

Nebraska Psychiatry

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Quality: When 90792 Can Be the Good, the Bad or the Ugly

Today when CPT code 90792 reaches an insurance company, it arrives with little information to tell—a particle of data tells no story in and of itself. Alone, it represents a service rendered and a claim to be paid. And today it will be paid, no questions asked, whether the story behind that CPT code is good, bad or ugly; whether the clinician billing that code was remarkably professional, competent, and delivering quality care, or horribly unprofessional, hazardous, and driven by avarice.

Yes, it all pays the same. But not for long.

All CPT codes including 90792's are being collected by the payers of the claims, then placed in databases—and those databases link to other databases, and those link to even more databases. And all that mega-data is being merged and mined together with the goal of making that single little 90792 start to tell a much bigger story: the tale of quality.

Health care in Nebraska is moving in an inexorable, tectonic shift towards payment for performance. While we may not see it or feel it in our Accounts Receivable, it is just around the corner. As

you read this the payers of us all—be they government or commercial insurance plans—are tracking our claims, measuring our patient's costs, and starting to categorize us in tiers based on the quality of our care and our outcomes. Next, of course, will come payments adjusted—up and down—based on those numbers.

This is not a warning—it is a call to action. Now more than ever it is critical for us all to join and speak as a single voice: to call out for quality measures that are meaningful to our Nebraska patients and clinicians. It is time for us to gather in support of each other; to craft strategies to improve affordability and overall mental health for Nebraskans. To communicate in a clear, unified voice to legislatures, government agencies, fellow physician colleagues and our national teams in the APA. Now is the moment to shift our frustration with regulation and oversight, and focus that energy in creating the future of psychiatry in Nebraska.

NPS thanks you for your current participation in NPS, and asks that you consider shifting your efforts into a higher gear. The time is nigh when that single

90792 will be telling a much bigger story, identifying and separating the good, the bad and the ugly in medicine. Let's be ready.

With apologies to Sergio Leone.

For more on quality measures in psychiatry, see the APA website at <https://www.psychiatry.org/psychiatrists/practice/quality-improvement>



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Kayla Pope MD to Fill New Executive Committee Position of Resident Program Chair

Kayla Pope MD, current interim chair of the Creighton Department of Psychiatry and head of the Creighton-UNMC Residency Program, is now the Resident Program Chair for NPS. The Resident Program Chair position was created by NPS President Cynthia

Paul in order to reinforce and further develop academic ties between NPS and the residency program. Dr Pope will be advising NPS on resident education, recruitment, and policy. Welcome Dr. Pope!

Legislative & Ethics Update

Legislative

The recently-ended 2018 Legislative Session saw no additional cuts to behavioral health rates across agencies in state government. LB 998, which supported a network through Educational Service Units to coordinate mental health services for children and youth in Nebraska's public school system, passed the legislature but was vetoed by the Governor. LB 1034 passed as a large Health and Human Services bill incorporating several other pieces of legislation; this included combined licensure for substance use treatment centers and mental health facilities, changing the definition of substance use disorders, reducing the requirement for licensure of physician graduates of international medical schools from three to two years, as well as adopting the Psychology Interjurisdictional Compact which would permit practice across state lines for professional services allowed in the receiving state. The Uniform Credentialing Act was amended to provide clarity that current telehealth practices establish a physician-patient relationship through telehealth without the requirement of an initial face-to-face visit. Instruction and teacher education are now required regarding dyslexia; minors who are at least 16 years of age can apply for emancipation with the court required to consider specific issues including best interest, maturity and financial sustainability; and the age for consent to mental health services without the consent of a parent or guardian was lowered from age 19 to 18. LB 841 became the vehicle for numerous corrections-related bills; it allows inmates to leave a facility to participate in substance use treatment, attend rehabilitative programming or seek employment, and requires the Corrections' medical director to establish a medication protocol to reduce use of opiates for soon-to-be-released inmates.

The state's mid-biennium \$8.8 billion budget saw several adjustments from the Governor's original proposal; the bill cut \$15 million more from planned spending and took \$100 million more from the cash reserve. Even though the session started with great talk of property tax relief, the legislature took no action.

