

Summer of 2018

Issue 2

In this Issue

- *A Letter from Legal*
- *CME Events*
- *Programs*
 - *Family Medicine*
 - *Emergency Medicine*
 - *Anesthesiology*
 - *Radiology*
 - *Hand Surgery*
- *Do No Harm Event*
- *INTEGRIS GME Wellness Resident*

Each Newsletter will feature “Resident of the Quarter” for each Program.



Follow us on Facebook!

Follow us on Facebook to keep up with our residents and fellows and to see upcoming CME events.

<https://www.facebook.com/integriscmegme/>

LETTER FROM LEGAL

Oklahoma voters approved State Question 788 on June 26, 2018. Thirty other states and the District of Columbia presently allow medical marijuana. The Oklahoma State Department of Health passed emergency rules, and the most recent version of the rules was approved by Governor Fallin on August 6. The law allows individuals with a medical marijuana license to consume, possess and grow medical marijuana. Licenses are valid for 2 years. In order to obtain a license, an individual must obtain a physician recommendation. Only physicians that meet certain legal requirements may recommend the use of medical marijuana. Specifically, a physician must have a valid, unrestricted Oklahoma license and be in good standing with the licensure board. A physician must additionally be board certified as defined by either the Oklahoma Board of Medical Licensure or the Oklahoma Board of Osteopathic Examiners. Physicians in their residency or other graduate medical training **do not** meet the definition of physician per the rules established for the Oklahoma Medical Marijuana Program (OAC 310:681-1-9.1(a)).

In order to recommend that an individual obtain a medical marijuana license:

- The physician must establish a medical record for the patient and must have a bona fide physician-patient relationship.
- The physician must determine the presence of a medical condition(s) for which the patient is likely to receive therapeutic or palliative benefit from the use of medical marijuana.
- The physician must recommend a medical marijuana license according to the accepted standards a reasonable and prudent physician would follow for recommending or approving any medication.
- A physician has the option to register with the Oklahoma Medical Marijuana Authority before recommending a license, which will expedite the application process.
- There are additional requirements for recommending a license to minors or caregivers.

There is a legislative group developing recommendations to revise the statute when the Oklahoma Legislature is back in session in February 2019. As the statute and regulations are updated and revised, additional updates will be disseminated.

Upcoming CME Events

IBMC Department Grand Rounds

"Pediatric Airway Management"

Tuesday, September 4th, -12:00 pm-1:00 pm

IBMC Rooms J/K/L

Presented by: Jordan Stabinski, MD

IBMC Quarterly Grand Rounds

"Sepsis Update 2018"

Tuesday, October 16th – 12:00 pm-1:00 pm

IBMC Rooms J/K/L

Presented by: Chelsey Gilbertson, D.O.

ISMC Grand Rounds

"Medical Research Tips and Tricks: Treating Abnormal UA Results in the Setting of Sexually Transmitted Infection"

Wednesday, September 19th -12:00 pm-1:00 pm

ISMC Cancer Conference Rooms

Presented by: Stacia Shipman, DO and Koby Hunter, DO

Do No Harm Documentary

Wednesday, September 19th - 5:30 pm-7:30 pm

IBMC Auditorium

Panel Discussion Following Screening

Please, call 405-951-2277 to register

Fall Cardiology Conference

September 22nd 12:30 pm-4:30 pm

– OU Duck Pond, Norman

Presented by: Jon Blaschke, MD; George Madden, MD;

Ronald Woodson, MD; George Chrysant, MD;

David Vanhooser, MD; Jeffrey Sparling, MD;

and Hamilton Le, MD, F.A.C.S, Major (Retired), Medical Corps, U.S. Army

Internet Enduring Material-New!

