



**HUMBOLDT-DEL NORTE  
COUNTY MEDICAL SOCIETY**

# *North Coast Physician*

MAY 2024



## In This Issue...

---

HumPet Update.....

Voter Signatures Submitted to Qualify CMA’s Initiative  
for the November Ballot.....

CMA Legislative Advocacy Day.....

*and more.....*

# JOIN OUR CULTURE OF CARE

Build your future  
with UC Davis Health



## Now Hiring — Primary Care Physicians and Anesthesiologists

UC Davis Health is an extraordinary place to grow your career. You'll experience being part of an academic medical center that's committed to advancing pioneering research, promoting a sense of belonging through an inclusive work environment, and fostering continuous learning to develop health care leaders.

Join our team as we strive to provide world-class care in the Northern California region. Offering a competitive compensation and benefits package, flexible schedules, access to wellness programs, and more.

**APPLY  
TODAY**



**UC DAVIS  
HEALTH**



# North Coast Physician

## EDITORIAL & PUBLICATIONS COMMITTEE

*Luther F. Cobb, M.D.*

*Pippa Coulter, M.D.*

*Emily Dalton, M.D., Chair*

*Stephanie Dittmer, M.D.*

*Stephen Kamelgarn, M.D., "Guru Emeritus"*

*Erik Weibel, M.D. - Webmaster*

## EXECUTIVE DIRECTOR

*Amanda Lankila*

## CONSORTIUM COORDINATOR

*Terri Rincon-Taylor*

## EXECUTIVE BOARD

*May Hong, M.D.... PRESIDENT*

*Joni McAtee, M.D. PRESIDENT-ELECT*

*Caroline Connor, M.D. SECRETARY/TREASURER*

*Join Luh, M.D. PAST PRESIDENT*

*Teresa Frankovich, M.D., DIRECTOR*

*Skye Heston, M.D., DIRECTOR*

*Jeffrey Johnston, M.D., DIRECTOR*

*Simon Stampe, M.D., DIRECTOR*

*Jennifer Heidmann, M.D., DIRECTOR*

*Madeleine Ramos, M.D., DIRECTOR*

*Jesus Mendez, M.D., EASTERN DISTRICT*

*Hannah Parker, D.O. . . NORTHERN DISTRICT*

*Candy Stockton, M.D. PUBLIC HEALTH OFFICER*

*Aaron Stutz, M.D. DEL NORTE PHO*

*Corinne Frugoni, M.D. CMA DELEGATE*

*Courtney Ladika, M.D.. CMA DELEGATE*

*John Nelson, M.D. CMA DELEGATE*

*William Carlson, M.D. CMA ALT. DELE*

*May Hong, M.D. CMA ALT. DELE*

*Joni McAtee, M.D. CMA ALT. DELE*

*Brad Drexler, M.D., . DIST. X TRUSTEE*

## In This Issue:

HumPet Update.....	4
By: Caroline Connor, M.D., MPH.....	
Voter Signatures Submitted to Qualify CMA's Initiative for the November Ballot.....	5
CMA's 50th Legislative Advocacy Day: A Success for Physician Advocacy.....	5
CMA Partners with Health Tech 4 Medicaid for 2nd Annual HIT Friday Night Rounds Reminder.....	6
HDN Tattler.....	8
Coming, Going, Moving Around.....	8
May Health Awareness Calendar.....	8
Open Door Provider Rejuvenation Retreat Event.....	11
Friday Night Rounds Schedule.....	12
Health Law Library.....	13
CMA Webinars Scheduled.....	14
CME Calendar.....	15
Classifieds.....	16

### May Cover Photo:

**"Dunes and Beachgrass**

*Stephen Kamelgarn, M.D.*

*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: [hdcnms@gmail.com](mailto:hdcnms@gmail.com)  
Web page: [www.hdcnms.org](http://www.hdcnms.org)

The Humboldt-Del Norte County Medical Society Executive Board and the Editorial and Publications Committee does not assume responsibility for author's statements or opinions. Opinions expressed in the *North Coast Physician* are not necessarily those of the Humboldt-Del Norte County Medical Society. Presence of an advertisement in the *North Coast Physician*, does not imply endorsement by the Humboldt-Del Norte County Medical Society.

# HUM PET UPDATE

Caroline Connor, M.D., MPH  
*HUM PET Chair*



**H**ello everyone. We've been busy. Here's the update:

First, join me for PM Rounds at Humboldt Bay Provisions May 3rd 6-8 pm.

