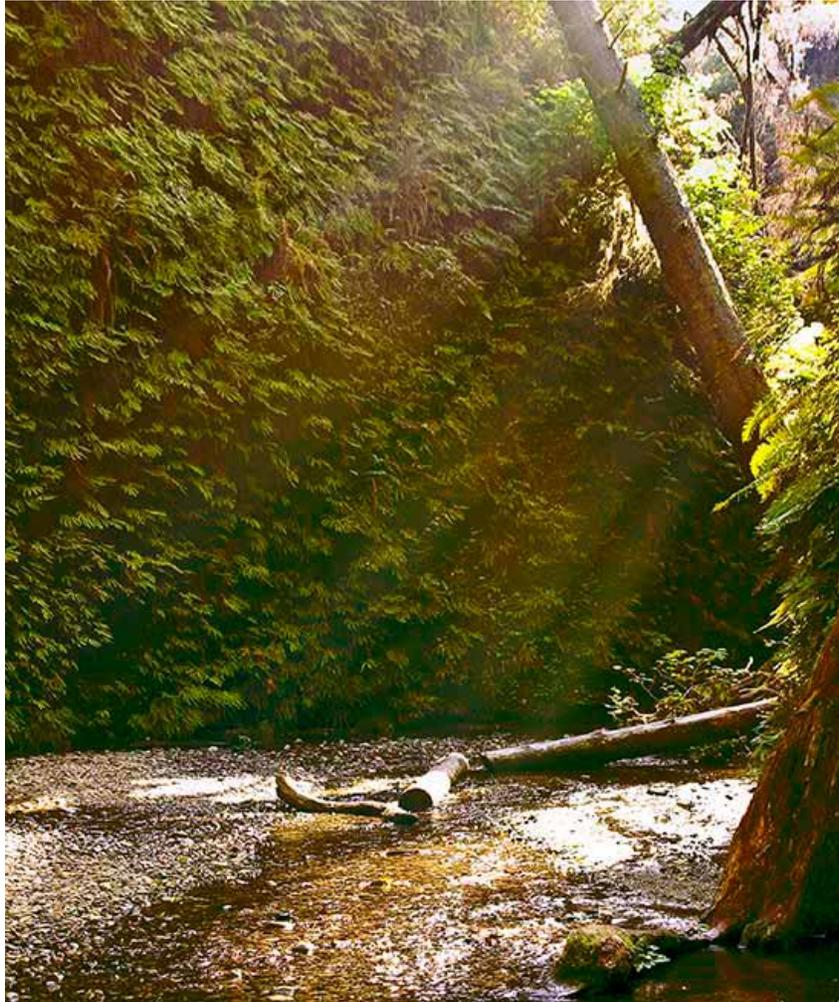




**HUMBOLDT-DEL NORTE
COUNTY MEDICAL SOCIETY**

North Coast Physician

SEPTEMBER 2020



In This Issue...

- “Secession -- Yet Again”
- Welcome New Members
- Symptoms of COVID-19 /
- Annual Award Nominations

and more.....



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The Editorial and Publications Committee encourages our member's comments for publication. Please submit electronically prior to the 15th of the month preceding publication. hdnems@sbcglobal.net

Cover Photo

"AUTUMN SUN IN FERN CANYON"

Stephen Kamelgarn, M.D.

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 Web page: www.hdnems.org

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Secession - Yet Again

Stephen Kamelgarn, M.D.



Way back in late 2019, months before any of us had heard of Corona Virus, I wrote two pieces on California, Oregon and Washington possibly seceding from the United States (NCP June & October, 2019). Now, five months into the COVID pandemic, with no end in sight, it's time to revisit the issue once again.

It's blatantly apparent that the US government's response to the Corona virus pandemic has been abysmal to the point criminal malfeasance. We have a true humanitarian disaster on our hands, almost exclusively due to our government's completely immoral and utter mishandling of the epidemic. Although the US has only 4.1% of the world's population, we are posting 26% of the world's total cases. As of Aug 1, 2020, there have been 4.6 million cases of COVID in the US, with more than 150,000 deaths (22% of the world's total).¹ And, while the rest of the world is beginning to open up, cases in the US continue to soar.

In March 2020, early in the epidemic, California Governor Gavin Newsome got a jump on the pandemic and took early steps to shut down California in an effort to "flatten the curve." And, for the first couple of months of the pandemic, the number of COVID cases in California were far fewer than one would expect considering that we're the most populous state in the nation engaged in a tremendous amount of trade with the Far East, where the pandemic began. Unfortunately, under pressure from the federal government, we began to reopen prematurely, and cases spiked along with most of the Deep South and Southwest, states that refused to initially close down.

Due to lack of direction and action from both the White House and Congress, actions that should have been common

sense public health measures have become a stage for political grand-standing – either one believes the science or one believes the president; COVID is a threat or COVID is a hoax, and an effort to discredit Trump to throw next November's election to the Democrats. We won't even mention the phenomenally stupid COVID "cures" being touted by Trump and his conspiracy-minded allies; that's grist for another mill.

We're now being treated to a variety of news stories about physical threats to public health officials who recommend following the scientific consensus and closing things down to prevent the spread of the virus. These threats are almost all directly traceable to the Trump White House and his Fox News acolytes. This is utterly insane; there's no room in a pandemic to politicize public health, yet that's exactly what's been happening.

In mid-March, when the pandemic first started making an impact on the country, Trump abdicated his responsibility and told the states to handle the problem. Yet, when the states asked for help in terms of ventilators and personal protective equipment (PPE), the Feds told them that it was federal responsibility to allocate those resources, and proceeded to give that equipment to states that didn't need that stuff, i.e. states controlled by the Republican Party. Meanwhile, the states that were getting slammed by the virus: New York, New Jersey, Washington, and California, among other "Blue" states, received almost nothing from the Federal Reserves. In fact, both New York and Washington had paid private companies to supply PPE to their frontline healthcare workers, only to have their purchases "appropriated" by the federal government for its own purposes.^{2,3}

Later, after it became obvious that the pandemic was going to be a problem for the rest of the year, and states started looking at what it would take to re-open schools, Secretary of Education Betsy DeVos told them that all school districts must reopen in the Fall or risk losing federal dollars. This violates the guidelines established by the president's own Corona Virus Task Force – schools shouldn't reopen until COVID infections dramatically taper off. Yet, despite the guidelines, both DeVos and Trump are pushing to re-open the schools even though there is absolutely no way children in large groups like schools can maintain social distancing; the schools could become "hot spots" for the virus. This reality was brought home last week when the CDC reported that 260 teens and staff at a Georgia summer camp caught the virus.⁴ We had our eyes opened again when the American Academy of Pediatrics reported that 94,000 children tested positive for the virus during the last two weeks in July.⁵

