Putting Health at the Heart of Medicine

2015

@NPAlive • NPAlliance.org
Board of Directors

Anthony Accurso, MD  
_Baltimore, MD_

Valerie Arkoosh, MD, MPH  
_Senior Policy Advisor_
_Philadelphia, PA_

Richard Bruno, MD  
_Annapolis, MD_

Rachel Rosen DeGolia, MPA  
_Cleveland, OH_

Kenneth Frisof, MD  
_Shaker Heights, OH_

Rosemary Gibson  
_Arlington, VA_

Jeff Huebner, MD  
_Vice-President of Policy_
_Madison, WI_

William B. Jordan, MD, MPH  
_President_
_New York, NY_

Padi McFadden, MD  
_Secretary_
_Pittsburgh, PA_

Susan Molchan, MD  
_Bethesda, MD_

Lisa Plymate, MD  
_Seattle, WA_

Mark Ryan, MD  
_Vice-President of Communications_
_Richmond, VA_

John Santa, MD, MPH  
_Treasurer_
_Portland, OR_

Gary Schwitzer  
_Saint Paul, MN_

Jim Scott, MD, NPA  
_Immediate Past President_
_Portland, OR_

Jean Silver-Isenstadt, MD, PhD  
_Executive Director_
_Washington, DC_

Kate Tulenko, MD, MPH, MPhil  
_Washington, DC_

Kim Witczak  
_Minneapolis, MN_

National Physicians Alliance  
888 16th Street NW  •  Suite 800, PMB #835  •  Washington DC  20006  
(202) 420-7896  •  www.NPAlliance.org
MISSION STATEMENT

The National Physicians Alliance creates research and education programs that promote health and foster active engagement of physicians with their communities to achieve high quality, affordable health care for all.

The NPA offers a professional home to physicians across medical specialties who share a commitment to professional integrity and health justice.

Believing that the best way to win public trust is to earn it, the organization accepts no funding from pharmaceutical or medical device companies.

The NPA is a 501(c)3 non-profit, non-partisan organization.

---

National Physicians Alliance Guiding Principles

- We place the best interests of our patients above all others and avoid conflicts of interest and financial entanglements. The health of our patients is our first concern. *(Oath of Geneva)*
- We affirm the World Health Organization’s definition of health as “*a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*”
- We believe health is determined by a wide variety of influences beyond biology, including familial, social, psychological, environmental, economic, political, legal, cultural and spiritual factors. Understanding and addressing these complex connections is a duty of our profession.
- We recognize that health and disease are not limited by national borders. We must advocate for national and international policies that support health promotion and disease prevention.
- We advocate for a clean environment, a fundamental requirement for a healthy society.
- We believe that the health care workforce must reflect the diversity of the population.
- We believe every health professional must value and respect cultural diversity in order to provide sensitive and effective care to all patients.
- We seek collaborative and creative solutions with other health professionals and our local communities to protect and improve public health.
- We believe that individual health is tied to the health of communities. Physicians have an important role in ensuring a strong and viable public health system.
- We support an approach to knowledge acquisition grounded in empirical research, evidence-based conclusions, professional peer review, and transparency of process.
- We acknowledge and respect the long history of medical practice and tradition in all cultures and encourage research into these practices.
<table>
<thead>
<tr>
<th>NPA Issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Integrity &amp; Trust in Medicine</td>
</tr>
<tr>
<td>• Equitable, Affordable Health Care for All</td>
</tr>
<tr>
<td>• Patient Safety &amp; Systems Improvement</td>
</tr>
<tr>
<td>• Gun Violence Prevention</td>
</tr>
<tr>
<td>• Civic Engagement</td>
</tr>
<tr>
<td>• Professional Development</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equitable, Affordable Health Care for All</th>
</tr>
</thead>
<tbody>
<tr>
<td>Founded with a core commitment to patient-centered advocacy, the NPA works to broaden access to health care, reduce health disparities, and promote health justice. Across the country, NPA members have provided bold public support for the passage and implementation of the Affordable Care Act.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clean Hands – Unbiased Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pharmaceutical and medical device companies wield too much influence over decisions between physicians and their patients. In response, the NPA accepts no funding from pharmaceutical or medical device companies. We advocate for a clean and transparent health care system, where physicians operate free from financial conflicts of interest.</td>
</tr>
</tbody>
</table>

