

THE BULLETIN

Our Mission:

To promote the science and art of medicine, the care and well being of patients, the protection of the public health, and the interests of the medical profession.

EDITORIAL & PUBLICATIONS COMMITTEE

Stephen Kamelgarn, M.D. "Guru"
Emily Dalton, M.D.
George Ingraham, M.D.
Leo Leer, M.D.
Scott Sattler, M.D.

EXECUTIVE DIRECTOR

Penny E. Figas

ADMINISTRATIVE ASSISTANT

Rebekah Harmon

CONSORTIUM COORDINATOR

Terri Taylor

EXECUTIVE BOARD

Emily Dalton, M.D. PRESIDENT
Hal Grotke, M.D. PRESIDENT-ELECT
Mark Ellis, M.D. SECRETARY TREASURER
Kate McCaffrey, D.O. PAST PRESIDENT
Ronald Cordova, M.D. DIRECTOR
Willard Hunter, M.D. DIRECTOR
John Mastroni, M.D. DIRECTOR
John Nelson, M.D. DIRECTOR
Clayton Overton, III, M.D. DIRECTOR
Ann Lindsay, M.D. PUBLIC HEALTH OFFICER
Norman Bensky, M.D. EASTERN DISTRICT
Mark H. Davis, M.D. NORTHERN DISTRICT
Kate McCaffrey, D.O. CMA DELEGATE
Joan Hoffman, M.D. CMA DELEGATE
Emily Dalton, M.D. CMA DELEGATE
Hal Grotke, M.D. ALTERNATE DELEGATE

George Jutila, M.D. SOLO & SMALL GRP FORUM
James Bronk, M.D. CMA DIST. X TRUSTEE
Mark Davis, M.D. CMA DIST. X TRUSTEE
William Carlson, M.D. O.M.S.S.

In This Issue:

President's Page	2
<i>An American Solution: Quality Affordable Health Care,</i> <i>Emily Dalton, M.D.</i>	
In My Opinion	3
<i>The Answer, Lee Leer, M.D.</i>	
Member Submission	5
<i>Trillium in the Redwood Forest, Matthew Fluke, M.D.</i>	
From the Student Front	6
<i>Student Thank You's</i>	
H-DN "Tattler"	8
Blood Bank News	8
<i>Blood Bank Audio Conferences</i>	
Public Health News	10
Legislative Update	11
<i>Health Care Can't Wait, Mike Thompson</i>	
NORCAL News	12
<i>Never Events</i>	
AMA News	14
<i>2009 Annual Meeting Highlights</i>	
CMA News	19
<i>CMA Publishes "Best Practices" for Physician Practices Toolkit</i>	
Board Briefs	20
Grand Rounds Calendar	22
Classified Advertising	24

Original tree art by Samuel P. Burre, M.D. (1957) and adorned by George Ingraham, M.D. (2002)

The Bulletin is published monthly by the **Humboldt-Del Norte County Medical Society**, 3100 Edgewood Road, P.O. Box 6457, Eureka, CA 95502. Telephone: (707) 442-2367/Crescent City (707) 465-0980; FAX: (707) 442-8134; E-Mail: hdnccms@sbcglobal.net Web page: www.hdnccms.org

The Bulletin does not assume responsibility for author's statements or opinions; opinions expressed are not necessarily those of *The Bulletin* or the Humboldt-Del Norte County Medical Society.

An American Solution: Quality Affordable Health Care

EMILY DALTON, M.D.



Elizabeth McNeil, our federal lobbyist, returned from Washington D.C. to speak at our District X caucus on June 20. She has been meeting with some of the Californians who are well positioned to influence the course of health care reform in this country. California has great influence in the House at this time-- besides the Speaker of the House Nancy Pelosi (8th district); Henry Waxman (30th district, Los Angeles) is on the Energy & Commerce committee; Pete Stark (19th district) is on the Ways and Means Committee; and George Miller (7th district) chairs the Education & Labor committee. These three committees have been working *together* (unprecedented!) at a frenetic pace to put together a health care reform bill. The House of Representatives just published the first draft, entitled "Quality Affordable Health Care" with the intent to bring this to a vote by the end of July. The gist of the bill is as follows, and if you care to read the whole thing or a more in depth summary, here are some links:

<http://waysandmeans.house.gov/media/pdf/111/HRdraft1.xml.pdf>

<http://www.stark.house.gov/images/stories/111/legislation/healthreform/draftthehealthcarereform-billssummary.pdf>

AN AMERICAN SOLUTION: QUALITY AFFORDABLE HEALTH CARE

Health Insurance Coverage will be mandated. If you like your current insurance, you can keep it. In fact, even if you don't like it, you keep it. Everyone will be required to have some type of health insurance, or pay a penalty.

