



Vanderburgh County Medical Society + Evansville Indiana

Monitor

PHYSICIANS DEDICATED TO THE HEALTH OF THE COMMUNITY

2017 - Issue 5

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Burnout Proof Workshop

(CME Accredited Workshop)

Saturday, November 18 • 9:30 am – 2:00 pm
Tropicana Evansville Conference Center



Learn Practical Field-Tested Tools to:
Lower Your Stress Levels • Build More Life Balance
Recognize, Treat and Prevent Burnout

See More Info Inside!

Inside...

- Physician Burnout Workshop Coming
- JFHOI Highlights
- Time Flies! What have we done in the last year?
- Wellness 360°



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Dr. Paul and Elisa Morrison



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New Members

Welcome New Members!

Gina Huhnke, MD
 Charlotte E. Orr, MD
 Ruston Stoltz, MD



The Vanderburgh County Medical Society is an Alliance of Physicians dedicated to the promotion of the Art and Science of medicine, to the continual Improvement of Community Health, and to the Advocacy and Protection of the Patient Physician Relationship. The purpose of this organization shall be to unite and strengthen the local medical community,

to inform the public on matters of health and medical care, and to promote the best in medical care in our community.

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President's Message

I Made a Mistake

As I was preparing for this article, I was faced with a complication that was directly from something I did. I was operating on a patient with recurrent sinus disease and performing endoscopic sinus surgery. Before taking a patient for surgery, it's our duty as surgeons to have a discussion of the risks and benefits of what we are doing. With my usual spiel, I describe a possible injury to the orbital walls or of the skull base leading to a CSF leak, among other more common risks of sinus surgery. With this patient, I knew that she had narrow spacing for her ethmoids and at the cribriform plate on her CT scan. The first side went well, removing significant polyps from the sinuses. However on the second side, as I was lifting up bone from the skull base, things looked a little different. There was a very white colored tissue and a moderate amount of clear fluid coming into the surgical bed. Usually, it's blood that we see in the field, but with CSF fluid it is mainly water-like fluid with an occasional streak of blood mixed in. At that point, my initial reaction was that it couldn't be a CSF leak. Is that really CSF? That can't be right? How could I have done that? It took me a second to get my bearings and think that this just really happened. After getting over the denial and accepting what had occurred as I observed the crystal clear fluid pulsing out, it took me a minute to calm down and think about what we needed to do next.



Chris Chacko, M.D.
VCMS President

It had been 5 years when I caused my last CSF leak and that was my first experience with one. I remember the havoc it created on the body and psyche. That experience was frightening and the guilt and weight of knowing that I harmed someone stuck with me long after that case. Fortunately, at that time, I was able to call one of my senior partners who described their experience and was able to the walk we through what I needed to do. Having a discerning ear and a calm, clear voice on the other end was incredibly helpful at a time when I desperately needed it.

Having developed that same problem now, it took me back to that summer day five years ago. It is one thing to read about complications and be able to talk about the hypothetical problem in a board exam, but it's another thing when you actually faced with it head on and know that you have to do something to take care of a significant problem.

In dealing with any complication or adverse event, the first critical step is to recognize the issue. As with any recovery program, Alcoholics Anonymous, for example, the first step is to admit there is a problem. Sometimes it is easier to overall look and skirt the issue when it may be staring you in the face. Had my CSF problem not been identified, the patient's would have gone home and likely develop significant headaches and drain clear fluid from the nose, not to mention having the potential of developing meningitis or other life-threatening intracranial complication.

I was able to patch the area with a mucosal graft taken from her nasal cavity and supported it with packing to keep the graft on the defect. That evening I spoke with the husband and explained to him that a mistake was made and what steps were needed to correct it. Ultimately, her husband was really only concerned about if his wife was okay and she certainly was in surgery and in the recovery room. We watched her overnight and without significant complaints the next morning, she was able to be released home. Time will tell how the patch will do and if my previous case was any example, I expect that things will heal fine.

As with my case, having someone to talk to when faced with a serious problem was essential for me. Someone was there to help correct me and guide me, to give me the confidence to do what was needed to do to help the patient. With the VCMS, we want to serve you in the same way. Our Wellness 360 program is a way for physicians to have a place to turn to when life and our career can be overwhelming. There is a place to turn to when we need help. If you need someone to partner beside you, please reach out to us and let us be a calm, clear voice for you on the other end.