Contact NPA about unbiased, industry-free speakers, continuing education, and Grand Rounds at NPAlliance.org or call 202-420-7896
A. Gene Copello Health Advocacy Fellowship

From 2010-2012, the NPA’s A. Gene Copello Physician Leadership Summit provided an annual day-long leadership and media training to selected physicians from across the country. In 2013, we expanded the program into a year-long Health Advocacy Fellowship. Our 2015 program will address routine over-treatment and under-treatment by supporting leadership initiatives to achieve high value health care.

The year-long program includes a series of interactive, case-study expert presentations from inspiring leaders; practical skill-building around how to build support and effect change in one’s professional setting; and expectations for peer organizing and on-the-ground projects developed with support from experienced advisors.

NPA 2015 A. Gene Copello Health Advocacy Fellows

- Sumair Akhtar, MD, Henderson, NV
- Winfred Frazier, MD, Pittsburgh, PA
- Morganna Freeman, DO, Tampa, FL
- Celine Goetz, MD, New York, NY
- Tracey Henry, MD, MPH, MS, Washington, DC
- Mary Lacy, MD, Albuquerque, NM
- Jonathan Lichkus, MD, MPH, Somerville, MA
- Christopher Petrilli, MD, Ann Arbor, MI
- Aaron Stupple, MD, MAT, Boston, MA
- Fatima Syed, MD, MSc, Philadelphia, PA

The NPA is grateful to the ABIM Foundation and the Otto Haas Charitable Trust for their generous support of the 2015 Copello Health Advocacy Fellowship.
NPA Promoting Good Stewardship in Clinical Practice Project

Inspired by the American Board of Internal Medicine Foundation’s *Physician Charter on Professionalism*, this project engaged physician working groups in the fields of internal medicine, pediatrics, and family medicine, using comparative effectiveness studies to determine “5 Things You Can Do in Your Practice” to provide excellent patient care while appropriately conserving health care resources.

National coverage of this work resulted in more than 50 significant media hits including PBS NewsHour, the Wall Street Journal, TIME, Consumer Reports, Reuters, US News, AMA’s American Medical News, Medscape, and dozens more medical journals and health related blogs. The project also sparked follow-up research that demonstrated a conservative $6.7 billion in annual savings if NPA’s recommendations were universally adopted. This publication ignited a second wave of news coverage.

Promoting GOOD STEWARDSHIP – in Clinical Practice –

The NPA’s Good Stewardship Project thus sparked the celebrated *Choosing Wisely Campaign®,* of which NPA is a partner. A project of the American Board of Internal Medicine Foundation, *Choosing Wisely®* encourages multispecialty commitment to evidence-based care that emphasizes value for patients over volume of services. The campaign enlists specialty societies to identify concrete ways for physicians to become more responsible stewards of health care resources.

The NPA was honored by the National Center for Health Research as a 2013 Health Policy Hero, in recognition of the role the organization played as the founding inspiration for the *Choosing Wisely® Campaign*. The award was shared by NPA, the American Board of Internal Medicine Foundation, and Consumer Reports: for helping “to improve the lives of adults and children nationwide by supporting health policies that help protect lives and improve medical care for us all.”

Avoiding Conflict of Interest in Medicine

Help end the undue influence of drug and device marketing in medical education, research, and clinical practice. At NPAlliance.org, you will find archived National Grand Rounds webcasts as well as a Leadership Development Conference Call Series offering expert guidance for reducing conflicts of interest in medicine. Recordings are available at no cost.

Support for this work was provided by a grant from the State Attorney General Consumer and Prescriber Education Grant Program which is funded by the multi-state settlement of consumer fraud claims regarding the marketing of the prescription drug Neurontin.
U.S. health care is in transition. Sadly, paths to its improvement are poorly blazed and intensely politicized. As individuals, we each have a stake in the future of health care. Our nation’s organizations, corporations, and government do as well.

