MESSAGE FROM THE PRESIDENT

Dear Members,

I am honored to serve as the new president of the Nassau County Medical Society. Our society is here to support and advocate for you! Together, we can make a positive impact on healthcare in our community. Here are some important updates and information:

1. Upcoming Events:
   - 2024 NCMS & NAM Fall Membership Meeting: Join us on September 17, 2024, at The Lannin in Eisenhower Park. Let’s discuss our goals and collaborate for a brighter future. Our guest speaker, Dr. Harold Fernandez, will share his inspiring story of coming to the USA as an illegal immigrant and becoming a pre-eminent cardiothoracic surgeon on Long Island.
   - NCMS Fall Social: Save the date for Thursday night, November 7th, at K-Pacho. Join us for food, drinks, and socializing with your colleagues. Don’t miss this event!

2. Annual Gala Recap:
   We recently celebrated our 2024 Annual Gala, honoring Dr. David Podwall, our outgoing president. Thank you to everyone who attended and supported this remarkable event. Watch the highlights video here.

3. Membership Benefits:
   As a member, you have access to cutting-edge research, education, and networking opportunities. Explore your NCMS membership benefits, including a reduction in malpractice premiums from MLMIC. Get involved and take advantage of these benefits!

(continued on page 2)

LET’S CONNECT

Follow us on Facebook, Instagram, LinkedIn, X, and Threads using the handle @MedicalNassau to stay up to date on NCMS news and health awareness days that are important to our community. Subscribe to our YouTube channel to view our growing library of webinars, in case you might have missed any!

SPONSORSHIP OPPORTUNITIES

The Nassau County Medical Society and the Nassau Academy of Medicine have been developing sponsorship packages for businesses who would like to sponsor our events throughout the year. For more information, please view the webpage for our Annual Sponsors.

UPCOMING EVENTS

September 17, 2024
- Fall Membership Meeting
Click HERE for more information

October 8, 2024
- Fall Legislative Breakfast (Virtual)
Click HERE for more information

November 7, 2024
- Fall Social
Click HERE for more information

(continued on page 2)

SUPPORTING OUR RESIDENT PHYSICIANS: STRENGTHENING THE FOUNDATION OF HEALTHCARE

In this edition of our newsletter, we would like to shine a spotlight on an integral part of our healthcare system - our resident physicians. These young medical professionals play a crucial role in providing quality care and are the future of our profession. It is essential that we acknowledge and support them in their journey towards becoming skilled and compassionate physicians.

Resident physicians are the backbone of our healthcare system, working tirelessly to provide patient care while simultaneously furthering their medical education. They face numerous challenges, including long hours, high patient volumes, and the tremendous responsibility of making critical medical decisions. As a medical society, it is our duty to ensure that they receive the support they need to thrive both personally and professionally.

At the Nassau County Medical Society, we understand the unique challenges faced by resident physicians. We are committed to providing them with the resources, mentorship, and advocacy necessary to navigate their training years successfully. Our support extends to addressing their concerns, promoting their well-being, and fostering an environment that encourages growth and development.

One of the ways we support our resident physicians is through mentorship programs. We believe that guidance from experienced physicians can greatly enhance their learning experience. Mentors can offer valuable insights, help navigate challenges, and provide a supportive network for professional development. By facilitating these mentorship opportunities, we aim to create an environment where resident physicians can thrive and reach their full potential.
MESSAGE FROM THE PRESIDENT

4. Legislative Accomplishments this year:
Our county has the largest membership in NY State and continues to advocate for you both locally and in Albany. We have made progress in various areas, including opposing wrongful death legislation, advocating for the Medical Aid in Dying legislation to pass, and limiting the expansion of non-physician practitioners’ scope of practice. We are actively working to protect your interests.

5. Physician Advocacy:
NCMS and the Medical Society of the State of NY are dedicated to fighting for appropriate reimbursement by insurance companies and government agencies. We have also aided physicians facing challenges with claims processing and cash flow during the crisis with UnitedHealth Group.

6. Physician Burnout:
Physician burnout is a significant concern leading to early retirement and exacerbating the physician shortage. We recognize the multiple factors contributing to burnout, such as high workloads, administrative burdens, and the ongoing threat of malpractice. NCMS and MSSNY offer support through peer-to-peer counseling and referrals to healthcare professionals. We are committed to addressing this issue.

7. Health Care Disparity:
As the new president, I aim to advocate for uninsured or poorly insured patients, ensuring they have access to the healthcare system and appropriate treatments. NCMS opposes the closure of the Nassau University Medical Center, which plays a vital role in serving those in need. Additionally, we strive to resolve disparities in healthcare for minorities and women.

