



GEORGIA OSTEOPATHIC  
MEDICAL ASSOCIATION  
1902

## Your monthly GOMA news & update

Welcome to GOMA's monthly newsletter where you can stay up-to-date on the latest osteopathic news and happenings in the GOMA community.

### 2021 Updates for Evaluation & Management Codes

#### MAJOR CHANGES in the E/M codes in effect January 1, 2021

Georgia Osteopathic Medical Association presents the below information and charts as a succinct update that is not comprehensive. We hope this helps with this transition.

2021 Requirements for E/M Codes			
	History/Exam	MDM	Total Minutes
New 99202	Medically	Straightforward	15-29
New 99203	appropriate history	Low	30-44
New 99204	and/or physical	Moderate	45-59
New 99205	exam	High	60-74
Established 99212	Medically	Straightforward	10-19
Established 99213	appropriate history	Low	20-29
Established 99214	and/or physical	Moderate	30-39
Established 99215	exam	High	40-54

**REQUIRED:** History &/or physical plus either MDM or time. The time is all the time spent on the case with patient and charting on the day of service (but NOT the time spent by the clinical staff or the time spent doing a separate procedure like an injection or manipulation)

Medical Decision Making (MDM) in the 2021 requirements should allow doctors to get better compensated codes. For instance, in regards to 99204/99214 having Moderate MDM which is defined as:  
1 or more chronic illnesses with exacerbation, progression or side effects of treatment;

OR 2 or more stable chronic illnesses;  
OR 1 undiagnosed new problem with uncertain prognosis  
OR 1 acute illness with systemic symptoms  
OR 1 acute complicated injury

In regards to 99205/99215 having High MDM which is defined as:

1 or more chronic illnesses with severe exacerbation, progression, or side effects of treatment;  
OR  
1 acute or chronic illness or injury that poses a threat to life or bodily function

Three elements of MDM: complexity of problem, amount of data, risk

Extensive must meet the requirement of at least 2 out of 3 categories

**Category 1:** Test, documents or independent historian(s)

Any combination of 3 from the following:

- Review of prior external note (s) from each unique source;
- Review of the result(s) of each unique test;
- Ordering of each unique test;
- Assessment requiring an independent historian(s)

Or

**Category 2:** Independent interpretation of tests

Independent interpretation of a test performed by another physician/other qualified health care professional (not separately reported);

Or

**Category 3:** Discussion of management or test interpretation

Discussion of management or test interpretation with external physician/other qualified health care professional/appropriate source (not separately reported)

**Two Add-on Codes for Prolonged and Complex Services:**

**+99XXX** is indicative of an additional 15 minutes of time with the patient but may only be utilized if the E/M code is based on time. Therefore, this will be only appropriate if using either 99205 or 99215.

**GPC1X** is listed separately to reflect complexity of a single, serious or complex chronic condition.

Work RVUs for 2021 Office/Outpatient E/M Codes

YEAR	99202	99203	99204	99205	99211	99212	99213	99214	99215	+99XXX	GPC1X
2020	0.93	1.42	2.43	3.17	0.18	0.48	0.97	1.50	2.11	N/A	N/A
2021	0.93	1.60	2.60	3.50	0.18	0.70	1.30	1.92	2.80	0.61	0.33

Good luck with the changes in the Evaluation and Management (E/M) codes starting January 1, 2021.

## Gifts Ideas for the Osteopathic Physician



The year has been a tough one for all Americans, but medical professionals have the stress of doing their jobs, and suffering health consequences from doing it. Heroes deserve holiday gifts this December, and GOMA felt that suggesting some with an osteopathic connection would not only be appropriate, but could give you time to have it shipped to you without paying extra for express delivery. Our favorite thought is the Georgia prestige license plate that read “2020 WTF” but we are hesitant to suggest a gift that only one person can get.

Ethan Senger is 20 year old musician who put out his first EP in September. The four songs have gotten great reviews with reviewers comparing the young singer-songwriter and his acoustic guitar to John Mayer and Goo Goo Dolls. Ethan was born in Woodstock, GA to Mark Senger, DO two weeks before Dr. Senger started his medical school training at Kirksville College of Osteopathic Medicine. Dr. Senger say that Ethan “has been musically gifted since age 3”. [www.ethansenger-musician.com](http://www.ethansenger-musician.com)



For those looking to play an instrument, look no further than a Bass Box. Retired orthopedist John Kelley, DO (banjo player in the Tune Dogs) has seen the future of Old-Time music and it is small. The Bass Box looks like an overgrown kalimba or mbira (African thumb



piano) and kind of sounds like one when played unaccompanied. But when joined by other Old-Time instruments, this unassuming wooden box sounds just like an upright bass. Priced under \$400 the Bass Box is a fraction of the cost of an upright bass, and easier to store/carry. The web site has much more info with videos.

