



North Coast Physician



In This Issue:

In My Opinion, Emily Dalton, M.D.....	4
"What To Do With The Vaccine Refusers"	
OPEN FORUM	
"Stepping Into Dual Roles", Jennifer Heidmann, MD	5
"Doctors, Too, Suffer From Depression", Hal Grotke, MD ...	6
"Healthcare Decisions Must Be Based On Fact/Transparency"	
Kevin Caldwell, M.D. ...	7
"Observations on Medical Practice in Siberia - Part III",	8
J. Kim Bauriedel, M.D.	
"Safe Prescribing of Opioid Medications, Part I"	
Jeff Ribordy, M.D. / Robert Moore, M.D.	10
Public Health Update, Donald I. Baird, M.D.....	11
"Personal Belief Exemption" / "Disaster Healthcare Volunteer"	
HDN IPA Update, Mary Meengs, MD	13
"Chronic Pain Management Committee"	
Welcome New Members.....	14
Welcome New Physicians.....	15
Welcome Medical Student(s)	17
HDN Tattler	18
HDN IPA NEWS, "My Throat Is Killing Me"; Mary Meengs, M.D.	19
Blood Bank Audioconference Series	21
Coding Corner: ICD 10 Preparation	22
CMA Webinar Calendar	23
CMA Standing Councils and Committees	28
CME Educational Calendar.....	29
Covered CA/Healthcare Exchange Roundtable	30
Classified Ads	31

EDITORIAL & PUBLICATIONS COMMITTEE

Emily Dalton, M.D.

George Ingraham, M.D.

Stephen Kamelgarn, M.D. "Guru"

Leo Leer, M.D.

Scott Sattler, M.D.

Erik Weibel, M.D. - Webmaster

EXECUTIVE DIRECTOR

Penny E. Figas

CONSORTIUM COORDINATOR

Terri Taylor

EXECUTIVE BOARD

John Mastroni, M.D. PRESIDENT

John Nelson, M.D. PRESIDENT-ELECT

Timothy Dalsaso, M.D. SECRETARY/TREASURER

Sandra Wilcox, M.D. PAST PRESIDENT

Courtney Ladika, M.D. DIRECTOR

Join Luh, M.D. DIRECTOR

Daniel Krauchuk, D.O. DIRECTOR

Kelvin Vu, D.O. DIRECTOR

Donald Baird, M.D. PUBLIC HEALTH OFFICER

Warren Rehwaldt, M.D., PUBLIC HEALTH OFFICER

Norman Bensky, M.D. EASTERN DISTRICT

Mark H. Davis, M.D. NORTHERN DISTRICT

William Carlson, M.D. CMA DELEGATE

Timothy Dalsaso, M.D. CMA DELEGATE

Mark Davis, M.D. CMA DELEGATE

Emily Dalton, M.D. CMA ALT. DELE.

Corinne Frugoni, M.D. CMA ALT. DELE

John Mastroni, M.D. CMA ALT. DELE

George Jutila, M.D. SOLO & SMALL GRP FORUM

Stephanie Dittmer, M.D. SSGPF

Peter Bretan, M.D. CMA DIST. X TRUSTEE

James Cotter, M.D. CMA DIST. X TRUSTEE

Timothy Dalsaso, M.D., Y.P.S.

Courtney Ladika, M.D., Y.P.S.

Cover Photo

"HUMMER" 3-14

Robert Soper, M.D.

The Editorial and Publications Committee encourages our member's comments for publication.

Please submit electronically prior to the 15th of the month preceding publication.

North Coast Physician 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; FAX: (707) 442-8134; E-Mail: hdncms@sbcglobal.net Web page: www.hdncms.org

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

“REFUSERS”, continued from Page 4

In summary, someone needs to take a hard line on vaccination, but it can't be the physician. Maybe it is human nature not to take a threat seriously once it disappears from your backyard, but sometimes human nature gets us into trouble that we could avoid. The anti-vaccine craziness out there is going to result in children dying from preventable diseases, and only the legislature can act to prevent this. Pediatricians and primary care doctors can't be the ones to take the hard line--all that does is drive families out of good medical care. Something needs to drive the herds back into our offices, eager and ready for their shots. The recent California legislation authored by Richard Pan M.D. that requires non vaccinators to see a medical practitioner, discuss that decision and get a signature on a form is a step in the right direction. Schools barring all unvaccinated children would be another strong step. We need to apply the principles understood by our colleagues in the behavioral sciences --some carrot, some stick, --to influence families to make the right choice and protect their children.

