Bulletin Editor: John W. Snead, M.D.

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Physicians Caring for our Community





Bulletin

13770 Plantation Road, Ste. 1 Fort Myers, Florida 33912 Phone: (239) 936-1645 Fax: (239) 936-0533 www.lcmsfl.org

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Lee County Medical Society Mission Statement & Disclosure Policy

The purpose of the LCMS is to unite the medical profession of Lee County, FL, into one compact organization; extend medical knowledge and advance medical science; elevate the standards of medical education; strive for the enactment, preservation and endorsement of just medical and public health laws; promote friendly relations among doctors of medicine and guard and foster their legitimate interests; enlighten and alert the public, and merit its respect and confidence.

All LCMS Board of Governors and Committee meetings minutes are available for all members to review.

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LCMS Women in Medicine Social Hour LCMS Retiree Luncheon



Cover Photo by Dr. Peter Sidell Butchart Gardens, Vancouver Island, B.C.

CALENDAR OF EVENTS

Thursday, April 7, 2016 - 6:30-9:00 pm

Women in Medicine "Pretty in Pink" Social Robb and Stucky 13170 S. Cleveland Ave., Fort Myers, Fl 33907 rsvp online at <u>www.lcmsfl.org</u> or call 239-936-1645

Thursday, April 14, 2016 - 11:30-1:00pm

LCMS Retiree Luncheon
@ the Medical Society Office
13770 Plantation Road, Suite 1
Fort Myers, FL 33912

rsvp online at www.lcmsfl.org/en/events or call 239-936-1645

Membership News

NEW APPLICANTS

Leo S. Chadwick, DO received his DO degree from New York Institute of Technology College of Osteopathic Medicine, Glen Head, NY in 2007. He completed an internship and residency at Jersey Shore University Medical Center, Neptune City, NJ in 2007-2011. He is board certified by the American Board of Obstetrics and Gynecology in Obstetrics and Gynecology. Dr. Chadwick is in group practice with LPG Obstetrics and Gynecology, 1682 NE Pine Island Road, Cape Coral, FL 33909 Tel: 239-424-1600.

Zaheeruddin A. Syed, MD received his MD degree from American University of Caribbean School of Medicine, St. Maarten in 2009. He completed his training at Union Hospital, Terre Haute, IN from 2012-2015. Dr. Syed is board

certified by the American Board of Family Medicine in Family Medicine. He is in group practice at LPG at College Pointe, 9131 College Pointe Court, Fort Myers, FL 33919 Tel: 239-343-9100.

Joshu A. Raiten, MD received his MD degree from the University of New Mexico, Albuquerque, NM in 2009. He completed an internship and a residency from 2009-2013 and a fellowship in Pain Medicine from 2013-2014 at the University of Texas Health Science Center, San Antonio, TX. He is board certified by the American Board of Physician Medicine and Rehab in Physician Medicine and Rehab and Pain Medicine. Dr. Raiten is in practice at Korunda Pain Management, 26741 Dublin Wood Circle, Bonita Springs, FL 34135 Tel: 239-591-2803.

MEMBERSHIP NEWS, CONTI.

NEW MEMBERS



Biju Thomas, MDSurgical Specialists of SWFL
6821 Palisades Park Ct., Ste 1
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Tel: 239-936-8555 Fax: 239-936-5611
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The Woodruff Institute for Dermatology & Cosmetic Surgery **Kathryn J. Russell, MD** 14440 Metropolis Avenue, #102 Fort Myers, FL 33912 Tel: 239-498-3376 NCH Physicians Group **Rajeev Prabakaran, MD** 311 9th St. N., Suite 304 Naples, FL 34102 Millennium Physician Group Bruce Lipschutz, DO 13691 Metro Parkway, Ste 110B Fort Myers FL 33912 Tel: 239-236-7780

PRESIDENT'S MESSAGE By SHARI SKINNER M.D.

