

The Montana Chiropractor

June 2011

President's Letter

Marcus Nynas, DC



Let me begin this by saying thank you for the trust you have placed in me by electing me to be your president. I feel a great responsibility to all of you and would like to share my vision for moving forward. This year is a non-legislative year, so my immediate priorities are a general housekeeping. We need the support of our members and my number one priority is to build and repair bridges to our membership. Along those lines we have established a membership committee who will be presenting ideas for a membership drive and retention program. This committee consists of Dr's Gary Pfaff, Scot Bowen, Mark Wilson, and

Pete Hicks. If you have an idea that for some reason you are not comfortable addressing to the board, please contact one of these doctors and they will act as your liaison. We approved a new set of bylaws at the general meeting, we now need to draft a policy manual to go along with those. As Dr. Gray mentioned during the ethics seminar there are some changes that need to be made to our Code of Ethics as well. Our ethics committee consists of Scott Hansing, Rich Murack, Scot Matz, Pam Blanchard, Kim Meier, and Daniel Stanley.

One announcement that I'm cautiously excited about is a trial project we have through Rocky Mountain Health Network. Dale Williams, George Toyne and myself are members of both RMHN and the MCA and will be directly negotiating through RMHN for better contract language. If this is successful this will be opened to the rest of the state, if it isn't the MCA is not out anything and we will try yet another different approach. Another avenue under consideration would be the formation of our own IPA/PPO organization similar to what Nebraska has done and New Mexico is working on.

We will be encouraging you to get active and attend any local candidate forums you can and let the candidates know you are there as a member of their district and that you are a MCA member. Any legislative issues will depend on personal contacts and connections. Please keep us informed if you have a personal relationship with any legislator in the state.

We are pleased to announce a new MCA member benefit. Ms. Susan McClelland (she presented our conferences on Medicare in 2009 and 2011) has agreed to provide consulting services for Medicare and other coding issues. See details on page 2.

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MCA TO OFFER NEW FREE MEMBER BENEFIT- ASK THE BILLING AND CODING EXPERT



Ever wonder how to code and/or bill Medicare for certain procedures? MCA is pleased to announce a free new member benefit to help you through any chiropractic-specific questions you might have and to provide members with an important resource to help you and your practice.

MCA has contracted with billing and coding expert, Susan McClelland of McClelland Consulting, LLC. Members may submit emailed questions regarding Medicare (and other regular or national insurer, but not small, local carriers and Medicaid) to McClelland Consulting directly at the following email address: MThelp@usit.net. Upon verification of MCA membership, McClelland's answers will be returned to you with a copy to MCA executive director, Sue Weingartner. MCA will distribute the questions and answers to the MCA membership after removing the submitting member's identifiable, personal information. You can expect to receive your answer within a few days from when you submit your question.

The questions and answers will also be posted to the MCA website (members only section) for your easy reference later. Call the MCA office if you need your member and password information to access the members only section.

Dr. Gary Pfaff Named MCA 2011 Chiropractor of the Year



Dr. Gary Pfaff, a long time Laurel Chiropractor, recently received the 2011 Chiropractor of the Year award at the Montana Chiropractor Association's annual meeting. This award is given to doctors of chiropractic who have shown outstanding dedication to the advancement of the chiropractic profession in Montana and service to the public.

Dr. Pfaff owns Pfaff Chiropractic Clinic and is a graduate of Palmer College of Chiropractic. He has served as field faculty member for Northwestern University of Health Sciences, Palmer College of Chiropractic and Life Chiropractic College in Atlanta. A tireless supporter of many endeavors, Dr. Pfaff has served as treasurer of the Montana Chiropractic Association, as well as secretary and president of the Yellowstone Chiropractic Association and is chairman of the distinguished Chiropractic Knights of the Roundtable. A strong advocate for mentoring students, Dr. Pfaff has welcomed 14 interns into his practice over the years, sharing his wealth of experience and providing professional guidance to new students starting out.

