

Kentucky Foundation *for* Medical Care

- ☑ EDUCATION
- ☑ PUBLIC HEALTH
- ☑ LEADERSHIP

2018

ANNUAL REPORT

IMPROVING THE HEALTH OF ALL
KENTUCKIANS THROUGH
MEDICAL EDUCATION AND
PUBLIC HEALTH INITIATIVES

www.kyfmc.org



Founded by the Kentucky Medical Association in 1971, the Kentucky Foundation for Medical Care (KFMC) is a 501(c)(3) charitable organization committed to improving the health of all Kentuckians through medical education and public health initiatives.

ON THE COVER: KMA President Bruce Scott, M.D., congratulates Greater Louisville Medical Society President Wayne Tuckson, M.D. on his graduation from the Kentucky Physicians Leadership Institute.

2018: REFLECTING ON SUCCESS

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It's been a busy and productive year for the Kentucky Foundation for Medical Care (KFMC). Many exciting things have been happening as we work to improve patient health and extend our reach as an organization. I'm proud of what we accomplished in 2018, and it is my pleasure to share the successes of the past year and our plans for the future.

The Kentucky Physicians Leadership Institute (KPLI) graduated its second class in August. Those graduates have already sought leadership opportunities within their communities and have become more involved with the KMA. I believe it is because of the work of these individuals that the KPLI program received MediStar's 2018 A.O. Sullivan Award for Excellence in Education. This is an incredible honor, as the program was among a long list of distinguished nominees.

The Foundation also sponsors the educational portion of the KMA Annual Meeting—the Kentucky Physicians Leadership Academy. I was honored to speak at this year's event, alongside Frank Abagnale, Jr., subject of the 2002 Steven Spielberg film "Catch Me If You Can." We also welcomed Kurt Mosely of Merritt Hawkins, who discussed how social determinants affect health care costs. The event was well-attended and received high praise.

The Foundation also awarded grants to three other nonprofits associated with KMA Community Connectors.

Hand in Hand Ministries works with individuals and communities to transform lives by responding to expressed needs through cultural immersion, education, housing and health care. The Louisville-based organization also offers programs in Nicaragua, Appalachia and Belize.

Another grant was awarded to Project WELL (Women Employees Living Longer). The goal of Project WELL is to provide female employees at the University of Kentucky with the resources and support to live a healthier life and reach their health goals.

A third grant was awarded to the Lexington Medical Society Foundation, which hosted a Women Physician Leadership Conference in March. The event drew more than 35 attendees and hosted former AMA President Ardis Hoven, M.D. as keynote speaker.

Finally, the Foundation continues to focus on specific public health issues. This year's Leadership Academy at the KMA Annual Meeting featured a session on KMA's "AIM for Better Care: Administrative Improvements in Medicine" initiative. AIM seeks to reduce barriers to patient care through advocacy, education and awareness on five key health issues that plague Kentuckians: obesity, diabetes, smoking, drug abuse and flu/pneumonia. Because of this, KFMC chose influenza as its 2018 public health campaign. "Focus on Flu" officially kicked off in September, and has been wildly successful, garnering media attention from across the state. KMA and the KFMC partnered with the Foundation for a Healthy Kentucky for this effort, and many events and educational opportunities are planned throughout the rest of 2018 and 2019.

Without the support of our donors, we would not be able to have the impact we have had on the health of Kentuckians. Thank you to all our listed donors. Your gifts help the Kentucky Foundation for Medical Care reach its stated mission—improving the health of all Kentuckians through medical education and public health initiatives.



A handwritten signature in black ink that reads "Shawn C. Jones, M.D., FACS". The signature is written in a cursive style.

Shawn C. Jones, M.D., FACS
President, Kentucky Foundation for Medical Care



Frank Abagnale, Jr. Keynotes 2018 Leadership Academy



Perhaps the most well-known con man in American history, Frank Abagnale's life story has been retold to millions, thanks to the 2002 Steven Spielberg film, *Catch Me If You Can*. It's also been written as a book and portrayed as a Broadway musical. That's a lot of exposure for a man who today is one of the foremost experts on protecting oneself from forgery, embezzlement and cybercrimes.

