THE BULLETIN

FEBRUARY 2023 VOLUME 100, NUMBER 2









- · Day at The Capitol MSMS Alliance Annual Lobby Day March 15, 2023
- . GCMS Town Hall Meeting: Physician Burnout

 March 22, 2023—7pm via Zoom

GENESEE COUNTY MEDICAL SOCIETY

Organized Medicine's Leading Edge

THE BULLETIN is published monthly by: The Genesee County Medical Society

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FEBRUARY 2023 VOLUME 100, NUMBER 2

THE BULLETIN

READ BY 96% OF GCMS MEMBERS

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Our Vision

That the Genesee County Medical Society maintain its position as the premier medical society by advocating on behalf of its physician members and patients.

Our Mission

The mission of the Genesee County Medical Society is leadership, advocacy, education, and service on behalf of its members and their patients.

PLEASE NOTE

The GCMS Nominating Committee seeks input from members for nominations for the GCMS Presidential Citation for Lifetime Community Service. The Committee would like to be made aware of candidates for consideration.

THE BULLETIN

Published by the Genesee County Medical Society Publication Office 4438 Oak Bridge Drive, Suite B, Flint, Michigan 48532 Phone (810) 733-9923

By subscription \$60 per year. Member subscription included with Society dues. Contributions to **THE BULLETIN** are always welcome. Forward news extracts or material of interest to the staff before the 1st of the month. All statements or comments in **THE BULLETIN** are the statements or opinions of the writers and are not necessarily the opinion of the Genesee County Medical Society.

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President's Message

Engage

Dear Members,

It is that time of year to collect your thoughts and concerns and connect with your legislators.

The Michigan State Medical Society recognizes that there are a serious public health problems in our state and country and with your help, you can help change and strengthen the outcome of policies and laws.

Bills are introduced in the House and in the Senate, and Michigan has the chance to make positive change and physicians can help the push to get there.

Currently, in the news you can see action that needs to be taken, MSMS has published articles with facts about gun control and now is the time to act. <u>Click Here</u> to contact your legislator and urge them to support common sense gun safety reforms.

There are many more health an public safety concerns you can help support. Talk to your patients, gather information and connect with your representatives to advocate for your patients and fellow Physicians.

GCMS and MSMS partners together to discuss current legislative topics. Keep an eye out for the next GCMS Legislative Liaison meeting date published in the monthly Bulletin. You can join other Physicians, Representatives and County Employees to help change Michigan's healthcare laws. We look forward to collaborating with you!

Sincerely,

President, Paul Kocheril, MD



Paul Kocheril, MD



Practice Managers

March 9, 2023 9:00 a.m.

GCMS Membership Committee

TBD

Board of Directors

March 28, 2023 6:00 p.m.

Medical Society Foundation

April 19, 2023 6:00 p.m.

*All meetings are via Zoom unless otherwise noted

Announcement

GCMS members now entitled to a 15% discount on automobile and homeowners insurance.

For details, contact:

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EXECUTIVE DIRECTOR'S MESSAGE

Endoscopic Carpal Tunnel Decompression Procedure Now Available in Genesee County

Carpal tunnel syndrome is a condition that affects the wrist and hand, causing numbness, pain, and weakness. It is a common condition that can occur due to repetitive hand and wrist movements, injury, or underlying medical conditions such as diabetes or hypothyroidism.

Symptoms of carpal tunnel syndrome are:

- 1. Paresthesia (tingling or abnormal sensation) in the first three fingers of the palm on the thumb side.
- 2. A feeling of electric shock in the affected fingers.
- 3. A sensation that travels from the wrist to the arm while steering a vehicle.
- 4. Constant numbness, or pain in one or both hands.
- 5. Burning or tingling in the fingers.
- 6. Hand weakness gripping an object.
- 7. Pain in the palm of the hand, fingers, wrist, and or elbow.
- 8. Symptoms may become worse with gripping activities like holding a drink, a phone, etc.
- 9. Pain or numbness that is worse at night and may interrupt sleep.