"Identifying and Responding to Strangulation:

What Medical Providers Need to Know"

Presented by Bill Smock, MD

Access online though [HealthStream](#)

For more information about CME at INTEGRIS visit

<https://integrisok.com/medicaleducation>

or call CME Coordinator Mallory Langlois at 405-552-0816

or Maggie Kane at 405-552-0926



Great Plains Family Medicine

Great Plains Family Medicine Program recently announced new leadership positions for two long-time faculty physicians and a new core faculty member.

Tomás Owens, M.D., has been named Great Plains Family Medicine Residency program director following the untimely death of founding director, Neal Clemenson, M.D. A family medicine faculty physician at Great Plains since the program's 1995 inception, Owens served as associate program director since that time.

Owens earned his medical degree from the University of Panama and trained at the University of Oklahoma Family Medicine Residency Program where he was chief resident. He completed a fellowship in geriatric medicine in the Department of Internal Medicine at the Mayo Clinic. During his full-time faculty tenure at the University of Oklahoma Health Sciences Center (1993 to 1995), Owens was distinguished with the Teacher of the Year Award. He is a clinical professor in the departments of Family and Preventive Medicine, Geriatric Medicine and Internal Medicine at the University of Oklahoma College of Medicine. He is also a clinical instructor at the Mayo Graduate School of Medicine. Since 1999, he has served as INTEGRIS Baptist Medical Center's chairman of the Family Medicine department.

Terrence Truong, M.D., is the new associate director for Great Plains Family Medicine Residency Program. Truong received his medical degree from the University of Texas-Houston and trained at the University of Oklahoma Family Medicine Residency Program, where he served as chief resident. He joined the faculty of Great Plains in 2001 after ten years of private practice in Mangum, Oklahoma.

Great Plains Family Medicine Residency Program welcomes new full-time clinical faculty member, Stacey Knapp, D.O. Knapp received her medical degree from Oklahoma State University and trained at Great Plains Family Medicine Residency Program. Upon graduation in 2004, she pursued a career in rural medicine. After spending 14 years in private practice in Clinton & Mangum, Oklahoma, she returned to the Great Plains family on August 1, 2018.



Tomás Owens, M.D.



Terrence Truong, M.D.



Stacey Knapp, D.O.

Family Medicine Resident of the Quarter:

Ross Sheline, MD



Hometown: Bixby, Oklahoma

Medical School: University of Oklahoma

Program: Great Plains Family Medicine
Residency Program

Family: Married with no kids yet.

Q: What are your hobbies?

A: I enjoy spending time with my family and friends, golf, reading a good book, and enjoy good food.

Q: What game or movie universe would you most like to live in?

A: While I don't know how long I would survive, my wife and I really enjoy Game of Thrones on HBO.

Q: What TV show doesn't exist but really should?

A: One that knows exactly what I want to watch and doesn't have commercials, also it turns off by itself when I take a nap.

Q: What's the best single day on the calendar?

A: I'm quite partial to my birthday, right before Thanksgiving and sets off the holidays for me with Christmas right around the corner.

Q: What are you most looking forward to in the next 10 years?

A: Mostly starting my life, no more school or residency, just enjoying my career and my family.

Q: If your childhood had a smell, what would it be?

A: According to my parents, stinky, but I remember the smell of dinner cooking on a lazy Sunday afternoon.

Q: If you had to change your name, what would your new name be?

A: I would change my last name to Acula, it does well with the Dr. prefix.




Some of the current Family Medicine residents with new faculty member Dr. Knapp (center) at the 5th Annual Wacky Bed Races



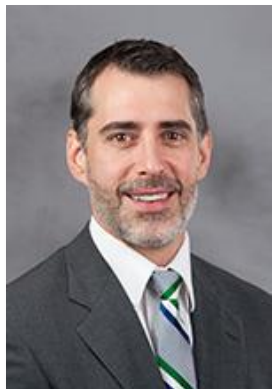
Dr. Truong's Trophies at the 5th Annual Wacky Bed Races

