

Physician Health Committee Newsletter



MESSAGE FROM THE CHAIR

Laurie Reynard, MD

Doctors can be difficult to treat. They are extremely reluctant to seek medical care themselves and are inclined to self-treat. The stigma of mental illness and fear of repercussions such as interruption to medical practice and possible loss of

license prevent doctors from seeking treatment for depression and addiction problems.

The Physician's Health Committee can provide a safe haven for physician's with depression or substance abuse issues in the following way: In a strictly confidential manner physicians are evaluated first to determine if there is a problem. Second if it is determined that the physician needs evaluation and treatment, a referral will be made to an outside professional. For physicians with substance abuse, as long as the physician is under a treatment plan and is being monitored the identity of the physician will not go to the Medical Executive Committee or the Medical Board. The physician may continue to practice during this period of treatment as long as he or she is able. Many physicians have been successfully treated in this manner with little interruption to their medical practice.

If you or a colleague could benefit from the Physician's Health Committee, please contact the Chairman or any member of the Physician's Health Committee. All inquiries are strictly confidential.

What is the Physician Wellness Committee?

This committee is available to help educate the Medical Staff regarding physician well-being and compromise.

The committee also assures patient safety by providing a mechanism to identify and treat staff members with conditions that compromise their ability to provide optimal patient care.

In addition, the committee encourages and monitor physician treatment and rehabilitation.



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28**

Roundtable discussion topic:

**DE-STRESS: EXPERIENCE THE BENEFITS OF MEDITATION
12:30 PM IN THE PAULA KENT MEEHAN CONF RM**

DE-STRESS: EXPERIENCE THE BENEFITS OF MEDITATION



Suze Yalof Schwartz, owner and Chief Meditation Officer of UNPLUG Meditation has created a meditation program for the hurried modern American. Join the Lunch and Learn group on **August 28, 2014** at **12:30** as she presents an overview of meditation and leads a short, guided meditation. UNPLUG is only a few blocks from the Health Center and offers drop-in classes for all ages.

WALK-WITH-A-DOC

Join colleagues and community members for an hour walk on a Saturday morning:

For information about the **Santa Monica walk (second Saturday monthly):**

<http://www.meetup.com/Walk-with-a-Doc-Santa-Monica/>

For information about the **Culver City walk (third Saturday monthly):**

<http://www.meetup.com/Culver-City-Walk-With-a-Doc-Meetup/>

Committee Members

Howard Chait, MD
Caroline Close, MD
Timothy Hayes, MD

Scott Reiter, MD
Robert Shain, MD
Jane Spiegel, MD

Lisa Stern, MD
Andrea Stein, MD

For questions and referral, contact

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