



MESF Report to the 2023 MSSNY House of Delegates

SUMMARY: MESF's year was productive, and we are positioning ourselves up for much more ahead. We managed several important grants, including the Practice Transformation Initiative, the Telehealth Innovation Initiative, and the Peer-to-Peer (P2P) program, as well as supporting presentations around the David Mezza lecture series. In addition, a new Board of Directors and Officers met and organized our grant funding into key portfolio areas, as well as hiring a part-time grant writer who is identifying grant opportunities that fit within our portfolio areas. MESF's work on grants for future action and growth on a variety of matters will help educate and advance the cause of physicians and medicine. Importantly, we received additional grant funding to build on our successful Women's Leadership Conference.

DISCUSSION:

Election of Board of Directors and Officers. MESF began to set our administrative house in order by taking an important step forward in electing a new set of physician leaders as Officers and members of the Board of Directors. In March 2022, the MSSNY Council, acting as sole corporate member of MESF, elected the following individuals to a set of three staggered terms:

Board of Directors

Class I: One Year Term

Rose Berkun, MD
Nina Huberman, MD
Brian Murray, MD
Sandhya Malholtra, MD
William Valenti, MD

Class II: Two Year Term

Arthur Cooper, MD
Gina Delsalvio, MD
Janine Fogarty, MD
Paul Pipia, MD
Malcolm Reid, MD

Class III: Three Year Term

Linda Clark, MD
Joshua Cohen, MD

Carmen Rodriguez, MD
Charles Rothberg, MD
Jocelyn Young, DO

Officers

President: Charles Rothberg, MD
Vice President: Linda Clark, MD
Secretary: Jocelyn Young, DO
Treasurer: Brian Murray, MD

Staff

Troy J. Oechsner, Acting Executive Director

Grant Work. MESF did important grant work over the past year.

Portfolios. The MESF Board, after extensive deliberation, determined that our grant initiatives should be focused on the following portfolio areas:

- **Public Health**
 - Gun violence
 - Cannabis
 - Infectious Diseases
 - Emergency Preparedness
- **Patient Education**
 - Misinformation
 - Various public health
- **DEI**
 - Pertaining to our organization and leadership
 - Pertaining to the profession and health care system, including physician pipeline, cultural competency, and social determinants of health.
- **Physician Development**
 - Leadership development (including underrepresented physicians)
 - Physician education
 - Practice support
 - Intra-organizational communications

Recent Grants. MESF has been administering a number of grants in 2023. For example:

- **Practice Transformation Initiative (\$80,000).** MESF and MSSNY participated in a Practice Transformation Initiative with the Physicians Foundation and American Medical Association to advance research and promote evidence-based solutions that improve patient care by enhancing professional well-being and reducing physician burnout. MESF/MSSNY had been selected by the AMA-Physicians Foundation to enter this initiative due to our state's institutional and private practice settings. MESF/MSSNY had three throughout the 18 months of the PTI program and from this was a significant success rate from the AMA's perspective. Some of the major findings within this was the overall satisfaction with current jobs decreased from 77.1% to 63.9%. Individuals experiencing a great deal of stress increased from 53%

to 55.4%. Overall burnout from those completing the survey increased from 52.7% to 57%. Those who feel valued by their institution decreased from 46.8% to 35.1%.

- **Telehealth Innovation Initiative (\$50,000).** The AMA was looking at optimizing the use of telehealth to reduce the burden on physicians through mundane work. While the goal of the telehealth initiative was not to immediately improve physician wellness through implementing telehealth, it was aimed to gather information on how practice sites use/optimize telehealth within their institution and how the use could be improved based on various values of data, which was gathered through the submissions on the return on health framework. MSSNY has two practice sites who have signed onto this initiative through the entire initiative: Eger Rehabilitation Center and Mt. Sinai. At the start of the initiative, Eger Health Care and Rehabilitation Center were interested in using telehealth to engage cardiology, interventional vascular, pulmonary services, dermatology, and wound care specialists. Utilizing video telehealth for on-call and weekend coverage will assist the medical staff while not at the facility to be able to better assess a patient's status and avoid unnecessary trips to local Emergency Departments where the likelihood/odds of the patient being admitted is 67%. Mt. Sinai is an emergency medicine practice using telehealth for episodic care. The video telehealth connection is made directly through Epic (EHR) for acute care. Their goals for the case study were to optimize workflows, as well as linking lab and radiology orders.
- **Peer-to-Peer (P2P) (\$30.4K Pfizer).** In July 2020, MSSNY's Physician Wellness and Resiliency Committee launched a Peer to Peer (P2P) program to assist their colleagues who need help in dealing with work and family stressors. The MSSNY P2P is available to any physicians, residents or students in NY State and is a completely confidential and an anonymous opportunity to talk with a trained peer about some of life stressors. This on-going program MSSNY program and MSSNY has an toll free number that is answered 24/7 hours 1-844-P2P-PEER and email address P2P@mssny.org.
- **Mezza Series Presentations (\$10K) (Empire Foundation).** After receiving a \$10,000 grant from the Empire State Foundation to MESF, MSSNY President Dr. Parag Mehta worked with MESF and MSSNY staff to present, including:
 - **Dr. Jagdish Gupta, "Lifelong Learning: A look at the rearview mirror and a peek ahead".** On October 27, 2022, Dr. Gupta gave a virtual presentation that focused on how we can continue to expand our knowledge throughout our careers.
 - **Dr. David Geier, "Less stress, more success: Overcoming and preventing healthcare burnout".** On November 17, 2022, Dr. Geier gave a virtual presentation on how to reduce the pressure of physician practice and keep centered.
 - **Dr. Kerri Palamara, "Supporting well-being beyond the pandemic: suggestions for systems and individuals".** In January 2023, Dr. Palamara gave a virtual presentation focused on practical changes that both health systems and practicing physicians can make to promote well-being and minimize burnout.
- **Women's Leadership Academy (\$150K over 2 years) (Physicians Foundation).** In fall 2021, MESF used part of \$150,00 in funding from the

