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IN MEMORIAM

TMF MOURNS ONE OF ITS FOUNDERS: DR. JOHN DORIAN



Dr. John Dorian, 1926-2021

Dr. John B. Dorian, one of the founders of the Tennessee Medical Foundation Physician's Health Program (TMF-PHP), died on July 2, 2021 at age 95. The TMF is deeply saddened by his loss.

"When I first met Dr. Dorian and learned of his accomplishments, I was reminded of the phrase, 'Standing on the shoulders of giants,'" said TMF Medical Director Dr. Michael Baron, adding, "Without Dr. Dorian's understanding and foresight into physician health and wellness, the TMF would not exist as it does today. Thank you, Dr. Dorian."

"I never had the pleasure of meeting Dr. Dorian but I am grateful for his sterling effort in starting the precursor of the TMF," said Board President Dr. Timothy Davis of Chattanooga.

"He was forward thinking and way ahead of his time. He has positively affected thousands of lives."

As president-elect of the Tennessee Medical Association (TMA) in 1977, Dr. Dorian attended an American Medical Association (AMA) presentation on the impact of impairment on the medical profession. He returned home and successfully proposed the TMA Board establish the Impaired Physician's Committee, which eventually became the TMF-PHP. He said he considered it one of his proudest accomplishments.

"It tackled a grave, grave problem in our profession," he told the TMF newsletter *Physician's Health* in the Spring 2014 issue. Dr. Dorian lauded the lifesaving mission and work of the Foundation and its many volunteers over the decades. "It boggles the mind and instills a sense of pride and to me is a wonderful example of a professional who cares," he added.

A Memphis native, Dr. Dorian served with Gen. George Patton's Third Army before enrolling in pre-med on the G.I. Bill at the University of Tennessee in Knoxville, followed by medical school at the University of Tennessee in Memphis. He founded Frayser Clinic and practiced

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Dr. Stephen Loyd

PHP PROFILE: "I FELT HOPE FOR THE FIRST TIME IN YEARS."

July 13, 2004 was a blazing 90-degree-plus day in Nashville with humidity nearly as high as the temperature. I was dressed in a pair of thick sweatpants and a heavy hooded sweatshirt.

I was on my way to the last place in the world I wanted to go - a meeting with a bunch of doctors downtown at Baptist Hospital. Eight hours earlier, I had been discharged from the detox unit at the Vanderbilt Institute for the Treatment of Addiction (VITA), part of the Vanderbilt Psychiatric Hospital. I had spent the previous five-and-a-half days coming off of more than 500 mg of daily oxycodone and 8 mg of alprazolam, which I had been secretly addicted to as

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CHECK AND UPDATE YOUR PROFESSIONAL DATA — ACCURACY IS CRUCIAL

BY MICHAEL BARON, MD, MPH
Medical Director

Every few weeks we receive a phone call asking for help — not with substance use, addiction, or a mental or behavioral health problem, our usual areas of assistance. Instead, these calls are more related to sins of omission: demographic, professional, health, or other personal information on an initial or renewal license application, hospital privilege or insurance panel credential form was omitted, not verified, not updated — or a deadline was completely missed.

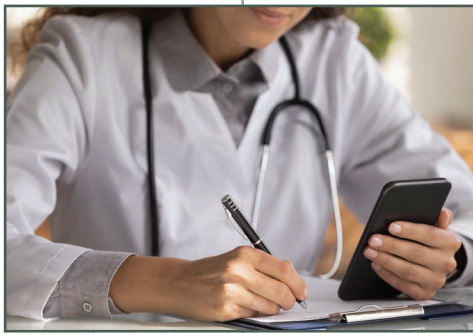
Unfortunately, this happens with regularity, and the consequences can be serious.

Physicians and other health professionals spend years training to be able to do what they do and do it well. Because of this, the profession has a high degree of public trust. They are obsessive and perfectionistic: they will check and recheck a lab value, review an x-ray themselves even when they have the radiologist's report, spend hours at night writing, editing, and signing progress notes. Even with all this perfectionism on behalf of their patients, they are often lax in their own personal data and their own health (a different topic). They frequently fail to check professional paperwork for errors, renew their medical license on time, or make sure that their profiles on hospital and regulatory websites are accurate. I am amazed at some of the stories we hear and horrified by the consequences that happen as a result of not keeping their own data current.