There's A Code For That

The new International Classification of Diseases, 10th Revision, Clinical Modification contains over 69,000 codes, so if you can't find what you're looking for, you're probably not trying hard enough. They've covered everything: If your hillbilly handfishin' trip goes awry, there's W5921XS - Bitten by a turtle. Who hasn't reached in grabbing for turtle tail and gotten nipped? Let's say you're swimming in the sea in Antarctica and a sea lion takes a nip at your leg – you're covered! W5611XD - Bitten by sea lion will go on your permanent record. By the way, who knew there would actually be a permanent record when they threatened us with it in school? Maybe you stop by Costa Rica on your way home from the sea lion incident to recuperate. It's a nice, relaxing place. But beware – the macaws there are aggressive: W6112XA - Struck by macaw gets added to the list.

If your water skis catch on fire, as apparently they're known to do, there is a code for that: V9107XA - Burn due to water-skis on fire. If you don't learn your lesson – you seem to keep getting yourself into these situations – and you persist in your water-ski flamethrower exercises, we've got you coded: V9107XD - Burn due to water-skis on fire, subsequent encounter. (It's actually a subsequent encounter between doctor and patient, but it looks funny!)

ICD-10 can handle practically any predicament. Let's say you finally learn your lesson, and take up reading as a hobby. Not so fast: Y92241 - Hurt at the library will soon be added to your record, although I'm not sure whether this code is for physical trauma or the pain you'll suffer in the romance section.

I've said for years that housework is unhealthy, and now NCHS admits it, by adding Y93E5 - Activity, floor mopping and cleaning! Accidents in the home are quite common, but I never suspected that V9411XA - Bather struck by powered watercraft, initial encounter was possible! Apparently in addition to a permanent record, our school teachers were right when they warned us of Y9383 - Activity, rough housing and horseplay, but no one ever told me I could get Y92253 - Hurt at the opera!

Thank the good people at the bureaucracies for spending their precious time to think of these codes. Otherwise, what would we write when a spaceship landed on our heads? V9542XA - Spacecraft crash injuring occupant would not have occurred to me. The astronaut who recently returned two inches taller from his stint in the space station will have X52 - Prolonged stay in weightless environment on his chart, and a good thing, too.

Being from Kentucky, I am well aware of farm injuries, but never yet have I seen a chart with Y9272 - Chicken coop as the place of occurrence of the external cause. I am looking, though.

Take it easy – yoga is a nice, relaxing activity, but be careful: Bikram is bad for you when you get Y9342 - Activity, yoga. Maybe crocheting is safe. Unless you get Y93D1 - Stabbed while crocheting!

I hope this clears things up, and that you never have Z732 - Lack of relaxation and leisure! See you all at the next meeting!



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THE RAMIREZ REPORT

By Julie Ramirez, LCMS Executive Director

Leadership Traits

In our work environment we come across those who are managers and those who are leaders. I've been to several conferences lately in which the concept of leadership has been brought up. Leadership is everyone's business; it is a relationship; it is an ongoing self-development process; it takes practice and is an aspiration and a choice. It is 50% observation of others, 40% trial and error and 10% education. You model the way, inspire a shared vision, challenge the process, enable others to act and encourage the heart. It's not about being perfect at the end of the day but being better at the end of the day. Leaders are clear on what they stand for and then do what they say and stand for. They do not compromise on high integrity and they stay passionate. If people don't believe in the messenger, then they will not believe the message.

The most admired traits in a leader are: #1-honest, #2-competent, #3-forward thinking, and #4-inspiring. You can be a better leader by being credible. But being credible is not enough to lead- you need courage and a vision. Vision is your long term ultimate destination. As a leader, there will be those around you that won't like risk, but trying something and failing is better than not trying at all.

