

# Philadelphia Medicine



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## Using medical apps in your practice

By Rosemarie Nelson

So you've got the latest and greatest smartphone, right? But are you really using it smartly? You can use your smartphone or tablet to do more than just make calls, share pictures, and surf the web.

There are literally millions of apps available, with thousands of them being dedicated to health. What's your favorite app? What couldn't you live without (beyond your e-mail)? Let's look at a few personal, professional, and playful apps.

### Start with your need to work

**Epocrates:** It's likely that you know about this mobile drug reference resource. It's free and as many as 50% of US physicians rely on Epocrates to help improve patient safety and increase practice efficiency. But wait! There's more! For an annual subscription fee, you can have access to ICD-9 and CPT billing codes, lab tests, and panels with reference ranges, and more.

**Medscape:** You'll find an impressively large, easy-to-use index of drug reference tools. In addition, the app offers medical news updates as well as a number of other educational and useful features, for free.

**EyeChart:** Randomizable visual acuity exams made this the top downloaded medical app of 2011. Free.

**Doximity:** This app provides a professional social network for physicians and healthcare professionals across the United States — think the medical "LinkedIn." Free digital fax, upload your CV, and earn honoraria. Free.

**The ECG Guide:** Up-to-date information as well as 200-plus high-resolution illustrative examples of different

types of ECGs. \$4.99.

**MedCalc:** Easy access to complicated medical formulas, scores, scales and classifications. If you enjoy the free version, check out the professional one that has even more features. \$1.99.

**PsychTerms:** Contains several thousands of psychological words and terminologies. Free.

**Skyscape:** Hundreds of valuable medical resources, which include Outlines in Clinical Medicine, Archimedes Medical Calculator, RxDrugs: Drug Dosing Tool, and MedAlert. There are also drug guides, interactive algorithms, calculators, and much more. Free.

**iChart:** A platform that functions as a digital medical assistant that can hold lab reports, notes, prescription information, and even billing. It is designed by doctors and can be customized for your needs. \$139.

### Now how about your need to workout?

**Crossfit Daily:** Get your workout of the day with details for how-to including video. Each workout will provide the benchmark for you and comments from others attempting these serious exercises. Free.

**Loselt:** Enter your daily calorie budget and throughout the day you can add the food you take in and the exercise you complete. Voila! Are you under (weight loss) or over (weight gain) your budget? Easy to use and create "My Foods" lists, custom recipes, and brand name food lists. Free.

Whether you have hundreds of dollars to spend or not a cent to spare, there's an app for you!

*Rosemarie Nelson is a principal with the MGMA healthcare consulting group.  
www.mgma.com/consulting/nelson.*

## PCMS NEWS

### Upcoming Programs

For more information and to RSVP, call 215-563-5343, Ext. 113

#### Young Physician/Residents/Fellows Social

**Topic:** Franklin Institute- Titanic Exhibit

**Date:** Friday, January 25, 2013

**Time:** 5:30 PM to 8:30 PM

**Location:** PCMS Headquarters for reception

**Cost:** \$20.00 per person

#### All PCMS Members

**Topic:** Stage II – Achieving Meaningful Use and Physician Value Based Payment Modifiers Seminar

**Date:** Thursday, January 31, 2013

**Time:** 6:30 PM to 8 PM

**Location:** PCMS Headquarters

#### All PCMS Members

AN EVENING AT THE "NEW" BARNES MUSEUM

**Date:** Friday, February 1, 2013

**Time and Location:**

5:30 – 6:45 PM: Social at PCMS Headquarters;

7:00 PM: Walk to the Barnes Museum

Cost: \$20.00 per person

#### All PCMS Members

**Topic:** Rheumatoid Arthritis CME Program

**Date:** Tuesday, February 5, 2013

**Speaker:** Alan Epstein, MD  
Rheumatology

and Internal Medicine Specialist

**Location:** To Be Announced

The Poison Control Center (PCC) at The Children's Hospital of Philadelphia is a non-profit regional poison control services provider offering a 24-hour-a-day emergency hotline for poisoning incidents and poison information. Information and treatment advice is available to healthcare professionals at no charge. Call 800-222-1222 for assistance.

#### Change of address?

Phone 215-563-5343, Ext. 102 with any change of address, phone, fax number, or e-mail address.