Emergency Medicine



With heavy hearts we have bid farewell to the class of 2018, yet we are excited to welcome the class of 2022. The academic year has gotten off to a great start with the volume at the INTEGRIS Southwest Medical Center Emergency Department continuing to be high with great learning opportunities for our residents. Our simulation experience continues to expand and

develop along with our small group discussions. We are lining up speakers from inside the organization to share with our PGY4 class the many administrative aspects of emergency medicine and healthcare. Our faculty are engaged with our focus on caring evidence-based patient care, our residents partnered with a multidisciplinary team from EPIC and Jim Thorpe outpatient rehab to develop patient handouts for low back and neck pain. These handouts have been well received and are now being used at many of the emergency departments in the metro. The hope is to reduce the need for pain medication while increasing the health of our patient. In 2018-2019, we look forward to the opportunity to care for the health of the people of south Oklahoma City and train physicians to carry on this legacy wherever their careers may take them.



Kristopher K. Hart, DO, FACOEP
INTEGRIS Southwest Medical Center
Emergency Medicine Program Director

ER Resident of the Quarter: Melissa Harris, DO



Full name: Melissa Ann Harris

Hometown: Oklahoma City, OK

Medical School: Oklahoma State University College of Osteopathic Medicine

Program: Southwest INTEGRIS Emergency Medicine

Family: Husband – Jonathan; Son – Rory (2 years); Parents – Michael & Susan; Brother –Paul; Cat – Lilo

Q: What fictional place would you like to go?

A: My son is 2 and currently obsessed Star Wars. I think he would be pretty sad if I said anything other than visiting a galaxy far, far away.

Q: What are your hobbies?

A: Reading, playing board games, planning Disney vacations, napping, wearing Christmas pajamas all year round, drinking tea.

Q: What game or movie universe would you most like to live in?

A: Harry Potter. I'm pretty sure my acceptance letter to Hogwarts School of Witchcraft and Wizardry just got lost in the mail.

Q: What fad or trend do you hope comes back?

A: Hair crimping. My hair is 24/7 frizz, so if we bring back crimping irons my hair will just look normal and trendy.

Q: If you suddenly became a master at woodworking, what would you make?

A: Wooden children's toys. I love the imagination that they inspire.

2018 – 2019 PGY 1 Class



Nathan Bos, D.O.



David Brennan, D.O.



Joshua Chang, D.O.



Amish Patel, D.O.



Spenser Rentz, D.O.



Kyle Scozzafava, D.O.



Jacob Witmer, D.O.



Anesthesia

Carter's Corner

A Note from the PGY1 Anesthesia Resident Program Director



According to the powers that pay, doctors have become very inefficient. CMS would rather pay less to a less-well-training provider to take care of patients than pay me what I used to make. It's their opinion that I can no longer have a luxury of practicing medicine the same way I was trained twenty years ago. I still take thirty minutes with each patient. As a kidney specialist, I could manage their kidney disease in five minutes, but they like to tell me about their grandkids and ask my opinion about every other medical problem that I'm not paid to manage and teaching my residents in the room adds time as well. All of this easily fills twenty-five minutes. Maybe I do need a pay cut if you think of it that way. But that's what I take pride in, that's what my patients expect from me. Also, I feel an obligation to train the next generation of doctors. My patients tell me that none of their other doctors spend as much time with them.

If I continue to be paid less and less to take care of patients, what are my options? Continue to take less salary until I can't afford to pay my employees, get depressed and turn to drugs, alcohol, or suicide? I could just triple the number of patients I see and spend five minutes with each patient and let somebody else hear about their other problems and grandkids.

Instead of self-abuse or poverty, I am hopeful that I will be rewarded financially by devoting more time to my patients. At least that's the promise of alternative payment models. It all depends on whether my perception of "quality health care" is the same as that of CMS.