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6:30PM-9:30PM

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Cost - \$50.00 Per Person

Attire- Dressy Casual

**Purchase tickets at www.vcmsdocs.org (events page) or
Make checks payable to: Vanderburgh County Medical Society**

Questions? Contact 812-475-9001 or Cpatterson@vcmsdocs.org

TRI-STATE MEDICAL ALLIANCE is kicking off its 4th year as an organization! We open the year with a New Member Brunch on September 19, at the home of Vice President of Communications, Jayne Susec. Our guest speaker, Mary Wrye, Chaplain at Henderson Methodist Hospital, will have words to uplift us. On October 12, we will celebrate our past successes and continue raising money for our Community Outreach grants at our annual "Put Some Bling On It" Style Show. You won't want to miss the fabulous fashions, exciting auction items, and awesome vendors at this year's event! November 14, we will be taking a little "field trip" with a drive south to visit The Farmer & Frenchman in Henderson, KY. This restaurant/winery is family owned and sits in a picturesque location on the family farm. Good Food and Good Friends...you won't want to miss it! We will celebrate with our spouses in December at our annual Holiday Party. The second half of the year also holds some interesting and informative meetings and special events...so stay tuned!



Membership is open all year!

For information about meetings or membership...

Contact us at tristatemedicalalliance1@gmail.com



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TRI-STATE MEDICAL ALLIANCE
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Anita Watkins

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The Director's View



Chris Patterson
VCMS Executive Director

A Year In Review – My How Time Flies!

Do you ever feel like the universe is spinning faster than what science can explain? The older I get, the more I find myself saying “My how time flies.” July marked my one year anniversary as the Director for the Vanderburgh County Medical Society. As I sat down to write this article, I began to reflect on the past year and what exactly we have been able to achieve.

In the past year the VCMS has:

- Added New Staff Member - Project Manager Talya Kosstrin (She is a rock star!)
- Hosted three (3) social mixers
- Held the First District & VCMS annual Golf Scramble at Victoria National Golf Club and raised over \$16,000 for a IUSM – E Scholarship
- Attended the Annual ISMA Convention
- Held VCMS Annual Meeting
- Partnered with the Vanderburgh Medical Alliance to introduce Just For The Health Of It – A fun, interactive family day for children and their families that had over 200 in attendance.
- Rolled out Wellness 360° - a Physician Burnout prevention program for our VCMS Members

I guess we have been very busy over the past year. The things I have learned have been invaluable, and I feel blessed that I have had the opportunity to meet so many wonderful, caring physicians, physician's spouses, and others in the medical community.

The things that I have learned over the past year are as follows:

- Trying to get eleven physicians together for one meeting is like herding cats!
- Physicians are very passionate as I have witnessed them standing up for the legislature necessary to protect their patients and the health of the community in which we all live.
- Physicians do not have full control over their own time and often miss being with their families and loved ones to take care of people like me.
- Physicians often neglect their own health and well being.

I want to personally thank every one of you for making my first year at the VCMS a fun and educational journey that I look forward to continuing for many more years to come.

“Time flies over us, but leaves its shadow behind.” -- Nathaniel Hawthorne

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Code Blue Highlights

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BURNOUT PROOF WORKSHOP

Led by Dr. Dike Drummond, CEO of TheHappyMD.com
(CME Accredited Workshop)

SATURDAY, NOVEMBER 18
9:30AM-2:00PM
TROPICANA CONFERENCE CENTER

- All Physicians, Nurse Practitioners, and Physician Assistants invited
- Continental breakfast, boxed lunch, and beverages provided
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"Stop Physician Burnout – what to do when working harder isn't working"

Cost: \$75.00 per couple, \$50.00 per individual, \$25.00 for residents and medical students

RSVP on the VCMS Website by: Monday, November 13 at www.vcmsdocs.org

Dr. Drummond is a Mayo trained family doctor, executive coach, CEO of TheHappyMD.com where he has over 15,000 physician subscribers in 63 different countries. He has delivered trainings to more than 15,000 doctors for more than 60 corporate clients to date.

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The Vanderburgh County Medical Society, Deaconess Hospital, and St. Vincent Hospital

We know your work is stressful. This training is the first step in an ongoing commitment of the VCMS **Wellness 360° Program** to build a more supportive workplace for physicians and staff. We want to take better care of you because we recognize that is the best way to help you take the best care of your patients.

September Song



Michael B. Hoover, M.D.

Well, it's September, and that means, of course, that it's time once again for the annual convention of the Indiana State Medical Association. This will be the 168th such meeting. I think it's remarkable that the ISMA was founded before the Civil War, and has hung around to see the fall of the USSR, the end of the British Empire, the failure of the Studebaker Motor Company, Pan American Airlines, Sterling beer, and the death of the Hula Hoop, Pet Rock and Fidget Spinner (face it, they're on the way out.) I hope it will soon see the end of the tattoo craze. Such longevity bespeaks an organization which continues to provide its members with valuable services over the many years it has been extant, and certainly, the ISMA has done and continues to do just that. You have only to look through your archived copies of my article in *The Monitor* to recount the many good things that the ISMA has done for the physicians and patients

(that's providers and clients to you millennials) of Indiana. Or, you could simply review your medical liability insurance payment or your receipts from Medicaid, and compare them to your colleagues from surrounding states.