A physician can determine the best treatment for CTS. Non operative treatment strategies include:

- 1. Splinting of the wrist to relieve pressure in the carpal tunnel
- 2. Anti-inflammatory medications
- 3. Steroid injections

In severe cases, surgery may be required to release pressure on the median nerve in the wrist. Carpal tunnel release surgery is one of the most commonly performed surgeries in the United States, and there are two approaches: open and endoscopic.

Endoscopic carpal tunnel release involves the use of a small camera, called an endoscope, to guide the surgeon as they make a small incision in the wrist to cut the ligament that is pressing on the median nerve. The other surgical option is an open carpal tunnel release which involves making a larger incision in the palm of the hand to access the ligament and cut it. While both procedures are effective in relieving carpal tunnel syndrome symptoms, there are several benefits of endoscopic carpal tunnel release over open surgery.

Endoscopic carpal tunnel release is minimally invasive, meaning that it requires a smaller incision than open . The smaller incision results in less tissue damage, which can lead to less pain and faster healing times. Patients who undergo endoscopic surgery are less likely to require pain medication and can return to work and normal activities sooner than those who undergo open surgery. The smaller incision also can reduce the risk of infection and scarring, which are potential complications of open surgery.

While both endoscopic and open carpal tunnel release surgeries are effective in relieving carpal tunnel syndrome symptoms, endoscopic surgery offers several benefits over open surgery. Endoscopic surgery is minimally invasive and is associated with faster return to work and less postoperative pain. These benefits make endoscopic carpal tunnel release an attractive option for patients who require surgery to relieve carpal tunnel syndrome symptoms.

I am very pleased Endoscopic Carpal Tunnel Decompression is now offered in Genesee County.

This article was written in collaboration with Dr. Belal Tarakji, and James Long.

Images provided by Dr. Belal Tarakji



Endoscopic Procedure Carpal Tunnel Decompression



Surgical Open Procedure Carpal Tunnel Decompression



Belal Tarakji, MD



DAVID HOFF, MA, CCP



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Please contact:

ExecutiveDirector@GCMS.org





ATTENTION: PRACTICE MANAGERS AND OFFICE STAFF!

Genesee County Medical Society addresses issues of concern for medical professionals!

Please join GCMS and SOVITA in monthly meetings for practice managers and office staff of *all member physicians*.

Please email executivedirector@gcms.org to RSVP,

YOU WILL RECEIVE A ZOOM INVITE

NEXT MEETING DATE:

March 9, 2023 9:00 A.M.

You do not want your Practice Manager to miss out on these valuable meetings!









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Your Membership at Work

- GCMS hosts monthly Practice Manager's meeting discussing complicated insurance issues in round table discussions with various insurance companies. If you find on-going insurance issues, please reach out to GCMS staff at executivedirector@gcms.org and we can connect that insurance company representative with our hard working Practice Managers.
- GCMS staff helped Genesee County residents with contacts, resources and explanations.
- GCMS Membership Committee has collaborated and has a plan in place to reach out to and meet with various practices in Genesee County. If you have colleagues that are not yet GCMS members, please connect with them! **** A flyer of GCMS benefits can be provided to you.



Genesee County Medical Society invites you to a Quarterly Business Meeting and a Medical Community Town Hall

Physician Burnout

Kevin Hopkins, MD Senior Physician Advisor with AMA



March 22, 2023 7:00 P.M.—8:30 P.M.

Evening Schedule:

7:00 P.M.- Welcome

-Dr. Paul Kocheril

7:05 P.M.- GCMS Nominating
Committee

7:15-8:15 P.M.- Physician Burnout Discussion

8:15-8:20 P.M.- Sovita

8:20-8:30 P.M.- Closing Remarks
-Dr. Paul Kocheril

SPACE IS LIMITED!

Please RSVP by March 13, 2023 executive director @gcms.org
To Receive the ZOOM invite.

Dr. Hopkins has been a staff physician in the Department of Family Medicine at the Cleveland Clinic since 2005. He is the primary care medical director for Cleveland Clinic Community Care, the Cleveland Clinic's population health institute.

A recognized leader and national speaker in the field of caregiver burnout and ambulatory practice re-design and transformation,
Dr. Hopkins is a Senior
Physician Advisor with the Professional Satisfaction and Practice Sustainability
Initiative for the American Medical Association (AMA).

