

Health Care's Role in Achieving Social Change



Washington Medical Commission

2019 Educational Conference

October 4-5, 2019

Hilton Seattle Airport &
Conference Center SeaTac, WA



About the Washington Medical Commission

Purpose

It is the purpose and responsibility of the Washington Medical Commission (WMC) to protect the public by ensuring quality healthcare is provided by physicians and physician assistants. The WMC establishes, monitors, and enforces qualifications for licensure, consistent standards of practice, and continuing competency. Rules, policies, and procedures developed by the WMC promote the delivery of quality healthcare to the people in WA.

Vision

Advancing the optimal level of medical care for the people of Washington State.

Mission

Promoting patient safety and enhancing the integrity of the profession through licensing, discipline, rule making, and education.

Values

- We make fair, objective, and informed decisions in licensing and disciplinary actions.
- We earn the public's trust by being transparent and accountable.
- We rely on evidence-based data and we look to health-based outcomes to determine our effectiveness.
- We encourage collaboration through mutual respect and direct, effective communication.
- We strive for innovation and continuous improvement in all our processes.

2019-2020 Focus

- Promote patient safety.
- Build and maintain productive relationships.
- Continuously improve commission effectiveness and efficiency.

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WELCOME FROM THE CHAIR



On behalf of the Washington Medical Commission (WMC), I want to welcome you to our 2019 educational conference. This conference brings together health practitioners, local public health jurisdictions, tribal public health, academia, health care advocates and many others. Through this forum, we aim to advance collective knowledge and efforts to achieve healthier and more equitable communities in Washington State.

As your state medical board, the WMC is committed to improving the state health system by:

- Advancing the optimal level of medical care for the people of Washington State
- Enhancing professional development
- Strengthening individual and organizational partnerships
- Being transparent and accountable

Our theme this year is Health Care's Role in Achieving Social Change. This theme recognizes the critical importance of identifying the disparities in our health care system and working toward eliminating them to protect the health and safety of Washington State's residents. To address health care challenges in the 21st century, we must be innovative and collaborative in transforming and modernizing our current health care delivery systems.

Whether you're a health care professional, one of our valued patient and family advocates, a student representing the next generation of leaders of somewhere else on the spectrum, we hope this conference serves to help you feel united with others who share your hopes and concerns with erasing disparities from our health care.

Many thanks to our conference speakers, many of whom are providing their expertise to you free of charge. This generous donation of their time helps the WMC keep this conference free and open to everyone with a commitment to ensuring Washington has a dynamic, well trained practitioner workforce and well-informed patients capable of addressing the challenges of health care.

I sincerely hope that you have a meaningful experience at this year's conference. Thank you for taking the time out from your busy schedules to share this experience with us. Please take time to reconnect with colleagues from across the state, make new ones, explore new partnerships and get to know your Medical Commissioners. In these challenging times, collegiality and collaboration are even more important if we are to succeed in reducing health disparities, achieving health equity and improving health outcomes. My challenge to you during this year's conference is this; listen with intent and reflection, engage in thoughtful dialogue with each other, and commit to at least one new strategy to make a positive difference in your community and practice.

Sincerely,
Alden W. Roberts, MD, MMM, FACS
Medical Commission Chair, Congressional District 3

CONTINUING MEDICAL EDUCATION INFORMATION

Educational Objectives

At the conclusion of this activity, participants will be able to:

1. Demonstrate care that is increasingly culturally responsive.
2. Apply and adapt new skills and policies that reflect a more diverse population.
3. Utilize the skills to counsel patients about firearms.
4. Address and resolve bullying, harassment and discrimination within an organization.
5. Implement the identified resources available to Washingtonians to help underserved communities.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Federation of State Medical Boards and the Washington Medical Commission. The Federation of State Medical Boards is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement

The Federation of State Medical Boards designates this live activity for a maximum of 12.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Federation of State Medical Boards certifies that non-physicians will receive a participation certificate stating they participated in the live activity that was designated for 12.0 *AMA PRA Category 1 Credits*[™].