Apart from his criminal mis-handling of the COVID epidemic, condemning added thousands to death, Trump has further declared war on "The Left Coast" when he exercised an unconstitutional violation of the 10th Amendment's, "The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people," and sent federal troops into Portland to quell mostly peaceful "Black Lives Matter" demonstrations. These unidentifiable federal troops, including Border Patrol Agents almost 400 miles from the nearest international border, only inflamed the situation provoking more violence and

"Secession" Continued on Pg 21

North Coast Physician

Residency Update

May Hong, MD

Residency Director



In June of 2019, The St. Joseph Hospital Eureka Family Medicine Residency Program successfully enrolled its second group of physicians – the class of 2022. The newly minted physicians were: Dr. Madonna Romaya, Dr. Nicole Kashani, Dr. Anirudh Rai, Dr. Mikal Aichtner, Dr. Margot Oliver and Dr. Sean Purtell. The new interns hail from all over the world – from as far away as Pakistan and India, but also locally from McKinleyville and Petaluma in Sonoma County. They arrived in mid-June for orientation, and they officially started on July 1, 2019.

The program began ambitiously. The focus started as a Clinic First, Longitudinal (one week at a time rotation) model. This means that the rotations were scheduled as secondary to the interns working in their own continuity clinic. The curriculum was repetitive, subscribing to the idea that physicians learn best by mimicking how they will practice. This model had originated from a resource-rich, urban academic center, so its implementation here was an incredibly

courageous project.

The residency team had incredibly strong members who were able to sustain the model to a certain extent. Our local limitations in resources and bench strength in adjunct and core faculty created logistical difficulties that could not fully take advantage of the model's strengths.

Ultimately, we modified the curriculum to a two week per rotation model, with a few rotations, those with a short learning curve, still scheduled for one week at a time. This model was implemented for the academic year beginning July 1, 2020.

Dr. Madonna Romaya, from the class that started in 2019, resigned, and Dr. Zachary Nankee accepted the position left open by her resignation.

In recruiting for the class of 2023, we again had a successful season. Dr. Milad Najjar Ranjbar, Dr. Shenoda Abd Elmaseh, Dr. Jesus Mendez, Dr. Yehuda Fox, Dr. Ramir Geluz, and Dr. Josh Echeverria all arrived in Humboldt County in mid-June to begin the 2020-2021 academic year on July

1, 2020. As we move into the second year of our program, we are grateful to all of the support of the wonderful medical community whose tireless enthusiasm and passion for knowledge, teaching, and learning manifest itself in the lessons that the residents learn every moment that they spend caring for the community. We are dedicated to the recruitment efforts laid forth by the ACGME to recruit for diversity, equality, and inclusion. The multicultural class that we recruited reflects many diverse backgrounds, and hopefully demonstrates that we are developing an inclusive environment.

There have been many growing pains and culture changes, at both St. Joseph Hospital and the Open Door Community Health Centers, evolving from community health centers to teaching institutions. Some of those changes were delightful and welcome, some of those were reminders of painful struggles and the work the community has ahead, and the goals we still have left to accomplish. §

The Resident Mentoring Program

The Resident Mentoring program, an informal program, similar to Big Brothers/Big Sisters is an opportunity for community physicians to spend time with a resident, maybe once a month. Here, the resident and the older mentor may find things they have in common. The meetings are informal – resident and mentor may go on walks, or have a bike ride, or meet for coffee, or occasionally have a zoom meeting, depending on how busy they are. Mentors talk to the resident about the community, maybe something they learned about it, show them interesting things (meet at the symphony? go to the farmers market? show them a mushroom walk? Go surfing?) Get creative. We look forward to hearing from community physicians that would like to interact with the residency in this informal manner.

“Resident and Physician Walk”

Come out and join the Residents in a weekly walk

Every Wednesday @ 5:30 p.m.

Meet at the entrance to Sequoia Park (south of Zoo) at 5:20 p.m.

Bring your mask, your sanitizer, your water and your walking shoes

One Of Our Own Publishes

Stan Hino, M.D.

I am excited to announce I have published my first novel, *Nippon Gods*, Volume 1. It's a 79,000 word, 245-page historical fantasy about a disgraced Imperial Guard clan attempting to save old Nippon (Japan) from conquest by overwhelming Mongol forces during the 13th century medieval period.

The Sakai family of five Guard brothers and one samurai sister must use all of their skills, along with the assistance of Shinto animistic forces embodied by an albino kitsune fox, a three-legged raven, a pair of lover horses and a protectress inu hound. Added to the mix is the mysterious but timely appearance of the Imperial regalia (Sacred Sword, Mirror and Jewel), a urine-sipping priest and wayward Ainu youth.

I was inspired to write this story after hearing about my own family's genealogical history. My mother told me the Hino ancestors were both samurai and Imperial Guards. Imperial Guards were elite soldiers trained to protect the Emperor, in his palace in Kyoto in historical times, and their duties continue today in the Tokyo Imperial Palace. In 1974, during my first trip to Japan, I met my cousin Genji Hino who was an Imperial

Guard stationed at Tokyo Imperial Palace. He was kind enough to actually chauffeur me around in the Tokyo Palace gardens. (Imagine if you had a cousin that was able to show you around in the White House Rose Garden!)

The Imperial Guard duties were passed down the generations in hereditary fashion. How far back in time was my family involved? Decades ago, my mother (I did not communicate well with my father who did not speak much English and I did not speak Japanese) vaguely related a story how the Hino clan fought for the Japanese Emperor back in a famous civil war time period when a competing samurai force tried to take the throne. The Emperor's forces lost and the Hino clan was dispersed. Through diligent internet research of my family name, I concluded my mother was retelling the famous story of the 12th century Genpei War in which the Taira samurai forces were defeated in the great naval battle of Dannoura and I believe my Hino ancestors fought in the famous battle. The story of the six-year-old child Emperor Antoku who was intentionally drowned to prevent capture by the Minamoto forces is retold in my novel.



Nippon Gods is the first part of a multi-volume set. This portion will take the reader across the island of Kyushu. The Sakai siblings must settle their differences and determine a strategy that will unite all available forces to prevent the Mongol conquest of Japan as well as discover the meaning of the appearance of the Imperial regalia. Volume two will be published in the fall of 2020. "Nippon Gods" (Toshiro Nippon Publishing), is sold in local bookstores and is also available as a paperback or ebook on Amazon. §



Humboldt-Del Norte Future Physician Scholarship Fund

The Medical Society is committed to programs that help develop pipelines for future physicians interested in living and working in our beautiful area. We are hoping to build this fund into an endowment to make it sustainable for the future. This fund was created as another way physicians and our community can be involved in helping to recruit and retain physicians here on the North Coast.