1) Let's start in the high schools: I gave a talk to the AP Bio and Pre-med class at Fortuna High School about my path to medicine. The questions showed real emotional intelligence for 15-18-year-olds. They didn't want to know classes to take or anything about MCATs. Instead, they asked questions like: my happiness in my career, what was the most difficult situation I have ever encountered, and how Alan and I balanced our two medical careers. We are working to get into Arcata and Eureka High as well.

2) HESI program (the Health and Environmental Science Institute) is underway this year. You might see many more students walking around at Providence St. Joseph Hospital or Open-Door where they will be exposed to all kinds of medical careers like nursing and radiology tech, surgery, and surgical tech etc.

3) Cal Poly and CR

a. Cal Poly's pre-med society is back on track. I gave a lecture on an emergency abdominal case and taught them the abdominal exam. They have had excellent lectures from Dr. Green at UC Davis Medical School Admissions and Kyler Cochrane from admissions from the Idaho College of Osteopathic Medicine. Also, thank you to Dr. Savannah Nickols for her talk to the Pre-Med Society!

b. Dr. Zhong's Biology 482 class where students in one semester learn appropriate behavior and HIPPA guidelines so the next semester they can observe doctors for a certain number of prescribed hours.

c. This summer, we will have the second annual Paid Summer Internship

Class where students were chosen specifically for their disadvantaged status, disadvantaged in ways that usually hinders students from persevering in medicine like being first generation college students, LG-BTQ students, Hispanic or black students, disabled students etc. HUMPET is a collaborator with Dr. Zhong on this grant as we help him navigate setting up these internships. Many of you worked with these students last summer and we thank you so much for your work on this project. This new set of students have been reaching out to you all soon to set up observation sites for the summer and should be done setting up sites by May 1st. I would like to already thank in advance Drs. Stockton, K. Stokes, MacEvoy and Nickols for giving lectures to these students this summer.

d. We also have a collaborative grant with CIRM, the Center for Regenerative Medicine where after spending a post graduate year doing research in a stem cell lab, at Stanford, UCLA, or Davis, for example, students return and observe you all in the hospitals or offices in the spring just for a day. These students will be contacting you shortly. I would like to thank in advance Drs. Messegee, Donahue, and Heidmann for agreeing to have some students observe them.

4) Med Schools: 3 collaborators

a. I know many of you have Stanford medical students for a month. We thank you for that.

b. We will soon have medical students originally from California who now attend The Idaho College of Osteopathic Medicine (ICOM) rotating here at some point in their 3 or 4th year. Providence and Open Door have signed letters of agreement with ICOM and if you are interested, they can shadow you and get to know our community of doctors. ICOM has already

agreed to take one of our Cal Poly Humboldt Pre-med students, Josh Nelson, for the fall of 2025. They have agreed to prioritize our students if they fit their criteria for admission. They are also offering some monetary remuneration for your work.

c. We also have strong ties to UC Davis. For years, students have rotated working at UIHS with Dr. Martinez in the Prime Program. A new Tribal Health Post Baccalaureate Program with UC Davis is proposed to start January 2024 targeting Native American students, helping them with the process of getting into med school in hopes that they return to their local communities to practice after residency.

d. Don't forget the Avenue M collaborators through UC Davis. This is a community college to medical school pathway program that aims to reduce entry barriers to medical and other healthcare careers. The UC Davis School of Medicine team has partnered with our Cal Poly Humboldt and College of the Redwoods on this program. Dr. Charlene Green is looking for help in mentoring, teaching, and shadowing positions. Amanda and I met with them last month. They are very excited about their programs. If you are interested in participating in any way either let us know or go on their website at UC Davis Ave M project. I believe they also have a \$500 remuneration for doctors who mentor. I would like to thank Dr. Weiser for showing an interest in mentoring students for this project.

Please be part of HUMPET or agree to give a lecture, talk about your career, have students observe or shadow you or even become a mentor. These students are so appreciative and maybe they'll come back one day! §



# Voter Signatures Submitted to Qualify CMA's Initiative for the November Ballot

The California Medical Association and the Coalition to Protect Access to Care, a broad and diverse group of health care organizations, have submitted enough signatures to qualify a statewide ballot initiative for the November 2024 ballot that will expand access to health care for millions of Californians.

The initiative builds on the historic investment that the Governor and Legislature made earlier this year to dedicate additional funding to the Medi-Cal program. The Protect Access to Healthcare Initiative is critical to ensuring the accessibility and affordability of health care services for all Californians, as well as recognizing the critical role that physicians play in achieving this vision.