Course Director

Harry Harrison, MD, Physician Member, Washington Medical Commission

Commercial Support

The 2019 WMC Conference: Health Care's Role in Achieving Social Change is not funded by any commercial entity.

Disclosure of Commercial Interest

As an organization accredited by the ACCME, the Federation of State Medical Boards (FSMB) requires that the content of CME activities and related materials provide balance, independence, objectivity, and scientific rigor. Planning must be free of the influence or control of a commercial entity and promote improvements or quality in healthcare. All persons in the position to control the content of an education activity are required to disclose all relevant financial relationships in any amount

occurring within the past 12 months with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on patients.

The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest. The FSMB has implemented a mechanism to identify and resolve all conflicts of interest prior to the activity. The intent of this policy is to identify potential conflicts of interest so participants can form their own judgments with full disclosure of the facts. Participants will be asked to evaluate whether the speaker’s outside interests reflect a possible bias in the planning or presentation of the activity.

The following indicates the disclosure declaration information and the nature of those commercial relationships:

Name of Individual	Nature of Relevant Relationship and Name of Commercial Interest
Carrie Horwitch, MD, MPH	<ul style="list-style-type: none"> • Formal Advisor: Washington State Medical Association Board of Trustees; • Employee: Virginia Mason Medical Center
Shaili Jain, MD	<ul style="list-style-type: none"> • Author: <i>The Unspeakable Mind</i>

No additional speakers, Course Director and planners at the Federation of State Medical Boards and the Washington Medical Commission have any disclosures to report.

Disclosure of Unlabeled Uses

This educational activity may contain discussion of published and/or investigational uses of agents that are not approved by the U.S. Food and Drug Administration. For additional information about approved uses, including approved indications, contraindications, and warnings, please refer to the prescribing information for each product, or consult the Physicians’ Desk Reference.

Attendance Verification Forms and CME Certificates

In order to receive Continuing Medical Education credit, daily sign in at the conference, submission of the completed and signed Attendance Verification Form (available in your registration packet) and the CME evaluation are required. Your CME certificate will be emailed to you. If you have any questions, please send your request to jimi.bush@wmc.wa.gov.

GENERAL INFORMATION

Hilton Seattle Airport & Conference Center

17620 International Boulevard, SeaTac, WA, 98188, US

There is a complementary shuttle from the airport.

Parking

\$12.00 / day (no in-and-out privileges).

Meals

We will be providing lunch both days of the conference. Breakfast will not be served.

Conference Rooms

Conference rooms are notorious for being too cold. Please bring a sweater or jacket to ensure that you are comfortable.

Connecting to WiFi

WiFi Network: Hilton-Meeting

Access Code: wmc19

On laptops, open your browser for page prompt after connecting to the WiFi network. If you are having trouble connecting please visit the registration desk.

Evaluation

Evaluation by questionnaire will address program content, presentation and future improvement efforts. Feedback from participants is very important and we hope that you will participate fully in the evaluation process. Immediately following the meeting, an evaluation will be emailed to you. You can also participate by clicking [this link](#). Thank you in advance, as your comments and suggestions enable us to measure our impact.

Silence Your Cell Phones

Please help us create a positive and stimulating learning environment by silencing your cell phone and other electronic devices.

AGENDA

Friday, October 4th, 2019

Time	Presentation Title	Speaker(s)
7:30 AM	Registration Opens	
8:30 AM	Opening Remarks	Dr. Alden Roberts
8:40 AM	Medical Treatment vs Social Determinants of Health: A False Dichotomy?	Dr. Lawrence Lyon
9:40 AM	Break	
9:50 AM	Disparities and Challenges in Practicing Medicine in Underserved Areas	Dr. Ileana María Ponce-González
10:50 AM	Break	
11:00 AM	The Clinician's Role in Preventing Death and Injuries from Firearms	Dr. David Grossman
12:00 PM	Break / Lunch Pick-up	
12:20 PM	Disparities and Challenges Facing Tribes: How Clinicians Can Help Reduce Inequities	Vicki Lowe Heather Erb, JD
1:20 PM	Break	
1:30 PM	What #MeToo and Trauma Informed Care Means for Clinicians and Healthcare Organizations	Dr. Shaili Jain
2:30 PM	Break	
2:40 PM	Community Health Needs Assessments: Partnerships are Key	Jamilia Sherls-Jones, DNP
3:40 PM	Closing Remarks	Dr. Alden Roberts

