



**MEDICAL BOARD OF CALIFORNIA**  
Executive Office



Wellness Committee  
Marriott Courtyard San Diego/Liberty Station  
2592 Laning Road  
San Diego, CA 92106  
October 29, 2009

**MINUTES**

**Agenda Item 1. Call to Order**

Dr. Duruisseau called the meeting to order at 2:30 pm. Roll was taken and a quorum was present. Notice had been sent to all interested parties.

Members present:

Shelton Duruisseau, Ph.D., Chair  
Jorge Carreon, M.D.  
John Chin, M.D.  
Laurie C. Gregg, M.D.  
Peter Moskowitz, M.D.  
William Norcross, M.D.

Members absent:

Daniel Giang, M.D.

Board Members, Staff and Guests Present:

Fayne Boyd, Licensing Program  
Susan Cady, Manager, Enforcement Program  
Yvonne Choong, California Medical Association  
Candis Cohen, Public Information Officer  
Zennie Coughlin, Kaiser Permanente  
Julie D'Angelo Fellmeth, Center for Public Interest Law  
Abbie French, Telemedicine Manager  
Jim Hay, M.D., California Medical Association  
Kurt Heppler, Staff Counsel, DCA  
Teri Hunley, Business Service Office  
Barb Johnston, Executive Director  
Kim Kirchmeyer, Deputy Director  
Sharon Levine, M.D., Board Member  
Ross Locke, Business Services Office  
Armando Melendez, Business Services Office  
Brett Michelin, California Medical Association  
Kelly Nelson, Legislative Analyst  
James Nuovo, M.D., U.C.-Davis School of Medicine  
Paulette Romero, Associate Analyst  
Janet Salomonson, Board Member  
Kevin A. Schunke, Wellness Committee Manager  
Anita Scuri, Senior Staff Counsel, DCA  
Cheryl Thompson, Executive Assistant  
Linda Whitney, Chief of Legislation  
Barbara Yaroslavsky, Board President

**Agenda Item 2. Approval of the Minutes from the May 7, 2009 Meeting**

Motion/second/carried Drs. Moskowitz/Gregg to approve the minutes as written.

**Agenda Item 3. Update on Hospital Well-Being Committee/Wellness Program Survey**

Mr. Schunke reported the survey and cover letter were approved by the Committee at the January meeting. Because of other assignments for staff, the mailing was not completed during the Spring and early-Summer; further, budget constraints during the summer prohibited staff from contracting with on-line survey sites. Staff has identified an on-line survey site to gather responses.

At previous Committee meetings, staff was asked to continue working with the task force developing the survey and to invite input from other interested parties to refine and strengthen the survey before distribution. At that meeting, Dr. Levine also offered input into how the questions could be better worded to gain more-valuable information and to allow responders to assess their own program as they consider the ways to answer the survey.

With that in mind, Dr. Moskowitz spoke about some other refinements which had been crafted by Dr. Gregg and him, working in collaboration with Mr. Schunke.

M/S/C Dr. Moskowitz/Gregg to approve the changes as drafted; Dr. Chin abstained since he has not reviewed the document but would bring to staff attention any comments he had. Staff was directed to move forward with the distribution of the letters of invitation and the posting of the survey. Depending on the available formats used on Survey Monkey, staff was given an allowance to make some modifications to the layout of the final survey.

Mr. Schunke said that the California Hospital Association had offered to send the letter of invitation to their members, and based on suggestions provided by Dr. Levine, he also would work with CMA and CAPG to expand the distribution. Staff was directed to create minor edits to the letter, based on the audience of each recipient group.

**Agenda Item 7. Discussion of Collaboration between Medical Board and University of California-Davis' Well-Being Committee**

Dr. Durruisseau read the following statement, which he asked to be included in the record:

*Last meeting, Dr. Peter Yellowlees, who chairs the UC-Davis Well-Being Committee, presented a proposal for collaboration between the Medical Board and UC Davis on a project related to physician wellness. The board's Wellness Committee would like the board to move forward on this collaborative project, and I will provide the details in a moment.*

*However, we know the board must be totally transparent in all its actions. Dr. Yellowlees is the spouse of Executive Director Barb Johnston. He has, therefore, removed himself from any participation on the UC-Davis subcommittee that will be working with this board. In addition, he will abstain from discussion or voting on any action item that the subcommittee may bring to the Well-Being Committee.*

Mr. Heppler added that it was his understanding that when the UC-Davis Well-Being subcommittee rolls out their final project, the project would not be endorsed or sanctioned by the Board, although it could be stated that the Wellness Committee and Board staff collaborated on the effort. Dr. Duruisseau concurred.

