

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

August 2020



"An obstacle is often a steppingstone." – William Prescott

Great News: New Agreement Monitor



We are pleased and honored to introduce the newest member of the HPSP Agreement Monitor team: Kathy Prewitt. Here's a brief introduction in Kathy's own words: "Nearly all my life I've worked in the behavioral health field. After earning my Master's degree, I worked for 12+ years for a large national Employee Assistance Program addressing broad and complex issues affecting mental and emotional well-being, such as alcohol and other substance use, stress, grief, family problems, and psychological disorders. I've also dedicated my time to volunteering in the community (i.e. Portland Women's Crisis Line, Cascade AIDS Project, Community Advocates Child Abuse Prevention, OHSU's Knight Cancer Institute, etc.). Personally, I'm a stepmother to a daughter whose mom passed away. I find nourishment

spending time with friends and family, being outdoors, dabbling in videography, playing musical instruments, and providing trauma-informed bodywork for hospice patients." Please join us in welcoming Kathy to the team.

After-hours Phone

In case you missed it last month, IBH Monitoring is pleased to once again offer an after-hours line in case of collection site emergencies. Please note this new phone number: 503.802.9818. During business hours, you should continue to use 888.802.2843.

HPSP Informational Sessions

HPSP is once again scheduling informational sessions. The COVID-19 Pandemic has severely reduced our in-person outreach over the last few months, but we are once again offering these sessions. We have developed a new online webinar that will educate your facility, administrators, healthcare workers, and other professional employees about HPSP. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Scott McBeth, Ph.D. ((503) 802-9865; scott.mcbeth@ibhsolutions.com).

Travel Plans?

Planning to travel? Please remember that we require two weeks' notice of travel plans so we can identify testing sites. Remember that we need zip codes and dates of travel. Also, please remember to carry your paper chain of custody forms with you on your travels. Get your requests in early if you have already made your plans.



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Oregon Medical Board – “When and What to Report to the Board”

The Oregon Medical Board’s summer newsletter included an article worth noting for our OMB Licensees. The topic of this article is the issues that must be reported to the board. (<https://www.oregon.gov/omb/Newsletter/Summer%202020.pdf>). The chart below exhibits the issues that are reportable. The Board stresses that these issues must reported directly to the Board and not to HPSP to count as an official notification. It is up to individual licensees to report the issue to your HPSP Agreement Monitor as well.

Please contact your Agreement Monitor with any questions.

| What Must be Reported to the Board | |
|------------------------------------|--|
| Self-Report | <p>Arrests and Convictions: Licensee must self-report if convicted of a misdemeanor or felony or if arrested for a felony crime. * References: ORS 676.150(3), ORS 676.150(5)</p> <p>Adverse Actions: Licensee must self-report any adverse action taken by another licensing jurisdiction or any peer review body, health care institution, professional or medical society or association, governmental agency, law enforcement agency or court for acts or conduct similar to acts or conduct that would constitute grounds for discipline as described in the Medical Practice Act (ORS 677). * References: ORS 677.190(26), OAR 847-010-0073(1)</p> <p>Official Actions: Licensee must self-report any official action taken against the licensee. Official action means a restriction, limitation, loss or denial of privileges of a licensee to practice medicine, or any formal action taken against a licensee by a government agency or a health care facility based on a finding of medical incompetence, unprofessional conduct, physical incapacity or impairment. This includes reporting official actions from any state or other licensing board. * References: ORS 677.415(4), ORS 677.205(1), OAR 847-010-0073(1)</p> <p>Voluntary Actions Under Investigation: Licensee must promptly self-report voluntary withdrawal, resignation, or limitation of staff privileges at a health care facility, if the licensee’s voluntary action occurs while the licensee is under investigation by the facility for any reason related to possible medical incompetence, unprofessional conduct, or physical incapacity or impairment. * References: ORS 677.415(6), ORS 677.205(1), ORS 677.190(27), OAR 847-010-0073(1)</p> <p>Office-Based Surgery Complications and Incidents: Licensee performing office-based surgery must self-report complications and adverse incidents, if the complication occurred within 30 days of the procedure. * References: OAR 847-017-0037</p> <p>Address Changes: Licensee must notify the Board of changes to residence address, practice location, or mailing address. May be subject to an automatic lapse of license to practice for failure to notify the Board. * References: ORS 677.228(1), ORS 677.190(18), ORS 677.172, OAR 847-008-0060</p> <p>Retirement from Practice: Licensee must notify the Board of the intention to retire. * References: ORS 677.175</p> |
| | <p>Prohibited or Unprofessional Conduct: Licensee who has reasonable cause to believe another health care professional has engaged in prohibited or unprofessional conduct must report the conduct to the board responsible for that person, unless prohibited by law. * References: ORS 677.092, ORS 676.150(2), ORS 676.150(3), OAR 847-010-0073(1)</p> <p>Medically Incompetent, Unprofessional or Dishonorable Conduct, Physical Incapacity: Licensee or medical association must report any information that appears to show that a licensee is or may be medically incompetent, guilty of unprofessional or dishonorable conduct, or has a physical incapacity. This report may not include privileged peer review data, see ORS 41.675. * References: ORS 677.415(3), OAR 847-010-0073(1)</p> |
| | <p>Official Actions: A health care facility must report any official action taken against a licensee. The facility is subject to a penalty of not more than \$10,000 for each failure to report. * References: ORS 677.415(5), ORS 677.415(10), OAR 847-010-0073(1)</p> <p>Voluntary Actions Under Investigation: A health care facility must promptly report a licensee’s voluntary withdrawal, resignation, or limitation of staff privileges at a health care facility if the licensee’s voluntary action occurs while the licensee is under investigation by the facility for any reason related to possible medical incompetence, unprofessional conduct, or physical incapacity or impairment. * References: ORS 677.415(6), OAR 847-010-0073(1)</p> |
| Insurance Report | <p>Alleged Professional Negligence: Insurer or self-insurer must report claims of alleged professional negligence. Incidents and inquiries not leading to claims need not be filed. * References: ORS 742.400(2), OAR 847-010-0075(1)</p> <p>Settlements, Awards, or Judgments: All settlements, awards, or judgments against a physician paid as a result of alleged professional negligence must be reported. * References: ORS 742.400(4), OAR 847-010-0075(2)</p> <p><i>Most reports are required to be made within 10 days of the occurrence. Please review the associated references for specific requirements.</i></p> <p><i>For reporting definitions, including official action, medical incompetence, unprofessional conduct, and licensee impairment, see OAR 847-010-0073(3) and ORS 677.415(1).</i></p> |

