



MEDICAL BOARD OF CALIFORNIA Executive Office



Education and Wellness Committee Meeting

Agenda Item 3

Courtyard by Marriott – Cal Expo
Golden State Room A & B
1782 Tribute Road
Sacramento, CA 95815
916-929-7900 (directions only)

Thursday, July 24, 2014
2:15 p.m. – 3:45 p.m.

MINUTES

Agenda Item 1 Call to Order/Roll Call

The Education and Wellness Committee of the Medical Board of California (Board) was called to order by Chair Barbara Yaroslavsky at 2:15 p.m. A quorum was present, and due notice had been mailed to all interested parties.

Members of the Committee Present:

Barbara Yaroslavsky, Chair
Howard Krauss, M.D.
Denise Pines

Members of the Committee Not Present:

Gerrie Schipske, R.N.P., J.D.

Staff Present:

Susan Cady, Staff Services Manager II
Dianne Dobbs, Legal Counsel, Department of Consumer Affairs
Cassandra Hockenson, Public Affairs Manager
Kimberly Kirchmeyer, Executive Director
Armando Melendez, Business Services Analyst
Destiny Pavlacka, Administrative Assistant
Regina Rao, Business Services Analyst
Jennifer Simoes, Chief of Legislation
Kevin Schunke, Licensing Outreach Manager
Renee Threadgill, Chief of Investigation, Health Quality Investigative Unit
Lisa Toof, Administrative Assistant
See Vang, Business Services Analyst
Kerrie Webb, Staff Counsel
Curt Worden, Chief of Licensing
Christine Zimmer, Staff Services Manager I

Members of the Audience:

Theresa Anderson, California Alternate Performance Assessment

Gloria Castro, Senior Assistant Attorney General, Attorney General's Office

G.V. Ayers, Consultant, Senate Business, Professions and Economic Development Committee

Adam Brearly, Investigator, Health Quality Investigative Unit

Yvonne Choong, California Medical Association

Scott Clark, California Medical Association

Barbara Couden Hernandez, Ph.D., Loma Linda University

Zennie Coughlin, Kaiser Permanente

Frank Cuny, California Citizens for Health Freedom

Julie D'Angelo Fellmeth, Center for Public Interest Law

Michael Goldstein, Ph.D., University of California, Los Angeles

Marian Hollingsworth, Consumers Union

Sharon Levine, M.D., Board Member

Jessica Nunez de Ybarra, M.D., California Department of Public Health

David Serrano Sewell, J.D., Board Member

Mike Small, Department of Justice

Cesar Victoria, Department of Consumer Affairs

Agenda Item 2 Public Comment on Items Not on the Agenda

No public comments were received

Agenda Item 3 Approval of Minutes from the February 6, 2014, Education and Wellness Committee Meeting

Dr. Krauss made a motion to approve the minutes from the February 6, 2014 meeting; Ms. Pines/seconded. Motion carried.

Agenda Item 4 Presentation on Healthy Living Program

Dr. Hernandez, Loma Linda University Wellness Campaign, spoke on the emotional health of the physician population, more specifically, the psycho-social health. She explained that she was asked to create a prevention program designed to enhance physician satisfaction and general well-being. She created a needs assessment by surveying physicians across the career path to find their issues, which ranged from free food to help with professional development.

Dr. Hernandez talked about the strategic plan put into place, starting with basic support for the first couple of years, then figuring out a positive outcome in terms of making self-care a priority. She discussed the medical humanities concentration, peer coach training and a facility peer coach training program, and continued with a discussion on grand rounds that are put together regarding psycho-social issues, such as suicide prevention, burn out prevention, resilience management, family conferences and delivering bad news.

Dr. Hernandez stated, in terms of the outcomes, that objective data is being sought in order to report the effectiveness of these programs. Dr. Hernandez stated that, while students bring the typical types of issues such

as time management, trying to balance life, and self-defeating attitudes, they are being taught through coaching, how to get what they need from a positive experience. They also learn that to seek help is not a sign of weakness. Dr. Hernandez concluded by stating that the campaign is addressing the emotional and spiritual health of physicians, noting that physical health is often affected by mental health.

Dr. Krauss stated that the Board is eager to hear any recommendations Dr. Hernandez may have in terms of how the Board can encourage physician health and still deal with public safety.

Dr. Hernandez commented on how Loma Linda has a very active and effective impaired physician program.

Dr. Krauss asked if Dr. Hernandez had any comments or advice to offer the Board in terms of what approach it should take in either sponsoring a physician's health program or expecting the community to be responsible for such a program.

Dr. Hernandez suggested the Board have some sort of mechanism for monitoring and support in place for physicians, not just punitive actions.

Ms. Yaroslavsky asked Dr. Hernandez what criteria she used to measure success.

Dr. Hernandez stated that she keeps track of how many physicians come to her that want to quit or who are suicidal or depressed. She stated that a monetary value was still trying to be identified.

Ms. Yaroslavsky suggested the that dollar value is not the only way to measure success, and noted that the Board looks to her for possible suggestions. Ms. Yaroslavsky continued to say the Board believes that prevention comes first and the physicians should be educated in prevention from the beginning. The Board wants to provide information through outreach and the Board's Newsletter. She stated the Board is being more proactive and asked if there items that Dr. Hernandez can point to where the Board could provide information.

