This is a publication to keep you informed of issues and events pertaining to the osteopathic profession in Washington State. We invite you to submit topics or articles of interest to your colleagues for consideration. Submissions may be emailed to executivedirector@woma.org

**New Website Launched!**
WOMA is pleased to announce a new and improved website at www.woma.org.

**Make Sure Your WOMA Information is Updated!**
One of the features of the new website we are excited about is a new Find a DO directory which includes WOMA Active and Life members (not yet retired). Your office address, phone number, practice focus and website link (if you have provided one) will be made available in a more user-friendly directory. (If you are in an administrative position and not seeing patients, the directory should list your practice focus as administrative.)

The information provided is linked to your profile in WOMA’s database. It is very important for you to check your profile to ensure we have the correct information. Please log into your WOMA file. You will need the primary email you provided to WOMA and the password you chose to log in. If you need assistance, please contact Hayley Griffin at hgriffin@woma.org.

Check your office address and phone, practice focus and provide a website URL if you have one for potential patients to access. Please check your information and provide corrections ASAP if you haven’t already.

**106th Annual NW Osteopathic Convention**
**June 6-9 at Semiahmoo**

WOMA’s annual convention begins Thursday, June 6th and offers up to 22.5 AOA Category 1-A credits.

The program begins on Thursday afternoon with The Science of Bariatric Medicine in Primary Care and Pearls in Pulmonary Imaging by Wade Justice, DO. After a 30-minute break to visit with exhibitors, Crystal Martin, DO will present a three-hour OP&P course on the Diagnosis and Treatment of Head and Neck Problems. Friday morning John Patz, DO, Katina Rue, DO, Jeb Shephard, Lynda Williamson, DO and John Asriel, MD will provide informative talks on the New Opioid Prescribing Rules, Reporting Tool, the Art and Science of Prescribing Long-Acting Opioids.
(meets the new 1-hour CME requirement) and Suboxone. Friday afternoon will include Nephrology: Diuretic Resistance by Mark Baldwin, DO. Challenges in Uro-Gynecology and Urologic Controversies: PSA and BPH by Matthew Uhlman, MD. Saturday morning is all about endocrinology with talks by Ken Cathcart, DO, William Elliott, MD, PHD, and Patrick Moran, DO. The afternoon will include optional limited breakout workshops on Nexplanon certification or Musculoskeletal Ultrasound in the office and Point-of-Care Ultrasound. On Sunday the program will focus on mental health and physician wellness with presentations by David Bauman, PsyD and Bridget Beachy, PsyD and Orestes Gutierrez, DO.

Social events include a physician/exhibitor reception Thursday after class, Thursday evening bonfire with s’more makings for everyone, Friday evening awards dinner and Saturday evening prizes and annual auction to benefit the Washington Osteopathic Foundation.

Semiahmoo Resort is a few minutes off Interstate 5, just before the Canadian Border. Ninety miles north of Seattle, it is positioned on the Semiahmoo Spit, which boasts more than 300 acres of tideland and approximately 1.5 miles of level pathways. It is ideal for outdoor adventures such as walking, biking, rollerblading, kayaking, clamming, sand sculpting, kite flying and picnicking. It features a pool, full-service spa, fitness center, multiple and diverse restaurants and two challenging and highly acknowledged public golf courses.

Convention registration will open soon!

In the meantime, you are encouraged to get your room reservation early for best choice of rooms at Semiahmoo. Click HERE and click on the Special Codes drop down menu. In the Group Code box put WOMA2019 to get very special room rates. This is important because we have to guarantee a minimum number of rooms sold through this website to have the meeting room space. (Please do not use outside hotel sites like Trivago, Expedia, etc.)

** Please Note** Semiahmoo is sold out on Sunday 06/09 and Monday 06/10. If you attempt to book stays including those dates, the registration website will tell you that there is no availability. On Wednesday the 5th, there are currently no Waterview rooms available and we are working to obtain more. Classic rooms are available if you start your search including the 5th.

If you need assistance or prefer to make reservations by phone, call the main hotel line at 360-318-2000 then select FRONT DESK. This should direct you to an agent onsite as opposed to the offsite reservations team.

