PRESIDENT’S LETTER

Michael Weisz, M.D.

WELLNESS 101, A Q&A FOR MEDICAL STUDENTS, was hosted by TCMS at OU on Friday, April 7th and at OSU on Thursday, April 20th. The idea for this program was a result of a brainstorming session of the TCMS Student Resident Council when asked, “How can TCMS best support you at this point in your medical career?”

The first and second year medical students shared some insight into their world which we can relate to if we think back a few years, bottom line, how can I find a school-life balance that will help me navigate medical school until I graduate?

We who choose the medical profession are typically individuals who don’t reach out to others for help because we are determined to manage on our own. After all, aren’t we the captain of the ship?

What we heard from the medical students is they feel isolated and don’t really process the fact that their medical school colleagues are feeling the same pressure and frustrations.

In response to this conversation TCMS hosted the first annual Wellness 101 program at each medical school. The format was designed to have a fourth year medical student at a table with first, second and third year students to lead a discussion for about 40 minutes. Each leader then shared with the group some of the key takeaways from the table conversations.

The following is an overview of some thoughts at the table exchanges. They remind me of the ancient Stoic philosopher Marcus Aurelius, Emperor of Rome, who said, “If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.”

* It is inevitable we are going to feel that we don’t know enough. We need to focus on the fact that we are continually learning and taking in more and more information and get to a place that we are comfortable with what we don’t know and where we are at this point of our medical education.
* The nature of medical school is that as MSIII you will most likely feel that you are not doing well enough and many times residents make you feel that way. Give yourself grace.
* Don’t ever think, “I can’t do this”, we are on a pathway of ups & downs & we may all take different journeys to reach our goal but we will get there.
* Cling to positive things.
* Study tips for Step 1.
* Rotations, the good the bad and ugly…find at least one positive thing every day whether you love, like or hate the particular rotation.
* Make some time to focus on family and personal health.

The most significant value of this process was the opportunity for the students to understand their peers are experiencing the same anxieties, concerns and insecurities they are feeling. There is some liberation in networking about these issues in an environment where you are not singled out but share as a group.

This is another example of how valuable the TCMS Mentorship Program is and how we can all individually support a medical student. As we were reminded by Dr. Hoskison at my Inaugural, a mentor many times changes the course of our life. If you are willing to serve as a mentor, please contact Mona Whitmire at mona@tcmsok.org or 918.743.6184.

Upcoming Events:

For further information about the following meetings, email tcms@tcmsok.org or call 918-743-6184

May 11, 6pm
Tulsa OB-GYN Society
TCMS

June 2 & 3
ACOG 4 State Annual Meeting
Big Cedar, MO

June 2017
Healing in the Heartland, a history of medicine in Tulsa County will be available.

June 10-14
AMA Annual Meeting
Hyatt Regency
Chicago

June 21, 6pm
TCMS Foundation Board
TCMS

July 12, 6pm
TCMS Board
TCMS

August 10-11
EXPLORE Healthcare Summit 2017
Embassy Suites, OKC

August 12, 8am to 3pm
The Joy of Medicine
TCMS/Hillcrest CME
River Spirit Casino

August 19, 11am
Student-Resident Social
Tulsa Zoo

September 14, 6pm
OB-GYN Society
TCMS
Dr. Taubman was inaugurated as President of the Oklahoma State Medical Association at their Annual Meeting on Saturday, April 22nd in Tulsa. Dr. Taubman serves as Assistant Professor of Surgery, Section of Vascular and Endovascular Surgery, Department of Surgery at the University of Oklahoma College of Medicine, School of Community Medicine. He is also Program Director of the Vascular Surgery Fellowship. Dr. Taubman has been active in organized medicine since he returned to Tulsa in 2007 upon completion of a Fellowship in Vascular Surgery from Pennsylvania State University Hospital. He has served as both Chair and a Trustee of the OSMA Board, as well as Chair of the OSMA Membership Committee and an OSMA Delegate. During his Inaugural address Dr. Taubman thanked Dr. Sherri Baker, Immediate Past President of OSMA, his colleagues and his family for their support throughout his career and acknowledged how important it is for physicians to work together on behalf of medicine and patients in Oklahoma.

KEVIN E. TAUBMAN, M.D.

Dr. Cunningham was elected to serve as Chair of the Oklahoma State Medical Association Board of Trustees at their meeting on Friday, April 21st. Dr. Cunningham has served on the Board of both OSMA and TCMS, where he was secretary-treasurer. He has represented Tulsa County Medical Society as an OSMA Delegate for 9 years and also served on the Board of Censors of TCMS. Dr. Cunningham completed a Residency in OB-GYN in 1988 at the University of Oklahoma, Tulsa and then joined an OB-GYN practice in Tulsa where he worked until 2007. He is currently Divisional Senior Vice President of Health Care Delivery and Chief Medical Officer of Blue Cross and Blue Shield of Oklahoma. Dr. Cunningham advocated for women’s health throughout his career in obstetrics and gynecology. He continues to be an avid proponent of preventive medicine and population health to improve both outcomes and quality of life for all Oklahomans.

JOSEPH R. CUNNINGHAM, M.D.