AGENDA

Saturday, October 5th, 2019

Time	Presentation Title	Speaker(s)
7:30 AM	Registration Opens	
8:30 AM	Opening Remarks	Dr. Alden Roberts
8:40 AM	The Four Dimensions of Health Disparities	James Anderson, PA-C
9:40 AM	Break	
9:50 AM	Delivering Equitable Care in Your Medical Practice: Approaches That Help PCPs Address What Matters to Provide Whole Person Care	Dr. Kristin Conn
10:50 AM	Break	
11:00 AM	Parental Hesitancy, Confidence, and Childhood Immunizations	Dr. John Dunn
12:00 PM	Break / Lunch Pick-up	
12:20 PM	Policy, Ethical and Clinical Considerations Regarding Vaccines in Washington	Kathy Bay, DNP Dr. John Dunn Dr. Kathy Lofy Dr. April Jaeger
1:20 PM	Break	
1:30 PM	Serving the Underserved	Dr. Benjamin Danielson
2:30 PM	Break	
2:40 PM	The Role of Humor as a Coping Strategy and Tool to Help Facilitate Social Change	Dr. Carrie Horwitch
3:40 PM	Closing Remarks	Dr. Alden Roberts

SPEAKER BIOGRAPHIES



James E. Anderson, MPAS, PA-C, DFAAPA

James Anderson is a distinguished fellow of the American Academy of Physician Assistants, President of the Society of PAs in Addiction Medicine and Commissioner with the Washington State Medical Commission. He has been a physician assistant, preceptor, educator and regulator for almost 20 years. When not working with opioid dependent patients, he is a lecturer and preceptor for the University of Washington School of Medicine MEDEX Physician Assistant Training Program.



Kathy Bay, DNP, RN, CENP

Kathy is a business-savvy leader with a passion for generating results through people, innovative approaches and teamwork. Her strengths include staff education and development, mentoring, hospital operations, strategic planning and regulatory knowledge. She is an expert in creating positive professional practice environment with emphasis on high quality care and patient safety, as evidenced by successful JCAHO accreditation and Department of Health surveys, low staff turnover, high staff engagement and operational approach leading to successful financial outcomes. A proven leader with 34 years of nursing experience, she has provided leadership and oversight with; clinical consultation, assessment, quality improvement and assurance work as the Clinical and Quality Assurance Section Manager with the Office of Immunizations and Child Profile at the Washington State Department of Health.



Kristin Conn, MD

Dr. Conn began her career with the Washington Permanente Medical Group in 2008 (formerly Group Health Physicians) as a family medicine physician, and led operations for Kaiser Permanente's Northgate Medical Center. In addition to her clinical practice, Dr. Conn is the medical director of Diversity, Equity & Inclusion for the Washington Permanente Medical Group. In this role, Dr. Conn works to advance equitable care for Kaiser Permanente members and an inclusive workplace culture for employees. She has assembled an advisory board of physicians to support her in building a provider workforce and leadership team that resembles our communities.



Benjamin Danielson, MD

Dr. Benjamin Danielson, a distinguished pediatrician and the Senior Medical Director and Janet and Jim Sinegal Endowed Chair for the Odessa Brown Children's Clinic (OBCC), is this year's Commencement speaker.

Dr. Danielson is also a clinical professor of pediatrics at the University of Washington, where he received his medical degree in 1992, after completing undergraduate studies at Harvard University. He did his

residency at Seattle Children’s Hospital and continues to see patients there.