At the age of 16, Abagnale began posing as a Pan-Am Airlines pilot in order to secure free flights. Before his escapades were over at the age of 21, he had also spent time pretending to be a lawyer and a physician. Upon his arrest in France in 1969, he spent six months in prison there and another six months in a Swedish jail, before being extradited to the United States. After serving five years of a twelve-year sentence in the U.S., the FBI struck a deal with him: he would be paroled on the condition that he helped the organizations uncover other check forgers.

Abagnale has since made a career as a security consultant, and still works closely with the FBI, although he has never accepted a salary for his work with the government. He considers it his repayment for the time and resources they spent attempting to capture him some 50 years ago.

During KMA's Leadership Academy, sponsored by the Kentucky Foundation for Medical Care (KFMC), Abagnale walked attendees through his life and how he managed to pull off so many complicated hoaxes at such a young age.

Today, he says, forgery and fraud is actually even more prevalent and easier than it was then, thanks to the advancement of technology.

He warned about dangers lurking on the internet, through the use of debit cards, and even in the improper disposal of copiers and printers. Attendees also had the opportunity to meet Abagnale and ask questions after the session.

Abagnale spoke graciously of the FBI and of every organization he's been involved with since his release. He emphasized that he continues to carry guilt from his crimes, and is grateful for the opportunity to not only rectify his mistakes, but to have still been able to build a comfortable life.





"I was very fortunate because I live in a great country where everybody gets a second chance, so you can make a mistake, pay your dues, get up, brush yourself off and start all over again. I am most proud that I've been married to my wife for 38 years, brought three beautiful children into world and been a great father and husband. My proudest moment was probably when my oldest boy finished law school and went on to become an FBI agent. It was just beyond my imagination that - with my background - my own son would become an FBI agent."

Other speakers at the 2018 Leadership Academy included KFMC President Shawn Jones, M.D., FACS, whose book, "Finding Heart in Art: A Surgeon's Renaissance Approach To Healing Modern Medical Burnout," struck a cord with many physicians who battle burnout and stress related to their position.

Kurt Mosley, Vice President of Strategic Alliance for Merritt Hawkins, also gave a presentation called "The Problem is Poverty," which addresses waste and inefficiency in today's healthcare and how poverty is at the core of America's high healthcare spending.

Finally, KMA Executive Vice President Pat Padgett was joined by 2018 graduates of the Kentucky Physicians Leadership Institute for a discussion on Kentucky's public health issues and KMA's "AIM for Better Care: Administrative Improvements in Medicine" initiative.

"I WAS VERY FORTUNATE BECAUSE I LIVE IN A GREAT COUNTRY WHERE EVERYBODY GETS A SECOND CHANCE, SO YOU CAN MAKE A MISTAKE, PAY YOUR DUES, GET UP, BRUSH YOURSELF OFF AND START ALL OVER AGAIN."

-FRANK ABAGNALE, JR.

LEFT: Attendees to the 2018 Kentucky Physicians Leadership Academy enjoy the keynote presentation from Frank Abagnale, Jr.
 RIGHT: Kurt Mosley
 BELOW: Shawn Jones, M.D., FACS



TAKING THE LEED

KFMC Leadership Programs Offer Opportunities for Connection, Engagement

The KFMC's Community Connector Leadership Program (CCLP) is an opportunity for physicians to enhance their leadership skills through education and direct community involvement. Community Connectors are physicians who are engaged in their communities in an effort to promote KMA policies and the practice of medicine in Kentucky by working with business, government and civic leaders.



Seven physicians completed the program in 2018, bringing the total number of graduates since inception to 38.



To obtain the CCLP designation, physicians must be an active member of the Kentucky Medical Association, complete a 15-minute informational webinar, serve in a leadership role within medicine, serve in a leadership role in the community at large, participate in a public education activity designed to improve public health or educate the public on health issues, and attend and complete the KMA Leadership Academy.

In addition to being recognized as a Community Connector, participants also have the opportunity to direct a \$100 donation to the local charity or organization of their choice and are eligible to apply for a grant from the KFMC worth up to \$3,000 for a charitable organization they have ties to.

