



## *2018 Year in Review ...What Inspires You?*

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The Durham-Orange County Medical Society (DOCMS) was founded in 1905 to bring community physicians together to discuss medical science and patient care. Today, the DOCMS represents physicians, PAs, residents and medical students from diverse practice settings who convene for many of the same reasons. The DOCMS:

- Fosters camaraderie within our professional community;
- Advocates for our profession, our patients, and the public health;
- Cultivates leadership in medicine; and
- Bridges diverse medical communities and the populations they serve.

*In 2018, the DOCMS endeavored to inspire our medical community with the following initiatives:*

### *What Inspires You? YOUR COLLEAGUES*

The DOCMS is a forum where our medical community comes together to share their passion for their patients and support each other, despite their practice setting. In 2018, DOCMS President Holly Biola, MD, invited physicians and PAs to participate in a series of discussions about what inspires the practitioner. This concept is in follow-up to the 2017 series, which focused on professional satisfaction and burnout prevention.

#### *A Woman with No Time to Lose*

**Nora Dennis, MD**, Assistant Professor, Department of Psychiatry and Behavioral Sciences at Duke and a staff psychiatrist at the Durham VA Medical Center. A passionate and insightful educator, Dr. Dennis has published on burnout among psychiatry residents.

#### *Humble Servant Leader*

**E. Harvey Estes, MD**, a pioneer of the physician assistant profession, family medicine residency programs and in preventive medicine. Dr. Estes dedicated his career to placing family physicians, PAs and nurse practitioners into medically underserved communities. Dr. Estes has served in many leadership positions in North Carolina and nationally:

<https://pahx.org/assistants/estes-e-harvey/>

#### *Pioneer and Trailblazer*

**Debra Sudan, MD**, is an abdominal transplant surgeon at Duke, a field that has few women specialists. Dr. Sudan has spent her career at Duke, where she has even created two livers from one organ for conjoined twins separated in surgery.

### ***A Father Transformed***

**Paul Austin, MD**, an emergency room physician turned author who shares his personal and professional struggles with in his two books: *Beautiful Eyes: A Father Transformed*, about fathering a child with Down Syndrome, and *Something For the Pain: Compassion and Burnout in the Emergency Room*, which focuses on how his job "almost wrecked [his] life."

### ***Activist Physician***

**Charles van der Horst, MD**, is Emeritus Professor of Medicine and Infectious Diseases at UNC and an author who has chronicled some of his activist experiences in the *New York Times* and the *Durham Herald Sun*, where he writes a monthly column. In 2014 he wrote an editorial for the *New England Journal of Medicine* entitled "*Civil Disobedience and Physicians.*"

### ***White Coat Brigade***

**Perri Morgan, PhD, PA-C**, works at TROSA and she is honored to help educate new generations of PAs. Dr. Morgan is an activist who works for social justice in collaboration with the NC NAACP, the Moral Monday coalition, and others. She is a convener of the White Coat Brigade, a group of health professionals who show up in support of justice in health and healthcare.

<https://www.poorpeoplescampaign.org/>

### ***Doing It All***

**Ana Felix, MD** is a vascular neurology specialist at UNC where she practices and is committed to medical education. She graduated from University of the Witwatersrand in Johannesburg, South Africa and completed her residency and fellowship training in Boston. As an educator, she aims to demystify the notion that neurology is a "black box."

### ***Testing Your Limits***

**Bill Plonk, MD** is a geriatrician and palliative medicine physician at ConeHealth who has successfully hiked the Appalachian Trail, the Pacific Crest Trail and Continental Divide Trail, part of hiking's "Triple Crown. He is also marathoner and cancer survivor.

### ***Having a Heart***

**Anthony J. Viera, MD, MPH** is Chair of the Department of Community and Family Medicine at Duke and a professor in the Department of Family Medicine at UNC. He also holds appointments as adjunct professor in the Department of Epidemiology and in the Public Health Leadership Program at UNC. Dr. Viera is a nationally-recognized researcher focused on cardiovascular disease prevention with a special interest in hypertension, nutrition and physical activity.

### ***Leading with Heart***

**Eileen M. Raynor, MD** is a Pediatric Head and Neck Surgeon and Associate Professor of Surgery and Pediatrics at Duke. She is interested in multidisciplinary management of pediatric patients with an emphasis on minimizing anesthesia exposures and coordination of care. She focuses on communication abilities including pediatric voice disorders working with voice therapists in the Duke Voice Care Center. Dr. Raynor is active in her professional organizations, having served as President of the North Carolina Society of Otolaryngology Head and Neck Surgery. She currently serves on the NC Medical Society Board of Directors.