His early life was anything but sheltered. He was placed in the foster care system as a toddler and then was rescued by a single mom with limited resources but a big heart. They lived in a low-income neighborhood of Washington, D.C., where, he says, he “skipped school and hung around with the wrong people.” Six years later the family moved to Montana, where they faced not only economic hardship but racial bigotry.

Through it all his mother, who taught mathematics in Washington D.C. and eventually earned a degree in silviculture and botany from the University of Montana, instilled in him the value of education.

Today Dr. Danielson draws upon his extensive training and deep wells of personal experience to improve the health and circumstances of low-income children and families throughout Washington State. He is a founding co-director of the Washington Medical-Legal Partnership, a program that provides direct legal assistance to Washington families, trains healthcare providers on important legal issues, and advocates to bring about systematic changes to improve the healthcare system.

Dr. Danielson also serves on the Washington State health benefit exchange, the King County Board of Health, various boards of philanthropic organizations, and community groups dedicated to health issues.

In 2016, Dr. Danielson received the Norm Maleng Youth Advocate Award from the Center for Children and Youth Justice for his “exemplary leadership and advocacy for all youth in Washington, with a special focus on systematic reform to improve the lives of underserved youth.” In 2017, he achieved national recognition as the recipient of the Simms/Mann Institute’s Whole Child Award. The award honors extraordinary leaders in medicine and education.

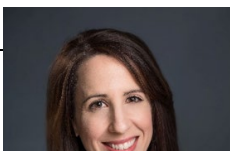


John B. Dunn, MD, MPH

Dr. Dunn is the Medical Director for Preventive Care at Kaiser Permanente Washington, and is the head of the immunization program for the organization. He currently serves on vaccine advisory committees for the Washington State Department of Health and for the U.S. Department of Health & Human Services, is on the Board of the Washington Vaccine Association, and is the chair of the vaccine committee of the Washington Chapter of the American Academy of Pediatrics. He is also involved in research on vaccine hesitancy and safety and is a practicing pediatrician with Kaiser Permanente.

Heather Erb, JD

Heather owns a law practice in Bellingham, Washington, and has been practicing law for the last fifteen years. She represents nonprofits, Tribes, and Tribal organizations in public health, health care legal



policy, contract drafting and negotiation, mutual aid agreements, emergency preparedness, code/ordinance development and nonprofit corporate governance. In her representation of the American Indian Health Commission, Heather assisted in drafting the Washington Indian Health Improvement Act. She has previously provided training and outreach to tribal members, leaders, and Indian health program staff and administration across the State of Washington on American Indian and Alaska Native income tax exemptions, Medicaid expansion, cost sharing, premium sponsorship, and contracting with qualified health plans. In the early years of her career, Heather served as an assistant state attorney prosecuting felony crimes.

David C. Grossman, MD, MPH



Dr. David Grossman is a graduate of the University of California, UCLA School of Medicine and University of Washington School of Public Health and Community Medicine. He is currently the Senior Associate Medical Director of Market Strategy & Public Policy at Kaiser Permanente Washington. He is a professor of health services and pediatrics at the University of Washington. Dr. Dunn was named one of the most influential injury and violence prevention professionals over the past 20 years by the Department of Health and Human Services Public Health Service Centers for Disease Control and Prevention in 2012. He is currently the chair of the US Preventive Services Task Force and the Co-chair, KP National Task Force on Firearm Injury Prevention.

Carrie A. Horwitch, MD, MPH, FACP



Dr. Horwitch is a board certified internal medicine physician. She is also credentialed as an HIV care specialist from AAHIVM. Dr. Horwitch graduated from University of Arizona, College of Medicine. She completed her Master of Public Health at University of California, Berkeley. Her current position is a key clinical faculty at Virginia Mason Medical Center, Seattle, Washington, where she is a primary outpatient physician and works with the internal medicine residency program. She is a Clinical Associate Professor of Medicine at the University of Washington.

