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A Newsmagazine of Spokane County Medical Society

SCMS Hosts

1st Annual Golf Classic

SCMS Foundation Awards Eight Grants to Area Nonprofits in 2020

SCMS MEMBER HIGHLIGHT

Chris Anderson, MD



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Dawn DeWitt, MD

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"Dr. Haigh continuously pushes the boundaries of my classroom medical knowledge while simultaneously enhancing it with practical application to real clinical scenarios. He is able to make teaching moments out of every patient and takes advantage of every opportunity to shape my development as a future clinician. I feel extremely fortunate to have such a fantastic teacher and role model!"

### -ANDREW NAVARRO

MS1 MEDICAL STUDENT SPOKANE FOUNDATIONS SITE UNIVERSITY OF WASHINGTON SUBMITTED FEBRUARY 2020

# President's Message



COVID-19. As a Physician Assistant in Urgent Care, I have been on the front lines of the COVID-19 pandemic. As an undergraduate majoring in Public Health, I never imagined I would someday be leading a county medical society during the worst pandemic in 100 years.

Today's global pandemic highlights the need for a strong viable county medical society. Conflicting public policies, some formed with a reckless disregard for evidence-based

medicine and well-established public health practices, have led to over 440,000 American deaths, as well as economic chaos not seen since the Great Depression.

In our own county, we watched a seasoned health officer fired for questionable reasons in the worst days of the pandemic. As healthcare providers, we have been and will continue to be outspoken as the voice of reason and medical science in battling this pandemic. Let's be clear. Wearing a mask is not a political statement. Everyone wants sustainable economic recovery, but the hard truth is that won't happen unless we control the pandemic. Common sense public health practice and support for regional efforts to immunize the public is the only way through this crisis. People of all political persuasions need to work together to help the region and the nation navigate through the next 6-12 months.

Our mission statement calls us to be advocates for our patients and the communities we serve. We support the efforts of the Washington State Medical Association on managing the pandemic. We spoke out publicly against the decision by the Spokane Regional Health District and the Board of Health to fire Dr. Bob Lutz. We will work tirelessly with community partners to ensure that medical science rather than short-term political expediency drives public policy regarding the pandemic. Good news appears on the horizon, including a clear consistent national policy for managing the pandemic and distributing vaccines.

I have been a member of the SCMS Board of Trustees for the past four years. During my tenure the SCMS has gone through a challenging process of reassessment of its core mission. Faced with declining membership, we sought input from community physicians, PAs, residents, medical and PA students, and leaders from the major regional health systems. We asked whether there was even an ongoing need for a county medical society. The answer we got was a resounding "yes". They reaffirmed the need for a regional independent organization that advocates for continued improvement

in the practice of medicine and improving the health of our patients. We reevaluated our mission statement and prioritized four areas of focus: member collegiality, community engagement, medical education and medical advocacy. At the same time we reduced our operating expenses and cut the cost of membership. We have emerged a leaner, more effective organization.

I am honored to be elected as the first Physician Assistant President of the Spokane County Medical Society. PAs have worked collaboratively with physicians since the advent of the PA profession in 1965.

As a PA I bring a unique skillset to the job of President in these challenging times. I began my career in medicine as an Air Force Medic. Prior to attending PA school, I worked as a community health educator in South Korea, then got an MBA while working in sales, marketing and operations for a Fortune 100 telecommunications company. Since receiving a National Health Service Corps Scholarship, I have worked in two federally qualified health centers and a Family Practice Residency Training Program, all of which place a high priority on working with medically underserved populations.

In 2021, SCMS will support our membership with ongoing updates on COVID-19. Our annual meeting featured a member of the Biden Administration's COVID-19 task force discussing the national pandemic response. We will also be offering a Zoom meeting with our interim Regional Health Officer on the pandemic response efforts in Spokane County, and working in partnership with other local community stakeholders to seek greater input into public policy formation to ensure that it is guided by science. 2021 will also feature our second annual golf classic, our annual Medicine CME program, and input for the WSMA House of Delegates on policy changes for statewide medical practice.

We also hope to expand our membership and to promote new leadership within the organization. The stability and vitality of our organization requires a steady stream of community providers willing to step up and join the Board of Trustees and the Executive Committee. These are extraordinary times. We have an extraordinary group of members. Join us!

Barry ( Zmeha, 1A-C

Barry Linehan, PA-C 2021 SCMS President

# Introducing SCMS' New Brand Identity and Logo

We are proud to announce the launch of the Spokane County Medical Society's (SCMS) new logo as part of the ongoing evolution of our society's brand.

Our medical society has grown and evolved over the years, and we felt it was time for a change. We have refreshed our logo to reflect who we are today and to symbolize our future.

Tran Creative was a vital part of this process. Headquartered in Coeur d'Alene, Idaho, Ben Tran, Founder and Creative Director, generously donated his services, along with the services of his award-winning team, in helping create our new brand identity.

After careful consideration, we chose a new logo that reflects a more modern look and captures our mission of "serving as the guardian of community health and wellness while leading and promoting the professional practice of medicine."

The new logo captures the values and principles of the society aligning together to form two interlocking shapes creating the letter "S" for Spokane, with the leaf shape depicting growth and wellness.

If you have used the SCMS logo in any of your marketing materials, please assist us in updating them. We appreciate your kind support. If you have any questions, please contact Shelly Bonforti at shelly@spcms.org.