For more information on the Community Connector Leadership Program, visit www.kyma.org/cclp.



Fifty-eight students completed the Medical Student Outreach and Leadership Program (MSOL) in 2018. Inspired by the format and success of the Community Connector Leadership Program, the MSOL program was designed to engage students early in organized medicine and create future physician leaders through educational sessions and community involvement.

Throughout the year, KMA representatives meet with medical students from both the University of Kentucky and the University of Louisville to conduct a series of four educational seminars at each university. These "lunch and learn" presentations focus on an overview of the health and medical industry in Kentucky, the importance of legislative advocacy, an overview of the healthcare finance system and the basics of business in medicine, including employment contracting issues. Students must also complete a public health outreach project.

"I knew I had to get involved in a program like this (MSOL). It does a good job of teaching you sides of medicine that we aren't necessarily taught in medical school. Things like finance, advocacy and even the politics of medicine. But I think that's the real world of medicine. Medical students should take the time to learn about that because it's basically there for the rest of our lives," said 2018 MSOL graduate and University of Louisville medical student Charles Shofner.

KMA profiles MSOL graduates each month in its Kentucky Health eNews newsletters, as well as on its website at www.kyma.org/msol.



Fifty-eight students from the University of Kentucky and the University of Louisville completed the KFMC's Medical Student Outreach and Leadership Program (MSOL) in 2018. Graduates were recognized during the KMA Leadership Dinner on Aug. 25, 2018 in Louisville.

**"YOU HAVE TO ADVOCATE FOR THINGS TO CHANGE.
MY PATIENTS WON'T BE ABLE TO ADVOCATE FOR
THEMSELVES."**

**-Hannah Graff
2018 MSOL Graduate
University of Kentucky**



KENTUCKY PHYSICIANS LEADERSHIP INSTITUTE CONTINUES TRADITION OF EXCELLENCE



Nine physicians from across Kentucky joined the prestigious alumni of the Kentucky Physicians Leadership Institute (KPLI) this summer.

This was the Kentucky Foundation for Medical Care (KFMC)'s second class of KPLI participants, a program designed to enhance the leadership skills of physicians who can fill emerging leadership roles and influence health care policy in the ever-evolving world of medicine.

As part of their training, KPLI participants helped lead discussions at the Leadership in Action event during KMA's Annual Meeting on Aug. 25 on the administrative barriers to the five health conditions that are the focus of KMA's "Administrative Improvements in Medicine (AIM)" initiative.



2018 KPLI graduates include (from left): Susan Bushelman, M.D., Florence, Michael Kuduk, M.D., Winchester, Angela Dearing, M.D., Lexington and Vaughn Payne, M.D., Louisville. Back row from left: Theodore Miller, M.D., PhD, Erlanger, Joseph Hill, M.D., Lexington, Jiapeng Huang, M.D., Louisville, Suzanne McGee, M.D., Louisville and Wayne Tuckson, M.D., Louisville.

"KPLI was a tremendous opportunity to enhance my skills in leadership, business, and advocacy," said KPLI graduate Angela T. Dearing, MD, MPH, FACP, FAAP, Assistant Dean of Accreditation, Graduate Medical Education, University of Kentucky College of Medicine and Associate Chief of Staff for Education, Lexington VA Medical Center. "The learning opportunities were thought-provoking, relevant, and self-reflective. Participating in the program gave me a chance to reflect on areas where I could improve my leadership skills, and how to go about improving. It also helped me recognize my own strengths, and motivated me to step up and use the leadership skills that I have. The best part of the program, though, was working and learning with fabulous physician colleagues from across Kentucky!"

The Kentucky Physicians Leadership Institute (KPLI) is the premier leadership training program for physicians in Kentucky. Each year, this exclusive program selects up to 15 physicians to participate in a year-long series of learning events that cultivates the next generation of physician leaders across the state. The four primary events, culminating in the KMA Leadership in Action session at the KMA Annual Meeting, help address many of the challenges facing the physician community.