Without raising taxes on individuals, the measure will bring more federal funds back to California and improve access to

critical health care services. This initiative includes targeted rate increases for primary care and specialty care to make it easier for patients with Medi-Cal coverage to find a physician. In addition, the measure includes funding for graduate medical education to create more residency slots and new residency programs and loan repayment for those who agree to treat patients with Medi-Cal.

Specifically, the initiative will: Expand access to preventive health care for patients with Medi-Cal, leading to fewer costly emergency room visits and shorter wait times for all Californians.; Increase funding for mental health, including for those who need in-patient care; Help California to manufacture its own insulin and other prescription drugs for much lower prices than exist currently. Expand California's education and train-

ing to create a pipeline of physicians and other health care providers to help alleviate shortages in underserved areas of the state.

Now more than ever, it is important that the 15 million Californians who rely on Medi-Cal for health coverage have access to care. Equally as important is ensuring that emergency room wait times are reduced for ALL Californians, that there is more funding for mental health care across the state and that we help reduce the cost of life-saving prescription drugs.

The support and engagement of the physicians of California will be invaluable in driving this initiative forward. In the coming weeks and months, we will reach out to you with opportunities to assist in outreach and education efforts and keep you updated on the progress of this initiative.

Please visit [accessstohealth-careca.com](https://www.accessstohealth-careca.com) for more information. §

## CMA's 50th Legislative Advocacy Day: A Success for Physician Advocacy

The California Medical Association (CMA) recently celebrated a milestone with its 50th Legislative Advocacy Day, held on April 10, 2024, in Sacramento. The event brought together over 400 physicians, medical students and resident members from across the state to advocate for important health care issues affecting Californians.

Attendees received updates from CMA President Tanya W. Spirtos, M.D., and CMA's chief lobbyist Stuart Thompson, Senior Vice President of Government Relations and Political Operations, about key health care issues before the legislature this year. Attendees then lobbied their legislators in support of some of CMA's priority issues, including:

The protection of the historic invest-

ments in Medi-Cal in Governor Gavin Newsom's proposed budget. These investments are vital for maintaining access to quality health care for all Californians. Physicians urged lawmakers to safeguard this funding and ensure its continued support through the legislative process.

The critical need to reform the prior authorization process: CMA's sponsored bill, SB 516, authored by Senator Nancy Skinner, aims to address the challenges and delays caused by the current prior authorization system. Physicians shared personal stories and insights, highlighting the urgent need for reform to ensure timely access to care for patients.

CMA's sponsored bill to institute guardrails on the use of artificial intelligence (AI) in health care settings was also a central fo-

cus of meetings. Senator Josh Becker's SB 1120, known as the "Physicians Make Decisions Act," would require physician oversight of utilization review decisions made or assisted by a health plan's AI decision-making tools or algorithms. Recent news reports have highlighted instances and allegations of health plans using AI algorithms to wrongly deny medically necessary care.

"CMA's advocacy day provides a unique opportunity for physicians to directly influence health care policy and ensure that the voice of medicine is heard in Sacramento," Thompson said. "Flooding the halls with white coats and meeting with legislators and their staff is a powerful demonstration of the dedication

***"Leg day", Continued on Pg 7..***



**HUMBOLDT-DEL NORTE  
COUNTY MEDICAL SOCIETY**

# **JOIN US FOR FRIDAY NIGHT ROUNDS**



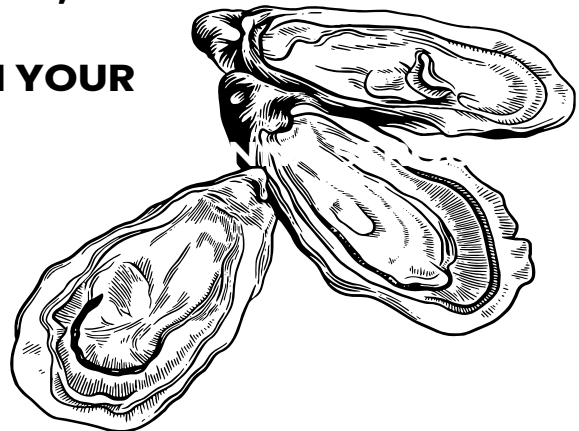
**MAY 3, 2024  
6:00 - 8:00 PM**

## **HUMBOLDT BAY PROVISIONS**

**205 G STREET  
EUREKA, CA 95501**

**HOSTED BY:  
CAROLINE CONNOR, M.D., MPH**

**COME SOCIALIZE WITH YOUR  
FELLOW PHYSICIANS!**



**TO HOST A FNR PLEASE CONTACT:**

**JOHN MASTRONI, M.D.  
JSMASTRONI@GMAIL.COM**

**FOR ALL OTHER INQUIRIES CONTACT:  
HDNCMS@GMAIL.COM**

**“Leg day”, Continued from Pg 5...**

and passion of California physicians.”

