



Improving the Health
of All Kentuckians
Through Medical
Education and Public
Health Initiatives

2017 ANNUAL REPORT

EDUCATION



PUBLIC HEALTH



LEADERSHIP



ON THE COVER: The Kentucky Foundation for Medical Care, through a grant from The Physicians Foundation, this year launched the Kentucky Physicians Leadership Institute, with the first cohort meeting over the summer in weekend sessions, then leading the discussion at the Leadership in Action education session at the 2017 Annual Meeting of the Kentucky Medical Association. In top photo are members of the first cohort of the KPLI, Mamata Majmundar, M.D., left, LaTonia Sweet, M.D., and Philip Hurley, M.D. The Foundation each year lives its motto: "Improving the Health of All Kentuckians through Medical Education and Public Health Initiatives." It does that through education, such as the presentation by Tony Buettner of the Blue Zones at the 2016 KMA Annual Meeting education session; through public health grants, such as one given to Family Community Clinic; and through leadership education, such as the KPLI, which also included James L. Borders, M.D. (*Top photo, education and leadership photos by Mary Branham; public health photo by Emily Whalin*)

A NEW JOURNEY IN LEADERSHIP

I am excited to begin my journey as the President of the Kentucky Foundation for Medical Care. The Foundation's mission matches my goals as a physician and as an individual. Having served as Vice President the past few years, I have been proud of the work of the Foundation in the areas of public health and physician leadership initiatives launched under my friend, former Foundation President James F. Beattie, M.D., of Bowling Green. It is my pleasure to share the successes of the past year and our plans for the future.

As a member of the 2016 class of the Kentucky Medical Association Community Connector Leadership Program, I am pleased that this year, the Foundation sponsored both that program and the Medical Student Outreach and Leadership Program (MSOL). I believe physicians not only should be, but most definitely are, leaders in their community. The Foundation, through a grant from The Physicians Foundation, this year worked through KMA to launch the Kentucky Physicians Leadership Institute (KPLI), a leadership initiative presented in conjunction with Butler University's Executive Education program. Ten physicians from across Kentucky participated in the first cohort this year.

The Foundation also sponsors the educational portion of the KMA Annual Meeting—the Kentucky Physicians Leadership Academy. Last year focused on “Wellness in a Weekend” and featured Tony Buettner of Blue Zones, which works with communities to improve the health of residents based on research into communities around the globe where people live longer. The Foundation, which provides grants to nonprofits affiliated with KMA Community Connectors, awarded a \$2,500 grant to bring Blue Zones to Paducah to discuss the opportunity with community leaders. That first talk sparked an interest, which led to an evaluation of Paducah and the development of a plan to help Paducah become the first Blue Zone in Kentucky. We are optimistic the project will move forward and it all started with projects funded by the Kentucky Foundation for Medical Care.

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

Nate's Wish is a nonprofit that fills backpacks with books and toys to provide distraction and entertainment for children battling cancer. Nate's Wish has been providing these backpacks to children at Vanderbilt, where young Nate Richard was treated for cancer before he died. The Foundation provided funding to expand that program to children being treated at the University of Louisville Hospital.

Another grant was awarded to the Coalition for the Homeless in Louisville to help cover the cost of security deposits, furniture and household items through its Rx: Housing/Youth campaign. The goal of the program is to help move youth between 18 and 24 off the streets.

A third grant was awarded to the Family Community Clinic to provide point of care laboratory tests to ease access issues for patients who get their health care at the clinic. The grant is helping to cut the costs of lab work as well as providing the diagnostic information to physicians while the patient is at the clinic.

Finally, the Foundation continues to focus on specific public health issues. This year's educational focus at the KMA Annual Meeting is the opioid epidemic across Kentucky and the nation. We funded a public health campaign, Know Your Meds KY, this year. We are also renewing our Commit to Quit campaign, focused on another major health issue in Kentucky—smoking. Thanks to Senate Bill 89, smokers who want to quit have access to the treatments and counseling they need and we want to make sure they understand the benefits of working with their physicians to help them quit smoking.

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.