KPLI AWARDED MEDISTAR'S A.O. SULLIVAN EXCELLENCE IN EDUCATION AWARD



KMA Education Director Miranda Mosley (right) accepts the A.O. Sullivan Excellence in Education Award on behalf of the KPLI program from Sullivan University representative Jan Gordon.

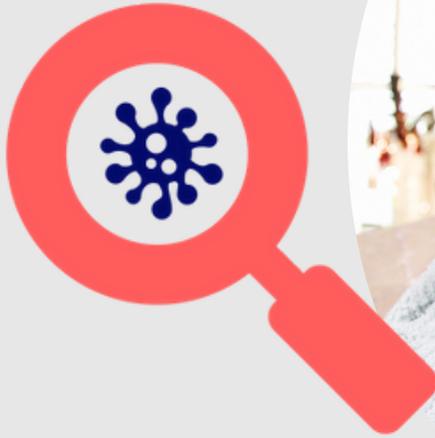
The Kentucky Physicians Leadership Institute was announced as the recipient of the 2018 A.O. Sullivan Award for Excellence in Education. The award was presented on Oct. 30 during the twelfth annual MediStar Awards at the Muhammad Ali Center in Louisville.

The MediStar Awards honor healthcare professionals for their achievements in advocacy, innovation, education, leadership and aging, as well as announce the Physician and Nurse of the Year. The A.O. Sullivan Award is presented to the organization that takes creative approaches to developing and implementing programs, which enhance the level of knowledge, education and career opportunity in healthcare.

Nineteen physicians have completed the program since its inception in 2016.

"I have been using what I have learned (from KPLI) on an almost daily basis. Thank you for the opportunity to further my career development," said Michael Kuduk, M.D., a pediatrician from Winchester and a 2018 KPLI graduate.

FOCUS ON FLU



2018 KFMC PUBLIC HEALTH CAMPAIGN ENCOURAGES KENTUCKIANS TO GET THEIR SHOTS, CONSULT THEIR DOCS, AND STOP THE SPREAD

After a particularly devastating 2017-2018 flu season across Kentucky and the nation, KMA and the Kentucky Foundation for Medical Care (KFMC) saw an opportunity to help mitigate another epidemic by "focusing" on the flu for its 2018 public health campaign.

To further the reach of the campaign, KMA and the KFMC partnered with the Foundation for a Healthy Kentucky, a nonprofit, nonpartisan organization funded by an endowment that works to make Kentuckians healthier. Since opening its doors in 2001, the Foundation has invested \$27 million in health policy advocacy, research, and demonstration projects across the Commonwealth.

Shot Day included a live appearance on Louisville FOX affiliate, WDRB. Anchor Candyce Clifft was joined by KMA President Bruce Scott and Foundation for a Healthy Kentucky President and CEO Ben Chandler to discuss the campaign and emphasize the importance of flu vaccine. Clifft then received her flu shot on air. KMA and the Foundation have since appeared on two additional Louisville television stations, as well as WKYT in Lexington, during which anchors received their flu vaccines on camera.

The groups determined that Focus on Flu's key messages should be simple, and center on three calls to action: get your shot, consult your doc, and prevent the spread.

Flu Shot Day also saw the debut of a series of 'Flu Myth Buster' videos featuring KMA physicians. Each thirty second segment aims to debunk a common flu myth or misconception. KPLI graduates Casey Lewis, M.D., Mamata Majmundar, M.D., and James Borders, M.D. all served as the expert physicians for the videos. KMA also hosted its first-ever 'Twitter Q&A' with Norton Healthcare infectious disease specialist Paul Schulz, M.D. The hour-long event encouraged members of the public to ask Dr. Schulz questions related to the flu and flu shot. More than a dozen questions in total were answered.

The campaign kicked off with a press conference in Frankfort in the Capitol Rotunda on Sept. 18, which was covered by every television news station in the state. State dignitaries including Cabinet Secretary Adam Meier, Public Health Commission Dr. Jeffrey Howard, and Personnel Cabinet Secretary Thomas Stephens all received their flu shots at the event.