CMA CEO Dustin Corcoran also provided an update on the Protect Access to Health-care Act, a ballot initiative filed by CMA and coalition partners that would permanently expand access to health care for millions of Californians who rely on Medi-Cal.

“By building on and making permanent the historic investments to Medi-Cal that the Governor and the Legislature made last year, we can ensure equitable access to care and allow physicians to take on Medi-Cal patient loads reflective of their communities,” Corcoran said.

As the legislative year progresses, CMA remains committed to advocating for policies that prioritize patient care and support physicians in providing the

best possible health care for Californians.

Legislative Advocacy Day attendees also enjoyed hearing from keynote speaker California Senate President pro Tempore Mike McGuire, who commended CMA and its members for their dedication to improving health care in California.

And the Golden Gavel goes to.... The CMA Political Action Committee (CALPAC) also concluded its three-week Golden Gavel contest in conjunction with Legislative Advocacy Day, ending with a fundraising total of just over \$17,000.

The annual contest challenges physicians from each county medical society to make a new donation or upgrade their current level of giving to CALPAC. At the end of the contest period, the medical society that had the highest level of giving

won the Golden Gavel. For the second year in a row, this year’s winner was the San Bernardino County Medical Society.

See you next year! We are grateful for the time everyone took out of their busy schedules to speak with legislators on the issues impacting the delivery of health care in California. We hope to see you next year for CMA’s 51st Legislative Advocacy Day!

§



## Choose Elite Caregivers

### Elite Caregivers Provide

- Registered Nurse Support
- Certified Nurse Assistants
- Personal Attendants w/background checks
- 2-24 hour care including holidays

### Using Current Technologies

- HIPAA Compliant
- Web-based scheduling
- Life Alert® 24-hour monitoring
- 24-hour emergency call line

### Competitive Pricing

Family owned & operated by John and Laura Neely



## Where Compassion Meets Care



Serving Humboldt, Del Norte and Shasta counties

HCO# 124700001

## Services We Provide

- Individual Case Management
- Assist with Medications
- Bathing, Dressing & Feeding
- Meal Planning & Preparation
- Assistance with PT
- Light Housekeeping
- Shopping & Errands
- Transportation
- Personalized Care for Body, Mind & Spirit
- End-of-Life Care

Licensed, bonded & insured

Call us today at 1-707-496-8499 • [www.elite-caregivers.com](http://www.elite-caregivers.com)

# HDN Tattler

## HAPPY BIRTHDAY WISHES IN MAY TO:

**DRS: Aussenberg, Butler, Cassel, Connor, Ennis, Fellows, Fittinghoff, Mahan, Mastroni, Pennington, Ring, Sageman, Schwartz, Shen, Smith, Soper, Stevens, Thompson, Weiderman, Weiss, Wilcox.**

.....  
• If you have any news you'd like to share with your colleagues: births, marriages, get well wishes, •  
• deaths, something you'd like to "brag" about or notify your colleagues of or thank them for, Please •  
• let us know so we can include it in the "HDN Tattler". •  
.....

## Coming, Going & Moving Around

### COMING/HERE:

Anita Gupta, M.D.	Pain Management	PMG
Kamesh Parashar, M.D.	Hospitalist	PMG
Umair Ali, M.D.	Critical Care	PMG

### GOING:

### MOVING AROUND:

**If you hear of someone coming, going or moving around please let the office know!**

## Health Awareness Calendar

### May

Arthritis Awareness Month	
Hepatitis Awareness Month	
Lupus Awareness Month	
Mental Health Awareness Month	
National Asthma and Allergy Awareness Month	
National Celiac Disease Awareness Month	
National High Blood Pressure Education Month	
National Nurses Month	
National Osteoporosis Awareness Month	
National Stroke Awareness Month	
National Women's Health Month	
Preeclampsia Awareness Month	
Skin Cancer Prevention Month	
Cystic Fibrosis Awareness Month	
	May 5-11 Children's Mental Health Awareness Week
	May 6-12 National Nurses Week
	May 12-18 National Hospital Week
	May 12-18 Maternal Sepsis Week
	May 12-18 National Women's Health Week
	May 7 World Asthma Day
	May 7 Children's Mental Health Awareness Day
	May 8 National Women's Checkup Day
	May 8 National Student Nurse's Day
	May 12 Chronic Fatigue Syndrome Day



# Enhanced referrals for WORLD-CLASS CARE, closer to home

## Convenience for referring providers



From delicate robotic and catheter procedures to precision therapeutics, we're proud to offer diagnostic and treatment options for adult and pediatric referring providers across Northern California and the Central Valley.

