

Your Voice. Your Profession.

MICHIGAN

PA



VOL. 40 | NO. 2

FEBRUARY 2020



Join Us to

LEARN AT OUR ANNUAL SPRING CME CONFERENCE

MARCH 21, 2020

page 15

HAVE IMPACT

at the
Capital Summit
May 6

page 12



FEATURED:

5 REIMBURSEMENT COMMITTEE
7 MAPA ELECTIONS

11 LEGISLATIVE UPDATE
14 ADVERSE CHILDHOOD EXPERIENCES

MAPA BOARD OF DIRECTORS

PRESIDENT

Jodi Zych, PA-C

PRESIDENT-ELECT

Ron Stavale, PA-C

IMMEDIATE PAST PRESIDENT

Karl Wagner, PA

SECRETARY

Julia Burkhardt, PA-C

TREASURER

Kate Schisler, PA-C

REGION 1 REPRESENTATIVE

Mike White, PA-C

REGION 2 REPRESENTATIVE

Fred Kaspriak, PA-C

REGION 3 REPRESENTATIVE

Angela Braun, PA-C

REGION 4 REPRESENTATIVE

Blake Geschke, PA-C

REGION 5 REPRESENTATIVE

Samantha Danek, PA-C

REGION 6 REPRESENTATIVE

Ryan Desgrange, PA-C

EXECUTIVE DIRECTOR

Thadd Gormas

MAPA COMMITTEE CHAIRPERSONS

NEWSLETTER EDITOR

Samantha Danek, PA-C

CONTINUING MEDICAL EDUCATION

Ashley Malliett, PA-C

LEGISLATIVE & GOV'T AFFAIRS

Michelle Petropoulos, PA-C

REIMBURSEMENT

James Kilmark, PA-C

STUDENT ADVISOR

Ainslee Rubino, MS PA-C

COMMUNICATIONS

John Young, PA-C

VOLUNTEER

Felica Shaya, PA-C

SOCIAL MEDIA

Blake Geschke, PA-C

AAPA HOD CHIEF DELEGATE

Ryan Desgrange, PA-C

Michelle Petropoulos, PA-C

MEMBERSHIP COMMITTEE

Jeff Cornell, PA-C

Contents!

3 YOUR NEWSLETTER EDITOR'S CORNER

4 FROM THE PRESIDENT'S DESK

5 REIMBURSEMENT COMMITTEE

6 PA COMMITTEE VOLUNTEER FORM

7 MAPA ELECTIONS

8 FALL CME CONFERENCE HIGHLIGHTS

11 LEGISLATIVE UPDATE

12 ADVERSE CHILDHOOD EXPERIENCES

15 MAPA PLANNER

MICHIGAN ACADEMY OF PHYSICIAN ASSISTANTS

2425 E. Grand River Ave. Ste. 1 • Lansing, MI 48912

Toll-Free – 877-YES-MAPA • Phone - 517-318-0511 • Fax - 517-318-0441

Your Newsletter Editor's Corner

INTRODUCING OUR NEW EDITOR!

Hello MAPA members! My name is Samantha Danek, I am a practicing PA of 10 years at Henry Ford Allegiance Health in Jackson, MI. I am also your Region 5 Representative, I serve as the PA on the Michigan Board of Osteopathic Medicine, and sit on multiple committees within MAPA. I am honored to be your new Newsletter Editor.

5 years ago I met two persistent PAs at our Spring Conference who convinced me to attend a MAPA board meeting. During my initial exposure to the MAPA board, I was amazed, overwhelmed and speechless at the dedication, hard work, and selfless commitment each and every board and committee members that were engaged to advance our profession. I learned that all the positions are strictly volunteer with the common goal of progressing our ability to practice. Moreover, they were just ready to announce their accomplishment of Public Act 379. The hard work and sacrifice was evident by the amount of success granted to PAs as result of this Public Act.