Anesthesia Residents during their Pediatric Emergency Mannequin Monday with Wendi Bowers, BSN, RN, CCRN-P

Anesthesiology Residents of the Quarter: Laci Scales, Chris Cheaney, & Tyler Overman



Laci Scales, MD

Hometown: Eakly, OK
Medical School: University of Oklahoma
College of Medicine
Program: Anesthesiology
Family: Engaged! Wedding date is April 6th, 2019!

Q. What would be your first questions after waking up from being cryogenically frozen for 100 years?

A. Pleeeeease tell me I don't have to remember 25 passwords anymore?

Q. What age do you wish you could permanently be?

A. 30. Easy.

Q. What's the title of the current chapter of your life?

A. A Lesson in Flexibility

Q. If your childhood has a smell, what would it be?

A. Cow manure

Q. What are you most looking forward to in the next 10 years?

A. Growing a family!



Chris Cheaney, MD

Hometown: Altus, OK
Medical School: University of Oklahoma College of Medicine
Program: Anesthesiology
Family: Wife

Q. What are your hobbies?

A. I really enjoy getting to play with my dog Clementine and hanging out with my wife. I've been slowly getting into woodworking over the past few years and love getting to set aside time for projects when I have the chance.

Q. What age do you wish you could permanently be?

A. I am going to say 6 years old. By then I've really got the whole coordination thing down enough to be able to run around and have fun, but school will mostly consist of coloring.

Q. If you suddenly became a master at woodworking, what would you make?

A. This one hits home for me because there are a lot of things I have tried to make and failed miserably. I have to go with a coffee table that somehow my dog isn't able to chew on. The last coffee table I made may be missing a few corners because of her.

Q. What are you looking forward to in the coming months?

A. I am looking forward to becoming more comfortable in my role as a resident. It's been fun seeing myself become more confident over the past couple of months while making the transition from a student to a resident.

Q. What's the title of the current chapter of your life?

A. Right now I think it would be What to Expect When Your Wife is Expecting. A lot of big changes coming our way. Maybe I really should pick up a book on this.



Tyler Overman, MD

Hometown: Grand Prairie, TX
Medical School: Texas Tech University Health Sciences Center
Program: Anesthesiology
Family: Wife – Hannah.
Children – Timothy, Travis, and Tia

Q. What fictional place would you like to visit?

A. I would like to go to Middle-earth and visit the hobbits in the Shire. It seems like a beautiful place, and I would greatly enjoy eating with the hobbits. I think it would be fun to visit the other places in Middle-earth as well, except, of course, Mordor.

Q. What would be your first question after waking up from being cryogenically frozen for 100 years?

A. Can I have a blanket?

Q. If you suddenly became a master at woodworking, what would you make?

A. First, I would make new furniture for my house. Then I could probably make a chess set and models of various cities, buildings, and landscapes that I have visited.

Q. If you had to change your name, what would your new name be?

A. I do not know what my new name would be, but I know I do not want it to be John Jacob Jingleheimer Schmidt. I would get tired of people shouting when I go out.

Q. What are your hobbies?

A. Playing games (board, card, and video games) with friends and family, spending time with my family and kids, reading, and traveling.



Some of the radiology residents and faculty member Dr. Bohn, participating in the 5th Annual Wacky Bed Races.

Radiology Residents of the Quarter: Whitney Terrell, MD & Noelle Reyes, MD

Whitney Terrell, MD

Hometown: Mesa, AZ
Medical School: University of New Mexico School of Medicine
Program: Radiology



Q: What fictional place would you like to go?

A: Highgarden

Q: What game or movie universe would you most like to visit?

A: Guardians of the Galaxy

Q: What TV channel doesn't exist but really should?

A: How to be an adult (aka know how to do taxes, change oil, etc)

Q: What's the title of the current chapter of your life?

A: Indentured servant of Uncle Sam.

Q: If your childhood had a smell, what would it be?

A: Freshly baked chocolate chip cookies

Q: What are your hobbies?

A: Cooking/baking, movies, bowling, game nights.

Q: What would be your first question after waking up from being cryogenically frozen for 100 years?

