



Welcome to the **December 2019** issue of *OCMA Connect*, our monthly publication focusing on issues specific to Orange County physicians. We hope you enjoy our newsletter and we welcome your input. Please send your comments, ideas or questions to Holly Appelbaum at [happelbaum@ocma.org](mailto:happelbaum@ocma.org).

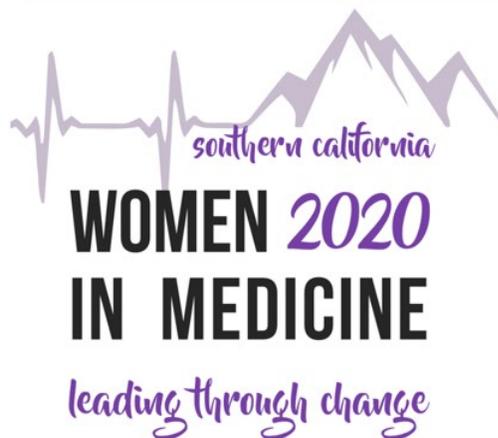
## Medical Staffs Under Attack: When was the last time your medical staff bylaws were updated?

*Strong bylaws and an independent self-governing medical staff protect patient care*

**Medical staff self-governance is a vital part of a carefully crafted system designed to ensure that the delivery of quality patient care is and always remains the right and responsibility of the physicians**, not administrators, health systems, or insurance companies. This system, created through hard-fought victories at our California medical staffs and enshrined in State law as a result of them, recognizes that the hospital's medical staff and only the medical staff has the medical expertise and daily experience unique to that hospital necessary to conduct the quality assurance activities that are integral to patient safety, and to determine how the physicians are to practice at that hospital.

[Learn more](#)

Save the Date



Friday, March 20, 2020  
Hotel Irvine, 17900 Jamboree Road, Irvine, CA

In November 2018, the **first "Women in Medicine"** conference was a **big success** and attended by more than 115 women physicians, residents, medical students and even some high schoolers interested in a career in medicine. **Mark your calendars** now for the **"Women in Medicine 2020"** conference scheduled for **Friday, March 20th at Hotel Irvine**. More information with details to come!



# Eye on Influenza

Updates on Influenza in Orange County

Volume 16 / Issue 2 (December 13, 2019)

**Influenza Activity Continues to Increase in [Orange County](#). Get Your Vaccination Now!**

**Local Influenza Update:**

- Influenza activity has been steadily increasing since week 44 (week ending 11/2/19).
- The most frequently identified influenza virus type reported by Orange County Public Health Laboratory has been influenza B/Victoria, though Influenza A viruses have also been circulating.
- No influenza-associated deaths in persons under the age of 65 years have been reported to Orange County Public Health so far this season.
- Influenza vaccination is always the best way to prevent influenza and its potentially serious complications. Go to [ochealthinfo.com/flu](http://ochealthinfo.com/flu) to find out where you can get an influenza shot.

[Learn More](#)

## State Launches Incentive Program for Behavioral Health Integration



**Applications Due no to CalOptima no later than 5:00 p.m. PT on January 21, 2020**

**To positively impact mental health care delivery**, the Department of Health Care Services (DHCS) is utilizing Proposition 56 funds to **create the Value-Based Payment Behavioral Health Integration (BHI) Incentive Program**. The program aims to incentivize improvement of physical and behavioral health outcomes, care delivery efficiency, and the patient experience by establishing or expanding fully integrated care into CalOptima's networks.

**In order to apply, providers must complete and sign an application and send it to CalOptima no later than 5:00 p.m. (Pacific Time) on January 21, 2020.** Prior to completing the application, it is strongly suggested that applicants carefully review the entire application and other supporting documents that are available at the links below, and consult with CalOptima. **CalOptima will review the material and inform applicants about participation decisions by March 18, 2020.** If the provider is awarded BHI funding, CalOptima will be responsible for oversight and payment to the provider for meeting the BHI incentive program milestones, based on the approved application.

