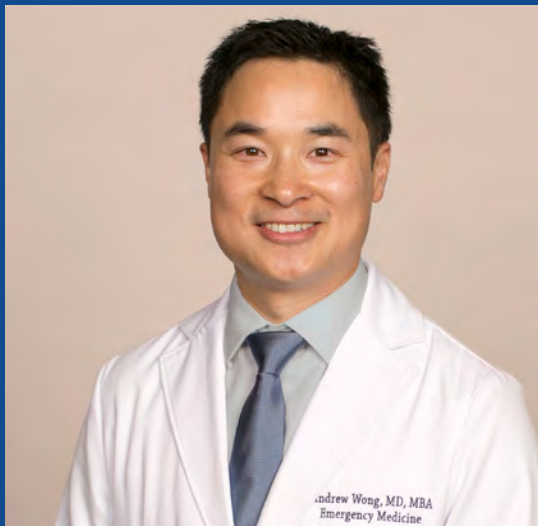


# 2018 ANNUAL REPORT



**Serving Over 4,000 Physicians  
in El Dorado, Sacramento  
& Yolo Counties**

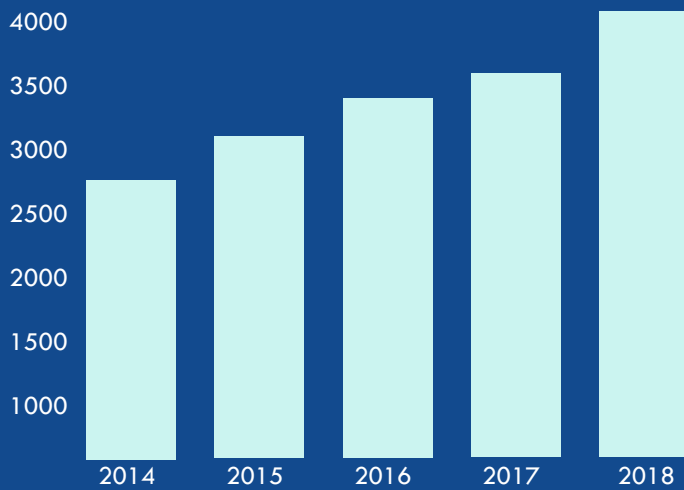


**SIERRA SACRAMENTO VALLEY  
MEDICAL SOCIETY**

The Sierra Sacramento Valley Medical Society (SSVMS) is dedicated to bringing together physicians from all modes of practice to promote the art and science of quality medical care, and to enhance the physical and mental health of our entire community. In continuous operation since 1868, SSVMS is the oldest medical society in California with over 4,000 physician members in Sacramento, El Dorado and Yolo Counties. SSVMS is a nonprofit organization, and is a component society of the California Medical Association (CMA). SSVMS provides many benefits to our members by advocating for physicians and their patients to ensure access to quality healthcare. We achieve this through: Dedicated **physician-led** committees; A 46-member **delegation** that develops and recommends health care **policy** at the local, state and national levels; **Economic** advocacy, **legal** and **practice management** assistance to help physicians and their practices; Events throughout the year to provide physicians **fellowship** and **professional development** opportunities; Programs that help physicians reclaim the **joy of practicing medicine**; Philanthropic programs that are committed to supporting the **future of medicine** and providing **access to care** to those in need. In essence, SSVMS's core activities help physicians maintain practice viability, **connect** with fellow physicians, and allows them to focus on what's most important - **caring** for patients.



## MEMBERSHIP GROWTH



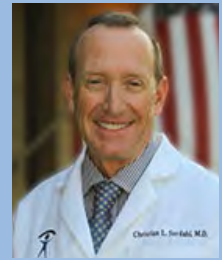
## SHAPING HEALTHCARE IN 2018

Together, CMA, SSVMS and our physician members:

- Defended Medical Staff self-governance and ensured that medical staffs stay distinct and separate from hospitals.
- Secured \$220 million to establish a loan repayment program to incentivize physicians and dentists to serve Medi-Cal patients and \$40 million in GME funding for residency programs in California.
- Defended the medical profession from dangerous legislation (AB 3087) that would have significantly cut physician reimbursement and decreased access to care.
- Stopped predatory practices by health insurance companies, including attempts to substantially limit same-day services (modifier -25 payments), and automatically downcode emergency services based upon the ultimate diagnosis.
- Advocated for local public health policies to increase access to care for the uninsured, patients seeking medication assisted treatment and patients enduring a mental health crisis.

## 2018 PRESIDENT-ELECT MESSAGE

Regardless of mode of practice, health system affiliation or specialty, I believe that being a physician in the Sacramento Community is an honor. However, according to the 2018 Survey of American Physicians, only 31% of physicians identify as being in private practice. This percentage dropped from 33% in 2016 and from 48.5% in 2012.