Everyone models a way. As a leader you must be intentional about the way you want to model. We all have our own individual styles. When I was in Austin, Texas at a conference, I was introduced to the Color Palette Style test. As you can see by the graphic, the red personality is full of adventure, the blue personality is full of harmony, yellow excells on responsibility and green is curiosity at its highest. Our uniqueness is our combination of the colors; we aren't just one "color" or personality. It was a great tool that I use to better relate to those around me. If you are ever able to take this Color Palette Style test, it will be eye opening and well worth the time.



Save the Dates!

May 19, 2016 - General Membership Meeting at Lexington Country Club; Steve Colgate speaking June 20-22, 2016 - Florida Physicians CME trip to Lake Tahoe (early bird discount ends April 15, 2016) see last page of this Bulletin for RSVP instructions

June 30, 2016 - LCMS Residency Reception

FLORIDA HEALTHCARE LAW FIRM ATTORNEY A BENEFIT OF BEING A LCMS MEMBER

The Florida Healthcare Law Firm provides a wide variety of legal services to physicians, medical practices and many healthcare businesses such as medical staffs, surgery centers, imaging centers, **drug & alcohol treatment centers** and home health agencies.

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Instead, you will find the following at the Florida Healthcare Law Firm:

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For more information, please give the office a call at 936-1645 or email valerie@lcmsfl.org

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."

Anne Baradstreet, The Works of Anne Bradstreet

FLORIDA MEDICAL ASSOCIATION (FMA) FMA PAC By Florida Medical Association

What is the FMA PAC?

The Florida Medical Association Political Action Committee was established in 1974 to elect candidates to state office who will help advance the advocacy agenda of the Florida Medical Association.

The FMA PAC solicits voluntary contributions from healthcare professionals, spouses, medical students and residents to research, select and support the election of medicine-friendly candidates.

With the support of healthcare professionals from around the state, the FMA PAC is Florida's No. 1 medical PAC. During the

2013-2014 election cycle, the FMA PAC raised over \$2,500,000.

Does the FMA PAC endorse both Democratsand Republicans?

Yes. The FMA PAC is bi-partisan, supporting candidates of all parties that are pro-medicine. We work closely with County Medical Societies and our Physician Board Members from around the state to identify pro-medicine candidates as they seek elected office.

Who can be a member of the FMA PAC?

Membership of the FMA PAC is comprised of physicians, their spouses, medical students, residents, and physician assistants. Many large groups and medical staffs around the state have given generous donations as well.

Who serves on the FMA PAC Board?

The FMA PAC Board and Executive Committee are comprised of physician leaders from around the state. There are up to sixty-five physician members, one medical

five physician members, one medical student member, up to seven alliance members and one PA Member.

How can I become a member of the FMA PAC?

There are several levels of commitment to the FMA PAC. To learn more about investing in your profession and becoming a member today please visit: https://www/flmedical.org/newmemberapplicationPac.aspx







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From left: Nina Burt, O.D.; E. Trevor Elmquist, D.O.; Kate Wagner, O.D.

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SMILE! THE DOCTOR IS ON CAMERA

BY RICH CAHILL, VICE PRESIDENT AND ASSOCIATE GENERAL COUNSEL, THE DOCTORS COMPANY

"Doctor, can I record our conversation today?" The Pros and Cons of Recording Office Visits and Procedures

Have you ever heard that question from a patient or a patient's family member? The issue of allowing patients to record their appointments requires balancing potential privacy and liability risks with the potential benefits of improved patient recollection of instructions and treatment adherence.

It's typically not the best course to allow patients to record the appointment. The recording devices could be disruptive and could be potentially intimidating to physicians and staff. In addition, these recordings—unlike the electronic health record—can be altered or manipulated to create an inaccurate portrayal of what actually occurred. These recordings can also easily be streamed or posted online, raising the issue of patient and staff privacy and HIPAA compliance. In addition, recording the visit may inhibit the flow of information between the doctor and patient. Patients may be less likely to be open about sensitive health issues because of the fear that the recording might be listened to by an outside party.