Dr. Pfaff and his wife Marlene have two daughters, Theresa Pfaff of Bozeman and Tracy Mouser of Billings, along with two granddaughters, Amberlea and Maia Mouser of Billings.

The award was presented to Dr. Pfaff at the MCA Annual Conference in Helena in May.

MCA Elects Dr. Marcus Nynas President

Dr. Marcus Nynas, was elected President of the Montana Chiropractic Association at the recent 2011 Annual Conference in Helena. A board member since 2008, Dr. Nynas is Montana's alternate delegate to the American Chiropractic Association and also served as president of the Yellowstone Chiropractic Association.

Dr. Nynas opened Billings Family Chiropractic in 2005 and is a 2000 graduate of Northwestern College of Chiropractic. Dr. Nynas is active with Montana State University-Billings and has been an adjunct faculty member since 2009. He has also served as team chiropractor for MSU-Billings, Rocky Mountain College and the 2010 Billings Mustangs. A lifelong member of the National Rifle Association, Rocky Mountain Elk Foundation and a member of the Knights of Columbus, Dr. Nynas also serves on the board of the Rocky Mountain Health Network. Dr. Nynas and his wife Suzette have two children, Abbey and Matthew.

Other officers elected at the May 21 meeting include Vice President, Dr. Gregory Pisk of Kalispell, and Secretary/Treasurer, Dr. Scott Hansing of Helena. Other board members include Past President Dr. V. J. Maddio, Helena; Dr. Michael Anderson, Missoula; Dr. Richard Murack, Conrad; Dr. Dale Williams, Billings; Dr. Gary Pfaff, Laurel and Dr. George Toyne, Hardin.

Dedicated to promoting and advancing the quality of chiropractic care in Montana, the MCA has been in existence since 1917.

Scientific Basis for Maintenance Care

Scott E. Hansing, DC



The chiropractic profession has emphasized maintenance care (MC) for nearly as long as it has been a profession. While I was in school, we had entire classes

teaching strategies regarding approaches to get your patients to enlist in long term maintenance care because they would be “healthier.” While the instructors would always emphasize the effect it would have on your net income as a physician they would seldom offer up any kind of valid evidence to support their health claims for MC. Through the years I have been cautious about recommending MC for a number of reasons. It seemed like more often than not I would have to take excessive time to explain the physiologic basis why it would take more than one visit to treat a patient’s condition. These patients often had bad experiences with a chiropractor trying to sell them on a clearly excessive treatment plan involving large sums of money. I have also seen a number of colleagues use questionable claims that weren’t validated in the scientific literature to justify their version of MC.

Recently, several studies have validated MC for chronic, nonspecific low back pain and work-related low back pain and disability recurrence. A study published in the journal Spine compared 12 treatments of spinal manipulative therapy over one month to 12 treatments over one month followed by maintenance care involving 1 treatment every 2 weeks for 9 months. Several outcome measurement tools were used to validate outcomes. The MC group that received treatment every 2 weeks for nine months showed significant improvement in pain and disability compared to the group that did not receive MC.

A second study in the Journal of Occupational and Environmental Medicine compared MC for work related injuries using either physical therapy, medical physician care, chiropractic care or no care. Interestingly, the groups under physical therapy or medical physician MC demonstrated higher disability reoccurrence than the

chiropractic MC or no treatment at all.

Both of these studies come from highly respected peer reviewed medical journals and lay the framework for ongoing investigation regarding MC for other conditions. While this offers validation for some types of MC, I would caution anyone for using this information to justify obvious overtreatment. This information is extremely valuable for improving patient management and therefore maximizing patient outcomes in addition to being able to provide validation for some types of MC to second party payers.