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Government Relations & Physician Engagement Team



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Legislative Platform & Priorities



120 West Saginaw Street, East Lansing, Michigan 4882 P: 517 / 337.1351 » E: msms@msms.org



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MSMS Legislative Platform & Priorities



MSMS Legislative Priorities

Key priorities of the Michigan State Medical Society (MSMS) and its 15,000 physician and medical student members are as follows:

COVID-19

The COVID-19 pandemic has taken a devastating toll on the physical and mental health of Michigan citizens, as well as the economic health of our state. Additionally, many of Michigan's medical practices are trying to regroup from financial and staffing losses and increased costs to comply with regulatory mandates. By using scientific data to help inform decision-making, MSMS is committed to working collaboratively with stakeholders to end the COVID-19 pandemic, safely re-engage all economic sectors, provide efficient and equitable vaccine distribution, and ensure practice sustainability.

Prior Authorization and Step Therapy Reform

The prior authorization process diverts valuable resources away from direct patient care, can delay the start or continuation of necessary treatment, and can negatively impact patient health outcomes. Step therapy, also known as fail first, is another practice that disrupts patient care by requiring patients to try other therapies before being approved for the treatment that their doctor originally prescribed. MSMS will work closely with the Legislature, regulators, and other stakeholders on ways to reform prior authorization and step therapy processes to ensure transparency, remove unnecessary and costly care delays, and support shared decision-making.

Team-based Care

Patients are best served by a team-based approach to care that provides the maximum amount of choice while ensuring that they benefit from the additional training and expertise that comes from having a physician on the team. A highly functioning health care team is the best way to serve patients. MSMS will continue to promote the role of the physician as the leader of the health care team and oppose any efforts to expand allied health professionals scope of practice that may put patients at risk.

Telemedicine

Telemedicine has proven to be an effective care delivery method that ensures convenient and timely access to patients. Before the outbreak of COVID-19, insurers covered telemedicine visits to varying extents; however, there were often obstacles such as low reimbursement and restrictions on site of care. Although payers removed some of the regulatory and administrative barriers during the pandemic, these policies are now reverting to prepandemic times. Moving forward, payment and service parity for the use of clinically appropriate telemedicine services is critical.

Health Equity

Several events in 2020 brought to the forefront the need to prioritize advocacy addressing systemic policies and other contributing factors that deny historically marginalized groups equal and just opportunities to maximize quality of life and health outcomes. In order to improve the health of all populations, MSMS will work to advance policies that reduce disparities and improve health equity.

Graduate Medical Education (GME)

Studies repeatedly demonstrate that one of the best ways to recruit and retain physicians is via local medical schools and residency programs. GME helps fill the gap in underserved areas by providing extremely low-cost care to those most in need. Michigan has been a leader in expanding medical school class sizes to address the projected demand for physician services, it is imperative that we continue to fund GME slots to allow these future physicians to learn here in Michigan, and stay here in Michigan.

For more information about MSMS legislative advocacy, please contact:

- Josiah Kissling, Senior Director, State and Federal Government Relations, at jkissling@msms.org
- Scott Kempa, Manager, State and Federal Government Relations, at skempa@msms.org
- · Kate Dorsey, Manager, State and Federal Government Relations, at kdorsey@msms.org

Legislative & Regulatory Platform

MSMS has long-standing positions and policies on numerous topics. Following is an overview of the top issues comprising the MSMS legislative and regulatory advocacy platform.

Insurance and Regulatory Advocacy

- · Support mental health and substance use disorder parity
- Ensure appropriate access to and payment for telemedicine
- · Advocate for adequate and transparent physician networks
- · Reduce unnecessary administrative costs

Public Health and Prevention

- · Strengthen public health infrastructure
- Support vaccine availability and oppose efforts to weaken Michigan's vaccine laws
- · Improve health equity
- Ensure access to evidence-based non-opioid pain care and opioid use disorder treatment
- Reduce childhood environmental hazards
- Reduce gun violence through health screening, patient counseling and expanded access to mental health services