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PHYSICIAN LEADERSHIP

2016 Leadership Academy Focused on Healthy Living

The Kentucky Foundation for Medical Care has targeted physician leadership as an important building block to address the health challenges facing the Commonwealth. Each year, the Foundation sponsors the Kentucky Physicians Leadership Academy at the KMA Annual Meeting.

In 2016, the program focused on the health of Kentuckians and what physicians can do to address not only community health issues, but also their own health.

Community health was one focus of a discussion of longest-lived communities around the world by Tony Buettner, project manager with Blue Zones, who shared his insights during the meeting.

Buettner talked about practical ways to transform the health of communities and the cultural traits of the longest-lived and healthiest places in the world. Blue Zones strives to help people live longer, better lives.

Other speakers at the Leadership Academy addressed timely topics facing physicians.

Bruce Bagley, senior adviser to the Professional Satisfaction and Practice Sustainability effort at the American Medical Association, discussed the AMA's STEPS Forward™ program, a practice-based initiative aimed at helping physicians meet the Quadruple Aim—better patient experience, better population health and lower overall costs with improved professional satisfaction.

STEPS Forward is designed to help the office staff help the physicians do better work. "Team-based care gets better results," Bagley said.

Attorneys Karen Paulin, with Vice Cox & Townsend PLLC, and Demetrius Holloway, with Stites & Harbison PLLC, discussed fostering respect and trust in the workplace.

The Leadership Academy speakers also included students who were part of the 2014 Destination Imagination Team from Middlesboro Elementary School that worked with the Middlesboro City Council to adopt the public smoking ban. They were awarded the KMA Debra K. Best Outstanding Layperson Award for their efforts.



Philip Hurley, M.D., front, LaTonia Sweet, M.D., center, and Mamata Majmundar, M.D., enjoyed a lighter moment in the first session of the Kentucky Physicians Leadership Institute. *Photo by Mary Branham*

Leadership is 'More than Being in Charge'

Physician leaders are needed in the rapidly changing health care environment, according to members of the first cohort of the Kentucky Physicians Leadership Institute (KPLI), sponsored by the Kentucky Foundation for Medical Care through a grant from The Physicians Foundation.

"At the accelerating pace medicine is going, physicians need skills to scale themselves up," said Danesh Mazloomdoost, M.D., of Lexington, a member of the first cohort of KPLI. "Those skills are not taught in training and are hard lessons to learn in practice."

LaTonia Sweet, M.D., of Winchester, said physicians must be a part of the discussion as changes come to the health care system. "A physician's voice is an important piece needed in the design, implementation and evaluation of health care policies," she said. "Physician voices ensure the best care is provided for individual patients and the population. The KPLI gives physicians the tools to be more informed, improve their skills and be more effective at influencing health care policy."

Faculty from Butler University's Executive Education program have worked with staff from the Kentucky Medical Association to present the leadership training.

Kathy Paulson Gjerde, associate professor of economics at Butler University, describes leadership this way: "Leadership is much more than being in charge. Leadership involves guiding and mentoring from anywhere in the organization."

With that in mind, participants in the KPLI have focused on personal and business leadership, led by the Butler faculty, and advocacy leadership, led by the KMA Advocacy team. KPLI participants targeted the educational portion of the KMA Annual Meeting for their Leadership in Action session.

In the first session, personal leadership, participants focused on self-insight and emotional intelligence, which Jonathan Walters, M.D., of Calvert City called "just as important as actual intelligence when dealing with conflict."

"Naming the emotion, naming the

KPLI “promises to provide Kentucky physicians with tools for societal health advocacy and the **personal skills to promote resilience**, manage stress, prevent burnout and **create a more humane, compassionate and relationship-centered health care system.**”

—JOHN PATTERSON, M.D., KPLI Participant

involved parties’ interests really does seem to help with conversations and negotiations,” he said. “Realizing what is at stake, who is involved, what their interests are and how best to navigate the relationship will continue to help with future interactions. Empathy is an important feature, likely wrongly taught in medical school.”

Participants see the KPLI as beneficial, especially for their future leadership endeavors. “I am hopeful that this course will help me to be a better leader in both my business and community life,” said Philip Hurley, M.D., of Owensboro.