A Health Insurance Exchange will be created to offer coverage to the 46 million uninsured Americans. Government issued "affordability credits" will be available for those who cannot afford to purchase insurance on their own. At least one "Public Option" (government sponsored health care) will be available to compete with the private insurance plans.

Employers will have to "pay or play," so all employers will be obligated to provide health coverage for their employees, or pay into the government sponsored health exchange.

Insurance market reform will make it illegal for companies to discriminate and "cherry pick" the best patients.

A panel of "essential benefits" will be included in all health insurance options.

All policies will be required to cap out-of-pocket spending to prevent medical bankruptcies.

Medicaid will be expanded and improved for those who earn less than 133% of the federal poverty level.

MediCare will be modernized and improved, and the Sustainable Growth Rate (SGR) will be eliminated.

Cost containment will be achieved by investing in preventative health measures, and making Medicare and Medicaid more efficient, and combating waste and fraud. (I always thought that really made sense-- Who in their right mind would spend 4 years in college, 4 years in medical school, 3-4 years in residency and incur hundreds of thousands of dollars in debt just to defraud the government of the meager and measly payments they make for MediCare? Come on!)

Some physicians were worried that they could be mandated to participate in the "public plan" against their will. Elizabeth assured us that CMA had fought to make sure that physician participation would be voluntary.

The Senate is also working on health care reform bill, and that bill, according to McNeil, will be more "bipartisan". Government sponsored health reform is moving along at a fast pace. Stay tuned.... \$

Janssen, Malloy, Needham, Morrison, Reinholtsen, Crowley & Griego LLP *Attorneys at Law*

730 Fifth Street, Eureka, California 95501
(707) 445-2071 Facsimile: (707) 445-8305

W. Timothy Needham - Michael Morrison* - Dennis Reinholtsen - Michael J. Crowley
Patrik Griego - Frances K. Greenleaf - Amelia K. Burroughs

- MEDICAL MALPRACTICE DEFENSE
- BUYING/SELLING OF MEDICAL PRACTICES
- PHYSICIAN EMPLOYMENT CONTRACTS
- MEDICAL RECORD ISSUES

- ESTATE PLANNING
- HOSPITAL-BASED PHYSICIAN CONTRACTS
- INFORMED CONSENT ISSUES
- PEER REVIEW

- MEDICAL BOARD INVESTIGATION
- PHYSICIAN RECRUITMENT CONTRACT
- UNPROFESSIONAL CONDUCT CLAIMS
- GENERAL BUSINESS LAW

www.janssenlaw.com

*Member of the California Society for Healthcare Attorneys

The Answer

LEE LEER, M.D.



... man dissevered from the earth and stars

and his history...for contemplation or in fact...

Often appears atrociously ugly.

Integrity is wholeness, the greatest beauty is Organic wholeness,

the wholeness of life and things,

the divine beauty of the universe.

Love that, not man

Apart from that, or else you will share man's pitiful confusions,

or down in despair when his days darken.

~Robinson Jeffers

Excerpted from "The Answer"

As I write this, I'll soon be taking off on my bicycle for a nice cruise up to Trinidad or Patrick's Point. I will be joining a group of people who cumulatively have done this ride hundreds if not thousands of times over the years. We'll enjoy the camaraderie, we'll challenge each other over the little hills we encounter, and we'll marvel in the natural beauty of Humboldt County. Some things never change.

Eureka Family Practice, much like every other practice in this area, is struggling to recruit new physicians. We're hamstrung by our remoteness and the dearth of well-trained primary care physicians in the country. More specifically, we're suffering from a healthcare system that has been finely tuned to drive primary care physicians into extinction while at the same time churning out more and more specialists. Said system guarantees a future of rising costs and declining quality. Yet, entrenched interests will fight tooth and nail to preserve it. Should be an interesting ride over the next few years. I give primary care – spe-

cifically family medicine and primary care internal medicine – about a 40% chance of survival.

