



A Publication from the Chief of Staff and Chief Medical Officer

March 19, 2021

Doctor's Day 2021: St. Joseph Hospital Set to Recognize Staff Physicians on April 16

Please join us for a virtual, live celebration with keynote speaker **Zubin Damania, MD**, also known as ZDoggMD, on Friday, April 16, 2021, at 7 p.m.

"This Stanford-trained hospitalist is an innovative keynote speaker on health care (currently advocating 3.0), whose approach through music is satirical and humorous as well as exceedingly relevant," claims Chief of Staff **Brian Boyd, MD**. "He has walked the walk,



developing physician resilience through better work life balance. Dr. Damania delves into the challenges of delivering compassionate health care in our severely dysfunctional medical system, while proposing collaborative ways to revitalize it. Prepare to be inspired."

Watch for your invitation in your email inbox. To learn more about this very special SJO Doctor's Day guest, please visit zdoggmd.com.

Physician Wellness Support Services – Take Advantage!

Brian Boyd, MD, Chief of Staff, and Scott Rusk, MD, Chief Medical Officer

This past year was unprecedented for medical professionals. Stretched to our limits, we have continued to care for our patients while dealing with concerns about our own and our loved one's health. We believe we are just beginning to understand how deeply COVID-19 has affected all our lives.

While we are starting to see COVID-19 hospitalizations decline, we are not out of the woods yet. And, as we plan a return to more normal operations, we urge you to pay special attention to your own well-being and mental health. We've lived through extraordinary circumstances and, in addition to needing the support of friends and loved ones, it may be beneficial to reach out for professional help.

Providence offers a robust mental health program and support services. We encourage you to take advantage of these resources to support yourself emotionally, mentally and spiritually.

Counseling/spiritual resources Behavioral Health Concierge: Free, compassionate and confidential behavioral health services are available to caregivers and their dependents, often same-day or next-day through this unique telehealth service. Schedule free, confidential virtual visits with licensed mental health

professionals. Call 833-PBH-WELL (833-724-9355), 7 a.m. to 8 p.m. Pacific time.

TeleSpiritual Health: When you need a prayer for strength or a listening ear, our spiritual care team is here for you. Email telespiritualhealth@providence.org to request an appointment.

The **Physician Support Line** is a hotline specifically for doctors coping with stress during this stressful time. The line is staffed by hundreds of volunteer psychiatrists. This resource is *not* a part of the Providence Health System.

Self-guided resources

The **Virtual Calming Room** is a virtual place to focus on calming activities such as meditation, soothing playlists, yoga programs, online brain games and even videos of animals.

Silver Cloud provides several online programs that use cognitive behavioral therapy (CBT) to help with resilience, stress, insomnia and more.

Mental health library and resources Providence Institute for Human Caring resources: Processing multiple losses and experiencing prolonged exposure to caring for sick and traumatized patients, can be overwhelming. This library of resources offers a safe place to express feelings and create opportunities to

establish rituals recognizing loss.

Work2bewell is a digital wellness and empowerment hub, anti-stigma campaign and social movement created by Providence and the Well Being Trust to assist youth in achieving better mental health and wellness. It includes curriculum, resources, social activities, a think tank and crisis line integration for teens, parents and families.

Future of Health radio: Listen to the Providence radio station's health-related discussions, sleep and relaxation topics, and mindful meditation sounds.

The **Providence Well Being Trust** provides tips on coping with stress, working from home, the importance of physical exercise, the value of community and so much more. Explore insights and resources on this external website to help guide that journey.

Credible Mind has expert-rated mental health content—videos, articles, podcasts—sourced from around the internet.

We also intend to launch a service called the **Physician Resilience Enhancement Program (PREP)**. If you are interested in serving on this committee, please contact **Brian Boyd, MD**, at Brian.Boyd@stjoe.org.

(Online version - Links appear in **dark blue**)

1100 W. Stewart Dr.
Orange, CA 92868
www.sjo.org

COVID Recovery Resources

COVID-19 Rehabilitation Program:

One-on-one therapy at the St. Jude Centers for Rehabilitation and Wellness. This program is covered by most health plans and requires a physician referral. Call **714-578-8720** to schedule an assessment.

COVID-19 Wellness Program:

A virtual program to help with continued recovery and healing. The 30-day Wellness Program does not require a referral and can be started at any time for a fee of \$99. **714-578-8770.**

IN THE TRENCHES with Podiatric Surgeon Jeffrey DeSantis, DPM, FACFAS, Newly Elected President of the American Podiatric Medical Association (APMA)

How did you become involved with St Joseph Hospital and professional podiatric associations?

In 1992, I met **Richard Eddy, MD**, an endocrinologist at St Joseph Hospital who invited me to work in conjunction with his practice, and that year I joined the medical staff here. Subsequently, I joined the medical staff at CHOC. After a few more years in practice, I was asked to join the board of the Orange County Podiatric Medical Association and following that, I was elected to the board of the California Podiatric Medical Association. I take great pride in the work we did, working with the state legislature to modernize and improve the quality of care, especially for diabetics in California.

Before becoming involved in our national organization, which would take considerable time away from my family and my practice, I discussed it with my wife, Laurie, and my partner, **H. Austin Hewlett, DPM**, as I would be away from my house and practice when I was in Washington, DC. Thankfully, they were both fully behind it and Laurie did more than her share raising our two wonderful

daughters, both of whom were delivered by **Anita York, MD**, at St. Joes! They are beautiful young women now—Alexa, who graduated from the University of Notre Dame then Loyola Law school is now an entertainment attorney, and Daniella, who graduated from the University of Washington is now studying interior design at UCLA. Likewise, Dr. Hewlett did more than any partner could ask and together with SJHAP, we grew Cambridge Foot & Ankle Associates to seven physicians and the largest podiatric group in Orange County.

With the support of the CPMA board, I ran and was lucky enough to be elected as an APMA trustee. I have served in that capacity over the past twelve years and on March 14th, was sworn in as President of the APMA on the steps of the US Capitol by Congressman Lou Correa whom I met while I was CPMA president and he was a state assemblyman in 2004.

On a national medical association level, I am now dealing with CMS, Congress and other national medical associations. We have forged strong

relationships with the Society of Vascular Surgeons and the American Orthopedic Foot and Ankle Society. Not only has this helped our member physicians, but more importantly it's further improved the care



Dr. DeSantis was sworn in as the American Podiatric Medical Association's 95th president on March 14 in Washington, D.C.