



MEDICAL BOARD OF CALIFORNIA

Executive Office



Wellness Committee Meeting
Embassy Suites
250 Gateway Blvd.
So. San Francisco, CA 94080

July 24, 2008

MINUTES

Agenda Item 1. Call to Order

Dr. Chin announced that Dr. Duruisseau would not be able to attend this meeting; therefore, he would chair the meeting. Dr. Chin called the meeting to order at 11:10 am. Roll was taken. A quorum was present and notice had been sent to all interested parties.

Members present:

John Chin, MD
Laurie Gregg, MD
Peter Moskowitz, MD
William Norcross, MD

Members not present:

Shelton Duruisseau, Ph.D.
Daniel Giang, MD

Agenda Item 2. Approval of the Minutes from the January 16, 2008 Meeting

The minutes of the January 16, 2008 meeting were considered. There were no suggested edits.

Dr. Chin stated there was a technical glitch with posting the agenda on the Internet during business hours. Although it was posted 10 days in advance, staff recommended that, in order to ensure total compliance with the law, no action be taken on the minutes until the next meeting. No vote was taken.

Agenda Item 3. Update on Meeting with Liability Carriers – Dr. Gregg

Dr. Chin stated that at past meetings, the committee members discussed the feasibility of asking malpractice carriers to work with the Wellness Committee on various approaches which might help the committee reach its goals. This idea came from Dr. Gregg, who together with Dr. Duruisseau and staff, met with some of the liability carriers on June 19, 2008.

Dr. Gregg reported a meeting had been held with representatives of several malpractice carriers. While there was a general consensus that any attempts at physician

wellness were to be commendable and encouraged, it remained uncertain if financial incentives were the best avenue through which to achieve this goal. Nevertheless, the carriers expressed an interest in developing a collaborative effort with the committee to consider other options, such as the development of an accredited continuing medical education (CME) course(s).

Jo Townsend, representing NorCal Mutual's CME division, spoke and indicated they already have developed a course to address burnout. As with all of their CME courses, NorCal offers a premium discount for members who participate. She indicated NorCal is excited about the opportunities to work with the Board and be a part of the Board's efforts to move into this arena.

**Agenda Item 4. Presentation on Wellness and Prevention –
Michael Williams, Ph.D.**

Dr. Michael Williams, CEO and COO of the Organizational Support Center at PRC International, has over 20 years of experience in the professional services field with expertise in market segmentation, customer satisfaction, quality improvement, and organizational behavior.

Dr. Williams offered a presentation focusing on ways to increase the effectiveness of wellness programs, which not only would benefit the Board's licensees but also could lead to improved health care to patients.

Dr. Chin thanked Dr. Williams for the presentation. Dr. Chin asked about opportunities to screen for those physicians at high-risk, taking steps before problems actually arise. Dr. Williams indicated such proactive measures could start as early as during medical school, offering students the tools with which to achieve balance throughout their life, during their entire career, and ending a career on a positive note, allowing for a smooth transition to retirement.

Agenda Item 5. Committee Members' Reports on Activities

Dr. Chin again thanked Dr. Gregg for the work she was undertaking with the malpractice carriers and indicated that the committee was looking forward to future updates.

Dr. Chin commended Dr. Duruisseau and the committee staff for creating a Wellness Committee web page on the Medical Board's web site. He commented that this is the Board's first committee to have its own dedicated page. There are still many opportunities to build the web page into a stronger resource, but in the mean time, the undertaking is a very good first step. Copies of the current web page were distributed and updates will be offered at future meetings.

Dr. Moskowitz stated he had made a presentation to the Education Committee, highlighting how a Wellness program might be structured. He said his presentation was from the point of view of a facilitator, as a career and life coach, and he welcomed feedback from others.

Dr. Norcross indicated UCSD is offering an active Wellness Program for faculty, students, residents, and staff. The program covers a variety of avenues through which to address

wellness, including exercise, nutrition, yoga, etc. He stated the Physicians' Wellbeing Committee was active and ready to launch its web site. One of the committee's goals was to offer screening for stress and depression and preventing suicide; this function was being created together with the American Foundation for Suicide Prevention. He expected the web site to go live in about one to two months, a goal achieved in less than one year from the planning stages. They will be offering a one-hour TV program, also available on DVD, about physician suicide, which is an excellent program because of the way it deals with prevention. Dr. Norcross said he will keep the committee apprised as the programs move forward. Lastly, he complimented Dr. Moskowitz on the work he was doing.

Agenda Item 6. Discussion of Task Force Options for Future

No additional items were presented beyond those previously discussed.

Agenda Item 7. Public Comment on Items Not on the Agenda

Tara Leigh Kittle, a member of the public, stated her opinion that the high costs of malpractice insurance contribute to physician un-wellness.

Agenda Item 8. Adjournment

Dr. Chin adjourned the meeting at 12:20 pm.