“We as physicians spend many years training and are confident in our clinical skills. KPLI will help us gain more confidence in ourselves as leaders,” said Dr. Sweet. After the first session, she said, “I have already learned many things that will be useful in my present and future career.”

Participants also saw benefit in working with physician colleagues from around the state, with Dr. Sweet calling the participants “a dedicated group of physicians.”

“It’s especially nice to gain those skills alongside peers in KPLI. We balance the leadership lessons gained from the business world with each other’s experience to make them more relevant to medicine,” said Dr. Mazloomdoost.

“KPLI provides a formal yet relaxed structure for physicians with diverse specialties, backgrounds, interests, geographic locations and practice settings to collaboratively explore their growing edge of professional and community leadership in a supportive, collegial, friendly and fun environment,” said John Patterson,

M.D., of Lexington. “The training has deepened my relationship with physicians I already knew and introduced me to dedicated, inquisitive and creative physicians who are becoming new friends and professional collaborators in our mutual effort to make Kentucky a healthier place for us all.

“The result promises to provide Kentucky physicians with tools for societal health advocacy and the personal skills to promote resilience, manage stress, prevent burnout and create a more humane, compassionate and relationship-centered health care system,” Patterson said.

Dr. Hurley also lauded the program facilitators from Butler—“It is obvious that the staff from Butler University are experienced at what they are doing.”

KPLI participants recognize the need for such training and applauded the Foundation and KMA for launching the institute.

“I am very excited the KMA and the Foundation are providing this opportunity to physicians,” said Dr.



Fred Williams, M.D., above, welcomed the first cohort of the Kentucky Physicians Leadership Institute. At right, Stephen Toadvine, M.D., CEO of Baptist Health, gave the “fireside chat” on personal leadership. Below, participants Tuyen Tran, M.D., and Danesh Mazloomdoost, M.D., participate in the opening discussions. *Photos by Mary Branham*



COMMUNITY GRANTS

Each year, the Kentucky Foundation for Medical Care offers grant funding for nonprofits affiliated with graduates of the Kentucky Medical Association Community Connector Leadership Program. The Foundation also provides funds for the leadership sessions at the KMA Annual Meeting.

Last year, the Annual Meeting inspired a request for a KFCM Community Grant. The Foundation awarded a \$2,500 KFCM Community Grant to bring the Blue Zones presentation to Paducah.

The KFCM board also awarded \$2,500 grants to the Nate's Wish Foundation of Paducah, Coalition for the Homeless in Louisville and the Family Community Clinic in Louisville.

Paducah Feeling BLUE

... and that's a Good Thing

KFCM Sponsored Annual Meeting, Gave Grant to Bring Blue Zones to Meet with Community Leaders

Evelyn Montgomery Jones, M.D., had read all of Dan Buettner's books about the Blue Zones, so when she saw that his brother, Tony, would talk about Blue Zones during the 2016 KMA Annual Meeting, she couldn't wait to meet him.

"That's one of my passions—overall wellness and prevention," said Dr. Jones. "When I heard him speak, I got even more excited about hopefully doing something in our community that could actually make a difference."

So Dr. Jones, a 2016 KMA Community Connector, applied for a grant from the Kentucky Foundation for Medical Care to bring Buettner to her hometown of Paducah, where her mother, Gerry Montgomery, had served as mayor from 1988 to 1995.

During the presentation in March, Dr. Jones introduced the possible Blue Zones project by ticking off the health statistics of the state. For instance, she said, the health costs related to smoking are about \$1.9 billion a year. "The need to do something about our health in Kentucky is undeniable," she said.

Dr. Jones and others think becoming the first Blue Zone in Kentucky could help Paducah in that regard. In fact, Mayor Brandi Harless told the *Paducah Sun* in May that the project could also bring social and

economic, as well as physical, benefits.

"One of the things I like most about Blue Zones is how it would set us apart and draw attention to Paducah as a city committed to healthy living," she told the *Sun*. "That could give us a real competitive advantage."

