

Spotlight on Success

Blaine Paxton Hall, PA-C: Educating the Medical Community on Transsexual Health Care



Blaine Paxton Hall, PA-C

In health care we talk a lot about advocacy. Whether it's advocating for physicians or for patients, it's an important topic in our community. For Blaine Hall, PA-C advocacy is his passion. Blaine credits the North Carolina Medical Society's Leadership College for building his confidence and giving him a voice to advocate on an issue of great personal importance to him. He now travels the southeast speaking to large groups, at places such as Maryville College, Wake Forest University and Duke University, to advocate and educate on transsexual health care.

For much of his life, Blaine lived in what he calls "deep stealth." Even though he was popular and highly respected as a good student and a hard-worker in school and in the children's home where he lived from age 9 until 18, he didn't feel he could be himself. He felt "afraid of being ostracized by the other kids and teachers" in his high school if he were to be truly himself. Later, after transitioning from a woman to a man in 1983, he feared the prejudice, the stereotyping and the general lack of understanding of transsexuals if he were to acknowledge he was transsexual. His fears were not unfounded. He once lost an internship not because of his gender status, but simply because he grew up in a children's home. Until just recently he was denied a passport because of his gender reassignment. He finally was able to obtain a passport at age 61.

Slowly, over the years, through his work at seminary and obtaining his Physician Assistant degree, his 'cause' and the courage to advocate for it began to take shape. His experience in Leadership College marked another step in this evolution as an effective advocate for comprehensive and compassionate transsexual health care.

Yet, even as he went through Leadership College in 2007, he still didn't feel comfortable sharing his personal experiences.

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Get Schooled

Social Media Workshops Available for Healthcare Providers and Practice Staff

Get Social Health Academy, in conjunction with the North Carolina Medical Society Foundation, presents two workshops focusing on improving social media skills within the medical community.

Social Media Workshop for NCMS

June 7, 2016

Practice Managers

Social Media Management for Practices
9:00 am to 12:00 pm



Physicians & Healthcare Providers
Online Reputation & Thought Leadership
6:00 to 8:30 pm

Morning Session: 9:00AM-Noon, June 7
Practice Managers & Social Media Leads

- Content Creation
- Evaluate Social Sites
- Tools & Tips

Evening Session: 6:00PM-8:30PM, June 7
Physicians & Thought Leaders

- Online Reputation Management
- LinkedIn Profiles
- Thought Leadership

Learn more/register: <http://www.cvent.com/d/zfqvnh>

NC Medical Society Reminder

Go Online to Take Advantage of Your NCMS Member Benefits

Have you visited our website recently? If not, we encourage you to check it out! You can see all the most up to date information about the NCMS as well as the latest news in medicine. You can even update your information! Please visit our site at ncmedsoc.org, today!

KIPL Programs

What's New in the World of KIPL?

Kanof Institute for Physician Leadership

In 2002, the North Carolina Medical Society (NCMS) saw the need to offer programs to their members that would build leadership skills among physicians. The acclaimed Leadership College program was formed and further expanded in 2012 to the Kanof Institute for Physician Leadership (KIPL). The Institute has since grown a statewide network of physician leaders who have successfully completed intensive, practical and relevant professional development coursework to better prepare them to be leaders in the emerging health care system. Today, the Institute includes two educational programs in addition to Leadership College that focus on leadership: Clinical Quality and Health Care Leadership and Management.

Overseeing all of the KIPL programs are our two co-chairs, Dr. Genie Komives and Dr. Philip Brown.



Genie Komives, MD
Co-Chair, KIPL



Philip Brown, MD
Co-Chair, KIPL

Leadership College

Established in 2003, the Leadership College Program builds and enhances physician and PA leadership skills and equips graduates to become more influential in motivating and inspiring their peers to be leaders in their medical settings and their communities. This year we have Dr. Gerri Mattson and Dr. Rob Fields as co-chairs of the program. The 2016 Class accepted two students into the program; one medical student from UNC-Chapel Hill and a PA student from Garner-Webb University. The 2016 class is set to meet in May for their spring meeting at the Umstead in Cary. For more information regarding the Leadership College, please visit our website:

<http://www.ncmsleadershipcollege.org>



Gerri Mattson, MD
Co-Chair
Leadership College



Robert Fields, MD
Co-Chair
Leadership College

Health Care Leadership and Management (HCLM)

The newest KIPL program, HCLM, is currently being piloted and will be open for enrollment in the Fall of 2016. This program provides a critical framework for physicians based on economics, finance and leadership development. With this framework, graduates are provided the necessary vocabulary for the business realm and are equipped to take on greater leadership positions in their career. The curriculum is designed with greater emphasis on deeper leadership development and skills that include strategic planning, negotiation and financial literacy and application. The pilot class is gearing up for their final session and graduation in June, to be held on-site at the North Carolina Medical Society. We have Dr. Dev Sangvai as the chair of this prestigious program as well as Dr. John Meier as lead faculty. <http://www.ncmedsoc.org/hclm>