Dr. Hernandez responded with there are a number of assemblies where the Dean for Academic Affairs talks about the various resources that are available on campus and when issues arise, where to go and how to get help.

Marian Hollingsworth, Consumers Union, asked if a doctor who clearly has an addiction or needs help is reported to the Board, or is it discreet. She also asked about the religious basis for this program.

Dr. Hernandez responded with the religious basis is Seventh Day Adventists and that in terms of the reporting to the Board, she is not a part of that segment.

Ms. Yaroslavsky thanked Dr. Hernandez for her participation.

Michael Goldstein, Ph.D., Professor of Public Health and Sociology, spoke on the healthy campus initiative at University of California, Los Angeles (UCLA) stating that it was started by Chancellor Dean Block who wanted to make UCLA the healthiest campus in America. Dr. Goldstein also spoke about how difficult it was to define "healthy" and to find successful programs already in place because there were no best practices. Dr. Goldstein decided on a social movement model rather than a problematic intervention model, noting that society has not made healthy choices, but easy choices and that the bad choices, that people make are typically people carrying

out the norms. These unhealthy norms reflect the needs of certain groups in society who benefit from people making these unhealthy choices.

Ms. Yaroslavsky commented that the model she sees on the campus can be translated easily to any corporate American company, any business or any entity, and asked how many people are on campus at any given time.

Dr. Goldstein replied that there are about 28,000 students every day.

Dr. Krauss questioned if sexual assault is an issue on the UCLA campus.

Dr. Goldstein replied it was an issue. He stated that this issue also demands cultural change, from the student's perspective.

Ms. Yaroslavsky commented, with the norms being anti-health, UCLA is creating a new culture within the University, but most of the people going to the school live outside of the campus. How does that impact the project?

Dr. Goldstein stated at this time he does not have a solution.

Agenda Item 5 Let's Get Healthy California Task Force Report and the California Wellness Plan

Dr. Nunez de Ybarra, California Department of Public Health (CDPH), presented an update on "Let's Get Healthy California Task Force (LGHCTF)" Report as well as the California Wellness Plan. She stated that her objectives are to inform the Board about the LGHCTF report from 2012, to tell a little about the plan for California wellness that was just released in 2014, and to provide a quick glimpse of some opportunities that may be coming to California in the form of the California state innovations model federal funding.

Dr. Nunez de Ybarra stated that the CDPH is trying to eliminate disparities and that creating healthy communities and lowering costs need to be addressed, and all areas should be measured for success and failure.

Dr. Nunez de Ybarra explained that outcomes for the plan include an understanding of the multiple factors that contribute to chronic disease, increased transparency of the activities at the CDPH, a road map for collaborations between CDPH and other long standing partners, and the ability to measure improvements in chronic disease outcomes in equities and costs. She commented that one of the goals would be best served by improving patient and community health and by building on strategic opportunities that are here in California as a result of the Federal Patient Protection and Affordable Care Act.

Dr. Nunez de Ybarra suggested that the Board also look at the opportunity of new prevention services that are to be in place for health insurance plans without any co-pays for enrollees and to look at what can be done if California is on target to expand managed care specifically in the medi-caid population. She added that health economists will be hired soon to provide a real return on investments analysis of CDPH activities and a health reform coordinator will look at the opportunities and make sure nothing is missing in terms of the Patient Protection and Affordable Care Act.

Dr. Nunez de Ybarra continued by saying it is larger than CDPH because health is a group effort and the California Wellness Plan was scrutinized and approved by the Agency Secretary as a core document. In addition, approval from the Department of Finance means it can stand up to any scrutiny, noting that the Secretary is applying for a hundred million dollar Center for Medi-Care and Medi-Caid Services Innovation Grant over the next few years.

Dr. Krauss thanked Dr. Nunez de Ybarra for attending and commented that this is a very exciting program she is spearheading and wanted to know if the Board would be a welcome partner to the organization.

Dr. Nunez de Ybarra responded that the Board expressed interest in this plan at a previous meeting and yes, the Board is a welcomed partner to the organization.

Ms. Yaroslavsky questioned the role of the insurance companies and their participation in reimbursements for wellness and in activities that lead to better health.

Dr. Nunez de Ybarra stated when thinking about changing communities and getting healthier, this is the template.

Frank Cuny, Executive Director of California Citizens for Health Freedom spoke on the bill they will be sponsoring next year which will make integrated medicine legal in California so that physicians, naturopathic doctors, and particularly oncologists will legally be able to do integrative treatments or holistic approaches.

Agenda Item 6 Education and Wellness Committee Strategic Plan Update

Ms. Hockenson stated that she took information pertinent to the Board's Public Affairs' Office from the strategic plan and provided updates under tab 6. Ms. Hockenson then noted that she has examples of outreach and activities that have been done to meet strategic plan goals. Since time was limited she stated she would give a full update at the next meeting.

Agenda Item 7 Future Agenda Items

No future agenda items were provided.

Agenda Item 9 Adjournment

The meeting was adjourned at 3:47 p.m.

The complete webcast can be viewed at: http://www.mbc.ca.gov/About_Us/Meetings/2014/