Professional Liability

- Preserve existing tort reforms
- · Support higher negligence thresholds in medical liability cases
- Eliminate the lost opportunity doctrine
- Maintain the legislative intent and enforceability of all medical liability tort reforms

Medicaid

- · Seek funding parity with Medicare
- · Seek funding sources that are fair and sustainable
- Support state funding for the Healthy Michigan Plan
- Ensure access to physician-directed care

Physician Supply and Training

- Increase graduate medical education funding at state level
- · Minimize burden of medical school debt

Insurance Contracting Reform

- Limit retroactive audit timeframes
- Support adequate disclosure of fee screens
- · Support appeals process that includes independent reviews

Scope of Practice

- Support physician-led, team-based health care
- Support education over legislation as the means of increasing scope of practice
- Oppose independent prescriptive authority by non-physicians
- Support patient right-to-know/health professional credentials disclosure

February 2023 15



Commit to Fit!



Visit <u>commit2fit.com</u> to track all of your physical activity and keep track of your fitness goal!

University of Michigan - Flint



Click <u>HERE</u> for daily workouts!

Crim Fitness Foundation



Visit <u>crim.org</u> for a variety of yoga and mindfulness practices!

Ascension Genesys Athletic Club



Click <u>HERE</u> for intense & moderate workout videos!

YMCA - 360



Visit **ymca360.org** for fitness classes of all ages!

Arthritis Foundation



Click <u>HERE</u> for arthritis exercises!





FREE HEALTH & WELLNESS PROGRAMS

TO REGISTER FOR A PROGRAM VISIT WWW.SURVEYMONKEY.COM/R/C2FPROGRAMS, EMAIL



COOKING WITH KIDS

This program focuses on teaching Flint families to make healthy food choices! Classes include healthy recipes, nutrition education games, physical activity, and more! Classes are held at the Flint Children's Museum where kids can come play for free!



FRESH CONVERSATIONS

A senior-based nutrition education program designed to support healthy aging and independence. Cather with other Genesee County Residents aged 60 and older to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent. This program is currently hosted virtually and at local senior centers.



THE LEARNING KITCHEN

A six-week adult nutrition program where participants learn about balancing and planning healthy meals, stretching food dollars to maximize nutrition, shopping strategies, and cooking techniques. This program is currently hosted virtually via Zoom and at local community centers.



WALK WITH EASE

Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk with Ease course combines self-paced walks with information about related topics. This program allows participants to work on their own at their own pace to increase their physical activity. Group and self-led programs available.













For Daily Genesee County Covid-19 Numbers



COVID-19 Summary for Genesee County, Michigan

Coronavirus (COVID-19) Data Dashboard for Genesee County



For Reporting



EMPLOYERS + SCHOOL ADMINISTRATORS:

Do you need to report a laboratory-confirmed positive COVID-19 case?

Click the button to email the Communicable Disease team at GCHD-CD@gchd.us or call (810) 257-1017

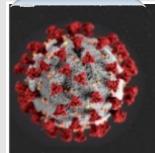


For State of Michigan Covid-19 Information

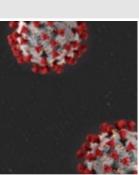








COVID-19 VACCINE PROVIDER GUIDANCE & EDUCATIONAL RESOURCES



COVID-19 VACCINE

The COVID-19 pandemic demonstrates how diseases without vaccines can devastate economic and public health. Vaccines have reduced and, in some cases, eliminated many diseases. In the U.S., there is currently no approved vaccine to prevent COVID-19. MDHHS is working with the CDC and Michigan stakeholders to prepare and plan for when the vaccine is available. The initial draft of our state's plan is now available and will be updated often in the coming months. Visit regularly for the most recent information on the COVID-19 vaccine and Michigan's preparations.

COVID-19 VACCINE PLAN



COVID-19 VACCINE RESOURCES

IMMUNIZATIONS DURING COVID-19

CDC FAQS

PROVIDER GUIDANCE & EDUCATION



CAN'T FIND A TEST IN-STORE? WE CAN HELP!

If you are a community-based organization with clients in need, contact Genesee CHAP to receive a bulk delivery of tests.