I was extremely proud of my profession that day and ever since I have been an active MAPA member trying to give back to an organization that has done so much for every PA that practices in the State of Michigan.



My promise and personal goal is to continue to give you a newsletter that educates and highlights YOU our members. So sit back with your favorite beverage and enjoy your MAPA newsletter.

SAMANTHA DANEK, PA-C

DEAR MAPA MEMBERS,

Iwould like to thank you for giving me the opportunity to have served you as Editor-In-Chief of our MichiganPA Newsletter for the past two years. It has been an honor and a privilege! A fantastic PA, Samantha Danek, has taken over this role. Please feel free to email Sam at MAPAnewslettereditor@MichiganPA.org with questions, comments, or article submissions. Also remember we are always looking for PA volunteers at MAPA. This is a great way to get involved with us and to be a voice for Michigan PAs without sacrificing a lot of your time.



Please check our website periodically for volunteer opportunities. Again, thank you for your support!

KATE SCHISLER, PA-C

From the President's Desk

GREETINGS,

Once again MAPA had a very successful fall conference. Almost 800 people were in Traverse City to learn and engage with their fellow PAs. MAPA has continued to strive to meet the needs of its members by varying the structure, sessions and extracurricular activities offered. Grand Valley took home the Quiz Bowl championship, but all of our Michigan PA students were amazing. The Fall CME conference is an important event in MAPA's calendar and we are committed to making it the best conference for Michigan PAs!

While the fall CME is the biggest conference of the year, MAPA has many other events on the calendar. Spring CME will be March 21, 2020 in Kalamazoo and will offer an optional half day CME on Friday before the conference begins. Registration for Spring Conference is open. MAPA will also host the annual Capital Summit May 6, 2020 in Lansing where there will be CME opportunities and a chance to share refreshments with Legislators to advocate for the PA profession. Planning has already begun for the Fall 2020 CME and registration is open so keep your eyes open for continual updates as events and speakers are confirmed.

In this new year of giving thanks, I am personally thankful for everyone who works so hard to move MAPA forward. There is an amazing team of people who are working hard every day to bring you CME opportunities and ensure value for your membership dollar. MAPA would not be where it is without the work of these dedicated volunteers. I am truly grateful to work with all of them!

Best wishes to a great start of 2020 to you and your families,



CORDIALLY,
JODI ZYCH, PA-C

MAPA Reimbursement committee seeks clarity and solutions to serving patients needing psychiatric services

In recent years there has been a significant increase in the number of PAs practicing in psychiatry. As more PAs are being employed by psychiatric practices and even opening independent practices providing psychiatric services it has become clear that payers such as BCBSM will need to adapt their policies to allow for appropriate reimbursement of services provided in this area. The Michigan Academy of Physicians Assistants Reimbursement committee is currently working with PAs in psychiatry across the state to identify barriers in payer policy to open a dialogue with payers such as BCBS of Michigan and Blue Care Network to ensure that PAs are able to provide high quality psychiatric care to patients and receive appropriate reimbursement for this services. If you are a PA that works in psychiatry and have encountered barriers to providing care in the area of payer policy, we would like to hear from you! Please contact the MAPA reimbursement committee with examples of reimbursement policies or refusal of payers to pay for psychiatric care provided by you and thus hinders your ability to see and care for psychiatric patients!

PA REIMBURSEMENT— HOW ARE THINGS IN YOUR PRACTICE?

PAs as we all know are highly trained medical providers providing high quality, cost effective, evidence based medicine to their patients every day in all medical and specialty settings. We as Physician Assistants work hard to master our medical knowledge and ability to manage all facets of our patients medical needs... What we don't receive in our education or at least are provided minimal scope of is how our services are reimbursed! I encounter PAs providing care in office and hospital settings every day and when asked about how their employer handles the billing for their services the majority don't know.