Make a tax deductible donation today through the [Humboldt Area Foundation](https://www.hafoundation.org/Giving/Make-a-Gift-Today/Give-Now?fn+Humboldt-Del+Norte+County+Medical+Society+Future+Physicians+Scholarship+Fund): (<https://www.hafoundation.org/Giving/Make-a-Gift-Today/Give-Now?fn+Humboldt-Del+Norte+County+Medical+Society+Future+Physicians+Scholarship+Fund>) OR a "link" is listed under Physician Recruitment on the Medical Society's website: www.hdncms.org

Update From Our HDN PreMedical Education Task Force

Caroline Connor, M.D., MPH

HUM PET CHAIR



If ever there was a silver lining to Covid-19, the Pre-Medical Education Task Force's zoom conferences are the silver lining. This spring, Drs. Dittmer and Heston kicked off our zoom teaching sessions with high school students with their talks on COVID-19.

This fall we are working with the Humboldt County Office of Education and Humboldt State Pre-Medical Society to offer the following educational opportunities for the Fall:

1) Uniting the Humboldt and Del Norte Health Career Path Programs and working with the HSU Pre-Medical Society to offer forums similar to last year where Doctors, Nurse Practitioners/Nurses, Physician Assistants, Pharmacists, Physical

Therapists discuss their paths to their careers with the students virtually.

2) Identifying students who want a professional mentor and trying to help them make those connections.

3) Continuing to give medical talks virtually to students in the high school's Biology and Community Health classes, the AP Biology and Chemistry classes and the HSU Pre-Medical Society's meetings. All of the classes will be recorded for use at future dates.

4) Working on virtual shadowing opportunities for high school and pre-med students.

5) Identifying high school and pre-med students willing to do Public Service Announcements about COVID.

6) Working on increasing interactions with elementary and middle school students.

All of these activities are exciting but will not be possible without all of you. Please respond to the survey that comes out from the Medical Society annually (should've received in February & are included in our new physician welcome packets) to let us know what type of activities you would like to be involved in.

Many of us had a wonderful time last school year and very positive feedback from the students and their teachers. You never know what student you might be influencing that day! **§**



OPEN FORUM

Letter to Assemblymember Wood - AB890 Denver Nelson, M.D.



Jim Wood DDS

Dear Dr. Wood,

I assume you would like to be called Dr. Wood instead of Mr. Wood since you used to be a practicing dentist and continue to use DDS after your name. As you may remember, to become a dentist you had to be smarter and work harder than the average person and undergo a multiyear rigorous training course and pass exams that enabled you to do procedures and give medications associated with dental pathology.

I too like to be called Dr. and use M.D. after my name even though I am retired. I studied and worked very hard to become a doctor and then spent seven years to become a board-certified neurosurgeon. Fortunately there are no nurse practitioners who want to do craniotomies or complex spine procedures.

I think making a nurse practitioner an independent medical provider is ridiculous and dangerous to the patients. If they want to be a doctor, have them go through the same training and licensing procedure an

MD does.

If you truly believe that nurse practitioners should function as doctors, then you should amend your bill to allow dental assistants to practice as dentists. If your bill passes, drive very carefully and pray that you never have a life-threatening illness that you would want to be treated by an MD instead of by a wanabe MD.

Denver Nelson MD **§**

Meet our New Physicians

*Please join us in welcoming the following
new physicians to our community*



Benjamin Cramer, M.D.

SPECIALTY: Emergency Medicine

RESIDENCY: Western Michigan University

MEDICAL SCHOOL: Frank H Netter School of Medicine, Quinnipiac University, North Haven, Connecticut (2017)

PRACTICE JOINING: St. Joseph Health Medical Group

RELOCATING FROM: Kalamazoo, Michigan

WHERE DID YOU GROW UP? Seattle, WA

FAMILY: Spouse: Liz; Children: Rowan '06, Cedar '09, Anselm '13;

HOBBIES/INTERESTS: Rock Climbing, Ice Climbing, Backpacking, Cycling, Reading, Rafting, Kayaking

SPOUSE HOBBIES/INTERESTS: Gardening, Organic Farming

WHAT BROUGHT YOU TO THE NORTH COAST? I've been visiting Humboldt since I was old enough to drive. From hiking through Redwoods to its glorious coastal waters, Humboldt has been a place I'd always hop to return and play in with my family, and now we've been given the opportunity to live here which is even better.



RESIDENT INTERVIEW



JOSHUA ECHEVERRIA, M.D.

-What prompted you to go into medicine?

My father always wanted me to go into medicine, but I always told him no. My mother was a doctor and her experience was not ideal, so I grew up thinking that I would never want to pursue this path. However, when I joined the Peace Corps as a Health Volunteer, I realized that medicine really was my calling. I wanted to help people, and health is one of the fundamental issues that everyone needs help with sooner or later. I have also realized that I won't have to deal with the same obstacles that my mother dealt with.

-Why did you choose Family Medicine for your Residency?

I chose Family Medicine because I love rural medicine. Specialists are not always available in rural areas, so rural doctors have to improvise at times and I love the splash of variety which that brings. Family Medicine is also unique because it gives us the opportunity to develop relationships with everyone in a family and help with their varying health needs.

-What appealed to you about our program up here in Humboldt?

I want to have the ability to deal with as many different medical issues as possible, so Family Medicine at an unopposed rural program was the obvious choice for me. On top of that, the area is exactly what I've been looking for in a place to settle down in. The weather is consistent year-round, we're surrounded by beaches and wilderness, there are under-served populations for me to help, and people are easy to get along with.

-What do you like to do in your spare time? And have you had any time to explore the area up here yet?

I have a wide range of interests, but currently I am trying to cultivate a few avocado saplings. I also love exploring and soaking in nature. I have explored a little bit, but I expect to see many more things in the years to come.



Welcome New Members!

Please join us in welcoming the following
new members



BENJAMIN CRAMER, M.D.

Emergency Medicine

Frank Netter MD School of Medicine (2017)

St. Joseph Health Medical Group - Emergency Medicine

2700 Dolbeer Street
Eureka, CA 95501
(707) 445-8121

3300 Renner Drive
Fortuna, CA 95540
(707) 725-3361



JAMES B. GOLDBERG, M.D.

Emergency Medicine

Board Certified: American Board of Emergency Medicine (2005-MOC)

Hahnemann University (2000)

St. Joseph Health Medical Group - Emergency Medicine

2700 Dolbeer Street
Eureka, CA 95501
(707) 445-8121

3300 Renner Drive
Fortuna, CA 95540
(707) 725-3361



DAVID A. PHILIPS, M.D.