I think we also need to think critically about what these studies tell us. There appears to be obvious clinical value for MC in nonspecific low back pain but are there other management tactics with value? Do you have patients that could be categorized as suffering chronic nonspecific low back pain that are obese? Are they de-conditioned with a sedentary job and lifestyle? How old are they? The characteristics of nonspecific low back pain of the average 30 year-old are obviously different than the average 60 year-old. Our older patients often have some degree of spinal degenerative changes including permanent soft tissue remodeling from years of musculoskeletal stress.

I think it’s important for us as physicians to look at these patient’s from a broader context than just would they benefit from MC. Would we see better outcomes if they lost weight or started a regimented exercise routine? Are there work-related ergonomic changes that could be made that would reduce mechanical stress on their back? I encourage everyone to use this data to improve patient outcomes but I also encourage everyone to continue to look at the whole picture to get the best outcomes possible.

Health maintenance care in work-related low back pain and its association with disability recurrence, Journal of Occupation and Environment Medicine. 2011 April,53 (4):396-404

Does maintained spinal manipulation therapy for chronic non-specific low back pain result in better long term outcome? Spine (Phila PA 1976). 2011 Jan 17

Welcome New MCA Members

Gina Bjorkman, DC
Hamilton

James P. Marquardt, DC
Missoula

Jessie Wheeler, DC
Hamilton

Thomas A. Konen, DC
Polson

Thomas Rachie, DC
Deer Lodge

Attorney/Lobbyist Report

Mark Staples, MCA Legal & Legislative Council

On behalf of MCA, I testified at the recent public hearing on the proposed new Montana Department of Labor Utilization and Treatment (U&T) Guidelines for Workers' Compensation providers. We had previously sent the proposed guidelines to all MCA members for comment.



My testimony dealt with the "Independent Medical Review" provided for in the case of a dispute over a denial of a provider's treatment plan for a specific injured worker. MCA testified that in the event of such a dispute (an infrequent occurrence), the professional review of the provider's treatment protocol ought to be by a professional from the same specialty, e.g., a D.C. should be reviewed by a D.C., not an unrelated practitioner from outside the Chiropractic discipline. I based our comment on the "Statement of Reasonable Necessity" for the rules, which stated that the standards of care to be contained therein should be "peer-reviewed." With that tenet as a foundation for the rules and guidelines, I asked "How can an internist, G.P., or anyone other than a Doctor of Chiropractic 'peer review' a Doctor of Chiropractic?"

The Department of Labor makes no comments in response at these hearings, but I see no reason our request should not be adopted, as it is completely in keeping with the "peer-reviewed" standard of care which was stated to be a key objective of the U&T Guidelines.

We'll let you know the outcome.

ACA Report

George Toyne, DC, Montana ACA Delegate

Thanks for all your thoughts and prayers. As some of you know, I had to leave the MCA convention early this year. A small stream had become a river and threatened to flood my home. My house was spared, but my property was flooded by 2-3 feet of water. The damage was minimal, a washed out driveway, and my well house was under water. I think we have all had trials and tribulations in our lives. These trials and how we respond to them make us who and what we are. Just as we have a network of friends and family in our personal lives, the ACA is our professional network of like minded peers.

Like in our personal lives, some things we can handle by ourselves and others we need help with. The ACA is here to help, from billing and coding issues, to helping with Medicare, and monthly webinars allowing at home education. Are you utilizing all that is being offered through the ACA?

As most of you know, the ACA has joined the Congress of Chiropractic State Associations (COCSA), the Ohio State Chiropractic Association and others in a class action law suit against United Healthcare to challenge the insurer's recoupment practices. A copy of the official class action complaint against United Health Group can be found at acatoday.org/pdf/insurancerelations/complaint.pdf

The ACA is working on these legislative issues:

- 1.) Expanding chiropractic services to more VA sites
- 2.) Student loan re-imburement for doctors in underserved regions
- 3.) Tri-Care expansion to include chiropractic benefits
- 4.) Fighting to protect non-discriminatory language in the National Healthcare Legislation

Please contact Senators Baucus and Tester and Representative Rehberg to voice your support of the above issues, if you haven't already done so

We have only been able to get 141 people, state wide, to sign up on Chiro Voice. This is up 20 from last year. Please tell a friend to join Chiro Voice, if you haven't already.

