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MESSAGE FROM THE PRESIDENT



Dr. Kim Rosdeutscher

TMF HAS A POSITIVE IMPACT ON PHYSICIAN LIVES & CAREERS

I cannot recall a time when I did not want to be a doctor. I grew up in a small West Tennessee town where the local physician delivered me, provided primary care for

me and my entire family; and also served as my proctor during one of my early medical school rotations. The influence and encouragement I received from him helped me stay the course toward that goal. I completed medical school and residency in Cincinnati and moved to Nashville. I have been practicing pediatrics in Hermitage for 17 years now; during that time, I have seen both the negative impact that physician impairment can have, and the positive impact the TMF has on our physicians to get them through challenging times in their lives and careers and back to work as productive physicians.

This year, I am very privileged to be the incoming president of the TMF. I have served on numerous hospital committees and on this Foundation's board for many years -- and have been acquainted with the TMF for much longer. It is through those roles that I learned the value of this program. I can honestly say we are very fortunate to have the PHP to help the physicians and patients of our state.

I was well acquainted with Dr. Roland Gray during his pediatric days and now see the benefit of having him as medical director of the TMF. Dr. Gray and his staff work closely with physicians who have addiction and mental health problems to get them the services they need. In addition to his work with the PHP, Dr.

Gray works with State Volunteer Mutual Insurance Company (SVMIC) and the Tennessee Medical Association (TMA) to educate physicians on proper prescribing. As a pediatrician, I also appreciate his work to reduce the growing problem of Neonatal Abstinence Syndrome (NAS). I have seen the problem grow in my small practice and the impact opiates are having on our most vulnerable population is frustrating. His background in pediatrics, along with his expertise in opiate prescribing and addiction, has made him an expert in the field. It is so important for Tennessee to have someone with Dr. Gray's experience involved in addressing the problem of NAS and how physicians can help reduce this ever growing problem.

With its expert staff and impressive record of successfully restoring physicians to practice, the Tennessee Physician's Health Program has been one program the rest of the country has looked to for over 30 years as an example of how to care for doctors. The leadership of this program has influenced other programs worldwide and we are fortunate indeed to practice in Tennessee where such a program is here for those who need it.

The TMF could not do all of the work it does without the support of the hospitals and physicians of Tennessee. Please make the TMF a priority and give generously to allow the program to fulfill its mission to care for physicians of the state, provide the much needed prescribing education, and to allow all of us to continue providing high quality care for our patients. †



WHEN DO I CONTACT THE TMF?

The TMF PHP provides assistance for a wide variety of personal and professional situations. Any one of the following issues may be a reason to refer someone to the PHP or to contact us:

- Alcohol and substance use concerns
- Distressed or disruptive behavior
- Anxiety, depression, or mood disorders
- Malpractice stress
- Eating disorders
- Professional boundary issues

If you or a colleague experience any of these issues, contact the TMF at 615-467-6411.

We are here to help!



NAS UPDATE: STILL A TROUBLING NOTE FOR TN PRESCRIBERS

BY ROLAND GRAY, MD, FASAM
Medical Director

In addition to working with physicians who have chemical dependence, emotion or mental illness, the TMF is often called on to educate the physician community on related issues including addiction, overprescribing, chronic pain and physician health. As medical director I am also called on to consult with state and national regulatory agencies addressing these same issues. Right now these agencies are focused on a crisis: we are currently in the middle of the worst drug epidemic in America and it's a prescription drug epidemic.

Although Tennessee is not alone with the problem of overuse of opiates, whether you're looking at unintentional overdose deaths, babies born with Neonatal Abstinence Syndrome (NAS), or just the quantities of opiates prescribed, Tennessee will be ranked in the top three in any of those categories at almost any point in time. To try to combat this epidemic there have been a number of measures taken at the state and federal level.

CSMD a Tool Against NAS

Probably no tool has been more helpful in combating the overuse of prescription opiates than the Controlled Substance Monitoring Database (CSMD). There have been a number of problems with the CSMD since it was funded in 2007 but it continues to improve and there are currently a number of recent enhancements. The first one is the morphine milligram equivalent calculator, which allows you to determine exactly how much in the way of opiates your patient is receiving, whether it's codeine, morphine, fentanyl or sufentanil. This is important because we know now through some work that Dr. Jane Baumblatt did through the CDC that once you get above 120 morphine milligram equivalents, you have a 13 times greater chance of dying of an unintentional overdose. As nearly as we can tell, at the time the guidelines went into effect, there were over 65,000 Tennesseans on over 120 morphine milligram equivalents per day. One demographic that's been hit particularly hard is women of reproductive age. Currently, if you are caring for a reproductive-age female and you go on the Controlled Substance Monitoring Database, it will be highlighted in pink.