If you think about what drives healthcare in today's environment, more than ever it is what YOU as a provider contributes to quality outcomes and what your productivity in that space looks like! If you have interest in this area of PA practice and want to become part of a dynamic group of passionate PAs working to educate others in the area of appropriate billing and tracking of PA value in the healthcare team, please contact **MAPA@MichiganPA.org** to express your interest in joining the MAPA reimbursement committee.



PAs need to take ownership of how their practices collect payment for the services they provide, be a part of the momentum in educating and advancing Michigan PAs ability to be recognized in the healthcare arena!



Committee Volunteer Form

Contact Name: _____ Title: _____
Organization: _____ Specialty: _____
Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ E-mail: _____

I would like to volunteer for the following committee:

First choice:

- ☐ Communications Committee
- ☐ CME Committee
- ☐ Legislative Committee
- ☐ Membership Committee
- ☐ PAMPAC
- ☐ Reimbursement Committee
- ☐ Newsletter/Message Board Editorial Committee

Second choice:

- ☐ Communications Committee
- ☐ CME Committee
- ☐ Legislative Committee
- ☐ Membership Committee
- ☐ PAMPAC
- ☐ Reimbursement Committee
- ☐ Newsletter/Message Board Editorial Committee

Third choice:

- ☐ Communications Committee
- ☐ CME Committee
- ☐ Legislative Committee
- ☐ Membership Committee
- ☐ PAMPAC
- ☐ Reimbursement Committee
- ☐ Newsletter/Message Board Editorial Committee

Notes

Please note that only MAPA members are eligible to volunteer on committees.

For more information on any of MAPA's committees, please visit MichiganPA.org

Thank you for choosing to volunteer in MAPA – we value your participation!

Mail completed form to:

MAPA • 2425 E. Grand River Ave. Ste. 1 • Lansing, MI 48912 • Fax: 517-318-0441 • email MAPA@MichiganPA.org

MAPA ELECTIONS

MAPA is the only organization representing Michigan's PAs to legislators, insurers and other health care organizations both in Michigan and nationally.

MAPAs Board of Directors consists of 11 PAs who are elected and become voting members on the BOD. Six of these positions are Region Representatives (see map).

There are also elections for the MAPA House of Delegates who will represent Michigan and attend the AAPA HOD.

There are committees that represent aspects of running the organization such as reimbursement, legislative, financial, membership and CME. The committee chairs are not elected but appointed and committee members are open to any MAPA member wishing to contribute to the success of our profession.

Next year's elections will soon be upon us so we are letting you know the positions that are opening up.

Officers and Regional Representatives terms will begin on July 1, 2020 and Chief Delegate and Delegates terms will begin July 15, 2020

Consider contributing to the future success of your profession by becoming involved in MAPA!

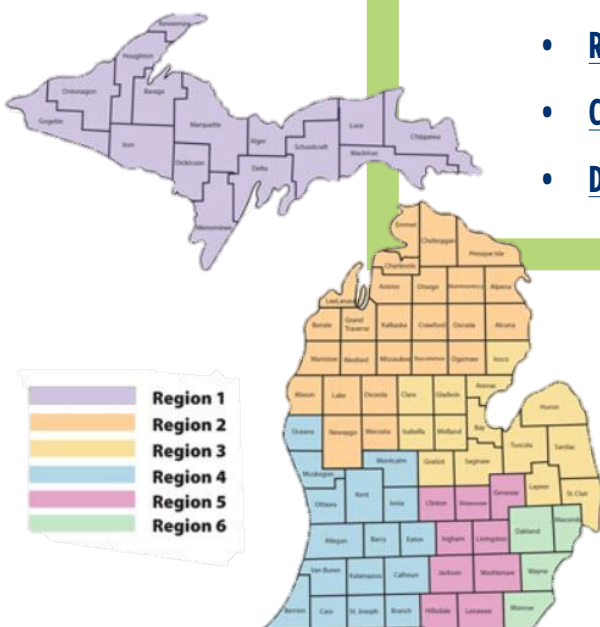
The following positions are available for 2020/2021 year:

- **President-Elect** (total 3 year term:
President-Elect, President, Immediate Past-President)
- **Treasurer** (2 year term)
- **Regional Representatives - Regions 2, 4, 6** (2 year term)
- **Chief Delegate to AAPA House of Delegates** (1 year term)
- **Delegates to AAPA House of Delegates** (1 year term)

All votes must be cast by May 31, 2020.