Christian Serdahl, MD

Additionally, Merritt Hawkins' most recent survey of graduating residents indicated that only 1% desired to go into solo private practice. These numbers are staggering and should be of concern to every physician. If private practice were to collapse, there would be no competition and salaries would be effected, thus impacting us all.

As part of the 31% in private practice, I believe the lack of desire to start or maintain one's own practice stems from the fact that we cannot just be doctors, but we must also be business CEOs. Aside from being consumed with patient care, we are responsible for hiring staff, managing insurance contracts, choosing and implementing EMRs, cultivating referral networks, reviewing reports, marketing our business, and the list goes on.

Looking ahead to my presidency in 2019, our Medical Society has made "Saving Private Practice" one of their top priorities. There will be multiple opportunities for physicians and their practice managers to become armed with the tools and resources needed to run an efficient and viable practice. I hope my colleagues in private practice will take advantage of these critical benefits. To all my physician colleagues, thank you for the honor of serving as President of SSVMS in 2019! May the year ahead be prosperous for us all.

~ Christian Serdahl, MD; [ccneye@sbcglobal.net](mailto:ccneye@sbcglobal.net)

Join over 4,000 physician members that are making a difference

## 2018 MEDICAL SOCIETY HAPPENINGS



Joy of Medicine Gratitude Pop Up at Sutter Independent Physicians



Team SSVMs at Serotonin Surge Run: Paul Reynolds, MD, Joe Jacobs and Ruenell Adams Jacobs, MD



Annual Dinner, 150th Anniversary Resolution Presentation: Senator Richard Pan, MD and Rajiv Misquitta, MD



SPiRiT Volunteer, Sapora Manshahi, MD and SPiRiT Patient



Physician Painting Social



Medical Students Advocating at the Capitol with Assemblymen Kevin Kiley, Assembly District 6

ference in the lives of colleagues and the patients they serve.

# JOY OF MEDICINE

With the unprecedented change in the health care delivery system in the United States, many physicians feel that their role as healers, comforters, and listeners is diminished. SSVMS is passionate about helping physicians in the Sacramento Region find happiness and fulfillment in their profession. In 2017, we launched the Joy of Medicine program to engage local physicians in a long-term conversation to help recognize the signs of burnout, build meaningful resiliency and help physicians thrive. To support these efforts, physician leaders from Mercy Medical Group, The Permanente Medical Group, Sutter Medical Group, Sutter Independent Physicians, UC Davis, Woodland Medical Group and independent practitioners came together to form the Joy of Medicine Advisory Committee. Thanks to dedicated fundraising and the Advisory Committee, services and resources are now available to all practicing physicians in the region to help them reclaim their joy of practicing medicine.



## RESILIENCY CONSULTATIONS

Recognizing the crushing stress and work load that physicians face today, SSVMS sponsors up to six (6) lifetime sessions with licensed and vetted psychologists and life coaches for physicians living and working in Sacramento, El Dorado, Yolo and Placer Counties. Counseling and coaching through this program are confidential, competent, convenient, and cost-free to physicians. Since the program's inception, over 50 physicians have accessed the service with over 175 appointments. Currently, there are five psychologists and three life coaches available to any physician in the region. To access this service, visit [www.joyofmedicine.org](http://www.joyofmedicine.org) to schedule your appointment.

**50+ PHYSICIANS**  
**175+ SESSIONS**



## JOY OF MEDICINE - ON CALL

In September 2018, SSVMS launched Joy of Medicine - On Call, a podcast where we explore the many paths physicians take to bring joy into their practice of medicine. The podcast aims to promote and increase access to physician wellness by focusing on topics of mindfulness, managing stress and joy. Download and subscribe on iTunes or your favorite podcast app by searching for "Joy of Medicine - On Call".

## ANNUAL JOY OF MEDICINE SUMMIT

SSVMS' 2nd Annual Joy of Medicine Summit successfully provided 175 local physicians with the tools and resources needed to cope with the stressors that are part of practicing medicine. This half-day summit featured sessions on journaling, happiness and working with the EHR. Save the date for the 3rd Annual Joy of Medicine Summit scheduled for September 28, 2019.

## PHYSICIAN PEER GROUPS

To promote collegiality among physicians from various health systems and practices in the Sacramento region, Physician Peer Groups monthly sessions are held in colleagues' homes in Davis, Elk Grove, Newcastle, Carmichael and El Dorado Hills, with more locations on the way. Over 60 physicians actively participate in these facilitated group interactions. To sign up for a peer group, visit [www.joyofmedicine.org](http://www.joyofmedicine.org).



