

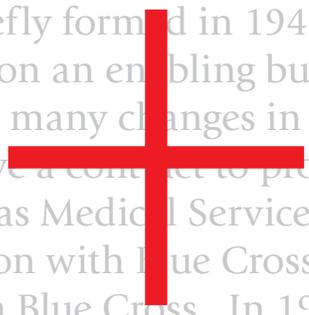
THE

message

A MONTHLY NEWSLETTER OF THE SPOKANE COUNTY MEDICAL SOCIETY
J. COURTNEY CLYDE, MD, SCMS PRESIDENT — JULY 2009

INTERVIEW WITH OUTGOING CEO JAN MONACO, MHS

J. Courtney Clyde, MD
interviews the exiting CEO



Project Access
Therapeutics Committee
Advances Referral
Protocols
By John Driscoll

2009 Board of Trustees

- J. Courtney Clyde, MD
(President)
- Gary Knox, MD
(President-Elect)
- Brad Pope, MD
(Vice President)
- Terri Oskin, MD
(Secretary Treasurer)
- Jeffrey O'Connor, MD
(Immediate Past President)
- Vacant
(Trustee #1)
- Stefan Humphries, MD
(Trustee #2)
- Brian Seppi, MD
(Trustee #3)
- David S. McClellan, MD
(Trustee #4)
- Paul Lin, MD
(Trustee #5)
- Michael Metcalf, MD
(Trustee #6)
- William Reed, MD
(Trustee #7)
- Anne Oakley, MD
(Trustee #8)
- Susan Tewel, MD
(Trustee #9)
- Judy Benson, MD
(Trustee #10)
- Louis Koncz, PA-C
(PA-C Trustee)
- Janet L. Monaco
(Chief Executive Officer)

**Spokane County
Medical Society Message
Gary Knox, MD, Editor**

A monthly newsletter published by the Spokane County Medical Society under the department of SCMS. The annual subscription rate is \$21.74 (this includes the 8.7% tax rate).

Advertising Correspondence
Quisenberry
Marketing & Design Attn:
Jeff Akiyama
518 S. Maple
Spokane, WA 99204
509-325-0701
Fax 509-325-3889
jeff@quisenberry.net

All rights reserved. This publication, or any part thereof, may not be reproduced without the express written permission of the Spokane County Medical Society. Authors' opinions do not necessarily reflect the official policies of SCMS nor the Editor or publisher. The Editor reserves the right to edit all contributions for clarity and length, as well as the right not to publish submitted articles and advertisements, for any reason. Acceptance of advertising for this publication in no way constitutes Society approval or endorsement of products or services advertised herein.

President's Message: An Interview with Outgoing CEO Jan Monaco, MHS	1
Project Access Therapeutics Committee Advances Referral Protocols	3
New Reproductive Health Resource for Spokane Teens.	5
Meetings & Events	5
WSMA News	6
AMA – Together We Are Stronger.	7
Getting Comfortable with End-of-Life Conversations	9
Education in Spokane Update: Mission Statements.	10
Membership Recognition For July 2009	10
Special Thank You	11
Meeting Notes	11
New Physicians	13
Positions Available.	16
In Memoriam	16
Medical Office for Build or Lease.	17
Classified Ads	19
2009 Continuing Medical Education — Program Schedule	21

"To improve is to change; to be perfect is to change often."

WINSTON CHURCHILL

**Your time is valuable.
Their time is precious.
Help your terminally ill patient spend it wisely.**

When cure is no longer an option and quality of life matters most, talk about hospice.



Hospice of Spokane provides:

- Management of patient crisis after hours
- Complex pain & symptom management
- Assistance with emotional, social, and spiritual pain

(509) 456-0438



President's Message: An Interview with Outgoing CEO Jan Monaco, MHS



After 26 years of serving as the CEO of the Spokane County Medical Society, Jan Monaco has announced her retirement. Because the President of the Society changes each year she has been the continuity and institutional memory that has kept the organization on track. Jan has a lot of experience with physicians and organized medicine. As we approach

what may be a time of great change and upheaval I will use this month's message to give her an opportunity to reflect on her experience and counsel us about the future.

Who ran the Society before you?

Until 1949 the functions of SCMS were carried out by its officers and a hired clerk. Ms. Marge Cozzetto, an employee of Medical Service Corporation between 1943 and 1983 was your staff for those many years. During that time Mr. James Connors became manager of Medical Service Corporation (1949), he also became the first hired Executive Secretary for SCMS, but with part-time responsibility. When Mr. Connors left in 1954, Ms. Cozzetto actually ran SCMS under the guidance of Dr. Harold Pederson. Since 1976 SCMS has had full-time management in the persons of Ted Lawson (4 years), Bob Mullin (3 years) and me (26 years).

Many of our current members probably don't know what MSC was, and those who do may have some angst over the close relationship between the SCMS and MSC given the disappearance of many millions of dollars of Eastern Washington reserve funds into Premera's coffers. Please give a history of MSC. (Note: Jan's answer is long, but I think all of you should understand the history.)

Early in the 1900's working conditions in Eastern Washington railroad and mining camps lead to a unique form of contract medicine. In those days, employers generally assumed responsibility for the medical care of their workers with on-the-job injuries. Owners usually hired a doctor to care for accident cases and maintained small hospitals or first-aid stations in their camps. Employees purchased a "hospital ticket" from his employer for fifty cents a month. It could be exchanged for services necessary under the supervision of the company doctor. In 1911 with the passage of the Workmen's Compensation Act employers and employees shared the costs equally. Soon, non-job related accidents or illnesses were included as well as coverage for workers families. Contract medicine began to grow.

Washington doctors began to urge that contracts be under the sponsorship and control of the State Medical Association or a County Medical Society. The result was the formation of the Medical Service Bureaus of Washington – sponsored by local county medical societies. They began to establish autonomous non-profit, non-stock corporations that would act as agents for local physicians and hospitals who agreed to provide services under the contracts offered. Spokane County Medical Society established ours in 1933 – known as Spokane Medical Service Bureau (MSB). This enabled poorer people to afford adequate medical care. The original coverage offered by MSB was limited to groups of 25 or more employed males, each earning less than \$150 per month. The premium was \$1 per month - it included all doctor's services, hospital services and prescription drugs. The community embraced this concept and membership began to grow. Benefits expanded, especially during the World War II years.