8. Education:
We have recently hosted distinguished speakers, including Dr. Scott Gottlieb (former FDA Commissioner), Dr. Irina Gelman (Nassau County Health Commissioner), and Dr. Jerome Adams (former Surgeon General), at our membership meetings. We also provide free CME webinars through NCMS and MSSNY. This year, we aim to strengthen our relationships with the local medical schools in Nassau County.

Contact Information:
- Email: information@nassaucountymedicalsociety.org
- Phone: 516-832-2300

Thank you for your dedication to the medical field. Please reach out to us with your ideas and to join us in improving the practice of Medicine here in Nassau. Let’s work together to promote positive change!

Sincerely,

Robert T. Schreiber, MD FCCP
President, Nassau County Medical Society

SUPPORTING OUR RESIDENT PHYSICIANS: STRENGTHENING THE FOUNDATION OF HEALTHCARE

We also recognize the importance of work-life balance for resident physicians. Long hours and demanding schedules can take a toll on their physical and mental well-being. That is why we actively advocate for initiatives that promote resident wellness, including access to mental health resources, wellness programs, and activities that encourage self-care. By prioritizing their well-being, we can ensure that our resident physicians are equipped to provide the highest quality of care to our patients.

Furthermore, we strive to provide educational opportunities and platforms for resident physicians to share their research, knowledge, and experiences. Through conferences, seminars, and workshops, we encourage resident physicians to contribute to the medical community and stay up-to-date with the latest advancements in their respective fields. By fostering a culture of continuous learning, we empower our residents to become leaders and innovators in healthcare.

As a medical society, we are here for our resident physicians every step of the way. We are committed to advocating for their needs, amplifying their voices, and providing a supportive community. We encourage all members to actively engage with our resident physicians, offer guidance, and provide opportunities for collaboration. Together, we can create an environment that nurtures their growth and ensures their success.

In summary, our resident physicians are the future of healthcare, and their well-being and development are of utmost importance. As members of the Nassau County Medical Society, let us reaffirm our commitment to supporting our resident physicians and ensuring that they have the resources and support they need to thrive. Together, we can build a stronger foundation for healthcare and continue to deliver the highest standard of care to our patients.
Physician wellness is not just a buzzword; it is a vital aspect of healthcare that directly impacts the well-being of medical professionals and the quality of patient care. The demanding nature of the medical field often leaves physicians vulnerable to burnout and mental health challenges. To address this issue, we are excited to announce our upcoming project on physician wellness, which will be shared on our website in the Fall of 2024. In the meantime, let's explore some valuable tips for physicians to prioritize their own well-being and achieve a healthier work-life balance.

1. **Prioritize Self-Care**: Physicians often neglect their own needs while caring for others. However, self-care is crucial for maintaining physical and mental well-being. Make time for activities that bring you joy and relaxation, such as exercise, hobbies, spending time with loved ones, and engaging in mindfulness practices. Remember, taking care of yourself allows you to provide better care for your patients.

2. **Set Boundaries**: Establishing clear boundaries between work and personal life is essential. Avoid excessive work hours and learn to delegate tasks when possible. Create a schedule that allows for adequate rest, leisure time, and quality sleep. By setting boundaries, you can prevent burnout and maintain a healthier work-life balance.

3. **Seek Support**: Physician burnout can be alleviated through seeking support from colleagues, friends, and family. Engage in regular peer discussions or mentorship programs to share experiences, challenges, and strategies for managing stress. Additionally, consider professional counseling or therapy to address any emotional or mental health concerns.

4. **Practice Mindfulness and Resilience**: Developing mindfulness and resilience skills can significantly improve physician wellness. Mindfulness practices, such as meditation or deep breathing exercises, help reduce stress and enhance focus. Building resilience allows physicians to bounce back from challenging situations and maintain a positive mindset. Consider attending workshops or participating in resilience training programs to cultivate these skills.

5. **Foster Work-Life Integration**: Strive for work-life integration rather than strict separation. Find ways to incorporate personal interests and passions into your professional life, and vice versa. For example, if you enjoy art, consider displaying artwork in your workspace or participating in creative projects related to medicine. Integrating aspects of your personal life into your career can enhance satisfaction and overall well-being.

**Stay Tuned for Our Physician Wellness Project**: We understand the importance of physician wellness, and we are committed to supporting healthcare professionals in their journey towards better well-being. In the Fall of 2024, we will be launching our new project on physician wellness, which will provide comprehensive resources, tools, and strategies to promote a healthier and more fulfilling professional life. Keep an eye on our website for updates and valuable insights to enhance your well-being as a physician.