The press conference also announced the statewide 'Flu Shot Day' on Sept. 26. Flu



KMA President-Elect, KFMC board member and Foundation for a Healthy Kentucky board member Brent Wright, M.D. receives his flu vaccine during the Focus on Flu press conference, held at the State Capitol Rotunda on Sept. 18, 2018.



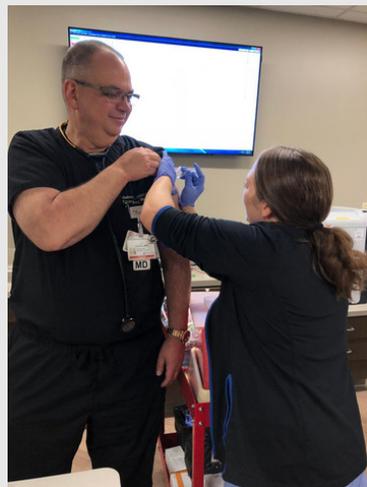
Focus on Flu incorporated a variety of elements, including custom band aids, appearances on television programs, an online video series, and a social media campaign encouraging Kentuckians to share their "flu shot selfies" using the hashtag #GotMyShot. Focus on Flu materials were also distributed across the state, including a version available in Spanish, and events were held in multiple Kentucky counties.



Throughout the day, KMA shared photos of individuals who had received their flu shots and posted a 'flu shot selfie' on social media with the hashtag #GotMyShot. Many participants utilized custom Focus on Flu band aids provided by the campaign. More than 3,000 band aids have been distributed so far.



Focus on Flu wrapped up Flu Shot Day by teaming up with Passport Health at Louisville's WFPK Waterfront Wednesday. Attendees were offered educational materials on the flu and were encouraged to get their flu vaccines before the end of October.



Graduates of KMA's CCLP and KPLI programs, as well as several MSOL students, have published op-eds across the state in support of the campaign. Additional promotional events for Focus on Flu have been held in Bowling Green, Campbellsville, Danville, Maysville, Lexington and Flemingsburg, with KMA physicians attending to discuss the importance of the campaign.

and thank our members, supporters, the news media, and of course our partners, the KMA and the Foundation for a Healthy Kentucky, for helping us spread this important message," said KFMC President Shawn Jones, M.D., FACS.

Several events are planned to concentrate on the 'Consult Your Doc' and 'Stop the Spread' aspects of the campaign as the flu season develops.

"Focus on Flu has been a tremendous success. We truly believe we have made an impact on influenza in the Commonwealth,

The Focus on Flu campaign will continue throughout the rest of 2018 and into the 2019 flu season.

More information on Focus on Flu is available at www.kyma.org/flu.

MAKING A DIFFERENCE

KFMC Awards Grants to Three Organizations in 2018



Hand in Hand Ministries



Project WELL



Women Physician Leadership Conference

Hand in Hand Ministries Seeks to Lend a Hand, Change a Life

Hand in Hand Ministries may be Louisville based, but the organization's reach extends far beyond I-64 or the Gene Snyder.

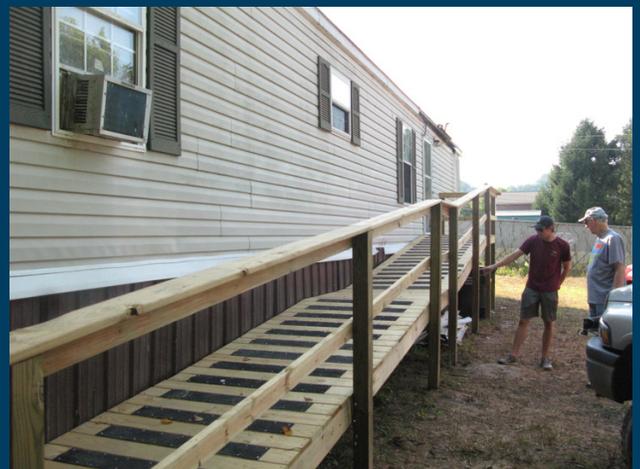
Since its establishment in 1999, the nonprofit has sought to work 'hand in hand' with individuals and communities to transform lives by responding to expressed needs through cultural immersion, education, housing and health care. The group currently focuses its work in four areas: Louisville, Belize, Nicaragua and Appalachia.