These bureaus were financed in the beginning by advances of \$10 to \$20 from each doctor who signed a contract. Physicians also agreed to accept as little as 40 cents on the dollar in order to adequately fund the machinery, supplies and staff needed to keep these organizations on sound footing. After the first year, 75 cents on the dollar was allowed.

Commercial Insurance companies exerted pressure on the State Insurance Commissioner, maintaining that the bureaus were operating as insurance companies without the qualifications and thus a company was briefly formed in 1944 by the bureaus to address this concern. In 1950 the Governor signed legislation an enabling bureaus, an act known as the "Health Care Services Law." The 50s and 60s brought many changes in health care including Medicare. MSB was the first carrier in the United States to receive a contract to process Part B Medicare claims. In 1976 Spokane Medical Services Bureau became known as Medical Services Corporation (MSC) of Eastern Washington. MSC determined in 1994 an affiliation with Blue Cross of Washington and Alaska would be beneficial and thus incorporated as Premera Blue Cross.

We are one of the r
and involved soc
– I take no credit – it
lead this organizat

In 1998 Blue Cross of Washington and Alaska merged with MSC and changed its name to Premera Blue Cross. In eastern Washington, the company is known as MSC, incorporated as Premera Blue Cross.

What was the Society like when you assumed this job?

I was hired January 3, 1983. The staff consisted of a full-time administrative assistant and me. Our offices were at Sixth and Stevens. We had approximately 500 members. Shortly after I arrived, the board approved a half-time receptionist. The Society had a very active committee structure consisting of the Utilization Review, Finance, Bulletin, Emergency Medical Services Coordinating, Medical Aspects of Sports, By-Laws, Grievance, Personal Problems of Physicians, Public Health, Nursing Home and Peer Review Committees. We also were in the midst of the Business and Medicine Coalition - a citywide effort to bring together business and medicine on

issues of the day – mostly focused on the cost and utilization of healthcare services - from both perspectives. Furthermore, we had a for-profit subsidiary, known as Medical Benefits, Inc. which did medical collections and some practice management.

How does the County Society then compare to the Society now?

Today we function in three divisions - the Medical Society itself, the Medical Society Foundation (Project Access) and the Spokane Medical Library (Medicor). Together we employ nine and three-quarters staff. Our membership is approximately 1060 not counting retired. It's noteworthy that we now enjoy the membership of Physician Assistants which we did not have in 1983. Our active committees are mostly the same with the exception of Utilization Review and Nursing Home (who no longer meet). Continuing Medical Education and Medical Informatics have been added and have been very active for many years. Now we do try to meet less often, but with broader agendas.

What was true then is true now, one of our greatest strengths is the luxury we have to respond to physician and patient issues as we fulfill our mission to promote and provide leadership in the art and science of medicine and strive to improve and preserve the health of the citizens in our community.

What is your greatest accomplishment?

I am most proud of two things, one, our membership is growing - hopefully this means we are providing value to the practice of medicine and the patients we all serve and two, the leadership that our presidents and staff have given to this organization. We are one of the most active, vibrant and involved societies in the state - I take no credit - it is the physicians who lead this organization and your staff.

Is there one thing that you think the Society could do or do better?

One of the toughest things to do is to tell your own story. We are all so wrapped up in the doing that it is often hard to remember to let members know what's going on. Often we have discussed issues and planned strategy for weeks or months and by the time all is said and done - it seems like everyone already knows. When you multiply this times the number of issues and projects in which we are involved we already knee-deep in the next project.

Is there one thing that would make a significant difference?



The biggest need we have now is for volunteer physicians for Project Access. We are anticipating the growth in this service as people are shed from Washington State's Basic Health Plan. We currently have patients waiting for surgery, neurology and urology procedures.

Any advice for the future of organized medicine?

Stick together - I have seen Spokane area physicians be strong and effective when they put the full force of their influence to task.

Advocate for Patients fervently - you will never find a better issue

Walk Softly, you are a big target - if the Grievance and Peer Review Committees have taught us anything it's that courtesy, kindness and clear communication with patients goes a very, very long way...

Anything else you would like to say to the membership?

Thank you for your service to your professional society. Thank you for your kindness to me. I have made many friends among you. Most importantly I want to tell everyone what an honor it has been to serve. I have rarely been turned down by members when I ask them to serve in some capacity. It is truly amazing, but physicians here really want to be involved.

Jan, thank you for your answers and many years of service to the physicians and patients of Spokane County. The Medical Society will be sponsoring a reception to honor Jan and give us an opportunity to express our appreciation to her. This will be held at Red Lion Inn at the Park on July 22 from 4 to 7 p.m. Please make time in your busy schedules to attend. (RSVP to SCMS at 509-325-5010.) Now the Board of Trustees must take up the difficult job of finding someone to take over as the new CEO. A meeting of Past-Presidents was held to discuss the future needs of the organization and we will be forming a search committee, defining the job description, and advertising for applicants.



Interview by J. Courtney Clyde, MD, SCMS President

most active, vibrant
societies in the state
is the physicians who
ion and your staff.

Project Access Therapeutics Committee Advances Referral Protocols



Under the guidance of our new Project Access Medical Director, Val Logsdon, MD, the Therapeutics Committee is working on refining our referral processes and helping review referrals when indicated. Our goal is to make certain every referral is carefully organized to ensure the right level of care is provided and that the medical needs of the patients are met in a

prompt and efficient manner.

Members of the committee include Drs. Courtney Clyde, Don Cubberley, Glen Hiss, Steve Pugh, Mark Olson, Brian Seppi, David Bare, Brad Pope, Jeff O'Conner, Mark Bassett, Nick Fairchild and Robert Milligan. We also invite representatives from the community clinics that refer patients to the program. Every one of those physicians is devoting significant personal time in developing referral protocols within their specialty area. They are reviewing cases to make recommendations to the referring provider about additional work-up or treatment options to consider at the primary care level. We continue to focus on maintaining a large network of volunteer physicians and problem solving for ways to improve access into specialty areas where the demand exceeds the ability to provide care within the desired timeframe. I would like to thank Val and the members of the Therapeutic Committee personally for their voluntary commitment to help Project Access patients receive the care they need.