At the March presentation, Tony Buettner shared the secrets of several of the world's longest-lived communities:

- From Sardinia, Italy: Residents eat a lot of omega 3 fatty acids; they keep aging parents close to the family. "They're revered," Buettner said. "They've tapped into this vessel of wisdom they can look up to."
- From Okinawa, Japan: Okinawans eat a plant-based diet heavy on fruits and vegetables. They congregate every day to reduce stress and continue to be active. Okinawans don't have a word for retirement, Buettner said. "It has to do with purpose," he said.
- From a Seventh Day Adventist community near Loma Linda, Calif.: This cultural melting pot, Buettner said, takes its diet from the Bible. They build their life around "family, faith, friends," he said, and maintain a social network as a support system.
- From Nicoya Peninsula, Costa Rica: People eat wisely, stay connected and have the right outlook.
- From Ikaria, Greece: The culture has a lot of faith and created a lifestyle "that subtly nudged them to healthier living," Buettner said, recalling a 2012 *New York Times* article that called Ikaria, "the island where people forget to die."





Tony Buettner, far left, and Ben Leedle, far right, spoke with community members in March about Paducah becoming the first Blue Zone in Kentucky. Evelyn Montgomery Jones, M.D., third from left, a KMA Community Connector, applied for the grant to bring them to town. She has long been active in the community, as is her husband, Shawn Jones, M.D., second from left, and her parents, Wally Montgomery, M.D., second from right, and former Paducah Mayor Gerry Montgomery.

Photo by Mary Branham

From those communities, the Buettner brothers developed a "Power 9" list of common practices among residents of Blue Zone communities they visited. The list is based around movement, attitude, diet and relationships. Tony Buettner told the Paducah audience that residents of Blue Zones:

- Move naturally—"They live in an environment that nudged them into movement," he said.
- Have the right outlook—"They have strategies to reduce stress—yoga, family," he said. "They have a sense of purpose."
- Down shift—Taking time each day to reflect and reduce stress—such as praying, napping or having a happy hour.
- Eat wisely—"Portion control," Buettner said, with strategies not to overeat and a philosophy to "eat breakfast like a king,

lunch like a prince and dinner like a pauper."

- Follow the 80 percent rule—"Stop eating when you're 80 percent full," he said.
- Adopt a plant slant—Go heavy on fruits and vegetables, light on meats.
- Drink alcohol moderately and regularly—This "Wine @ 5" philosophy combines with another key tip ...
- ... Belong—Whether it's a faith-based community or another social network, Buettner said, feeling a sense of connection is important.
- Put loved ones first.
- Come from the "right tribe"—People in Blue Zones communities "are either born into or seek out healthy relationships," he said.

Buettner lauded Paducah's revitalization efforts saying, "the way you have returned the heartbeat of the community is extraordinary."

To advance the principles of Blue Zone communities, Buettner and his team visited Paducah again in May to develop proposals for the project, which would take three and a half years, according to Dr. Jones. Because Paducah serves many people outside the city limits, she said, the Blue Zones team provided two different options, one that included a regional bundle.

The project will take funding, and Dr. Jones said the community is now looking for a lead sponsor. "We're pretty confident the funding is there," she said.

Past Blue Zones projects have entailed reworking the physical environment to encourage natural movement by residents and adoption of philosophies of the world's longest-lived communities. In Albert Lea, Minn., for instance, the smoking rate dropped to 15 percent, there was a 70 percent increase in walking, and increased consumption of fruits and vegetables by more than 60 percent of residents, according to a May report in the *Paducah Sun*.

Dr. Jones is hopeful the efforts will pay off. "We want to be a vibrant healthy community to enjoy what we have," she said. "We don't want to live the statistics."

She said the starting point at the 2016 KMA Annual Meeting and the grant from the Kentucky Foundation for Medical Care were key to the efforts to bring Blue Zones to Paducah.

"Sometimes, as physicians we can get so busy in our individual offices and patient loads that we forget the other influences we can have," she said. "I don't know that I would have really even thought of some of this without encouragement from the KMA Community Connector Leadership Program. It helps you to think about your life and the opportunities you have as a physician in your community."



