

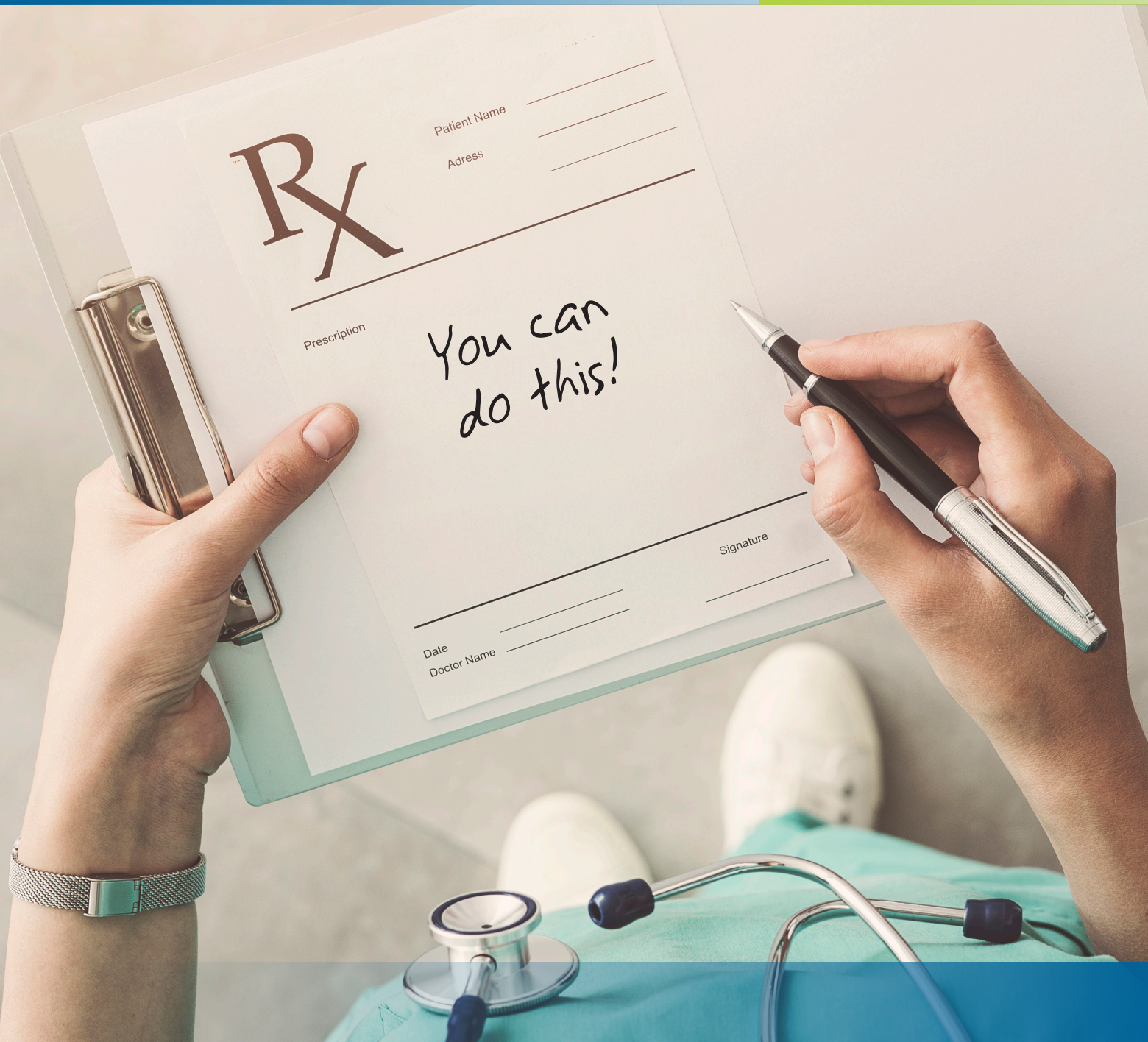
# Continuing to persevere



MINNESOTA  
MEDICAL  
ASSOCIATION

Annual Report

2022





## *Reflections on 2022*

On behalf of the MMA, it is my privilege to present the MMA's 2022 Annual Report. This report offers a high-level overview of our key work over the past 12 months.