If a patient records a visit without the doctor's permission, that can result in a loss of trust, which is the basis of a strong physician-patient relationship. Only about a dozen states nationwide prohibit electronic recordings done without the explicit consent of all participants in the encounter. It is important to know the specific laws concerning recordings in the jurisdiction where you practice. Regardless, it is recommended that patients be advised unequivocally that

digital recordings by handheld devices such as smartphones are prohibited on the premises in order to protect the privacy of other patients and staff in compliance with federal and state privacy laws.

Post this notice clearly on your practice website, in the conditions of treatment signed by the patient at the outset of the relationship, and as office signage near the reception window. Suspected violations should be handled immediately. If this policy is violated, meet with the patient in a confidential setting to discuss the issue and reiterate the office policy. Depending on the circumstances and the status of the patient's current episode of care, advise the patient that further violations may result in termination of the physician-patient relationship.

If patients ask to record the visit, encourage them instead to take notes or to have a trusted family member or friend join them for the office visit to help take notes, remember information, and ask questions. Doctors can also encourage patients to be engaged in the conversation with "Ask Me 3," a program that promotes clear communication through these three main questions:

- 1. What is my main problem?
- 2. What do I need to do?
- 3. Why is it important for me to do this?

Doctors should also ask patients to repeat back the information shared, and then correct any misunderstandings.

Contributed by The Doctors Company. For more patient safety articles and practice tips, visit www.thedoctors.com/patientsafety.

MEDICAL MUSEUM CURATOR REPLACEMENT NEEDED

The Medical History Museum at Florida South Western State is the result of the collective efforts of Roger Scott, M.D., Lee County's first board certified surgeon and Jacob H. Goldberger, M.D., a general surgeon in Fort Myers. The Museum honors the memory of Goldberger's partner, Dr. David Bernstein. The museum is dedicated to protecting, preserving, and interpreting the history and development of medicine from all periods. In addition to the intriguing displays, the Medical

History Museum at Florida SouthWestern State College hosts educational programs, public events and lectures. Dr. Roger Scott is retiring as curator of the Medical Museum and asking for anyone that would be interested in becoming the new curator of the Medical Museum to please contact him at 239-275-4781 or Valerie at the LCMS office at 239-936-1645. Dr. Scott is willing to train anyone who is interested in this position. No previous experience needed.



RECOGNIZING DEPRESSION AMONG HEALTH CARE PRACTITIONERS BY FLORIDA BOARD OF MEDICINE - POSTED IN LATEST NEWS ON FEBRUARY 26, 2016

Stress is a common occurrence in everyday lives. Whether it is running late for work because of unforeseen circumstances, trying to find time to practice healthy habits, or not being able to take a break from your hectic schedule, stressors are difficult to avoid. While some form of stress is healthy and even necessary to help us perform and react during times of crisis, prolonged and excessive stress can have damaging effects, leading to burnout or depression.

Those within the health care industry often joined their profession to find compassion and satisfaction from helping others. While that is frequently the case, it's no surprise that at one time or another, health care professionals find themselves working under significant stress. While all health care practitioners can be at risk for burnout as a result of work, those who care for seriously ill patients face a higher risk for diminished personal well-being, burnout, moral distress and compassion fatigue. In addition, those caring for terminally ill patients often don't recognize the personal emotional toll it takes, and these unexamined emotions could lead to professional loneliness, loss of professional sense of meaning, loss of