But I digress. We were speaking of the annual convention. This is the meeting, open to all ISMA members, where delegates, selected from the thirteen districts of Indiana, convene to set policy for the Association. It is also a great opportunity to network with fellow physicians from around the state to see how they are responding to the problems and pressures which always confront us. Also, there is an opportunity to meet with state and federal legislators at the IMPAC (Indiana Medical Political Action Committee) Lounge, where IMPAC contributors (and certainly all of us are IMPAC contributors) can relax and have one-on-one conversations with our politicians. An adult beverage, (for those of us who would choose one), can also be enjoyed.

The House of Delegates Meeting at the convention is a wondrous thing. It is as close to pure representative democracy as you can get. At any of the four Reference Committee meetings, where resolutions, which may be submitted by any ISMA member, are argued and discussed, every ISMA member who wishes can have his or her say. It doesn't matter how brilliant or banal one's comments are, they are welcomed and treated with respect. If a resolution meets with the approval of the House of Delegates, it becomes the policy of the organization or directs the organization as to what legislative or regulatory actions to pursue. It is an affirmation, year after year, that the Indiana State Medical Association exists to serve the will of its members. It is a reassurance that doctors as a group are not, as it is frequently stated, idiots, but almost always come up with the right solution. It is also a heck of a lot of fun, and it's crammed into one weekend so that you will miss a minimum of work. I've gone to the meeting for the last twenty-three years, and in spite of losing an election here and there, I have to say I've enjoyed every one.

I urge you to attend a meeting. Too late, of course, for the 168th, but hey, the 169th is only a year away. I urge you further to attend as a delegate. Delegates are ostensibly elected from their districts, but every year we have to practically beg to get our full complement from First District. If you want to be a delegate, check with Chris Patterson, our exec, and I'm pretty sure you'll be able to get a seat.

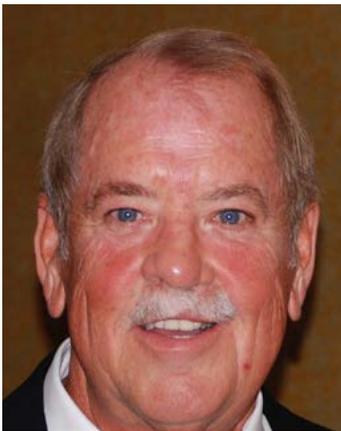
Just For The Health of It Highlights

THANK YOU TO EVERYONE WHO ATTENDED JUST FOR THE HEALTH OF IT! ON SATURDAY, JULY 22!

Thank you to our partners: *Vanderburgh Medical Alliance, St. Vincent Hospital and Deaconess Hospital*
We greatly appreciate the support of our sponsors: *Indiana University School of Medicine, University of Evansville, Ivy Tech Community College, Talley Eye Care, Evansville Regional Vein Center, Green River Family Dental, Just for Kids Pediatric Dental, Tri-State Athletic Club, and Digestive Care Center.*



From the Desk of the Health Officer



Ken Spear, M.D.
Vanderburgh County
Health Officer



The Opioid Crisis

This is a very complex issue. There are very vocal critics and proponents on both sides of the issue. I would love to have the Wisdom of Solomon and have an easy answer, but even Solomon had issues. Cutting a baby in half and deciding who gets which half is a drastic image-provoking solution.

Health Care is a team sport, or so I have learned in my 30 plus years of practice.

It takes a team of dedicated professionals including: the Admitting Physician, Nurses, Attending Physicians, Dietary, Physical Therapy, Occupational Therapy, Respiratory Therapy, the Hospital Administration, and Housekeeping Staff to help a patient back to health. I recall one young trauma victim that was touched by over 220 distinct individuals during her hospitalization and recovery.

To get to the topic at hand, I recently read an article about Express Scripts and their approach to the Opioid Crisis. The article pointed out that the largest benefit manager in the country will soon limit the number and strength of opioid drugs to first time users as part

of a wide ranging effort to address the current epidemic affecting millions of Americans. This is the right of the plan and is probably buried in the contract language. The plan being implemented by Express Scripts exempts hospice, palliative care and cancer patients. (Indiana has already passed and instituted a new Opioid Prescribing rule, which went into effect July 1st, 2017. The rule limits the number of prescribed opioids as a new prescription and re-iterates the value of an INSPECT Query when writing a new prescription) The Express Scripts pilot was aimed at reducing patients dependency on opioids and involved 106,000 patients. I haven't reviewed the paper, but the program purports a 38% reduction in hospitalizations and a 40% reduction in emergency room visits compared to a control group. The program is scheduled for a nationwide rollout September 1st for Express Script members.

