

FALL 2021

THE message



A Newsmagazine of Spokane County Medical Society



**Attending the
WSMA House of
Delegates Meeting**

**YOUR foundation!
What is it,
what should it be,
why should you care?**

SCMS MEMBER HIGHLIGHT

**Okechukwu
Ojogho, MD**

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**MAKE THEIR
HEALTH A
PRIORITY.**

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** The study was conducted by Samir B. Patel, MD, of Elkhart General Hospital in Elkhart, Indiana.*


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Halloween - She is dressed up as a pumpkin and I am pretending to be a real doctor!

‘¿Otra vez, por favor.’ ‘¿Mande?’ These are the phrases that Dr. Georgina de La Garza, preceptor for my Primary Care Practicum at UW School of Medicine, hears drifting through the door when I’m trying to have an encounter with a Spanish-speaking patient. They are iterations of, “I’m sorry, I didn’t understand,” which is a common phrase for a beginning medical student to utter in either English or Spanish. Dr. De la Garza, who is now precepting me for a second year, is a full-spectrum family physician practicing at Unify Community Health. She’s bilingual, and her Spanish-speaking patients seem almost magnetically attracted to her. She takes time to precept me twice a month, and one of the most important things she has

taught me is how good communication can help patients feel safe, seen, and understood. Dr. De la Garza’s exam room is a balm for people needing care, whether their preferred language is English or Spanish. Dr. De la Garza, thanks for teaching me one of the most important skills of a doctor: how to listen to a patient.

—Kevin Glover, MS2
University of Washington School of Medicine,
Spokane Foundations Site
Submitted October 2021

SCMS Mission

Serving as the guardian of community health and wellness while leading and promoting the professional practice of medicine.

President's Message



GROWTH IN CHALLENGING TIMES

Since our last issue of The Message, two trends, one positive and the other negative, have dominated the landscape for the SCMS. On the positive front, we have continued to strengthen SCMS as a viable organization that takes its mission of protecting the health of our

community seriously. The negative trend is the proverbial elephant in the room, COVID-19.

THE STATE OF THE SCMS IS STRONG.

We have been proactive this year in trying to provide consistent leadership starting with the Executive Committee. This will be the first time in several years that we will have a smooth transition of power with a full slate for the Executive Committee. We have also provided more stability for the Board of Trustees, filling more than the required number of slots outlined in the bylaws. We exceeded our targets for membership. We changed our bylaws to invite greater representation for PAs on the Board of Trustees. Our presence at the WSMA House of Delegates is growing as well as we sent nine members to the HOD meeting this year.

CONQUERING COVID-19

At the beginning of the year, we fully expected to be back to normal operations with COVID-19 under good control based on widespread availability of the vaccines. We underestimated the ability of the virus to create more infectious variants. What's more, we underestimated the public resistance to vaccinations, mask-wearing and social distancing. All the while, the numbers of COVID-19

infections, hospitalizations and deaths rose, threatening to capsize the healthcare system. We responded with yet another public plea in The Spokesman-Review to trust trained healthcare professionals to provide reliable information on how to protect the community. COVID-19 concerns led us to cancel member collegiality events like our summer cruise and we continued with Zoom meetings rather than meeting in person. The WSMA HOD changed its plans for an in person meeting and went virtual, and our annual CME conference remained virtual this year as well. We also kept our efforts at community outreach to organizations like Second Harvest and Blessings Under the Bridge on hold. We have responded to these challenging times with flexibility and resilience.

OUR MISSION

The one thing that strikes me about the past year is summed up by the word relevance. When I first joined the SCMS, we were asking hard questions about whether there was even a need for a regional medical society. Sometimes it takes a crisis for us to realize just how important our mission is. Finally, I'd like to thank our Executive Board and Board of Trustees for their tireless efforts to make all this happen. ■

Barry Linehan, PA-C
2021 SCMS President

In Memoriam

Bruce A. Ellingsen, MD

(February 1940-October 2021)

J. Paul Shields, MD, Jr.

(February 1929-October 2021)

John Hershey, MD

(February 1926 – October 2021)