Paducah photos courtesy of the Paducah Convention and Visitors Bureau



Jeff and Stacie Richard started an organization to supply backpacks filled with books and toys for children with cancer to fulfill Nate's wish. Their son, Nate, was just 7 when he died of leukemia. Shawn Jones, M.D., of Paducah, president of the Kentucky Foundation for Medical Care, sponsored a grant request to expand the program to Louisville. (Photo by Mary Branham)

cancer some distraction and encouragement when they were going through treatment. They developed Nate's Wish, a nonprofit aimed at helping to fill backpacks with Nate's book, an iPod and other toys to give to children battling cancer. The family started providing the backpacks for pediatric patients at Vanderbilt children's hospital. Each filled backpack costs about \$300 each, so the Richards have events like a basketball tournament to raise money.

The family regularly wears clothing with the Nate's Wish logo. Laurie Richard, Jeff's father, had an appointment with Shawn Jones, M.D., a Paducah otolaryngologist who is president of the Kentucky Foundation for Medical Care. Stacie accompanied him and both were wearing a Nate's Wish T-shirt.

"I saw his shirt and I said, 'you've got to tell me about Nate's Wish,'" Dr. Jones said. So Laurie Richard told the story. "When he did, it really kind of captured me that this family had poured so much into helping others through a process where they had grieved so much and had so much tragedy and loss."

So he asked if the family had ever thought of sharing Nate's Wish somewhere other than Vanderbilt. "They said they were waiting for God to open doors in other places," Dr. Jones said.

Through a grant from the Kentucky Foundation for Medical Care, Dr. Jones helped them walk through an open door. As a KMA Community Connector, Dr. Jones sponsored a \$2,500 grant request to expand the program to serve pediatric cancer patients at the University of Louisville. His son, Shawn, is a medical student at UofL. "It all seemed to fit together," he said.

Since its inception in 2012, Nate's Wish has given away 400 backpacks and the Richards have heard about the benefits. Stacie said she received a message from one of Nate's doctors about a child who had received one of the backpacks.

"She shared with us that she wanted us to know she played video games on the iPod (Nate) gave her and that she had seen it firsthand making a difference," Stacie said.

Wish fulfilled.

Family Fulfills NATE'S WISH to Help Children Battling Cancer

Nate's wish was to share his story with other children with cancer. He wanted other kids to understand why he was sick. Why he lost his hair. Why some days were good days and other days were bad.

Nate died June 24, 2009, two months shy of his eighth birthday, when his body could not withstand an infection. Through their heartbreak, his parents felt they needed to fulfill his wish to help other children with cancer and share his spirit through a foundation.

"After Nate died, it felt like we had to share his story that he had wanted to share when he was diagnosed," said Stacie Richard, Nate's mother.

Nate had questions as he was going through treatment and the Richards couldn't find a book that would help a 6-year-old boy understand what was going on after he was diagnosed with ALL (Acute Lymphoblastic Leukemia), the most common form of childhood leukemia.

"Scientifically, there are a lot of materials," Jeff Richard, Nate's father, said. Nate wanted a book

to share that story. "He had things that he went through that he wanted to write the book." So the Richards started documenting Nate's life during what they thought would be a three-and-a-half year treatment schedule. "We had taken pictures of everything our kids ever did so it seemed natural that we would take pictures," Stacie said. "We felt that we had to share his story."

The result chronicles the good and the bad that he went through, but mostly it shows Nate's smile. It shows him getting treatment. It shows him playing with friends. It shows the half-court basketball court at the Richards' home thanks to the Make-a-Wish Foundation. It shows him—and his family—dealing with Nate's fight against cancer.

The book ends with Nate's inspiration to "Keep Looking Up!" and his words: "I hope seeing me make it through a lot of hard things helps you to know you can do it, too. I hope that you like my story. We really can do big things! Love, Nate."

"I think when (kids) look at this story, it's encouraging," Stacie said, "that you can see his smile and see things he could accomplish."

The Richards saw how Nate handled the treatment, what offered distraction and encouragement while he was fighting cancer and "not thinking about being in the hospital," Stacie said. But they also saw some children didn't have access to those same distractions.

So thinking about how to get the books to children who might need them, the Richards wanted to also find a way to give children with

HOMELESS NO MORE

Kiandra Hilliard and her daughter, Miranna, moved into their new apartment with help from the Coalition for the Homeless' Rx: Housing program. A grant from the Kentucky Foundation for Medical Care will help to purchase furniture and cover security deposits for young people like Kiandra. Natalie Harris, right, is the executive director for the Coalition. (Photos by Emily Whalin)



prescription to the health issues of homeless individuals is to provide them with housing," Harris said.