Self Care: Handle Stress Before It Handles You

No one is immune to stress. It’s a part of life, whether the physical stress of a harried schedule, or the mental stress of money problems. People respond to and rate stress differently, but stress is usually defined as a negative feeling, according to the National Mental Health Association (NMHA). Much of the stress we complain of or react to is tied to everyday responsibilities, the NMHA says. And not all stress is easily recognizable by us. But our bodies respond automatically: increasing blood pressure, heart rate, breathing, metabolism and blood flow to your muscles, the NMHA says. This response is valuable when fleeing a dangerous situation, but when you face stress daily, the result can affect your health, weakening your immune system and leaving you more susceptible to illness.

By understanding what is causing you stress, you may be able to make changes to help you feel more in control.

Impact of Stress

People are affected differently by stress. Some feel overwhelmed about lack of time, others are more irritable and less patient, and some are unable to focus well.



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How to Cope

Dealing effectively with stress takes determination, persistence and time, the NMHA says. Here are suggestions for coping with stress; some may help immediately, but others may help in the long term. Learn to accept or change stressful situations when you can.

Learn to Say No

If you feel overwhelmed by your (or your family's) hectic schedule, figure out what you can eliminate -- and learn to say no to new responsibilities, the NMHA says. Tell family and friends why you are making changes, and be willing to listen to other people's suggestions.



Pass Up Perfection

You're not superman or superwoman, so don't expect perfection from yourself -- or others, the NMHA says. Be realistic about what you can accomplish, and don't hesitate to ask for help if you need it.

One at a Time

Focus on one task you need to do at a time. Decide which is the most urgent and tackle that one first. From there, go down your list one at a time. This will help keep you from feeling overwhelmed.

Have a Support System

It's OK to lean on others. Taking time to talk with friends and family about what's bothering you can make a real difference, the NMHA says. Instead of simply complaining about issues, talk about ways to solve the problems causing your stress. And, if your stressors become overwhelming, your next step should be turning to a mental health professional.

Exercise and Enjoy Your Leisure Time

Step away from your stress by setting aside time for exercise, leisure and relaxation. Don't use leisure time as a reward for completing work or chores. Build it into your schedule all through the year.

Some people like quietness and can use relaxation exercises such as meditation to ease their stress because they find it refreshing and restorative. Other people like to be active and are more apt to find physical activities, such as walking, running or other exercise, to be beneficial.

Whichever style is appropriate for you, it's important to make time to de-stress regularly. In the long run, using small moments to escape your stressors can protect you from many of the damaging effects of stress.

Here are other ways to increase your coping ability:

- Concentrate on the present. Don't dwell on problems in your past or worries about your future.
- Maintain a daily routine. A familiar pattern can increase security when stress seems to be taking over.
- Take deep-breath breaks several times a day. Even brief stress breaks of 10 to 15 minutes can be helpful.
- Get regular, adequate amounts of sleep. Most people need from six to 10 hours per night.

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