Are you a resident, a school, or medical practice? If so, make a referral to CHAP to receive a free COVID-19 OTC test, delivered within 24 hours.

Make a Referral to Genesee CHAP

- Call 810-953-2427
- Utilize the Community Referral Platform
- Fax Genesee CHAP Referral Form
- Visit gfhc.org/**CHAP**referrals

Request "OTC COVID-19 Test" and note "Urgent". Genesee CHAP will deliver test(s) to the individual's home within 24 hours.







USING & REPORTING SELF-TESTS | COVID-19 |



If your results are positive

Report results to GCHD at www.gchd.us or click **here**.

<u>Isolate yourself from others</u> for 5 days following symptom onset (if symptomatic) or positive test result (if asymptomatic).

<u>Tell your close contacts</u> that they may have been exposed to COVID-19.

Call GCHD at 810-344-4800 if you are unable to use online resources.



Use the QR code below for more information about self-testing and how-to videos.



If you are at an <u>increased</u>
<u>risk</u> of becoming very
sick, <u>treatment maybe be</u>
<u>available</u>. Contact your health
care provider right away if
your test result is positive.







www.cdc.gov/covidtesting

C5324605-L 02/08/22

THE ALLIANCE FOCUS

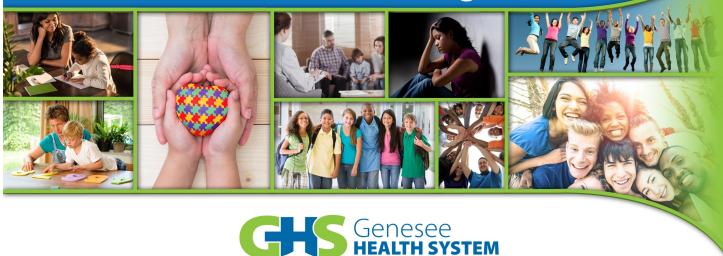
The Michigan State Medical Society Alliance Annual Lobby Day will be held on Wednesday, March 15, 2023. You won't want to miss this important opportunity to discuss health issues with our Legislators.











Hope and health in the community

The GHS Children's Intensive Crisis Stabilization Team (ICSS) provides mobile crisis stabilization services, 7 days a week between 8:00am and 7:00pm to all children, youth, and young adults (ages 0-21) who reside in Genesee County. Calls during other hours are helped by our Crisis Line mental

health professionals.

Reasons to call GHS:

- If you feel your child/youth is in a crisis
- The child/youth may hurt themselves or others
- The child is experiencing overwhelming confusion, anger, or emotional unresponsiveness

If you aren't sure if ICSS is needed, give us a call and we can help to explore options.

What happens when the GHS Intensive Crisis Team is called?

The team will provide an on-site intervention with the identified child or youth, and their support system. The team's main focus will be to help assess the crisis, utilize de-escalation techniques, help the child/youth and their family or support system to help with what is needed and to help determine next steps and long-term care.

Other services include:

- Crisis and Safety Planning
- Referrals to needed services
- Education on resources, diagnosis and services
- Collaboration and problem solving
- * Psychiatric consults, as needed (does not include medication review for prescription)
- ** Intensive Crisis Stabilization services cannot be provided to individuals who are currently residing in inpatient settings: Jail/detention centers or residential settings (i.e. child caring institutions, crisis residential, etc.).

GHS Intensive Crisis Stabilization Services for Children

810.257.3740 877.364.3648

420 W. Fifth Avenue, Flint 48503 • www.genhs.org

Supported by funds from Substance Abuse and Mental Health Services Administration, Center for Mental Health Services through the Michigan Department of Health and Human Services.

Easy Ways to Donate to the Medical Society Foundation:

The Medical Society Foundation is engaged in a Capitol Campaign. The purpose of the Campaign is to grow the corpus to support the charitable activities of the Genesee County Medical Society. Those activities include public and community health, support for the underserved, and wellness initiatives.

To continue its good work, the Medical Society Foundation is asking you to consider leaving a legacy gift to the Foundation. If all, or even a significant portion of our membership left just a small part of our estates to the Foundation, the Foundation could continue helping this community in so many ways, by supporting the Medical Society.

