

# MSSC NEWS

## Legislative session ends on high note for physician issues

The 2019 legislative session was challenging, with scope-of-practice issues and a renewed push to expand Medicaid. The MSSC Legislative Committee worked closely with the Kansas Medical Society to monitor these issues and advocate on behalf of physicians and patient care. Here is a brief summary of where things stand on some of the top issues impacting physicians this year, culled from KMS updates:

### Medicaid expansion

Stalled. Republican-controlled bodies have promised to work toward building a Medicaid expansion plan their caucuses can support next session, although the issue likely will remain politically charged and difficult to pass.

### Corporate Practice of Medicine

This bill did advance, but it was heavily amended to include provisions requested by KMS. As written, it is limited in scope, with a very narrow definition of business entities allowed to employ physicians. Additionally, the corporations are held to the same legal and ethical standards as a physician and they will be regulated by the Board of Healing Arts. Hospitals are exempted from the law.

PLEASE SEE **UPDATE**, PAGE 7

## Grindel chosen as president-elect of 2020 MSSC board

MSSC members elected Stephen Grindel, DO, as the Medical Society's president-elect for 2020. The results were announced at the May 7 members meeting at the Wichita Country Club. Other members elected to the board for 2020 are:

### Secretary:

Sheryl Beard, MD

### Treasurer:

Shadi Shahouri, MD

### Board of Directors:

Phillip Hagan, MD

Justin Moore, MD

Chady Sarraf, MD

### Membership & Ethics:

Therese Cusick, MD

Tana Goering, MD



May  
2019

## Wichita physicians experience high burnout rates

A study conducted by researchers at the University of Kansas School of Medicine-Wichita found that nearly half of Wichita-area physicians are experiencing signs of burnout, which is associated with symptoms of depression, fatigue, suicidal ideation, and intentions to leave the medical profession via early retirement or career change.

Lead researchers Samuel Ofei-Dodoo, PhD, MPH, CPH, an assistant professor and researcher at KUSM-W in the Department of Family and Community Medicine, and Rick Kellerman, MD, professor and chair of Family Community Medicine, presented their findings at an MSSC membership meeting on May 7. The other co-authors of the study are Karissa Gilchrist, MD, and Eastin Casey, MD, both family medicine residents.

The study, published this month in the Kansas Journal of Medicine, was conducted among MSSC members, who represent more than 90% of practicing physicians in Sedgwick County. The survey found that 49.5% of respondents exhibited signs of burnout, which is a higher rate than physicians nationally.

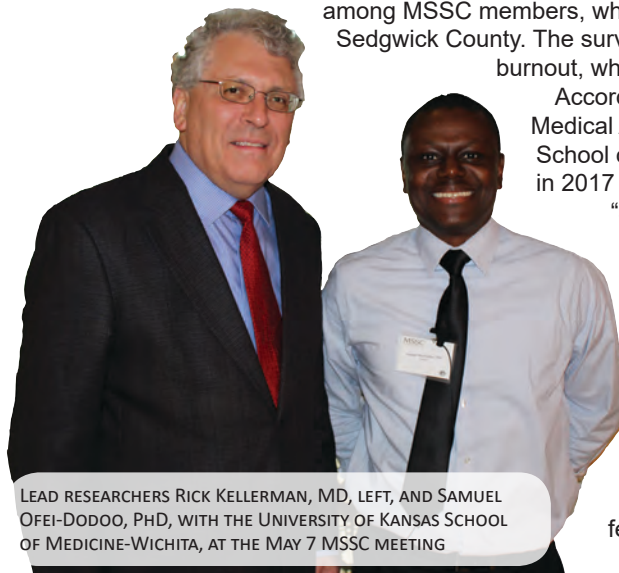
According to a February study conducted by the American Medical Association, the Mayo Clinic and Stanford University School of Medicine, the U.S. physician burnout rate was 43.9% in 2017 – down from 54.4% in 2014 and 45.5% in 2011.

"Job burnout is an experience, not a diagnosis, in response to chronic job stress," Ofei-Dodoo said. "It is more of a red flag, a warning signal telling you there is this disconnect between the person and the job environment."

Another study by Ofei-Dodoo and colleagues also looked at burnout rates among medical residents and found that 51.1% residents in KUSM-W programs reported manifestations of burnout.