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2100 Spring Garden Street  
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Phone: (215) 563-5343  
E-mail: [stat@philamedsoc.org](mailto:stat@philamedsoc.org)  
Web site: [www.philamedsoc.org](http://www.philamedsoc.org)  
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## Editorial

# Speak out against gun violence

by Harvey B. Lefton, MD



With the senseless violence at the Sandy Hook elementary school we are once again plunged into a period of national grieving and "what ifs." All too

often we have repeated this same process with the recent movie theater shootings in Aurora, Colorado, and the murders at the Sikh temple.

In the post 911 era we are faced with violence from abroad and more troubling violence from within. We will look again for a reason to explain this violence, but there can be no rational explanation for the senseless acts. Whether the perpetrators were loners or had significant social and psychiatric issues, it almost does not matter. What is really important is what we, as a society, are prepared to do about this.

We are a society that was founded on violence. Early settlers faced hostile Indian nations when they came to this land. They in turn responded violently against these people who were protecting their territory. Our military eventually reduced the Indian threat. We participated in a violent civil war to end slavery and reset our priorities which killed 600,000 of our citizens. At present, we are fighting terrorists globally who use indiscriminate violence against innocent citizens to further their political agenda. This is often done in the name of God.

In the face of all this insanity, what are we to do? Our brethren in Canada and England do not understand this problem as they have nowhere near the carnage that we tolerate in this country. Are we to shed our tears, watch the news stations dissect and talk ad nauseam about the issue and then continue business as usual? Have we grown so immune to violence that we have no response?

I support the Second Amendment and the right of citizens to bear arms. When this law was written, citizens carried muskets and single-shot long rifles, not automatic weapons capable of firing 50 rounds a minute! Does any hunter or citizen need such military weapons for sport or self-protection? Do we want to continue to witness accounts where local

police are fighting criminals with better weapons?

We have all heard the argument many times "that people kill people not guns." As protectors and healers of society, we cannot continue to tolerate 100,000 of our citizens wounded each year by firearms and 30,000 people killed each year. I doubt that we will eliminate all violence in society, but do we need to continue to watch murders daily on television and have our children play video games with countless carnage? Is this different than the meaningless carnage that Roman spectators cheered in the Coliseum? We should expect and demand better.

As physicians, we must unite to con-

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demn all forms of violence as an unacceptable part of entertainment. We must not silently allow people to tolerate the high level of violence in our modern day society. The most successful grassroots activity was the Mothers Against Drunk Driving that started 40 years ago and promoted safer driving. While this hasn't eliminated the problem, it has helped to reduce alcohol related vehicle deaths.

Physicians must join in a grassroots effort to curb gun violence and control the proliferation of military weapons in our society. To continue to tolerate the status quo will only result in more senseless deaths and scenes of the president and citizens shedding tears for the murdered innocents.

*Dr. Lefton is President of PCMS.*

### Host your event at PCMS

Host your next party or conference/seminar at PCMS headquarters. Ample free parking. Contact Louise Eder on 215-563-5343, Ext. 107 to schedule an appointment.

## Foundation's LifeGuard® program offers help to physicians

Reading-based neurosurgeon Dr. Raymond Truex, Jr., serves as chair of the Board of Trustees of The Foundation of the Pennsylvania Medical Society. He chose to undertake this leadership role to support the Foundation as it offers programs that speak to improving the human conditions of wellness, knowledge and competency for every physician regardless of the political and economic influences that affect the practice of medicine.

"Ensuring high standards of professional conduct is the greatest responsibility of a professional and one that the public has a right to expect. It is the responsibility of the physician community to ensure that quality and safety of our colleagues' performance is paramount to provide healthcare that is safe and certain for all Pennsylvania residents," said Truex.

The Foundation offers programs that support physician wellness. It administers the Lifeguard program that helps physicians who need a pathway for reentry into the workforce. The program provides remediation for those who may have fallen behind in clinical skills or continuing education, or about whom quality concerns have arisen through a peer review process. Through the program, the Foundation offers the availability of a multi-component evaluation and assessment process to hospital medical staffs, medical executives, the State Board of Medicine, and other potential sources of referral. Physicians are also encouraged to refer themselves when appropriate.