**The following links provide information and instruction on the application process:**

- [Program Information](#)
- [Process Guide](#)
- [Application](#)
- [Project Selection Criteria](#)

CalOptima will release Orange County-specific information no later than December 20, 2019, regarding how to submit completed applications online.

**If you have any questions**, please send them to CalOptima's Business Integration department at [businessintegration@caloptima.org](mailto:businessintegration@caloptima.org).

## New and Noteworthy: Books by OCMA Members

Many OCMA members are physicians who write more than prescriptions. OCMA has dedicated this space to promote new releases by OCMA members.

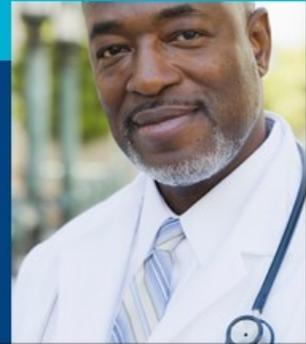


If you are a member of OCMA who recently has released a book that you would like to announce here, please forward your name, the title of your book and website for the book to Holly Appelbaum at [happelbaum@ocma.org](mailto:happelbaum@ocma.org).

## OCMA-Sponsored Workers' Compensation Insurance

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on their premiums!*

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*OCMA member Rimal Bera, M.D. was interviewed for this article, which will be published in UCI's Living Well Journal this month.*

### What do you say to someone who is depressed?

**Depression is common:** About 8% of people have experienced a clinical depression and nearly 20% of people have endured a minor depression that leaves them struggling to keep up their daily routine.

Most of us have known someone who was depressed. No doubt, we've been frustrated by **not knowing the right thing to say**.

**UCI Health psychiatrist Rimal Bera, M.D.**, suggests it's not so hard. Most people who are depressed, he says, have some awareness about their feelings of sadness. **Rather than distancing oneself from that person, it is important to get closer.**

"It's definitely better to reach out and see if a person needs help and try to help as much as you can," says Bera, who also is a professor of psychiatry and human behavior for the UCI School of Medicine. **"Just be kind."**



[Learn more](#)

Stay compliant with the  
latest employment laws.  
**View the Free Webcast!**



**The Cooperative of American Physicians, Inc. (CAP)** is pleased to offer members of the Orange County Medical Association the opportunity to **view a free on-demand webcast, *Making Sense of California's Newest Employment Laws***, which highlights recent updates to labor regulations and their implications for medical practices statewide.

Presented by **Nancy Brusegaard Johnson, CAP's Senior Vice President of Human Resources and Operations**, this 30-minute webinar:

- \* **Outlines** updated requirements for sexual harassment prevention training and education.
- \* **Provides** clarification on the differences between independent contractors and employees, and delves into the three-pronged "ABC" Test.
- \* **Shares** insight on new developments related to minimum wage laws.
- \* **Includes access** to free and newly revised HR manuals and checklists, which will be helpful to offices of any size.

Gain the understanding necessary to stay informed of and compliant with the latest regulations!

[View the Webcast Now](#)

In addition to superior medical malpractice coverage, CAP provides its members valuable practice management resources such as this webcast. **Contact Tom Mortimer, CAP Senior Account Executive**, directly at **213-473-8790**, or via email at [tmortimer@CAPphysicians.com](mailto:tmortimer@CAPphysicians.com) to learn more.

## Business Partner Profile



### Nossaman LLP Health Law Group

Health care is an industry facing more regulatory and public scrutiny than perhaps any other. **Clients rely on our counsel to help them stay abreast of this rapidly changing regulatory, transactional, legislative and litigation landscape.**

We counsel hospitals and other delivery systems, managed care organizations, research organizations, ambulatory surgery centers, medical staffs, discount plans and senior living providers as well as practice entities and individual professionals. They turn to us to **manage important legal challenges** stemming from new regulations and actions by federal and state authorities, to litigation, peer review proceedings, organizational growth, IP licensing, and formation of organizations, partnerships and other practice structures.

#### Areas of Concentration

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Healthcare Fraud & Abuse	Professional Licensing & Peer Review

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