**A Call for Nominations and Interest
has been sent out!**

Questions? Please contact MAPA at MAPA@michiganPA.org





2019 Fall CME Conference Highlights

Beach Bash



Thank You to our Sponsors



Quiz Bowl Champions GVSU!



Mike DeGrow 2019 Ron L. Nelson Award Recipient



MAPA 5K Fun Run



Donations benefitted the Cherryland Humane Society



Winner of the Student Charity Contest: Western Michigan



Thank you Ashley Malliett and the entire CME Committee for a successful Fall Conference!

Legislative Update

Chairing the Legislative and Government Affairs Committee has been eye-opening. I have long underestimated the number of Michigan (& U.S.) practice laws and regulations impacting PAs. We face daily threats to our ability to treat our patients in Michigan.

It is difficult to understand the effort necessary to maintain and advance our professional recognition within the tradition of medicine.

Michigan Public Act 379 of 2016 was by far the boldest and most advanced PA practice law in the country and the entire world where PAs practice. What a success it is when PAs elsewhere still don't have prescription privileges, the ability to write even the simplest orders without a physician co-signature and/or the ability to practice medicine without direct supervision.

The California Academy of PAs (CAPA) recently achieved great success with changes that become law January 2020. We at MAPA recognize the work it takes and applaud their efforts. But California PAs will still be working under regulations which MAPA resolved in the '90s. A Californian PA may be quick to point out, as many PAs have, Michigan Law still uses that offensive - 's - by referring to us as "Physician's Assistants"—a topic for another article.

As the rest of the country is learning about AAPAs national model of Optimal Team Practice (OTP), Michigan surpassed almost all of OTP ahead of its inception. Our progress, my fellow Michigan PAs is only the beginning, the tip of the iceberg. We still have much work to continue our momentum as national leaders. However, we can't do it without MAPA members like you.

Beginning in 2020, the Legislative and Government Affairs Committee is going to keep you up to date on the most current issues impacting Michigan PAs. Legislative Updates will outline the challenges you and your patients are facing, and how you may join our efforts in support of solutions.

**REGISTER HERE
FOR THE 2020 CAPITAL SUMMIT**

Here are some Michigan PA issues we plan to discuss in the coming months:

- **Inconsistent Federal & State Hospice practice requirements**
- **Enhanced Medicaid reimbursement rate for Primary Care PAs**
- **Board of Pharmacy rules requiring new CME for PAs by March, 2020**
- **New CMS Rules which refer to standards in Michigan law**
- **Major Physician/Hospital/Research Organizations recognize PAs as much needed Mental Health Providers**
- **How to effectively advocate for PAs in your community**
- **Lawmakers' Emotional Support Animal Legislation may impact PAs**
- **PA name change discussion in Michigan**

Michigan has been a leading PA state since 1976 because members like you keep us informed.

What is impacting your ability to care for your patients? We need your help. Keep us informed so we can make a difference. Sharing your story and the impact on your patients is the most effective advocacy.

Many opportunities are here waiting for you. May 6, 2020 is MAPAs Capital Summit in Lansing, this is the ideal opportunity for every PA to help. Please join MAPA at this event as we advocate in our state capitol. Those who attend will join other PAs to meet with their legislators. Here you can speak to the lawmakers and work to enhance PA practice in Michigan. In addition to advocacy, CME will be offered free to members (\$100 value), ending the day with a Legislator Cocktail Reception.