Interventional Cardiology

Board Certification: American Board of Internal Medicine

Board Certification: ABIM, Interventional Cardiology

New York Medical College (2000)

St. Joseph Health Medical Group - Cardiology

2773 Harris Street, Suite A
Eureka, CA 95503
(707) 442-1182
FAX: 442-16351



JEREMY R. SEMEIKS, M.D., PHD

Emergency Medicine

University of Texas (2015)

St. Joseph Health Medical Group - Emergency Medicine

2700 Dolbeer Street
Eureka, CA 95501
(707) 445-8121

3300 Renner Drive
Fortuna, CA 95540
(707) 725-3361

COVID-19 FAQ for Physicians.

The California Medical Association (CMA) has published a new frequently asked questions (FAQ) resource to answer the most common questions we receive from physicians during the COVID-19 outbreak. We hope this FAQ will serve as a resource for you during these unprecedented and trying times. CMA will be adding to this page regularly. cmadocs.org/covid-19/faq

FUTURE PHYSICIAN SCHOLARSHIP AWARD WINNER

Congratulations to Martina Shannon



My name is Martina Shannon and I'm a senior at Western Oregon University and a Eureka High School alum (class of 2017). I'm a biology major with a pre-professional emphasis at Western Oregon University, and my dream is to go to medical school and become a physician. I am the founder and president of the pre-med club at my school, and I also volunteer as a research intern for OHSU in my free time helping with their research projects in their circadian lab and also for a project surrounding racial disparities in medicine. I am sincerely honored to be selected as the recipient for this scholarship of the Humboldt-Del Norte Future Physician Scholarship Fund, and I cannot express just how much this means to me. I currently work as a medical scribe in the Salem Health Emergency Department and also as a server for a restaurant in Salem all through the year, including the school year, to be able to afford to put myself through school, and due to the COVID19 pandemic these jobs have both become unreliable sources of income. Receiving this scholarship means that I have to worry less about making ends meet and that I can focus more on maintaining my GPA while taking rigorous prerequisite courses for medical school and obtaining my degree this year. I'm very grateful to you for believing in me and for your confidence in helping me achieve my goals. I cannot wait until the day I can give back to the community I grew up in, Humboldt, once I begin my career as a physician. Many generations of my family have grown up in this community, and it would mean the world to me to have the ability to return to the place I love the most someday and create and grow a life and career here doing what I am passionate about. Thank you again for your generous gift towards my education.

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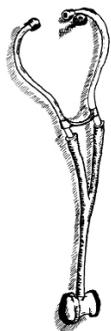
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off call

Arthur J. Day, M.D.



ARTHUR JOHN DAY, M.D., of Bellevue, Washington and formerly of Eureka and Arcata, California, passed away on July 24 in Renton, Washington at the age of 83. He was born in 1936 in Cincinnati, Ohio to Arthur M. and Caroline M. Day.

He was preceded in death by his beloved wife of 53 years, Margaret Genevieve Day, who passed away in 2015. He is survived by his four children: Jacquelyn Sanchez of southwest Washington, Jeanine Galitz of Meridian, Idaho, Carolyn Sakles of Tucson, Arizona, and Gregory Day of Grants Pass, Oregon, as well as ten grandchildren. An Eagle Scout, and a 1954 graduate of Mount Carmel High School in Los Angeles, California, he completed his medical studies at UCLA and UC Irvine. He was a military veteran who served as a US Army Medical Corps officer at Fort MacArthur, California and at Fort Gordon, Geor-

gia in the 1960s. A pioneer in the field of angiography, Art was passionate about his career as a nationally Board Certified radiologist. He helped create the Army's Interventional Radiology unit, and later did the same at Little

Company of Mary Hospital in Torrance, California. He was a co-founder and managing partner at Humboldt Radiology Medical Group, and Chief of Radiology at St. Joseph Hospital in Eureka and later at Forks Community Hospital in Washington. He took great pride in the professional care that he provided for thousands of patients throughout his career. A devoted husband and father as well as a respected physician, he will be sorely missed by his family.

JANSSEN MALLOY LLP **Attorneys at Law**

730 Fifth Street, Eureka, California 95501
(707) 445-2071 * Fax: (707) 445-8305

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Rural Caregivers of Persons with Memory Loss Needed for Study in Online Workshop

Veronica Yank, M.D.



UC San Francisco is recruiting adults in rural communities who care for family members or friends living with memory loss into a nationwide clinical trial to see if a free online workshop will reduce their stress while also helping them manage the challenging behaviors of their care partners, better care for themselves and plan for their future.

Rural caregivers of persons living with dementia suffer from physical isolation and disparities in health care access and quality. Many experience serious health issues that can limit their ability to provide care, resulting in the need for effective, scalable and accessible support programs.

Online programs are a convenient option for program delivery, as they can be accessed at home and at the user's convenience. Originally developed by the Self-Management Resource Center and Department of Veterans Affairs for caregivers of veterans, "Building Better Caregivers" is an online interactive workshop now adapted for caregivers of persons living with memory loss, Alzheimer's disease or a related dementia.

In the clinical trial, UCSF researchers will randomize 640 rural caregivers into either the Building Better Caregivers workshop group or control group. The 20-25 person small group workshops will be led by two caregiver facilitators, with participants receiving a booklet and going online 2 or more times a week for 10-30 minutes at a time to learn new skills and interact with other caregivers. Caregivers in the control group will receive support phone calls from study staff, a caregiver handbook with tips and resources, and the option to enroll in the online workshop after the 12-month trial is completed.

The researchers believe the Building Better Caregivers group will have significant improvements in their stress and depression scores, as well as measures of isolation, self-efficacy, and caregiver burden. Researchers also will identify key strengths and weaknesses of disseminating the program to vulnerable caregivers that can guide possible expansion across rural communities and into low-resource urban or suburban settings.

"The rural caregivers we hope to help

are often isolated by geography, but many are also isolated because they cannot leave their care partners alone in the home," said principal investigator Veronica Yank, MD, associate professor of medicine at UCSF. "With COVID-19 hitting the country, we have reports that their isolation and stress levels are even worse. Giving rural caregivers an online workshop they can access from home, day or night, is a good option in these extraordinary times. If found to be effective, this workshop could improve caregiver health and the well-being of their care partner, an obvious win-win."

Clinical trial partners include multiple area agencies on aging and community organizations and health care systems serving older adults and rural communities nationwide. The research team includes investigators from UCSF, Stanford University and Texas A&M University.

For more information, visit caregiverproject.ucsf.edu, email caregiverproject@ucsf.edu or call (833) 634-0603 toll-free.

Principal investigator Veronica Yank, MD, veronica.yank@ucsf.edu.

JOIN NOW AND RECEIVE

16 FOR 12

16 MONTHS OF MEMBERSHIP FOR THE PRICE OF 12*

*Starting September 1, new members who join and pay in-full for the next year will receive the remaining months of this year for free.

2020 ANNUAL AWARDS CALL FOR NOMINATIONS

GOOD LEADERS CAN INFLUENCE AND MOTIVATE OTHERS.... They have the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. Do you know individual colleagues who demonstrate excellence and a strong commitment to improving our communities?