If you look for the guidelines for the treatment of chronic non-cancer pain you'll probably see more thou-shalts and thou-shalt-nots on treating this demographic than on any other.

One reason for the state's focus on this group is our continued battle to reduce the incidence of Neonatal Abstinence Syndrome. These are babies born with withdrawal secondary to drugs their mothers were taking. To put this into perspective, 10 years ago we had fewer than 50 babies with NAS born in Tennessee; last year we topped out at around 1,000 babies born with this syndrome and we currently are on track to have another 1,000 babies in Tennessee born with Neonatal Abstinence Syndrome. These babies are going to be with us for a very long time.

We know from our TennCare data that if a baby is born on TennCare and does not have a diagnosis of NAS, it costs around \$4,500 to deliver that baby and take it through the first year of life. If that baby falls into the cohort that has a diagnosis of NAS, the cost to the state of Tennessee is over \$65,000. You can multiply \$65,000 times 1,000 and get an estimate that is just a small part of the cost of this epidemic to our scarce healthcare dollars. We also know if a baby is born into TennCare, there is a 1.3-percent chance that baby will wind up in state custody during the first year of life. On the other hand, if that baby leaves the hospital with a diagnosis of Neonatal Abstinence Syndrome, the incidence rises to almost 18 percent. If you've ever spent any time trying to console or comfort one of these babies, you'll see it's no mystery as to why these babies wind up in situations in which they are neglected and abused.

So How are We Doing?

We are prescribing fewer opiates in the state of Tennessee. In whatever type of epidemic you're dealing with, it's important that you reach the plateau stage. The good news is with the unintentional overdose deaths and with Neonatal Abstinence Syndrome, we seem to have hit a plateau phase; the bad news is that number seems to be around 1,000 a year. The work is ongoing to try to combat and turn around this crisis in the overuse, misuse and abuse of prescription opiates and hopefully in the years to come we will continue to see improvement here in the state of Tennessee. ▼





Dr. Nuckols

TURNOUT IS "BEST EVER" FOR TMF PHP'S 2015 CADUCEUS RETREAT

The TMF Physician's Health Program's 2015 Caduceus Retreat "had its highest attendance ever," according to TMF Field Coordinator Jeanne Breard, who said this year's retreat boasted an excellent keynote speaker and a more convenient location at the Four Points by Sheraton Hotel in Brentwood, TN.

CME Credits

One additional element that was a surprise for attendees and may prove to boost attendance at future retreats was the provision of CME credits for those who attended the meeting.

"We obtained accreditation for the sessions with the help of Dr. Jack Woodside at ETSU, and it was such a success that we hope to do it again in 2016," said Ms. Breard.

Participants were able to claim up to 5.5 hours of AMA PRA Category 1 CME credits for attending the entire event. Credits can be claimed through the East Tennessee State University Office of CME through their online transcript web page at www.etsu.edu/com/cme/Transcripts.aspx.

Speakers

Cardwell C. Nuckols, MA, PhD, was back as keynote speaker, teaching four sessions on "Removing Defects of Character." Dr. Nuckols, a previous guest speaker at the TMF's 2013 retreat, is described as "one of the most

influential clinical and spiritual teachers in North America." His passion and mission is to assist in the integration of emerging scientific research with traditional spiritual and self-help knowledge.

Bob Reddig, MA, LCSW, also spoke at the retreat on "How High Is Your Higher Power?" Both sessions were widely praised in evaluations for the 2015 event.

2016 Caduceus Retreat

Save the date for the TMF's 30th Annual Caduceus Retreat, June 3-5, once again at the Four Points by Sheraton Hotel in Brentwood, TN. Watch for details on registration after January 2016. ♣



• SAVE THE DATE •

2016 CADUCEUS RETREAT

June 3-5

Four Points
by Sheraton

Brentwood, TN



TMF Board members gathered for dinner on the porch of the Inn at Evins Mill near Smithville, TN, during their quarterly meeting in June. The board installed Kim Rosdeutscher, MD, as president, Thomas Malone, DPh, as vice president, and Martin Akin as Secretary-Treasurer, and welcomed new board members Michael Miller, DO, and Bill Scott Portis, MD.

EVENTS CALENDAR

47th Annual ASAM Conference

- *Innovations in Addiction Medicine and Science*

April 14-17, 2016

Baltimore, MD

FSPHP 2016 Annual Meeting & Conference

April 28-May 1, 2016

San Diego, CA

2016 CADUCEUS RETREAT

June 3-5, 2016

Four Points by Sheraton
Brentwood, TN

SAVE
THE
DATE!