As we go forward, the Therapeutics Committee will meet regularly to assist in the on-going review of policies to ensure prompt, high quality medical care is available to patients enrolled in the program. The last meeting covered communication logistics for case reviews, review and discussion of specialty areas where Project Access is lacking physician availability, MRI utilization and referral protocols. We welcome any other physician with interest in helping develop policies and procedures related to specialty referrals.

As was discussed in a prior article, Project Access continues its focus on an efficient application and enrollment process. Along with the work of the Therapeutics Committee, our referral coordinator, Cathy Kisner, LPN, is working to assist and support referring providers and primary care medical clinics in the delivery of care to Project Access patients. Her responsibilities include serving as a clinical assessment resource for referring providers, non-clinical staff and patients. Her activities include being the clinical service representative of Project Access to community clinics and private primary care practices, conducting referring provider education and assisting in quality improvement and problem resolution activities. The "referral team" includes our medical director, referral coordinator and therapeutics committee members working together to expedite coordination of care and treatment plan implementation.

*By John Driscoll
Project Access Executive Director*

New Reproductive Health Resource for Spokane Teens

Citing a need to create a sustainable, reproductive health information source for teens, the Spokane Regional Health District developed a new website resource for Spokane's youth, www.TheDailyRisk.com. The purpose is to raise teens' awareness of high rates of sexually transmitted diseases (STDs), encourage responsible sexual behavior, and seek STD testing, if sexually active.

The website was created for Spokane teens by Spokane teens with the assistance of local experts in the field of reproductive health to help answer youths' questions on reproductive health issues. TheDailyRisk.com website contains tools and medically-accurate, comprehensive information for teens to use to help them make decisions around responsible sexual behavior.

According to the Centers for Disease Control & Prevention, 1 in 4 teens has an STD. In Spokane County, approximately 75% of pregnancies to women aged 19 and under are unintended. As recently as 2007, there were more than 600 unintended pregnancies that occurred to women in this age group. As a community, we need to make sure that young people have the knowledge and skills necessary to build healthy relationships and protect themselves from unintended pregnancies and STDs. Unless we take action to make sure our youth have the information they need, the consequences of STDs and unintended pregnancies will continue to take their toll on our youth. Please consider talking to your teen patients about this new resource.

For patient materials or to find out more about being listed on the website's Clinic Finder as a local clinician providing STD-related care for youth, please contact Anna Haarsager at (509) 324-1635 or ahaarsager@spokanecounty.org.

*By Anna Haarsager, MHPA
Spokane Regional Health District*

Meetings & Events

Institutional Review Board (IRB) – Meets the second Thursday of every month at noon at the Heart Institute, classroom B. Should you have any questions regarding this process, please contact the IRB office at (509) 358-7631.

Caduceus Recovery Group Meeting for Health Care Professionals – Meets every Thursday evening, 6:15 p.m. – 7:15 p.m., at 626 N. Mullan Rd, Spokane. Contact (509) 928-4102 for more information. **Non-smoking meeting for Health Care Providers in recovery.**

Physician Family Fitness Meeting – Physician Family Fitness is a recently created meeting for physicians, physician spouses, and their adult family members to share their common problems and solutions experienced in the course of a physician's practice and family life. The meetings are on Tuesdays from 6:30 p.m. – 8 p.m. at the Sacred Heart Providence Center for Faith and Healing Building, due east of the traffic circle near the main entrance of SHMC. Enter, turn right, go down the stairs, Room 14 is on your right. Format: 12-Step principles, confidential and anonymous personal sharing; No dues or fees. Guided by Drs. Bob and Carol Sexton. The contact phone number is (509) 624-7320.

WSMA News

New WSMA Model Medical Staff Bylaws Now Available

The WSMA is pleased to announce a completely new and updated version of the [WSMA Model Medical Staff Bylaws](#). These bylaws protect the independence and rights of the medical staff and provide a framework for a fair, equitable relationship with hospitals in matters affecting the medical staff.

The updated bylaws include a Disruptive Behavior Policy, which complies with the new Joint Commission leadership standard concerning disruptive and inappropriate behaviors, and is consistent with the recently released AMA [Model Medical Staff Code of Conduct](#). The bylaws provide guidance for medical staff organization and governance, committees, membership and credentialing, and peer review, including a comprehensive hearing and appeals process.

The new bylaws are now available to WSMA members on the WSMA website at http://www.wsma.org/medical_professionalism/medical_staff_resources.cfm. The WSMA Legal Resource Center is planning a series of presentations to hospital medical staffs and county medical societies to discuss the importance of medical staff bylaws in general, and to introduce the WSMA Model Medical Staff Bylaws. For more information please contact Tim Layton at 360.352.4848 or 1.800.562.4546 (email: tim@wsma.org).

Nominations Requested for WSMA Judicial Council

The WSMA is accepting nominations to fill two positions on the Judicial Council. The Judicial Council meets as needed and functions to interpret the medical ethics of the WSMA and to offer opinions to the WSMA House of Delegates. Terms on the council are for five years and members are limited to one term. Nominees must be current active members of the WSMA and must have been active members for ten or more years. Nominations can be sent to Shannon McGeoy (slm@wsma.org) at the WSMA Seattle office or faxed to 206.441.5863 no later than August 14. Curriculum vitae must be submitted with all nominations. For more information about the work of the council, contact Jennifer Hanscom at 206.441.9762 or jen@wsma.org.

Save the Date – WSMA Annual Meeting October 2-4 in Spokane

The WSMA Annual Meeting will be held [October 2-4 at The Davenport Hotel in Spokane](#). The theme for this year's meeting is A Look to the Future.

This year's opening session on Friday, October 2 will feature futurist Joe Flower. The Annual Don Keith Lecture will be presented by Glen O. Gabbard, MD. The title of his talk will be The Physician as Patient.

