



North Coast Physician

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In This Issue:

CMA Advocacy.....	4
"Comments on Pain Management Best Practices"	
In My Opinion, "Rain"..... Jennifer Heidmann, M.D.....	5
Physician Education Calendar	5
Open Forum, Joseph E. Carroll, M.D.	6
"Community Based Medical Research"	
Welcome New Physicians.....	7
Welcome Residents & New Members	8
Public Health Update, Donald Baird, M.D.....	10
"Spring 2019 Measles Update"	
HDN Tattler / Coming, Going, Moving Around.....	12
Welcome Medical Students	13
Fake DEA Extortion Scam Resurfaces.....	13
Resolutions Q2 Council and Committee Reports	14
AMA Opioid Task Force Surveys.....	14
Health Law Library : Allied Health Professionals	15
High School Students Choose Healthcare	16
Updated Advanced Healthcare Directive Kit	18
Noridan Continues to Deactivate Providers	19
Medical Staff: CMA Model Medical Staff ByLaws Updated...	22
Continuing Medical Education/Grand Rounds Calendar	23
Classified Ads.....	24

Cover Photo

"LANE TO MCKINLEY"

Stephen Kamelgarn, 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.
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"RAIN"

Jennifer Heidmann, M.D.



They tell us the golden days of medicine are over. We stare at our computers all day, creating notes that though more legible than the old handwritten ones, barely make any sense. Boxes checked, old material repeated in perpetuity, page after page of data with the actual assessment and plan hidden like Waldo in those Find Waldo picture books.

We see patients on a mad dash schedule, watching the clock while an older person takes half of their visit time just to walk down the hallway, get weighed and get vitals taken. Our virtual in-boxes are overflowing and our smart phones are reminding us about meetings, then while we sit in meetings we check our smart phones incessantly and worry about the next place we have to be.

In the New England Journal of medicine on March 28, Danielle Ofri, MD, PHD, wrote a piece titled "Perchance to Think". It is a sincere look in the mirror of modern medicine, where we are asked to care (with a capital C) for our patients and diagnose and manage their complex medical illnesses and do this all in 15 minutes with some kind of cohesive plan at the end of each visit. She points out that we have learned to and in fact we enjoy

researching and understanding the diseases we encounter. But just how the heck can that be done, realistically, these days?

It reminds me of the rain. This time of year, we crave sunshine, even just a glimpse here and there. Sitting in our offices or in the doctor dictation caves of the hospital, we come under the spell of bland gray skies. These skies dictate our mood and energy. I see it in patients too, coming in hunched over with raindrops on their face, all so lethargic I begin to wonder if there is an outbreak of myxedema coma.

What is it that makes our work worthwhile? Let me, for a moment, remove my Eeyore mentality and replace it with the message I try to convey to students with whom I work.

We have a job that allows us to impact others in a potentially positive way, and it is interesting. We can cut and paste our way through visits, or we can make the narrative one that all of our colleagues can understand as the thought process and plan of an engaged clinician. We can succumb to the pressure of productivity and let others dictate how we practice, or we can actually use our unique position to demand a better way, a safer way, and a more humane way (for us and our patients) to practice the healing arts. As I mature as a

clinician, I have found myself more and more saying, out loud, to my patients "I need to think." And then I do. I research and consult with colleagues and look back at the old records. It often means we do not end that day's encounter with an exact plan and a neat "see you in three months" farewell. But it feeds my curious inner student, and it more often than not keeps me from making wrong choices or redoing a workup or going down a path that has already been taken, without success.

I choose to approach each day with some humor, some engagement, some hope for making a small difference here and there and very rarely a big difference. I think this is the sublime perk of what can be a draining profession. Maybe the golden era is over, but who gets to decide that and how great was it really? Or was it always hard and now we just feel less empowered than the old school physicians?

As for the rain, I find getting outside and running around and splashing in puddles and rejoicing in the colors popping up everywhere in azalea pink and rhododendron purple helps drive away the myxedema coma doldrums. I am pretty sure the sun will come out again. Eventually §

PHYSICIAN EDUCATION CALENDAR



Physician Education Calendar has been posted on the Medical Society's Website - www.hdncms.org under "Events/Calendar" drop down menu. We will be posting community educational programs for physicians with details regarding date, time, location, target audience (*including if closed meeting*), agency providing CME Credit, RSVP and contact information. With the proposed increase in educational opportunities, we hope this real-time calendar will help avoid overlap of CME meetings. For more information contact: Terri Rincon-Taylor, CME Coordinator, ttaylor_hdncms@sbcglobal.net, (707) 442-2353.