The part I find somewhat discouraging is that we are legislating the patient-doctor relationship. Physicians usually don't institute a treatment plan without patient understanding of the plan. I would never give chemotherapy or anticoagulation therapy without an in depth discussion with the patient and significant others. Pain medications have the same devastating potential that anticoagulants or chemotherapeutic agents have. The side effect profile needs to be discussed and understood.

I would like to see a new partnership between prescribers and dispensers to help patients with the decision making process. We need to understand that pain is not the fifth vital sign; it is a symptom of something deeper. (I will freely admit I was one of the early fifth vital sign proponents and I am embarrassed by the admission) We never complained when the pharmacist using kinetic data gave us the proper dose for aminoglycosides to save kidney

From the Desk of the Health Officer continued

function. Pain is so complex an issue. I am like Solomon; I have no good answers but ideas. Opioids have place in the treatment armamentarium, but we must use them as potent treatment weapons with profound and life altering side effects. We don't want to pull out the strongest ammunition early in the battle, but try more traditional means and escalate as needed. I was surprised that Ibuprophen and Acetaminophen got me through the post open heart pain without using more potent drugs.

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Wellness 360

Vanderburgh County Medical Society

Better Health Through Balanced Living



The Program

The Wellness 360° program offers physicians a support system that provides whole-person care and helps to mitigate any stage of physician burnout.

Huge stress levels, long working hours, and poor work-life balance are contributors to physician burnout—a phenomenon that has reached epidemic proportions. More severe cases can lead to a blurred sense of purpose and goals and—in extreme cases—may even lead to suicide.



Physicians ignore the symptoms and those that do validate them do not seek assistance—often because they do not feel comfortable to do so. This is detrimental to them, to their families and to their patients. The Wellness 360° program provides a safe, supportive environment where physicians can receive the care they need and deserve.

Every member of the Vanderburgh County Medical Society will receive complimentary counseling services from a Psychologist and Health & Wellness Coach. Members will also have access to a certified physician burnout coach at a discounted rate. All services are 100% confidential tailored to physician's needs. It is quickly accessible at the convenience of the physician, free, and private with no disclosure of information to others, including insurance companies, or medical licensing boards.

Health Coaching

The Health & Wellness Coach will work together with the physicians to implement basic, gradual modifications based on the physician's unique needs towards a sustainable health and wellness transformation. These modifications will improve the physician's diet and include positive lifestyle changes towards a more fulfilling career, supportive relationships, daily enjoyable exercise, and a nourishing self-practice. The goal is to prevent physician burnout by incorporating realistic, small changes that will lead to life-long healthy habits and improve work-life balance.



What Physicians Will Receive

- Two 60-minute sessions per month for six months
- Flexible session setting in person, on phone, or via face-time
- Email support between sessions
- Simple, healthy recipes, food samples, and self-care products
- Handouts and articles specific to your needs and goals
- Accountability



Confidential Counseling

The Psychologists will provide confidential counseling services to address the physicians' specific needs.

What Physicians Will Receive:

- Complimentary counseling in a private, comfortable, serene, setting that is 100% confidential
- 6-8 sessions offered per year
- Appointment confirmation within 24 hours; including after office hours
- Security that no insurance is billed, no electronic records are created, and no information is disclosed to others without physician's written consent



Tri-State Athletic Club Partnership

Tri-State Athletic Club's role in the Wellness 360° program will be to lead the exercise and accountability component. Each participant will be given a 30-day trial membership with full club privileges. The Wellness Staff will create an individualized exercise regimen based on each participant's needs.

What Physicians Will Receive

- Access to Tri-State Athletic Club's fitness center, yoga studio, tennis courts, racquetball court, indoor salt water pool, outdoor pool, group exercise classes, and hot tub and sauna.
- Complimentary one on one training with a personal trainer twice a week for 30 days.
- Assessment session complete with goal setting with health and wellness staff.
- Support to achieve participant goals to improve overall health.



Additional Services Available to VCMS Members at a 15% Discounted Rate

Physician Burnout Coaching

The physician burnout coach is both a physician (not local) and an experienced executive coach. The coach will be your success partner who keeps you focused on your vision, support you, and create a plan of action together with you to reduce burnout. This service will be provided to VCMS members at a discount.