1.<http://www.thedailybeast.com/articles/2014/01/30/the-real-reason-pediatricians-want-you-to-vaccinate-your-kids.html> §

~~~~~  
**“DECISIONS”, continued from Pg 7**

hospital ownership to San Francisco. Dr. Duncan and I filed a complaint regarding two Sutter Health attorneys to the State Bar, which is currently under review.

The fact is, despite overwhelming community opposition to Sutter's plans for this region, Sutter refuses to budge. Sutter Health is determined to end their 28 year relationship of managing a locally owned, Acute Care hospital in Del Norte County. The SCH Board refused to rescind their Regionalization vote. Regionalization re-

mains SCH Board policy. Sutter will not release any Board meeting minutes. Last May, SCH CEO Linda Horn announced in a televised meeting that "Critical Access is not being discussed," even though the SCH Board had just approved a \$170,000 study on the hospital which mandated an analysis of Critical Access. In December, the SCH Board voted for Critical Access. Last month, they filed the application.

The SCH Board refuses to discuss community letters of concern in the Board room, which remains closed to the public. Sutter Coast's ongoing secrecy and high prices have compelled many in our community to seek care at distant hospitals, resulting in a steady decline in our hospital census over the past year.

During our 1/28/14 meeting, the Del Norte Healthcare District voted unanimously to oppose Critical Access and Regionalization. The Triplicate did not report on that resolution, so the District ran the announcement as a paid advertisement. We believe our community deserves options for their healthcare. Three other healthcare systems have offered to provide capital to develop an affiliation with our hospital. Please share your thoughts with me and my fellow Board members at: The Del Norte Healthcare District, 550 E. Washington Blvd., Crescent City, CA 95531. We want to hear from you.

§

~~~~~  
“Siberia”, continued from Pg 8

products among the cities. Everyone was rather vague on the issue whether donors volunteered their donations or were paid for them.

Infectious Diseases

In general, the treatment of infectious diseases has improved. This is due mostly to the greater availability of antibiotics and

to better testing. Hospitals are now able to guarantee the sterility of equipment and supplies. This has dramatically reduced the rate of nosocomial infections. TB is still a major problem, at least in Siberia. I was told about a proposed vaccination program for TB, but I could not understand what they were planning to use except that it was not BCG. To identify TB cases, physicians rely mainly on frequent chest imaging studies. For treatment, they generally rely on the shorter drug protocols. Appropriate drugs are more available now than formerly.

AIDS is present in Siberia, but it is only grudgingly acknowledged. Its transmission is closely associated with illegal activities including the use of street drugs and prostitution. The individuals engaged in these activities are well aware that they risk a prison sentence if caught and convicted, so they avoid seeking treatment.

The incidence of venereal diseases is also common enough that health officials will neither talk about it, or about the steps they are taking to reduce it. Condoms are readily available, and one occasionally sees a family planning clinic. Abortions are also readily available. In 2004, they were performed at a rate of 53.7 per 1,000 women per year. In the US, they were performed at a rate of 19 per 1,000 women per year.

Tics and mosquitos in Siberia transmit serious diseases. One must be careful walking in any forest land. Cities are sprayed during the spring to keep the mosquitos under control as Siberia has vast amounts of standing water. Various parasites are prevalent, particularly in fish. As a precaution, I generally do not eat fish while in Siberia.

Water quality remains uncertain. Many homes have Brita-type home water filtration systems. As a precaution, I avoid drinking water in Siberia that is not bottled. Of course, one never knows the true source of bottled water, so I rely on my hosts to

“Siberia”, continued on Pg 26

Donald I. Baird, M.D.
Humboldt County Public Health Officer



PERSONAL BELIEF EXEMPTION (PBE)

A new state law, AB2109, took effect on January 1, 2014.

This law requires parents or guardians to visit a health care provider before signing a personal belief waiver, or Personal Belief Exemption (PBE), to exempt their children from childhood vaccinations.

The PBE form must be signed by both a health care professional and a parent or guardian when seeking exemption from required vaccinations. The new form also allows for a religious exemption if the family's religion does not permit members to get medical advice or treatment from a health care practitioner.

"The Department of Public Health encourages parents to get their children vaccinated as it is the best and safest way to prevent many serious, often deadly, diseases in children," said Dr. Ron Chapman, CDPH director and State health officer. "It is important that parents make an informed decision, and this new form encourages education about vaccinations while protecting an individual's constitutional rights."

The form acknowledges that a health care professional has provided information to the parent or guardian regarding the benefits and risks of immunization, including the health risks to the student and the community resulting from declining the recommended immunizations. The health care provider and the parent must each sign the form before the form is turned in to the school. The form also allows for constitutional freedom of religious expression.

All students newly admitted to a California school, i.e. Kindergarten through 12th grade, students advancing to 7th grade, and children newly admitted to a childcare facility, who wish to be exempt from one or more required immunizations because of their personal beliefs must provide this PBE form to their school or childcare facility.

Children transferring from one grade school in California to another school in California, and not starting kindergarten or the 7th grade for the first time, do not need to provide a new exemption form. Exemptions from the prior schools should be part of the records transferred to the new schools. There is a free webinar training for providers at http://www.cmanet.org/resource-library/detail/?item=personal-belief-exemptions-to-required&r_search=&r_page=&return_to=list

The form, information and resources about the Personal Belief Exemption (AB 2109) are available on the CDPH's Shots for School website. Additional immunization information is also available locally from the Public Health Immunization Coordinator, Susan Wardrip R.N., at 707-268-2155.