All WSMA members are encouraged to attend. [If you are interested in representing your county or state specialty society as a delegate at the meeting, now is the time to contact those organizations.](#)

Ask Your Staff to Sign up for WSMA Practice Alerts

The WSMA Practice Resource Center has a vast array of useful tools and instructional guidance available to you and your practice staff. Make sure your staff is receiving our Practice Alerts on new and important information on issues such as Coding and Billing assistance, practice management, health insurers and numerous other topics relating to your daily practice operations. If you are currently a member of WSMA, you will automatically receive Practice Alerts. If your staff is interested in receiving the Alerts have them go to the www.wsma.org click on the Practice Resource Center icon, and follow the steps to sign up.

SCMS is interested in assisting our members to participate more actively in key community leadership roles. If you become aware of an open board, commission or advisory committee position please notify Michelle Caird at (509) 325-5010 or by email at michelle@spcms.org.

AMA – Together We Are Stronger

The AMA met last month in Chicago. Of course, health care reform was the huge topic. Reform looks like it is finally going to happen this year.

President Obama gave the keynote speech. He assured the AMA that it has a seat at the table and its voice will be heard. He also said, "Everyone should be able to choose their own doctor."

The AMA's position on healthcare reform is clear; any reform must include the following:

1. Expanded affordable coverage
2. Permanent repeal of the Medicare SGR
3. Quality improvement
4. Adequate physician payment
5. Administrative simplification
6. Medical liability reform
7. Empower physician practices with antitrust relief and breaking down silos

As for the public plan option, the AMA believes the following:

1. Single payor is absolutely a non-starter
2. Strongly opposed to Medicare rate linkage and compelling physicians to participate
3. Opposed to Medicare expansion

4. Put insurance reforms combined with exchange (e.g. FEHBP) model will achieve affordability and change goals

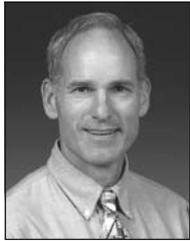
5. Consider co-op or level playing field option

It looks like this year that all of the AMA's efforts to develop policy and gain national credibility will again be demonstrated to benefit all physicians.

*By Rodney L Trytko, MD, MBA
AMA Delegate*



Getting Comfortable with End-of-Life Conversations



Recently a hospital executive and I were discussing the shortage of critical care beds in Spokane. While many ICU patients go home, a good number have been ill for a long time and will predictably die. Most doctors—and even family members—tacitly recognize that the patient won't recover.

Never before have we been able to extend life as we can now, thanks to technology. But the tradeoff is that many patients face their last days in a hospital room, distanced from the people they love most.

Too often our system places an unnecessary burden of treatment on patients – treatment that won't help them. More doctors need to have end-of-life conversations with patients before they land in the ICU. Then patients and families would have more dignity and control during their remaining time together.

Jim Shaw, MD, of Providence Sacred Heart Medical Center, leads Palliative Care services for adult, pediatric and perinatal patients.

"People expect doctors to do everything they can," says Dr. Shaw. "But they leave off the last part of the sentence: 'that will help.' As doctors, we must help patients evaluate the benefits and the burdens of treatment. If a patient knows he will survive but go to a nursing home or have limited functioning, he'll decide if that's what he wants to live for."

Treating the patient is the easy part, says Dr. Shaw. Having "the conversation" is much harder. He recommends approaching it in two parts. The first step is to honestly assess the clinical reality of what the treatment will achieve. The doctor must sit with the family, help them understand the situation, and match their goals with the treatment. Then at least there is agreement and congruence.

It's therapeutic for the physician too. Studies show that oncologists who say goodbye to their patients have less burnout, and physicians who have end-of-life conversations with terminal patients report a better sense of closure. Many doctors say these exchanges are the most gratifying part of their job.

Gaining the skills

Fortunately medical schools now offer CMEs and rotate residents through Hospice. In Spokane, all hospitals offer palliative care.

This summer Group Health will begin setting standards for end-of-life care and training all of our specialists. One question we'll try to answer is who's in charge of the conversation with the patient in the hospital. Two years ago we trained all our staff primary care physicians to talk about advanced directives.

Providence is now expanding palliative services to sister hospitals including Holy Family in Spokane, St. Joseph in Chewelah, and Mt. Carmel in Colville.

The Center to Advance Palliative Care offers good resources in breaking bad news and family conferences. You can also access the EPEC Program (Educating Physicians in Palliative and End of Life Care) through Sacred Heart's Center for Faith and Healing. The National Hospice and Palliative Care Organization and the American Academy for Hospice and Palliative Medicine provide good Web-based resources. Another excellent website is at Supportive Care Coalition: Supporting Excellence in Palliative Care, a Catholic organization whose materials are appropriate for anyone involved in end-of-life care.

It is our responsibility as medical caregivers to learn the skills to carry out this most sacred part of our doctor-patient relationship.

*By Brad Pope, MD
Medical Director for Group Health Cooperative's Eastern
Washington/North Idaho District*

WORDS OF WISDOM REGARDING YOUR EMPLOYEES

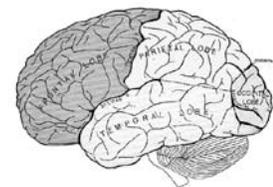
Before treating your employees, either with a prescription or pharmaceutical samples, always first:

- Conduct a history & physical and
- Establish a formal patient chart and document the decision-making process.

MQAC requires that this documentation be in place.

In other words -

You must treat them like regular patients!



Education in Spokane Update: Mission Statements

I have an unusual fondness. I like Mission Statements. I have had the opportunity to review them for organizations and in general, doing so has been enlightening. They are succinct, pithy, no fluff, each word is carefully chosen, and they help guide some pretty profound institutions. For me, this type of approach fits.

The University of Washington School of Medicine's Mission Statement is important for my position here in Spokane. It helps guide the work that I do for the school. It states the school's goal is:

"educating and training physicians, scientists and allied health professionals dedicated to two distinct missions,

1. Meeting the health care needs of our region, especially by recognizing the importance of primary care and providing service to underserved populations;
2. Advancing knowledge and assuming leadership in the biomedical sciences and in academic medicine."

Those are laudable goals which I appreciate and believe they are the right goals for the state's medical school. I believe the school is doing well in the second mission. However, as a Family Physician, I question how we are doing in the first mission. Spokane County Medical Society this year completed a report which indicated there was a growing need for Primary Care. It is clear that recruiting students to this underfunded specialty has become more difficult for a variety of reasons.