What Physicians Will Receive

- 1-hour calls with the Physician Burnout Coach via phone or skype
- A step-by-step action plan to lower your stress and create a more balanced life
- Detailed information on physician burnout including the causes, effects, pathophysiology, and consequences
- Support to achieve your goals and improve your personal and professional development
- 24-hour emergency phone line

For more information please visit: <https://www.thehappyemd.com/physician-burnout-coach-team>

Benefits of Wellness 360°

- Improved overall health
- Stress reduction and life balance
- Improved relationships professionally and personally
- Improved patient satisfaction
- Motivation to be well
- Physicians will be equipped to deal with the pitfalls of their profession
- Gained support system

Schedule Your Appointment

To schedule an appointment, please call our Private Wellness 360° Line at (812) 475-9001.

The VCMS Wellness 360° program will not turn any physicians away. If you are a non-member seeking help, there is a fee schedule. Please contact the private Wellness 360° phone line for more information.

For more information please visit: <http://vcmsdocs.org/wellness-360-2/>

Just Breathe



Talya Kosstrin
VCMS Project Manager
Holistic Health Coach,
Progressive Trans4mation

Have you ever been in a situation where you were angry or anxious, your chest tightens, and all of a sudden you realize that you have forgotten to breathe? I think we have all been there at some point. We let the stress of our day-to-day activities consume our mind—we forget how to relax, and the increased level of stress can be harmful to our bodies. Sometimes we just need to take a step back, stop what we're doing, and breathe deeply.

The automatic act of deep breathing comes so naturally to babies, yet as adults many of us do not breathe properly or to our maximum potential. Our constant on-the-go mindset in this fast paced life has led to increased anxiety, which results in a rapid heartbeat and quick short breaths from the chest instead of from our lower lungs. Many of us tend to reach for unhealthy "quick fixes" such as comfort food or alcohol to manage stress; these only temporarily mask the issues and can have other negative consequences.

Stress management is crucial for a happier, healthier lifestyle, and deep breathing is a simple, yet powerful tool that can be implemented anywhere at any time. When you breathe deeply and slowly, you reverse the stress response in your body by slowing down your heart rate, lowering your blood pressure, and calming your body and mind.

Take just a few moments each day to tune into your breath; the resultant reduction in stress will yield additional benefits such as muscle relaxation, increased energy, enhanced blood circulation, improved digestion, deeper sleep, and an overall heightened sense of peace and happiness.

Focus on consciously breathing slowly and rhythmically by engaging your abdominal muscles and diaphragm instead of the muscles in the upper chest and neck. Inhale through your nose for 5 seconds as you bring air deep down into your lungs. Picture your lungs expanding. Hold for 3 seconds. Exhale slowly through your mouth for 5 seconds. Continue to do this several times, and you will immediately notice an enhanced state of relaxation.

Helpful Tips to Incorporate and Enhance a Deep Breathing Practice

- **Set aside the time** - Carve out specific times in the day to practice deep breathing. A great way to start is by taking 5 minutes first thing in the morning and 5 minutes prior to bedtime. You will begin your day with a sense of energy and peace and unwind with a sense of relaxation for a deep night sleep.
- **Take a computer break** - Work-load building up? Stressed about a project? Staring at the screen for too long? This would be a good time to take a computer break, close your eyes, and breathe deeply. You will clear your mind, reenergize, and more productive.
- **Take advantage of traffic** - No one likes to sit in traffic; but rather than getting angry, take long, deep breaths, and you will feel much better.



Just Breathe continued

- **Use Daily Reminders** - Place sticky notes around your house and the office with a reminder to “Just breathe.” It’s always helpful to have a visual reminder.
- **Place a hand on your abdomen during the practice** - Notice your stomach rise and fall during each breath.
- **Add some peaceful background noise** - Play calming music or nature sounds during the practice to achieve a deeper state of relaxation.

Learn what works best for you by trying any or all of the above or by modifying as you see fit.

We can’t always control the stressors in our life. We CAN, however, learn to manage the negative emotions in a more positive way by focusing on our breath. As you incorporate deep breathing practice into your daily life, in time it will become a natural habit.

“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”--Ettý Hillesum



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Pathway to Results



Greg Eberhart
Asst. General Manager
Tri State Athletic Club
greg.eberhart@tristateathleticclub.com

Well, I'm sure everyone followed my tip of "taking action" from the last article, right? As a fitness professional that would be music to my ears, but highly unlikely. Based on my 20 years of experience working with clients from all walks of life, I've become a realist when it comes to beginning an exercise program. We all have good, even great intentions when it comes to starting an exercise routine because we know we need it!

If you didn't take action, simply ask yourself, "Why didn't I take action?" Was your response one of these? "Life got in the way," or "I'm too busy with work and family," or "I don't have time". So, how do we get past the thought process to the "action" stage and ultimately to the results stage?

You have to do the following: make getting healthy a priority, have a plan to get healthy, take action on your plan, and most importantly, you have to stick to the plan!