Register at Chiro Voice at: www.chirovoice.com

Select: Join the network

Fill in the requested information and select Submit.

Required information: Name First and Last

Address, City, State and Zip

E-mail address (can only be used once)

MCA Updates

NEW 2011-2012 MCA COMMITTEES APPOINTED

Membership Committee: Dr. Gary Pfaff, Laurel, chair; Dr. Scott Bowen, Billings; Dr. Mark Wilson, Missoula; and Dr. Peter Hicks, Missoula.

Ethics Committee: Dr. Rich Murack, Conrad; Dr. Scott Hansing, Helena; Dr. Scott Matz, Missoula; Dr. Daniel Stanley, Miles City; Dr. Pam Blanchard, Great Falls; Dr. Kim Meier, Billings; and Dr. David Gray, Missoula, member at large consultant.

Insurance Committee: Dr. Marcus Nynas, chair; Dr. V. J. Maddio, Helena; Dr. George Toyne; and Dr. Lee Hudson, Great Falls.

SUMMARY OF MAY 19 MEETING BOARD ACTIONS:

....MCA Budget. Proposed budget for fiscal year 2011/12 was adopted.

....Insurer Relations Committee. Insurer Relations Committee established and will be chaired by Dr. Marcus Nynas. Dr. V. J. Maddio and Dr. George Toyne volunteered to serve on the committee. Additional members may be appointed.

....Proposed U&T Guidelines Rules. A public hearing on the Proposed U&T Guidelines Rule is scheduled in Helena, June 6. Information on the hearing and the proposed rule was sent to the membership earlier this week. It is crucial that MCA develop comments and present them at the hearing and in writing. Dr. Marcus Nynas will chair a committee to develop the comments; also appointed to the committee were Dr. Jerald Wiley and Dr. Dale Williams. The membership will be surveyed and comments requested.

....Membership Committee. A membership committee to be appointed by the next MCA president and will include a member at large that is not on the MCA Board is directed to address membership concerns including communications to members.

....Animal Chiropractic. Legislation was not introduced at the Session. The licensing boards were not allowed to introduce a bill, and the veterinary association did not wish to pursue legislation. Mark Staples was told by the coalition partners who originally drafted the bill that given Representative Kerns' letter that he saw nothing illegal about the practice, no one believed action would be taken against practitioners of animal chiropractic.

SUMMARY OF MAY 21 MEETING BOARD ACTIONS:

....The executive director is to purchase a policy for Director's and Officer's insurance.

....The executive director to pursue a member benefit that would provide billing and coding consulting service to individual members of MCA; details to be developed and negotiated between MCA and Susan McClelland.

SUMMARY OF MAY 21 ACTIONS FROM MEMBERSHIP MEETING:

....New MCA Restated Bylaws were adopted.

....The membership committee, chaired by Dr. Gary Pfaff, was asked to explore and recommend actions to improve member and Board communications. Two additional members at large will be appointed to the committee.

....The Chiropractor of the Year Award was presented to Dr. Gary Pfaff of Laurel by Dr. Rich Murack (for Dr. George Toyne, last year's recipient).

....The President's Award was presented to Dr. V. J. Maddio.

....The 2012 May annual conference will feature Dr. Lindsay Rowe.

ECONOMIC AFFAIRS INTERIM COMMITTEE BEGINS INTERIM WORK

The Economic Affairs Interim Committee held its first meeting in Helena on Friday, June 3. Members of the committee include: Senators Joe Balyeat, Bozeman, Tom Facey, Missoula, Ed Walker, Billings, and Jonathan Windy Boy, Box Elder; and Representatives Tom Berry, Roundup, Chuck Hunter, Helena, Carolyn Squires, Missoula, and Gordon Vance, Bozeman. Rep. Berry was elected chair of the committee, and Sen. Tom Facey was elected vice-chair.