# Membership Recognition: January - May 2021

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

## **JANUARY**

### **60 YEARS**

Charles Wolfe, MD 01/12/1961

### **50 YEARS**

John Collins, MD 01/26/1971 Terrance Judge, MD 01/26/1971 L. Wiwatowski, MD 01/26/1971

### **40 YEARS**

Douglas Norquist, MD 01/27/1981 R. Steven Brisbois, MD 01/28/1981 Robert Gersh, MD 01/28/1981 William Osebold, MD 01/28/1981

### **FEBRUARY**

### **60 YEARS**

Norman Staley, MD 02/09/1961

### **40 YEARS**

John Adams, MD 02/24/1981 Colleen Carey, MD 02/24/1981 Arnold Cohen, MD 02/24/1981 David Cryan, MD 02/24/1981 Mary Noble, MD 02/24/1981 Jeffrey O'Connor, MD 02/24/1981 Craig Stucky, MD 02/24/1981

### **MARCH**

### **30 YEARS**

Guy Katz, MD 03/20/1991

### **20 YEARS**

Pamela Burg, MD 03/28/2001

### **APRIL**

### **60 YEARS**

William Dire, MD 04/13/1961

### **50 YEARS**

Bruce Ellingsen, MD 04/27/1971

### **40 YEARS**

Nancy Crotty, MD 04/28/1981 James Elmer, MD 04/28/1981 R. Campbell McIntyre, MD 04/28/1981

### **MAY**

### **40 YEARS**

David Gilman, MD 05/26/1981

# New Members 2021

## **PHYSICIANS**

Robert Bruschwein, MD Liam Lunstrum, DO Lisa Sohren, MD Janelle Sousa, MD Allison Tillack, MD

# **PHYSICIAN ASSISTANTS**

Angelica Brown, PA-C Kendra Lemery-DeJanovich, PA-C Amy Nelson, PA-C Brenda Wilkes, PA-C Cecelia Zebedeo, PA-C



# In Memoriam Spring 2020/Winter 2021

**Lowell Thomas Mouser, MD** (October 1934-January 2020)

**Henry B. Arguinchona, MD** (June 1935 – May 2020)

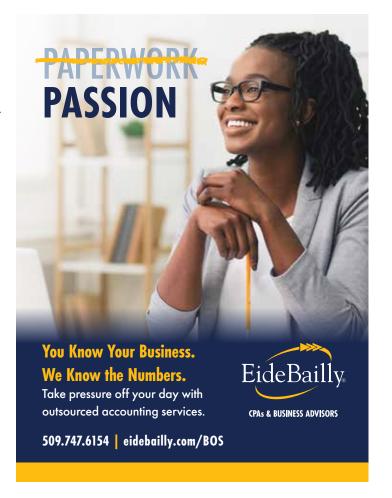
James Francis Conaty, MD (October 1938 – May 2020)

Angelo G. Lurus, MD (April 1931 – June 2020) Fred Viren, MD

(August 1930 – December 2020)

Kimberly K. Morris, MD (June 1967 - January 2021)

Melanie Sanborn, MD (October 1978 - January 2021)





Performing catheter ablation on a small child in Yerevan, Armenia, September 2019.

# Chris Anderson, MD



# Works at:

Washington State University Elson S. Floyd College of Medicine (Pediatric Clinical Education Director), and Providence Center for Congenital Heart Disease

# **Specialty:**

Pediatric and Adult Congenital Electrophysiologist

# Why SCMS:

It is our professional medical society for Spokane, and there is no other organization that will advocate for our needs in the region, so this is a very important role!

# Top concerns in medicine:

Provider burnout, lack of universal healthcare coverage in the U.S., major public health concerns including behavioral health problems, obesity, and firearm violence.

# Why my specialty:

I am passionate about treating kids (I include my adult patients here—we're just the big kids) with arrhythmias because we can have such great results for these lifealtering and sometimes life-threatening diseases.

# When I'm not at work:

I spend time with my family, play my guitar, and sing.

# Go-to activity to unwind:

I like reading fantasy fiction—it's a great escape!

# What I read:

See above!

# What you might not know about me:

I am in a band called the Barking Katz.

# **Proud moments in medicine:**

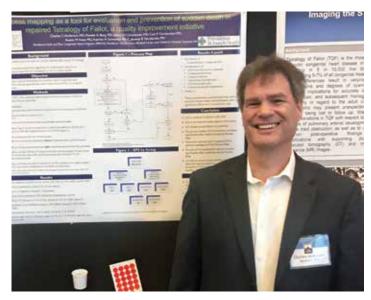
Every time I've discharged a patient from my care that I cured with catheter ablation—those are always special moments! Probably my proudest moment is yet to come on May 6, 2021, which will be the first commencement day of the inaugural class of the Elson S. Floyd College of Medicine, when we will welcome 60 new physicians!

# Best advice:

I always tell my students that the day you stop learning new things in medicine is the day you stop practicing.

## What's next:

I hope that we will see a pediatric residency launch from Spokane, and soon. We really need this!



Presenting a poster of our process map for sudden death risk stratification in repaired tetralogy of Fallot at the International Symposium on Congenital Heart Disease in the Adult in Skamania Washington, May, 2019.



Performing with my band the Barking Katz at Manito Park, Spokane, June, 2019.

# University of Washington School of Medicine Spokane Student Earns Award from Washington State Medical Association

Fourth-year medical student Vera Schulte received the WSMA Early Career Member of the Year award.

Vera Shulte's twin passions, advocacy and medicine, are closely intertwined and evolved simultaneously, but she hadn't planned on becoming a physician. "I grew up wanting to be a physicist," she said. "I've always enjoyed math and science."

Born in Germany, Schulte immigrated to the U.S. at age four when her father took a job with Microsoft. "I was raised with one foot straddling each side of the Atlantic," said Schulte.

While pursuing her undergrad degree at Washington University in St. Louis, Schulte lived in the Delmar Divide neighborhood—an area known as the socioeconomic and racial dividing line in the city. She discovered the area had high teen pregnancy and maternal morbidity rates. "It was my first exposure to such a disparity between healthcare access and outcomes," she recalled.

Wanting to learn more about why the area had such poor access to care, Schulte started the university's first Women's Health Group. Her goal was twofold: to get more students involved in the community and to lobby on behalf of women at the state capitol.

"That's when my interest in advocacy and medicine was born," said Schulte. "I realized how important it was to advocate for patients who couldn't advocate for themselves because of income disparity, immigration status, or racial or ethnic issues."

Instead of applying for PhD programs during her senior year, she applied to medical schools. Though she was accepted by several, the University of Washington was her first choice. In addition to being closer to family, the WWAMI (Washington, Wyoming, Arizona, Montana, Idaho) regional medical education program attracted her.

"It's such a unique program," she explained. "I had clerkships in Wenatchee, Washington, Coeur d'Alene, Idaho, and Bozeman, Montana."