Dev Sangvai, MD
Chair, HCLM



John Meier, IV, MD
Faculty, HCLM

Clinical Quality University (CQU)

The NCMS Foundation is working to provide high-level executive education for physicians and their staff at an affordable cost. The Kanof Institute for Physician Leadership (KIPL) is currently updating the CQ'U' (short for Clinical Quality University) program. We will offer two levels; one for organizations interested in starting to implement Quality Improvement (QI) and a second level for ACOs. With the help of our two co-chairs, Dr. Holly Bioa and Dr. Janice Huff, CQU will provide the necessary tools to lead and succeed in this new environment. The new CQ'U' levels will begin in 2017. <http://www.ncmedsoc.org/cqu>



Holly Bioa, MD
Co-Chair
Clinical Quality



Janice Huff, MD
Co-Chair
Clinical Quality

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Blaine Paxton Hall, PA-C

Only Leadership College co-founder, Elizabeth Kanof, MD, knew his story and gave him her blessing and encouragement as he delivered his final project report, "An Overview of Healthcare for the Transsexual Patient," addressing standards of care.

"There were no social, no legal, no medical provisions, no standards of care; there was no knowledge of how to take care of a transsexual patient and the transsexual patient had no rights, no legal status, nothing, period," Blaine said.

He was determined to change that, yet he never set out to be a voice for transsexual patients. The Leadership College helped the pieces fall into place and give him his voice. Blaine says he was absolutely terrified to present his project to his group, but he found the courage to stand up and speak out on a topic very important to him.

Blaine now enjoys educating his physician colleagues on transsexual health care and empowers and encourages them to be an advocate for their patients regardless of their background. Blaine reminds his colleagues to see the patient as a human being, and he re-affirms that clinicians



Blaine at age 12. Photo Courtesy of Don Peasley Photo Archives; McHenry County Illinois Historical Society

are here for the patient and that they should always be their patients' number one advocate. Physicians have a tremendous impact on their patients' lives and Blaine makes sure that he, along with his colleagues, are making it a positive one.

"Let your life speak."

For more information about Blaine Paxton Hall, PA-C, please visit these websites:

- <http://dukeforward.duke.edu/ways-to-give/gift-planning/gift-planning-blog/my-giving-story-blaine-paxton-hall>
- www.hestiashouse.com
- <http://www.nytimes.com/interactive/projects/storywall/transgender-today/stories/blaine-paxton-hall>

You can also check out opinion pieces written by Blaine online on the *News&Observer* in the "Chapel Hill: Opinion" section (<http://www.newsobserver.com/news/local/community/chapel-hill-news/chn-opinion/>).

Have comments or questions? Please send them to the editor: egrover@ncmedsoc.org

Legislative Advocacy

Get Involved in the Process!



Chip Baggett, Director of Legislative Relations

Taking part in a White Coat Wednesday is your opportunity to learn more about the ins-and-outs of government affairs and how best to approach your legislator regarding health care issues. Join the North Carolina Medical Society's Director of Legislative Relations, Chip Baggett, as he leads an informative briefing in the morning with tips on "dos and don'ts" in relaying your message to your legislator and on the hot-button health care issues currently in the spotlight at the General Assembly.

she had never explored as well as connecting her with peers – and policymakers – with whom she can discuss the challenges of practicing modern medicine.

"I've gotten to know my local representatives and I meet with them twice a year to discuss legislation that affects patients and physicians," said Saunders. "As doctors, we need to be leaders and represent our profession and the patients we treat. We shouldn't have the legislature determining the rules that dictate how we practice medicine."

Please join us for White Coat Wednesday here at the NCMS! For more information please visit www.ncmedsoc.org/wcw or call the front desk at (919) 833-3836.

Susan Saunders, MD, Leadership College Class of 2014, credits the Leadership College with opening up a realm of medicine that

Leadership College Alumni Awards & Accolades



Kunal Mitra, MD, MBA, was installed as President of the Durham-Orange County Medical Society (DOCMS) on December 9, 2015. Dr. Mitra, a pediatrician at Burlington Pediatrics, has been a member of the North Carolina Medical Society (NCMS) and the DOCMS since his first year at Duke University School of Medicine.

As a medical student member of both organizations Dr. Mitra still found time to be involved. He pursued his interests in health care legislation and medical economics by participating in White Coat Wednesdays, NCMS Committees and AMA Advocacy events, first as a medical student and then as a resident. He even worked for a year in Washington, DC as an AMA Government Relations Advocacy Fellow. All this while simultaneously completing his medical degree and MBA at Duke's Fuqua School of Business.

While still in residency, Dr. Mitra graduated from the NCMS Leadership College, class of 2014. His project was "Exploring the Current Status of Medical Society Involvement for Resident Physicians in North Carolina." After his residency, he completed

a management and leadership pathway fellowship at Duke, working closely with NCMS Past President and fellow Leadership College alumnus, Dev Sangvai, MD. The fellowship included assisting with the implementation of a population health module in Duke's electronic health record, researching the impact of Medicaid reform proposals on the health system and seeing patients for acute care concerns through the Department of Pediatrics.