Membership Recognition for June – December 2021

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

50 YEARS

Peter LaRowe, MD
10/12/1971

40 YEARS

David Grubb, MD
09/15/1981
Michael Henneberry, MD
10/27/1981

30 YEARS

Bruce Abbotts, MD
09/25/1991
Steven Dixon, MD
09/25/1991
William Keyes, MD
09/25/1991
James Doyle, MD
12/11/1991

20 YEARS

Glen Baird, MD
09/19/2001
Elizabeth Ho, MD
10/01/2001

10 YEARS

Jennifer Kalisvaart, MD
09/06/2011
Chadd Sukut, MD
09/07/2011

Wilfred Alex Madarang, MD
09/29/2011
Ayumi Corn, MD
12/14/2011
Todd Corn, MD, PhD
12/14/2011
Rebecca Mallo, MD
12/20/2011
Monica Blykowski-May, MD
12/30/2011



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Okechukwu Ojogho, MD

Works at:

Executive Medical Director, Transplant Services (Abdominal and Thoracic)

Program and Surgical Director, Kidney and Pancreas Transplantation

Providence Sacred Heart Medical Center and Children's Hospital, Spokane, Washington

Specialty:

Transplant Surgeon (Liver, Kidney, and Pancreas Transplantation)

Why SCMS:

Given the unprecedented changes impacting the practice of medicine today, it is very important to reflect on the enduring value of SCMS, with its mission, has always represented a long-standing commitment to the Spokane community-both for professional members and for our patients-facilitating and advocating for the best care possible for Spokane.

Top concerns in medicine:

Physician and other healthcare team member burnout-exacerbated by seemingly endless surge of COVID-19. Managing the burden of increasing regulatory requirements and policies.

Transplant specialty specific-would have to be lack of available donor organs to meet transplant needs. Currently, over 100,000 people waiting for organs.



When not at work

Spending time with family (primarily) and friends.

Go to unwind activity

Soccer, Golf, Movies, and just being outdoors.

What I read:

Multipliers—How The Best Leaders Make Everyone Smarter
By Liz Wiseman

Allly Up—The Definitive Guide to Building More Inclusive,
Innovative, and Productive Teams
By Di Ciruolo

What you might not know about me:

I'm an amateur Magician.

I'm a big fan of magic shows and magic tricks.

Proud moments in medicine:

Every time I spend helping my patients get a life-saving organ transplant, is a proud moment.

Proud moments closer to home would have to be helping our abdominal transplant team perform first ever pancreas

transplant in Spokane and our heart transplant team perform the rare operation of combined heart and kidney transplant in patients with heart and kidney failure.

Best advice:

Following graduation from high school, I left Nigeria for the United States, alone, to further my education. My parents said to me, "In life, there are ups and downs, but NEVER give up on your dreams."

What's next:

Looking forward to increasing my participation in organized medicine, both in my current roles as a member of the Board of Trustees (Washington State Medical Association and Spokane County Medical Association) and as Chair, Surgery Department for the Medical Staff at Providence Sacred Heart Medical Center, and collaborating with other board members to advance and advocate for the needs of our members, patients, and community. ■

JANUARY**SCMS Medical Education Committee Meeting**

January 13, Thursday, 5:30 pm

SCMS Foundation Meeting

January 18, Tuesday, 5:30 pm

SCMS Board of Trustees Meeting

January 26, Wednesday, 5:30 pm

FEBRUARY**SCMS Executive Committee Meeting**

February 23, Wednesday, 5:30 pm

MARCH**SCMS Board of Trustees Meeting**

March 23, Wednesday, 5:30 pm

APRIL**SCMS Foundation Meeting**

April 12, Tuesday, 5:30 pm

Spokane Scholar's Foundation Banquet

April 18, Monday

SCMS Medical Education Committee Meeting

April 21, Thursday, 5:30 pm

SCMS Executive Committee Meeting

April 27, Wednesday, 5:30 pm

MAY**WSMA Leadership Dev. Conf.**May 20-21, Friday-Saturday
Chelan, WA**SCMS Board of Trustees Meeting**