Her time on the Spokane campus proved transformative. "My 18 months in Spokane was more than I ever thought it could be," Schulte said. "The faculty is incredibly supportive academically, but also helps you realize your aspirations outside the classroom."

For Schulte that meant becoming a student liaison for the American Medical Association, as well as serving as the chair of the Medical Student Section of the Washington State Medical Association.

In September, her fervency, work and dedication were recognized by the WSMA when Schulte received the "Early Career Member of the Year" award. Schulte's mentor, Clint Hauxwell MD, co-director, Foundations of Clinical Medicine UWSOM Spokane, was delighted to see her honored.



"She's an example of the type of outstanding students we attract in Spokane," he said. "We give them opportunities to grow and thrive in their unique interests, as well as in their medical education."

Hauxwell, a member of the WSMA board, said the organization is invested and committed to promoting student involvement. He saw firsthand her passion for advocacy and medicine. "Vera's skills in the hospital are excellent," he said. "She's empathetic and thoughtful in her patient interviews. She excels both academically and clinically."

Part of Schulte's involvement with the WSMA included attending the annual meeting of the House of Delegates, where resolutions are submitted and voted on by members. "When resolutions are passed they become policy and can be added to the WSMA's legislative agenda," explained Hauxwell.

Schulte saw how welcome and supported medical students were in the organization, and she wanted to encourage more student involvement. "I created a coalition of medical students from schools across the state," she said. "We hosted a resolution writing workshop and had a good turn out."

The Medical Student Section ultimately submitted a record number of ten resolutions in 2019. Nine were accepted and six of those were authored by Schulte. She was thrilled when the WSMA used two of those resolutions to advocate before the legislature. Bills regarding evidence-based sex education and health care reform in the criminal justice system were passed into law this year.

"It was amazing to see a bill sponsored and passed into law because of a resolution I wrote," she said.

Schulte was also honored by UWSOM Spokane. "We gave Vera the academic citizenship award for her class," said Dr. William Sayres Jr., Foundations Assistant Dean and Smith Family Chair of Medicine at the University of Washington School of Medicine. "Vera was engaged and worked with faculty and fellow students to make the education experience exemplary."

Schulte had stayed in Spokane to do her summer research project and offered valuable feedback, which Sayres used to improve the classroom experience. "The success of our program relies on students working closely with faculty," Sayres said. "Vera is a great example of that."

In October, Schulte stepped down as chair of the Medical Student Section of the WSMA. She's currently in the midst of residency applications. "I chose to go into obstetrics and gynecology," she said. "A lot of the programs I've looked at have advocacy integrated into the curriculum. I'm hopeful that I can continue in advocacy, not just during residency, but throughout my career."

Hauxwell has no doubt she will succeed in her aspirations. "Vera is a mover and a shaker behind the scenes," he said. "She gets things done."

# SCMS Healthcare Salary and Benefit Survey

The Spokane County Medical Society (SCMS) recognizes that everyone has had a significant amount of change in the past year. In the effort to share information we launched a healthcare salary and benefit survey for your use late January.

CliftonLarsonAllen (CLA) generously donated their time and resources to conduct a salary/benefit survey for practices located in throughout the greater Eastern Washington/Northern Idaho area practices.

This healthcare salary and benefit survey was developed for you and your practice. With the significant, rapid changes over the past year the completed survey data was gathered confidentially by CLA and results are complimentary to assist you in your practice responsibilities.

The results are in! Thank you to all those who participated in the survey and thank you, again, to CLA. If you would like a copy of the results, please contact Shelly Bonforti at shelly@spcms.org.



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# "OUR MISSION IS TO WALK THIS JOURNEY

with our patients, to get to know them, to help and support them, and to make sure they're safe and comfortable along the way."

> – Angie Betts, RN Case Managing Nurse



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# SCMS 2021 Calendar of Events

# **APRIL**

# **SCMS Foundation Meeting**

April 13, Tuesday, 5:45 pm Zoom

# SCMS Medical Education Committee Meeting

April 21, Wednesday, 5:30 pm Zoom

## **SCMS Executive Committee Meeting**

April 28, Wednesday, 5:45 pm Zoom

# **MAY**

# WSMA Leadership Dev. Conf.

May 14-15, Friday-Saturday Chelan, WA–Virtual

# **SCMS Board of Trustees Meeting**

May 26, Wednesday, 5:30 pm 700m

# **JUNE**

# **SCMS Executive Committee Meeting**

June 23, Wednesday, 5:45 pm Zoom

# **JULY**

# **SCMS Foundation Meeting**

July 13, Tuesday, 5:45 pm Zoom

# SCMS Medical Education Committee Meeting

July 21, Wednesday, 5:30 pm Zoom

# **AUGUST**

## 2nd Annual SCMS Golf Classic

Tentative Date: August 21, Saturday Location: TBD

# **SEPTEMBER**

### SCMS Board of Trustees Meeting September 22, Wednesday, 5:30 pr

September 22, Wednesday, 5:30 pm Zoom

# WSMA House of Delegates

September 25— 26, Saturday-Sunday Westin Bellevue Hotel Bellevue

# **OCTOBER**

### Medicine 2021

October 8, Friday, 7:00 am—5:00 pm Zoom

### **SCMS Foundation Meeting**

October 12, Tuesday, 5:45 pm Zoom SCMS Executive Committee Meeting

October 27, Wednesday, 5:45 pm

# **NOVEMBER**

# **SCMS Board of Trustees Meeting**

November 17, Wednesday, 5:30 pm Zoom

# **DECEMBER**

### **SCMS Executive Committee Meeting**

December 15, Wednesday, 5:45 pm Zoom

If you have any questions regarding an event, please call SCMS at (509) 325-5010 or email shelly@spcms.org.

# 37 CANCER EXPERTS 8 CLINIC LOCATIONS 1 INTEGRATED TEAM

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# Reading Paul Farmer in the time of COVID-19



# By Kevin Glover University of Washington Medical Student

Spare time is hard to come by for a medical student, but I will always make time for a good book. It was easy to do that for a new work by Paul Farmer: Fevers, Feuds and Diamonds.

Farmer's newest book is an ethnographic and historical survey of the Upper West

African Ebola pandemic of 2014. His approach demonstrates the ways that European domination left the area with weak political and health infrastructure, while ongoing extractive industries fueled by global demand for African natural resources enriches a few while impoverishing many.