Your referred patients benefit from shorter drives, less traffic, affordable lodging, and more. We also offer robust telehealth and telemedicine options, for both initial consultations and follow up care.

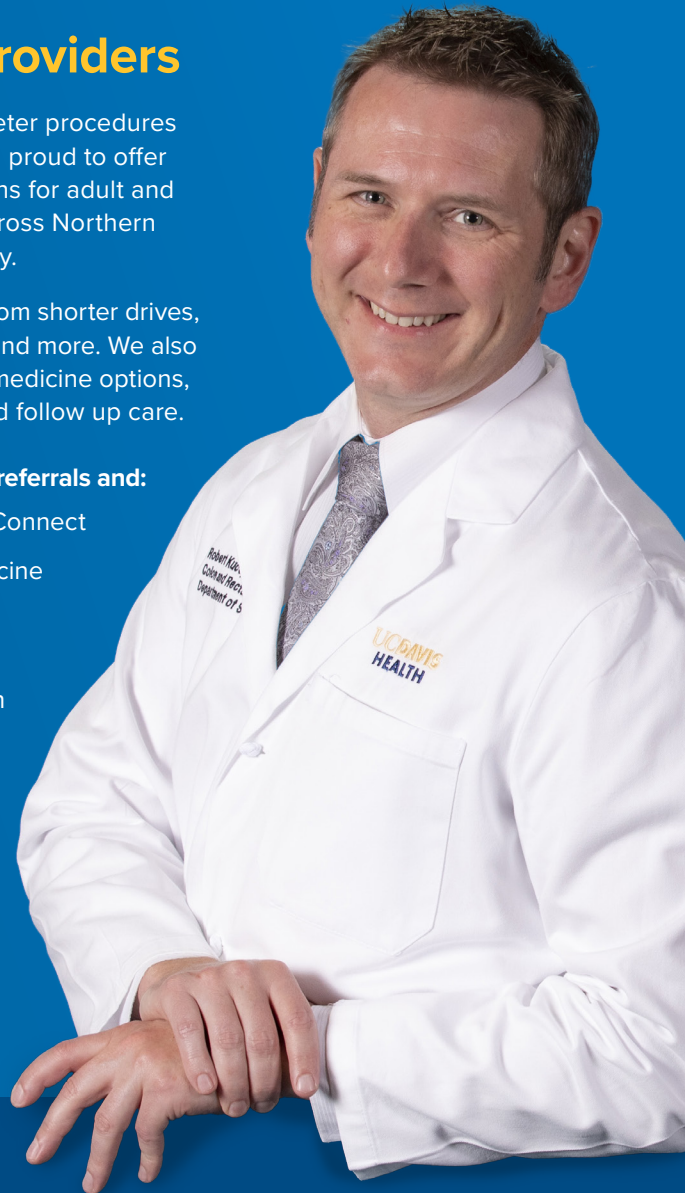
### Our physician referral liaisons are here to help navigate referrals and:

- Facilitate access to our secure EMR system, PhysicianConnect
- Assist with UC Davis Health clinical trials and telemedicine
- Keep you abreast of new services, providers and research programs
- Arrange meetings and webinars, and share information about CME and events

Your local Physician Referral Liaison:

Felicity Arain | 916-882-1606 | [fcarrain@ucdavis.edu](mailto:fcarrain@ucdavis.edu)

Robert Jon Kucejko, M.D., M.S., M.B.A.  
Assistant Professor of Surgery  
Specialties: Colon and Rectal Surgery, Colorectal Surgery, Cancer, Inflammatory Bowel Disease



**UC DAVIS  
HEALTH**

**MEDICAL  
CENTER**

[referrals.ucdavis.edu](https://referrals.ucdavis.edu)

# Celebrating Independent Physicians



Nearly 13,000 California physicians rely on CAP to protect their practices every day.



COOPERATIVE OF  
AMERICAN PHYSICIANS

For Your Protection. For Your Success.

At the Cooperative of American Physicians (CAP), we celebrate you—the independent and solo practitioner who keeps healthcare personal. We are here to support you with exceptional medical malpractice coverage supplemented by a host of outstanding risk management and practice management services, so you can stay focused on what’s important—patient care.