Research has said burnout manifests itself in three different dimensions: exhaustion, cynicism and ineffectiveness, or inefficacy. The statistics are worrisome,

PLEASE SEE **BURNOUT**, PAGE 2



LEAD RESEARCHERS RICK KELLERMAN, MD, LEFT, AND SAMUEL OFEI-DODOO, PHD, WITH THE UNIVERSITY OF KANSAS SCHOOL OF MEDICINE-WICHITA, AT THE MAY 7 MSSC MEETING

Physicians  
who care for ...  
our patients,  
our community,  
and our profession.

**MSSC**  
MEDICAL SOCIETY of  
SEDGWICK COUNTY

www.mssconline.org  
1102 S. Hillside  
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(316) 683-7557

# Join me in being part of an amazing fundraiser for great cause



**Dr. Michael Lievens, MD**  
May President's Message

This August, Project Access will be the beneficiary of an amazing fundraiser. "Access the Edge" offers a unique opportunity for participants to rappel (or be lowered) 19 stories down the side of the 125 Market Street building (the New York

Life building) in downtown Wichita.

The first 70 fundraisers to raise a minimum of \$1,000 in donations will secure a place on the ropes. The funds will go toward supporting the mission of Project Access. This is part of the ongoing celebration of Project Access' 20th anniversary – and will help it continue its critical mission.

I'm going to do this. I think it will be a blast, and I can't wait!

I hope that many other physicians in town will raise the \$1,000 from their practices, or other sources of generosity, so they can join in this unique fundraiser. I urge you to participate, either individually or by supporting a member of your practice to do it.

When else will any of us get such a cool opportunity?

I have been assured that it will be safe and well supervised by people who know what they are doing, so being risk averse is no excuse!

Information about the Access the Edge event is on this website: <http://ote.cphcp.com/>

As most of you know, Project Access has been a very successful program initiated by the MSSC 20 years ago. It coordinates

care for uninsured citizens of Sedgwick County who have conditions beyond the scope of community safety net clinics, including cancer, diabetes, injuries, heart disease, and many others. More than 635 local physicians and eight hospital systems donate care. Project Access also provides help with some prescriptions and medical equipment.

One recent patient, Chris, was diagnosed with prostate cancer. A local urologist and oncologist were among those who donated their services. "If it hadn't been for Project Access, none of this would have been able to happen," Chris said.

In addition to encouraging MSSC members to help raise money and have fun with this event, I urge those physicians who are not participating in Project Access to consider becoming a part of this fulfilling charity organization. To those of you who already participate, I, and many members of the community, thank you for your generosity and service.

On an unrelated topic, I have been thinking a lot lately about the local physicians who are about to retire, or have already retired. My hat is off to you all. This profession we have chosen is demanding, hard work much of the time. Electronic health records and outside "stakeholders" have made it harder for most of us over the past 10-15 years.

It is also an incredibly rewarding profession, on many levels, and we are lucky to be able to do what we do. To those who have been at it for 30, perhaps 40 years or more, I am in awe.

We all have good days, when the work seems to flow easy and

PLEASE SEE LIEVENS, PAGE 3

## BURNOUT CONTINUED FROM PAGE 1

Ofei-Dodoo said, because burnout among health care professionals is associated with several safety or life-changing issues, including:

- A decrease in the quality of patient care
- An increase in the number of medical errors
- An elevated risk of suicidal thoughts and depression
- Substance use disorder
- A stronger desire or intention to get out of the medical profession altogether

The Wichita study found that nearly 85% of physicians felt their overall quality of life was good or very good, but that nearly half the respondents reported high emotional exhaustion and/or screened positive for depression.

While national burnout rates have lowered in recent years, the relatively high numbers nationally and in Wichita suggest there is work to be done to better understand the causes and solutions to burnout, not only to increase physician satisfaction and well-being, but also to increase safety for the patients they serve.

"Given this evidence, physician burnout threatens the safety and effectiveness of the U.S. medical system," the authors wrote.

There are a number of possible causes of burnout among physicians, including a work-life imbalance, difficult patients, unrealistic expectations – both personally and professionally – and system issues such as inefficient EMR requirements and ubiquitous paperwork.