YOUR RESPONSIBILITY

When a physician signs their name at the bottom of a hospital privilege, insurance panel, medical license application or other form, they are solely responsible for the content. It is imperative that the information in any signed application or document be true and accurate. Many times, a practice manager or other administrative staff will fill out the application or form for a recent physician hire, which can be helpful since the paperwork can be dense and time-consuming. There are potentially embarrassing questions on some professional applications and to avoid feeling shame at having to answer "yes," physicians will sometimes — consciously or subconsciously — allow someone else to fill out the form instead.

Unfortunately, that person may not know the facts or details surrounding the yes answer or even know there is a yes answer. By default, the practice manager checks no to all the pertinent questions — they are usually not being dishonest or trying to protect the physician, they are just not informed. Sometimes, there is intentional dishonesty: recently, a health professional wanted their background hidden from a health regulatory board, so they willfully checked no to a licensure application question when the honest and correct answer was yes. In this case, the consequences were dire. If they had checked yes, it would have been much easier and less expensive for the applicant. The cover-up is always worse than the crime.



We received a phone call from an out-of-state OB/GYN who has been the subject of two malpractice lawsuits. Her history also includes being in recovery for over 10 years from an alcohol use disorder, and being monitored by her state's Physician Health Program. She was hired by a group in East Tennessee contingent on being granted a Tennessee medical license, and the group's office manager filled out her license application on her behalf. The physician had disclosed her recovery and two lawsuits to the group's managing partner but not to the office manager, so none of that information made it into the application. The Board of Medical Examiners (BME) learned about the lawsuits from the National Practitioner Databank. The physician was invited for an interview with the Board and was accused of fraud for not disclosing the lawsuits. She ended up disclosing not only her malpractice history but her addiction and recovery history as well, which would have remained confidential had she made sure her application was accurate.

Another physician was referred to us for disruptive behavior about a year after joining a new practice. As part of our "new identification" process, we verify licensure information through the BME website and discovered his medical license had expired five months earlier. The reason: the manager at his old practice handled license renewals so this was dropped when he left. This physician was practicing on an expired license, which is the same as practicing medicine without a license. This lapse cost

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TMF INTEGRAL TO MY LIFE, RECOVERY, CAREER

BY TIMOTHY P. DAVIS, MD, FAAP
President

This is my final president's column to the staff, clients, and donors to the TMF Physician's Health Program.

First, I want to express my undying gratitude for the help and support of the TMF over the last two years while serving as president of the Board of Directors (and for the 27 years before that, as well). The TMF has been intertwined with and integral to my life, recovery, and career. I am proud to have been given the opportunity to be of service to my fellow recovering health professionals, and thereby to the thousands of patients and family members, with whom they have healthy, therapeutic relationships, by serving on the board and being the regional area monitoring physician for Chattanooga.

During my time on the board and as president, I have seen the relationship of the TMF with Tennessee licensing boards grow stronger due to the efforts of Dr. Michael Baron, leading to increased support and cooperation by the boards with the TMF's efforts to aid impaired health professionals to get back to life and work. I have also watched (and helped somewhat) as Dr. Baron and TMF staff developed the TNPSQ, a new mental health resource

which has been instrumental in leading many health professionals to treatment and recovery. I'm so honored to have played a small part in this great work.

I have been reading about the rise in the number of opioid-related overdoses and deaths despite the marked decrease in prescriptions for these drugs during this pandemic. Please, if you think one of your colleagues is struggling with addictive disease or other mental health issues, approach them with kindness, compassion and forbearance, and try to steer them in the direction of treatment and the TMF. You may be able to pull someone from the brink of the abyss before they succumb to this progressive, fatal disease. Your actions in this regard will have far-reaching effects in the lives of your colleague and in the lives of their patients, families, and coworkers.

Once again, let me say how grateful I am to have been of service and say that I hope to keep on doing so in the coming years. 🙏

T. P. Davis MD

"I FELT HOPE ..." *Continued from Page 1*

a young doctor in my hometown of Johnson City, TN. I thought my life and my career, which I had worked so hard for, were over.

That evening a large group of doctors, men and women, took turns sharing how they had earned their seats in the circle. They looked happy and were thriving in their careers. They were neither distraught nor angry. I felt hope for the first time in years. I thought if they could thrive, maybe I could, too, if I just followed the path they did. It was the most important insight I had ever had. At the end of the meeting, a big, burly orthopedic surgeon wearing a Hawaiian shirt named Allen gave me a white chip and a bear hug, nearly crushing my ribs. He whispered in my ear, "You're going to be okay." I will love Allen until I die for this one moment of kindness and compassion.