WELCOME RESIDENTS & NEW MEMBERS



MIKAL AHTNER, M.D.

Dr. Mikal Ahtner is joining us from University of Colorado School of Medicine in Denver, Colorado, her home state. Dr. Ahtner is passionate about rural family medicine. During her education in Colorado, Dr. Ahtner organized several volunteer student interest groups, including one in Rural Family Medicine and one in Wilderness Medicine. Her hobbies include backpacking, painting, travel and music.



NICOLE KASHANI, M.D.

Nicole Kashani was born and raised in Los Angeles, CA. She attended the University of Southern California and graduated with a Bachelor's degree in Biological Sciences. While at USC, Nicole became interested in lab bench and clinical research. First, working in research focusing on the effect of intense exercise in degenerative neurological disorders. From there, Nicole transitioned into clinical research studying post-traumatic stress disorder in children and their families at the Children's Hospital of Los Angeles. It was during this time that she developed a passion for patient care encompassing the whole family. Nicole then matriculated into the American University of the Caribbean School of Medicine in St. Maarten to pursue her dream of becoming a physician. While on the island, she held a leadership position for the AMSA and participated in research studying antibiotic resistance on St. Maarten. Nicole completed her third and fourth year medical training in Florida and New York. Most recently, she served as a clinical researcher and study coordinator studying Multiple Sclerosis at USC. In her spare time, Nicole enjoys swimming, cooking, traveling, and seeking outdoor adventures.



MARGOT OLIVER, M.D.

Margot was born and raised in McKinleyville, CA and is excited for the opportunity to begin her medical career in Humboldt County. Margot received her undergraduate education in biology at Calvin College in Grand Rapids, MI, before studying medicine at Wayne State University School of Medicine in Detroit. She appreciates the visual arts, and enjoys hiking with her partner Jacob and their dog Slavoj. Her passions include preventative care, family medicine, patient relationships, and redwood trees.



SEAN PURTELL, M.D.

I grew up in Petaluma, CA, did undergrad at Saint Mary's College before entering Creighton University where I received my Master's in Clinical Anatomy and Medical degrees. What I value most in life is health, time with family/friends, and community involvement. In medicine, I most enjoy working with patients to develop rooted, long lasting relationships in order to prevent illness and maintain long-term health while overcoming unique challenges each patient faces. In my free time I enjoy staying active through outdoor activities, construction and ranch work, woodworking, etc. Alongside my wife, who works in education, it has been our goal to establish life-long practice in Humboldt County and serve the many people/communities who call this area home.



ANIRUTH RAI, M.D.

Dr. Aniruth Rai is joining us from St. George's University School of Medicine in Grenada. Dr. Rai is from Resenda, CA. Dr. Rai's passion for family medicine derives from the life story he learns from his patients. Someone who enjoys reading (philosophy, mystery, action, etc), music (baroque to rock, house, NCS, etc), drawing (graphite and some charcoal) and loves to sing, play guitar, viola, dabbles in piano and other string instruments. Enjoys hikes and outdoor activities, loves plants (botany), vertebrate biology. Has a passion for boxing and horror movies.



MADONNA ROMAYA, M.D.

I was born in Baghdad, Iraq. My family migrated to the US at the age of 12. I'm the oldest of 3 siblings. I have been passionate about becoming a physician ever since I was a small child. However, life and finances diverted my plans for several years, and I had to put my dream on hold. I was fortunate enough to have my second chance at entering medical school a few years ago and pursued my lifelong dream. I'm happy to be a Family Medicine physician. It is absolutely perfect specialty for my personality. I love people and the relationships I build with them. In my free time I spend as much time as I can with my adorable 4 year-old niece and family. I love dancing, volleyball and watching my favorite reality shows. *Dr. Romaya graduated from the American University of Antigua College of Medicine in Antigua.*

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Refer to Practice Opportunities on our website for a list of Practice Opportunities for Physicians. Separate listing for Advanced Practice Clinicians is also posted. Recruitment Brochure & Video; Links to Local Recreation; Links to Loan Repayment Programs; Norcal Medical Partners Facebook, and more....
www.hdncms.org

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FOR RENT. Charming second story private, safe pet-friendly finished studio above garage available in Eureka. \$800 includes utilities, WiFi, shared kitchen and bathroom. Available May 1st, 2019 for traveling professionals. Please email or call for additional information. Kate McCaffrey DO kmccaffrey123@gmail.com 707-599-7832

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