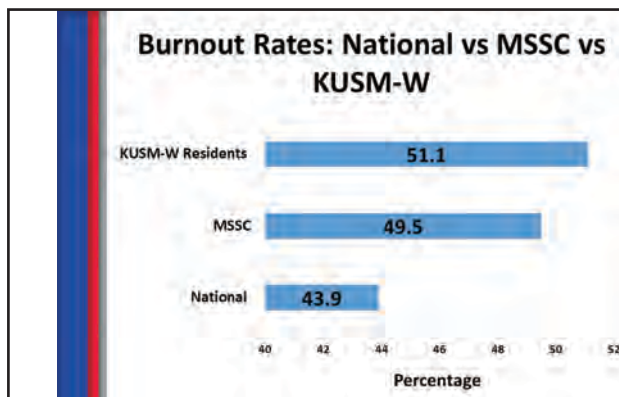
Ofei-Dodoo and Kellerman also found that KUSM students experience a high rate of burnout as well, long before they are practicing physicians, ranging from 22% for first-year students to 65% for fourth-year medical students.

"I'm a believer the EMR has contributed to physician stress and burnout," Kellerman said. "But the medical student findings make me think there is something in our culture, something in our internal personalities as physicians, which contributes to our distress."

So what are potential solutions to a consistently high burnout rate among physicians?

"There is no one-size-fits-all solution to high burnout rate given that it's an experience and not a diagnosis," Ofei-Dodoo said. But research shows there are some things physicians can do to enhance well-being.

"Physician participation in activities that promote wellness, such as exercise and mindfulness activities, healthier eating, decompression from daily stress, and connecting with others within and outside work, has been suggested as a strategy to counteract burnout," the study authors wrote. Medical societies can contribute by working for an improved patient care environment. To read the full report, please visit <https://tinyurl.com/MSSCburnout>.



SOURCE: OFEI-DODOO, KELLERMAN, GILCHRIST & CASEY (2019)



# Physician ENGAGEMENT

This month, we capture physicians and guests at the May 7 MSSC membership meeting at Wichita Country Club

Physicians and guests at the May 7 membership meeting were treated to a presentation on a brand-new, just-released study on physician burnout conducted by the University of Kansas School of Medicine-Wichita among Medical Society of Sedgwick County members. The MSSC's 2020 officers and board of directors also were elected.



▲ JENNIFER JACKSON, MD, AND JAY GILBAUGH, MD



▲ KEVIN HOPPOCK, MD, AND STEEN MORTENSEN, MD



▲ MR. JAMES HARRIS, PHD, AND PATRICIA WYATT-HARRIS, MD



▲ SHARON NORRIS, MD, AND MITZI BALES, MD



▲ STEPHANIE KUHLMANN, DO, AND LESLIE MARSHALL, UNITED WAY



▲ TERRY POLING, MD, AND STEEN MORTENSEN, MD

## LIEVENS CONTINUED FROM PAGE 2

we seem to be actually making a difference in our patient's lives. We are "in the zone," as athletes would say. It is what we have worked so hard in training to be able to achieve.

We all love those days, and I hope that most of your days are so rewarding. However, we also have days when we don't feel good, or we are exhausted. Perhaps there are issues in our own lives, or those of our families, that need our attention. Yet we have to show up for work anyway. We have to care for our patients anyway.

This is what true professionals do. We show up, every day, even when we don't feel like it. Even when the work doesn't flow easily, and it seems as if we aren't helping any of our patients. We show up and keep at it.

The persistence, patience, focus and hard work that is expended over a 30-40 year career in medicine is something to behold. Much respect and admiration to you all.



▲ STEPHEN GRINDEL, DO, MRS. MICHELLE GRINDEL, AND GYAN KHICHA, MD



▲ VU NGUYEN, DO, SHERYL BEARD, MD, AND KATIE MROZ, MD

### New group health insurance plan to be offered to MSSC physician practices

The MSSC board of directors in April approved the launch of a brand new health insurance plan for Medical Society members.

The plan, which is available beginning July 1, utilizes the ProviDRs Care Network using the NexUS value-based health care program. It will be administered by Medova Healthcare.

"This is an exciting venture for ProviDRs Care with NexUS being a game changer in the marketplace," said Karen Cox, CEO of ProviDRs Care. "We're offering a unique health plan to MSSC members, giving physicians and their practices another choice."

What's particularly unique about this plan is that it is based on the NexUS model, which focuses on the cost drivers of health plans to reduce costs, and it is a partially self-funded insurance plan modeled for small employers.

The group is pulling materials together now, but has already fielded several calls from practices eager for group quotes.

While details are still being hammered out, members interested in learning more about the new product can contact Cox at KarenCox@ProviDRsCare.Net.

### KAFP welcomes new EVP

Tarah Remington Brown joined the Kansas Academy of Family Physicians (KAFP) this month as the incoming executive vice president. She officially begins her new role on Sept. 1, replacing Carolyn Gaughan, who is retiring on Aug. 31.