IDAA Annual Meeting

August 3-7, 2016

New Orleans, LA

IN THEIR OWN WORDS

In the midst of the Tennessee Medical Foundation's "Five Years ... Five Reasons" support campaign, the TMF has been asking some of its most dedicated supporters exactly why they believe in and financially contribute to the program – and why they believe other physicians should join them. Below are just a few thoughts from one of our TMF champions.

WHY DO I SUPPORT THE PHYSICIAN'S HEALTH PROGRAM?



TRACEY DOERING, MD

Program Director, Associate Professor, Core Faculty, University of Tennessee/
St. Thomas Health Internal Medicine Residency, Nashville
Longtime TMF Donor/Supporter

Tracey Doering, MD, was on a medical issues committee at a local hospital when she first encountered the Physician's Health Program.

"We had some physicians with issues. We contacted the TMF - others on the committee knew about it - that's when I first got involved, and found it pretty successful. I met (TMF Medical Director) Roland Gray, and had him come and talk to our residency program about impaired physicians and how to get help, and on referring residents and colleagues for help, both anonymously and without anonymity."

Now a director of the residency program at UT/St. Thomas in Nashville, Dr. Doering has been an avid supporter of the PHP for the past several years. "With the stress of medicine, my thinking that this is an organization to help physicians who might be struggling kind of appealed to me. So when I get something from an organization that appeals,

I donate quite a bit, thinking I might need it or there but for the grace of God, I don't need it yet but others will. It seemed like a good organization to donate to."

Dr. Doering said she knows many physicians who have been through the TMF program and are now back to active practice, thanks to the support of the PHP.

"I also know of a particular resident who went through the program, who was struggling in our program, and has ended up now as a successful physician practicing in the state," she said. "It's so rewarding to know that people can put so much time and energy into their education and residency and can be rehabilitated to return to the practice."

Physicians should support the TMF, she added, because the TMF supports physicians.

"I would say that if I was having an issue, and of course referred there by my colleagues or myself, that I would be glad for the help and would hope that physicians would support that organization," Dr. Doering said. "I think careers and lives are saved by this ... For me it's one of the top places I contribute to and feel really good about." ♡

To join Dr. Doering in supporting the mission and the work of the TMF Physician's Health Program, contact Vince Parrish at 615-467-6411 or vincep@e-tmf.org, or give online at www.e-tmf.org and click on "Donations" at the top of the page. As always, if you or a colleague need assistance the TMF or Physician's Health Program can provide, please contact TMF Field Coordinator Jeanne Breard, RN, at 615-467-6411.

"FIVE YEARS ... FIVE REASONS" CAMPAIGN CONTINUES

The TMF continues its campaign to invite physicians in Tennessee to pledge \$1,000.00 annually for five years to support our crucial work of Saving Lives. Saving Careers.

The campaign operates on the premise that doctors are the logical community to lend primary support to the PHP for these five important reasons:

1. We need to safeguard patients

Protecting patients is a priority for our physician community and our state.

2. We need a program focused on physician support, not punishment

While other states are focusing more on punitive action, we need to preserve Tennessee's program focused on giving these physicians a second chance.

3. The PHP benefits your group or organization

Hospitals and medical groups know how costly and difficult it can be to replace a valued medical staff member. Supporting a program with a good track record just makes sense.

4. The PHP benefits you

You may have personally benefited, and chances are high that a colleague has definitely benefited from the PHP's mission.

5. The PHP embodies your mission as a physician

To heal, and not to harm: the Hippocratic Oath is imbued in the Tennessee Physician's Health Program. We seek to save lives, to save careers, and to restore.

So we ask: will you financially support the Physician's Health Program by pledging \$1,000.00 annually for five years?

Contact the TMF at 615-467-6411 for more information or visit www.e-tmf.org to make your tax-deductible contribution. Thank you! ♡

If you know a physician who may need help or have a question about physician health, please contact the TMF Physician's Health Program at (615) 467-6411 or visit our website at www.e-tmf.org.

TMF MOURNS THE LOSS OF THREE VOLUNTEER LEADERS

The loss of three strong and consistent volunteer leaders is felt severely, according to officials of the Tennessee Medical Foundation.

Michael S. Kinnard, MD, John M. Miller, MD, FACOG, and William Stanley Myers, MD, are very much missed, according to TMF Medical Director Roland Gray, MD.

“These three men combined have given over 90 years of volunteer service to the TMF,” he said. “Their contributions to the physicians of Tennessee and their families can’t be overstated; the success of the TMF program today rests in great measure on the volunteer efforts of these three leaders.”