Dr. Farmer is a physician working under the idea that healthcare should be distributed to where it is needed. For Farmer, the market system distributes healthcare along political and economic lines, rather than need. Farmer sees a simple calculus here: we wealthy folks (in the global sense of wealth) give tacit support to political and economic policies that value some lives more than others.

The book was published during the COVID-19 pandemic, and Farmer urges his readers to connect history and politics with

COVID-19's unequal burdens. An important connection for our community is the rate of COVID-19 among our Marshallese neighbors. Last year, they accounted for more than 30% of cases, despite comprising just 1% of our population.

The high case rate isn't accidental: it is structured by policies we allow to exist. A salient root cause is the exclusion of Pacific Islander communities from Medicare eligibility under President Clinton, an unusually transparent political delineation of those who deserve healthcare and those who don't. This singling-out extends the extractive stance the United States has historically taken towards the Marshall Islands, which continues as the unwilling host of radioactive waste from testing our bombs.

The situation improved with the opening of state marketplaces to Marshallese people under President Obama in 2014, and finally Medicare access was granted in December's COVID-19 relief bill. The urgency of a global pandemic apparently convinced politicians that Marshallese people deserve accessible healthcare, but it remains to be seen how quickly two dozen years of legislated inequality can be erased.

I read Paul Farmer to make sure that I'm not losing track of the big picture. I have a big imagination for what doctors ought to be: be a student of history, politics and economics. We need to work for a better world for every patient, not just the one in front of us.

# SCMS Hosts Annual Reception

The Spokane County Medical Society (SCMS) hosted its annual reception virtually on February 25, 2021, featuring guest speaker, Dr. Celine Gounder.

Attendees heard addresses from the SCMS Immediate Past President, Dr. Stephen Pakkianathan, and 2021 President, Barry Linehan, PA-C. The evening featured a live Q&A with special guest, Dr. Celine Gounder, a practicing HIV/infectious diseases specialist and internist, and an epidemiologist. The discussion included Q&A on vaccine rollout and hesitancy, and related topics.

Dr. Gounder is a Clinical Assistant Professor of Medicine and Infectious Diseases at New York University's Grossman School of Medicine and cares for patients on the wards at Bellevue Hospital Center. She is also the CEO/President/Founder of Just Human Productions, a non-profit multimedia organization, and the host and producer of American Diagnosis, a podcast on health and social justice, and Epidemic, a podcast about the SARS-CoV-2 / COVID-19 / coronavirus pandemic. Dr. Gounder most recently served on the Biden-Harris Transition COVID-19 Advisory Board from November 9, 2020, to January 20, 2021.

Registered attendees were invited to enjoy a complimentary SCMS Reception Refreshment Box as they prepared to join the discussion. This event was open for SCMS member and nonmember physicians, physician assistants, residents, medical/PA students, and guests.



Thank you to our evening sponsor



# MEMBER COLLEGIALITY

Amid the pandemic and smoke from fires in the region, the Spokane County Medical Society (SCMS) successfully hosted its 1st Annual SCMS Golf Classic on Saturday, September 12, 2020, at Downriver Golf Course. The scramble tournament held scheduled tee times to facilitate social distancing requirements, with a portion of the proceeds going to the SCMS Foundation grants fund.

### Sincere thanks!

- Browne Family Vineyards for donating a bottle of wine for each golfer, along with a Magnum prize, won by Dr. Ryan Massoud, for the Longest Drive,
- Our event beverage sponsor, Physicians Insurance,
- Northern Quest Resort & Casino for donating a (1) night stay and dinner for 2 to our Closest to the Pin winner, Dr. David Appel,
- Wide World of Golf for donating a \$30 gift card for each golfer for Best Team Score won by Drs. Appel, Bartsch, Fischer and Pakkianathan. Best Team Score winners also received a Yeti mug engraved with a SCMS logo and "Best Team Score", along with team names engraved on the winning team trophy.

Last, but certainly not least, our Highest Team Score golfers won our prestigious "Highest Team Score" engraved Yeti tumbler.

Thank you to all who came out! Stay tuned for details for our 2021 event.















# SCMS Hosts 1<sup>st</sup> Annual Golf Classic







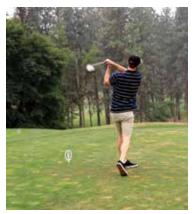


































# SCMS Town Hall Meetings

In hitting the one-year mark of COVID-19's arrival I'm certain we've all heard and pondered the question, "Where were you one year ago?"

In March 2020, the Spokane County Medical Society (SCMS) was busy arranging four SCMS Virtual Town Hall meetings as desired by our members. "This was a time for us as leaders in Spokane's healthcare to come together and share our successes and frustrations. There are many struggling and others who had found success in navigating this pandemic. The meetings are meant to lift each other up, and in turn, strengthen the medical community," stated 2020 SCMS President Dr. Stephen Pakkianathan.

On April 1, 2020, Barry Linehan, PA-C, moderated the first town hall meeting with Urgent Care and ER providers to discuss local response to the emerging COVID-19 virus, followed by Dr. Stephen Pakkianathan on April 2nd who facilitated the next meeting with Small Business/Private Practices. Dr. Deb Wiser led the April 3rd town hall meeting with Primary Care, discussing community collaboration in primary care, as well as the central Spokane efforts and partnerships with the Spokane Regional Health District and the associated medical coalition.

The fourth SCMS Town Hall Meeting was held on August 14th, featuring a live Q&A discussion with Dr. Bob Lutz, former SRHD Health Officer, and guided conversation of all healthcare organizations around collective/coordinated surge planning and crisis standards of care considerations.

In continuing the conversation, our next SCMS Town Hall meeting was held March 30, 2021, featuring a live Q&A discussion with Dr. Francisco Velazquez, Interim SRHD Health Officer.

In our ongoing effort to keep members of the Spokane County Medical Society updated on the latest information on COVID-19, we invited Dr. Francisco Velazquez of the Spokane Regional Health District to give us a roundup of local progress in containing the epidemic and immunizing the public. He reported that COVID-19 cases have largely leveled off after trending downward, although we have had some recent spikes among individuals in their 20's and 30's. He emphasized the importance of continued social distancing, mask-wearing and other public health practices to control the epidemic even as the vaccinations continue to roll out.