[www.bassbox.org](http://www.bassbox.org)

A book that gives you a new perspective on the world is Ralph Crew, DO's *Inspirational Snowflakes: The World According to Snowflakes*. Dr. Crew is an ophthalmologist in Big Rapids, Michigan who has been collecting snowflakes in order to photograph them. He writes, "Sometimes you may be surprised by the insights that can be learned by observing nature and humanity. With close examination, the many similarities may surprise you. Snow, when examined closely, can teach us many lessons. Let's experience how the uniqueness of snowflakes can create metaphors that will bring awareness to our lives." You can order it from Amazon or other book retailers for \$27.



Georgia Aquarium is open to the public with limited attendance which means you'll get up close to the exhibits and not to other visitors. The general admission price is \$36. There is an opportunity to be submerged and encounter fearsome sharks. You can experience the Shark Cage Dive starting January 21<sup>st</sup>, but space is limited so this is a gift that planning ahead is definitely to your advantage.

[www.georgiaaquarium.org/sharks/](http://www.georgiaaquarium.org/sharks/) (this is osteopathic related because the mascot of NSU-SECOM is a shark).

## GOMA Membership Meeting

*December 5th, there will be GOMA membership meeting via Zoom at which time Karen Turner, DO will be installed as the 2020 - 2021 GOMA President. The meeting starts at 10 AM, and will be accessed via Zoom with Meeting #9301257332.*

## Did it Right!

Virtual CME and Replay Opportunities



The GOMA Fall CME Conference was a wonderful success! While many missed the camaraderie of GOMA's in-person meetings, almost everyone appreciated the convenience of learning from highly qualified faculty from their home computer.

Barbara Joy Jones, DO provided this review of the 14-hr/credit virtual event.

*“The CME last weekend was excellent. The most relevant, practice changing, excellent choices for lectures. Engaging expert speakers. Lectures I will download and keep to review in future for care of patients. I’m primary care, FM board certified. . . So thank you to all put together the CME. The choice of speakers, the topics. Bravo bravo!”*

If you missed it, you have an opportunity to get 14 hours of Category 1A CME if you participate within the 30-day period which ends December 4, 2020

Since the AOA is allowing up to 15 hours of Category 1B to be applied to the 1A requirement during the 2018-2021 cycle, you may want to take advantage of the 4 hours of lectures on Multicultural Medicine and/or the 4 hours on Oncology in Primary Care that GOMA is reoffering or of course you can participate in the Fall CME for 14 hours (if done after Dec 5<sup>th</sup>). You can go to [GOMA.org/CME\\_events](http://GOMA.org/CME_events) to see the lineups, but the replays are only available on the [www.docme.org](http://www.docme.org) platform.

## NEED TO KNOW

### Flu vs COVID-19 in Kids

Hebah Pranckun, DO is a pediatrician at Wellstar Avalon Health Park, Alpharetta, GA who is featured in the below article which helps differentiate influenza in children from COVID-19. Dr. Pranckun graduated from VCOM – Virginia in 2013, and did a pediatric residency at the Hackensack University Medical Center (NJ). She is board certified through the American Board of Osteopathic Pediatricians. Dr. Pranckun is fluent in English, Spanish and Arabic.

Does my child have a cold, the flu, or COVID-19? During typical flu seasons, this question has often had an easy answer. This year, the question has become much more daunting for parents with the added confusion of the COVID-19 pandemic. How do you make a wise decision whether to keep your child home, send them to school, or isolate them? While this may seem like murky water. Wellstar Avalon Health Park pediatrician Dr. Hebah Pranckun shared health tips to help parents make a safe decision.

COVID-19 and the flu share many overlapping symptoms, which can make it difficult to discern or diagnose. However, two symptoms stand out for COVID-19: a loss of sense of taste and/or smell, though these are not the most common symptoms of the virus. According to the Centers for Disease Control and Prevention (CDC), while the flu and COVID-19 may have a variety of symptoms, children with COVID-19 most commonly experience a cough with or without fever. Compared with children with the flu, research has also revealed those diagnosed with COVID-19 more commonly reported symptoms such as headache, body ache, diarrhea, vomiting, and chest pain.

According to the CDC, multisystem inflammatory syndrome in children (MIS-C) can cause different parts of the body to become inflamed, including the heart, lungs, kidneys, brain, skin, eyes or gastrointestinal organs. Many children with MIS-C may carry the virus that causes COVID-19, though MIS-C may also be present in some flu cases for children.

