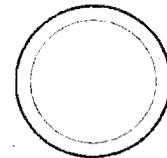


**MEDICAL BOARD OF CALIFORNIA**  
Executive Office



Wellness Committee  
Embassy Suites LAX South  
1440 Imperial Hwy  
El Segundo, CA 90245  
January 29, 2009

**MINUTES**

**Agenda Item 1. Call to Order**

Dr. Duruisseau called the meeting to order at 2:35 pm. Roll was taken and a quorum was present. Notice had been sent to all interested parties.

Members present:

Shelton Duruisseau, Ph.D., Chair  
John Chin, M.D.  
Daniel Giang, M.D.  
Laurie C. Gregg, M.D.  
Peter Moskowitz, M.D.

Members absent:

William Norcross, M.D.

Other Board members present:

Jorge Carreon, M.D.  
Richard Fantozzi, M.D.

Staff present:

Kim Kirchmeyer, Deputy Director  
Linda K. Whitney, Chief of Legislation  
Kevin A. Schunke, Committee Manager  
Candis Cohen, Public Information Officer  
Janie Cordray, Research Manager  
Abbie French, Telemedicine/Special Projects Manager  
Randy Freitas, Business Services Staff  
Kurt Heppler, Legal Counsel  
Ross Locke, Business Services Staff  
Kelly Nelson, Legislative Analyst  
Pat Park, Licensing Analyst  
Debbie Pellegrini, Chief of Licensing  
Paulette Romero, Associate Analyst

Members of the Public:

Eric Batch, America Heart Association  
Zennie Coughlin, Kaiser Permanente  
Meredith D'Angelo, CPIL  
Julie D'Angelo Fellmuth, CPIL  
Tara Leigh Kittle, Blue Diamond Foundation  
Francesca Lucero, Blue Diamond Foundation  
Brett Michelin, CMA  
Patrick McKenna, CPIL

**Agenda Item 2. Approval of the Minutes from the July 24, 2008 and November 6, 2008 Meetings**

Motion/second/carried Drs. Gregg/Moskowitz to approve the minutes with minor amendments.

**Agenda Item 3. Hospital Well-Being Committee/Wellness Program Survey Task Force – Dr. Gregg and Dr. Moskowitz**

Dr. Duruisseau stated at the November meeting of the Committee, it was decided the Committee would take steps to gain a better understanding of what wellness resources currently are available to California physicians. Dr. Gregg and Dr. Moskowitz have been working to develop a survey which will be sent to all hospitals in California.

Dr. Gregg stated California hospitals are required to have a well-being committee, and many hospitals also have a wellness committee. This task force wanted to survey all California hospitals to see what wellness efforts they are undertaking and to get a better understanding of what works for them. With this in mind, the task force developed a survey and cover letter, which was distributed to the committee members for review and consideration.

Motion/second/carried Drs. Moskowitz/Giang to approve the survey and letter.

The task force will work with staff to finalize the survey and get it sent out soon.

**Agenda Item 4. Status of Physician Wellness Legislation – Ms. Whitney**

Ms. Whitney mentioned AB 2443 of last session, the Board-sponsored physician wellness bill, was vetoed by the Governor. At the November, 2008, meeting, both the Wellness Committee and the full Board directed Ms. Whitney to again include this concept on her legislative agenda during 2009, but to include legislative intent language as well. Ms. Whitney handed out the intent language she had drafted; she also mentioned the Committee could consider language to make the bill permissive, instead of mandatory. In conclusion, Ms. Whitney stated an author had not been identified.

Brett Michelin, representing the CMA, stated they support the concept of physician wellness more this year than during the last session, following numerous discussions with Ms. Whitney and Dr. Fantozzi; they also support permissive language in the bill. CMA has come to recognize the benefits of a program helping physicians before problems arise and is excited to work with the Board on this program.

Tara Leigh Kittle stated her support for this concept. She said there are a lot of obstacles facing those in the medical profession, and this is a good first step.

Ms. Whitney asked the Committee for any feedback on her proposal and requested the Committee recommend support from the full Board.

Dr. Chin said he would like to give Ms. Whitney the authority to move forward and make changes which keep within the spirit of the discussion.

Motion/second/carried Drs. Giang/Chin.

**Agenda Item 5. Update on the Committee's Web Page – Mr. Schunke**

Kevin A. Schunke, Committee Manager, stated the Wellness Committee is the Board's only committee which has created a dedicated web page. The Committee's web page is kept current with approved minutes from the meetings, published articles which support the Committee's mission, information about Board-sponsored wellness legislation, and other appropriate information.

Dr. Duruisseau suggested other articles or studies should be forwarded to Mr. Schunke so they may be considered for addition to the web site.

**Agenda Item 6. Committee Members' Report on Activities**

Dr. Norcross, Committee member, could not attend the meeting, but he forwarded an email to Ms. Whitney to provide an update on his behalf. Ms. Whitney indicated the email was initiated by Dr. Brian Murray, who is a medical consultant to the Board. Dr. Murray has met with representatives of the San Diego County Medical Society (SDMCS). They discussed possible joint initiatives related to physician wellness. SDMCS indicated their willingness to welcome all San Diego physicians, regardless of membership, into wellness meetings, CME wellness type activities, and access to webinars on wellness issues presented by the SDCMS. Dr. Murray will continue to work with the SDCMS to explore this in greater detail and will include Dr. Norcross in the discussions.

Ms. Whitney suggested that if this type of partnership were to come to fruition, this could be a replicable model for other local medical associations, and Dr. Norcross, had he been able to attend this meeting, planned to discuss this further.

Dr. Chin suggested while members may want to undertake initial discussions with outside organizations towards partnerships which are within the mission of the Committee, final approval should be granted by the Committee before implementation steps are taken. Dr. Duruisseau agreed and suggested members bring their ideas to the Committee as soon as feasible.

Dr. Gregg provided staff with a summary of published peer-reviewed studies which will support the Board-sponsored legislation on physician wellness. These reports focus on, among other things, extended-duration work shifts, sleep deprivation, links between physician burnout and patient outcomes, etc.

Dr. Giang said numerous studies have shown the error rate of first year residents is higher than residents with more training and amongst licensed physicians, therefore indicating that the amount of training undertaken by a person is a more-valuable indicator of decreased medical errors. It has been shown over and over again that simply reducing duty hours does not by itself directly increase patient safety.

Dr. Moskowitz concurred that reduced duty hours do not directly reflect reduced medical errors. There have been numerous recent peer-reviewed studies which indicate there are other factors, such as personal burn out and depression which play a greater role in professional performance.

Tara Leigh Kittle said she strongly disagreed with the previous comments by the Committee members. Since physicians are humans and humans need sleep, she believes that sleep deprivation impacts a person's ability to function. If the Committee were to make only one recommendation to the Legislature, it is her opinion that such a recommendation should focus on sleep deprivation.

**Agenda Item 7. Discussion of Future Agenda Items**

No additional items were presented beyond those previously discussed.

**Agenda Item 8. Public Comment on Items not on the Agenda**

None.

**Agenda Item 9. Adjournment**

Motion/second/carried Drs. Giang/Moskowitz to adjourn at 3:25 pm.