The Humboldt-Del Norte County Medical Society Awards Committee is seeking nominations for 2020 awards, which honor individuals who have demonstrated exemplary service. The awards reflect a significant tribute of respect, recognition and appreciation from HDNCMS member physicians.

The Awards Committee will select one recipient for each award - to be recognized at the Annual Membership Gala tentatively scheduled in December.

The awards are as follows:

#1. OUTSTANDING CONTRIBUTIONS TO THE COMMUNITY

Presented to a HDNCMS member whose work has benefited the community.

#2 OUTSTANDING CONTRIBUTIONS TO LOCAL MEDICINE

Presented to a HDNCMS member who has improved local medical care.

#3 OUTSTANDING CONTRIBUTION TO HDNCMS

Presented to a HDNCMS member who has served the medical association beyond the call of duty.

Physician candidates must be a Medical Society member and may be nominated for more than one award. If you are unsure if the member, please submit your nomination and HDNCMS staff will confirm. You do not have to be a HDNCMS member to nominate a colleague for an award. Nominations and supporting documentation must be submitted by October 1st. For more information, contact the Medical Society - hdncms@sbcglobal.net or (707) 442-2367.

Self-nominations are encouraged and accepted!

HDNCMS 2020 ANNUAL AWARD NOMINATIONS

TO: Humboldt-Del Norte Medical Society Awards Committee *(Please print legibly)*

FROM: _____
(Name Required)

PHONE: _____

NOMINEE: _____

AWARD: _____

For more than one nomination, submit separate forms for each. Please provide supporting information including accomplishments and contributions that will help the Awards Committee evaluate your nominee. Nominations must be received by the HDNCMS by October 1st. Submit via any of the following methods:

E-Mail to: hdncms@sbcglobal.net

Fax to: (707) 442-2367

Mail to: Humboldt-Del Norte County Medical Society, P.O. Box 6457, Eureka, CA 95502

SOCIAL EVENT CALENDAR
Women in Medicine Journal Club
Tuesday, September 1, 2020
6 - 7 p.m.
Via Zoom

SAVE THE DATE
NORCAL RISK MANAGEMENT SEMINAR
*“Who is practicing medicine in your office?
Advanced Practice Professionals and Medical Assistants:
Enhancing Patient Safety and Reducing Risks”*

Lisa Buscho, Norcal Risk Management Specialist
Amelia Burroughs, Esq
September 23, 2020 (Wednesday)
Via Zoom

Practice Managers/ QA/ Risk Managers/ HR: 1-2 p.m.
Physicians/Spouses: 6-7 p.m.

SAVE THE DATE
Sexual Harassment Training
Amelia Burroughs, Esq.

Date: November 19, 2020
Time: 4-5: Employee Training
4-6: Employers/Supervisor Training
Place: Via Zoom

***watch for flyers**

SAVE THE DATE
Annual Membership Gala
Date: December 5, 2020 (Saturday)

Calendar of Education, Physician Meetings & Socials

http://www.hdncms.org/Physician_Educational_Calendar.html

HDN TATTLER

CONDOLENCES to the family of Arthur J. Day, M.D.

CONGRATULATIONS to Lauren and John Steele on the birth of their daughter, Elsiana Laney Steele, born July 3, 2020, who joins baby brother Ansel (3) who adores her. Baby Elsiana weighed in at 8 lbs 11oz and was 21" long. Mom, Dad and family are doing great!

HAPPY BIRTHDAY to: Drs. Basch, Bauriedel, Bensky, Dennis, Fratkin, Gibb, Heidmann, Holst, Hunter, Kashani, Kent, Khalsa, Kramer, Martini, Meengs, Morden, Nelson, Palacios, Ramos, Sattler, T. Sugiura, Sullivan, K. Vu, Weiner, and Zagone;

If you have any news you'd like to share with your colleagues..... births, marriages, get well wishes, something you'd like to "brag" about to your colleagues, etc., Please let us know so we can include it in the "HDN Tattler".

COMING, GOING & Moving Around

Coming:

Jason Bourland, M.D.	Emergency Medicine	SJHMG / RMH Emergency Medicine
Connor McCartney, M.D.	Hospitalist	SJHMG - Hospitalist
Albert McClain, M.D.	Otolaryngology	Sutter Coast Community Clinic
John Riley, M.D.	Interim Med Dir/ Behavioral Health	County
Laura Tavernier, M.D.	Emergency Medicine	RMH / SJHMG Emergency Medicine

Going

Grant Walker, M.D.	Orthopedic Surgery
--------------------	--------------------

Moving Around

George Zibilich, M.D.	To Retired Status
-----------------------	-------------------



Jonathan Rutchik, M.D, MPH, FACOEM, FAAN

is a physician board certified in both Neurology and Occupational Environmental Medicine from the SF Bay area. He is an Associate Professor at UC San Francisco. He visits the Eureka/Arcata area every 3-4 months to perform worker's compensation Neurology consultations, EMG and NCV testing and Qualified Medical Examinations including AMEs. Please call his office to schedule an appointment.

TEL.: 415-381-3133 EMAIL: office@neoma.com
FAX: 415-381-3131 WEBSITE: www.neoma.com

Symptoms of COVID-19 Disease in Humboldt County Confirmed Cases

Ron Largusa MSPH

Epidemiologist

Humboldt County DHHS-Public Health

COVID-19 disease presentation resulting from SARS-CoV-2 infection varies from asymptomatic infection to acute respiratory syndrome requiring hospitalization and intensive care that may result in death. As of 8/26/2020, there have been 361 confirmed cases of COVID-19 in Humboldt County. The following table is from the 147 cases where Humboldt County DHHS-Public Health has complete symptom data:

Symptom (n=147 cases)	Count	Percent
Cough	86	58.5%
Headache	77	21.3%
Fever	76	21.1%
Diarrhea/Abdominal Pain/Vomiting	57	15.8%
Muscle Aches	56	15.5%
Sore Throat	47	13.0%
Shortness of Breath	46	12.7%
Runny Nose/Sinus Congestion	44	12.2%
New Loss of Smell or Taste	37	10.2%
Chills	35	9.7%
Asymptomatic	19	5.3%
Chest Pain/Pressure/Discomfort	11	3.0%

Percent total exceeds 100% as individuals may have multiple symptoms

Symptoms range from respiratory and influenza-like-illness (such as cough, fever) to gastrointestinal illness (nausea, vomiting, diarrhea). Loss of taste and/or smell (anosmia) is a key symptom that differentiates COVID-19 disease from other respiratory diseases. As we approach the fall months and the start of seasonal influenza and increasing norovirus disease, it will be important to recognize that COVID-19 disease share many of the same symptoms as those seasonal illnesses.