May 25, Wednesday, 5:30 pm

JUNE**SCMS Executive Committee Meeting**

June 22, Wednesday, 5:30 pm

JULY**SCMS Foundation Meeting**

July 12, Tuesday, 5:30 pm

SCMS Medical Education Committee Meeting

July 21, Thursday, 5:30 pm

SEPTEMBER**SCMS Board of Trustees Meeting**September 28, Wednesday, 5:30 pm
(HOD Caucus)**SAVE THE DATE!****Medicine 2022**September 30, Friday, 7:00 am—5:00 pm
The Historic Davenport Hotel**OCTOBER****WSMA House of Delegates**October 1-2, Saturday-Sunday
The Historic Davenport Hotel
Spokane**SCMS Foundation Meeting**

October 11, Tuesday, 5:30 pm

SCMS Medical Education Committee Meeting

October 20, Thursday, 5:30 pm

SCMS Executive Committee Meeting

October 26, Wednesday, 5:30 pm

NOVEMBER**SCMS Board of Trustees Meeting**

November 16, Wednesday, 5:30 pm

DECEMBER**SCMS Executive Committee Meeting**

December 14, Wednesday, 5:30 pm

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

CCNW ROBOTIC-ASSISTED SURGICAL ONCOLOGY



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- » Sparing of healthy tissue

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- » Shorter hospital stay
- » Less scarring
- » Faster return to normal activities



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On October 8, 2021, the SCMS held their annual CME event, Medicine 2021. Using a virtual platform, an audience of nearly 30 members attended the meeting to hear from an array of local and regional experts. Attendees were able to earn up to 7 hours of Category 1 CME credit.

The morning started with a rigorous review of current atrial fibrillation management from Dr. Christopher Fellows who reminded us it's not nearly as simple as rate vs. rhythm control anymore. Then Dr. Jamie Bowman delivered a thought-provoking update on caring for the entire gender spectrum full of practical tips. Dr. Derek Mitchell lectured next on the top things primary care providers should know before referring to a pain clinic, focused on setting realistic expectations while also enlightening the crowd about new adjunctive treatments offered in Spokane! The morning concluded with a data-packed COVID-19 update from newly confirmed health officer for the Spokane Regional Health District, Dr. Francisco Velasquez.

The afternoon kicked off with a public health advocacy boost from Dr. Jim Sledge about the importance of fluoride. Our final faculty lecture of the day was given by Dr. Jennifer Pasko who spoke passionately about the myths and facts regarding pancreatic cancer survival, reminding us all about the importance of pre-habilitation. The event concluded with our longstanding tradition to hear from some of the youngest and brightest among us – resident physicians! Drs. Sarah Knight, Aditya Nathan and Tyler Reinking (Internal Medicine Residency Spokane) delivered a cutting-edge review on the non-insulin treatments for diabetes and how to tailor options towards significant co-morbidities. Drs. Parvita Panchal and Logan Shetlar (Family Medicine Residency Spokane) concluded the day with a case-based approach to review the most current evidence-based colon cancer screening recommendations.

The event would not have been possible without technical support from the WSMA and we would like to thank all the event supporters for helping make the program a huge success!

If you are interested in joining the planning committee for next year's event please don't hesitate to contact us for more information.

Rachel Safran, MD

2021 SCMS CME Planning Committee



Thank you again to our major supporters!