Remington Brown, who hails from Kansas City, Mo., brings a high level of expertise in membership recruitment and retention, fundraising and sponsorship growth, organizational marketing, strategic planning and association management to KAFP, officials said.

Most recently, she served as executive director for the Transportation Lawyers Association and the Association for College and University Auditors.

In other news, MSSC member Sheryl Beard, MD, is the new president of KAFP. She will be inducted at the KAFP annual meeting June 6-8 at the Wichita Marriott. At that event, Gaughan also be recognized for 30 years of service as executive vice president.



### Changes in residency programs

Gretchen Irwin, MD, is the new associate dean for graduate medical education at the University of Kansas School of Medicine-Wichita. Irwin, who previously worked as program director at the Wichita Family Medicine Residency Program at Wesley Medical Center, took over on May 1, replacing Paul Callaway, MD, who recently retired.

Kimberly Krohn, MD, has been named the new program director of the Wichita Family Medicine Residency Program at Wesley Medical Center. Krohn joins the department from North Dakota where she has served as the program director of the University of North Dakota School of Medicine Family Medicine Residency Program in Minot.



IRWIN



KROHN

### Looking at strategies for development

David Norris, MD, was a guest recently on the Medical Group Management Association's podcast. The program was on strategies for physician development, and Norris spoke on the importance of business intelligence.

Norris is author of "The Financially Intelligent Physician: What They Don't Teach You in Medical School," which is available on his website, davidnorrismdmba.com.

### Time to update roster information

MSSC is gearing up to produce the 2020 membership roster. Verification and order forms will go out the first of June. Physicians will need to make sure their roster information is correct and decide whether their photo needs updating.

Order forms are due back by Aug. 15 to avoid a late charge. Advertising sales for the roster will begin later in June, including a lottery drawing for the back cover and the front and back inside covers. The rosters will be completed and available for distribution in December. For more information, contact Katherine Murphy at (316) 683-7670.

### Free CME Webiner for physicians

On June 12, Justin Moore, MD, will present a free CME Webinar called "Be happier and save lives with team-based care of hypertension and dyslipidemia."

The Webinar will offer 1 CME credit. To register, please visit <https://www.khconline.org/31-event-descriptions/447-behappier>

The Medical Society of Sedgwick County is accredited by the Kansas Medical Society to provide continuing medical education for physicians.

The Medical Society of Sedgwick County designated this live activity for a maximum of 1.0 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Name change reflects state mission

The Wichita Business Coalition on Health Care formally changed its name at the 41st annual Health Care Roundtable on May 2.



**Kansas Business Group on Health**

Now called the Kansas Business Group on Health (KBGH), an affiliate of the Medical Society of Sedgwick County, the nonprofit group is made up of employers, health care providers, health plan carriers, benefit consultants, and others.

"The new name better reflects our mission, our stakeholders and the expanding influence we have," executive director Shelley Duncan said.

The Kansas Business Group on Health provides access to benefits and insurance design strategies, membership-level resources and tools for lowering health care costs.

The group is a member of the National Alliance of Healthcare Purchaser Coalitions, which represents 12,000 employers and 41 million lives. For more information, please visit [www.ksbgh.org](http://www.ksbgh.org).



# UPDATE

May 2019

## Central Plains Health Care Partnership

From the executive director



SHELLEY DUNCAN

**Project Access** is working toward Access the Edge, our 20th anniversary fundraising event scheduled for Aug. 29-30. This event involves two days of fun and rappelling down the 125 N. Market building in downtown Wichita. The first day will involve 10 VIPs from our community who have agreed to go over the edge. Those include Wichita Police Department Chief Gordon Ramsay and Wichita Fire Department Chief Tammy Snow. This will be the kick-off to the big event where we hope to have 70 people go over the edge. Our top sponsor for the event is the University of Kansas School of Medicine. We are most appreciative of the generosity of those supporting this event. We are looking to fill the rest of our sponsorships, which vary in scope and cost. People who register to rappel will find there is a great deal of support on the fundraising platform, which suggests social media is a great tool to help fund it. Several of our board members have agreed to rappel, as have I. This event will help sustain Project Access into the future. We hear over and over how important Project Access is to this community and it is only through the generosity of our medical community, and the financial support we receive, that we are able to continue our program. For more information, please visit <http://ote.cphcp.com>.