Interim Studies were authorized for a variety of issues; those of most interest to NPS members include: reviewing issues

arising in the criminal justice system from the lack of mental health treatment, reviewing safety and security procedures at the Youth Rehabilitation Centers in Kearney and Geneva, and examining possible collaboration between DHHS and the Department of Education to address behavioral or mental health issues for Nebraska students.

Two major ballot initiatives had been anticipated for the November 6, 2018 General Election, but those backing a property tax petition chose not to proceed. The remaining ballot initiative with an organized campaign is the Medicaid Expansion ballot initiative. If this is successful, those individuals between 100-138% of the poverty limit will be eligible for Medicaid, and it will allow Nebraska to maximize Federal funding. Governor Ricketts is opposed to this ballot initiative. Petition drives are required to submit approximately 85,000 signatures (7% of registered voters) by July 5, 2018. In addition, signatures must be collected from 5% of the registered voters in 38 of the 93 Nebraska counties. There are often legal challenges with ballot initiatives after the signatures are collected, and any challenged initiative may result in not being on the actual ballot.

A Legislative Resolution appointing a special legislative committee to oversee licensed care facilities housing residents diagnosed with mental illness was approved by the legislature; the need for legislative oversight was evident after recent reports of the death of a resident at one of the facilities. There will be a report issued by December 15, 2018.

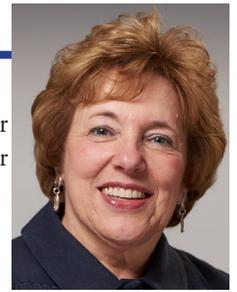
The 2019 Legislature will look very different from the legislature adjourned in April. Eight senators will be gone either because of term limits or their decision not to run for a second term; two additional senators will likely be elected to other offices, after which the Governor will appoint their replacements; and five incumbent senators face strong opponents in the November election. There is potential for nearly one-third of the legislative body to be new next year.

Ethics

Occasionally a Nebraska psychiatrist is the subject of adverse media attention. Such incidents may come to the attention of

NPS; if the psychiatrist is not a current member of NPS, then no further action can be taken. If the psychiatrist in question is an NPS member and there is suspicion an ethics violation may have occurred, then the NPS Ethics Committee can appoint an Investigative Officer to gather facts to determine if there is cause to proceed with an Ethics Hearing. Hearings must proceed according to American Psychiatric Association guidelines, and any subsequent ethics determination by NPS must be reviewed and approved by either the APA Ethics Committee chairperson or the APA Board of Trustees. If the APA disagrees with recommendations from a District Branch like NPS, then the APA's decision prevails. Ethics reviews often are complex and can require many months to reach final resolution. If the decision is for suspension or expulsion, then that action is reported in the NPS newsletter and the APA's Psychiatric News, as well as reported to the National Practitioner Data Bank.

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



Beth Ann Brooks, M.D.

Congratulations Dr. Qadri

At the APA Assembly in New York in May, NPS Assembly Representative Syed Faiz Qadri received the Assembly Resident-Fellow Member Mentor Award. Pictured with Dr Qadri are two of his mentees: Dr's Spencer Gallner and Stephen Marcoux.



Annual APA Assembly Report 2018

It was a great honor to represent the Nebraska Psychiatric Society at the Annual APA Assembly meeting in New York City, May 4 – 6, 2018. Following are highlights of the meeting:

- APA will celebrate its 175th anniversary in San Francisco in 2019.
- APA CEO and Medical Director, Dr. Saul Levine, recognized 200 psychiatrists (two of whom were female) who served in Vietnam. Dr. Livingston gave his life while serving.
- A Maintenance of Certification (MOC) pilot was introduced, which requires candidates to read 30 journal articles over a period of three years. Candidates will answer four out of five questions correct for each of the 30 articles.
- APA Foundation introduced Adopt-a-Book Program to support preservation of collection and digitalization of material, expansion of material and resources online, acquiring notable artifacts, documents, and rare books. Donors will be recognized in the APA's Annual Psychiatric News. Visit www.apafdn.org/library to learn more about this program
- Elections:
 - o Dr. Paul O'Leary, Speaker Elect
 - o Dr. Seeth Vivek, Recorder
 - o Dr. Patrice Harris will be the AMA President Elect for 2018-19