Since 1975, CAP has delivered financially secure medical malpractice coverage options and practice solutions to help California physicians realize professional and personal success.

Find out what makes CAP different.

Scan the QR code to see how much you can save on your medical malpractice coverage



[CAPphysicians.com](http://CAPphysicians.com)

800-356-5672

[MD@CAPphysicians.com](mailto:MD@CAPphysicians.com)

Medical professional liability coverage is provided to CAP members through the Mutual Protection Trust (MPT), an unincorporated interindemnity arrangement organized under Section 1280.7 of the California Insurance Code.

# ODCHC Provider Rejuvenation & Resiliency Retreat/CME Event



Connection | Reflection | Education | Relaxation

*Take time for yourself and tend to your wellbeing so you can continue the important work of caring for others.*

## CME Workshops Featuring:



Identifying & Addressing Burnout & Compassion Fatigue  
Dr. Carrie Griffin, DO  
Center for New Growth



Mindfulness, Meditation, & Cultivating Resiliency  
Heidi Bourne, RN, CMF  
Pacific Mindfulness

## Group Activities:

Pilates fusion by Sonja Lyth, founder of Solshine Pilates  
Reflective Art & Writing Workshop with Sasha Lyth  
Healer's Walk with Heidi Bourne

*...and several self-care treatment options to choose from!*

## When:

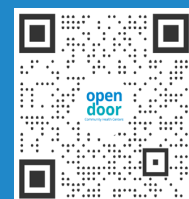
Saturday, July 13, 2024  
9:30am - 5:30pm

## Where:

'Aina Momona Aloha  
(Land Full of Love)  
Fieldbrook, CA

Questions?  
Email: Malia Honda  
mhonda@opendoorhealth.com

*More information  
on the Hub  
Register Here by  
June 14th*





SERVING HUMBOLDT COUNTY SINCE 1974

# BROADWAY MEDICAL

has the Home Medical Equipment  
your patients need



To meet the needs of your patients with higher levels of disabilities, we have an Assistive Technology Professional on staff.



- in-home assessment
- assistance in product selection
- training for selected devices



707 442-3719 • Fax: 707 442-0237  
Mon-Fri: 8 a.m. - 5 p.m.  
1034 Broadway in Eureka

- Portable oxygen & oxygen concentrators
- Manual wheelchairs & power wheelchairs
- Hospital beds & accessories
- CPAP machines & CPAP masks
- Ostomy care supplies
- Urinary Supplies
- Ramps • Stair Lifts
- Reclining Lift Chairs

We take care of the paperwork for your patient's insurance

We Service What We Sell  
Locally Owned & Operated



**BROADWAY MEDICAL**  
RESPIRATORY & HOME CARE  
SUPPLY & SERVICE • SINCE 1974  
[www.broadwaymedical.com](http://www.broadwaymedical.com)

## FRIDAY P.M. ROUNDS

\*SAVE THE DATES\*

5/3/24 6 - 8 pm Host: Caroline Connor, M.D., MPH  
@ Humboldt Bay Provisions

6/7/24 6 - 8 pm Host: Larry Weiland, M.D.

9/6/24 6 - 8 pm Hosts: Dr. Hong

\*Come meet the Family Medicine Residents\*!

For questions or to RSVP email [hdcms@gmail.com](mailto:hdcms@gmail.com)





# HEALTH LAW LIBRARY

The California Medical Association's (CMA) health law library is the most comprehensive health law and medical practice resource for California physicians.

The library contains nearly 5,000 pages of up-to-date information on a variety of subjects of importance to practicing physicians. It includes content from the

California Physician's Legal Handbook, as well as more specialized information on peer review, payor contracting and other topics. **Access is free to CMA members - [www.cmadoes.org](http://www.cmadoes.org)**

---

## DEATH/ORGAN DONATION

- 3400 Autopsies
- 3401 Organ and Tissue Donations
- 3402 Determination and Pronouncement of Death and Death Certificates
- 3403 Diagnosis of Death by Neurologic Criteria: Model Policy and Procedure

## DIGITAL HEALTH

- 0400 Electronic Signatures
- 0401 Online Consumer Review and Rating Sites
- 0402 Physician Practice Websites
- 0403 Physicians and the Use of Social Media
- 0404 Electronic Funds Transfer
- 0405 Electronic Communications with Patients: Patient Portals, Email, and Online Advice
- 3300 Telehealth
- 3301 Physician Use of Mobile Devices and Cloud Computing
- 4300 Electronic Health Records