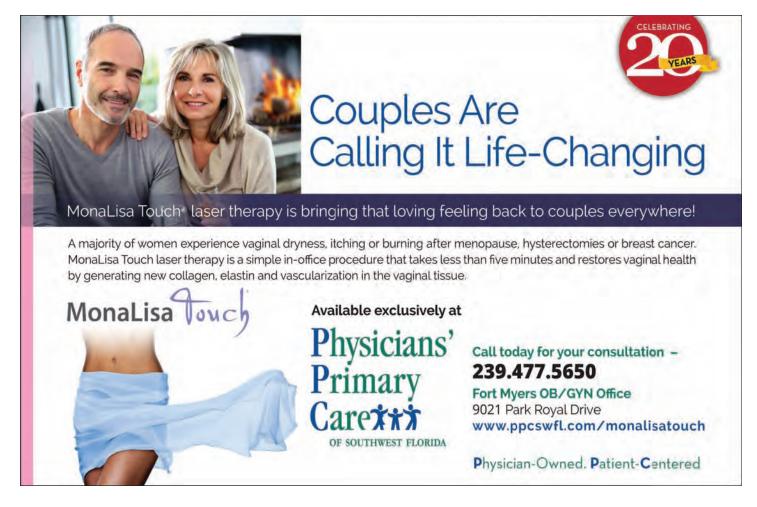
clarity about the goals of medicine, cynicism, hopelessness, helplessness, frustration, anger about the health care system, loss of sense of patients as human beings, increased risk of burnout, and depression.

The problem is that depression doesn't show up on an X-Ray or an MRI and can oftentimes be difficult to detect. So how do we know where healthy stress ends and overload begins? Every person experiences moments of sadness or struggle, however depression is more than just sadness. People with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide. As health care professionals it is critical to recognize and be aware of these symptoms, both in our personal and professional settings. Failure to recognize these symptoms could not only adversely affect your patients' lives, but your own as well.

Fortunately, there are ways to manage

stress to prevent burnout through self-care strategies. Self-care strategies begin with the recognition that people have multiple personal dimensions to attend to in order to live a good or happy life. These dimensions include family, work, community and spirituality. Strategies for personal self-care include prioritizing close relationships such as those with family; maintaining a healthy lifestyle by ensuring adequate sleep, regular exercise, and time for vacations; fostering recreational activities and hobbies; practicing mindfulness and meditation; and pursuing spiritual development. Another strategy is that of positive psychology. Positive psychology focuses on utilizing traits such as kindness, optimism, generosity, gratitude and humor. Not only will utilizing these traits lead to a happier self, they also help to build personal resilience and buffer stress.

While self-care strategies serve an important tool, it may also be helpful to meet with a primary care physician who can determine whether a mental health specialist is needed. For more information on depression visit the American Psychological Association at http://www.apa.org/topics/depress/index.aspx



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It's an exciting time of year for the FSU Family Medicine program at Lee Memorial Hospital. On March 18th, 2016 the six new incoming interns for the class of 2019 will be announced. These applicants began their interview journey back in September and will finally come to find a new home in Fort Myers, FL come this June. When previously interviewing medical students, the advice I always gave was about finding a place which employs people you would want to work with. Residency is a very memorable time in life for all practicing physicians. It is important that the time spent during those years is enjoyable. The people you work with will mean a lot in that regard. During my own interview process, I spent my energy and focus on determining if faculty were approachable, as well as enthusiastic about their program. I also questioned the residents about their overall happiness. These things were important for my decision-making process. Lee Memorial stood out during my interviews as a program in which the staff, faculty and

residents seemed to effortlessly collaborate to create an ideal work environment. Based on feedback from applicants, I believe we continue to provide that experience which is something I am very proud of.

The resident class of 2016 is getting closer and closer to graduation. Our first full class of residents will be graduating this year and will finally venture into the world as residency-trained family medicine physicians. As a current intern, I couldn't be more excited for them. Having still another two years to go myself, I look to my upper levels residents for guidance, inspiration, as well as hope for my future skills as a physician. Our upper level residents have provided a great example of leadership for both me, as well as my entire co-intern class. It is great to see them all succeed!

It feels as though my residency journey started only yesterday, yet here I am with nine months of experience under my belt. It is truly amazing how fast time flies. It is also amazing at how much one can learn

in a short period of time. Residency has definitely taught me more than I could ever imagine, and I still have plenty of time to go. I feel so fortunate to have matched into such an



encouraging and supportive environment. This program has been everything I could want and more. My co-workers have become like a second family to me. Being from Jacksonville, I am quite a drive from my close family. With the pressures of medicine, having a good support system is imperative. Being able to stay in close contact with my previous support system was definitely a challenge in the beginning of residency, but now I can rely on my new Lee Memorial family during my difficult times. It's truly a blessing having my coresidents and faculty willing to lend their ear or shoulder during the trying days. This is something I am so grateful for, every day.