Because of the significant overlap in symptoms, it is important to consider additional risk factors to determine if your child may have the flu or COVID-19. First, determine if you or your family have had any known recent contact with anyone who has had either one of these illnesses. Next, identify any travel to or time spent in areas with increased spread or high prevalence of COVID-19. Knowing these two risk factors can provide important information to medical professionals for further treatment.

What should you do if your child shows any concerning symptoms? Until the possibility of contagious spread is ruled out, your child should stay home from school or childcare. Contact your local pediatrician who can help assess the symptoms, diagnose the illness with an examination and appropriate testing, and provide helpful guidance on the next steps.

Remember, prevention is key! All family members 2 years of age and older should always wear a mask in public. Encourage frequent handwashing. Participate in social distancing. Now more than ever, it is crucial for everyone 6 months of age and older to also get vaccinated against the flu to help them stay healthy.

#### Symptoms of COVID-19 vs. Flu

	COVID-19	Flu
Cause	Sars-Coronavirus-2	Influenza Virus
Symptoms	Fever, cough, shortness of breath, muscle aches, sore throat, nausea, vomiting, diarrhea, congestion, runny or stuffy nose, poor appetite, fatigue, MIS-C	High fever, chills, cough, sore throat, runny or stuffy nose, congestion, muscle and body aches, headache, fatigue, vomiting, diarrhea
Time from Infection to Illness Onset	2 – 14 days (Average = 5 days)	1 – 4 days
Unique symptoms	New loss of taste and/or smell	
Treatment	Currently, antivirals and other therapies are being tested	Oral antivirals
Vaccine	No current vaccine. There is development and testing in Progress to establish one.	There is an effective vaccine currently available which can Prevent the flu or decrease severity and/or duration of flu.
Prevention	Wear a mask *and* watch your distance *and* wash your hands, plus contact tracing, quarantine/isolation	Wear a mask *and* watch your distance *and* wash your hands, plus contact tracing, quarantine/isolation

## COVID-19 Vaccine Distribution Plan



In a letter dated 11/11/2020, Kathleen E. Toomey, MD, MPH , Commissioner and State Health Officer of Georgia, wrote “As healthcare providers, you play an integral role in helping to ensure the COVID-19 vaccine is administered to eligible populations in Georgia once vaccines become available.” She requests that interested providers complete the GA COVID-19 Vaccine Provider Interest Survey by clicking this link <https://www.surveymonkey.com/r/DMBGGJP> .

She continues to state that the survey responses will place your facility in one of the vaccine distribution phases: limited doses available; large number of doses available; continued vaccination and shift to routine strategy. Assignment will be determined using the following criteria: provider/facility type; capacity to vaccinate members of priority populations; and vaccine storage capacity. You may check your enrollment status at any time by send an email to [DPH-COVID19Vaccine@dph.ga.gov](mailto:DPH-COVID19Vaccine@dph.ga.gov) . After she lists the three parts of the enrollment packets that will be sent to the contact information on your interest survey, Dr. Toomey concludes, “I look forward to partnering with you to distribute COVID-19 vaccine and ending this pandemic.”

## AOA Health Insurance

### AOA Health Insurance

The Insurance Marketplace is available to AOA members, employees, and eligible dependents. How is the Member Benefits Private Exchange different than healthcare.gov?

Applying through MB Exchange allows for you to shop and compare all of the carriers in the private market at once and provides you with the advice of a licensed Benefits Counselor that has your individual needs in mind. You are also able to enroll in other exclusive benefits such as supplemental health, dental, vision, disability, etc. at the same time as your medical enrollment. This creates a one-stop-shop for all of your benefit needs. Your benefit elections are held in your personal exchange account where you are able to log back in and view your benefits at any time during the year.

The leading health insurance providers in each state all participate on the marketplace. All health insurance plans and rates are regulated by each state's Department of Insurance. You will not find better pricing with any of these providers, even if you purchase directly from the carrier. The AOA Insurance Marketplace can also help you determine if you're eligible for a government subsidy and assist you when applying.

The AOA knows that time is money, especially for doctors. From basic questions to in-depth consultations, it is important to have a live person awaiting your call when you need help. Benefits Counselors are specially trained to work with you and can provide you with expert advice about each health plan. Common inquiries include things such as checking provider networks, making sure certain prescription drugs are covered, and explaining difficult to understand insurance jargon.