A: Can I have a blanket?

Noelle Reyes, MD

Hometown: San Antonio, TX
Medical School: McGovern Medical School, Houston, TX
Program: Radiology



Q: What fictional place would you like to go?

A: Candy Land

Q: What would be your first question after waking up from being cryogenically frozen for 100 years?

A: Where are my pants?

Q: What Fad or trend do you hope makes a comeback?

A: Fanny packs

Q: What are you looking forward to in the coming months?

A: Getting married in Colorado!!

Q: What do you strongly suspect but have no proof of?

A: Dinosaurs were never real.

Hand Surgery

The fellowship continues to evolve to provide a well-rounded clinical education experience for our fellows. This year we have added a new rotation with Dr. Sylvia Gray, a plastic and hand surgeon at Mercy Hospital in Oklahoma City. On the academic front, we continue to be active in research and publication with the hand fellows and the OU Department of

Orthopedic Surgery residents and faculty. Some of our recent publications are listed below.

-Dr. Margaret Porembski



-
- [Anatomy of the Volar Retinacular Elements of the Hand: A Unified Nomenclature.](#)
Godfrey J, Rayan GM.
J Hand Surg Am. 2018 Mar;43(3):260-270.
 - [Amniotic Constriction Bands: Secondary Deformities and Their Treatments.](#)
Drury BT, Rayan GM.
Hand (N Y). 2018 Jan 1;1558944717750917.
 - [ASSH Presidential Address: Engagement and Our Professional Responsibility.](#)
Rayan GM.
J Hand Surg Am. 2017 Dec;42(12):949-962.
 - [Survey of Hand and Upper Extremity Injuries Among Rock Climbers.](#)
Nelson CE, Rayan GM, Judd DI, Ding K, Stoner JA.
Hand (N Y). 2017 Jul;12(4):389-394.
 - [Extensor Tendon Instability Due to Sagittal Band Injury in a Martial Arts Athlete: A Case Report.](#)
Kochevar A, Rayan G.
J Hand Surg Asian Pac Vol. 2017 Mar;22(1):93-96.
 - [Efficacy of Dorsoradial Capsulodesis for Trapeziometacarpal Joint Instability: A Cadaver Study.](#)
Chenoweth BA, O'Mahony GD, Fitzgerald C, Stoner JA, O'Donoghue DL, Rayan GM.
J Hand Surg Am. 2017 Jan;42(1):e25-e31
 - [Hand and Wrist Injuries in Boxing and the Martial Arts.](#)
Drury BT, Lehman TP, Rayan G.
Hand Clin. 2017 Feb;33(1):97-106.
 - Rayan GM, Porembski MA, Dupuytren Disease. In: Principles of Hand Surgery and Therapy 3rd Ed, TE Trumble, GM Rayan, JE Budoff, ME Baratz, DS Slutsky eds, Elsevier, 509-523, 2017.
 - Lehman TP, Rayan GM, Fractures and Ligament Injuries of the Thumb and Metacarpals. In: Principles of Hand Surgery and Therapy 3rd Ed, TE Trumble, GM Rayan, JE Budoff, ME Baratz, DS Slutsky eds, Elsevier, 1-26, 2017.

What's killing our doctors?

A film by Robyn Symon

DO NO HARM

Exposing the Hippocratic Hoax

SYMON PRODUCTIONS PRESENTS A FILM BY ROBYN SYMON "DO NO HARM"

FEATURING JOHN & MICHELE DIETL PAMELA WIBLE HAWKINS MECHAM KIM PERRY KEITH FREDERICK STUART SLAVIN

EXECUTIVE
PRODUCER JILL ZEIGER

SOUND
DESIGN

BRYAN KWESKIN

CINEMATOGRAPHY

GUY MOSSMAN

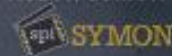
PRODUCED, DIRECTED
AND EDITED BY

ROBYN SYMON

This Film is Not Rated

© 2017 Symon Productions, Inc. All rights reserved.