My wife's garden thrives. When we moved into the house 16 yrs ago, the "garden" was pretty much a muddy hillside, grasses and blackberry bushes. Each year it's gotten more and more beautiful – though I'm not convinced that the drip irrigation system isn't growing faster than the plants it's intended to water. The beauty of this world – and of human's part in the world – can be breathtaking.

The week before last, St. Joseph Hospital placed nearly 100 years of clinical nursing experience on administrative leave. The Times-Standard tells us that the hospital is investigating allegations that remain unspoken by the hospital and unknown by the nurses. Striking while the iron was hot, St. Joe's also thanked Dr. Selinger for his services and bid him farewell. By the time you read this, we will presumably have more information than we do as of this writing. I render no judgments here, except: what a way to raise morale!

California arguably has the most dysfunctional state government in the country.

Somehow, the people of our state find it acceptable that we annually spend 2.5 times more money per prison inmate than we do per University of California student. Somehow, we in this state passed Prop 13 and have not had the common sense to recognize that by so doing, we – and the moronic Republican minority in the State Legislature – doom the state and our children to a future worse than Mississippi's. Finally, let me heap some scorn on our preposterous state Propositions and the process whereby anyone with a few million dollars, a crackpot idea, and a few thousand zealots backing him can degrade the quality of life for all Californians (see Prop. 13 above, also: Prop 8 this year).

Like most days, the harbor seals were out lounging in the sand near the mouth of the Mad River this morning. From a distance, they look like so much neatly stacked driftwood. My dog seems to have trouble accepting the fact that a creature with the head of a dog and the body of a fish can even exist. But there they are, not only existing, but having a much easier time than I accepting the organic wholeness of life with both its good and bad things. §

NOMINATIONS ACCEPTED 2010 NOMINATING COMMITTEE

The Nominating Committee develops the Slate of Officers, Directors and Committees for the following year.

(One meeting and a few follow-up calls)

Please call or send your nomination to the

Medical Society, 442-2367, hdnoms@sbcglobal.net

and we will verify willingness to serve on the committee.

Thank You!

MEMBER SUBMISSION

Trillium in the Redwood Forest

MATTHEW FLUKE, M.D.



On the cover of the Humboldt-Del Norte County Medical Society's "Membership & Resource Directory" and "Residence Directory" is Stephen Kamelgarn, M.D.'s photograph "Trillium in the Redwood Forest".

I recently spotted a blooming trillium in the woods behind my home, so I got interested in this plant.

Here is what I learned:

"The Story of *Trillium Ovatum*," April 30, 2006, by Thembi Borrás, Registered Professional Forester

"*Trillium ovatum* is in bloom and the story of this species is worth sharing. *T. ovatum* can be found in moist coniferous forests and may be identified by an erect naked stem that supports 3 showy leaves in a single whorl subtending the equally showy 3 petal flower, the color of which begins white and ages to pink then purple. They are a long lived perennial, in fact you will not recognize them per this description until age 15.

In the first year the root radical develops, in the second year the cotyledon develops. One leaf emerges annually as the rhizome develops between ages 3 and 15. At age 15, 3 leaves emerge and the plant begins to flower. The rhizome of *T. ovatum*, also called a corm is a solid underground storage organ that accumulates annual scars that can be counted. Trillium ovatum as old

as 72 years have been identified in our area, in the Eastern United States a closely related species of *T. ovatum* as old as 105 years has been identified.

The seed dispersal biology adds to this fascinating story. A mature plant produces seeds, to which a swollen oil rich body, called elaiosome, is attached, which attracts ants. Ants collect the seeds and transport it back to their underground nest, where they eat the elaiosome. The seed is ready to germinate having been cleaned and planted by the ants."¹

Trilliums bloom in spring and are extremely beautiful, but do not pick them! At 15+ years old, a blooming trillium deserves to live unmolested. As you can infer from above, trilliums should be allowed to seed to perpetuate the species. Also, some flowering plants like bulbs resorb energy and nutrients from the leaves and stalks as they yellow, and store that energy for the next years' bloom. If you cut the flower stem off, not only will the seeds not reach the soil, but the plant may not have enough stored energy to bloom the next year. §

References:

¹<http://forestryandthehomestead.blogspot.com/search?updated-min=2006-01-01T00%3A00%3A00-08%3A00&updated-max=2007-01-01T00%3A00%3A00-08%3A00&max-results=33>



Connecting People > Business > Places

707.443.4944

525 Second St, Suite 211 Eureka
email: info@nylex.net

- Network Management & Maintenance
- Server and Desktop Support
- Wireless Solutions
- Remote Access
- No Monthly Minimums

Serving the Medical and Dental Community since 1997



APRIA HEALTHCARE

**APRIA HEALTHCARE
OFFERS YOUR PATIENTS
COMPREHENSIVE HOME CARE
PRODUCTS AND SERVICES**

- Oxygen & Respiratory Care Services
- Respiratory Medications
- Obstructive Sleep Apnea Treatment
- Enteral Nutrition
- Specialty Beds



**1735 Second Street
Eureka, CA 95501
(707) 444-8022**

June 15, 2009

The meeting was called to order by President-Elect, Hal Grotke, M.D. at 7:00 p.m.

M/S/C to approve the following items in the Consent Calendar:

-Approve the minutes of the May 19, 2009 Executive Board Meeting, as presented.

-Society Budget Report / Balance Sheet, approve as presented.

-CME Budget Report/ Balance Sheet, approve as presented.

-Consortium for CME Minutes (5/13/09), approve as presented.

-Editorial Committee Minutes (6/09), approve as presented.

-Medical Quality Review Cmt (5/20/09), approve as presented.

-2009 Membership Report, review/file.

-AMA Letter to President, review/file.

-CMA Benefits Newsletter, review/ file.

-CMA Request Funds Promo. HIT Adopt., review/file.

-Legislative Hot List, review/file.

-Executive Director Update, review/file.

-Touro Univ. - Summary First Year, review/ file.

-Updated Federal Advocacy - E. McNeil, review/file.

-Health Reform House Tri-Committee Summ., review/file.

-CHCF Workforce Report, review/file.

-CHCF New Assessment Phys. Supply, review/file.

-CHCF Physician Supply Spreadsheet, review/file.

-LOCAL Stats Physician Supply with FTE, review/file.

-CMA Applauds Obama's Push for HC Reform, review/file.

-Legislation Introduced to fix GPCI Problem, review/file.

DISCUSSION was held on the significant impact AB 648 (*Chesbro*) *Rural Hospitals: Physician Services* would have on physicians. This legislation goes against the Corporate Bar and would allow hospitals to hire physicians, which potentially could put our private offices out of business. Hospitals should NOT control physicians. We are in strong opposition to this legislation. **M/S/C** to draft a letter and ask CMA VP Government Relations to review the letter prior to sending to Assemblymember Wes Chesbro.

SHARED copy of the CMA Minute Recruiter to be used as a tool to help recruit new members. Reviewed the Coming, Going and Moving Around Report and encouraged Board Members to please notify the Medical Society office when they learn of changes.

SUGGESTED coordinating a local meeting prior to the CMA

House of Delegates meeting to discuss Health Care Reform issues and resolutions proposed for discussion at the CMA HOD. Suggested polling the membership regarding their interest in attending a meeting.

DISCUSSION followed regarding the Editorial Policies. Agreed that it would be more appropriate to decide a change in policy when the Chair had an opportunity for input. Suggested inviting Dr. Kamelgarn to the next meeting for further discussion regarding the proposal.

SHARED "Talking Points" recently received from CMA Communication to assist counties in responding with letters to the editor, in the event local newspapers reprint "doctor bashing" articles.

EXECUTIVE DIRECTOR Update was presented as follows:

-update presented on the Physician Recruitment Video. 17 interviews have been done so far with 3 additional scheduled.

-Medical Society website now has a domain name: hdncms.org.

-reported membership broadcast e-mail of the Legislative Hot Sheet, requesting feedback if wish to receive on regular basis.

-reported working with the Public Health Officer in circulating Humboldt Health Alert to local physicians and Office Managers;

-reported MICRA Savings Chart sent to Medical Staff Coordinators to post.

-reported on recent College of the Redwoods Medical Assistant Advisory Group meeting and request for update for publication in The Bulletin. Noted that several offices participate in the Extern program and are encouraged to provide input into the curriculum for the program.

