



## MEDICAL BOARD OF CALIFORNIA Executive Office



Wellness Committee  
2005 Evergreen Street, Hearing Room  
Sacramento, CA 95815  
July 23, 2009  
**MINUTES**

**In order to remain consistent with the record, the items presented in these minutes are listed in the order discussed at the meeting.**

### **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  
John Chin, M.D.  
Laurie C. Gregg, M.D.  
William Norcross, M.D

#### Members absent:

Daniel Giang, M.D.  
Peter Moskowitz, M.D.

#### Board Members, Staff and Guests Present:

Robert McKim Bell, J.D., Office of the Attorney General  
Fayne Boyd, Licensing Program  
Kathi Burns, Manager, Enforcement Program  
Susan Cady, Manager, Enforcement Program  
Hedy Chang, Board Member  
Yvonne Choong, California Medical Association  
Candis Cohen, Public Information Officer  
Janie Cordray, Research Specialist  
Zennie Coughlin, Kaiser Permanente  
Julie D'Angelo Fellmeth, Center for Public Interest Law  
Sean Eichelkraut, Information Systems Branch  
Abbie French, Telemedicine Manager  
Jeffrey Gray  
Teri Hunley, Business Services Office  
Diane Ingram, Manager, Information Systems Branch  
Scott Johnson, Information Systems Branch  
Barb Johnston, Executive Director  
Kim Kirchmeyer, Deputy Director  
Arlene Krysinski, Enforcement Program  
Erica Elsen Lauer, DCA Legislative/Regulatory Review Office  
Sharon Levine, Board Member  
Ross Locke, Business Services Office

Armando Melendez, Business Services Office  
Jimmy Miranda, Administrative Services  
Mary Lynn Moran, Board Member  
Kelly Nelson, Legislative Analyst  
Deborah Pellegrini, Chief of Licensing  
Regina Rao, Business Services Office  
Paulette Romero, Associate Analyst  
Janet Salomonson, Board Member  
Kevin Schunke, Wellness Committee Manager  
Anita Scuri, Senior Staff Counsel, DCA  
Chris Searles, M.D., PACE  
Kathryn Taylor, Manager, Enforcement Program  
Cheryl Thompson, Executive Assistant  
Renee Threadgill, Chief of Enforcement  
Linda Whitney, Chief of Legislation  
Barbara Yaroslavsky, Board President  
Peter Yellowlees, M.D., U.C. Davis

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

Motion/second/carried Drs. Gregg/Norcross to approve the minutes.

**Agenda Item 6. Presentation: University of California-San Diego Programs**

Dr. Norcross made a presentation to the Committee about two programs offered at UCSD. The first is a "Healthy Student Program" created for medical students and is part of their curriculum. There also is a "Suicide Prevention Program," created about two years ago, which has been rolled out and implemented during the past year.

Dr. Norcross shared handouts describing the "Healthy Student" curriculum, an article describing some of the activities of the UCSD program, and a copy of slides for a PowerPoint presentation. This program focuses on physical health, mental well being, and social well being. This program uses peer groups and mentorships.

UCSD also has a **U**niversity **C**ommittee on **S**uicide Prevention and **D**epression Awareness [UCSD]. The UCSD has the financial and emotional support of the university's administration. The program operates via a survey which is completed with 100% confidentiality, but if a person is identified as potentially having a problem, a counselor can communicate with the person, even though the contact information is encrypted.

Dr. Gregg asked about the response rate of the questionnaire. Dr. Norcross said that he would provide exact data after the meeting, but estimated the response rate to be about 20%. Dr. Gregg said she thought that was a very commendable figure.

Dr. Chin asked Dr. Norcross how the UCSD quantifies success with the programs. Dr. Norcross admitted that documenting outcomes is difficult and it is something they have debated. One option is to conduct the same survey again after graduation from medical school, once in residency and again after training.

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

Dr. Duruisseau introduced Dr. Peter Yellowlees, the new Chair of UC-Davis' Well-Being Committee. Dr. Yellowlees' committee has two roles: 1) preventing illness that might impact physicians' work practices, and educating medical students, residents, and staff physicians on healthy approaches to work and lifestyle, and 2) monitoring and supporting physicians with identified mental health/substance/behavioral disorders that impact their practice. The committee works with up to 1200 faculty and residents and up to 400 medical students (the later coordinated with the medical school's well-being program).

Recently, the UCD Well-Being Committee started to explore the potential for using their existing PowerPoint presentations on prevention and wellness to create video modules three to four hours in length which would be available for CME credits. It would be web-based and available state-wide.