Harris recalled visiting former homeless youth after they moved only to find them sitting in a completely empty apartment. Now, thanks in part to the KFMC grant, "at least they can get a bed and a couch or a used table," she said.

But it's not just about providing them with a place to live and a bed to sleep in.

"It is well documented that homeless children have a greater number of physical and mental

KFMC Grant Helps Get Youth off the Streets

Kiandra Hilliard was one of 443 unaccompanied Louisville area youth between 18 and 24 who were homeless last year.

But thanks to organizations like the Coalition for the Homeless, the lead advocate for the homeless in Louisville, and other local agencies, Hilliard and her daughter Miranna now have a place of their own.

"In a shelter, you're not able to eat as you please, come and go as you please or get proper sleep," said Hilliard, who had been homeless for about 18 months until she moved into her apartment last December. "Now I basically make my own rules."

To help youth like Hilliard move from the streets to housing, the Kentucky Foundation for Medical Care awarded a \$2,500 Community Connector grant last year to the Coalition for the Homeless. Grant funds will help cover the cost of security deposits, furniture and household items.

In Hilliard's case, it helped cover the cost of some furniture.

"It gave me stability and reassurance," Hilliard said. "I was getting ready to have Miranna and needed a bed."

The average annual cost of a homeless youth is \$35,627 per year for such things as crime, substance abuse and trafficking counseling, lost income and subsidies, according to Natalie Harris, executive director of the Coalition for the Homeless. "So if we have 443 youth age 18-24 in Louisville in 2016, that is a cost of \$15,782,761 every year until they are no longer homeless."

For three years starting in 2008, the number of homeless youth doubled every year, Harris said. It reached a peak of 562 in 2013.

To help combat this surge, the Coalition brought together more than 50 local partner agencies to create a comprehensive plan to intervene in the lives of homeless youth. The group kicked off the Rx: Housing/Youth campaign at the beginning of the year; since then, at least 20 youth have been housed.

"The very name of our Rx: Housing initiative stems from this idea that the

health problems than their housed counterparts," said Vaughn Payne, M.D., a 2014 graduate of KMA's Community Connector Leadership Program who sponsored the grant application. "They are more likely to engage in high-risk behaviors such as unprotected sex, drug use, and exposure and participation in violence."

The Foundation awards grants annually to organizations that have connections to graduates of the CCLP program. Dr. Payne has been an active board member of the Coalition for the Homeless for the past three years.

Harris said the number of Louisville homeless with insurance rose from 16 percent to 94 percent after Kentucky expanded Medicaid. She said Dr. Payne advised them in their effort to access and navigate the new insurance resources.

"At the core of the Coalition's work is the idea that housing is not only a basic need but also a fundamental right," Harris said. "We believe that it's only with a foundation of safe and secure housing that any person can progress toward health."

'YOU'VE PROBABLY SAVED MY LIFE'

Family Community Clinic Provides Free Health Care to Uninsured

Phyllis found a lump in her stomach, but she couldn't afford to visit a doctor.

"I don't go to the doctor," she said. "If you're sick you deal with it."

Only this time, she couldn't deal with it on her own. Thanks to the Family Community Clinic, she didn't have to. "You've probably saved my life," she said in a video on the clinic's website.

Opened in 2011 to serve, free of charge, the more than 100,000 families and individuals like Phyllis in the Louisville metro area who don't have medical insurance, the clinic has already had more than 10,000 patient visits, two-thirds of these unduplicated.

Located in the basement of St. Joseph Catholic Church at 1406 East Washington St., the clinic serves all surrounding counties and is the only one of its kind in the area offering free health care to meet the needs of the uninsured.



But the clinic is not geographically bound. It serves patients throughout Kentucky, as well as a handful from Southern Indiana. "Our focus is on human beings," said executive director Becky Montague. "ZIP codes aren't our priority."