Former TMF Board member Dr. Kinnard died suddenly on March 29, 2015, while vacationing in the U.S. Virgin Islands.

A Memphis cardiologist, Dr. Kinnard was a TMF board member from 2002 to 2008, inspiring and mentoring many of his colleagues.

Dr. Miller died May 20, 2015. A specialist with Johnson City OB/GYN Associates, Dr. Miller was a dedicated supporter of the Physician’s Health Program (PHP). He served on the TMF Board of Directors from 2001 to 2007, and with the PHP’s Regional Aftercare Monitoring (RAM) Team for many years.

Dr. Myers died on May 8, 2015. A longtime volunteer leader with the TMF in Memphis, he is remembered as a man of healing and empathy, one who gave sacrificially to others, particularly with those in recovery. He was an allergist/immunologist until he retired in 2006. †

MEET THE BOARD: MARTIN AKIN & DR. JERE HAMMOND



Pinnacle Financial Partners Senior Vice President Martin Akin is the new treasurer of the TMF Board of Directors. He has stepped in to fill the vacancy left by former Treasurer Larry Whisenant, also with Pinnacle, who retired from the board in March after a decade of service. Mr. Akin was elected treasurer in June.

Mr. Akin was recommended to the board by Mr. Whisenant, and “was honored to be

considered for such a worthwhile and meaningful organization.”

Mr. Akin has worked in the financial services arena for almost 20 years. He started his career in Memphis but has lived in Nashville since 2002. A graduate of the University of Tennessee-Knoxville with a degree in Economics, today he primarily works with commercial clients, a number of whom are in the dental and medical fields.

He and his wife, Sarah, recently had the pleasure of adding a daughter, Charlotte, to their family in April 2015. In his free time, Martin enjoys biking, hiking, cooking, and fly fishing. He has been involved with the Nashville Dental Society and the Tennessee Dental Association previously and is on the board of the Community Resource Center and Friends of Warner Parks in Nashville. †



A TMF board member since 2014, Jere Hammond, MD, has practiced internal medicine in Jackson, TN, at the Jackson Clinic for the last 35 years and has been associate medical director for the last 15 years. He oversees 135 doctors and nurse practitioners and does physician review and health, as well as population health management and transitions of care. His main areas of

interest are hospice and palliative care; he also serves as medical director of several skilled nursing facilities and has an active hospice practice, managing about 300 nursing home patients.

Dr. Hammond said he feels honored to be a part of the TMF and serve as a Board member. He said he has seen first-hand the lives that have been restored through the program in his clinic, in his community and across the state.

“We are fortunate to have such a committed group of folks dedicated to helping save and restore health professionals to a full and active life,” he said.

Dr. Hammond and his wife Vicki have a blended family of six boys and one granddaughter. His interests include hiking, biking, cooking, basketball, traveling and eating! He visits New York City as often as possible to see his two musician sons and is enjoying his stepsons, one of which has received a scholarship to play college basketball at University of Central Florida. †

DONOR ACKNOWLEDGEMENTS

CONTRIBUTIONS

JAN 1 – JUN 30, 2015

For many years the Tennessee Medical Foundation has enjoyed the staunch financial support of three loyal and generous benefactors: **State Volunteer Mutual Insurance Company (SVMIC)**, the **State of Tennessee Board of Medical Examiners (BME)**, and the **Tennessee Medical Association (TMA)**. Together they provide approximately 63% of the annual budget for the Physician's Health Program. Without their support, our crucial work of **Saving Lives. Saving Careers** would not be possible. We are immensely grateful to them.

Organizational Contributions

HOSPITAL & HEALTH SYSTEMS

Blount Memorial Hospital	\$2,500.00
East Tennessee Children's Hospital.....	\$1,500.00
Henry County Medical Center.....	\$1,000.00
Laughlin Memorial Hospital	\$1,000.00
Maury Regional Hospital.....	\$2,000.00
Methodist Medical Center of Oak Ridge.....	\$250.00
Sweetwater Hospital Association.....	\$1,000.00
Vanderbilt University Medical Center	\$7,500.00

GROUP MEDICAL PRACTICE

Knoxville Pediatric Associates.....	\$1,000.00
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MEDICAL STAFF

Metro Nashville General Hospital.....	\$500.00
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GIFTS TO \$99

Samuel A. Smith MD

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WATCH OUR NEW VIDEO!