To make a gift, simply use these words:

In your Trust, "Grantor directs Trustee to distribute ___% of all assets then held in Trust or later added to this Trust to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing board of directors in furtherance of the purposes of the Foundation."

In your Will, "I give, devise and bequeath ___% of my Estate to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing Board of Directors in furtherance of the purposes of the Foundation."

While this is not a subject that is comfortable to broach, it is an opportunity to support the Foundation which supports the Medical Society's charitable activities on behalf of the membership. Please give. You can give via a trust or will. You can give from your IRA. You can give appreciated stock, and you can give cash. Please support the organization which does so much on behalf of the medical community and the patients we serve.





Do you have an advertising NEED?

- Are you a Physician <u>and</u> you are a member of GCMS and you have a new practice in Michigan?
- Do you have a medical practice <u>and</u> you are a member of GCMS and your office has relocated?
- Do you have a business that serves Michigan and business slow?

Let Genesee County Medical Society help!

Genesee County Medical Society Bulletin (ONLINE MAGAZINE)

Your ad will be featured in the Genesee County Medical Society monthly bulletin that is provided to 1,500+ viewers. The Bulletin can also be found on the GCMS website, and is also published through Calameo virtual magazine. (HTTPS://En.Calameo.com/)

1/2-page ad \$195/month

3/4-page ad \$290/month

Full page ad \$350/month

A link to the business website or email can be added for **NO** additional fee.



to connect with GCMS, we can provide your advertising needs!



^{**}all ads placed by Physicians or Medical Practices must have a GCMS membership.



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- Physician or provider chooses coach from a panel of coaches



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Legal and financial consultations and resources, available 24/7



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- Six sessions per incident
- Available to all extended family members



VITAL WorkLife App—Mobile access to resources, well being assessments, insights, and more

RESOURCES FOR YOU AND YOUR FAMILY MEMBERS

SafeHaven™ includes Well Being Resources from VITAL WorkLife—confidential and discreet resources designed to reduce stress and burnout, promote work/life integration and support well being for you and your family.

TO LEARN MORE, VISIT www.MSMS.org/SafeHaven

To support the needs of physicians and health care providers struggling with stress, burnout, and the effects of COVID-19, the Michigan State Medical Society (MSMS) and VITAL WorkLife have partnered to offer a comprehensive set of well being resources and confidential counseling services for their use, SafeHaven™.









State and County Medical Society MEMBERSHIP APPLICATION

Join MSMS and your County Medical Society online at www.joinmsms.org



Membership

- O I am in my first year of practice post-residency.
 O I am in my second year of practice post-residency.
 O I am in my third year of practice post-residency.
 O I have moved into Michigan; this is my first year practicing in the state.
- O I work 20 hours or less per week.
 O I am currently in active military duty.
 O I am in full, active practice.
- O I am a resident/fellow.

\circ	Male	0	Femal	e

First (legal) Nam	e:	Middle Name:	Last Name	:		OMD	O D0
Nickname or Pre	ferred Form of Legal Na	me:		Maiden Name (if applicable)		
Job Title:							
			H Phone		H Fax		
Mobile:		Ema	ail Address				
Office Address	O Preferred Mail	O Preferred Bill	O Preferred Mail and Bill				
City:				State:	Zip:		
Home Address	O Preferred Mail	O Preferred Bill	O Preferred Mail and Bill				
City:				State:	Zip:		
*Please base my	county medical society	membership on the co	unty of my (if addresses are in	different countie	s): O Office Address	Home A	ddress
*Birth Date:	// Bi	rth Country	MI Medical Licer	nse #:	ME #:		
Medical School			Graduation Year:	ECF	MG # (if applicable)		
Residency Program Program Completion Year							
Fellowship Program Program Completion Year							
Hospital Affiliati	on						
						○ Yes	O No
						O Yes	O No
			use's First Name:				
Is your spouse a	physician?: • Yes	○ No If yes, are th	ney a member of MSMS?: O	Yes O No			
Within the last f	ive years, have you beer	n convicted of a felony o	rime?: O Yes O No I	lf"yes," please pro	ovide full information:		