- Numbers:
 - o APA Annual Meeting revenue has increased; on the other hand, revenue for Psychiatric News has decreased.
 - o APA membership has increased.
- New Practice Guideline on Treatment of Alcohol Use Disorder. Visit <https://www.psychiatry.org/psychiatrists/practice/clinical-practice-guidelines> for more information
- Numerous action papers were discussed and voted on, highlights include position papers on Access to Care for Transgender and Gender Diverse Populations, and the approval of the application of the Association of Women Psychiatrists to become an Assembly Allied Organization/ Subspecialty. For details see the APA Action Item Tracker: <https://www.psychiatry.org/about-apa/meet-our-organization/assembly/action-paper-central>



Syed Faiz Qadri MD

NPS Spring Meeting Recap

On the warm Friday evening of April 27, 2018, NPS members gathered at Della Costa in Midtown Crossing for our Spring Membership Meeting. President Dr. Cynthia Paul kicked off the evening by announcing this year's election results: Jason Ourada will become the NPS Treasurer and Dr. Faiz Qadri will be our Assembly Representative to the APA.

Our keynote speaker for the evening was Pam Alfrey Hernandez, founder and president of The Right Reflection. Pam was the first woman in the C Suite at Woodman of the World and served as Executive Vice President and Chief Operating Officer for six years before launching her own coaching and leadership development firm. After introductions, Pam launched right into the subject of leadership in the health-care workplace.

While we dined on Mediterranean fare, we learned about The Leadership Circle, a 360-degree assessment tool designed to measure your current leadership skills and offer constructive suggestions for developing your leadership potential. We had a chance to work off some of dinner's calories by getting up and physically engaging on the room-sized floor mat illustrating the many facets of our reactive and creative tendencies. Our lively discussions highlighted the multitude of ways in which our leadership styles can vary depending on the particular situation and setting. We learned that even our most prized leadership attributes can also be deleterious if used in an inappropriate context. A key takeaway from the evening was the understanding that rather than a specific skillset, leadership is a way of being – one that can be consciously practiced and exemplified in pursuit of our professional and personal goals.

-Alëna Balasanova, M.D., FAPA



Join Us.
Summer Social Open House

Friday, October 12, 2018
5:30 - 8:30 PM
Home of Drs. Martin Wetzel & Sharon Hammer
(Address will be provided to those that register)

Beverages and dinner will be served.

Please RSVP by October 5 to Halie Smith at hsmith@omahamedical.com.

Graduation Destinations: 2018 Creighton-UNMC Psychiatry Residents

It has been a big year for the Creighton-UNMC Psychiatry Residency graduating class of 2018. Each of the newly minted psychiatrists discussed below has married or had a child, so it's debatable whether completing training is the most important event in their lives this year.

It might be appropriate to highlight how lucky the Omaha community is to have six (out of seven) new psychiatrists staying in town to practice at a time when many Omahans wait months to see a psychiatrist.

A graduation banquet was held the evening of June 8 at Creighton's Mike and Josie Harper Center, where several speakers made very clear (to anyone who didn't have to step out of the banquet hall to soothe a newborn baby) that these residents possess knowledge, skills, compassion, and dedication.

Dr. Molly Britton is the one (of seven graduates) that got away. With some trepidation she transferred to Creighton-UNMC as a PGY-2, when her husband matched into the UNMC Emergency Medicine residency. She admits she has grown to love Omaha more than she ever thought she would, but is heading back to Michigan where she and her husband will be closer to her newborn daughter's grandparents. Dr. Britton looks forward to the challenge of practicing consult-liaison psychiatry at Munson Hospital in Traverse City, Michigan. She knows she will miss the people she met here, but those who know her well suspect that living on a lake will be plenty consolation enough for her.