Project Access will participate in this year's Riverfest Health Fair on June 7. The health fair is held during the week near the food court from 11 a.m. to 2 p.m. and is mostly attended by employees of businesses located in the downtown area. We will have a table with information about Project Access, including information about Access the Edge. We also will have demonstrations for an introduction to yoga as well as Zumba.

**Health ICT** is in full swing executing our two grants: 1815 and 1817. Dr Justin Moore and Matt Thibault have been diligently working to create and obtain subcontracts with various individuals in the community who will help achieve the work plans we have submitted to KDHE this year. These grants are very collaborative and include:

- Partnering with the University of Kansas School of Medicine and engaging medical student groups in creating workflows for a number of physician offices that will ideally improve health outcomes while reducing workload on physicians
- Working with the University of Kansas School of Pharmacy and a local federally qualified health center to help create an integrated model of team-based care that includes pharmacists
- Working with local employers to help incorporate diabetes prevention programs into their health care benefit plan, and more.

Finally, the Wichita Business Coalition on Health Care has been busy preparing for the unveiling of our new name as well as several initiatives we will soon be offering our employer members. Our new name is **Kansas Business Group on Health**. Our initiatives include a program that will overlay on an employer's pharmaceutical benefit, but should help employers save money on pharmaceuticals by focusing on lower cost alternatives to current medications employees are prescribed. In addition, we will be offering a program focused on improving outcomes while lowering costs for employees with diabetes.

And lastly, we will be offering our members a program that will help employees improve their health literacy. By empowering employees to understand more about health-related testing, procedures, and medications, it can reduce costs.

Shelley Duncan  
Executive Director



### CONTACT US

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[www.healthict.org](http://www.healthict.org)

**Donate now!**



Why you matter

## Project Access Patient Testimonial

### Arthur | Project Access Patient

Arthur is 62 and has been a bricklayer all his life. His father and grandfather were bricklayers before him. However, this industry does not often provide health insurance. Without health insurance, Arthur would wait until he was very ill before he saw a doctor, which was the case a couple years ago.

Arthur started feeling poorly and began to struggle to keep up at work. Thankfully, the doctor told him about Project Access and agreed to see him through the Project Access program. Now, Arthur sees his doctor at the first signs of illness instead of waiting until things get worse. Project Access also assists Arthur with free medication for his COPD and asthma, medications that are otherwise unaffordable.

Bricklayers know the importance of a good foundation and Arthur knows Project Access is his good foundation. The generous care donated by Project Access doctors allows Arthur to stay in the workforce and on the worksite.



ARTHUR

## Access the Edge: Register now for a great adventure

Spots for Access the Edge continue to fill. Be sure to register as soon as possible for a once-in-a-lifetime opportunity to rappel the outside of the third tallest office building in downtown Wichita.

Participants will descend the 19 story building at 125 N. Market St. on Aug. 30. Proceeds from the event will benefit Project Access.

Access the Edge is both fun and exhilarating. Take it from those who have participated in this event before. Susan stated she has been in Tucson all her life and she had never seen an event that was such an incredibly good fit for the Tucson community. She said the Over the Edge team, which manned the event, was amazing and she had the time of her life participating.

Are you like Susan, wanting to be a part of something great for the Wichita community? Access the Edge will provide just that. It's safe, its adrenaline-charging and, above all, it's a blast.

Register as an individual or as a team at [ote.cphcp.com](http://ote.cphcp.com). Do you work for a company or medical facility? Has your boss ever pushed you close to the edge with his or her daily demands? Do you want some payback? Look no further than Toss your Boss... Over the Edge!

It's easy. Just get together with your fellow office employees and commit to raising \$1,000 through ac-

tivities such as jeans days, potluck lunches, car washes, and any other fun events, and then elect your boss to go over the edge...as payback!

For more information about Access the Edge, please contact Michael Cayless, development director at Project Access by e-mail to [michaelcayless@cphcp.com](mailto:michaelcayless@cphcp.com) or by phone at (316) 688-0600.

See you on Aug. 30!