Prioritizing physician wellness is essential for both individual physicians and the healthcare system as a whole. By implementing these tips and strategies, physicians can cultivate a healthier work-life balance, reduce burnout, and ultimately provide better care for their patients. Remember to stay tuned for our upcoming project on physician wellness, where we will delve deeper into this crucial topic and provide valuable resources to support the well-being of physicians.
How do we keep physicians in New York State? MSSNY Explains to Albany

by Scott Landman** (written on 3/18/2024)

In the heart of Albany, New York, physicians and advocates gathered for a momentous event - the first in-person Albany advocacy day for the Medical Society of the State of New York (MSSNY) in four years. As I stepped into the fray of lawmakers and seasoned professionals, it became abundantly clear: our voices were not only heard but amplified.

The morning kicked off with a rousing introduction from the MSSNY board, led by Dr. Paul Pipa, MD, MSSNY President. Dr. Pipa not only offered invaluable tips for successful advocacy but emphasized the importance of staying on message to maximize our collective impact. His words set the tone for a day of purposeful engagement.

Dr. Jerome Cohen, MD, MSSNY President-elect, took the stage next, reminding us of the profound impact our advocacy has beyond the confines of our individual practices. "This is about us," he reiterated, gesturing to the millions of patients across New York State whose well-being hangs in the balance of legislative decisions.

The stage was then graced by the presence of esteemed physicians, including Dr. David Jakubowicz, MD, VP of MSSNY, Dr. Mark Adams, MD, MBA, Chair of the Legislative and Physician Advocacy Committee, and Dr. William Latrille, Jr., MD, Speaker of the MSSNY House of Delegates. Their impassioned pleas urged us to be not only respectful but deeply involved in the dialogue surrounding critical advocacy topics. From the scope of practice of ancillary staff to preserving funding for the Committee for Physicians Health (CPH), their message resonated with urgency.

One issue loomed large over the proceedings: the exodus of physicians from New York State due to exorbitant costs and an expanding role for non-physician providers. It’s a crisis that demands immediate attention and concerted action. We cannot afford to lose the very individuals entrusted with safeguarding our health and well-being.

Amidst the fervor of advocacy, MSSNY received a report from Deputy Senate Majority Leader Michael Gianaris, who took a moment to express gratitude to physicians for their unwavering commitment to patient care. The collaboration extended further as specialty societies, including the New York American College of Physicians (ACP), New York State Society of Anesthesiologists, and New York State Psychiatric Association, presented their own advocacy agendas, revealing significant overlaps and shared objectives.

Throughout the day, we had the invaluable opportunity to meet with several influential legislators who play a significant role in shaping healthcare policies. Among them were: Assemblywoman Sillitti’s staff, Senator Thomas, Assemblyman Ra, Assemblywoman Solages, Senator Martins, Senator Rhodes, and Assemblyman Lavine’s staff.

In these meetings, we delved into critical advocacy topics that directly impact the healthcare landscape in New York State. These topics included:

1. Repealing authorization for the MSSNY’s Committee for Physicians Health (CPH) program: This proposal comes only a year after the Administration proposed continuing the program for 10 years, with a final agreement to preserve it until 2028.
2. Requiring physicians to pay 50% of the Excess Medical Malpractice coverage cost: This proposal, which previous, recent Legislatures have rejected, would cost community physicians across the state nearly $40 million.
3. Expanding the scope of practice for physician assistants, pharmacists, and dentists: Permitting Physician Assistants (PAs) to practice without any physician supervision or collaboration after 8,000 clinical hours, applicable if they practice in primary care or are employed by a hospital.
   A. Permitting dentists to provide certain COVID, flu, and HPV vaccinations and to perform screening tests for HIV, Hepatitis, and Diabetes.
   B. Extending the authority of Nurse Practitioners to practice without physician collaboration for another two years.
   C. Authorizing pharmacists to test and dispense PreP pursuant to a non-patient-specific order.
4. Prohibiting physicians from bringing Medicaid Managed Care claims disputes to Independent Dispute Resolution (IDR): Increased prior authorization hassles for Medicaid prescriptions by repealing “prescriber prevails” protections.

These discussions underscored the urgency of our advocacy efforts. The decisions made in legislative chambers directly impact the lives of patients and the ability of physicians to deliver quality care. By engaging with lawmakers and amplifying our voices, we are championing a healthcare system that prioritizes patient well-being and supports the vital role of physicians in our communities.

As the day drew to a close, the resonance of our collective voice reverberated through the hallowed halls of Albany. Each handshake, each impassioned plea, served as a testament to our unwavering dedication to the health and well-being of our patients and our profession.

The challenges ahead are daunting, but as physicians and advocates, we stand united in our resolve. Our mission is clear: to keep physicians in New York State, to safeguard the sanctity of patient care, and to ensure a brighter, healthier future for all.