-forwarded information to membership re: CMA webinar on Medical Staff Challenges for the Future scheduled for June 18th.

-received request for reprint of Dr. Leer's article "Healthcare Reform Redux" for reprint in the Senior News.

-received notification from NORCAP that we did not receive the NORCAL Community Involvement Fund Grant for the Alzheimer's Program this year.

COMMITTEE UPDATES:

-**Consortium for CME** - CME Coordinator recently attended the Annual Institute for Medical Quality Annual Meeting in Sacramento. Update will follow. Next meeting is scheduled for August 12, 2009.

-**Physician Well Being Committee**

-New Representative Sutter Coast Hospital: Warren Rehwaldt, M.D.

-Next meeting scheduled for July 14, 2009. Meeting days have been changed to Tuesday.

-Public Service and Medical Ethics Committee - 1 Review in process. 4 complaint forms sent. 2 non-member referrals to the Medical Board Complaint Line.

PUBLIC HEALTH UPDATE was submitted in writing by Ann Lindsay, M.D. as follows:

-*reported* one case H1N1 flu in Humboldt. WHO has declared H1N1 pandemic. The Medical Society Public Health Advisory Committee has been called together.

-At this point, we are not laying off staff at Humboldt Department of Health and Human Services, although the budget situation is highly uncertain.

-After 8 years of operation, the Open Door Clinic announced two weeks ago that they will cease needle exchange at both the Arcata and Eureka sites (Eureka Community Health Center). Last year ECHC exchanged 180,000 needles. Acute Hepatitis B infection plunged in Humboldt after needle exchange was instituted and has remained low. Public Health is not able to take over needle exchange at this point PH is working to implement a program authorized by the state legislature and approved by the Board of Supervisors to register local pharmacies to sell syringes to injection drug users without a prescription.

IPA UPDATE was shared as follows:

-“IRIS” - Internet Referral Information System. The Humboldt IPA received funding from the California Health Care Foundation (CHCF) to begin implementation of a community-wide, internet-based referral system. It will be used by primary care offices and specialist offices to refer to specialists and for diagnostic testing within our community.

-The Humboldt IPA’s “Primary Care Renewal” project has been underway since October. Thirteen primary care practice teams are participating in a learning collaboration about how to improve the quality of care in their practices by doing small tests of change. Many of the practices are focused on preventative care follow-up.

-The Foundation staff, Hospice and the interdisciplinary group dealing with end of life issues and community-implementation of the POLST (Physician Orders For Life Sustaining Treatment) continues it’s work.

-The local activities funded by Robert Wood Johnson Foundation about provider performance measurement & public reporting of quality measures is still in progress.

ENCOURAGED attendance at the upcoming fundraiser for
July 2009

Assemblymember Wes Chesbro. Suggested letting the Medical Society know when members of the Executive Board attend local legislator events.

REPORTED sending communication to Congressman Mike Thompson encouraging his sponsorship/support of the GPCI Justice bill that would address the outdated Medicare Physician Geographic Payment Regions in California.

DISCUSSION followed regarding the public education regarding local health care issues and the President’s Message published in June titled “Local Healthcare Crisis”, by Dr. Dalton. The article was a follow up to previous discussions that the Medical Society educate the public on what is happening locally in healthcare. Agreed that physicians are aware of the problems, which are happening all over. It was suggested that perhaps the message was too strong and should be toned down. **AGREED** to circulate the letter to the Executive Board for additional feedback and discuss this again at next month’s meeting.

DISCUSSION followed regarding the proposed letter to the Media and our Legislators regarding the recent survey of the membership and the overwhelming response in favor of a single-payer type system. Noted that Dr. Kamelgarn published an overview of the survey results in *The Bulletin*. As directed by the Executive Board, the results of the survey was sent to the CMA Board of Trustees along with the suggestion that they consider polling the entire membership. A link to review the language of SB810 and CMA’s position on Single Payer (212a-07) was e-mailed to the Executive Board for review As a component of the CMA, we cannot go against CMA policy. Dr. Cobb mentioned that there will be more than one resolution debated at this year’s House of Delegates - which is where policy is set. Members wishing to affect change in policies should get involved.

AGREED to change the date of the October Executive Board meeting due to conflict with the House of Delegates meeting. Date will be changed to October 26th.

M/S/C to reinstate Dennie Schultheis, M.D. to membership.