Please email us your questions and stories at mapa@MichiganPA.org. Share your talent and skill by advocating, challenging barriers, and endorsing membership of colleagues. Together, we will empower Michigan PAs ensuring a healthier Michigan.

*Submitted by Michelle Petropoulos, PA-C, MAPA
Legislative & Government Affairs Chair*

ADVERSE CHILDHOOD EXPERIENCES

SARAH SCANTAMBURLO, MSW, MS, PA-C

November 6, 2019

The quickening heart rate, sweaty palms, narrowing tunnel of vision, difficulty breathing, and the trepidation of not knowing what comes next; many are able to recall a moment in life when there has been a viscerally overwhelming fear that has triggered this cascade of symptoms. They can stem from near car accidents, the fear of a being followed in a parking garage, or simply the hair on the back of the neck rising entering a situation. Eventually the feeling subsides and the effected are able to collect themselves to resume the rest of the day. This response is innate in everyone and serves the purpose of keeping people safe and aptly prepared to overcome what could be dangerous or life threatening situations.

But what if that wasn't possible?

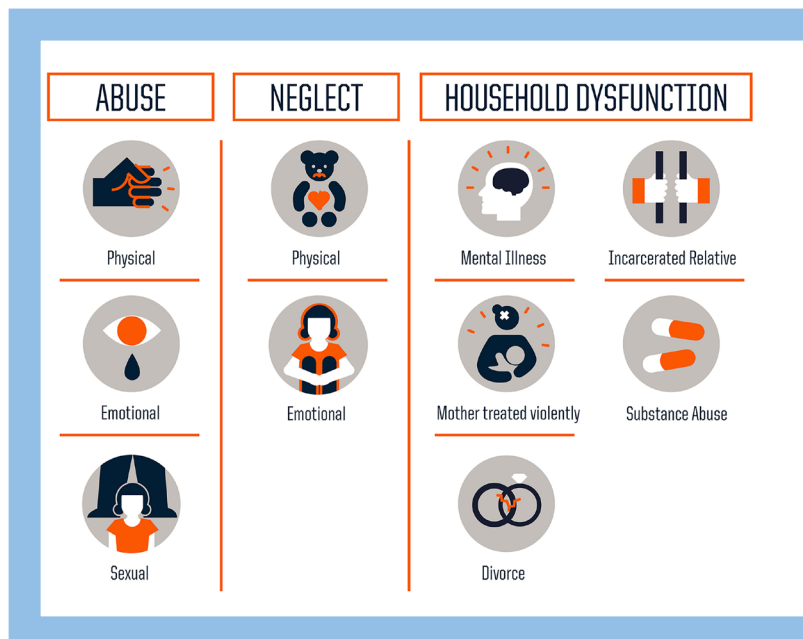
What if that 'fight-flight-freeze' response was constantly looping in your body? There would never be a sense of serenity, rather an electrical current of anxiety fueled by neurochemical dysregulation. This can be seen in a variety of environments- from the child in the classroom that can never sit still and seems to be constantly in trouble to the adult trapped in the penal community since adolescence. The most common observation is that they are either demeaned and ridiculed for their behaviors and held liable for the consequences. Constant and unresolved trauma in the lifespan can trigger this cycle of 'fight-flight-freeze' into overdrive and it predominates through daily activities. Neurobiology is paving the way to break this cycle.

Enter the advent of Adverse Childhood Experiences (ACE). ACEs were born through a study that was conducted at Kaiser Permanente in California from 1995 to 1997. The original intention of Drs. Felitti and Anda was to determine why patients in a weight

loss clinic were originally successful, but ultimately gained their weight back. cursory interviews indicated that adversity and trauma was a common thread. Over 17,000 patients as part of this HMO who were receiving physical exams completed confidential surveys regarding their childhood experiences and current health status and behaviors (cdc.gov). From the surveys, an ACE score was tabulated. Results of the study stunned and humbled them.