Nonetheless, the future does give me a sense of optimism. I believe there is good news on the national side as we discuss a revamping of the medical system (the imperative here is obvious). We need a system that delivers both excellent primary care and higher level care. During Senator Cantwell's recent visit to Spokane, she indicated one of her three priorities for health care includes attention to Primary Care in ways that align with our state's needs.

On a more local front, the School of Medicine is aware of the needs in Primary Care and the pipeline in education that needs adjustment. It is taking steps to address the problem. It has developed the Spokane

campus for 1st year students; it is one of the reasons we are exploring further expansion of medical education in Spokane. The Spokane campus will also become the Washington center for a new program entitled TRUST (Targeted Rural and Underserved Training). This program is being developed and will foster students who want to do primary care in our outlying or inner city regions.

The Mission Statement for the UWSOM feels correct to me. It is where our state medical school should be focusing its energy. The statement is dynamic and encompassing. Our actions to support it need to be diligent and evolving to keep up with the transitioning needs of our statewide community. Meeting those needs will require more resources. It is my hope, that as the programs develop, we are prepared to "step up to the plate" and assist in keeping medical education on the front burner for our community.

*By John McCarthy, MD
UW School of Medicine Assistant Dean for Regional Affairs &
WWAMI Clinical Coordinator for Eastern & Central Washington*

Membership Recognition For July 2009

Thank you to the members listed below. Their contribution of time and talent has helped to make the Spokane County Medical Society the strong organization it is today.

10 YEARS

David P. Gruber, MD	7/12/1999
Timothy P. Manson, MD	7/15/1999
Branden R. Reynolds, MD	7/23/1999

Special Thank You

A special thank you from the Spokane County Medical Society and the University of Washington School of Medicine to the following Physician Assistants for providing encouragement and direction as perceptors to the PA students in the University of Washington School of Medicine.

Scott Ahrndt	Melissa Norton
Laurence Babb	Dale Petersen
Leann Bach	Patrick Peterson
Keith Bell	Joel Randall
Paula Bowes	Daniel Rhoads
Jennifer Burger	Craig Robertson
Steven Davis	Michael Schucker
Brenda Durnin	Laura Sciba
Jeanne Ellern	Brian Shipman
Robert Fairfax	Lester Sloan
Bruce Foster	Jay St Onge
Wendy Foulkrod	Barbara Tritt
Sherry Franks	Theresa Vance
Carol Gahl	Derek Whitehall
Clinton Hedges	Jake Wolff
John Hunter	Robert Wood
Lou Koncz	Eric Wright
William Martin	Michael Zosel

Meeting Notes

The Spokane County Medical Society Executive Committee met at the Deaconess Education and Health Center, Room 261 at 6:30 a.m. on May 13, 2009. Executive Committee members present were Drs. J. Courtney Clyde, Jeff O'Connor, Terri Oskin, and Gary Knox. Staff members: Jan Monaco, CEO and Karen Hagensen. Guest: Dan Frickle, CPA. **Circle of Friends Membership Application** – The Executive Committee approved the application from US Bank to become a Circle of Friends member. **CME as a Fundamental Mission of SCMS** – Jan discussed the future of Continuing Education as part of our mission. She will bring some numbers back to the Executive Committee for further discussion. **Next General Membership Meeting** – It was determined that the next topic for a General Membership Meeting will be “The Future of Primary Care: How it affects all physicians.” Jan will continue to pursue a speaker. **Guest – Dan Frickle, CPA Review of 990s** – Mr. Frickle presented the 990 forms for the three organizations. The forms were reviewed and signed.

Spokane County Medical Society
requests your presence at a

RETIREMENT Celebration

for

Janet L. Monaco

26 years of dedication and service



Wednesday, July the twenty-second
from four until seven o'clock
Informal remarks at six o'clock

Red Lion Inn at the Park
Skyline Ballroom
303 West North River Drive
Drinks and Hors d'oeuvres Served

RSVP by July 16
Spokane County Medical Society
(509) 325-5010 or
michelle@spcms.org

designate your UNITED WAY CONTRIBUTION to PROJECT ACCESS

If you are a contributor to the United Way, don't forget that Project Access can be one of your designated agencies as a 501(c)(3) organization. *

* This would be a tax-deductible contribution.



New Physicians

The following physicians/physician assistants have applied for membership, and notice of application is presented. Any member who has information of a derogatory nature concerning an applicant's moral or ethical conduct, medical qualifications or such requisites shall convey this to our Credentials Committee in writing 104 S Freya St., Orange Flag Bldg #114, Spokane, Washington, 99202.

NEW PHYSICIANS

Ahmad, Nauman M., MD

Psychiatry/Child and Adolescent Psychiatry
Med School: Michigan State U (2003)
Internship: U of Cincinnati (2004)
Residencies: Lutheran General Hospital (2007) and Dart Mouth-Hitchcock (2009)
Practicing with SHMC Psychiatric Department beginning 8/2009

Deakins, Jacob C., MD

Family Medicine
Med School: St Christopher Iba Mar Diop (2006)
Internship/Residency: (2009)
Practicing with The Doctor's Clinic of Spokane beginning 8/2009

Echelberger, Amy D., MD

Internal Medicine
Med School: Southern Illinois U (1993)
Internship/Residency: Wayne State U (1997)
Practicing with Byrd, Lochner, Hurley, Morton, Yang, Ortiz & Consiglio beginning 7/2009

Hart, Randi W., MD

Diagnostic Radiology
Med School: Medical College of Wisconsin (1982)
Internship/Residency: U of Kansas Medical Center (1987)
Practicing with Radia Inc., PS beginning 9/2009

King, James C., MD

Anesthesiology
Med School: U of Texas, San Antonio (2004)
Internship: U of Texas, San Antonio (2005)
Residency: U of Chicago (2009)
Practicing with Anesthesia Associates of Spokane beginning 7/2009

McCauley, Alice L., MD

Internal Medicine
Med School: Michigan State (2006)
Internship/Residency: Internal Medicine Residency Spokane (2009)
Practicing with IMRS Faculty Hospitalists (SHMC) beginning 7/2009