Since the last meeting, the Well-Being subcommittee had finalized the program goals, which Dr. Duruisseau shared:

1. To develop a physicians health curriculum that focuses on preventing physicians from becoming involved with substance abusing behavior and /or becoming impaired to practice; and
2. To develop a series of four or five multi-media educational modules for online presentation lasting about an hour each; and
3. To evaluate the curriculum, including the short and long-term impacts on the health of physicians throughout California.

Dr. Duruisseau also presented the phases and timelines which had been created:

1. Initial agreement and engagement of leadership on developing these modules has occurred during July to October 2009; and
2. The curriculum subcommittee is expected to take 4 to 6 months (Oct 09-Mar 10) to design and develop the overall curriculum, and to write the modules; and
3. Filming and module production is expected to take approximately another two months (April - May 10). Production of the final modules should be finished by approximately June 2010 at which stage marketing, audience engagement and evaluation will commence.

Dr. Moskowitz asked if the collaboration of the Medical Board would go beyond the staff's participation. Dr. Duruisseau commented that all production costs, facility costs, and distribution costs would be borne by U.C. Davis; staff would be allowed to assist in the project as their other assignments allowed and to report back to the Wellness Committee.

Dr. Gregg asked how the final product would be used. Dr. Duruisseau stated that since the purpose of the Wellness Committee always was intended to be a central location through which licensees would be made aware of wellness resources which are available, links could be provided via the Board's Web site to the U.C. Davis CME page.

Dr. Moskowitz asked about the costs to physicians for participating in the end product developed via the collaboration. Mr. Schunke stated that the project was to be fully-funded from internal resources of the UC Health Care System; use of the videos would be free of charge to anyone who wants to access them; and U.C. Davis was going to undertake the efforts to ensure that CME credits could be earned.

#### **Agenda Item 5. Discussion of Potential Development of Guidelines/Manual for Hospital Wellness Committees**

Dr. Gregg reminded the Committee she and Dr. Moskowitz, together with staff, have created a survey to send out to California's hospitals, seeking input on the operations of their Well-Being Committees. Some hospitals have a very well-functioning program and others are known to struggle.

Dr. Gregg said that many hospitals and medical groups could benefit if a statewide manual was developed, possibly from some of the responses gathered from the Wellness Survey, with guidelines to highlight the best practices. This might be achieved via an extension of the collaborative project between U.C. Davis and the Board, which was discussed under the previous agenda item.

Dr. Hay, representing CMA, stated that he did not want "guidelines;" however, a manual of best practices could be helpful. He also offered the assistance of the CMA if the Wellness Committee decided to move forward with this concept since CMA already has a lot of literature on this topic. Dr. Gregg offered to be the liaison between the Wellness Committee and CMA in this endeavor.

**Agenda Item 6. Presentation on the *Guidebook to the Laws Governing the Practice of Medicine by Physicians and Surgeons***

Candis Cohen, the Board's Information Officer, updated the Committee about a publication provided for many years to all newly licensed physicians. Entitled the *Guidebook to the Laws Governing the Practice of Medicine by Physicians and Surgeons*, the booklet is meant to educate licensees about some of the laws and regulations governing the practice of medicine in California. However, due to other assignments given to staff and the budget restraints placed on all State agencies, the publication has not been updated since 1998. Ms. Cohen said her staff is finalizing an updated version with a more-current and more-inviting look. The document should be available on the Board's Web site and in hard copy before the next Board meeting.

**Agenda Item 7. Committee Members' Report on Activities**

Dr. Gregg said the *Journal of the American Medical Association* published a recent article looking at the risk of complications by attending physicians after performing nighttime procedures and found an increased rate of complications when surgeons had sleep opportunities of less than six hours. [JAMA. 2009;302(14):1565-1572.]

Dr. Norcross provided an update on UCSD's University Committee on Suicide Prevention and Depression Awareness [UCSD]. In the last six months, there have been about 60 confidential referrals for counseling and treatment; in his opinion, these staff members would have gone without these resources had it not been for the availability of the existing program. Further, the UCSD is working diligently to identify resources that already have been created by other universities or health systems.

Dr. Moskowitz gave a report on his activities at Stanford and said that he would like to collaborate with Dr. Norcross and the UCSD programs to see what could be utilized by Stanford.

**Agenda Item 8. Discussion of Future Agenda Items**

Mr. Schunke reported he would coordinate additional articles for the Board's *Newsletter* by working with Dr. Gregg and Ms. Cohen and her staff. However, it is expected that the January issue will be an abbreviated version, so an article may be placed in the April edition.

**Agenda Item 9. Public Comment on Items not on the Agenda**

There was no public comment.

**Agenda Item 9. Adjournment**

Motion/second/carried Drs. Chin/Norcross to adjourn at 3:25 pm.