Dr. Velazquez has been working closely with the school systems and coordinating with the Governor's office to develop a timeline for reopening the schools for in-person classes. His team has also been employing a variety of strategies to reach out to vulnerable at-risk communities to ensure access to vaccinations and address concerns about the effectiveness and safety of the immunizations. His office is also closely monitoring potential hot spots for outbreaks like prisons and college campuses.

The Health District has not observed any reinfection and has observed only a small number of breakthrough infections among immunized individuals. They have no data yet on patient with long-term effects secondary to COVID-19 infection.

The county has a mix of the vaccines available and to date has administered over 217,000 immunizations resulting in over 85,000 people fully vaccinated in a county with a population of over 523,000. He encouraged everyone to closely monitor changes in eligibility for vaccines as the supply increases and to get immunized as soon as possible.

# Spring Volunteer Work

The SCMS Community Engagement & Volunteerism Committee held its first meeting in January 2020 led by SCMS EC member Barry Linehan, PA-C. Linehan met with the student representatives from each of the Spokane medical programs, discussing ways the SCMS could partner with the leaders of the respective classes to facilitate student participation in the SCMS.

All in attendance agreed on the importance of making all medical/PA students aware that they are welcome to attend SCMS BOT meetings and inform them that SCMS membership is free for all medical/PA students. Four dates were secured throughout the year for hosting a group volunteer event with Second Harvest and Blessings Under The Bridge, and discussions continue regarding

identifying alternative projects with their classmates where the SCMS may be able to be a partner in facilitating.

Unfortunately, plans were thwarted for the remainder of 2020 as all in-person events were cancelled due to COVID-19. However, at the time of this writing, small group volunteer opportunities are beginning to open up for 2021 and SCMS is securing dates for hosting group volunteer events soon. Please stay tuned for more details!

If you are interested in being part of this committee, have suggestions for more group volunteer projects for consideration, or are interested in participating in a volunteer event please contact Shelly Bonforti at shelly@spcms.org.

# SCMS Foundation Awards Eight Grants to Area Nonprofits in 2020

The Spokane County Medical Society Foundation is pleased to announce that it awarded eight grants totaling \$13,100 to local nonprofit organizations in 2020, assisting in providing formal leadership training for medical students as well as providing services to youth and women in the community. "As a demonstration of its ongoing commitment to the Spokane community, this was a very rewarding way to close 2020," according to the Foundation board.

Included on the list of grant recipients:

- Crosswalk/Volunteers of America Spokane is the only licensed emergency shelter serving runaway and homeless youth in Eastern Washington. An array of professional case managers, teachers, healthcare workers, and chemical dependency counselors work with Crosswalk youth with the primary goal of ending their homelessness and connecting them to stabilizing and supportive services.
- Daybreak Youth Services is a non-profit provider of adolescent addiction and mental health treatment services in Washington state. With residential Inpatient programs in Brush Prairie and Spokane, they provide safe and secure environments where teens ages 13-18 can commit to their recovery while engaging in school and recreation, as well as offering co-gender outpatient counseling and short-term crisis stabilization services.
- Inland Northwest Academy of Family Physicians Primary Care
  Update is a well-established conference and tremendous
  opportunity for physicians and other health professionals to
  choose from more than 20 CME sessions and workshops
  designed specifically for primary care practitioners.
- National Alliance on Mental Illness (NAMI) Spokane provides NAMI Peer-to-Peer courses, NAMI Family-to-Family Courses, a NAMI Basics Course, and six support groups each month for individuals and families whose lives have been affected by mental illness. All courses are free of charge to the public.
- Project Beauty Share provides personal hygiene, cosmetics and beauty products to non-profit organizations who serve women and families overcoming abuse, addiction, homelessness and poverty to help restore hope and dignity in their lives.
- Ronald McDonald House Spokane provides temporary lodging, social and emotional support, at no charge, for families of children accessing medical services.



- Spokane County EMS Council Comprehensive use of PPE and HEPA filters help significantly reduce the risk of exposure to COVID-19 of EMS responders and the hospital staff receiving ambulance transport patients. Funds were used to purchase PPE and HEPA filters to meet an estimated 60-day needs of our Fire Districts and ambulance transport agencies.
- UWSOM Leadership Pathway developed and delivered in conjunction with the Gonzaga University School of Leadership Studies, which provides formal leadership training for medical students in collaboration with the Gonzaga University School of Leadership Studies.

"There's an opportunity where people are asking for help where we can potentially fill the need," stated 2020 Foundation President, Dr. Deborah Wiser, "and that's what continues to drive the Foundation today."

The Spokane County Medical Society Foundation (SCMSF) was established in 1996 by physician and physician assistant members whose mission was focused on developing and operating programs that serve the health needs of our community. Its mission of "promoting and supporting the development of future physician and physician assistant leaders within our community, and identifying and funding important and innovative projects that advance the health of our community" is driven and preserved by the physician and physician assistant members of the Spokane County Medical Society.

The SCMS Foundation reviews grant requests on a quarterly basis. For more information on the Foundation's grant application and award process please email Shelly Bonforti at shelly@spcms.org or go to our website to download the grant application at www. spcms.org under Resources, then SCMSF Grant Application.

SCMS would like to thank the following organizations for their support by paying membership dues for all of their providers!
We sincerely appreciate it!

- Advanced Dermatology & Skin Surgery, PLLC
- CHAS
- Empire Eye Physicians
- Gilman Family Practice
- Incyte Diagnostics
- OB/GYN Associates of Spokane, PS
- Plastic Surgery Northwest, PLLC

- Shriners Hospitals for Children – Spokane
- Spokane Eye Clinic
- The Kids Clinic
- Valley Obstetrics and Gynecology, PS
- Northwest OG/GYN, PS

# Psychiatry Consultation Line Offers Support to Providers

Escalating rates of both mental health and substance overuse in Washington coupled with a lack of mental health professionals means that many healthcare providers are treating patients experiencing behavioral health conditions with limited to no support. Primary care is the de facto setting where many patients access mental health and substance use care, but they are often under-resourced to provide effective care.