## DRUG PRESCRIBING/DISPENSING

- 3200 Controlled Substances: Dispensing
- 3201 Controlled Substances: Prescribing
- 3202 Drug Prescribing: Unauthorized
- 3203 Drug Dispensing (Not Schedule II-V Drugs)
- 3204 Drug Formularies, Prescription Drug Benefit Plans, and Pharmacy Benefit Managers
- 3206 Drug Prescribing: Drugs from Other Countries
- 3205 Drug Prescribing (Not Schedule II-V Drugs)
- 3208 Drug Compounding
- 3209 Medical Cannabis
- 3210 Pain Management
- 3211 Vaccine Administration
- 3212 California's Prescription Drug Monitoring Program: The Controlled Substance Utilization Review and Evaluation System (CURES)
- 3207 ePrescribing

Legal Information Line  
 CMA Staff is ready to provide  
 information about laws related to the practice of medicine. Call the Legal  
 Information Line at (800) 786-4262



# CMA WEBINARS SCHEDULED

<https://www.cmadoes.org/events>

**LOG INTO MEMBERS-ONLY SECTION.** Be sure to set up your CMA Web account if you have not already. There are many links to resources that are for “Members only”. If you need assistance with this, please reach out to the Medical Society.

[6/11/2024 Virtual Grand Rounds: Emerging Public Health Issues](#)

**CLICK ON THE LINKS ABOVE OR GO TO: <https://www.cmadoes.org/events> to register**

## ON DEMAND PRE-RECORDED WEBINARS

Browse CMA’s extensive library of pre-recorded webinars, covering a wide range of medical practice and public health topics. <https://www.cmadoes.org/webinars>

## Calendar of Local Education, Physician Meetings & Socials

(This includes recordings of all past CME grand rounds)

[http://www.hdncms.org/Physician\\_Educational\\_Calendar.html](http://www.hdncms.org/Physician_Educational_Calendar.html)

### PHYSICIAN SUPPORT COMMITTEE

*(aka: Physician Well Being Committee)*

**\*CONFIDENTIAL ASSISTANCE\***

*Physician-to-Physician*

Dr. Soper: 498-4291 \* Dr. Bayan: 834-8188 \* Dr. Chavez: 502-5360

Dr. Douglass: 786-4028 \* Dr. Frugoni: 845-0242 \* Dr. Heidmann: 362-6704

Dr. Hunter: 498-0607 \*Dr. Newdow: (916) 201-6078 \* Dr. Talbot: (707) 464-8813

**Confidential E-Mail: [hdnpwbc@gmail.com](mailto:hdnpwbc@gmail.com)**

Or contact a physician through CMA’s Physician Confidential Line at 213-383-2691

## ARE YOU A CONSORTIUM MEMBER?

Medical Society Members - \$150.00  
Non-Medical Society Members - \$250.00

A self-supporting committee of the HDN Medical Society, our Consortium for Continuing Medical Education is accredited by the CMA Institute for Medical Quality to plan and accredit local programs to meet the needs of our physicians. Credit is provided for Grand Rounds, Tumor Board, Cardiac Cath Lab, UCSF Case Conference, Neo-Natal Resuscitation, etc. In addition to coordinating programs based on the feedback we get from the membership, we also work with the Humboldt IPA, Hospice, Public Health and other local agencies in coordinating CME credit for physicians.

**HELP IDENTIFY LOCAL EDUCATIONAL NEEDS**

**HELP SUPPORT LOCAL EDUCATION - BE A CONSORTIUM MEMBER**

*NOTE: Consortium for CME is recognized as the “Education Committee” of the Hospital Medical Staffs.*

## THANK YOU TO OUR ADVERTISERS!

Broadway Medical  
Elite Caregivers  
UC Davis  
Cooperative of American Physicians

North Coast Physician



**CME CALENDAR  
GRAND ROUNDS / CASE CONFERENCE CALENDAR  
APRIL - MAY 2024**

**MAY**

- 5/2 (Thurs) "SINGLE PAYER" .....ZOOM: 12-1PM  
Speaker: Corinne Frugoni, M.D.
- 5/16 (Thurs) "ROUTINE CANCER SCREENING" .....ZOOM: 12-1PM  
Speaker: Maryam Rahimi, M.D.

**JUNE**

- 6/6 (Thurs) "PROSTATE CANCER-SCREENING, DIAGNOSIS, TREATMENT.....ZOOM: 12-1PM  
Speaker: Hyung Lae Kim, M.D.