Last summer, Dr. Mitra decided to stay "local" and joined Burlington Pediatrics. After several years of service on the DOCMS Board of Directors, he was installed as President last December. The DOCMS is a vibrant county medical society, representing both UNC and Duke medical schools, health systems and private practices. As President, Dr. Mitra has participated in informational interviews at WCHL radio station in Chapel Hill, hosted an open forum with the NCMS President and Board members and recently attended the NCDHHS "listening session" on Medicaid reform. While he is only at the beginning of what is sure to be an esteemed medical career, Dr. Mitra has stood out as a leader in medicine in NC and is a mentor to students and residents following in his footsteps.



Annette E. Grefe, MD, of Winston-Salem (Leadership College Class of 2015) was recently elected President of the North Carolina Neurological Society.
Congratulations, Dr. Grefe!



Robin Gary Cummings, MD, a 2005 alumnus of the Leadership College, was installed as the sixth Chancellor of the University of North Carolina-Pembroke on Friday, April 8, 2016. Congratulations, Dr. Cummings!

Have any new awards or accolades you would like to share?
Please contact Erin Grover at egrover@ncmedsoc.org

Mark Your Calendar

Upcoming Events of Interest

Please note: We are planning on having a Leadership College alumni event in the near future!
More details to come!

Specialty Society Meetings

- North Carolina Dermatology Association Summer Meeting:
July 8-10, 2016 Williamsburg, VA
- Carolinas Chapter/American Association of Clinical Endocrinologists Annual Meeting:
September 9-11, 2016, Hilton Head Island, SC
- North Carolina Society of Eye Physicians and Surgeons Annual Meeting:
September 23-24, 2016, Greensboro, NC
- North Carolina Orthopaedic Association Annual Meeting:
October 7-9, 2016, Pinehurst, NC
- North Carolina Society of Otolaryngology and Head & Neck Surgery Assembly:
July 29-31, 2016, Charleston, SC
- North Carolina Spine Society Annual Meeting:
August 12-13, 2016, Cary, NC

Questions about Specialty Society meetings? Please contact Nancy Lowe at nlowe@ncmedsoc.org

Save the date: The NC Medical Society & the NC Medical Group Management Association join forces to bring you the M3 Conference: Merging Medicine & Management.



THE TRUTH IS OUT THERE ...
ABOUT HEALTH CARE

FIND IT: **M³** CONFERENCE
merging medicine & management

SEPTEMBER 15-18, 2016
GRANDOVER RESORT, GREENSBORO, NC
WWW.NCM3CONFERENCE.COM

KIPL Giving Carrying the Legacy Forward

Friends,

Take just a moment to pause and think.

- Have you used just one thing you learned during your leadership education experience – either at home or at work?
- Have you contacted someone from your class or used one of the brilliant ideas they shared in class?
- Have you taken on a new position of leadership personally or professionally or gotten an entirely new job?
- Has your project bettered the lives of your patients or colleagues? Have you gotten recognition for a job well done?
- If you can answer yes to any of these questions, don't you want others to have this same positive experience?



Philip Brown, MD
Co-Chair, KIPL

You can - by joining me as a Kanof Institute for Physician Leadership monthly donor. As a busy professional who recently began a new career path, serves on the NCMS Board of Directors and as Co-Chair of KIPL, and has an active family life, this "set it and forget it" way of giving works perfectly for me. My smaller monthly contribution allows me to give more on an annual basis than I would be able to with one hit to the family budget. In addition, as a KIPL leader, I appreciate knowing that we can count on a certain amount of income each month, which is critical to the KIPL budget.

Leadership is vital to a health care system in which our patients receive exceptional care and where we enjoy working. The program has shaped my career for many years, and I believe strongly in it. You can take the next step to bringing others into our leadership circle by [giving today](#).

Sincerely,

Philip M. Brown, MD

Philip Brown, MD
Chief Physician Executive
New Hanover Regional Medical Center

KIPL Giving Physician Wellness

A recent article in *MedPage Today* reported that the mean average burnout rate for all physicians is almost 46 percent and for emergency medicine physicians it's as high as 60 percent. This is no surprise given a work environment where lives are literally on the line every day and where changes in health care are placing higher demands on physicians, often with less autonomy to do the right thing for patients. Burnout is real, and it affects patient care, the health care team, families and most importantly, you.

The Medical Society is duty bound to focus on the issue of physicians' well-being, and we are expanding services related to your personal physical, mental and emotional health. We will work alongside our members to replace the negative culture that leads to physician burnout and to help you define and understand the exact causes of stress and burnout for you and others with whom you work. Our focus will be on the things within the individual's control and on supporting you in advocating for your own healthy work environment.

The Kanof Institute for Physician Leadership will play a key role in our educational efforts. Be on the lookout for a special email message on this subject from NCMS Executive Vice President and CEO, Robert Seligson in the coming weeks.

If you are interested in helping shape our services in this area, please contact Kristina Natt och Dag, tnattochdag@ncmedsoc.org.