From that moment, people like Roland Gray, Jeanne Breard, Tommy Malone, Reid Finlayson, Steve Tate, and my good friend Michael Baron loved me and showed me a way to live I never dreamed possible. I made lifelong friends and today I like the guy I see in the mirror. The TMF didn't save my old life, they showed me a way to a new

The TMF didn't save my old life, they showed me a way to a new life.

life. I currently serve as the vice president of the Tennessee Board of Medical Examiners; I promise, you can't make this stuff up. Every time I see Tommy Malone, he asks me, "Where's your sweatshirt?" I can't tell you how much that, and Tommy himself, makes me smile inside.

I would like to dedicate this article to my friend, Dr. Roland Gray. I miss you, Roland, and I'll always love you. 🙏

Stephen Loyd, MD
TMF-PHP Graduate 2020

Dr. Loyd is chief medical officer of Cedar Recovery, an addiction treatment center in Mount Juliet, TN, and medical director of Renewal House, a residential addiction treatment program for women and their children in Nashville.

MINDFULNESS SESSIONS A SUCCESS FOR IN-PERSON CADUCEUS RETREAT

The 34th Caduceus Retreat for TMF participants, graduates and their families, held in person on June 11-13, was a success and for some, a welcome change after a forced cancellation last year due to the COVID-19 pandemic.

Feedback was overwhelmingly positive for this year's presenter, Dr. Katie Hirst, and her topic, "Mindfulness Techniques for Anxiety and Relapse Prevention." The group was also treated to a Sunday morning session with former TMF Administrator Mike Todd, who shared his remarkable personal story along with some recovery and spiritual insights.

2022 RETREAT

Next year's Caduceus Retreat will be held June 10-12, 2022, at the Franklin Marriott Cool Springs in Franklin, TN. Watch for details in the Spring issue of *Physician's Health* and in your Caduceus group meetings. 🙌



Dr. Katie Hirst presents a session on mindfulness in recovery.



TMF Board Presidents Dr. Timothy Davis (current) and Dr. Kim Rosdeutscher.



Former TMF Executive Director Mike Todd shares his recovery story.

SAVE THE DATE

2022 CADUCEUS RETREAT

June 10-12, 2022

FRANKLIN MARRIOTT
COOL SPRINGS
Franklin, TN





Dr. Tamiko Webb

TMF WELCOMES DR. TAMIKO WEBB AS CASE MANAGER

TMF welcomes Tamiko Webb, PhD, as a new case manager, working with health professionals referred by Tennessee's various licensing entities, including the Board of Medical Examiners, Board of Osteopathic Examination, and Board of Physician Assistants.

"We are so happy to have Dr. Webb on board," said TMF Executive Director Jennifer Rainwater, adding, "She has a passion for helping people and a wealth of experience which make her a perfect fit for our organization. Welcome, Dr. Webb!"

Prior to joining the TMF in May, Dr. Webb served in the mental health field for over 27 years, including 19 years with the State of Tennessee, where she worked with vulnerable populations and facilitated groups on mindfulness, relapse prevention, co-occurring, anger management, and grief support. She also conducted a research study, examining *Changes in Depression, Cognitive Distortions,*

and Self-Esteem as a Function of Change in Mindfulness Among Adult Male Inmates.

"I have had the pleasure of meeting so many wonderful physicians, PAs, students, and other health professionals who continue to strive toward promoting their journey to Recovery," said Dr. Webb. "The words I live by are, 'When you work in your purpose, it doesn't feel like work,' hence, working at the TMF has allowed me to further my purpose: meeting people where they are, one conversation at a time," she added.

A Michigan native, Dr. Webb earned her BS and MS in Counseling Psychology from Tennessee State University, and her PhD in Clinical Counseling, Teaching, and Supervision from Trevecca Nazarene University. Dr. Webb's hobbies include practicing Mindfulness Meditation, eating sushi with her son, and watching various documentaries. 🌱

DR. BARON HONORED FOR CONTRIBUTIONS TO NATIONAL ORGANIZATIONS

TMF Medical Director Michael J. Baron, MD, MPH, FASAM, was honored this year for his contributions to two national organizations for his work in advancing and improving physician health and recovery.