For questions and additional information, please contact Ron Largusa, Epidemiologist, Humboldt County DHHS-Public Health. (707) 268-2187 or (707) 502-4014. Email: rlargusa@co.humboldt.ca.us

Humboldt Health Alert:

<https://humboldt.gov.org/2018/Humboldt-Health-Alert>

Del Norte Health Alert

<http://www.co.del-norte.ca.us/departments/health-human-services/public-health/provider-resources/health-alerts>

**Give
Blood
Today**



2018-2020 (year to date (YTD)) Humboldt County Selected Deaths by Cause, Number of deaths and Rate per 100,000 Persons	2018		2019		2020 (thru 7/23/2020)	
	# Deaths	Rate	# Deaths	Rate	# Deaths (YTD)	Rate (projected 2020 annual estimate)
Total Alcohol Induced Deaths(1)	51	33.7	55	34.5	28	33.6
<i>Alcoholic Liver Disease</i>	34	22.1	32	21.5	14	16.8
Cardiovascular (Heart) Diseases	274	161.4	284	160.4	154	155.6
Cerebrovascular Diseases (Stroke)	149	90.1	153	89.7	77	81.1
Chronic Obstructive Lung Disease	75	42.1	99	56.4	37	37.7
COVID-19 (Coronavirus) Disease(2), Pneumonia, Influenza	23	13.2	23	13.0	16	16.2
<i>COVID-19 (Coronavirus) Disease(2)</i>	--	--	--	--	4	5.3
<i>Pneumonia</i>	21	12.1	21	11.4	11	10.3
<i>Influenza</i>	2	--	2	--	1	--
Diabetes	47	26.7	38	22.4	21	22.1
Total Drug Poisoning/Substance Use Disorder (SUD) Deaths	43	31.9	55	42.5	28	41.2
<i>Drug poisoning deaths (overdoses)</i>	34	25.0	37	29.0	21	29.4
Homicide	11	9.1	3	--	6	7.9
Lung Cancer	66	34.7	61	33.3	32	31.3
Total Unintentional Injury Deaths	77	52.1	98	69.6	41	52.6
<i>Motor Vehicle Injuries</i>	20	14.0	18	13.6	8	10.8
Suicide	33	22.6	29	19.2	17	20.1
Total Deaths From All Causes	1313	794.7	1392	817.0	729	765.4

2018 & 2019 Rates per 100,000 are age-adjusted to the 2000 Census. 2020 Projected rates are based on trajectory of YTD case counts. Age-adjusted rates are not calculated for causes with <5 deaths. Projected rates by cause with <5 YTD deaths should be interpreted with caution.

(1) 100% Alcohol attributable deaths

(2) Reportable as of February 2020 and not counted in 2018 or 2019

In select instances, deaths may appear in more than one category.

Source: County of Humboldt DHHS-Public Health Vital Statistics (2018-2020)

See attached notes page for ICD-10 Case Definitions

For additional data, see:

Humboldt County Public Health Data--Additional Reports:

<https://humboldt.gov/2668/Public-Health-Data>

California County Health Status Profiles:

<https://www.cdph.ca.gov/Programs/CHSI/Pages/County-Health-Status-Profiles.aspx>

Provisional death counts for Coronavirus (COVID-19) disease:

<https://www.cdc.gov/nchs/nvss/vsrr/covid19/index.htm>

Est. Annual Humboldt County Population by Year

2018	135,627
2019	135,772
2020	135,420

Prepared by County of Humboldt DHHS-PH

Please contact Ron Largusa at (707) 268-2187 with any questions.

rlargusa@co.humboldt.ca.us



Welcome Medical Students

The following Medical Student(s) are currently or will be doing rotations in Humboldt-Del Norte



Emma Tran

Emma is a 4th year medical student at Stanford University and is very excited to engage with and help provide care to the Humboldt community over these next few weeks. Born and raised in Texas, Emma had never left the country, but longed to see the world. While she was studying Rhetoric and Writing at the University of Texas at Austin, she was given the opportunity to live in Ireland and travel to over 32 countries. It was then that she fell in love with travel and experiencing new cultures, communities, and cuisines! Between college and medical school, she worked for the Science and Technology Policy Institute, supporting the policy decisions of the former White House Obama administration. While there, she worked to support the US aid efforts during the Ebola epidemic, and realized she could combine her passion for travel with her goal to help those who need it most. The choice then became obvious for her to pursue medicine.

Now, she is working towards her goal to become an ENT surgeon and provide care to those who would not otherwise have access to it—both globally and locally. In her free time, Emma loves to sail (keelboats), rock climb (traditional climbing), surf (small waves) and build furniture (raw edge tables), and play guitar. She’s always down for a jam session, so if anyone is interested in doing a socially distanced music night, feel free to reach out! Emma will be precepting with Drs. Brinckhaus’s in September.

**HAVE A MEDICAL STUDENT OR RESIDENT PHYSICIAN
ROTATING WITH YOU?**

Have them contact the Medical Society so we can help introduce them to the Medical Community. They are welcome to attend local meetings and social events with you.



Don't forget!

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HEALTH LAW LIBRARY

The California Medical Association's (CMA) health law library is the most comprehensive health law and medical practice resource for California physicians.

The library contains nearly 5,000 pages of up-to-date information on a variety of subjects of importance to practicing physicians. It includes content from the California Physician's Legal Handbook, as well as more specialized information on peer review, payor contracting and other topics.

Access is free to CMA members - www.cmadoes.org

FRAUD AND ABUSE: REFERRAL ISSUES

- | | |
|---|---|
| 1150 Gifts and Free Services (Including Promotional Items) | 1160 Self-Referral Prohibitions: Federal Exceptions Related to Electronic Information |
| 1151 Prohibitions Against Kickbacks and Fee-Splitting | 1161 Self-Referral Prohibitions: Federal Exceptions Related to Rural and Underserved Areas |
| 1152 Kickbacks and Fee-Splitting - Other Laws | 1162 Self-Referral Prohibitions: Federal Exceptions Related to Both Ownership and Investment Interests. |
| 1153 Professional Courtesy | 1163 Self-Referral Prohibitions: Federal Exceptions Related to Managed Care Arrangements |
| 1154 Referring Patients: Antikickback Prosecution? | 1164 Self-Referral Prohibitions: Federal Exceptions Related to Other Compensation Arrangements |
| 1155 Federal Antikickback Safe Harbors | |
| 1156 Self Referral Prohibitions: California Overview | |
| 1157 Physician-Hospital Compensation Arrangements | |
| 1158 Self Referral Prohibitions: Federal Overview | |
| 1159 Self-Referral Prohibitions: Federal Physician and In-Office Ancillary Services, Academic Medical Centers and Group Practice Exceptions | |

Note: These documents are also great for staff training.