If you've ever had an issue with your coverage and had to deal directly with your insurance carrier, you know how valuable it is to have an advocate on your side. Billing errors, lost ID cards, problems with claims, and changes in your family status are all common occurrences that require time and effort. Instead of spending your valuable time waiting on hold, the AOA Member Benefits Private Exchange does the heavy lifting. Click on the link below to get started:

<https://osteopathic.memberbenefits.com/health-insurance/>

## New Residents...

### And where to find them...

#### **New Residents in Georgia (continuation from last month)\*:**

##### Kennestone

Alisa Chauhan, DO	Internal Medicine	VCOM – Auburn
Rudiona Hoxhaj, DO	Internal Medicine	GA-PCOM
Cameron Kennelly, DO	Internal Medicine	GA-PCOM
Gayatri Menon, DO	Internal Medicine	GA-PCOM
Parth Patel, DO	Internal Medicine	GA-PCOM
Yasmin Rosshandler, DO	Internal Medicine	GA-PCOM
Clay Rowe, DO	Internal Medicine	GA-PCOM
Catlyn Thigpen, DO	Internal Medicine	GA-PCOM

##### Morehouse

Chinonso Ezike, DO	Family Practice	GA-PCOM
Chinwendu Korie, DO	Family Practice	GA-PCOM

##### Redmond – Rome, GA

William Chang, DO	Transitional	Marian Univ COM (IN)
Sierra Willeford, DO	Transitional	VCOM-Spartanburg
Rachel Murray, DO	Transitional	?
Alex Wang, DO	Transitional	GA-PCOM
Akash Anrude, DO	Internal Medicine	LECOM- Pennsylvania
Jesse Aquino, DO	Internal Medicine	Alabama COM
Yusra Azhar, DO	Internal Medicine	GA-PCOM
Clifford Gordon, DO	Internal Medicine	Alabama COM

##### Coliseum

Abdul Ansari, DO	Transitional	?
Cameron Lucitt, DO	Transitional	?
Jenna Saxton, DO	Transitional	?
Chisom Mogbo, DO	Transitional	GA-PCOM
Vincent Happach, DO	Emergency Medicine	Des Moines Univ

##### Augusta University/MCG

Andrew Dunaway, DO	Anesthesiology	GA-PCOM
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President Theodore Roosevelt's mother Martha "Mittie" Bullock of Roswell, GA was married at Roswell Presbyterian Church in 1853, and her childhood home Bullock Hall still stands today, owned by the City of Roswell and supported by Friends of Bullock, Inc. President Roosevelt visited by train in October 1905. Famous quote from President Theodore Roosevelt speech at Sorbonne, Paris – April 23, 1910



"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory or defeat."



## Support GOMA!

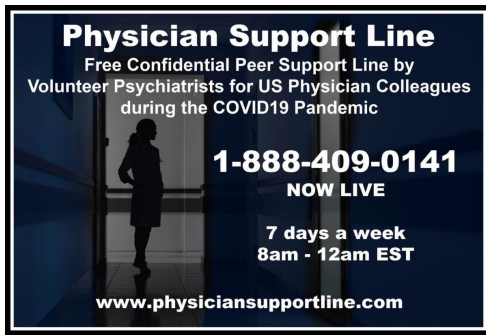
*Helping your professional society,  
and the osteopathic community weather these  
uncertain times.*

**CLICK HERE to: Renew or Join GOMA!**

### DO'ing for Others...

With many college and high school pre-med students across the state, GOMA is seeking practicing osteopathic physicians across all specialties and regions of the state for mentoring opportunities. These opportunities can be as limited as a student-physician phone call or as involved as shadowing and longitudinal mentorship. GOMA is not looking for particular levels of commitment, simply a list of physicians who would be willing to help students. Please email Executive Director, [Valerie Okrend](#) indicating your interest including your preferred level of mentoring for students.

Your information will not be explicitly listed on the website for privacy, rather, GOMA will facilitate the start of communication between physician and student. The objective is for GOMA to reach out to students to learn about osteopathic medicine and provide networking opportunities."



**Physician Support Line**  
Free Confidential Peer Support Line by  
Volunteer Psychiatrists for US Physician Colleagues  
during the COVID19 Pandemic

**1-888-409-0141**  
NOW LIVE

7 days a week  
8am - 12am EST

[www.physiciansupportline.com](http://www.physiciansupportline.com)

On April 6, 2020, a free confidential peer support line by volunteer psychiatrists was started. It is supported 8 AM to Midnight seven days a week. **(See left)**

Mona Masood, DO is a general adult psychiatrist in the greater Philadelphia area is the founder and chief organizer of the Physician Support Line.

[Visit our website](http://www.physiciansupportline.com)