A MESSAGE FROM THE PRESIDENT, DAVID J. SIEGLER, M.D.

About 50% of Tulsa county M.D.s are TCMS members, as well as 61 D.O.s. Why are the remaining 50% M.D.s not members? There are many reasons: Cost, lack of understanding of benefits, other interests, etc. Certainly, the cost is the most common reason given to me upon questioning colleagues. I would like to share my response to their common reply: “What do I get for being a member?”

TCMS membership ($380) requires co-membership of OSMA ($300) for a total of $680 a year. This represents less than $3 a working day. In return, TCMS and our Foundation provides much needed charity care to approximately 100 Tulsans a year. In partnership with area hospitals and vendors, our member surgeons and anesthesiologists perform many procedures including vision saving surgeries and joint replacements allowing recipients to return to work and contribute to our community. That translates to over $3000 per TCMS member per year. That is an excellent return on investment. But wait, there’s more! We also give out $40,000 in scholarships to our student members every year with plans to expand the program. That is over $100 per TCMS member. In partnership with OSMA, we are Oklahoma Physicians’ Voice on legislative issues that directly benefit every physician (members and non-members) and our patients. It is difficult to assign a monetary value to protecting the integrity of our profession. We also enjoy collegiality. In addition to gaining new physician-friends and the joy of learning about their journeys in becoming physicians, we share knowledge on medicine, practice, education and life! I have found my 23 years as a member becomes more rewarding as time passes and I expect that 2020 will be the most rewarding.

Next year, the TCMS Board and Foundation will be pursuing a Physician Wellness Program (PWP) for TCMS members which includes 500 active practicing physicians, over 171 residents and 532 student members. We physicians spend our waking moments caring for our patients, family and friends. What we may not know is how many of our “own” physician-colleagues are “hurting.” Recent research indicates physician suicide is twice that of general population and at a rate higher than among the military. Even more disturbing is the prevalence of depression among us. One study showed that depression affects an estimated 12% of male doctors and up to 19.5% of female doctors. Alarmingly, depression is more common in medical students and residents. About 15 to 30% have symptoms of depression. Reports from the NIH show 1 out of 10 medical students report experiencing suicidal thoughts, and are five times more susceptible to depression than the general population. I had a medical student classmate commit suicide and I think of her often. I wish I could help prevent the pain and despair of depression among our colleagues and I’m sure you do too!

The PWP is an important tool that WILL allow our colleagues in pain to seek help in a private, anonymous manner, which will increase utilization. This is a completely free (to the user), confidential and private program. Appointments are made by the physician member and the names of participants are not shared with TCMS or any other organization. The counseling sessions are focused on addressing feelings of anxiety or depression, resolving relationship issues and coping with burnout by gaining a better work-life balance.

Our friends at the OKC Medical Society are 1 of 24 medical societies across the country that have an active PWP to provide a limited number of confidential counseling sessions, at no charge and with complete anonymity, to members as a benefit of medical society membership.

Providing a Physician Wellness Program allows our members to find counseling or coaching services without the inherent fear that their employer, practice partners, health insurance or anyone will find out they have accessed this program.

The program will be available to all members of Tulsa County Medical Society, including physicians, residents and medical students and there will be no charge for sessions scheduled through the TCMS Physician Wellness Program.

Finally, as I announced at the annual meeting, it is with great honor and bittersweet sadness to announce Mona Whitmire’s retirement. Mona has given us 24 years of outstanding service. 11 of those years as our Executive Director. Everyone who has worked with her knows how important she is to our organization. Knowing that her favorite meeting is the medical student scholarship reception, and to honor all that Mona means to us, your TCMS Board and Foundation has established The Mona Whitmire Legacy Medical Student Scholarship. Please consider donating to the scholarship fund in her honor.

2020 TCMS President, Dr. Gold has graciously invited us to present the scholarship at her inaugural ball February 17, 2020 at the OU learning center.

We look forward to your continued involvement in one or more of the many beneficial services at TCMS. Have a wonderful rest of 2019 and a healthy and happy 2020.