As I reflect on 2022, I am struck by the continued perseverance of the medical profession amid continued challenges and change. The COVID-19 pandemic maintained its grip; workforce shortages persisted; nurses at many Minnesota hospitals went on strike; inflation and economic uncertainty increased; and the U.S. Supreme Court's decision to strike down longstanding reproductive healthcare rights for women sent shock waves across the country. To name just a few.

The MMA rose to the challenges of 2022 thanks to our dedicated leaders, active volunteers, and incredible staff.

I am proud of the impact we made in 2022 and excited about our plans for 2023. Thanks to your support, the MMA remains focused on making Minnesota the healthiest state and the best place to practice.

*In gratitude,*

A handwritten signature in blue ink that reads "Janet L. Silversmith". The signature is fluid and cursive.

Janet L. Silversmith, CEO

# MMA LEADERSHIP

(JANUARY THROUGH SEPTEMBER 2022)

## 2022 Officers

### PRESIDENT

Randy J. Rice, MD, Moose Lake

### PRESIDENT-ELECT

Will Nicholson, MD, Maplewood

### IMMEDIATE PAST PRESIDENT

Marilyn J. Peitso, MD, St. Cloud

### SECRETARY/TREASURER

Carolyn McClain, MD, Edina\*

### CHAIR OF THE BOARD

Edwin Bogonko, MD, MBA, Shakopee

### CHIEF EXECUTIVE OFFICER

Janet Silversmith

## Trustees

### NORTH CENTRAL TRUSTEE DISTRICT

Kim Tjaden, MD, MPH, St. Cloud

### NORTHEAST TRUSTEE DISTRICT

Dania Kamp, MD, Moose Lake

### NORTHWEST TRUSTEE DISTRICT

Abigail Ring, MD, Detroit Lakes

### SOUTHEAST TRUSTEE DISTRICT

Lynn Cornell, MD, Rochester

Dionne Hart, MD, Rochester

### SOUTHWEST TRUSTEE DISTRICT

Amrit Singh, M.B.B.S, Mankato

### TWIN CITIES TRUSTEE DISTRICT

Elizabeth Elfstrand, MD, Minneapolis

Rebecca Thomas, MD, Plymouth

### RESIDENT/FELLOW

Saam Dilmaghani, MD, Rochester

### MEDICAL STUDENT

Derrick Lewis, Rochester

### POLICY COUNCIL APPOINTEE

Jonathan D. Gelber, MD, Rochester

## AMA Delegation

*Chair:* Cindy Firkins Smith, MD, Willmar

*Vice Chair -* David L. Estrin, MD,  
Minnetonka

John Abenstein, MD, MSEE, Rochester

Andrea Hillerud, MD, St. Paul

David Thorson, MD, White Bear Lake

## AMA ALTERNATE DELEGATES

Lisa Mattson, MD, Plymouth

Dennis O'Hare, MD, St. Paul

Ashok Patel, MD, Rochester

Laurel Ries, MD, St. Paul

Randy Rice, MD, MMA President, Moose  
Lake

## MMA Committees

### FINANCE AND AUDIT

*Chair:* Carolyn McClain, MD, Edina\*

### ETHICS AND MEDICAL-LEGAL AFFAIRS

*Chair:* Dennis O'Hare, MD, St. Paul

### EQUITY IN ACCESS & QUALITY

*Chair:* Kevin Donnelly, MD, St. Cloud  
Public Health

*Chair:* Shari Bornstein, MD, MPH,  
Rochester

### COMMITTEE ON ACCREDITATION AND CONTINUING MEDICAL EDUCATION

*Chair:* Robert Moravec, MD, Oakdale

## MMA Policy Council

*Chair:* Britt Ehlert, MD

Nusheen Ameenuddin, MD

Amy Boles, MD

Christy Boraas, MD, MPH

Steven Callori, MPH

Nicole Chaisson, MD

John Dillon, MD

Jonathan Gelber, MD

Rachel Gordon, MD

Giovanna Grigsby-Rocca

James Hebl, MD

James Hoffman, DO

Ryan Kelly, MD

Meg Kersey-Isaacson, MD

Thomas Kingsley, MD

Kevin Koo, MD, MPH

Robert Koshnick, MD

Anne Pereira, MD, MPH

Laura Princ, MD

Frank Rhame, MD

Jennifer Tessmer-Tuck, MD

Rebecca Thoman, MD

Verna Thornton, MD

## RESIDENT FELLOW SECTION REPRESENTATIVE

Zach Shaheen, MD

## MEDICAL STUDENT SECTION REPRESENTATIVE

Riley Shearer