### ► Access the Edge ... for the Uninsured

**When:** Aug. 30, 2019

**Where:** 125 N. Market St., Wichita, KS

**Time:** 9 a.m.-4 p.m.

**Info:** [ote.cphcp.com](http://ote.cphcp.com)





## MEMBERSHIP

Members of the Society who know a good and sufficient reason why any of the following applicants are not eligible for membership are requested to communicate with the Medical Society of Sedgwick County, 683-7557  
Key: [BC] Board Certified [F] Accredited Fellowship [R] Residency [AT] Additional Training [F\*] Unaccredited Fellowship

## NEW APPLICANTS

### Ricky W. Lee, MD

[BC] Neurology

[BC] Clinical Neurophysiology

[BC] Epilepsy

Ascension Medical Group Via Christi—Neurology

OFF: 268-8500

FAX: 291-7993

848 N St Francis S-3901, 67214

## CHANGES

### Tatpati Medical Group, LLC

8110 E 32nd St N S-170, 67226

Closed as of 4-16-19

### Mohamed Mahomed, MD

Moved as of 5/1/2019

Kansas Joint & Spine Specialist

OFF: 219-8299

FAX: 219-5899

10100 Shannon Woods Cir S-100, 67226

### Heidi Larison, DO

Moving office as of 6/1/19

Wichita Primary Care, LLC

OFF: 448-8339

7570 W 21st St N S-1010A, 67205

## RETIRED

Olga A. Tatpati, MD – April 16, 2019

Diane Klingman, MD – April 30, 2019

## DROPPED

Megan Redelman, MD – May 1, 2019

Kyle Rockers, MD – moved out of state May 22, 2019

James Weihe, MD – moved out of state May 24, 2019

Bart Winter, DO – May 13, 2019

## In Remembrance

The MSSC extends its condolences to the family of Dr. James C. Mershon, MD.



Cardiologist James C. Mershon, MD, died March 19 at age 81. Dr. Mershon completed medical school at the University of Iowa in 1963. After serving two years in the Army, Dr. Mershon and his family moved to Wichita in 1970 where he practiced medicine for more than 30 years. One of the founders of the Mid-States Companies, Dr. Mershon helped introduce the use of a mobile echocardiography unit in the Kansas region. He is considered a Wichita pioneer in pediatric cardiology and coronary artery angioplasty. Dr. Mershon is survived by his wife, Beverly, three children, and seven grandchildren.

## Increasing health literacy at 41st Health Care Roundtable

The Wichita Business Coalition on Health Care, an affiliate of MSSC, held the 41st annual Health Care Roundtable conference on May 2 at Mark Arts.

Speakers included Christa-Marie Singleton, MD, a senior medical advisor at the CDC; Chris Robbins, a pharmacy program consultant with the Pittsburgh (Penn.) Business Group on Health; Lauren Vela with the Pacific Business Group on Health in San Francisco; Al Lewis, CEO of Quizzify, a health literacy company based in Boston; and MSSC member Justin Moore, MD.

Presenters discussed topics such as the CDC's 6/18 initiative, which promotes evidence-based interventions to combat six common and costly health conditions; reducing low-value care; and the impact of social media on social isolation and loneliness.

Executive Director Shelley Duncan also announced that the coalition changed its name to the Kansas Business Group on Health. Learn more about KBGH and how to join at its new website, [ksbgh.com](http://ksbgh.com).



CHRIS ROBBINS WITH THE PITTSBURGH BUSINESS GROUP ON HEALTH SPOKE AT THE 41ST ANNUAL HEALTH CARE ROUNDTABLE ABOUT A PHYSICIAN-DRIVEN PROGRAM AIMED AT REDUCING PHARMACY COSTS FOR SELF-INSURED EMPLOYERS.

## UPDATE CONTINUED FROM PAGE 1

### K-TRACS funding

Of the \$1.4 million needed, half was allocated from the KDHE drug rebate fund and the remaining \$700,000 will be pulled from all of the other health care fee agencies.

### Scope of practice

A bill that would allow the independent practice of Advanced Practice Registered Nurses was introduced the final week of session but was referred to the Health committee where it will carry over until next year. Another bill was passed that will allow pharmacists to administer injections that would otherwise be self-administered by patients. As originally drafted, the bill allowed pharmacists to administer any drug by any method. KMS urged that the bill should narrow its focus so as not to be harmful and removed opposition when proponents accepted its suggested amendment.

### E-prescription of opioids

HB 2389 mandates that all opioids schedules II-IV must be e-prescribed by 2021. As originally introduced, the bill would have mandated e-prescribing for all controlled substances by January 2020. KMS supported pushing back implementation to coincide with federal requirements relating to e-prescribing for Medicare Part D. Additionally, several exceptions and exemptions were adopted, including a waiver for a physician who writes fewer than 50 prescriptions a year, for technological failure or economic hardship and a number of other clinical scenarios.

# MSSC NEWS

MEDICAL SOCIETY of SEDGWICK COUNTY 1102 South Hillside • Wichita, KS 67211  
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