2019 WOMA Board Assumes Office
L&I proposing rule language for acupuncture treatment

L&I has reviewed the best available scientific and clinical evidence related to the efficacy of acupuncture and concluded that acupuncture may be effective for treating low back pain. L&I initiated a pilot to collect information to better inform the provision of acupuncture treatment for injured workers with an open claim with accepted conditions that result in low back pain.

The pilot began October 1, 2017 and will continue through June 1, 2019 or up to a two-year period or as otherwise specified. Pilot program results have been considered in developing this proposed rule language. Data gathered through the course of the pilot include functional questionnaires, billing data, and discharge reasons. The proposed changes are scheduled to be adopted April 30, 2019 with an effective date of June 1, 2019. The formal comment period is now open.

You can find the proposed acupuncture rule language, the CR-102 and the opportunities to provide comments at: https://www.lni.wa.gov/ClaimsIns/Rules/New/Proposed/default.asp. For questions related to the rulemaking process, please contact: Jami Lifka at (360) 902-4941 or Jami.Lifka@Lni.wa.gov. For questions related to the pilot project, please contact: Zachary Gray, MPH at (360) 902-5025 or Zachary.gray@Lni.wa.gov.
The AOA is allowing physicians that are delinquent with their 2016-2018 CME Requirements to utilize 2019 credits to be applied to the 2016-2018 CME Cycle. The authorization form must be completed and returned to AOA Division of Client and Member Services.

**Reminder: Opioid Prescribing CME Required**

WAC 246-853-685

Continuing education requirements for opioid prescribing.

(1) In order to prescribe an opioid in Washington state, an osteopathic physician licensed to prescribe opioids shall complete a one-time continuing education requirement regarding best practices in the prescribing of opioids and the current opioid prescribing rules in this chapter. The continuing education must be at least one hour in length.

(2) The osteopathic physician shall complete the one-time continuing education requirement described in subsection (1) of this section by the end of the osteopathic physician's first full continuing education reporting period after January 1, 2019, or during the first full continuing education reporting period after initial licensure, whichever is later.

(3) The continuing education required under this section counts toward meeting any applicable continuing education requirements.

**DO Day**

On February 26th, eighty osteopathic physicians, medical students from PNWU and ATSU, faculty and staff participated in 83 appointments with legislators and aides for constituents. Legislative offices without constituents in our group were visited and left materials about issues of concern. Participants provided blood pressure checks and OMT to the public. One-hundred thirty physicians, medical students, legislators and aides attended lunch where productive discussions were held. The meetings with legislators went well and many of our participants were able to meet with the legislators instead of a legislative aid. Thank you to everyone who made the effort to be there. Mark your calendars for Wednesday March 4, 2020 for next year’s DO Day!

**2019 DO Day**
1. What’s new?

The governor approved a new law on March 21, 2018, that becomes effective January 1, 2019. The new law, Enacted Substitute Senate Bill 5084 (codified under RCW 70.54.450), requires health care facilities to share information with mammography patients on their breast density classification.

2. What does the new law require?

Federal law requires health care facilities to provide mammography patients with a summary report each time a mammogram is performed. Starting January 1, 2019, the new Washington state law requires this summary report also to include the patient’s individual breast density classification.

In addition, if a physician who is employed at, or who contracts with, the health care facility where the mammogram was performed determines the patient has dense breasts (see classifications c and d under question 3 below), the summary report must also include the following notice:

“You mammogram indicates that you may have dense breast tissue. Roughly half of all women have dense breast tissue which is normal. Dense breast tissue may make it more difficult to evaluate your mammogram. We are sharing this information with you and your health care provider to help raise awareness of breast density. We encourage you to talk with your health care provider about this and other breast cancer risk factors. Together, you can decide which screening options are right for you.”

3. What is breast density and why does it matter?

Breast density describes the amount of breast, connective (fibrous) tissue, and fatty tissue in the breast. Four categories are used to describe the density of the breast, called BI-RADS, into which a qualified health care provider can classify a patient’s breasts:

a. The breasts are almost entirely fatty. Mammography can detect most cancer in this setting.

Footnotes:

1. Mammography Quality Standards Act (as amended by MQSA of 1998 and 2004)
2. Breast Imaging Reporting and Data System developed by the American College of Radiology.