The Family Community Clinic first opened as a walk-in clinic and only treated patients with episodic illnesses such as allergies, strep throat and ear infections. Over the last several years, the clinic expanded its hours and now sees patients by appointment with chronic conditions such as non-insulin dependent diabetes and hypertension.

The clinic can now also provide point of care laboratory tests thanks to a \$2,500 Community Connector grant from the Kentucky Foundation for Medical Care.

The clinic is trying to grow the number of diagnostic procedures it can do at point of care because the patients it serves face many barriers getting to the clinic, Montague said. "The more diagnostic information we can put in the hands of the physician while they're seeing the patient, the better outcomes for the patient."

With the ability to get complete metabolic test results in-house, the cost has dropped from \$35 to \$10 per test. "It's a huge cost savings for the clinic and it's great information for physicians to have when the patient is here," Montague said. She's heard some physicians say in amazement, "I can't get a CBC in my office the same day."

For every dollar the clinic raises, it returns four dollars back in free medical care.

Patients can't believe they have access to free health care when they first hear about the clinic, Montague said. "We're working very hard to not be one of the best kept secrets."

One patient who knew about the clinic is alive today because of the care he received.

Eduardo, a construction worker and father of three, had been coming to clinic for more than a year. A physician heard a murmur on a recent visit and referred him to Michael Imburgia, M.D., with Have a Heart Foundation, an organization that provides free cardiac workups. Dr. Imburgia discovered Eduardo had an aneurysm.

"The man was a walking time bomb," Montague said. Eduardo had surgery thanks to Surgery on Sunday Louisville, which assisted with his hospital admittance. "His three kids still have their dad, his wife still has her husband and he's taking care of his family," Montague said.

For 2017, the clinic is projected to provide about 4,500 patient visits, which is only 5 percent of the uninsured population in the Louisville metro area. "We've set our goal for the next three years





Fred Williams, M.D., left, a KMA Community Connector who sponsored the Family Community Clinic KFCM grant application, stands inside the clinic's lab with FCC executive director Becky Montague. The grant helped provide point of care laboratory tests. In photo at left, a patient receives help from Jeremy Thornewill, M.D., a physician who volunteers at the clinic. The Family Community Clinic offers free care for individuals in the Louisville metro area who don't have medical insurance. (Photo above by Emily Whalin; photo at left courtesy of the Family Community Clinic)

to get to 10 percent—10,000 patient visits in a year,” Montague said. “In order to do that, we have to double our space and recruit more volunteer physicians.”

The clinic is working on accomplishing both.

A \$2 million capital campaign is currently underway to move the clinic to a space triple its current size of 1,500 square feet.

“Our volunteers are our best recruiters,” Montague said. One of the clinic’s volunteer physicians and founding board member, Manuel Gramaldi, M.D., tells his colleagues, “I’m going to do you a favor and tell you about the best place in the world.”

That’s how former KMA President Fred Williams, M.D., a KMA Community Connector who sponsored the grant application, found out about the Family Community Clinic.

“FCC is a precious resource for the uninsured working poor in the Louisville area,” he said. “It is staffed primarily by volunteers, many of whom are also KMA members. It definitely has captured my interest and commitment and I will be volunteering clinic time once I go part time.”

The clinic currently has about 300 volunteers, including 20 to 30 physicians and about 30 nurse practitioners. “We’d like to get to 100 physicians over the next three years,” Montague said. Volunteers commit to at least one four-hour shift a month. Two to three providers see about 15 patients each shift. The clinic provides about 350 to 400 patient visits each month.

Since opening in 2011, the clinic has seen more than 10,000 patients, volunteers have given more than 18,000 hours and provided care valued at more than \$2 million. About 60 percent of patients identify as Hispanic, so there’s always a volunteer Spanish interpreter on hand.

To volunteer, visit <http://famcomclinic.org/volunteers/>.

“Our physicians may come in tired, but they always leave with a smile on their face,” Montague said.

“FCC is a precious resource for the uninsured working poor in the Louisville area.”

—FRED WILLIAMS, M.D., FCC Community Grant Sponsor

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PUBLIC HEALTH CAMPAIGNS



Foundation Partners with KMA to Address Kentucky's Health Challenges

For the past few years, the Kentucky Foundation for Medical Care has worked with the Kentucky Medical Association on projects focused on public health crises in the Commonwealth. Among the campaign efforts: information graphics designed to impart public health information through social media posts.