PRIORITY – Make health and wellness a priority in your life. Just like anything else you set aside time for, make time for yourself and fitness! The benefits of being healthy will lead to an overall greater life.

PLAN – Meet with the Wellness 360°group, so Talya can help devise a plan with your needs in mind. Let her take the guess work out of the equation and prescribe the proper formula to meet your needs.

ACTION – Take action and work the plan! Follow the outlined plan and results will follow.

CONSISTENCY – Long term consistency will always win out in the end. Far too many people fail to see results because they stop when initial progress is slow. Adopting a healthy lifestyle means for the rest of your life.

Honestly, it really doesn't take much time to see results. You just have to be willing to stick with the plan and take **ACTION!** Our most successful clients see results with as little as two days per week of strength and cardio training. Yes, just two hours per week! I know you can find two hours per week and if you can't, you're not making health and wellness a priority.

I'll leave you with another one of my inspirational quotes: "Rome wasn't built in a day."





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Vanderburgh Medical Alliance News

We hope you had a wonderful summer enjoying time with family and friends! We spent a good part of the summer preparing Just for the Health of It at the Evansville Museum on July 22. It was a successful event and a wonderful collaboration Chris and Talya at the VCMS. The evening before was the Code Blue Cocktail reception with food by Just Rennes. It was a beautiful venue for a chance to get acquainted with many physicians and friends of the medical community.

Another social event this summer was a wine pairing party on August 11 sponsored by Nicholson, McNamara, and Associates at Just Renne's downtown. We shared a delicious meal and learned about wine from local wine expert, Max Fiester. A fun time was had by all!

We are looking forward to hosting our fourth annual Eat, Shop, Laugh event at Tropicana Evansville on September 21. This year our entertainers are dueling piano comedians, Michael and Amy. Besides shopping before the show, we will have a bourbon room, particularly for our male guests. If interested in attending, RSVP to Heidi Lance at vanderburghmedicalalliance@gmail.com.

June 1 was the start of a new year and the beginning of our dues collection process. We hope you will contact us if interested in joining the VMA. Membership is open year round to all physicians and their spouses or partners.

We hope you can attend our Eat, Shop, Laugh event this September!

Francie Renschler
Fran Vix
Co-Presidents 2017-2018
Vanderburgh Medical Alliance
vanderburghmedicalalliance.org



VMA Members along with VCMS Staff work at the Just For the Health of It event at the Evansville Museum in July.



VMA Members and guests enjoy a wonderful Wine Pairing Dinner at Just Rennie's sponsored by David Nicholson.

2017 Announced ISMA Candidates



President-Elect

Stacie Wenk, DO, RPh

Internal medicine, Evansville

ISMA member since 2001

Positions held: Treasurer, Alternate Trustee, Executive Committee, Women in Medicine, Commission on Medical Education, School Health Committee

Nominations for ISMA officers may be made from the floor at either the Saturday morning or Sunday House of Delegates session.

Nominating speeches will be permitted for the president-elect position only. In nominating for other positions, delegates need state only the name and office of the candidates being nominated.



Speaker of the House

Roberto Darroca, MD

Obstetrics/gynecology, Muncie

ISMA member since 1986

Positions held: Commission on Legislation, Trustee, Executive Committee and Chair of the Opioid Prescribing Task Force



Vice Speaker

Andrew Trobridge, MD

Pain management, Shelbyville

ISMA member since 2001

Positions held: Vice Speaker, Trustee and Alternate Trustee, Family Violence Committee, Commission on Legislation, President of Young Physician Society



Treasurer

Marc Duerden, MD

Physical medicine and rehabilitation, Indianapolis

ISMA member since 1993

Positions held: Assistant Treasurer, Trustee, Executive Committee, President of Young Physician Society, President of Medical Student Society



Assistant Treasurer

Pardeep Kumar, MD

Internal medicine, Terre Haute

ISMA member since 2005

Positions held: Trustee and Alternate Trustee, Executive Committee, Commission on Legislation

AMA DELEGATES



Mike Hoover, MD

General surgery, Evansville

ISMA member since 1978

Positions held: AMA Delegate and Alternate Delegate, President, Speaker of the House, Medical Education Fund Committee, Quality and Patient Safety Task Force

AMA ALTERNATE DELEGATES



Heidi M. Dunniway, MD

Otolaryngology, Evansville

ISMA member since 1999

Positions held: AMA Alternate Delegate, President, Speaker, Vice Speaker, Commission on Constitution & Bylaws Chair, Co-founder, Co-chair Women in Medicine



David Welsh, MD

General surgery, Batesville

ISMA member since 1989

Positions held: AMA delegate, President, Board of Trustees Chair, Executive Committee, IMPAC Board, Commission on Legislation