The Federation of State Physician Health Programs (FSPHP) presented him with awards honoring him for his work as chair of the Ethics and Evaluation and Treatment Committees, as well as membership on the MAT Advisory Committee and the Accreditation and Review Council.

Meanwhile, the Federation of State Medical Boards (FSMB) recognized Dr. Baron for his service on the Workgroup on Physician Impairment and Workgroup on Physician Sexual Misconduct. He helped write the FSMB Policy on Professional Sexual Misconduct in 2019 and the Impaired Physician Policy in 2020. 🌱



TMF GRAD'S BOOK DETAILS RECOVERY, SPIRITUAL JOURNEY



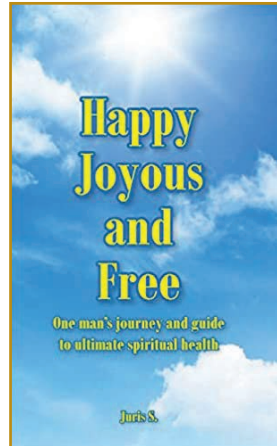
Dr. Juris Shibayama

A 2020 graduate of the TMF Physician's Health Program has authored a book about his recovery and resulting spiritual journey.

Happy, Joyous, and Free: One Man's Journey and Guide to Ultimate Spiritual Health, written by Juris Shibayama, MD (under the pen name of Juris S. in keeping with AA's Eleventh Tradition), was published by Covenant Books in May 2021.

"I felt compelled to write this book because I want the world to know that the disease of alcoholism can affect anyone. The treatment for this disease is powerful and effective, leading not only to sobriety from drugs and alcohol, but to an amazing, abundant life," said Dr. Shibayama, adding, "When I entered treatment, I would have loved to have been able to read about a physician who had gone through what I was about to start. I pray that this book can give hope and inspiration to those who are in desperation, and practical, powerful tools to live a sober, enjoyable, and satisfying life."

Dr. Shibayama is a spine surgery specialist with Tennessee Orthopaedic Alliance (TOA), working out of the practice's Smyrna location. Certified by the American Board of Orthopaedic Surgery, he graduated with his medical degree from the University of Illinois College of Medicine, followed by residency at the University of Miami-Jackson Memorial Hospital and a spine surgery fellowship at Rush University Medical Center in Chicago. Dr. Shibayama and his family live in Bell Buckle, TN. 🙏



BOOK DESCRIPTION

Happy, Joyous, and Free is the intensely personal, deeply intimate story of Juris S's journey from spiritual death to abundant life. Dr. S takes the reader into his mind and heart to demonstrate how the belief systems that were constructed early in his childhood drove his actions and behaviors as an adult.

Being strongly scientifically minded with minimal spiritual direction, he began as a militant atheist who chased the delusion of the "American dream." Once that was obtained, he found himself

disenchanted with life despite having everything he believed he ever wanted to be happy, fulfilled, and satisfied. This led him through several addictions that ultimately landed him in rehab for alcoholism—a medical disease with a spiritual solution. The spiritual, psychological, and mental changes that occurred are examined and processes explained.

The later chapters of the book present practical ideas and techniques that can be readily applied to enable and empower the reader to live a life that is happy, joyous, and free. Throughout the book, there are immutable practical and spiritual truths. These truths are easy to remember and can be considered modern-day proverbs that transform the mind and renew the heart. His story is the most powerful manifestation of the power of God in his life. The miracle of his journey from spiritual death to abundant life is revealed, no less amazing than empowering a paralyzed man to walk.

This book is available at Amazon.com, Target.com, Walmart.com, Scribd.com, Goodreads.com, and wherever books are sold.

TMF MOURNS DR. JOHN DORIAN *Continued from Page 1*

there for 30 years as a family physician, and then served as assistant professor in Family Practice at UTHSC-Memphis.

In addition to serving as president of the TMA, Dr. Dorian was president of the Memphis/Shelby County Medical Society and served in several positions with the AMA, being named its Family Practitioner of the Year in 1972. He volunteered in retirement at St. Jude Children's Research Hospital and St. Vincent de Paul's soup kitchen.