Jonathan S. Daitch, MD & Michael E. Frey, MD and Staff Advanced Pain Management & Spine Specialists



Welcome

Alexander J. Martinez, MD

Dr. Martinez is a graduate of the University of Miami. He obtained his medical degree from New York Medical College. He completed his residency in Physical Medicine Universities Combined Program at New York-Presbyterian Hospital. He completed a Fellowship in Pain Medicine at Albert Einstein College of Medicine in Bronx, NY.

Martinez is Board Certified in Pain Medicine as well as Physical Medicine & Rehabilitation. He is certified in Diagnostic Musculoskeletal Sonography. For more information, please visit www.apmss.net.

Dr. Martinez is fluent in Spanish. He will be accepting new patients.

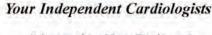
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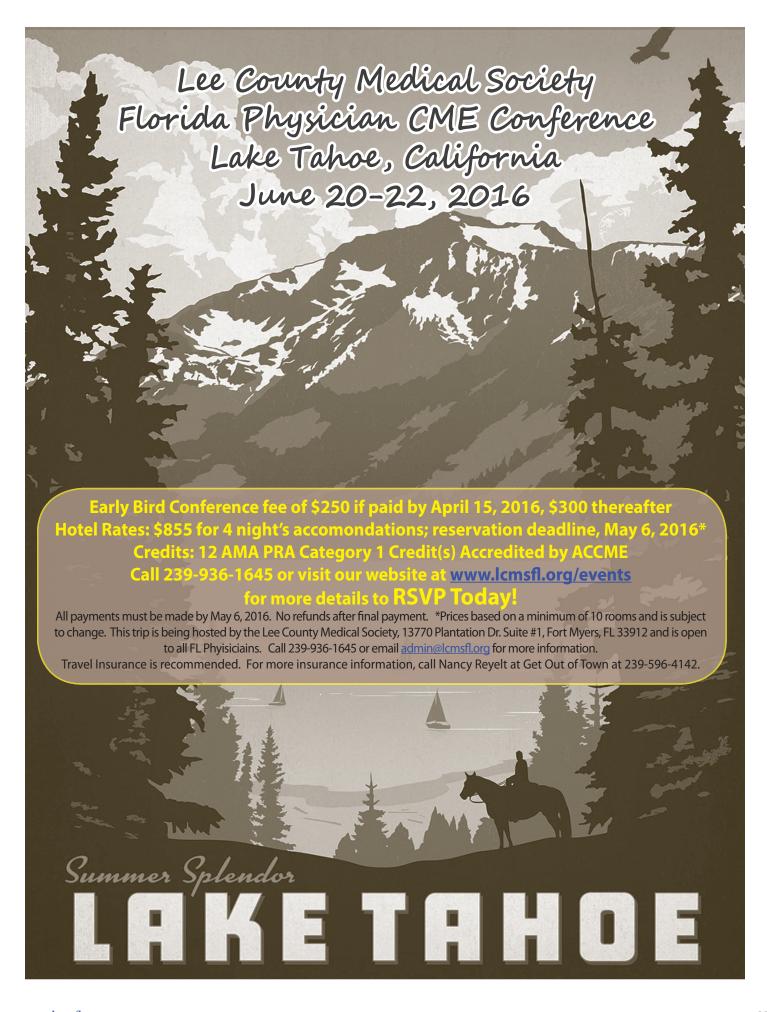
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LCMS Dues were due January 1, 2016 and are considered past due. Delinquent members will be dropped on April 15th. Please call the Medical Society at 239-936-1645 to make payment arrangements if needed.

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