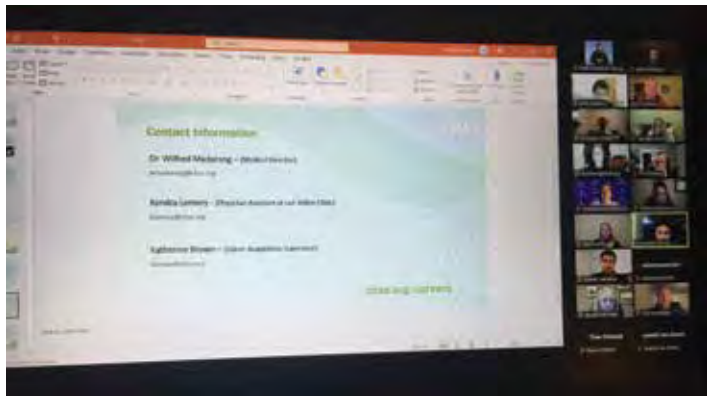


SCMS Virtual Provider Recruiting Fair

As part of our organization’s mission, SCMS’ Medical Education Committee (MEC) hosted its first SCMS Virtual Provider Recruiting Fair on Tuesday, November 2, 2021. “We hope to attract high quality physicians and PAs to choose the Spokane region as a place to work and call home,” stated Dr. Chris Anderson, MEC Co-chair. The event was hosted for providers currently training in the Spokane-based Family Medicine, Internal Medicine and Psychiatry residency programs, and MEDEX PA programs to help make them aware of the opportunities for employment in the area.

Several residents and medical/PA students attended as the evening featured presentations from six local organizations who are hiring, including CHAS, Mann Grandstaff Medical Center Veterans Affairs, MultiCare, Northwest Spine & Pain Medicine, Providence Medical Group and Washington Permanente Medical Group.

Each organization provided an overview of its open positions and discussed the collaborative role between the PA students and residents, followed by an open Q&A. Thank you to all those who participated in the event! ■



YOUR foundation! What is it, what should it be, why should you care?

The foundation was originally set up to be the charitable arm of the Medical Society and in that capacity provided grants and funding to numerous organizations in the community which fulfilled the **mission statement to:**


- **promote and support the development of future physician and physician assistant leaders within our community, and**
- **identify and fund important and innovative projects that advance the health of our community.**

The Foundation later saw a large expansion of duties with the initiation of Project Access and assumption of a managerial role of that program. An amazing program highly supported by most of our members with donation of both time and treasure. Referrals to Project Access essentially went away with the ACA as many of the needy in Spokane were able to enroll in healthcare programs. The Foundation lost its biggest project and the grants which helped with funding. This coincided with a decrease in enrollment in the SCMS and the number of members contributing to the Foundation.

So where are we now?

The Board of Trustees of the Foundation has been pondering the future. We still have funds available for any community organization or member with a project which is mission oriented. You need simply to apply.

Should we work hard to expand these funds and play a larger role in our community?

		GRANT PROPOSAL UP TO \$10,000
<ul style="list-style-type: none"> • Only projects that support the SCMS Foundation Mission will be considered on a quarterly basis. • Proposals should not exceed two (2) pages. 		
DATE SUBMITTED		
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NAME / ORGANIZATION		
CONTACT INFORMATION / MAILING ADDRESS		
NOT-FOR-PROFIT REQUEST (Y/N)		
LIST OTHER FUNDERS		
I. PROJECT ABSTRACT & PROGRAM DESCRIPTION		
II. DELINEATE HOW FUNDS WILL BE USED		
III. HOW DOES THIS REQUEST FULFILL THE MISSION OF THIS FOUNDATION		
IV. GOALS, OBJECTIVES & OUTCOME MEASURES <small>(Written report to be submitted for inclusion in The Message within 1 year)</small>		
<i>To promote and support the development of future physician and physician assistant leaders within our community, and identify and fund important and innovative projects that advance the health of our community</i>		



Clint Hauxwell, MD



Matt Hollon, MD, MPH, FACP



Barry Linehan, PA-C



Anne Oakley, MD



Stephen Pakkianathan, MD



Travis Prewitt

Physicians in general are viewed as being fairly stingy with their charitable giving - not necessarily a fair opinion but one that is nevertheless true. Should we try to change this perception? Increase our presence in the community as a united group of physicians and physician assistants? The need is out there, and we could be a major factor in **advancing the health of our community.**

We welcome ideas, input, dreams, grant applications, and of course donations of your dollars and time!! You may download the application from our website at www.spcms.org, under the "About Us" tab, SCMS Foundation dropdown selection. ■

In service,

SCMS Foundation Board Members

Clint Hauxwell, MD
Barry Linehan, PA-C
Stephen Pakkianathan, MD

Matt Hollon, MD, MPH, FACP
Anne Oakley, MD
Travis Prewitt

Attending the WSMA House of Delegates Meeting

By Erin Rose Medina, MD
2021 SCMS Secretary-Treasurer


In the last issue of The Message, I shared about the process of writing a resolution for the WSMA House of Delegates meeting. Now I'd like to share about the HOD meeting itself. In this meeting, delegates from county medical societies and specialty groups across the state meet to propose resolutions that are adopted as WSMA policy then used to advocate for or against bills in the state legislature. This year, a number of by-laws changes were also discussed, and like last year, the meeting was held virtually.