Physicians Foundation to put together a three-session set of programs on Women's Leadership. The team included Drs. Rothberg and Litvack, along with MSSNY staff members Pat Clancy, Miriam Hardin, Melissa Hoffman, and Cayla Lauder, who worked with MESF Director Tom Donahue and consultant Jon Chilingirian, PhD. The three sessions featured Jon Chilingirian, PhD acting as facilitator for the series that occurred on October 16, 23 & 30, 2021 beginning at 8 a.m. and going until after 11:30 AM. The program was open to all physicians, including residents and medical students. The complete set of three programs was accredited for 9 hours of continuing medical education credits. The three sessions were attended by a total of 126 physicians and six non-physicians.

Based on the success of our prior effort, the Physicians Foundation reached out to MESF in 2022 and asked us to submit another proposal for a Women's Leadership Conference. MESF's proposal was the only one funded in this round by Physicians Foundation, which approved a grant of \$150,000 over a two-year period.

- **Unspecified 501C3 (\$140) (Empire Foundation).** In fall 2022, MESF received \$140,000 from the Empire State Foundation for unspecified grants that are consistent with the non-profit 501C3 mission of MESF.

Grant Writer. The MESF Board approved hiring a part-time grant writer, Lexi Silver, MBA. Ms. Silver has extensive grant-writing experience, including work with the Home Care Association of NYS, the NYS Association of Health Care Providers, and St. Peter's Health System. Ms. Silver has researched and identified numerous grant opportunities (see below). She will be working with MESF Board members and Troy on grant applications, management, and reporting.

Board of Trustees Review. In March 2023, the MSSNY Board of Trustees, through the Audit and Oversight Committee, conducted a thorough review of MESF finances and reporting. Overall, the Committee found that MESF's books were in order, and processes were excellent. However, the Committee also found that there were some improvements that could be made with respect to certain reporting. MESF agreed to make the suggested improvements.

Looking Ahead. The MESF Officers and Board will be considering a number of action items in the coming months. Among those potential action items include:

- **Administration of Current Grants,** including the Physicians Foundation Leadership grant.
- **Potential Grants using Empire Foundation funding.** Ideas that the MESF Board is considering for use of the funding provided by the Empire Foundation, includes Digital Education; Volunteer Education and Leadership Development; Diversity, Equity and Inclusion; Strategic Planning; and a Telehealth Referral Service.
- **Women's Leadership Grant.** As noted above, the Physicians Foundation awarded a \$150,000 grant to build on the success of our prior Women's Leadership Conference. A committed group of women physician leaders is already planning for the next series, which are planned for fall 2023 and spring 2024.

- ***New Grant Opportunities.*** MESF, with guidance from our new grant writer, Lexi Silver, is exploring new grant opportunities, including:
 - *Diversity, Equity and Inclusion (DEI) and Cross-Cultural Training (Cabrini).* Providing extensive education on identifying and combating cultural biases.
 - *Dementia Care (NYS Health Foundation).* An educational and training opportunity to address dementia care, which is impacted by social determinants of health.
 - *Medical Misinformation (Moderna).* Educating physicians and patients.
 - *Food Allergies in Children (Kellogg).* Educating physicians and patients.
 - *Network Adequacy* jointly with the consumer coalition, Health Care All New York (HCFANY). Funding through the NYS Health Foundation to research and report on best practices and proposed changes to improve regulation of network adequacy standards.
 - *Cannabis and Opioid Education (NYS Dept. of Health and Office of Cannabis Management).* Funding for education and training for physicians and patients.

MESF would like to thank all our funders for their generous support, including: the Physician's Foundation, the Empire State Foundation, Pfizer, Moderna and others.