



Welcome to the **March 2020** 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.

For updates on COVID-19, please refer to ocma.org.

Due to the County Health Officer's order, we are working remotely at least until March 31. We will have full access to E-mail and phone messages, so there will be no disruption of services to our physician members. We will continue to provide updates and the latest information on the pandemic.

We have just been notified that CMA office is closed effective immediately by order of their public health officer. They too will be fully operational to assist member physicians.

We want to say thank you to all the providers out there meeting the health needs of the people of Orange County.

We are proud to serve this incredible professional community of physicians.

Provider Alert:

What should you do when you identify a CalOptima member who needs testing for Coronavirus Disease 2019 (COVID-19)?



First, be aware that this situation continues to evolve rapidly. Next, take the following steps when treating CalOptima members who may be infected with COVID-19:

- o Immediately report all suspected cases of COVID-19 infection to the **Orange County Health Care Agency at 714-834-8180. If reporting after hours, call 714-628-7008.**
- o Make sure to take a detailed travel history for any member who has a fever and acute respiratory illness.
- o Take the time to assess hospitalized members with respiratory illness for a clinical course consistent with COVID-19.

CalOptima providers are encouraged to monitor the Centers for Disease Control and Prevention (CDC) website for recommendations by visiting:

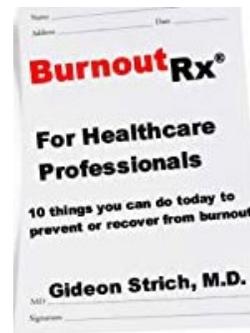
www.cdc.gov/coronavirus.

[Learn More](#)

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.

Author and coach Gideon Strich, M.D. recently published **Burnout Rx for Healthcare Professionals: 10 Things You Can Do Today to Prevent or Recover from Burnout.**



Are you burned out at work? If you can answer yes to any one or more of the following three questions, you are most likely either burned out or on your way:

1. Do you come home exhausted after work most days and don't feel quite recharged the next day, even after getting 8 hours of sleep?
2. Do you find yourself making cynical remarks or having negative thoughts about some of your patients or clients?
3. Do you wonder whether what you're doing is actually helping anyone, especially yourself?

In this book, Dr. Strich gives you a simple tool to measure your risk for burnout and keep track of your recovery. Using his 30 years of experience in clinical medicine, his own experience with professional burnout, and his experience coaching physicians, nurses, social workers and other healthcare professionals and managers, he gives you a 10 step program that you can follow on your own or with a coach. This trademarked program will bolster your resilience, increase your job performance and satisfaction, improve your relationships and bring meaning and purpose back into your life.

Gideon Strich, M.D., F.A.C.R., is a diagnostic and interventional radiologist who practiced in both hospital and outpatient settings for almost 30 years before physician burnout ended his career. After recovering from this burnout episode he did a lot of research on the causes of burnout and what could be done to prevent it. Then he discovered the profession of coaching. After training and certification, he has dedicated himself to helping healthcare professionals prevent and recover from burnout. In his coaching career he has worked with physicians, nurses, therapists, social workers and healthcare executives and managers. He has a special interest in working with medical students, helping them develop the skills and mindset to be burnout resistant and to be better and more compassionate physicians. He is president and coach at Healthcare Coaching Associates, LLC and is a Clinical Professor of Radiological Sciences at University of California, Irvine.

Dr. Strich has created an E-mail opt-in page at <https://burnoutrx.convertri.com/> at that will allow OCMA members to download a free PDF of the first chapter and or answer a few questions to get access to a free copy of the Kindle version of the whole book.

To order Dr. Strich's book, please [click here](#).

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.



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For immediate assistance, please call 800-356-5672 or email MD@CAPphysicians.com.

*Medical professional medical liability coverage is provided to CAP members by the Mutual Protection Trust (MPT), an unincorporated interindemnity arrangement organized under Section 1280.7 of the California Insurance Code.

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Does Your Tax Preparer Specialize in the Medical Industry?

Choosing as CPA that focuses exclusively on healthcare providers will bring a new approach and new results to the entire tax process. Consider the tips in [this article](#).

[The HMWC Medical Services Group](#) works with more than 600 physicians through more than 250 medical practices, and we invite you to benefit from this experience. We not only understand the unique tax planning opportunities you have, but also we have developed an expertise in the operational aspects of your practice. Contact us today to discuss a strategically tailored, innovative way our team can work with you and your practice to help maximize profitability.

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