Dr. Yellowlees and his committee would like to enter into a dialog with the Board, because there is a common interest. He sees this project as one to be developed by UCD (including development of the curriculum and presentations, which already is being accomplished, and accreditation for CME credits) but which also could be made available on the Board's web site. To offer a variety of subjects and presenters, UCD staff and members or volunteers from the Board would be recruited.

Dr. Gregg said she believes a collaboration would be well-received and useful. She said that a joint effort between two such well-respected organizations also would serve as a role model for smaller hospitals which, while mandated to create well-being programs, faced challenges getting such groups operational and functioning.

Dr. Chin echoed Dr. Gregg's sentiments, and underscored the importance of preventative steps as opposed to responding to a problem after it has been identified.

M/S/C Drs. Gregg/Chin to support the concept and to ask staff to create an implementation plan to be presented at the next meeting, if workload and resources allowed, or at one of the following meetings.

**Agenda Item 8. 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 Wellbeing Committees. Some hospitals have a very well-functioning program and others are known to struggle. Dr. Gregg said that she recognizes hospitals could benefit if a statewide manual was developed, with guidelines to highlight the best practices.

She asked the committee if it still would be helpful to send out the survey as it has been developed or, recognizing the realities of current programs, if resources would be better utilized by acknowledging that almost all existing programs could be improved. The committee decided to discuss Agenda Item 4 concurrently.

#### **Agenda Item 4. 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, at present, there are prohibitions in place for all contracting opportunities. Staff has investigated using an on-line survey site to gather responses.

Dr. Levine, Board member, advised the committee she values the information which could be gathered with a survey. And further, looking at surveys from the point of the reader, the written questions in a survey provide an educational component, allowing readers to assess their own program as they consider the ways to answer the survey.

Staff was directed to continue working with the Board's task force developing the Hospital Well-Being Committee/Wellness Program Survey and also to invite input from other interested parties, so that the survey could be refined and strengthened before being distributed to California's hospitals.

#### **Agenda Item 3. Discussion and Consideration of Renaming the Committee**

Dr. Duruisseau stated several interested parties have suggested that the Committee consider adopting a new name to move away from the connotations between Wellness and Well-Being. Some suggestions included "Physician Health," "Balance," or similar.

Dr. Norcross mentioned this has been extensively discussed in the past and while this Committee does not want to imply that its mission is focused on impaired physicians, better options have not been presented.

Dr. Levine suggested incorporation of words similar to "resilient and healthy physician workforce." Dr. Gregg mentioned that ACOG has a "Physician Work-Life Balance and Patient Safety" Committee.

Dr. Duruisseau asked the committee members to think about this topic for upcoming meetings.

#### **Agenda Item 5. Status of Physician Wellness Legislation**

Dr. Duruisseau reminded the Committee that the Governor vetoed AB 2443 (the Board-sponsored wellness bill of last session) because the bill, per the veto message, did not appear to fall within the mission of the Board, which is only licensing and enforcement.

This year, the Board sponsored another wellness bill, AB 1094, authored by Assm. Conway. In drafting AB 1094, the Board sought to make the bill permissive instead of mandatory, and had included significant findings and declarations. This was done to address the Governor's veto message of AB 2443. During the spring, Dr. Duruisseau and staff met with the Director of Consumer Affairs (DCA) and her staff to seek support and direction. He reiterated the Board's position to pursue and make an affirmative statement that physician wellness and health is within the mission of the Board. Nevertheless, this did not assuage the opposition; per DCA,

since the Board has the authority to create a wellness program, additional legislation was not necessary. Thereafter, Ms. Conway was notified by State and Consumer Services Agency, representing the Administration, that it would oppose the bill. Therefore, the author now is using the bill for another subject.

Dr. Duruisseau reported that he, Ms. Johnston, and Ms. Whitney, met with the Governor's legislative staff to provide a better understanding of why the Board wants to move forward with this concept: 1) increased patient safety and 2) increased access to health care. While no resolve was reached during the meeting, Dr. Duruisseau believes that the issue is not dead and will be discussed more in the future.

Dr. Chin stated his hope that the outreach and collaboration discussed earlier in the meeting would provide further information to support wellness legislation in future years.

**Agenda Item 9. Committee Members' Report on Activities**

Other than those points already mentioned, no further items were brought forward for discussion.

**Agenda Item 10. Discussion of Future Agenda Items**

Pursuant to a query by Dr. Giang, Mr. Schunke reported he would coordinate additional articles for the Board's *Newsletter* by working with Dr. Gregg and Candis Cohen, the Board's Public Information Officer.

**Agenda Item 11. Public Comment on Items not on the Agenda**

There was no public comment.

**Agenda Item 9. Adjournment**

Motion/second/carried Drs. Norcross/Chin to adjourn at 3:35 pm.