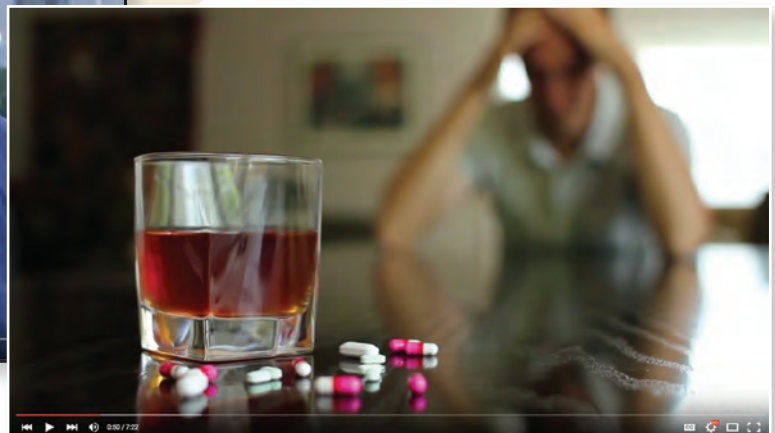
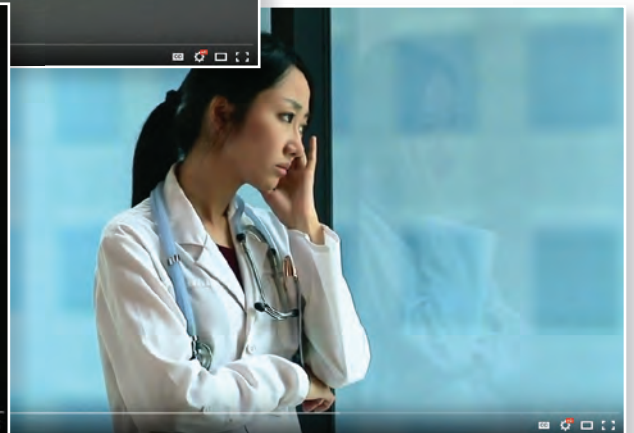
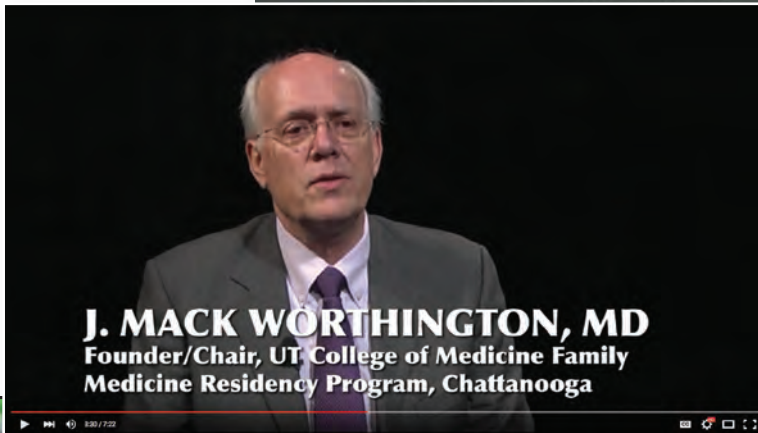
Learn about the TMF - what the program does to save physician lives and their careers and why we need your support - in a new video posted on our website at www.e-tmf.org. The project was funded by a generous grant from The Memorial Foundation to help raise awareness about the PHP and its work with physicians across the state.

In just over seven minutes, the video outlines the history and mission of the TMF Physician's Health Program, its function and services, and what makes the program so

successful in its quest to restore physicians with addiction, mental or emotional illness, or behavioral issues.

Interviews with Dr. Tracey Doering, former TMF Board President Dr. J. Mack Worthington and TMF Medical Director Dr. Roland Gray are featured, along with helpful graphics that illustrate the vital work the program has done since 1978.

Watch the video online on the TMF website; DVD copies are also available for presentation purposes by contacting the TMF at 615-467-6411. 📺



Support the TMF! Visit us online at www.e-tmf.org, call us at 615-467-6411, or email vincep@e-tmf.org.



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Thank you for helping us keep in touch!



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PHYSICIAN'S HEALTH

TMF MEDALLION SOCIETY RECOGNIZES SPECIAL COMMITMENT

Every donation to the Tennessee Medical Foundation matters and is deeply appreciated. Yet, special acknowledgement is reserved for those whose substantial contributions exemplify their commitment to the mission of the TMF Physician's Health Program. Their leadership giving is recognized by membership in the TMF Medallion Society, created in 2013 to honor individuals who have given \$10,000 or more to support the PHP over a 10-year period.

THE MEDALLION SOCIETY January 1, 1996–June 30, 2015

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