email if your registration is rejected. Your account may be rejected if required credentials are missing or incorrect.

b. If you receive a rejection email, please follow the instructions to start the account creation process over (Step 1 above).

6. Accessing MassPAT:

Once your registration is approved, you will have access to your MassPAT dashboard.

Notice to all Prescribers - Effective October 15, 2016, you will be required to check MassPAT each time you prescribe a Schedule II-III opioid and when prescribing a benzodiazepine or DPH designated Schedule IV-VI for the first time.

Delegates & Residents will not be able to create an account until you, the primary account holder, have created an account.

For more information, including tutorial videos, please visit the [PMP website](#).

If you have any questions, please contact the helpdesk (available 24/7): 1-855-562-4767.

Community Medicine Travel Scholarship Program

The Community Medicine Unit (CMU) is excited to start receiving submissions to its 2nd annual Community Medicine Travel Scholarship Program. The CMU will sponsor awards to support travel expenses associated with travel to the next annual national meeting of the Society of General Internal Medicine for up to 3 BMC-Affiliated Community Physicians who have accepted workshops, abstracts or posters for the meeting. Click [here](#) for more information about next year's SGIM meeting (Apr 19-22nd, 2017).

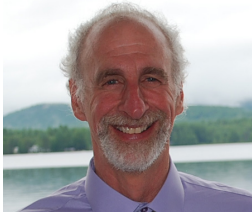
If you have an accepted abstract for the next National SGIM meeting, please consider throwing your hat in for this scholarship! If you are interested in submitting to the scientific meeting but feel you might need some help getting started or figuring out the process, send an email to [Dr. Shanahan](#) who would be happy to highlight available resources.

Submissions are due no later than March 1st, 2017.

BMC's Mandatory Compliance Training

All employees should have received an emailed link to the mandatory compliance training. By taking the training, you can help create a culture that allows us to provide exceptional care with honesty and integrity. For more

Clinician's Corner by Geoffrey Modest, MD



Dr. Geoffrey Modest
Upham's Corner Health Center

Colonoscopy

In patients 75-79 yo, screening colonoscopy offers little to no significant decrease in diagnosis or real morbidity and mortality benefit for Colorectal Cancer despite nearly double adverse events.

[Click for full article](#)

NSAID

A recent large case-control study confirms significant risk of heart failure with the use of NSAIDs and that some NSAIDs are riskier than others.

[Click for full article](#)

Treating Hypertension in Elderly

A study of older community-dwelling high-risk hypertensive patients examines complex relationship between their achieved blood pressure and cardiovascular outcomes.

[Click for full article](#)

View from the Community

"Burnout: How Are You Avoiding It?"

We will post your thoughts in our next newsletter.

If you have something you would like to share, please

information or if you didn't receive the email, contact compliancehelp@bmc.org.

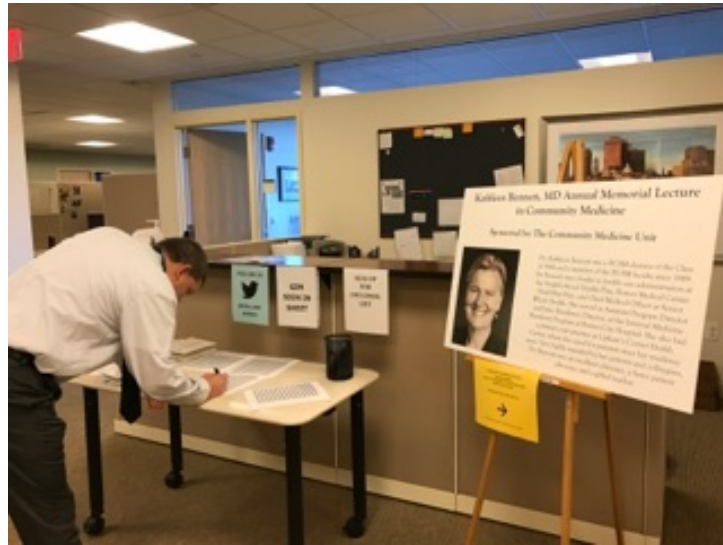
BUMC & GIM Updates

Fourth Annual Kathy Bennett Memorial Lecture in Community Medicine Grand Rounds Huge Success