In the words of Dr. Cohen, "This is about us." And together, we will continue to fight for our patients every step of the way.
Advocacy Efforts: Shaping Healthcare in Nassau County

As members of the Nassau County Medical Society, we are dedicated to advocating for the best interests of our patients and the medical profession. Over the past year, our society has been actively involved in several crucial advocacy efforts that have the potential to shape the future of healthcare in our community. In this article, we will focus on four key areas where our advocacy has been particularly impactful: the Wrongful Death Bill, the Medical Aid in Dying bill, Scope of Practice, Malpractice Insurance premiums in NYS, and Access to Care for underserved communities.

1. Wrongful Death Bill: For the third year in a row, the Nassau County Medical Society has been actively engaged in advocating against the Wrongful Death Bill as it is currently written. While we recognize the importance of providing justice to affected families, we believe that the current bill does not strike a fair balance between accountability and the potential unintended consequences it may have on the medical profession. We have been working diligently to communicate our concerns to lawmakers and propose amendments that ensure fairness and justice for all parties involved.

2. Medical Aid in Dying bill: Our society strongly supports the Medical Aid in Dying bill, which recognizes the freedom of choice for both physicians and terminally ill patients. We believe that patients who are facing unbearable suffering at the end of their lives should have the option to seek medical assistance in dying, under appropriate safeguards and regulations. Our advocacy aims to raise awareness among lawmakers about the importance of respecting patient autonomy and providing compassionate end-of-life care options.

3. Scope of Practice: The Nassau County Medical Society firmly believes that physicians should lead all care teams to ensure the highest standards of patient care and safety. We advocate for regulations and guidelines that prioritize the expertise and training of physicians while also recognizing the valuable contributions of other healthcare professionals. By advocating for a collaborative approach to scope of practice, we strive to create a healthcare system that optimizes the skills and knowledge of all team members, ultimately benefiting patient outcomes.

4. Malpractice Insurance premiums in NYS: Rising malpractice insurance premiums have been a significant concern for healthcare professionals in New York State for quite some time. The Nassau County Medical Society is actively engaged in advocating for fair and reasonable insurance rates that do not place an undue burden on physicians and healthcare institutions. Through our collaborations with insurance providers, policymakers, and other stakeholders, we aim to find sustainable solutions that address this issue while safeguarding the integrity of the medical profession.

5. Access to Care for underserved communities: Ensuring equitable access to quality healthcare is a fundamental principle of the Nassau County Medical Society. We recognize the importance of addressing healthcare disparities and improving access for underserved communities. Through our advocacy efforts, we aim to promote policies that reduce barriers to care, increase healthcare resources in underserved areas, and support initiatives that prioritize the health and well-being of all members of our community.

In conclusion, the Nassau County Medical Society is actively involved in advocating for various healthcare-related issues. While we continue to voice our concerns about the Wrongful Death Bill, we strongly support the Medical Aid in Dying bill, advocate for physician-led care teams, address rising Malpractice Insurance premiums, and strive for improved Access to Care for underserved communities. Our advocacy efforts reflect our commitment to the well-being of our patients, the integrity of the medical profession, and the pursuit of equitable healthcare for all. Together, we can make a significant impact in shaping the healthcare landscape in Nassau County.

Prepare yourself for an emotional journey as you join the late neurosurgeon, Paul Kalanithi, on a deeply personal exploration of life’s meaning. In his book, Kalanithi reflects on pivotal moments in his own life as he grapples with the profound question of what gives human life its value. This thought-provoking journey is bound to leave you with more questions than answers, but it offers a profound perspective from a man confronting his own mortality. With a foundation in philosophy and sprinkled with insights from neuroscience, this book will leave even the most discerning readers in awe of Kalanithi’s unwavering strength in the face of death.

Read an excerpt HERE
Nassau County Medical Society
&
Nassau Academy of Medicine

Fall Membership Meeting

WHEN
9 · 17 · 2024 at 6:00 PM

WHERE
The Lannin in Eisenhower Park
1899 Hempstead Turnpike East Meadow, NY 11554

GUEST SPEAKER
Dr. Harold Fernandez
Vice-Chairman Cardiovascular Surgery at SSUH
System Director, Surgical Heart Failure
Professor Cardiovascular and Thoracic Surgery
Zucker School of Medicine
South Shore University Hospital

RSVP
www.nassaucountymedicalsociety.org
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CONTACT US FOR MORE INFORMATION
516-832-2300
stavroula@nassaucountymedicalsociety.org

WWW.NASSAUCOUNTYMEDICALSOCIETY.ORG
Are you a medical student looking for a unique opportunity to make a positive impact in our community? The Nassau County High School Affiliate Program is calling you!

As a groundbreaking initiative, this program aims to bridge the gap between high school students and the medical field. By offering mentorship, guidance, and educational resources, we seek to inspire and nurture the next generation of medical professionals right here in our county.
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