Dr. Tony Pesavento completed adult training as a PGY-5 this year, having entered child fellowship as a PGY-3. Dr. Pesavento has been a Creighton Bluejay since his high school years at Creighton Prep, so it was difficult for him to leave his Creighton family, but he is excited about his position at Children's Hospital. He will be doing a mixture of inpatient and outpatient C/L work and looks forward to treating medically ill children in a hospital setting.

Several graduating residents will stay with CHI, including **Dr. Joseph Kent**. Dr. Kent will be based at Immanuel, doing primarily outpatient work and ECT. He has discovered a passion and aptitude for working with transgender patients and plans to cater to this underserved group in his practice. While he is happy to be gaining full autonomy, he will miss many staff members he has come to rely on, including Angie and Celeste at UNMC.

Drs. Nargis Azizi and **Andrew Smith** are looking forward to continuing to work together at Lasting Hope Recovery Center at a very exciting time for Omaha's largest psychiatric hospital; the resident clinic is moving from its current home at 35th and Dodge to the LHRC campus this summer. Dr. Azizi has enjoyed caring for all kinds of patients at LHRC throughout training, and in particular looks forward to caring for peripartum women. Dr. Smith is an avid outdoorsman and will miss the "flexible" schedule of PGY-4 year, but relishes the

opportunity to care for patients autonomously.

Dr. Roberto Cervantes will be practicing a mixture of inpatient and outpatient psychiatry at Immanuel. He will incorporate ECT into his practice as well.

Dr. Cervantes will miss his co-residents, but quips that he is so grateful to have finally reached the "light at the end of the tunnel" that he named his new daughter Lucia, meaning "light". Dr. Cervantes has a strengths-based approach to patient care and especially delights in helping patients harness their spiritual beliefs and faith communities in service of their recovery.

Dr. Stephanie Sutton is excited to be staying at Creighton, although in a new setting outside of the residency program. She has always enjoyed treating young adults, so her position at Creighton University Student Health Center is a natural fit. She has a particular avidity for preventative psychiatry, as demonstrated by her dedication in counseling patients about diet, exercise, and other lifestyle issues.

-Melissa O'Dell, M.D.

Editor's Note: It is with a heavy pen we say goodbye to Melissa O'Dell's service to our newsletter, and our Executive Committee. Dr. O'Dell has been a stalwart through her term of service, making meetings and meeting deadlines come what may, including babies! Thank you, Melissa—you will be greatly missed.

What's New at the APA

Long-time APA Member Patrice Harris, M.D. was elected President-elect of the American Medical Association (AMA). Harris has served on the AMA's Board of Trustees since 2011 and served as Chair of the board in 2016-2017. She is also chair of the AMA's Opioid Task Force. You can read more about Dr. Harris' election win here.

PA Annual Meeting Submission Site Now Online

The online portal for abstract submissions for the 2019 APA Annual Meeting in San Francisco is now online. The site is open to new submissions of general sessions, media sessions, courses, and posters. The theme for

the 2019 APA Annual Meeting is "Revitalize Psychiatry: Disrupt, Include, Engage, and Innovate." The Scientific Program Committee encourages all submitters to keep this theme in mind while crafting their submissions. The deadline for submission is Thursday, September 6, 2018 at 11:59 p.m. ET. Visit the Annual Meeting Submission Site here, and view submission guidelines here.

July Course of the Month: PTSD: Pathophysiology, Treatment, and Military Aspects

Depending on the area sampled, between 50% and 90% of the population experience trauma during their lifetime, with 6.8%

going on to experience PTSD. The impact on those exposed to military combat is dramatically higher, with 17-25% experiencing PTSD. This course discusses the pathophysiology, treatment, and military aspects of PTSD including the unique characteristics of combat operational stress as well as the currently available treatment modalities for PTSD. Presented by David Benedek, MD, COL, MC, USA, Associate Director, Center for the Study of Traumatic Stress, Uniformed Services University of the Health Sciences. Click here to access the Course of the Month and sign-up for updates about this free member benefit.