To ensure that physicians’ approach to health care transformation remains grounded in the profession’s core values and that we always work to maximize ultimate value for patients and communities, NPA’s policy committee has set a high bar with *Values and Value in Health Care—Positions and Perspectives of the National Physicians Alliance*. This brief document synthesizes the robust input provided by NPA’s membership in response to a detailed survey about perceived obstacles to high value health care. The survey also asked about potential solutions. We view the document as a starting point for necessary discussion. It is by no means a finished action plan. The document seeks to remind all of us to look through the lens of our principles when considering new policy directions.

To learn more, contact Dr. Jeff Huebner, NPA Vice President of Policy via npa@npalliance.org
NPA 2015
Policy Positions

- Letter to FDA supporting child-resistant packaging for liquid nicotine
- Letter supporting continued funding for Planned Parenthood
- Letter to US Chain Restaurant Industry Opposing Routine Antibiotics Use
- Letters Opposing H.R. 36/S.1553, Pain- Capable Unborn Child Protection Act
- Letter to US Senate Finance Cmte re Release of Opioid Findings
- Letters Urging Caution re 21st Century Cures Act
- Letter re 21st Century Cures Act and inclusion of children and seniors in clinical trials
- Letter re 21st Century Cures Act and reporting requirements for industry funding of CME
- Letter re Labeling Changes for Approved Drugs and Biological Products
- Letter re Trans-Pacific Partnership (TPP) and the Trans-Atlantic Trade and Investment Partnership (T-TIP) impact on health care
- Statement of Members of the Coalition to Protect the Patient-Provider Relationship Regarding Mandating that Health Care Professionals Provide Unsubstantiated Medical Information
- NPA & ACP Testimony to CT General Assembly Judiciary Committee re SB 650/HB 6848 and HB 6962 addressing gun violence prevention and safe storage
- Letter re S. 185, the Promise for Antibiotics and Therapeutics for Health (PATH) Act
- NPA & ACP Testimony to CT General Assembly Appropriations Committee on Tobacco Cessation Funding
- Letter in Support of the ACA and the Medical Device Tax

To learn more please visit NPAlliance.org/policy

NPA Policy Committee

The NPA has taken positions on a broad of critical topics this year. The group has also explored issues related to our nation’s healthcare workforce and the Institute of Medicine’s recommendations about reform of graduate medical education. Public comments and issue briefs are available at NPAlliance.org.

This year has also seen the steady expansion of the NPA’s FDA Task Force, whose mission is to educate and empower a multispecialty group of NPA members, free of conflict-of-interest, to provide unbiased expertise in evaluating and responding to the FDA regulatory process in a way that maximizes meaningful clinical outcomes for our patients. The Task Force has contributed comments to federal policymakers on a range of issues, including accelerated drug approval pathways, antibiotic development, generic drug labeling, e-cigarettes, medical device classification, and more. Recordings of FDA Task Force webinars are at NPAlliance.org.

For more information or to apply to join the NPA FDA Task Force, contact npa@npalliance.org.

ObamaCare Answers
A Short Video from NPA & Americans United for Change
Regulations abound in medical practice but few unite practitioners as quickly as threats to our professional oath: “First, do no harm.” To forbid a doctor from providing evidence-based care is to require harm. Scientifically informed advice may be ignored, questions may go unanswered, but the flow of communication between patient and doctor must be freely navigated in a safely confidential setting if any trust is to be secured at all.

Yet across the country, politicians are introducing and passing laws that interfere in the relationship between patients and their health care providers. This trend of political interference is happening with respect to women’s health, gun safety, and environmental hazards, among other health and safety issues. There is a great deal at stake when politicians use their power to micromanage professional practice outside their expertise, in medicine no less than in aviation or nuclear plant inspection or bridge repair. Health care providers must be allowed to rely on their professional evaluation of a robust, scientific evidence base to guide clinical practice and to communicate freely with patients.