In response to this need, the Washington State legislature requested the University of Washington Department of Psychiatry and Behavioral Sciences (UW Psychiatry) to establish a statewide telepsychiatry consultation program offering adult psychiatric and substance use disorder provider-to-provider clinical consultation to Washington State prescribers. UW faculty psychiatrists are now available 24/7 via the UW Psychiatry Consultation Line (PCL) to consult on assessment, diagnosis and treatment planning, including management of antidepressants, anti-anxiety medications, antipsychotic medications and medications for substance use.

PCL is modeled after two other state-funded psychiatry consultation lines, the Partnership Access Line (PAL) for providers caring for

children and adolescents and the PAL for Moms line for providers caring for pregnant and new moms. All three lines can be accessed by calling 1-877-WA-PSYCH (1-877-927-7924). There is no limit to how many times a provider can call, and the service is free for the caller and the patient.

To learn more visit pcl.psychiatry.uw.edu, email pclwa@ uw.edu or watch this short video: https://www.youtube.com/watch?v=ynbASixDRms.

Related Links:

### Partnership Access Line (PAL)

www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/

### PAL for Moms

www.mcmh.uw.edu/ppcl

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# It's not just HOCUS POCUS anymore!

# By Dallin Christensen, DO Kang Zhang, MD

Submitted Spring 2020

Recently, I was unable to obtain any fluid during a knee joint aspiration. The very patient gentleman presented with what appeared to be a septic knee joint. It was important to obtain this fluid sample to properly diagnose and treat him. With the help of ultrasound, we were then able to easily visualize his knee effusion, and obtain a fluid sample. The use of point-of-care ultrasound can be extremely valuable in helping clinicians, not only perform in-office procedures, but make diagnosis' quicker and more accurately. With advances in technology it is now feasible to have an ultrasound machine in almost any health care setting. This technology helps clinicians bridge the gap from stethoscope to more advanced imaging modalities<sup>[1]</sup>.

Point of care ultrasound can help clinicians diagnose diseases in almost every system of the body. In MSK, POCUS can help diagnose fractures of long bones and non-long bones alike. Ultrasound was found to have a high specificity in finding fractures, even in skeletally immature patients. This helps decrease radiation exposure to pediatric populations and decreases the amount of time necessary to make the diagnosis. It also resulted in lower pain scale scores because patients were allowed to hold their arms in more comfortable positions during ultrasound than during x-ray imaging<sup>[2,3]</sup>. In the lungs, ultrasound has also been shown to be similar if not more accurate than chest x-rays for pleural effusions, pulmonary edema, pneumonia, and pneumothorax<sup>[4,5]</sup>. And lastly, for non-ophthalmologists, papilledema can be ruled out with sensitivities of 100% by measuring the optic nerve diameter with ultrasound<sup>[6]</sup>.

Across the country, medical schools are developing curriculum that incorporates ultrasound into basic anatomy, physiology, and pathophysiology courses. In 2014, 62% of medical schools incorporated ultrasound training into their curriculum<sup>[7]</sup>. Since then, my own medical school, Des Moines University, created a clinical skills course dedicated to ultrasound. It is also being carried into residency with more and more programs offering dedicated ultrasound training. There was a 48% increase in internal medicine residencies adopting formal POCUS training from 2012 to 2017<sup>[8]</sup>. Here in Spokane, medical students and residents have opportunities for ultrasound training during our internal medicine rotations. We learn focused exams that are hypothesis driven to help answer clinical questions. For example, they learn a limited cardiovascular exam to help evaluate a patient with dyspnea. They also learn how ultrasound can be used at the bedside to help augment their physical exam<sup>[9]</sup>.

Different ultrasound protocols have been developed and widely accepted; such as the FAST exam in the emergency room. In general medicine and critical care there are the CLUE or RUSH exams. No consensus has been made for a primary clinic exam, although there are efforts to create and establish one. One example that has been put forth is a PEARLS protocol. Which stands for parasternal, epigastric, anterior lung (and/or apical), RUQ, LUQ, and suprapubic ultrasound views. These views can be extremely

beneficial in helping evaluate common pathologies such as heart failure, pleural effusions, gallstones, ascites, and urinary retention just to name a few. It was designed to be used as part of a routine physical exam and is scalable for POCUS beginners and advanced users alike<sup>[10,11]</sup>.

There are a variety of different avenues one can take to learn point of care ultrasound. Many professional societies have partnered together, such as the American Institute of Ultrasound in Medicine, the American College of Physicians, and the Society of Ultrasound in Medical Education, to name a few, to provide interest groups, CME opportunities, and training pathways to help general physicians become competent in POCUS. CHEST and the Society of Hospital Medicine even offer pathways towards certification of competency. These are just a few examples of where we can turn to improve our clinical skills using ultrasound. In turn, this will allow us to treat our patients in a more comprehensive manner than ever before.

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# Providence Health Care and St. Luke's Rehabilitation Institute Launch New Residency Program for Physical Medicine & Rehabilitation

Providence Health Care and St. Luke's Rehabilitation Institute have developed a Physical Medicine and Rehabilitation (PM&R) residency program with the first group of residents to begin in 2021. The new, three-year program was recently approved by the Accreditation Council for Graduate Medical Education.

"St. Luke's is a leader in the field of medical rehabilitation, research and education," says Greg Carter, M.D., chief medical officer for St. Luke's Rehabilitation Institute and recipient of the 2020 Ernest Johnson Outstanding Educator Award in Physical Medicine and Rehabilitation. "We are grateful for this opportunity to teach new physicians about the interdisciplinary approach to restoring the lives of people after an injury or illness."

Working collaboratively with a team of physiatrists and rehabilitation specialists, the Providence St. Luke's PM&R Residency Program will provide comprehensive, hands-on experience for physicians interested in becoming board-certified physiatrists. The training program will encompass clinical, educational and research opportunities in all areas of PM&R, including spinal cord injury, stroke, brain injury, amputee care and pediatric rehabilitation.

"With expert clinicians, award-winning teachers and research scientists, St. Luke's is an ideal organization for a PM&R residency program," said Ross Bogey, D.O, director of the Providence St. Luke's PM&R Residency Program. "We believe our program will train and develop Physiatrists focused on whole-person care that will benefit our patients and communities."