Deepak Azad, MD

Internal Medicine/Occupational Medicine, Floyds Knobs

ISMA member since 1998

Positions held: AMA Alternate Delegate, President, Treasurer, Assistant Treasurer, Commission on Legislation, School Health Committee



William Mohr, MD

Family practice, Kokomo

ISMA member since 1988

Positions held: AMA Delegate and Alternate Delegate, President, Board of Trustees Chair, IMPAC Board Chair, Medical Malpractice Task Force



Rhonda Sharp, MD

Family medicine, LaGrange

ISMA member since 1996

Positions held: President, Board of Trustees Chair, Assistant Treasurer, Committee on Family Violence Chair

IUSM-E Update



George Kane
2nd Year Medical Student

Welcome to September! The first and second-year medical students here on the campus of USI are already one month into another long year of curious chemical signaling, aggravating anatomical labyrinths, and frenetic pharmaceutical mechanisms. Their lot, for now, is mostly book-learning, though IUSM's new curriculum does integrate more clinical exposure into their first two years than we had in our "legacy" curriculum.

We third years are wrapping up our third month of clinical rotations, unbelievably almost 1/4 of the way done with our year. Also unbelievable is how much experience my classmates and I have garnered in such a minuscule amount of time. Sam caught 20 babies on OB/GYN, Drew consulted on 100 patients in Psych, and I continued 4,306 prescriptions of blood pressure medicine on Family Med.

It's a tricky situation being a medical student in real-world practice. We're invading the innermost privacy of patients' lives for one or two encounters over the course of four weeks, then vanishing again as quickly as we

appeared. Why should our patients trust us with such private knowledge in the absence of a long-term commitment to them?

[Complete stranger who looks younger than your grandson enters the room]

"Hi, I'm George Kane, I'm a medical student working with Dr. _____, how are you today?"

[Complete stranger pulls up your EHR, instantly learning that you take medication for depression and anxiety, are in chronic pain, and objectively obese]

From whence issues such gall?

On the one hand, we as students can be confident that we do know at least some helpful things that could benefit our patients. Most of us are also motivated by a desire to alleviate suffering. On the other hand, however, we are an exceedingly incompetent, inexperienced bunch. Emerging from the den of six years of higher education (college included) into the glaring light of real life, we are mostly excellent standardized test-takers drained of practicality (and often personality).

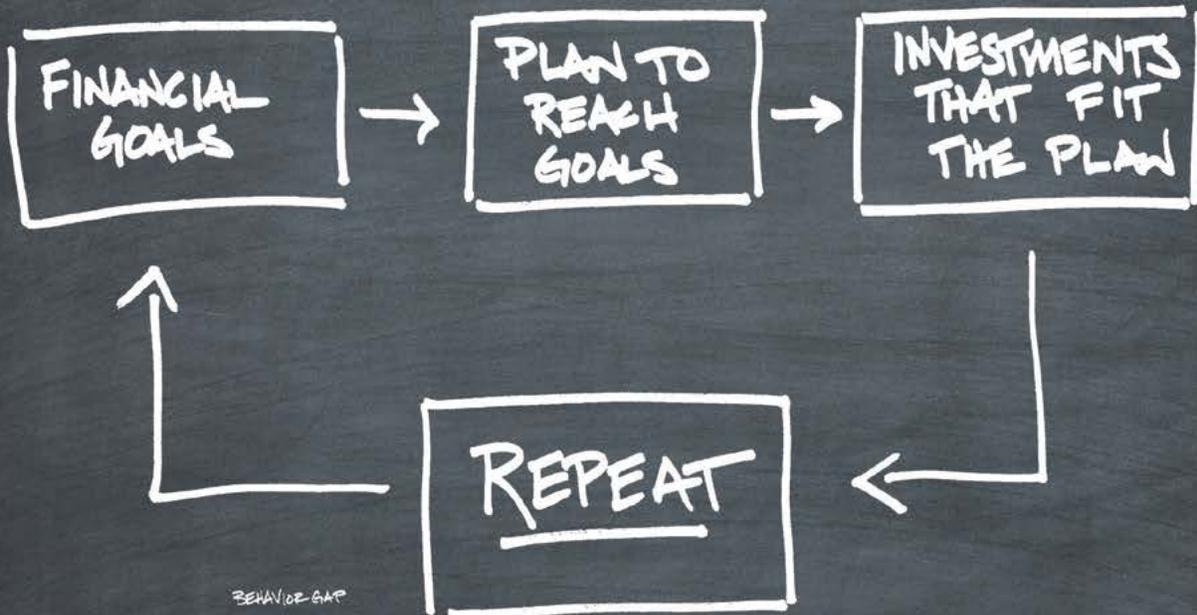
However, good doctors don't pop out of the ground. Most processes of refinement begin with crude products harboring sublime potential needing fire's scorch. In our case, I believe our crude product is a ramshackle student doctor-patient relationship. It can't accomplish much as is. Too small, too inept, too unwieldy. But as it's processed over and over again through the stories, bodies, and EHR's of thousands of patients, I have hope that something worthwhile will emerge: a doctor-patient relationship capable of enabling real life changes, restoring physical function, and stewarding the stunning blessing of good health.