**JoyOfMedicine.org**

# COMMUNITY PROGRAMS

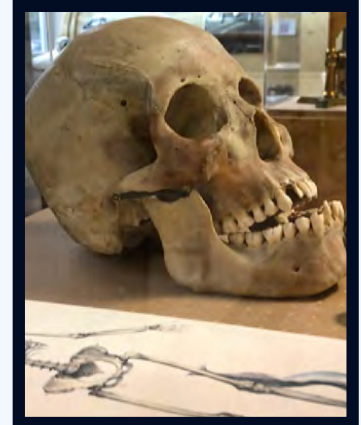
## Sierra Sacramento Valley Medical Society



### SPIRIT

SSVMS' Sacramento Physicians' Initiative to Reach out, Innovate and Teach (SPIRIT) program recruits and places physician volunteers to donate medical services to the medically indigent and uninsured members of our community. Since its inception, SPIRIT has provided over \$11 million in donated care, treated over 53,000 patients and performed over 1,000 surgeries. In 2018, many new specialty procedures were available to patients including specialty consults, colonoscopies and vision exams.

access to healthcare  
improve health outcomes  
mental health advocacy  
physician wellness  
future of medicine



### MUSEUM OF MEDICAL HISTORY

SSVMS' Museum of Medical History showcases the history of medicine in our region and features medical artifacts from the fields of Surgery, Clinical Diagnosis, Infectious Disease, Pharmacy, Radiology, Chinese Medicine, Obstetrics and Gynecology, Medical Quackery and more. The museum is free of charge and open to the public. In 2018, the museum doubled its physical footprint thanks to a generous donation in memory of Al Kahane, MD.



### MEDICAL STUDENT SCHOLARSHIP FUND

Since 1969, SSVMS has supported the future of medicine by providing scholarships to deserving medical students who have graduated from a high school in El Dorado, Sacramento or Yolo Counties. In 2018, five students were awarded scholarships, including the Paul J. Rosenberg Medical Student Scholarship recipient, *Ashley N. Kyalwazi, MS1, Harvard Medical School.*

### SMART MEDICAL CLEARANCE

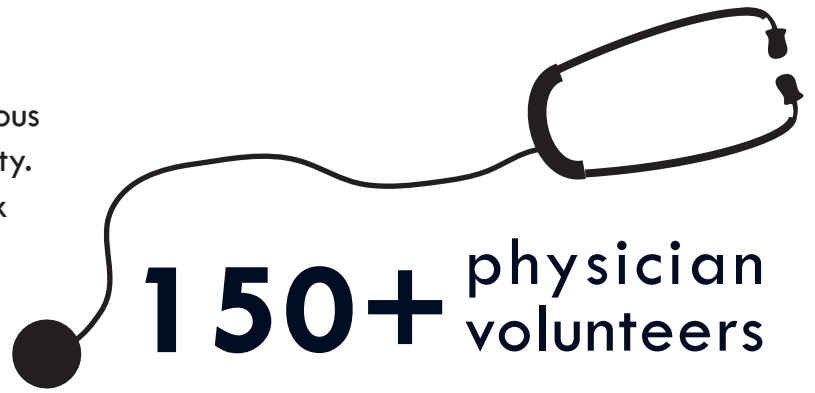
SSVMS pioneered the SMART Medical Clearance protocol to standardize the medical clearance process across all emergency departments and inpatient psychiatric hospitals to facilitate the safe and timely transfer of patients to appropriate treatment centers. In 2018, the protocol was implemented at four regional hospitals, bringing the total number of facilities to nine. For more information and to access to resources visit [www.smartmedicalclearance.org](http://www.smartmedicalclearance.org).

### RX SAFE PHYSICIANS

SSVMS' RX Safe Physicians program is a partnership with the Sacramento and the El Dorado Opioid County Coalitions. The program focuses on educating providers on safe prescribing, promoting medication assisted treatment and increasing access to naloxone. In 2018, the "Got Pain?" Campaign was launched to promote resources for treatment and complementary therapies. For more information, visit [www.sacopioidcoalition.org](http://www.sacopioidcoalition.org).

SSVMS Community Programs are supported through grants and generous donations from the medical community.

Volunteer or consider making a tax deductible donation at [www.ssvms.org/programs](http://www.ssvms.org/programs).



**150+** physician volunteers

**1,750**  
visitors to the museum

**\$530,000**  
in-kind donated SPIRIT patient services

**700+**  
SPIRIT patients treated

**77** SPIRIT surgeries donated

**\$18,000**  
medical student scholarships granted

**350%**  
increase in x-waivered physicians

**8**  
lives saved through nalaxone project

## THANK YOU 2018 DONORS

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**Thank you Family of Paul J. Rosenberg, MD, for a very generous donation to the SSVMS Medical Student Scholarship Fund.**

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