Dr. Horwitch's interests are HIV care, STDs, laughter in medicine, emerging infections and public health, ethics and professionalism, high value care and graduate medical education. She is a certified laughter leader through the World Laughter Tour since 2007. She is on the wellness committee at Virginia Mason Medical Center and promotes laughter as one technique of wellness to health care workers and patients. She is the author of: *Death of My Uterus and Other Humorous Events*.



April Jaeger, MD

Dr. April Jaeger is a pediatric emergency medicine physician in Spokane, Washington, and is affiliated with Providence Sacred Heart Medical Center and Children's Hospital. She received her medical degree from The Robert Larner, M.D. College of Medicine at The University of Vermont. She is a Washington Medical Commissioner representing Congressional District 5.

Shaili Jain, MD



Dr. Jain is a graduate of the University of Liverpool and a psychiatrist and Posttraumatic Stress Disorder Specialist. Dr. Jain serves as Medical Director for Integrated Care at the VA Palo Alto HealthCare System and is a Clinical Associate Professor (Affiliated) of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. She is board-certified in General Psychiatry with specialty expertise in posttraumatic stress disorder (PTSD), primary and mental health integrated care and Women's Health Psychiatry. Dr. Jain is a health services researcher, affiliated with the National Center for PTSD, who focuses on developing innovative ways to enhance the reach of mental healthcare for underserved populations with PTSD. Dr. Jain is a researcher affiliated with the National Center for Posttraumatic Stress Disorder. Her medical essays and commentary have appeared in the New England Journal of Medicine, the Journal of the American Medical Association, public radio and elsewhere. She is the author of *The Unspeakable Mind: Stories of Trauma and Healing from the Frontlines of PTSD Science*.



Kathy Lofy, MD

Dr. Lofy has served as the State Health Officer and Chief Science Officer for the Washington State Department of Health since 2014 and has worked in the field of public health for almost 20 years. As the State Health Officer, her role includes providing medical and scientific guidance to the secretary of health and agency programs on a broad range of health issues including communicable disease control, chronic disease and injury prevention, emergency preparedness and environmental health threats. She currently chairs the agency's Vaccine Advisory Committee.

Vicki Lowe

Ms. Lowe is the Executive Director of the American Indian Health Commission for Washington State (AIHC) since July 2015. She is a Jamestown S'Klallam descendant. She has also worked in the Health Department of the Jamestown S'Klallam Tribe since December of 1996. Through their Purchased and Referred Care (PRC) Program, the Jamestown S'Klallam Tribe purchased insurance for their Tribal Members without access to any other coverage since 1995. Ms. Lowe has seen this program through many changes in the private insurance world as well as Medicare and Medicaid. She participated on the Basic Health Sponsorship Workgroup, negotiated a Tribal Member only plan

with a commercial carrier, initiated contracting with commercial carriers at the Jamestown Family Health Clinic, participated in the creation and implementation of the Jamestown S’Klallam Tribe Employee Plan, a self-funded plan, worked with Jamestown S’Klallam Tribe’s newly created Human Resources Department to review and update benefits for the employee’s plans: benefits including Life, AD&D and LTD, Long Term Care Coverage, Self-Funded Worker’s Compensation and Wellness benefits. She also worked on implementation of the Indian provisions of the Affordable Care Act into the Employee Benefits and PRC programs.

Beginning in 2012 she began working with the AIHC and WAHBE to implement Tribal Assister program for Washington Health Benefits Exchange. This project has been expanded to include Medicare, Medicaid and I.H.S. benefits training.

Ms. Lowe is also very involved in the Jamestown S’Klallam Tribal Community. She has been part of the Jamestown Canoe Family since 2009, pulling in the Tribe’s canoe since 2012. She supports singing and drumming, language, weaving classes and other culture programs. In 2012, she was honored as the Jamestown S’Klallam Tribe’s Volunteer of the Year. Most of all she enjoys spending time with her family, husband Jim, five children and four grandchildren.