We are very pleased to report that the 4th annual Kathy Bennett Memorial Lecture, held Weds, Oct 5th, 2016, was a stimulating and well-attended event! Dr. Sandro Galea, the Dean of BUSPH, gave a wonderful lecture on trauma: its origins and its powerful impact on public health and primary care.



email [Deana Barakat](#) your opened piece.



from left to right: CMU Director, Christopher Shanahan, MD, MPH; Dean, BUSPH, Sandro Galea, MD, DrPH; GIM Section Chief, Jeffrey Samet, MD, MA, MPH

Social Networking Resources in BU Profiles

Use Social Media Applications to communicate the findings and implications of medical / scientific research. Don't wait for your latest paper to be read by your peers, instead tell others about it in your own words by using tools that provide a quick and easy way to share your unique knowledge, expertise and perspective with your colleagues and the public.

BU Profiles provides three Social Media Apps: Twitter, Slide Share & YouTube. These apps enable you to share your professional output, expertise, ideas, thoughts and perspective with a larger and more diverse audience. Social Media Apps can enhance the speed and efficiency of the scientific translation process and optimize dissemination of new knowledge, expertise and know-how. They make it easier for potential academic or industry collaborators as well as students and trainees to find and contact you after learning about your interests, expertise and contributions to science.

For more information, please check out [BU Profiles - What's New](#).

BU School of Public Health - Dean's Seminar Series

[Dr. Sandro Galea](#), the new Dean at the BU School of Public Health recently started an exemplary seminar series that is thoughtful, cutting-edge and relevant to Boston Medical Center and surrounding Community Health Centers. For the complete series list, updated regularly, you can check the [seminar website](#) (which includes live streaming content). For upcoming events, check the Education Corner of each newsletter. Highly recommended!

Education Corner

Upcoming GIM & DOM Grand Rounds and Ambulatory Rounds

GIM Grand Rounds (CME)

Weds, Jan 25th @ 8AM-801 Mass Ave, 2nd flr, Rm 2127
"Anxiety (and What Sounds Like It)" - presented by [Pedro Fernandez, MD](#)

Weds, Feb 1st @ 8AM-801 Mass Ave, 2nd flr, Rm 2127
"Peripheral Vascular Disease" - presented by [Robert T. Eberhardt, MD](#)

Weds, Feb 8th @ 8AM-801 Mass Ave, 2nd flr, Rm 2127
"Gout" - presented by [Eugene Kissin, MD](#)

Weds, Feb 15th @ 8AM-801 Mass Ave, 2nd flr, Rm 2127
"PreP" - presented by [Meg Sullivan, MD](#)

Weds, Feb 22nd @ 8AM-801 Mass Ave, 2nd flr, Rm 2127
"Disorders of Taste and Smell" - presented by [Christopher Brook, MD](#)

GIM M & M Rounds (CME)

Weds, Dec 21st @ 8AM-801 Mass Ave, 2nd flr, Rm 2127
"TBD" - presented by [Julie Crosson, MD](#)

Weds, Jan 18th @ 8AM-801 Mass Ave, 2nd flr, Rm 2127
"TBD" - presented by [Julie Crosson, MD](#)

DOM Grand Rounds (CME)

Fri, Dec 16th @12PM-72 E. Concord St, Keefer Auditor.
"TBD" - presented by TBD

Fri, Jan 6th @12PM-72 E. Concord St, Keefer Auditor.
"TBD" - presented by TBD

Fri, Jan 13th @12PM-72 E. Concord St, Keefer Auditor.
"TBD" - presented by TBD

Fri, Jan 20th @12PM-72 E. Concord St, Keefer Auditor.
"TBD" - presented by TBD

Fri, Jan 27th @12PM-72 E. Concord St, Keefer Auditor.
"TBD" - presented by TBD

Fri, Feb 3rd @12PM-72 E. Concord St, Keefer Auditor.
"TBD" - presented by TBD

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