DISASTER HEALTHCARE VOLUNTEER

If you are a health care professional who would be willing to volunteer in a disaster situation, read on. The Public Health Branch is reaching out to register Disaster Healthcare Volunteers in conjunction with the California Emergency Medical Services Authority (CAEMSA), California Department of Public Health (CDPH) and Humboldt County Department of Health and Human Services. This outreach is undertaken within the scope of the County's Hospital Preparedness Program.

The Disaster Healthcare Volunteer (DHV) program is a statewide system used to manage and mobilize licensed healthcare providers in response to large-scale public health emergencies. Registered volunteers may be called to assist the community in the event of an emergency. Volunteer categories include nurses, physicians, pharmacists, dentists, medical technicians, psychologists, social workers, family therapists, psychiatric technicians and other allied professionals.

When a volunteer registers on the secure web-based registry, they will indicate volunteer preferences and enter information about their skills. The registry will notify volunteers in the case of a disaster and track deployment.

During a disaster, state or county officials will determine what kind of health professionals are needed, search the database for available volunteers, and contact members via e-mail, telephone, and pager. If you receive an alert you will have a chance to accept or decline the volunteer request. If you accept, you will receive instructions on where and when to report, and what is needed for the incident. There is no obligation to participate during activation.

SOME KEY POINTS TO REMEMBER

- DHV volunteers are pre-registered and pre-credentialed
- Volunteers may select where and when they choose to serve
- Information about volunteers is secure and confidential
- THE DHV database will only be used during declared disasters and emergencies

It's Easy to Register:

GO TO: [HTTPS://WWW.HEALTHCAREVOLUNTEERS.CA.GOV/](https://www.healthcarevolunteers.ca.gov/)

CONTACT: DVOLUNTEER@CO.HUMBOLDT.CA.US WITH QUESTIONS

CLASSIFIED ADVERTISEMENTS

JOB OPPORTUNITIES

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

FAMILY MEDICINE MD/DO:

Fortuna Family Medical Group (Full or Part Time).

Contact: Dr. Jutila: 725-3334, home.md@suddenlink.net

Open Door Clinic, McKinleyville, Crescent City and Eureka sites. Contact: cwebb@opendoorhealth.com

PSYCHIATRY:

Humboldt County Mental Health (707) 476-2349 or
personnel@co.humboldt.ca.us apply on-line @
www.co.humboldt.ca.us/jobs.

NURSE PRACTITIONER/PHYSICIAN ASSISTANT

Eureka Family Practice (Full Time).

Contact Lorraine (707) 443-8335.

David Gans, M.D. (temp) Contact: Debbie Mitchell 822-7220

Arcata Sports Medicine: Contact: Debbie Mitchell 822-7220

PROPERTY FOR SALE/ RENT/ LEASE

FOR LEASE: Join our new professional medical facilities near Mad River Hospital. Build to suit in new Planned Unit Development. 1200 - 4000 sq. ft. spaces. Contact Mark , 707-616-4416 or e-mail: Jones202@suddenlink.net.

MISCELLANEOUS

FIREWOOD FOR SALE. Call (707) 499-2805

SAVE THE DATE

PSYCHIATRY CONFERENCE

June 7, 2014

Red Lion Hotel

8:00 a.m. - 2:30 p.m.

5.0 Hour's AMA PRA Category 1



**ECONOMIC ADVOCACY
CMA REIMBURSEMENT
HOTLINE: (888) 401-5911**

Did You Know.....

Legal Help Available

CMA's online health law library contains over 4,500 pages of On-Call documents and valuable information for member physicians and their staff. Access to the library is free to members. See index on Page 93 in your 2014 Physician Membership Resource Directory.

*INTERESTED IN RECEIVING
NORTH COAST PHYSICIAN
ELECTRONICALLY?*

*Members have an option of receiving the
North Coast Physician by e-mail. Please let us
know if you're interested.
Send an e-mail to: hdncms@sbcglobal.net*

***E-Mail Address Updates? Allied Health
Practitioner Updates? Find information
published in the Directory that needs to be
updated? Please let the Medical Society know
so we can keep records as up-to-date as
possible.***

Display Advertising Rate Schedule

<u>SIZE</u>	<u>MONTHLY</u>	<u>SIZE</u>
1/4 Page	\$140.00	7.45" x 2.61"
1/2 Page	\$160.00	7.45" x 5.23"
1/3 Page Vertical	\$150.00	2.37" x 9.95"
Full Page	\$200.00	7.45" x 9.95"
Inside Cover/Full Page	\$275.00	7.90" x 10.40"
Business Card Ad	\$65.00	Copy Ready 2" x 3.5"
Classified Ads	\$5.25 per line	

DEADLINE: 15th day of the preceding month to be published