Dr. Haugh, TCMS and OSMA Life Member was selected as the recipient of the 2017 Ed Calhoon, M.D. OSMA Leadership in Medicine Award. Dr. Sherri Baker presented the award to Dr. Haugh at the OSMA Inaugural on April 22nd. Dr. Haugh was honored for over 47 years of service to organized medicine. He has demonstrated both exceptional leadership expertise and team building skills throughout his long and successful career. Dr. Haugh served as President of Tulsa County Medical Society in 1981. He served 2 terms on the OSMA Board of Trustees and was the Chair of the Board in 1983-84. Dr. Haugh has represented Oklahoma at the AMA meeting many times and he continues to represent Tulsa as an OSMA Delegate. He served on the OSMA Health Board from 2004 to 2015 and was President of the Board from 2011 to 2015. He served on the PLICO Board for more than 10 years. Dr. Haugh participates in the Oklahoma Medical Reserve Corps and is a member of the Oklahoma Disaster Medical Assistance team.

MICHAEL J. HAUGH, M.D.

LEGISLATIVE UPDATE

SB765 authored by Representative Katie Henke and Senator Ervin Yen, M.D., which prohibits the use of tanning facilities by minors and requires signage to be posted within tanning facilities outlining the law, passed the Senate and was forwarded to the Governor’s office for signature on 4-26-17. Oklahoma medical students participated in writing the bill and following it through the legislative process.

HB1013 the bill that would give Nurse Practitioners unlimited independent practice and prescriptive authority with no physician supervision, remains in the Senate Health and Human Services Committee where, as of now, chairman Senator Ervin Yen, M.D. has indicated he is not planning to hear this bill before the session ends on or before May 26th.
TCMS member, Thomas Craven, M.D., has been a Project TCMS volunteer physician since we implemented our public health initiative in 2012. In April he performed a lumbar laminectomy and fusion. Currently 160 physician volunteers are providing non-emergent specialty care in the following specialties; dermatology, ENT, general surgery, gynecology, ophthalmology, orthopedic surgery, urology along with additional services of anesthesia, radiology and pathology. A total of 2263 donated services have been provided through Project TCMS since implementation of the program in 2012 at a value of $3.3 million.

Dr. Craven said, “I am happy to donate my time serving through Project TCMS. It is a coordinated, systematic approach to addressing the non-emergent specialty needs of the underserved in our community. The patients I care for through the program would eventually be seeking emergency care if they go untreated so Project TCMS is doing two important things, improving the quality of life for these patients and saving health care dollars”.

Many of our Project TCMS patients are working one or more low paying jobs that offer no health benefits. To qualify for Project TCMS patients must be 1) a resident of Tulsa County for at least three months, 2) uninsured and not eligible for governmental programs, and 3) household income of 200% or less of federal poverty guidelines. Project TCMS staff screens every patient application closely because we understand that our volunteer physicians, hospitals and vendors are donating their services and we are mindful and appreciative of their participation in the program.

Thank you Dr. Craven and all of our Project TCMS volunteers and partners for helping us help Tulsans. Physicians who are interested in more information about Project TCMS or would like to volunteer should contact Kim Morris at 918.743.9363 or kim@tcmsok.org.

PUBLIC/PRIVATE PARTNERSHIP TO ADDRESS RURAL PHYSICIAN SHORTAGE

A Resolution submitted by the OSMA Executive Committee was approved by the House of Delegates that would lay the groundwork for providing more physicians in rural Oklahoma. Under the plan the OSMA will commit an amount not to exceed $500,000 per year for three years, subject to matching funds being provided by TSET and/or other sources to recruit new physicians to rural areas by offering student loan repayment of up to $50,000 for each of the first 3 years the M.D. or D.O. practices in a rural area. The details of the plan will be reported as they are developed by the OSMA Board.

NEW MEMBER BENEFIT – MASTER CERTIFICATE IN HEALTHCARE PRACTICE MANAGEMENT

The OSMA has entered into an agreement with the Meinders School of Business at Oklahoma City University to offer a Master Certificate at a discounted rate for members. The program will include five, 3-credit hour courses, including, 1) Effective Leadership and Communication, 2) Strategic Management of Healthcare Organizations, 3) Healthcare Financial Strategies and Decision Making, 4) Healthcare Marketing and Patient Satisfaction, and 5) Medical Law and Regulation.

The program can be completed online over the course of one year. Courses focus on participants’ development and mastery of healthcare management knowledge and competencies. Competencies are aligned with the outcome competency models from National Center of Healthcare Leadership (NCHL) and Healthcare Leadership Alliance (HLA) as well as the results of a 2015 survey of practicing medical practitioners from across the state of Oklahoma.

Transferring the certificate program’s five courses (15-credit hours) toward their equivalent courses in the twelve course (36-credit hours) Meinders MBA effectively allows participants to also earn the MBA degree by completing the remaining seven MBA courses (21 credit hours).

The program will start in August. Applications for admission to the program will be taken up to July 31. You may apply for admission by contacting the Graduate Admissions Office at Oklahoma City University:

- 405.208.5351
- gadmissions@okcu.edu
- Start your application at www.okcu.edu/admissions/graduate
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For additional information, please contact:
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