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stjoehumboldt.org/cancer

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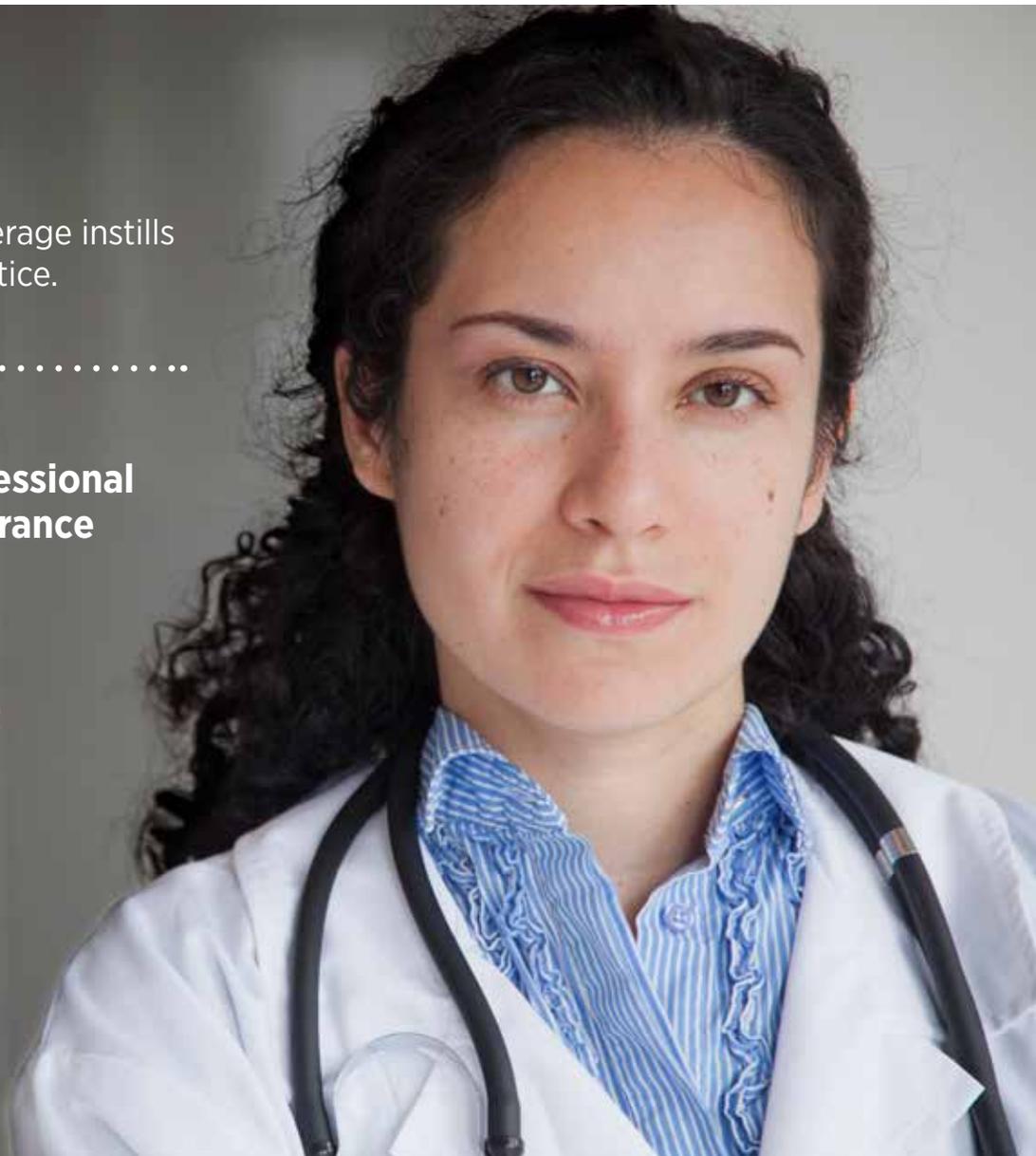
**Medical Professional
Liability Insurance**



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Wellness**



“Secession” Continued From Pg 4

sensational TV footage. Trump has since threatened to send troops into Chicago, Albuquerque, Seattle, Kansas City and Washington DC.⁶ The governors of Illinois, New Mexico, Washington, Kansas and the mayors of the involved cities have specifically requested that those troops not be sent. Yet Trump and his enabling Attorney-General Barr have threatened to send troops irrespective of what the governors want.

While Congress, especially the Republican-led Senate, has continued to dither, remaining paralyzed in the face of these combined crises, the unconstitutional executive overreach has continued, now threatening the US Postal Service, in an effort to undermine the 2020 general election.^{7,8}

When we couple the government’s inadequate response to the COVID epidemic, fascistic response to constitutionally protected protest, attempted sabotage of the upcoming election, the fact that the state governments of Oregon, Washington and California have filed more than one-hundred lawsuits against the federal government’s executive overreach and that the Feds have undermined our environmental agenda to combat global climate change, we find that our three states are completely out of synch with the rest of the country.

Why should we remain in a country where we’re not wanted, or even liked all that much? What does affiliation with the United States offer us that we can’t achieve much more completely on our own? As I mentioned in my June 2019 piece, California has the fifth largest economy in the world, and yes, we’ve all suffered tremendously from the COVID epidemic, but I suspect, that, given half-a-chance the economies of the three Left Coast states will be able to recover more rapidly than the rest of the country, once we’re allowed to defeat the virus our own way.

Richard Kreitner, author of *Break It Up: Secession, Division, and the Secret History of America’s Imperfect Union*, stated in

an interview with Rebecca Onion in *Slate*, the internet politics and arts journal:

“I think it’s [secession is] not only an American tradition but actually a patriotic position. I think questioning the value of the union is arguably the most patriotic thing we could do. The whole point of the country when it was founded was to be the means to some kind of ends—to serve a purpose. The best American tradition continues to treat the union as a means to those ends, and I think those are in the Declaration of Independence—‘life, liberty, and the pursuit of happiness.’ . . .

I think there’s always been a tradition, a radical one but definitely patriotic one, that holds the country to high standards and says, We should hold this thing together, but only as long as it’s going to serve some purpose.”⁹

Again, I ask the question, “Haven’t we Californians had enough?” Isn’t it time to serve some “higher purpose” in providing a “more perfect union,” to quote the preamble to the Constitution, to our citizens?

Our ability to “promote the general Welfare, and secure the Blessings of Liberty. . .” to our citizens has been undermined by our corrupt and criminal administration. Our progressive carbon-emission standards have been gutted by the feds, our “flatten the curve” response to Corona virus has been undermined by federal malfeasance and incompetence, and our cities are under threat by an unhinged federal assault on our First Amendment rights of Free Speech and peaceful assembly. I say, “Enough is enough! It’s time for the progressive ‘Left Coast’ of Oregon, Washington and California to go it alone, engage in an extremely patriotic act, and part ways with the government in Washington, DC.”