This year, the Kentucky Foundation for Medical Care (KFMC) awarded a \$3,000 Community Connector Leadership Program grant to Hand in Hand Ministries to assist with the construction of wheelchair ramps in Eastern Kentucky.

During the builds, groups of 6-10 volunteers are assigned to a work site for the project. Homeowners are actually encouraged to build alongside the volunteers, if they are physically able. No prior construction experience is necessary.

At least three ramps have already been completed, and applications have been received for 15 more.

Community Connector Cynthia Rigby, M.D., secured the grant for Hand in Hand Ministries. She has worked with the organization for more than eight years and currently serves on Hand in Hand's board as a liaison to the medical community, supporting their efforts to improve West Louisville and Appalachia.



Project WELL Aims to Improve Women's Health

Women have unique health issues that often require a different approach than for men. That's why the University of Kentucky is launching Project WELL: Women Employees Living Longer.

The program received a \$3,000 grant from the Kentucky Foundation for Medical Care this year, thanks to the application of Community Connector Sandra Shuffett, M.D.

The goal of Project WELL is to provide female employees at the University of Kentucky with the resources and support to live a healthier life and reach their health goals. The program focuses on several key areas: tobacco cessation, nutrition and healthy eating, physical activity and self-paced weight loss.

To help quit using tobacco, participants will have the opportunity to work with one of U.K.'s Health and Wellness Tobacco Cessation Counselors, whose goal is to "quit tobacco for good with the help of personalized coaching to re-connect with your own inner resources for stress relief." Participants will receive free nicotine replacement therapy (NRT).

To help work on healthy eating, participants will enroll in the U.K. Health and Wellness EatWell program, which involves working with a dietitian in a group setting. They offer 10 weekly nutritional sessions which can be attended either virtually or in-person.

Finally, all participants will receive a free FitBit and be provided with campus and community resources to help increase their physical activity.

To participate in the program, applicants must be a female, full-time U.K. employee, a current tobacco user with a body mass index (BMI) greater than 30, and be interested in weight loss and quitting tobacco. These criteria were created in order to reach women at the greatest risk for cardiovascular disease.

Project WELL has been well-received by the U.K. community. More than 100 women filled out the interest survey in just the first two days it was available.



PROJECT WELL
WOMEN EMPLOYEES LIVING LONGER
UNIVERSITY OF KENTUCKY

DO YOU WANT TO QUIT TOBACCO AND IMPROVE YOUR OVERALL HEALTH AND WELL BEING?

PROGRAM BEGINS 5.1.2018

FOR SIGN-UP INFORMATION CONTACT ANNA BUCHANAN
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- Tobacco Cessation
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- Weight Loss

Women Physicians Offered "Perspectives on Leadership"



Dr. Ardis Hoven

More than 35 female physicians attended a day-long leadership event held at the Lexington Medical Society in March, thanks to a \$3,000 grant from the Kentucky Foundation for Medical Care, applied for by Community Connector Mamata Majmundar, M.D.

Participants heard from national and international physician speaker Dr. Ardis Hoven, who helped pioneer treatment in the early 1980's for HIV and AIDS and has held numerous high-ranking leadership positions in organized medicine, including serving as past president of the American Medical Association (AMA) and chair of the World Medical Association. Dr. Hoven also has extensive experience in health policy, how to navigate challenges, and how to create an environment of change to improve health outcomes.

Attendees were given the opportunity to learn Dr. Hoven's "Rules of the Road," which outline leadership points she feels are valuable for leaders at every level. They include:

- Leadership is both earned and learned.
- Separate the politics from the problem.
- Listen to both sides of the debate.
- Stand up for your own convictions.
- Do not be afraid of a challenge.
- Acknowledge mistakes and move forward.
- Encourage, value, and respect dissenting opinions.
- Take a chance. You may be surprised at what can happen.
- Give people the credit for what they do.
- Remember that you are a facilitator.

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The contributors listed on these pages made contributions from Aug. 1, 2017 to July 31, 2018.

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