An ACE score is the summed total of the ten different categories of ACEs reported on the questionnaire. The findings indicate that the higher the ACE score, the more negative the health impact is in one's life, therefore promoting the risk of negative outcomes.

Figure 1: The Ten Categories Assessed in ACE Questionnaire



<https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean> (Retrieved November 6, 2019).

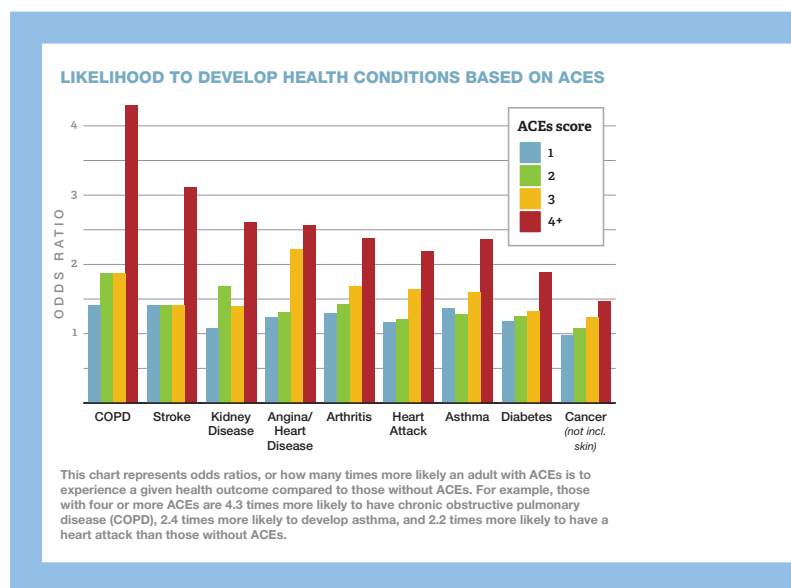
The number of comorbid health conditions and the lack of success with sustaining weight loss were positively correlated with the ACE score. It then became apparent that ACE scores are cumulative in nature as well. The most harrowing piece of knowledge, ACEs are common.

“More than half of respondents reported at least one, and one-fourth reported ≥ 2 categories of childhood exposures. We found a graded relationship between the number of categories of childhood exposure and each of the adult health risk behaviors and diseases that were studied ($P < .001$). Persons who had experienced four or more categories of childhood exposure, compared to those who had experienced none, had 4- to 12-fold increased health risks for alcoholism, drug abuse, depression, and suicide attempt; a 2- to 4-fold increase in smoking, poor self-rated health, ≥ 50 sexual intercourse partners, and sexually transmitted disease; and a 1.4- to 1.6-fold increase in physical inactivity and severe obesity. The number of categories of adverse childhood exposures showed a graded relationship to the presence of adult diseases including ischemic heart disease, cancer, chronic lung disease, skeletal fractures, and liver disease. The seven categories of adverse childhood experiences were strongly interrelated and persons with multiple categories of childhood exposure were likely to have multiple health risk factors later in life” (Felitti, et al, 2004).

It is evident in the below graph that a foundation built upon ACE scores has deleterious effects along the lifespan and ultimately results in early death. Trauma has a direct impact on how the brain makes the appropriate neuronal connections starting at birth and continues through the formative years. Also, the epidemiological footprint that this study leaves cannot be denied. Not only can someone experience the ramifications of an ACE score, but it can be translated on an intergenerational basis through epigenetic translation. Essentially, trauma is written into our DNA.