The 2017 campaign has focused on the opioid abuse epidemic that has engulfed the country. The public health campaign—Know Your Meds KY—targeted the safe use, storage and disposal of prescription drugs. More than 1,000 Kentuckians die from prescription drug overdoses each year. Providers can play a critical role in addressing this statewide public health epidemic by educating patients on the safe use, storage and disposal of their prescription medicines.

In addition, the educational portion of the 2017 KMA Annual Meeting, which the Foundation funds, focused on physician leadership to develop solutions for the problem. The Annual Meeting was also the final installment of the Kentucky

Physicians Leadership Institute, funded by the Foundation, and invited the participants in the first cohort to lead discussions on finding solutions to the problem. Presentations at the KMA Annual Meeting:

- Use of opioids in an inpatient setting
- Prescribing statistics and trends, as well as an overview of KASPER
- Prescribing limitations and an overview of House Bill 333, which passed in 2017
- Stories of medically assisted treatment, as told in the KET documentary, "Inside the Opioid Epidemic"

Following those presentations, physicians in attendance had the opportunity to discuss a topic and a case study scenario. Groups discussed and formulated recommendations and share ideas for addressing these challenges.

The Foundation also continued efforts to promote the Commit to Quit KY campaign, focused on getting smokers who want to quit working with their

physician to kick the habit. Studies show that up to seven in 10 smokers want to quit. The passage of Senate Bill 89 in the 2017 legislative session ensures smokers have access to the recommended treatments and counseling their physicians recommend.

With that in mind, the Foundation plans to refocus efforts on this top priority for many physicians. Kentucky ranks among the top of the list of states with the highest number of smokers and with smoking-related health problems. Across the U.S., people are taking heed to the benefits of quitting smoking. According to the most recent numbers from the Centers for Disease Control and Prevention, 16.8 percent of adults in the U.S. were smokers in 2014, down from 20.9 percent in 2005. But Kentucky is still well above that rate—26.2 percent of Kentucky adults self-report as smokers.

The Foundation believes physicians can help to reverse that trend, especially through the coverage guarantees passed by the legislature in 2017.

1 in 7 teens in U.S. begin misusing prescription drugs meant for others every day.

Source: National Institutes of Health



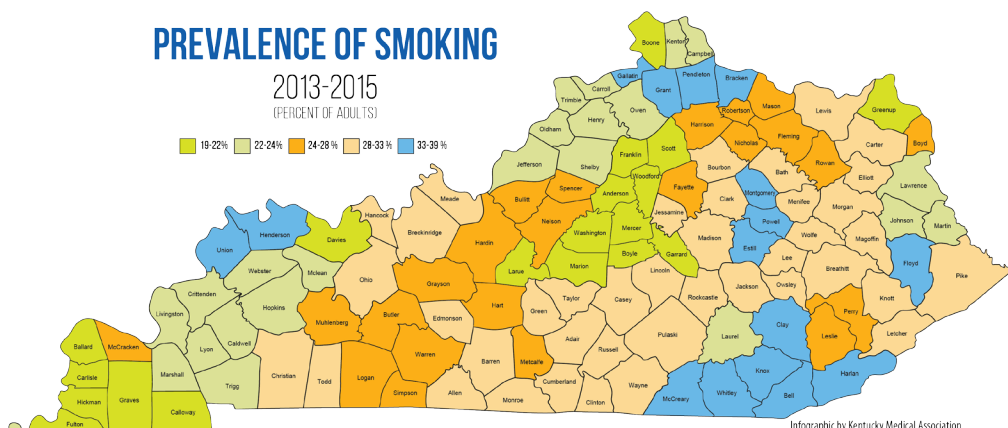
COMMIT TO QUIT



PREVALENCE OF SMOKING

2013-2015
(PERCENT OF ADULTS)

19-22% 22-24% 24-28% 28-33% 33-39%



Infographic by Kentucky Medical Association
Source: www.kentuckyhealthfacts.org

WWW.KYFMC.ORG