Dr. Dorian is survived by his six children and their spouses, eight grandchildren, and two great-grandchildren. Memorials can be made to St. Jude Children's Research Hospital in Memphis. 🙏

EVENTS CALENDAR

TMF Board Meeting

October 29-31, 2021

Lodge Montgomery Bell — *Burns, TN*

TMF PHQIC Meeting

December 1, 2021

Tennessee Medical Association — *Nashville, TN*

FSPHP Annual Education Conference

April 26-28, 2022

New Orleans Marriott — *New Orleans, LA*

2022 Caduceus Retreat

June 10-12, 2022

Franklin Marriott Cool Springs — *Franklin, TN*



A JOURNEY FREE OF DISTRACTION

BY JENNIFER RAINWATER
Executive Director

Do you ever wonder how ancient builders and mathematicians were able to figure out such complex formulas and equations without the aid of a computer or even a humble calculator? Or how an artist like Michelangelo could spend hour after hour painting a massive masterpiece like the Sistine Chapel? Could it be that they were free of the constant distractions we experience today?

It seems that with every technological advancement our lives become more and more cluttered. The things that make us more efficient often make us less focused. Now, I'm not anti-technology by any means but I do find that I have to be careful not to allow myself to become constantly distracted by the tsunami of information barreling toward me every day.

At the TMF we seek to provide guidance, support, and focus to our participants. Many who initially contact us are overwhelmed by the thought of going to treatment, then keeping up with a monitoring agreement. But once the unnecessary distractions are eliminated and a clear plan for recovery is in place, they can breathe a sigh of relief — their course is clear and they are ready to begin their own beautiful recovery journey. The journey won't be easy

but with clear, focused direction it can be (and often is) accomplished.

In the nearly six years I have been with the TMF I have had the privilege of seeing many of our participants successfully make this journey. One TMF graduate recently said, "I will be increasing my contribution...I want to be able to turn around and give something back to the next person who comes in as lost and broken as I was... From feeling unemployable six years ago to today when I attended the hospital's board meeting as their chief of staff, I'm feeling so very blessed."

The past several months have been extraordinary. We have seen the tremendous pressure our health professionals have had to endure and it is taking its toll. Now, more than ever, the work of the TMF must go on as we help professionals remain focused on recovery in the midst of such great challenges.

Will you help us stay the course? 🙏

YOUR PROFESSIONAL DATA *Continued from Page 2*

him a great deal of money in legal fees, fines, and lost productivity — it took another three months to reactivate his medical license before he could go back to work.

CHECK AND DOUBLE-CHECK

There are multiple cases brought to our attention caused by outdated, incomplete, or falsified information provided to license applications, hospital privilege forms, insurance panel forms, or even in social media. Physician information will get posted online by various entities so if it is wrong on the application, it will be wrong online.

It is crucial for health professionals to check and double-check the information published about them in print and on websites. Look for this information on hospital provider lists, insurance provider panels, physician or group practice websites, state licensing websites, and on your personal online profiles. Search your name and medical license on the Internet to ensure you are checking everything about your practice or professional history that is available online. When information changes, such as board certification, a practice address or a phone

number, those changes need to be communicated to these organizations and their websites. Inaccurate, outdated, or false information can be viewed by health regulatory boards as unprofessional, unethical, or dishonorable behavior, which can lead to an action on your medical license.

In summary, please check your demographic, professional, and personal data on all initial and renewal license applications, hospital privilege, and insurance panel credential forms for accuracy as thoroughly as you check your patient's data before signing. Make sure that any history or "yes" questions are correct, and add an explanation if required or requested. This will help to keep you out of harm's way. 🙏

Share your thoughts with Dr. Baron at michaelb@e-tmf.org.



5141 Virginia Way, Suite 110
Brentwood, TN 37027
Phone: 615-467-6411
Fax: 615-467-6419
www.e-tmf.org

CHANGE OF ADDRESS

Please let us know your new address when you move.
Thank you for helping us keep in touch!



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LIFE CAN BE STRESSFUL AT TIMES.

Whatever you're struggling with—family pressures, work, relationship issues, grief, stress or financial concerns—it is easy to get overwhelmed without an idea of where to turn for support.



The TN PSQ is a **SAFE AND SECURE ONLINE TOOL** now available to health professionals in Tennessee, both licensed and in training: physicians, PAs, chiropractors, veterinarians, podiatrists, optometrists, x-ray technologists, clinical perfusionists. **It's as simple as:**



CLICK • CONNECT • CHAT

Visit the link below to take an anonymous mental health screening and find resources nearby.

Postcard funding provided by:



TN.PROVIDERWELLNESS.ORG