Like most online adaptations, the virtual format had benefits and drawbacks. One huge benefit (I felt) was that each person commenting during the discussion time was limited to 90 seconds. This limited long-winded discussion which has led to meetings going long when held in person. Meeting remotely potentially allowed more people to participate, as no cross-state road trips or hotel stays were needed. The biggest drawback was not being able to see people in person and network.

The meeting itself was quite productive. The first day consisted of discussing the proposed by-laws changes and resolutions,

and the second day was for voting on them. The proposed by-laws changes were a little outside my wheelhouse, though others felt very strongly about them one way or the other. The process of that part of the meeting was a little tedious and held all of the excitement of an Entmoot. The discussion on the resolutions is the most interesting part of the meeting, in my opinion. This year we discussed resolutions on topics ranging from violence against Asian Americans to expanding parental leave for medical students and residents to inequities in the juvenile justice system. Many of the resolutions were written by the medical student section. It is exciting and refreshing to see our future doctors and doctors in training engaging in advocacy early in their careers. I can't imagine putting that much time and energy into anything other than survival during those difficult years, so I applaud them.

I'd like to encourage anyone wondering what they can do to make a difference in our broken system to consider serving as a delegate for the HOD meeting. It may seem a little intimidating at first, and parts of the meeting are not exactly enthralling, but making one's voice heard is empowering. ■



SAVE-THE-DATE

Spokane County Medical Society presents

MEDICINE

2022

Friday, September 30, 2022

Watch for details!

ANNOUNCEMENTS

ADVANCED DERMATOLOGY & SKIN SURGERY is pleased to announce Courtney Gwinn, M.D., has joined our team. Dr. Gwinn is a board-certified dermatologist, American College of Mohs Surgery (ACMS) trained Mohs and Reconstructive Surgeon, and American Society of Dermatologic Surgery (ASDS) trained Cosmetic and Procedural Surgeon. Dr. Gwinn completed her fellowship at SkinCare Physicians in Chestnut Hill, MA, and is also well-versed in cosmetic dermatology. She begins seeing patients on October 1, 2021.

COMPASSIONATE ADDICTION TREATMENT (CAT) SEEKING VOLUNTEER PROVIDERS I am the medical director for Compassionate Addiction Treatment in downtown Spokane. CAT is a low barrier facility that provides medical assisted treatment with Suboxone for opioid addicted individuals and provides counseling and social services assistance. We are seeking additional volunteer providers that could work 4 hours a week seeing patients. The work is very gratifying, and the staff are dedicated to their mission helping this underserved population to climb back to a normal life. If you are aware of any providers looking for a meaningful volunteer opportunity, please contact me: Michael Mainer, M.D., Medical Director, michael.mainer46@gmail.com, (509) 951-3877.

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

SAVE THE DATE! SPOKANE COUNTY MEDICAL SOCIETY PRESENTS MEDICINE 2022: Friday, September 30, 2022, Historic Davenport Hotel. Mark your calendar now!

Interested in placing a classified ad?

Contact Shelly Bonforti, SCMS Publications
Phone: (509) 325-5010, Fax: (509) 325-5409
or Email: shelly@spcms.org

SCMS Member Directory

AVAILABLE ON OUR WEBSITE AT [SPCMS.ORG!](http://SPCMS.ORG)

New SCMS member-only portal, GrowthZone's The Info Hub!



- Search the member directory listing - your contact information and our other active members are available in The Hub.
- Personalize your member listing page - your own information page on the website.
- Manage your membership and payments.
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a great service
for the communities
in Washington.”**

– provider in Okanogan County