**TUMOR BOARD**

Tumor Board meetings will be by virtual format via Microsoft Teams. To join "Teams" meeting, email Jennifer Hooven at [Jennifer.Hooven@stjoe.org](mailto:Jennifer.Hooven@stjoe.org). Meetings beyond this time will continue to be re-assessed and either resume in-person participation or extend the virtual attendance via Teams. 12:00 - 1:00 p.m.

**MAY**

- 5/1 (Wed) TUMOR BOARD PSJH
- 5/8 (Wed) TUMOR BOARD PSJH
- 5/15 (Wed) TUMOR BOARD PSJH
- 5/22 (Wed) TUMOR BOARD PSJH
- 5/29 (Wed) TUMOR BOARD PSJH

**JUNE**

- 6/5 (Wed) TUMOR BOARD PSJH
- 6/12 (Wed) TUMOR BOARD PSJH
- 6/19 (Wed) TUMOR BOARD PSJH
- 6/24 (Wed) TUMOR BOARD PSJH

- The target audience are Physicians in Humboldt and Del Norte Counties. Advanced Practice Clinicians, RN's, RD'S, and
- Pharmacists are also invited to attend. Please contact Terri Rincon-Taylor, CME Coordinator at (707) 442-2353 or
- [hdncme@gmail.com](mailto:hdncme@gmail.com) if you have any questions.

Please contact the office if you have not received a statement for your 2024 CME dues and would like to join or renew your CME membership for 2024. [hdncme@gmail.com](mailto:hdncme@gmail.com)

**YOU MUST BE MEMBER OF THE CONSORTIUM FOR CME TO CLAIM CREDIT**

**PLEASE HELP IN IDENTIFYING LOCAL EDUCATIONAL GAPS**

**Suggestions for strengthening our local CME Program are always welcome -  
We encourage you to get involved. Sign up to give a lecture.**



The Humboldt-Del Norte Consortium for Continuing Medical Education is accredited by the California Medical Association and ACCME to provide continuing medical education for physicians.

The Humboldt-Del Norte Consortium for Continuing Medical Education designates this live activity for a maximum of 1.0 hour of AMA PRA Category 1 CME Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# CLASSIFIED ADVERTISEMENTS & BULLETIN BOARD

## CLASSIFIEDS:

*Members wishing to place a classified ad  
(Business- free to members for first 6 mos. /  
Personal 1/2 price)  
contact Medical Society office.*

### DID YOU KNOW.....

The Medical Society receives many calls from your offices and the public looking to find copies of medical records from physicians who have retired, moved out of the area, etc. The Medical Society tries to keep a list of where to refer for those records. Physicians relocating out of the area or retiring, please let us know.

## MEMBERSHIP DIRECTORIES

2024 Directories have been sent out/delivered. Please reach out to the office at [hdcms@gmail.com](mailto:hdcms@gmail.com) if you have not received your copy. Members receive one free copy/year with the option to purchase more for a reduced fee.



"We at NCP are always happy to receive photos of local scenery by our member physicians who would like to have their art displayed on the cover of the North Coast Physician. However, we have certain requirements before we print. At a minimum, please send you photos as a JPEG with minimal compression (level 8 or higher). Also please size the photo to 6 inches on the "short" side at a screen resolution of 125 dpi. If you're looking for total file size for email submission we would like something of at least 0.25 MB (250 KB) up to 2.5 MB. This gives the best screen resolution plus it provides adequate resolution for anyone who wishes to print out the cover. We will also accept TIFF or PSD files, although we prefer JPEG. If you need assistance, please let us know and the editor will be more than happy to work with you in obtaining the appropriate resolution."

## KNOW OF HOUSING OPTION?

The Medical Society frequently receives calls for help in finding housing for our new physicians, Residents and other healthcare professionals. We also are trying to keep a list of "rooms" available for medical students that are rotating through. If you or know of someone who has rental or temp housing options, please let us know. Send email to: [hdcms@gmail.com](mailto:hdcms@gmail.com)

## Display Advertising Rate Schedule

<u>SIZE</u>	<u>MONTHLY</u>	<u>SIZE</u>
1/4 Page	\$140.00	8.00 (w) x 2.50 (h)
1/2 Page	\$160.00	8.00 (w) x 5.25 (h)
1/3 Page Vertical	\$150.00	3.00 (w) x 10.50 (h)
Full Page	\$200.00	8.50 (w) x 11.00 (h)
Full Page/Special Placement	\$275.00	8.50 (w) x 11.00 (h)
Business Card Ad	\$65.00	Copy Ready 3.50 (w) X 2.00 (h)
Classified Ads	\$5.25 per line	

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