One of the work tasks assigned to this committee is HB 52, requiring a review of all professional and occupational licensing boards. Because it is one of the oldest boards, the Board of Chiropractors will be one of the first Boards scheduled for hearing before this committee (along with the Board of Pharmacy, Board of Veterinary Medicine and Board of Dentistry).

The committee was also assigned to study HJR 33 to look at issues related to a state-based or regional health insurance exchange and how Montana may prepare for an exchange.

If you wish to follow the work of this committee, you can log into their website at: <http://leg.mt.gov/css/Committees/interim/2011-2012/Economic-Affairs/default.asp>.

Pre-Existing Condition Insurance Plan - An Important Resource

Jeff Hinson, Denver Regional Administrator, Centers for Medicare & Medicaid Services

The Pre-Existing Condition Insurance Plan (PCIP) was established by the Affordable Care Act. Please share this information with your clients, patients, members, and colleagues who may encounter people in need of health insurance coverage. PCIP is administered by either your state or the U.S. Department of Health and Human Services and provides a health coverage option for children and adults in all 50 states and the District of Columbia who have been locked out of the health insurance market because of a pre-existing condition. This transitional program will continue until 2014 when Americans, regardless of their health status, will have access to affordable health insurance when the nation transitions to a new marketplace.

Eligibility criteria for PCIP:

- A U.S. citizen or residing here legally
- Uninsured for at least the last six months
- Have a pre-existing condition or have been denied health coverage because of a health condition

For more information and how to apply, go to "Find Your State" at www.pcip.gov and click on your state from a map of the United States or select a state from a drop-down menu for information about how to apply. You can also call a toll-free line at: 1-866-717-5826 (TTY 1-866-561-1604). The Call Center is open from 8 AM to 11 PM Eastern Time. A brochure is available online that can be printed and distributed: <http://www.healthcare.gov/center/brochures/pcip.pdf>

Thank you for your assistance in raising awareness of this very important program.

Classifieds

HELENA PRACTICE FOR SALE

Low overhead, well established family practice for sale in downtown Helena.

Contact: (406) 442-3446

UNIVERSAL UNI-MASTER X-RAY MACHINE FOR SALE

I am selling a 1983 Universal Uni-master 325 X-ray machine. This includes all aspects of the machine with 2- 10 x 12 cassettes and 2-14x17 cassettes and 1- 14x36 cassette. Konica QX-70 film processor, Name I.D. auto identifier, developer and fixer storage unit included. This machine works great. No problems ever or existing. Takes great pictures up to a 250 pound person. \$5,000 for everything.

Also for sale:

6 waiting room chairs and two side tables. \$400.

One large solid oak desk with 3 chairs. Very nice. \$1,000.

Any interest, contact Dr. Randall Lundgren: cell-(406) 570-5522 or office-(406) 586-1984

ZENITH HI-LO TABLES FOR SALE

Two brown leather Zenith HiLo tables in good condition. \$1800. each.

Contact Michael H. Pardis, DC: drmpardis@yahoo.com or (406) 461-9856



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June 2011

THE MONTANA
CHIROPRACTIC ASSOCIATION
36 S Last Chance Gulch, Suite A
Helena, MT 59601

MCA BOARD OF DIRECTORS

President	Marcus Nynas, DC
Vice President	Gregory Pisk, DC, CCSP
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Past President	V.J. Maddio, DC
Director	Michael Anderson, DC
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Director	Gary Pfaff, DC
Director	George Toyne, DC
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Attorney/Lobbyist	Mark Staples

CONGRATULATIONS

**Dr. Gary Pfaff Named
MCA 2011 Chiropractor of the Year**

**Dr. Marcus Nynas Elected
MCA President**

WE'RE ON THE WEB
www.mtchiro.org