DoNoHarmFilm.com



Save the date

Attend a special screening

Sept. 19, 2018 | 5:30 to 7:30 p.m.

5 p.m. – Registration and Refreshments

5:30 p.m. – Screening followed by discussion

INTEGRIS Baptist Medical Center Auditorium

Register early, seating is limited.

To register, please call 405-951-2277.

INTEGRIS

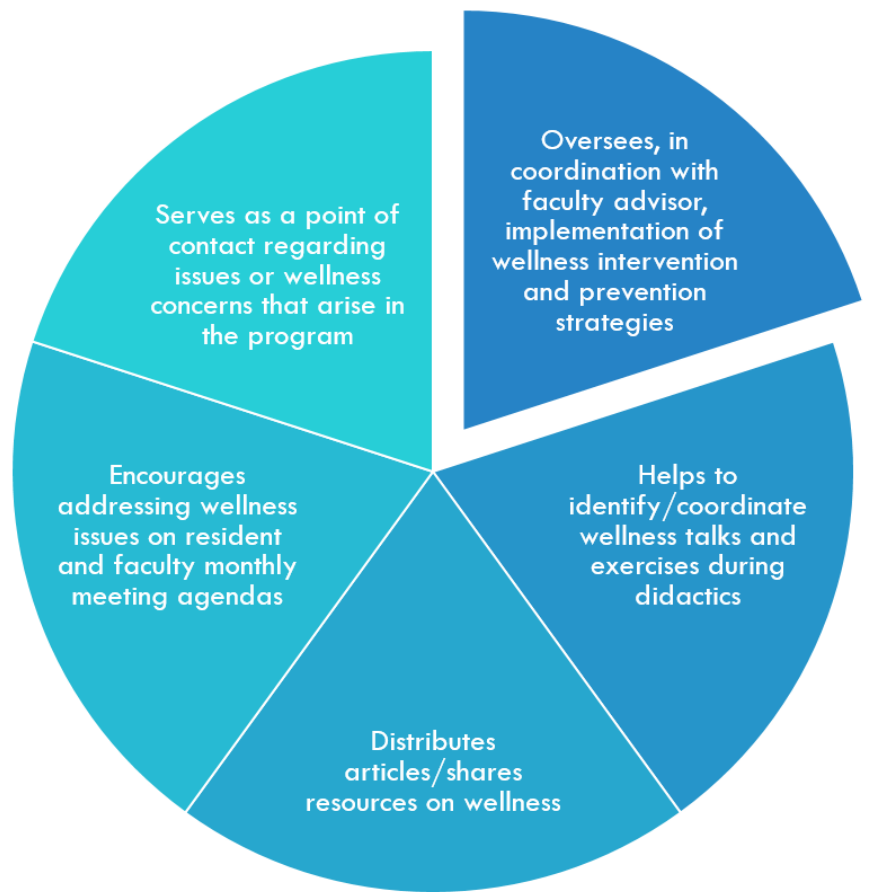
INTEGRIS GME WELLNESS INITIATIVE

Integris GME is engaging in an ongoing effort to address provider burnout and resilience from an institutional level. There is an increasing awareness in the medical community that physician burnout is a growing problem that affects physicians not just during training, but throughout their careers. However, residency training is a particularly vulnerable time for the development of burnout and compassion fatigue. The GME Wellness strategy includes multiple components that align with initiatives within the larger organization of INTEGRIS.

WELLNESS INITIATIVE COMPONENTS



WELLNESS RESIDENT
IS PEER SELECTED
VOLUNTEER
INTERESTED IN
WELLBEING WHO...



INTEGRIS GME Wellness Residents



Amanda Sadler
Family Medicine



Jacob Azurdia
Radiology



Anthony Lunsford
ER



Melissa Harris
ER

Employee Assistance Program

844.729.5171