LifeGuard uses the medical model as its basis and a case management approach to provide components of the program as needed. No single pathway is appropriate for all referrals; rather, individualized evaluation, clinical skill assessment, and remediation/refresher plans are considered, depending upon the needs of the individual physician.

The LifeGuard Program has three core characteristics:

- **Objectiveness:** Evaluations are based on data such as evidence of compliance with performance standards.
- **Fairness:** The evaluation process is

open, unbiased, and it complies with labor regulations.

- **Responsiveness:** Physicians enter into case management promptly and they are moved through the assessment and remediation phase in a timely manner to enable them to continue or return to the practice of medicine, when possible.

The pathways to address licensure and assess clinical competency include:

### Reentry

LifeGuard provides licensing boards with a convenient process to help reinstate physicians who wish to reenter the practice of medicine after an extended leave. A unique and common component of the reentry case management process involves time in active practice settings through a customized preceptorship or shadowing arrangement. The duration of this component is based on each individual physician's length of time away from active practice.

LifeGuard develops individualized remediation plans based on the documented deficits by the physician and/or the licensing body, if applicable, as well as those identified through the assessment process. A variety of resources can be used to create such individualized plans, including services from specialized referral sources. The remediation experience affords the physician the opportunity to refresh knowledge and skills as well as use a real-time evaluation process conducted by a board-certified, fully credentialed preceptor.

LifeGuard provides a comprehensive report to the referring licensing board outlining the physician's performance related to all assessment tools utilized within the individualized program, as well as evaluation of the physician's practical phase of the program.

### External Peer Review Assessment

This service is designed to assess actively practicing physicians when medical knowledge and/or clinical abilities in relation to medical responsibility are called into question. When a problem or deficit is identified and privileging is called into question, the LifeGuard program can assess variations identified through the external peer review process. LifeGuard uses an extensive panel of physician reviewers who are fully credentialed, board certified within their specialty, and are actively practicing in their field to provide external peer review assessments.

### The objectives of the LifeGuard Program:

- To protect the public welfare and ensure patient safety.
- To increase the number of physicians in the Commonwealth of Pennsylvania, thereby increasing the workforce capacity to meet the health care needs of patients.
- To provide a customized, unbiased process to address physician performance concerns.
- To provide objective clinical assessment to identify and address concerns.
- To provide physicians with appropriate educational remediation to meet their learning goals.
- To help medical organizations, the State Board of Medicine, physicians, and the general public through a collaborative effort to improve the consistency of care, enhance patient safety, and assure access to needed medical care.

For more information:

Foundation of the Pennsylvania Medical Society  
777 East Park Drive, PO Box 8820  
Harrisburg, PA 17105-8820  
717- 909-2590  
[www.foundationpamedsoc.org](http://www.foundationpamedsoc.org)

### 2012-13 Flu Season

Influenza season is upon us. The season typically extends from October to May with peak activity seen between January and March. Symptoms of the flu include fever, cough, sore throat, runny/stuffy nose, muscle/body aches, headaches, fatigue, and vomiting/diarrhea (more common in children than adults). Factors that affect the severity of a flu season include what flu viruses are spreading, how much flu vaccine is available, when vaccine is available, how many people get vaccinated, and how well the flu vaccine is matched to flu viruses causing illness.

# pcms people



PCMS Past Presidents, **Lynn M. Lucas-Fehm, MD, JD**, and **Paul J. Fink, MD**, participated as panelists in the Sisters for the Cure 2012 program for the public sponsored by the Susan G. Komen for the Cure Philadelphia.

Neurosurgeon **James S. Harrop, MD**, and orthopedic surgeon **Alexander R. Vaccaro, MD, PhD**, co-directors of Jefferson's Spine Program were both recognized by Becker's Spine Review as 2 of 18 spine specialists across the nation focused on spinal cord injuries.



PCMS is happy to announce the launch of our interactive Facebook page dedicated to all things relative to Philadelphia medicine. It has been created to bring Philadelphia physicians together in a place they can keep informed and in touch, as well as those who are looking to learn more and connect with other physicians in Philadelphia. Find us on Facebook at [facebook.com/PhilaMedSoc](https://facebook.com/PhilaMedSoc).

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Philadelphia Medicine  
2100 Spring Garden  
Street  
Philadelphia, PA 19130