I’m sure that we could work out some sort of federation or commonwealth status for our new nation of Cascadia in relation to the rest of the country. But I feel that it’s definitely time to part ways – obtain a divorce from the US, as it were; and we won’t

even try to get child-support.

Sources

- 1 “Corona virus Map: tracking the Global Outbreak” *The New York Times* Aug 1, 2020
- 2 Zolan Kanno-Youngs and Jack Nicas “Swept Up by FEMA: Complicated Medical Supply System Sows Confusion” *The New York Times* April 6, 2020 <https://www.nytimes.com/2020/04/06/us/politics/coronavirus-fema-medical-supplies.html>
- 3 Nick Miroff “Protective gear in national stockpile is nearly depleted, DHS officials say” *The Washington Post* April 1, 2020 https://www.washingtonpost.com/national/coronavirus-protective-gear-stockpile-depleted/2020/04/01/44d6592a-741f-11ea-ae50-7148009252e3_story.html
- 4 Christine M. Szablewski, DVM; Karen T. Chang, PhD; Marie M. Brown, MPH et al; “SARS-CoV-2 Transmission and Infection Among Attendees of an Overnight Camp — Georgia, June 2020” *CDC Morbidity and Mortality Weekly Report (MMWR)* July 31, 2020
- 5 Cory Turner “At Least 97,000 Children Tested Positive For Coronavirus In Last 2 Weeks Of July” *NPR News* Aug 11, 2020
- 6 Charlotte Klein “Trump Is Strong-arming Cities with Even More Federal Troops” *Vanity Fair* July 28, 2020
- 7 “2020 Election Live Updates: Trump Accelerates His Effort to Undermine Confidence in the Election” *The New York Times* Aug 16, 2020 <https://www.nytimes.com/live/2020/08/16/us/election-trump-vs-biden>
- 8 Mary Papenfuss “NJ Congressman Calls For Grand Jury Criminal Probe Of Trump’s Election ‘Subversion’ By Mail” *Huffpost* Aug 15, 2020 https://www.huffpost.com/entry/trump-dejoy-bill-pascrell-crime-probe-usps_n_5f38755fc5b69fa9e2fc6fab
- 9 Rebecca Onion “The Country That Was Built to Fall Apart: Why secession, separatism, and disunion are the most American of values” *Slate* https://slate.com/human-interest/2020/08/secession-disunion-america-kreitner.html?via=tags_top August 15, 2020



PHYSICIAN EDUCATION & EVENT CALENDAR

Physician Education & Event Calendar has been posted on the Medical Society's Website - www.hdncms.org under "Events/Calendar" drop down menu. We will be posting community educational programs for physicians with details regarding date, time, location, target audience (*including if closed meeting*), agency providing CME Credit, RSVP and contact information. With the proposed increase in educational opportunities, we hope this real-time calendar will help avoid overlap of CME meetings. For more information contact: Terri Rincon-Taylor, CME Coordinator, hdncme@gmail.com, (707) 442-2353.

PHYSICIAN SUPPORT COMMITTEE (aka: Physician Well Being Committee)

CONFIDENTIAL ASSISTANCE

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CME CALENDAR

GRAND ROUNDS / CASE CONFERENCE CALENDAR

SEPTEMBER - OCTOBER 2020

SEPTEMBER

9/17/20 (Thurs) "PSYCH ROUND TABLE DISCUSSION" ZOOM 12:00 - 1:00 PM
 "HOW COVID CHANGES US" - Robert Soper, M.D.

OCTOBER

10/1/20 (Thurs) "UPDATES ON THE EVOLVING NOVEL CORONAVIRUS OUTBREAK" ZOOM 12:00 - 1:00 PM
 -Shira Shafir, Ph.D, MPH

10/15/20 (Thurs) "OSTEOPOROSIS DIAGNOSIS & TREATMENT" ZOOM 5:00 - 6:00 PM
 -Robin Dore, M.D.

NON-GRAND ROUNDS PROGRAMS

9/23 (Wed) NORCAL Risk Management -
 "Who is Practicing Medicine in Your Office? APC & MA Enhancing
 Patient Safety and Reducing Risks"
 -Lisa Buscho, RN, BSN, Sr. Risk Management Specialist
 -Amelia Burroughs, Esq
 Practice Managers, Risk Management/ QA Staff, Physicians etc. ZOOM 1-2 PM
 Physicians and Spouses Only ZOOM 6-7 PM

TUMOR BOARD

Tumor Board meetings will be by virtual format via Microsoft Teams. To join "Teams" meeting, email Jennifer Hooven at Jennifer.Hooven@stjoe.org. Meetings beyond June will be re-assessed and either resume in-person participation or extend the virtual attendance via Teams.

SEPTEMBER

9/2 (Wed) TUMOR BOARD SJH
 9/9 (Wed) TUMOR BOARD SJH
 9/16 (Wed) TUMOR BOARD SJH
 9/23 (Wed) TUMOR BOARD SJH
 9/30 (Wed) TUMOR BOARD SJH

OCTOBER

10/7 (Wed) TUMOR BOARD SJH
 10/14 (Wed) TUMOR BOARD SJH
 10/21 (Wed) TUMOR BOARD SJH
 10/28 (Wed) TUMOR BOARD SJH

.....
 : The target audience is the Physicians of Humboldt and Del Norte Counties. Advanced Practice Clinicians, RN's, RD'S, and :
 : Pharmacists are also invited to attend. Please contact Terri Rincon-Taylor, CME Coordinator at (707) 442-2353 :
 : or hdncme@gmail.com if you have any questions. :
 :

**IDENTIFYING
 EDUCATIONAL GAPS**

**Suggestions for strengthening our local CME Program are always welcome -
 We encourage you to get involved. Sign up to give a lecture.**



The Humboldt-Del Norte Consortium for Continuing Medical Education is accredited by the California Medical Association and ACCME to provide continuing medical education for physicians.

The Humboldt-Del Norte Consortium for Continuing Medical Education designates this live activity for a maximum of 1.0 hour of AMA PRA Category 1 CME Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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PRACTICE OPPORTUNITIES



Refer to Practice Opportunities on our website for a list of Practice Opportunities for Physicians. Separate listing for Advanced Practice Clinicians is also posted. Recruitment Brochure; Links to Local Recreation; Links to Loan Repayment Programs; Norcal Medical Partners Facebook, and more....www.hdncms.org

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<u>SIZE</u>	<u>MONTHLY</u>	<u>SIZE</u>
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1/3 Page Vertical	\$150.00	2.37" x 9.95"
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Full Page/Special Placement	\$275.00	7.45" x 9.95"
Business Card Ad	\$65.00	Copy Ready 2" x 3.5"
Classified Ads	\$5.25 per line	

DEADLINE: 15th day of the preceding month to be published