Reddy, Vijayakumar K., MD

Internal Medicine/Nephrology
Med School: U of Missouri, Kansas City (2004)
Internship/Residency: Duke U Medical Center (2007)
Practicing with Kidney Care of Spokane beginning 8/2009

Sementi, Olivia M., MD

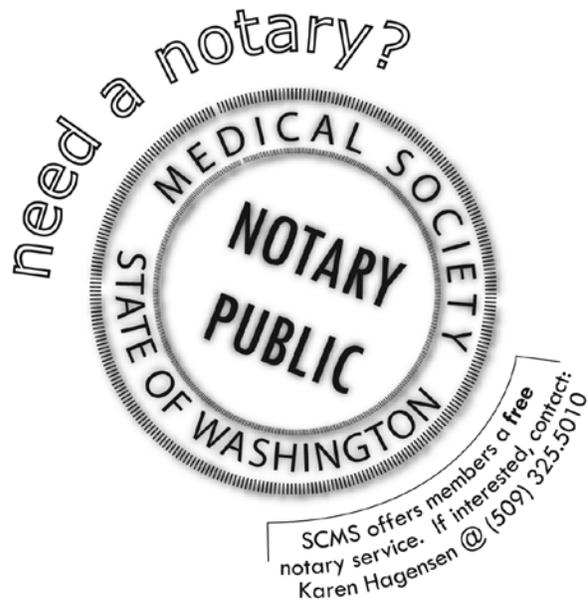
Obstetrics & Gynecology
Med School: U of Washington (2005)
Internship/Residency: U of Washington (2009)
Practicing with Valley Obstetrics & Gynecology, PS beginning 9/2009

Sidhu, Pamil P., MD

Family Medicine
Med School: U of Sint Eustatius (2006)
Internship: SW Georgia Family Medicine (2007)
Residency: U of Wisconsin (2009)
OB Fellowship with Family Medicine Spokane beginning 7/2009

Steinhart, Jonathan R., MD

Obstetrics & Gynecology/ Family Medicine
Med School: U of Medicine and Dentistry of NJ (1976)
Internship: U of California, San Francisco (1976)
Internship/Residency: Lake Charles Charity Hospital (1979)
Internship/Residency: Good Samaritan Medical Center (1986)
Practicing with Family Medicine Spokane beginning 8/2009



New Physicians

Swiggum, Joseph C., MD

Internal Medicine/Pulmonary Disease/Critical Care Medicine

Med School: U of Washington (2002)

Internship: Kaiser Permanente Hospital (2002)

Internship/Residency: Huntington Hospital (2006)

Fellowship: U of Texas Health Science Center (2009)

Practicing with Spokane Pulmonary and Critical Care
Medicine beginning 7/2009

Ugorji, Kingsley C., MD

Family Medicine

Med School: U of Ibadan, Nigeria (1999)

Internship/Residency: U of Rochester (2009)

Practicing with CHAS since 6/2009

Wolverton, Brooke E., MD

Family Medicine

Med School: Indiana U (2006)

Internship/Residency: In His Image Family Medicine

Residency (2009)

OB Fellowship with Family Medicine Spokane beginning
7/2009

NEW PHYSICIANS PRESENTED A SECOND TIME

Gupta, Nalini MD

Pediatrics

Med School: Maulana Azad Medical College, India (1992)

Practicing with Group Health (Lidgerwood Medical
Center) beginning 9/2009

Nair, Murali K., MD

Internal Medicine

Med School: Medical College Trivandrum, India (2002)

Practicing with IMRS Faculty Hospitalists (SHMC)
beginning 7/2009

Powers, Timothy W., MD

Orthopedic Surgery

Med School: U of Virginia (2000)

Practicing with Northwest Orthopaedic Specialists, P.S.
since 6/2009

Wilhelm, Sarah M., MD

Family Medicine

Med School: Oregon Health Sciences U (2000)

Practicing with Rockwood Main Clinic since 5/2009

Positions Available

FAMILY PRACTICE PHYSICIAN OPPORTUNITY – TerraHealth a division of THI and a health care support services company specializing in the staffing of military medical facilities is seeking a physician for Fairchild AFB, Spokane Washington. They are open to creative and unique scenarios to accommodate scheduling needs of an individual physician or Medical Group that would be interested in providing coverage. For more information contact: Ruben V. Perez - Physician Recruiter TerraHealth 5710 W. Hausman, Suite 108, San Antonio, TX 78249 Phone: (210) 475-9881 Cell: (210) 310-4290 Fax: (210) 582-0083 or email www.thi-terra.com.

URGENT CARE POSITION – Empire Health Services has four Urgent Care locations in Spokane, WA. We are seeking a Board Certified physician with comparable Urgent Care experience for a full-time position. Excellent salary and benefits package with flexible work schedule - 12-hour shifts and no call. Please contact Evelyn Torkelson at torkel@empirehealth.org or (509) 473-7374.

CERTIFIED MEDICAL DIRECTOR – If making a real difference in the LTC community is your passion, join our dynamic multidisciplinary team at Royal Park Care Center. Apply your geriatric expertise to our exceptional 164 bed skilled nursing facility as our Certified Medical Director. Please call Matt Fleming, Administrator, at 509-489-2273 to discuss this opportunity.

IM AMBULIST... This is an excellent opportunity for a BC/BE Internist to join a collegial and respected team of eleven internists and three non-physician providers. You can be assured that the Rockwood hospitalist team will provide superb care for your hospital patients. Rockwood Clinic, a physician owned/directed multi-specialty group serving the Inland Northwest since 1930, offers a professional practice environment, substantial on-site Imaging and Laboratory services, established EMR, involvement in research projects and teaching, and an attractive Benefit/Comp Package leading to early shareholder status. For details Contact: Colleen Mooney, Physician Recruiter, Phone: 509-838-2531 Email: practice@rockwoodclinic.com Visit: www.rockwoodclinic.com

EASTERN STATE HOSPITAL PSYCHIATRIST – ESH, the 287 bed state psychiatric hospital in eastern WA, is recruiting a psychiatrist for one of our geropsychiatric wards. State employment offers competitive benefits and opportunity for additional paid on-call duty. Join a stable Medical Staff of 30 psychiatrists and physicians. Contact Shirley Maike, 509.565.4352, email maikeshi@dshs.wa.gov. Eastern State Hospital, PO Box 800, Medical Lake, WA 99022-0800.