Neither patients nor providers want to see the exam room politicized. The new Coalition to Protect the Patient-Provider Relationship—co-founded by the National Physicians Alliance and the National Partnership for Women and Families—is comprised of nonpartisan, nonprofit organizations united in our opposition to inappropriate interference in the relationship between a patient and healthcare provider. This relationship is one in which sensitive and confidential information is privately exchanged in trusted, open, and honest discussion. The Coalition believes that all parties speaking to the provision of health care should respect the unique nature of the patient-provider relationship and support the ethical obligation of the health care provider to deliver individualized, evidence-based care and put the patient first.
NPA’s Commitment to Gun Violence Prevention

The NPA views gun violence as a public health crisis, appropriately addressed through a comprehensive preventive framework. Our policy recommendations include stronger regulation of guns; robust funding for research on gun violence; federal protection of clinical free speech; and improved access to and support for mental health services.

In addition to submitting comments to federal policymakers and devoting staff time to coordination with allied advocacy organizations working on this issue, the NPA has developed and offered a broad range of substantive educational resources for physicians and patients regarding the crisis of gun violence.

Our white paper, “Gun Safety & Public Health: Policy Recommendations for a More Secure America,” was produced in partnership with the Law Center to Prevent Gun Violence and is available for download at www.NPAlliance.org along with many other useful resources and opportunities for engagement.

Advice That Could Save Lives

“Having a loaded or unlocked gun in your house increases the risk of injury or death to family members, whether by accident or on purpose.”

If guns are in your home, I urge you to store them:
- unloaded and locked in a drawer or cabinet
- separately from ammunition
- out of the reach of children

Brief counsel from physicians can favorably influence patient behavior. 64% of patients counseled made safe changes in gun storage.
Shaping the right patient care requires tools that differentiate between solid evidence and solid hype. A tremendous amount of information purports to advise clinicians and consumers. Not all of it is reliable. There are enormous numbers of medical guidelines, protocols, and algorithms, offered by enormous numbers of recommending organizations (e.g., 101 hypertension guideline sources are listed in guidelines.gov). Risk and benefit of new treatments are often irresponsibly characterized in the media. Charting a wise course for patient care is additionally undermined by industry influence, sparse high-grade evidence, and the persistent separation of lay and professional information.

TandemHealth™, a partnership between the National Physicians Alliance and Consumer Reports, is creating an innovative and unusual prescribing app for use before, during, and after a clinical encounter, for consumers and clinicians alike, with clear, evidence-based approaches for the most common medical conditions. Our project name comes from an intentional focus on the mutual patient-provider experience. Importantly, we accept no funding from industry.

For more information about Tandem, contact npa@npalliance.org.

Leveraging Social Media to Advance Conflict-Free Medical Education

The NPA is proud to have been awarded a three-year grant from the Agency for Healthcare Research and Quality (AHRQ) in support of our work to advance conflict-free medical education. Through experimentation with social media, this project will illuminate the most effective ways to connect busy prescribers with free, practice-relevant on-line continuing medical education that is independent of industry funding.

For more information about NPA projects, please visit the NPA website at NPAlliance.org
To get involved, contact Becky Martin, NPA Director of Project Management at becky.martin@npalliance.net
NPA is Grateful to Our Current & Past Major Funders

- Agency for Healthcare Research & Quality
- American Board of Internal Medicine Foundation
- American Federation of State, County & Municipal Employees
- American Medical Student Association Foundation
- The Atlantic Philanthropies
- Attorney General Consumer & Prescriber Education Grant Program
- The California Endowment
- Committee of Interns & Residents
- David Bohnett Foundation
- Drumcliff Foundation
- Gertler Family Foundation
- The Greenwall Foundation
- The Joyce Foundation
- The Kellogg Foundation
- Otto Haas Charitable Trust
- Health Care for America NOW!
- Ruth and Stephen Hendel Foundation
- Liberty Hill Foundation
- The Medical Society of Virginia Foundation
- The Nathan Cummings Foundation
- The Permanente Medical Group
- Public Welfare Foundation
- Richard and Hinda Rosenthal Foundation
- The Schwab Fund for Charitable Giving
- The Shelley & Donald Rubin Foundation
- The Tides Foundation
- The Universal Health Care Foundation of Connecticut

National Physicians Alliance
888 16th Street NW • Suite 800, PMB #835 • Washington DC 20006
(202) 420-7896 • www.NPAlliance.org

Like us on Facebook: National Physicians Alliance • Follow us on Twitter @NPAlive