Lawrence Lyon, MD

Dr. Lawrence Lyon is a family medicine doctor in Eugene, Oregon. Dr. Lyon provides patient-centered team-based care to special underserved patient populations, homeless and LGBTQ. His focus is on patient engagement and education while leveraging agency assets to overcome SDOH barriers. He received his medical degree from The Robert Larner, M.D. College of Medicine at The University of Vermont.

Ileana María Ponce-González, MD, MPH



Dr. Ponce-González is a family physician with international experience working as a clinician in Nicaragua, Chile, and the United States (Puerto Rico). She received her Master of Public Health at Johns Hopkins University. She is an expert in social determinant of health, community health and public health administration. She has over 17 years of experience in the development of health care curriculum and community programs for people with socioeconomic disadvantages. She has worked extensively in rural settings, with diverse segments of the community, as well as state and local public health systems. She has worked as a Scientific Review Officer for the National Institute of Health (NIH) and Agency for Healthcare Research and Quality (AHRQ) for eleven years. As part of her duties, she was the official spokesperson for the Spanish populations at the AHRQ, where she developed a health column to disseminate medical evidence to Spanish speakers through the [national media](#), including Univision and national press.

She worked for the Migrant Clinicians Network (MCN) as a Scientific and Strategic Advisor where she founded the first External Advisory Committee and managed the first Project ECHO-Zika for CHWs in Puerto Rico and a Project ECHO in Diabetes for CHWs. She developed the first curriculum in Spanish for a series of 10 webinars entitled “Principles of Public Health for Promoters” with more than 1,400 participants at the national and international levels, including PR and Latin America.

She is an expert in developing collaborative networks, assessing needs, designing technical assistance programs, developing training programs for health centers and community health workers and strategic planning. She developed the first [Federal National Promotores initiative](#).

In 2016, she was certified as a Master Trainer in the Stanford Diabetes Self-Management Program Cross-Training, The Chronic Disease Self-Management Program, and Diabetes Self-Management Program 2016 Update Training, all provided by Stanford University School of Medicine.

Jamalia Sherls-Jones, DNP, MPH, RN, CPN

Dr. Jamalia Sherls-Jones is the Director of Health Equity in the Center for Health Equity & Wellness at MultiCare Health System. MultiCare is a not-for-profit health care organization with approximately 18,000 team members, eight hospitals and an extensive ambulatory network serving both adults and children in western and eastern Washington. Jamalia oversees cultural diversity education, health equity initiatives, community health needs assessments, and interpreter services for the system.



Dr. Sherls-Jones has over ten years of experience in chronic disease prevention & management, community partnership development, community benefit, pediatric and school nursing, cultural competency, and addressing health disparities. In the past, she has presented on health equity and community benefit at state and national conferences, on webinars, and on podcasts. Dr. Sherls-Jones has received numerous awards for her work, including a Certificate of Merit at the 2007 CDC Cancer Conference in Atlanta for her graduate research on oncology patient disparities in southeastern Pennsylvania, “40 Under 40” recognition for professional achievement and community involvement in the Puget Sound region, and the 2016 & 2018 MultiCare President’s Award for Excellence in Cultural Competence. Under her leadership, MultiCare was recognized by the American Hospital Association (AHA) for having a strong track record of addressing health equity in Washington and was selected as one of ten hospitals in the nation to participate in the first AHA Hospital Community Cooperative (HCC) Program.

Dr. Sherls-Jones is an active participant in the Washington State Hospital Association Health Equity Task Force, Leaders in Women’s

Health (Pierce County, WA), Mary Mahoney Professional Nurses Organization (Seattle, WA), Sigma Theta Tau International Honor Society of Nursing, Washington State Public Health Association, and the American Public Health Association. Dr. Sherls-Jones is also Clinical Faculty at the University of Washington-Tacoma School of Nursing and Healthcare Leadership, a member of the Independent Colleges of Washington Board, and a Trustee on the University of Puget Sound Board of Trustees.

Dr. Sherls-Jones earned her BS in Biology from the University of Puget Sound, her MPH in Community Health and Prevention from Drexel University, and her BSN, MSN and DNP from Thomas Jefferson University College of Nursing.