HOSPITALIST POSITION AVAILABLE IN BEAUTIFUL COEUR D'ALENE. Join Hospital Specialists at our Kootenai Medical Center site and be part of a thriving

medical community. Hospital Specialists is a local, physician owned medical group focusing on quality medical care in a physician friendly environment. See our web site at www.HospitalSpecialists.com for contact information and to learn more.

FIND YOUR PASSION HERE-FAMILY MEDICINE OPPORTUNITIES – Group Health Permanente is currently seeking part-time BC/BE Family Medicine or Internal Medicine Physician to join our team. Group Health is dedicated to providing comprehensive, innovative and patient-centered care to communities surrounding Washington. This commitment to quality has led to high patient satisfaction scores; in fact, we were recently ranked in the top four nationally for patient satisfaction.

Generous benefits package includes:

- Full Malpractice Indemnification (including tail coverage)
- Medical/Dental/Vision Coverage
- 401(k) & Pension
- Long-Term Disability & Long-Term Care
- CME Benefit/Professional Society Dues and license reimbursement
- Life Insurance
- Partially Funded Sabbaticals

For more information or to submit your CV, please contact Cayley Crotty at 206-448-6519 or crotty.c@ghc.rog

In Memoriam

Edward Gerow Bond, MD

Dr. Bond passed away June 2, 2009 with his family by his side. He was 100 years and five months old.

Born December 1908, Edward Bond grew up in various places due to his father's extensive travel as a Seventh - day Adventist minister. He attended the College of Medical Evangelists (now Loma Linda University) where he earned his medical degree. He began his career in Family Medicine in 1936. During WWII he served as an "Essential Physician" for northern Idaho and received a signed Certificate of Meritorious Service from President Truman. In 1933 he married Bernice Casey and six years later they had a son, Robert.

Dr. Bond loved the outdoors and shared many special moments with his family and friends at his cabin in Priest Lake. He had many interests and hobbies including playing the piano and saxophone

He is survived by his wife, Bernice, of nearly 76 years, their son, Robert and daughter-in-law, Georgene, three granddaughters and one great grandson.

Medical Office for Build or Lease

Good location and spacious suite available next to Valley Hospital on Vercler. 2,429 sq ft in building and less than 10 years old. Includes parking and maintenance of building. Please call Carolyn at Spokane Cardiology (509) 455-8820.

Park-like Office Space surrounded by views, trees and flowering shrubs. Class A office space with ample parking and janitorial services. Your office space can be 2900 square feet or may be subdivided with either 1850 or 1050 square feet. Located in the Quail Run Office Building at 2204 East 29th Avenue. Phone (509) 230-2353 for information.

Will build to suit, prime location across from Holy Family Hospital at 111 East Central. Call Maureen at (509) 467-4257.

Spokane Eye Surgery Center 5,600 sq. ft. Ambulatory Surgery Center will become available for occupancy via sale or lease in August-September 2009. Our facility has three operating rooms, two built-in prevac steam sterilizers, six pre/post-op patient bays, waiting room and administrative areas. Complies with ASC licensure requirements. Please contact Dan Simonson (509) 456-8150 for more information.

Medical Office Building at 6002 N. Mayfair (the "Logan" building) is available for lease. Up to 14,000 sq. ft. Sign a five-year lease and the first year is rent-free. Call Metcalf Financial Services (509) 232-5414 for more information.

Northpointe Medical Center Located on the North side of Spokane, the Northpointe Medical Center offers modern, accessible space in the heart of a complete medical community. If you are interested in locating your business here, please contact Tim Craig at 509-688-6708. Basic info: \$23 sq/ft annually. Full service lease. Starting lease length 5 years which includes an \$8 sq/ft tenant improvement allowance. Available space: *Suite 210 - 2286 sq/ft *Suite 209 - 1650 sq/ft *Suite 205 - 1560 sq/ft *Suite 302 - 2190 sq/ft

For Lease 3700 sq ft of second floor space in a new 18,900 sq ft building available December 2009. It is located just a few blocks from the Valley Hospital at 1424 N. McDonald (just South of Mission). First floor tenant is Spokane Valley Ear Nose Throat & Facial Plastics. \$24 NNN. Please call Geoff Julian for details 939-1486 or email gjulian@spokanevalleyent.com.

Are you plugged in?

Our website is just a point and click away ~

visit www.spcms.org for

- CME information
- newsletter articles
- membership information
- legislative updates
- Medicor services
- and so much more!

Classified Ads

REAL ESTATE

Liberty Lake Waterfront for Rent. West side, spectacular views. Furnished, fully equipped kitchen. Charming, with wood floors, French doors, gas fireplace and covered lakeside porch. 1 bedroom, 2 bath, 1 car garage. \$900/month. Please call (509) 481-3142.

Spectacular views from this secluded setting overlooking the Spokane Valley. This 3288 sq. ft., 4 bedroom 4 bath home sits on 2.76 acres of nature with abundant wildlife. Some of the great features of this home include natural woodwork, updated wood and tile flooring, atrium off of kitchen, large entryway, large deck with spa and sauna. Each main floor bedroom has a deck and views. Located at 4708 South Schafer Branch Road in the Ponderosa area in the Central Valley School Dist. Also available for purchase with this home are an additional 17.7 acres. For more information please contact Dan Simmons at (509) 999-1462 or view this home on line at www.DanielLSimmons.com. Tomlinson Black Valley, 721 N. Pines Rd.

Waterfront Loft Condo near Gonzaga/U-District... unparalleled location mere steps from the Spokane River. Loft living in a modernized former industrial building with exposed brick & trusses and huge windows. 2 heated parking spaces, fully secure, riverfront lawn area. Rare opportunity!! www.ironbridgecondos.com or call Andrew Chester at (509) 939-7690 for more information.