So, to all our patients in Evansville: Thank you! Thank you for letting us learn from you, for making the privacy of your lives open to strangers. Thank you for having faith in us.

Right: Third-Year IU medical students on their way from lunchtime lecture back to the wards.



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Calendar of Events

Save The Dates

Month	Date	Event
SEPTEMBER	September 9th	An Evening Under the Stars Cocktail Party at Seton Harvest Farms 6:30 – 9:30 pm
SEPTEMBER	September 12th	VCMS Executive Board Meeting VCMS Offices 6:00 pm
SEPTEMBER	September 15th – 17th	ISMA Annual Meeting
NOVEMBER	November 14th	VCMS Executive Board Meeting VCMS Offices 6:00 pm
NOVEMBER	November 18th	Burnout Proof Workshop 9:30 am – 2:00 pm • Conference Center
DECEMBER	December 1st	VCMS Christmas Party 6:30 pm – 10:00 pm • First Federal Operations Center

More to come!

Stay updated on future events and visit the VCMS website at <http://vcmsdocs.org/events/>



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- * Learn the benefits of the Wellness 360° Program and take advantage of the Wellness Library**
- * Read the latest community news, access articles, and view digital Monitor publications**

Happy Birthday!

September Birthdays

Erik B. Throop, MD	9/1	Thomas L. Cook, MD	9/15
Tony A. Findley, MD	9/3	Bruce W. Schneider, MD	9/17
Terry W. Talley, MD	9/4	Anthony L. Funke, MD	9/19
Cornelius E. Healy, MD	9/6	Samuel L. Fitzsimmons, MD	9/21
Ryan D. Meyer, MD	9/6	Shaukat Iftikhar, MD	9/22
Dale W. Drake, MD	9/10	Anthony D. Kaiser, MD	9/22
Matthew T. Langenberg, MD	9/10	Kristi K. Peck, MD	9/23
Michael J. Malchioni, MD	9/10	Herman M. Blanton, MD	9/24
M Adam Hubbard, MD	9/11	Randall J. Krystosek, MD	9/27
Brett T. Weinzapfel, MD, PhD	9/11	Stewart P. Smith, Jr., MD	9/27
Mary A. Bieker, MD	9/13	Irvin L. Heimbürger, MD	9/28
Roozbeh Mansour, MD	9/13	William H. Allen, MD	9/29
William D. Ritchie, MD	9/14	Ned P. Rule, MD	9/29

October Birthdays

John F. Ansbros, MD	10/1	Robert W. Ransdell, MD	10/18
Gardar Gislason, MD	10/1	James A. Robertson, MD	10/18
Steve T. Arthur, MD	10/3	Joseph F. Waling, MD	10/18
Reinaldo F. Pastora, MD	10/3	Chris E. Chacko, MD	10/22
Daniel R. Shirey, MD	10/4	Mary S. Clayton, MD	10/31
Roberto C. Iglesias, MD	10/5	Mariellen Dentino, MD	10/16
Ahmet K. Percinel, MD	10/5	Herman F. Rusche, MD	10/20
Hongyu Yang, MD	10/5	Alfred P. Lessure, MD	10/21
Jacob M. O'Neill, MD	10/7	Kimberly F. Foster, MD	10/22
Jeffrey L. Bohling, MD	10/8	Scott W. Hardigree, MD	10/23
Marshall S. Miller, MD	10/8	David J. Marienau, MD	10/25
John C. Huus, MD	10/10	John B. Oak, MD	10/25
Elizabeth L. Sowa, MD	10/11	Ruston L. Stoltz, MD	10/25
Robert F. Green, MD	10/13	William Ante, MD	10/26
Donald C. Mardis, MD	10/13	Frank J. McDonnell, MD	10/27
Ronald W. Sowa, MD	10/14	J. R. Waddell, MD	10/27
Phillip L. Stiver, MD	10/14	James D. Waller, Jr., MD	10/27
Deborah K. Goldman, MD	10/16	John W. Nay, MD	10/28
William G. Wooten, MD	10/16	Robert F. Walter, MD	10/28
Ralph A. Sellers, II, MD	10/17	R Chad Perkins, MD	10/31
Michelle A. Boger, MD	10/18		





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