David Siegler, M.D.
2019 TCMS President

www.tcmsok.org | 918-743-6184 | Fax: 918-743-0336 | email: tcms@tcmsok.org
The Oklahoma State Medical Association and the Osteopathic Founders Foundation Present

Legislative Update and CME: Tulsa

Tuesday, Jan. 28, 2020
Tulsa County Medical Society
5315 S. Lewis Ave., Tulsa, OK
Dinner at 6 PM, Program Begins at 6:15 PM
Please RSVP: tcms@tcmsok.org or 918-743-6184

Admission to this event is free to all invited physicians. Dinner provided.

Featured Speakers

Update on Proper Prescribing:
Cori H. Loomis, J.D., Christensen Law Group, P.L.L.C.
Jason Beamant, D.O., M.S., MPH, FAPA, Chair, Psychiatry and Behavioral Sciences, OSU CHS

Legislative Update:
Pat Hall and Jim Dunlap, OSMA Lobbyists

Signed into law in 2018, Oklahoma’s Senate Bill 1446 mandates that all physicians complete one hour of CME in pain management per year. To help Oklahoma’s physicians better understand how this new law impacts their practice and patients, the Oklahoma State Medical Association is hosting special CMEs in Oklahoma City and Tulsa.

This one-hour event offers insight to the legal issues affecting pain management and an overview of the new laws connected with prescribing opioids to patients.

All Oklahoma physicians with a DEA license are required to take this one hour course annually.

CME ACCREDITATION – Approved for 1 hour of Proper Prescribing credit by the Oklahoma Medical Licensure Board and the Oklahoma State Board of Osteopathic Examiners.

Accreditation Statement:
The Oklahoma State Medical Association (OSMA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
The OSMA designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
The Faculty, CME Planning Committee and Reviewer have no relevant financial relationships to disclose.
The OSMA CME Manager has reviewed all speaker information and has resolved all conflicts of interest if applicable.
The Oklahoma State Medical Association has been surveyed by the Accreditation Council for Continuing Medical Education (ACCME) and awarded Accreditation with Commendation for six years as a provider of continuing medical education for physicians.
The ACCME accreditation seeks to assure the medical community and the public that the Oklahoma State Medical Association provides physicians with relevant, effective, practice-based continuing medical education that supports US health care quality improvements.
The ACCME employs a rigorous, multilevel process for evaluating institutions’ continuing medical education programs according to the high accreditation standards adopted by all seven ACCME member organizations. These organizations of medicine in the US are the American Board of Medical Specialties, the American Hospital Association, the American Medical Association, the Association for Hospital Medical Education, the Association of American Medical Colleges, the Council of Medical Specialty Societies, and the Federation of State Medical Boards of the US, Inc.

* This educational activity meets the Oklahoma State Board of Medical Licensure & Supervision annual licensure renewal requirement for 1 hour of education in pain management or 1 hour of education in opioid use or addiction. This educational activity meets the Oklahoma State Board of Medical Licensure & Supervision annual licensure renewal requirement.

The Osteopathic Founders Foundation is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The Osteopathic Founders Foundation designates this program for a maximum of one (1) AOA Category 1-A credit[s] and will report CME and specialty credits commensurate with the extent of the physician’s participation in this activity.

This program meets the requirements for approval of one (1) hour of CME credit by the Oklahoma State Board of Osteopathic Examiners.

Sponsored by
SAVE THE DATE ~ MONDAY FEBRUARY 17
Presidents Inaugural ~ KAREN P. GOLD, M.D., MSCI

The TCMS & TCMSF Presidents’ Inaugural & Recognition of Retired Physicians will be held at 6pm at the The Learning Center, OU Schusterman Campus located at 41st & Yale. Members and non-members are welcome to attend. Members will receive an invitation in the mail soon. Hope you can join us on National President’s Day for Dr. Karen Gold’s Inauguration as TCMS President and honoring Mona Whitmire’s 24 years of service to TCMS and 11 of those years as the 4th Executive Director of TCMS.