Meeting was adjourned at 8:20 P.M. Next meeting is scheduled for Tuesday, July 21, 2009 at 12:15 P.M.

CLASSIFIED ADVERTISEMENTS

JOB OPPORTUNITIES

Also refer to Practice Opportunities on our website
www.hdncms.org

PHYSICIAN NEEDED for busy occupational Environmental Health Practice. Full or Part time. Contact Dee at: dmsalter@sbcglobal.net (DS0309)

FAMILY MEDICINE PHYSICIAN NEEDED to join established practice in Fortuna, CA. Would consider some locum work while considering relocation to our area. If interested please contact: Mary Moriarty, Office Manager, e-mail: Loletamary1@aol.com, (707) 725-3318. (PO)

OB-GYN NEEDED for very busy established practice. Total Women's Health including IVF, 4-D OB Ultrasound Machine, Dexa Scanner, Advanced GYN Surgery, High Risk OB, etc. Potential for expanding practice and services. Contact Kim Pfanensteil, Office Manager, (707) 445-3443. (www.stokesmd.com) (DS)

FULL OR PART TIME PHYSICIAN OR MIDLEVEL OPPORTUNITY. Mobile Medical Office is looking for a full or part-time. physician or Nurse Practitioner to join our staff. We are a non-profit mobile clinic which brings healthcare to the underserved in Humboldt County. Contact Wendy Ring, M.D. at (707) 498-6183 or wring@mobilemed.org for details. (WR)

WANTED - FAMILY PRACTICE PHYSICIAN Full or part time. Aviation Medical Examiner preferred. Contact George Jutila, M.D., 725-3334 or home.md@suddenlink.net GJ

TRANSCRIPTIONIST NEEDED for full-time in-house medical transcription. If interested, contact Dee or Joan at 444-3885 (NK 1008)

URGENT CARE CLINIC: North Coast Emergency Physicians Group is looking for Family Practice Physicians interested in part

time work in the new St. Joseph Hospital Urgent Care Clinic. Malpractice insurance is paid through the Group. Please contact Ronald Cordova, MD, Managing Partner for North Coast Emergency Physicians at (707) 616-7435 if you are interested.

FOR SALE / LEASE

FOR SALE: Wallach LL100 Cryosurgical System. Like new condition. Two trigger freeze-defrost, three cryotips, #20 cylinder mover. \$800. Scott 839-1286

FOR LEASE: Professional / medical office space near Mad River Hospital. Build to suit in new Planned Unit Development. 850 sq. ft. available now. Contact Mark Jones, 707-616-4416 or e-mail: Jones202@suddenlink.net .

MEDICAL OFFICE FOR LEASE. 2504 Harrison Avenue, Eureka, CA. 1688 sq. ft. Can be seen by appointment. Phone 530-755-1354 / 916-261-8088.

FOR SALE Prime Central Ave. McKinleyville Location Currently Lima's Pharmacy. Real estate only for sale (Lima's Is expanding to new site) 2 separate legal parcels under 1 roof. Lots of parking, ideal medical or professional office use. Only \$345,000 Northbay Realty 707-599-7962

ANNOUNCEMENTS

NEW PRACTICE COMING THIS FALL: Redwood Osteopathy! Dr. McCaffrey will be opening a new practice offering osteopathic and homeopathic care, functional medicine, chronic pain evaluations, physical therapy and non-surgical neuromusculoskeletal evaluation and management. Outpatient referrals and consultations welcome. Medicare accepted. Low cost medical student osteopathic clinic to open as well. Please have patients and your staff email me on my website for more information: redwoodosteopathy.com Thank you and stay tuned for more updates! (KM0709)

<p>Display Advertising Rate Schedule</p>	SIZE	MONTHLY	SIZE	<p>DEADLINE: 15th day of the preceding month to be published</p>
	1/4 Page	\$120.00	7.45" x 2.61"	
	1/2 Page	\$140.00	7.45" x 5.23"	
	1/3 Page Vertical	\$130.00	2.37" x 9.95"	
	Full Page	\$170.00	7.45" x 9.95"	
	Inside Cover/Full Page	\$240.00	7.90" x 10.40"	
Business Card Ad	\$60.00	Copy Ready 2" x 3.5"		
<p>Classified Ads 4.75 per line</p>				