What is being deemed the largest public health threat to face the nation no longer has to insidiously

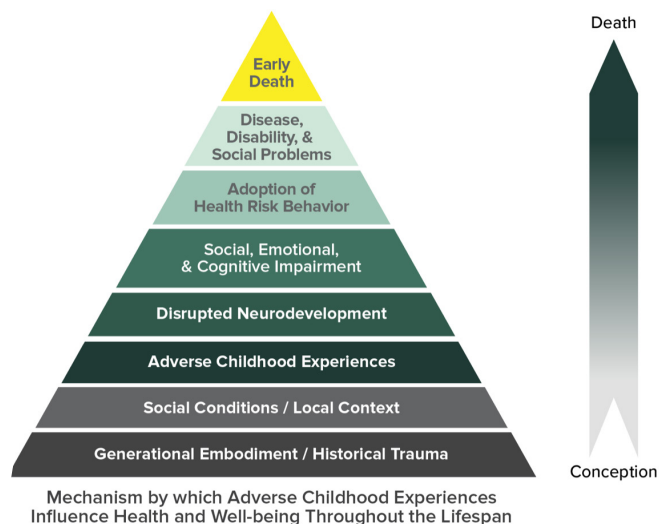
Figure 2: Health Conditions and ACE scores



<https://www.iowaaces360.org/impact-of-aces.html>
(Retrieved November 6, 2019).

infiltrate multiple generations. No longer does that emotionally triggered child have to suffer or the adult that feels broken and aimlessly plodding through life. And no longer are providers left empty handed without the tools to build clinical success. It all starts with addressing adverse childhood experiences. ACE questionnaires are not under copyright and are free to use in practice. They may be found on the CDC website for download. With the advent of understanding and utilizing ACEs, a trauma informed

Figure 3: Pyramid of ACE Effects



lens can be developed to ensure everyone receives the assistance and support that they need. Acknowledging trauma provides autonomy to patients and gives them the tools to be empowered over their lives.

Misdirected blame needs to be addressed. Creating a dialogue of 'what happened to you' versus 'why are you acting that way' is the game changer that permits people to not be their ACE score. As mentioned, ACEs are common, so what makes the difference that some people are able to overcome their score and others succumb? Giving people a voice and cultivating meaningful relationships can help mitigate a score and avoid the devastating effects. When people thrive, communities thrive, and future generations can reap the foundation of benefits.

More information:

<https://www.aceinterface.com>

[https://www.ajpmonline.org/article/S0749-3797\(98\)00017-8/abstract](https://www.ajpmonline.org/article/S0749-3797(98)00017-8/abstract)

Anda, Robert & Fleisher, Vladimir & Felitti, Vincent & Edwards, Valerie & Whitfield, Charles & Dube, Shanta & Williamson, David. (2004). Childhood Abuse, Household Dysfunction, and Indicators of Impaired Adult Worker Performance. *The Permanente Journal*. 8. 30-38. 10.7812/TPP/03-089.



Capital Summit
May 6, 2020
1:00 pm - 4:00 pm CME Sessions
5:00 pm - 6:30 pm Cocktails with Michigan Legislators
Register Today! <http://bit.ly/MAPACapitalSummit>



SPRING CME CONFERENCE
March 21, 2020
Fetzer Center, Western Michigan University
Kalamazoo, MI
Preconference session on March 20 - Space is Limited
Adolescent Focused Motivational Interviewing Workshop
Visit www.MAPAEvents.org
for more information and registration!

MAPA Planner

EVENTS/CONFERENCES



MAPA SPRING CME CONFERENCE

KALAMAZOO, MI • MARCH 21, 2020

MAPA CAPITAL SUMMIT

LANSING, MI • MAY 6, 2020

MAPA FALL CME CONFERENCE

GRAND TRAVERSE RESORT, ACME, MI • OCTOBER 8-11, 2020

AAPA CONFERENCES

LEADERSHIP & ADVOCACY SUMMIT

ALEXANDRIA, VA • MARCH 5-7, 2020

ANNUAL CONFERENCE

NASHVILLE, TN • MAY 16-20, 2020



MICHIGAN ACADEMY
of PHYSICIAN ASSISTANTS



2425 E. Grand River Ave. Ste. 1
Lansing, MI 48912