Dr. Karen P. Gold is an Associate Professor and Chair of the Department of Obstetrics and Gynecology at the OU-TU School of Community Medicine. She graduated from the University of Oklahoma Medical School in 1994. Dr. Gold completed her Residency training in Obstetrics & Gynecology at OU, HSC in Oklahoma City in 1998. Following Residency training, she was an Active Duty Physician in the United States Air Force until 2003 when she established a private practice in Oklahoma City. After relocating to Nashville, she completed a Fellowship in Female Pelvic Medicine and Reconstructive Surgery (FPMRS) and a Master of Science in Clinical Investigation (MSCI) at Vanderbilt University Medical Center. Dr. Gold moved to Tulsa in 2012 to accept a position with OU-TU School of Community Medicine, where she was the Residency Program Director for 2 years before accepting the position as Chair. She also serves as the Vice-President and Medical Director for the Maternal Hope Health Fund, an organization dedicated to improving the delivery of maternal healthcare in Africa. In coordination with this organization, she is a member of the faculty for the FPMRS Fellowship in Ethiopia at the Hamlin Fistula Centers and Mekelle University and spends time each year in Ethiopia teaching surgery. When not practicing medicine or teaching medical students and residents, Dr. Gold enjoys spending time with her children and grandchildren, knitting and riding horses. She is married to Dr. Michael Gold who is a GYN Oncologist with the Oklahoma Cancer Specialists and Research Institute.

Mona Whitmire began her career working for doctors in 1974 at Oklahoma Osteopathic Hospital, aka, Tulsa Regional Medical Center and now known as, OSU Medical Center. She worked at the hospital until 1995 when she began her career with Tulsa County Medical Society. She served at the hospital until 1995 when she began her career with Tulsa County Medical Society. She assumed the position of Executive Director of TCMS and the TCMS Foundation in January 2009, when her mentor, Paul Patton, retired. One of her proudest initiatives is Project TCMS, a program started by the society’s foundation in 2012. It connects low-income, uninsured Tulsa County residents referred from primary care clinics to volunteer specialty physicians. The service has provided over 6 million dollars in donated care and services to the community. The services provided are at no cost to the patient & with no reimbursement to the provider. Working with physicians for 45 years has been one of the greatest joys of Mona’s life and has resulted in many treasured friendships along the way. Mona and her husband, Mark, have a beautiful blended family that includes six amazing children.

Tulsa County Medical Society Student/Resident Council hosts Trivia Night at Welltown Brewery in Downtown Tulsa

Tulsa County Medical Society hosted OSU and OU-TU students and residents at Welltown Brewing in downtown Tulsa for Trivia Night on Wednesday, November 20, 2019. Nearly 50 students and residents attended for a night of fun, social and of course trivia. Mike’s BBQ food truck provided some delicious bar-b-que for all those who attended.

“As a first year medical student I’ve learned you have to schedule time to just relax with your classmates and recharge in order to boost your productivity. I’m so grateful that as a member of TCMS they recognize that as well and take the work out of me trying to plan a get together myself. Trivia night at Welltown was such a fun and authentic way to meet other students, residents and physicians in our community. Thanks TCMS!” Ande Taylor, MSI at OSU.

Dear TCMS Members, you should have received a 2020 Membership dues statement.

We appreciate your continued support of leadership medicine.

Please email tcms@tcmsok.org or call 918.743.6184 if you have any questions about dues/membership.

Membership Renewal is as easy as:

Click on this link http://tcmsok.org/online-payment/ to pay online by credit card
Call TCMS at 918.743.6184 to pay by credit card
Mail check to TCMS at 5315 S Lewis Ave, Tulsa OK 74105

Just a friendly reminder...
The OU-TU School of Community Medicine, Department of Internal Medicine is seeking faculty physicians for our ambulatory practice in Tulsa. Our outpatient setting provides care coordination for a broad range of patients and was the first in the area to receive NCQA Patient-Centered Medical Home Tier Three recognition. We are recruiting candidates interested in a career in ambulatory Internal Medicine. Responsibilities include clinical care, as well as supervising and teaching residents and medical students. We provide faculty development programs for all faculty members to learn and improve teaching skills.

Applicants must hold an MD or DO degree, be Board Certified in Internal Medicine, and be eligible for Oklahoma licensure.

You can read more about the School of Community Medicine at: http://www.ou.edu/content/tulsa/community_medicine.html

Interested applicants should send their CV to:
Jennifer-vogt@ouhsc.edu

The University of Oklahoma is an EO/AA Institution http://www.ou.edu/eoo/. Individuals with disabilities and protected veterans are encouraged to apply.
Experience where it counts. When it counts.

#choosetheone

• Local risk and claims management teams
• Dedicated experience in Oklahoma medicine and law
• #1 choice of Oklahoma physicians