***Thank you to all of our amazing speakers this year!***

## **What Inspires You? COMMUNITY SERVICE**

The **Jerry Nance Community Service Award** recognizes our community's unsung volunteer heroes who meaningfully improve the health and well-being in these counties. This year's recipients include:

### **Lynne Jung, RN**

*Nominated by Holly Biola, MD*

Lynne Jung has been volunteering with Lincoln Community Health Center (LCHS) in Quality Improvement and Clinical Services with a focus on Patient Safety and Clinical Quality since May 2014. She has been instrumental in Clinical Policy and Procedure Development where she developed a monitoring tool to track when policies and procedures are to be revised and or reviewed. Ms. Jung's dedicated service has resulted in LCHC improvements in Colorectal Cancer screening numbers efforts to improve blood pressure control in the community.

### **Irene C. Felsman, DNP, MPH, RN**

*Nominated by Nancy Henley, MD*

In 2013, Dr. Felsman was working with nursing students at Duke University to provide health education and information about access to care for newly arrived refugees through the Church World Service English as a Second Language program, she observed the lack of participation of refugee women. She asked the question, "Would a community-based health intervention for refugee women, as opposed to a mixed-gender intervention, increase the knowledge, skills, and empowerment of refugee women, thereby improving their health and well-being?"

Now the Global Women's Group (GWG), Dr. Felsman's vision has evolved as a health community site for nursing students. Dr. Felsman's work engages nursing students and members of Church World Service and Eno River Unitarian Universalist Fellowship, raising awareness of issues pertinent to refugees in general and of woman and children.

### **Samuel W. Warburton Jr., MD and James R. Kelly, MD**

*Nominated by Howard Eisenson, MD*

The Lincoln Community Health Center (LCHC) strives to be a provider of primary and preventive health care that is high quality, culturally competent, efficient and customer-centered in a state-of-the-art facility in collaboration with other community partners. LCHC relies not only on a world class staff of clinicians, pharmacist, social workers, interpreters amongst a range of health professionals, but also on a loyal cadre of volunteers. The DOCMS Board recognizes two of their dedicated physician volunteers:

**Samuel Warburton, MD**, Retired Professor Emeritus of Community and Family Medicine at Duke University School of Medicine, where there is an annual Resident Role Model Award is named for him.

**James R. Kelly, MD**, Professor Emeritus of Medicine at Duke University School of Medicine.

*To nominate a clinician or a community volunteer, the award application can accessed at [www.docmedsoc.org](http://www.docmedsoc.org).*

## **What Inspires You? POPULATION HEALTH**



The DOCMS sponsors the **WCHL “Healthiest You” Challenge**,” a community program where 64 contestants work in teams to improve their overall health with mentorship from their sponsors. Health goals include reducing weight and circumference, decreasing cholesterol and blood pressure. The Challenge takes place annually at the UNC Wellness Center. DOCMS team member Nathan Teague of Durham was the top male overall winner in 2018.

DOCMS board members recorded interviews aired on WCHL on population health issues including:

**Flu Shots:** Holly Biola, MD

**Disaster Planning:** Charlie Monteiro, MD

**Mental Health:** Khalil Tanas, MD

**DOCMS Promotional Spots:** Ron Laney, MD

DOCMS members were instrumental in the development of **Project Access of Durham County** (PADC), which links people without health insurance into a local network of clinics, laboratories, pharmacies and hospitals that donate their efforts to help those in need. PADC serves eligible low-income, uninsured Durham residents who have specialty medical care needs. The DOCMS Board remains connected to Project Access and its needs.

## **What Inspires You? LEADERSHIP**

### ***Thank you to the 2018 DOCMS Board of Directors:***

Holly Biola, MD, MPH, President

Marian Cranford, PA-C, Secretary-Treasurer

Sheila Allison, MD, Director

Charlie Monteiro, MD, Director

Nancy Henley, MD, MPH, Immediate Past President

Brad Walters, MD, MBA, PhD, President Emeritus

Khalil Tanas, MD, President-Elect

Quinette Jones, PA-C, Director

David Gregg, MD, Director

John Beaudry, PA-C, Director

## **What Inspires DOCMS? YOU!**

The Durham-Orange County Medical Society (DOCMS) is inspired by you....working in our community to be trusted leaders in medicine, empowering our profession, and promoting the health of our community. Join today! Follow this link and select County Medical Societies, and scroll down to Durham-Orange County Medical Society. Membership dues are \$150 a year for MD/DO, \$80 a year for PAs, and FREE for Residents and Medical Students.

[www.docmedsoc.org](http://www.docmedsoc.org)

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