The residency program offers six positions per year. Rotations will be based at St. Luke's Rehabilitation Institute, a 102-bed inpatient rehabilitation hospital, along with rotations at Providence Sacred Heart Medical Center and Holy Family hospitals, Sacred Heart Children's Hospital and St. Luke's Outpatient Physiatry Clinic. As the region's largest, free-standing, Level I Trauma rehabilitation hospital, St. Luke's provides comprehensive rehabilitation services throughout the region and Pacific Northwest.

For more information about the Providence St. Luke's PM&R Residency Program, visit st-lukes.org.

# SCMS Spokane Residency Exploration Nights

In its continuing support of medical education and recruitment for GME programs in Spokane, the Spokane County Medical Society hosted its first virtual SCMS Spokane Residency Exploration Night on October 6, 2020, in collaboration with the SCMS Medical Education Committee.

Lead by a local residency panel, students were able to hear firsthand about both the Family Medicine and Internal Medicine Programs. Family Medicine Drs. Mara Hazeltine (R2) and Steven Hoang (R3), and Internal Medicine Drs. Gregory Heinicke (Teaching Fellow) and Michael Stewart (R3) explored these Spokane-based residencies and reasons for choosing Spokane for residency.

Attendees were invited to enjoy a coffee and a treat on us as they prepared to join the open discussion and Q&A time. Thank you to

our evening sponsors, Providence Health Care and the UW-GU Health Partnership!

On February 3, 2021, the SCMS hosted its second virtual SCMS Spokane Residency Exploration Night, exploring the Psychiatry and Transitional Residency programs. Welcome and introductions were given by 2021 SCMS President Barry Linehan, PA-C, and Psychiatry resident Dr. Casey Collins (PGY2), and Transitional Residents Drs. Laura Valaas & J'Rick Lu spoke about their programs and seeking residency in Spokane.

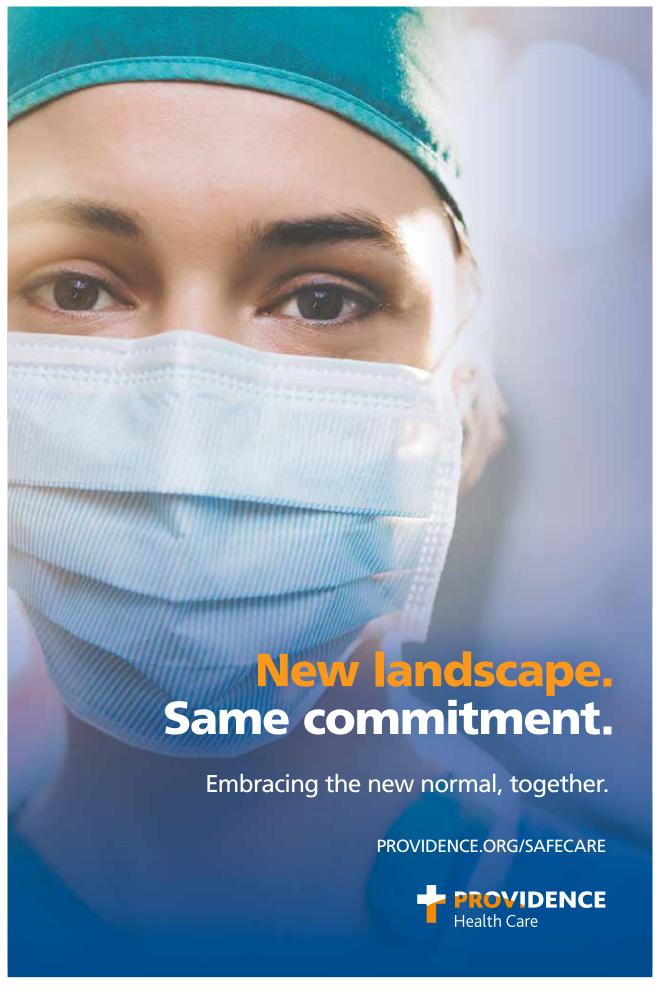
Attendees were invited to enjoy a coffee and a treat on us as they prepared to join the open discussion and Q&A time.

# Annual SCMS Medicine 2020 CME Conference

On November 6, 2020, the SCMS held their annual CME event, Medicine 2020, which was transitioned from a live to virtual event due to the pandemic. Attendees were able to earn up to 7 hours of Category 1 CME credit, with the program focused on the more challenging management issues that clinicians encounter. The sessions were very informative, and the event was well attended.

We would like to thank the event major supporters for helping make this day a great success!  $\blacksquare$ 







# By Dr. Deborah Harper

COVID-19 has brought several longstanding problems regarding public health into public view. Public Health has been underfunded and the governance structure for it is inadequate.

Public Health has been underfunded since 1999 when \$30 car tabs were passed. It turned out that car tab money not only funded transportation infrastructure, it also funded Public Health. That year our Spokane Regional Health District took a 30% hit to its revenue. Many useful and scientifically proven programs had to be cut.

The governance of our health board consists of the three county commissioners and a variety of elected officials from around the county. There are also three lay people appointed by the county commissioners

In the early 2000's Dr. Kim Thorburn was the Public Health Officer. She was abjured from speaking or writing about fluoride because a vocal minority of anti-fluoridation citizens filled the commissioners' fax machines with anti-fluoride messages. The health board members were irritated by this (understandably) and refused to let Dr. Thorburn give information on this public health issue as it went on the 2000 ballot (inexcusable censorship).

In 2006 the board of health fired Dr. Thorburn because they "wanted to change course and that she was not a good fit."

After that, a group of healthcare leaders worked with Senator Chris Marr on legislation to correct funding and governance. That legislation did not make it out of committee.

Over the past year it has again become obvious that Public Health is still under-funded and the latest Public Health Officer was criticized for speaking out. Dr. Bob Lutz was fired this summer.