Luxury Condos for Rent/Purchase near Hospitals. 2 Bedroom Luxury Condos at the City View Terrace Condominiums are available for rent or purchase. These beautiful condos are literally within walking distance to the Spokane Hospitals (1/4 mile from Sacred Heart, 1 mile from Deaconess). Security gate, covered carports, very secure and quiet. Newly Remodeled. Full appliances, including full-sized washer and dryer. Wired for cable and phone. For Rent \$ 850/month. For Sale: Seller Financing Available. Rent-to-Own Option Available: \$ 400 of your monthly rent will credit towards your purchase price. Please Contact Dr. Taff (888) 930-3686 or dmist@inreach.com.

Home for Sale - A River Runs Through It 1.8 acres on the privately owned, but EPA protected Little Spokane River -public access not allowed - homes must be on no less than 5 acres (grandfathered in). 20-25 min to downtown. Large pump irrigated lawns (water rights), wooded trails, swimming hole w/sandy beach. 3200 sq ft of living space; 4 bedrooms, 3 1/2 baths, den/activities room, multilevel decks & patios, attached 2-car garage, detached 2-vehicle carport, 24' x 20' 2-story barn, mature landscaping, new septic system, public utilities. Mead school district, 1/4 mile from Midway Elementary, school bus comes to home. Surrounded by woods but very close to all amenities. Located at 17122 Little Spokane Dr. between Colbert, Rd and Midway Rd. Owner financing a consideration. Would consider renting until it sells or rent to own. Call (509) 467-1347 or (509)

625-7099 if interested. For more information and a photo tour go to <http://colbertriverhome.com>

Never Shovel Snow or Cut Grass Again!!! A beautiful newer home in Quail Ridge, a small, gated community near Manito Golf Club on Spokane's South Hill. Architect designed for casual elegance and ease of living. Brick, tile, glass and an open floor plan. Perfect for those who don't want the responsibilities of a big home, while keeping all the comforts and amenities. By Owner. \$796,000 Call for more information. (509) 443-1183 or (509) 981-8137

Well kept, 4-level home on Riverside State Park! Walk to Sundance Golf Course, or take a 3/4 mile stroll to the Spokane River. Master bath w/ jetted tub & walk-in closet, 3-car garage, 12'x20' redwood deck, formal dining room. 3,000 sq. ft. home w/ finished basement. Quiet, family oriented neighborhood; just 20 minutes from downtown in 'Parkside on the Green'. www.spokanebyowner.com/936 for photo tour. 10015 N. Parkside Drive. Call Rob & Kristi Rice @ (509) 464-2527.

Ideal home for newcoming physician to Spokane, for rent or purchase. Convenient to all downtown hospitals. Three Bedroom, two-bath home in beautiful South Hill location. Please call 509-995-4223 or email: miminorth@aol.com for more information.

OTHER

Needed: North Pines Family Medicine is looking to purchase a used exam table, with stirrups. Please call (509) 926-1531 and ask for Denise.

For Sale: Office furnishings ~ 11 waiting room chairs, 2 consultation armchairs, large oak desk with return and credenza/bookshelf, 3 exam tables. Business office furniture and more. For details contact Alex Verhoogen, MD. (509) 456-8550

Ski, Tube or Snowmobile at Silver Mountain or Lookout Pass: Stay at STARS AND STRIPES, a beautiful vacation home, with hot tub, in Kellogg, Idaho. Sleeps 8-10, fully furnished with 2 bathrooms. For rent by day or week. Call Peggy Doering at (509) 230-6829.

Priest Lake Waterfront Cabin for Rent—Beautiful 2 story cedar cabin "The Water's Edge" on the East Shore--Sleeps 8-10. Spectacular lake and mountain views. See it at www.getlostatpriestlake.com or call 1-(208)-443-2100 or 1-(208)-877-LAKE.

Rolla Desks For Sale: Designed for Hospitals, Nursing Homes, Inventory Control, Patient Charting, Conference Rooms, and Warehouse Applications that need a sturdy rolling pedestal for a laptop computer. Rolla Desks retail for \$459.95. These are only two years old. We would like to sell them for \$350 each or best offer. Please contact Terri at (509) 744-3750 at extension 294 if you are interested.

2009 Continuing Medical Education — Program Schedule

Neurology Update

Wednesday, September 16
Sacred Heart Medical Center
5:30 – 9:15 pm
(Three one-hour topics will be presented)

Moderate (Conscious) Sedation and Analgesia

Tuesday, October 6
Deaconess Health and Education Center
5:30 – 9:15 pm
(SCMS' annual program to satisfy JCHHO requirements and provide a refresher course to members of the medical community in order to increase patient safety.)

Infectious Disease

Tuesday, November 3
Deaconess Health and Education Center
5:30 – 9:15 pm
(Three one-hour topics will be presented)

Rheumatology

Wednesday, December 9
Deaconess Health and Education Center
5:30 – 9:15 pm
(Three one-hour topics will be presented)

Physician health is important. Eastern Washington Physician Health Committee



This committee, a fusion of the former SCMS committee and one including members of medical staffs of Empire Health Services and Providence Health Care hospitals, meets quarterly to educate ourselves about physician health issues, review utilization and satisfaction with the Wellspring Early Assistance Program (EAP), and plan activities, programs and resources to address needs in these areas. Some of the guiding principles of this committee are:

The medical profession and healthcare community should foster physician well-being.

A sense of community with one's peers is vital to personal well-being.

Changes in the healthcare environment are contributing to personal and professional challenges and new stressors for physicians.

Physicians should have resources available to them to anticipate and manage episodic personal issues.

Jim Shaw, MD, Chair, 474-3097
Steve Brisbois 927-2272
Robert Clark 489-3879
Phil Delich 624-1563
Jim Frazier 880-0025
Deb Harper 443-9420
Mike Henneberry 448-2558
Michael Metcalf 928-4102
Michael Moore 747-5141
Mira Narkiewicz 889-5599
Sam Palpant 467-4258
Tad Patterson 939-7563
John Plastino 747-0567
Paul Russell 928-8585
Robert Sexton 624-7320
Patrick Shannon 509/684-7717
Alexandra Wardzala 448-9555
Hershel Zellman 747-2234



One program that is currently available to all active medical staff of regional hospitals and their families is the Wellspring EAP (Early Assistance Program). This group offers a confidential resource for intake and referral at no cost for stress, emotional problems, marital or family problems, drug and alcohol issues, elder care, or professional practice management issues. Their 24/7 number is 1-800-553-7798.