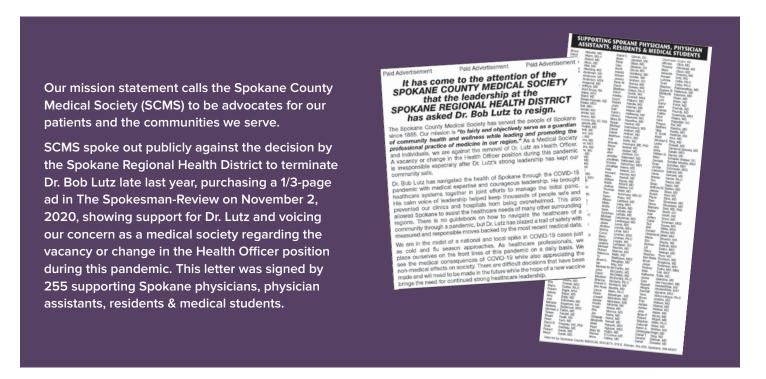
A diverse group of concerned citizens formed PHACTS (Public Health Action Coalition Team of Spokane) to work to study options and to present new legislation correcting the funding inequities and governance. Its stated mission is "changing state law so that local boards of health are balanced and prioritize public health over politics and holding those accountable to follow current law".

The bill, ESHB 1152, was introduced in the House by Representative Marcus Ricelli and passed into the senate. It has made it through the first committee, and as I write, the Bill has passed the Senate Ways and Means Committee and is in Senate Rules to be scheduled for going to the Senate floor.

Bills are amended and changed during the debate process. Changing to secure funding is agreed upon although the exact method remains undecided. The original proposal was to have 50% of the board of health be elected officials and 50% citizens with diverse experiences and knowledge of public health. It would include having interested groups such as the SCMS consulted on new members. That proposal will likely change as the Senate debates and amends the bill.

That's what is currently happening in Olympia with ESHB 1152 and a brief history of how we got to this point. Stay tuned for more as the session moves on.

Speaking in support of Bill ESHB 1152, Dr. Deb Harper testified at the Senate hearing on March 24, 2021. On behalf of PHACTS (Public Health Action Coalition Team of Spokane), the Spokane County Medical Society and the Washington State Medical Association, Dr. Harper reasoned support "because our communities need better and more stable funding for public health and we need public health governance that represents all of the members of a community."



# Let's Lay Vaccine Hesitancy to Rest in Washington State, Tacoma ER Doctor Says

# By Dr. Nathan Schlicher

As an emergency physician in downtown Tacoma, I've seen firsthand how this devastating disease can ravage patients and tear families apart.

Believe me when I say I did not hesitate when a vaccine was offered to me. When my turn came, I happily and gratefully rolled up my sleeve.

I am confident that the research, data and science behind these breakthrough COVID-19 vaccines are sound. The vaccine offers me protection against the disease and allows me to continue providing essential service to my community.

I've heard from others who are feeling hesitant about receiving a COVID vaccine. A February 2021 Pew Research Center poll offered some promising news: About seven out of 10 adults (69%) said they would get a vaccine, up from 60% since the last poll taken in November.

The bad news is that there are still about 30 percent of Americans who are hesitant. I hope I can help you learn more about the vaccines so that if you are on the fence, maybe you'll reconsider and register to get vaccinated.

Washingtonians have access to three vaccines: Johnson & Johnson, Pfizer-BioNtech and Moderna. All three are equally effective at preventing serious illness, hospitalization and death. The vaccines offer a doorway out of the COVID-19 crisis; they will help us prevent further loss of life, rebuild our economies and return to — better yet, embrace — those we love.

These vaccines not only offer incredible protection, they are also safe. Each has been thoroughly tested and vetted by clinical experts, including independent review boards.

Washingtonians have the benefit of an extra layer of scrutiny with the Western States Scientific Review Workgroup, an independent panel of physicians and scientists who review for safety and efficacy for use in our four-state region.

Knowing that the three vaccines are equal in their ability to keep you from getting seriously ill and preventing death from COVID, I can't emphasize enough: The best vaccine is the first one that is available to you.

The greatest challenge Washington faces right now is getting enough vaccine in our state to meet demand. Our state's priority has been to secure more vaccine, whether it's J&J, Moderna or Pfizer.

According to a recent survey, over 75% of patients would likely get their COVID-19 vaccine at their physician's office if it were available (according to KFF Covid 19 Vaccine Monitor 2/15-2/23/21).

As more vaccines come available, now is not the time for people to hedge on the type of vaccine being offered because they are worried it is somehow lesser quality than others. It is not.



2021 WSMA President Dr. Nathan Schlicher

Our job as physicians is to care for your health and the health of our communities. We want you to be healthy, both physical and mentally. We want our communities to thrive economically, and our children to be educated in an environment conducive to learning and needed social interactions.

The fact that we now have three vaccines on the market so soon after development is a miracle of modern medicine. This advancement is not something to fear or be anxious about. Instead let's celebrate that we have vaccines that allow us to open our doors and to walk through to the other side.

I hope when it's your time to vaccinate, you'll join me in rolling up your sleeve.

Dr. Nathan Schlicher of Gig Harbor is an emergency room doctor at Tacoma's St. Joseph Medical Center, president of the Washington State Medical Association and a former state representative in the 26th Legislative District.

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www.thenewstribune.com/opinion/op-ed/article 250229750.html



# Classifieds

# MEETINGS/CONFERENCES/EVENTS

AL-ANON FAMILY GROUPS AND ALATEEN REFERRALS Al-Anon and Alateen support groups are available in Spokane County for family members and friends of alcoholics at which men and women share experiences of solving common problems arising from living with or loving a problem drinker. Alateen meetings are for teenage family members and friends of alcoholics and are not suitable for teens with current drinking problems. For further information and meeting schedules contact District2AlAnonOutreach@yahoo. com or (509) 456-2125. Al-Anon and Alateen support groups can supplement medical treatment and counseling therapy. Information provided by Al-Anon District 2 Public Outreach Committee.

**OVEREATERS ANONYMOUS** is a free 12 step program for people who wish to stop eating compulsively. If you would like more information, including no cost workshops for your staff, please contact: 509-328-9972. www.oaregion1.org

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Providers with patients under 18 will be directed to the Partnership Access Line (PAL); providers caring for pregnant or new moms will be directed to the PAL for Moms line. The UW Psychiatry Consultation Line is funded by the State of Washington.



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