## MMA PRESIDENT-ELECT

Will Nicholson, MD

## MMA Medical Student Section

*Co-chair:* David Soriano (Mayo Clinic Alix  
School of Medicine)

*Co-chair:* Kaylie Evers (University of  
Minnesota, Duluth Campus)

## MMA Resident and Fellow Section

*Chair:* William Minter, MD (through June);  
Teshfatsiyon Ergando, MD (second half of  
the year)

## MMA Foundation

*Board President:* George Schoephoerster, MD,  
St. Cloud

*CEO:* Kristen Gloege

## BOARD MEMBERS

David Agerter, MD

Luis A. (Alex) Antezana

Macaran Baird, MD

Juan Bowen, MD, Past President

Gabrielle Cummings

Ed Ehlinger, MD, MSPH

Fatima Jiwa, MBChB

Nick Jungbauer

George Lohmer

Stephen Palmquist, MD

Marilyn J. Peitso, MD

Verna Thornton, MD

Janet Silversmith

## MEDPAC (MMA's political action committee)

*Chair:* Will Nicholson, MD, Maplewood

*\*Through May 2022*



# Healthiest in the Nation

## ***Making Minnesota the healthiest state***

In 2022, physicians confronted many forces that challenged their work to keep Minnesotans healthy — an ongoing — pandemic, dramatic changes in law, persistent inequities, an exhausted and dwindling healthcare workforce. Through it all, the MMA remains steadfast in its commitment to work with and for physicians to make Minnesota the healthiest state. In particular, we are focused on improving patient and population health, advancing health equity, and ensuring patient trust in the medical profession. Here's how we furthered our mission in 2022.

### ***Protecting Reproductive Rights***

In May, the MMA Board of Trustees adopted recommendations from the Policy Council to update policy affirming that abortion is an essential component of comprehensive medical care. In June, the MMA joined with four other physician specialty groups to

speaking out against the U.S. Supreme Court's decision on June 24 in *Dobbs v. Jackson Women's Health Organization*, which overturned a nearly 50-year precedent set by *Roe v. Wade* and reaffirmed by *Planned Parenthood v. Casey*.

"Healthcare decisions, including whether to have an abortion, are deeply personal and should be made between a patient and their physician. The implications of this decision are profound and will include disruption and, in some states, elimination of equitable and safe access to medical care for women in the United States," the statement read.

Joining the MMA on the statement were: the American College of Obstetrics and Gynecology Minnesota Section; the Minnesota Academy of Family Physicians; the Minnesota Association of African American Physicians; and the Minnesota Chapter, American College of Physicians.

### **Defending the Power of Vaccines**

Public and political attack against vaccines continued in 2022, including at the Minnesota Legislature. The MMA was ready to fight and proved successful at keeping these harmful efforts from moving forward.

On the first day of session, a bill was introduced that would have required healthcare providers to provide a new list of specific disclosures to the patient before administering a vaccine. Presented as improving informed consent, the intent, and impact, would have been to dissuade the patient from getting vaccinated.

Other bills were introduced that would have prohibited enforcement of government vaccine mandates. One bill would have allowed proof of presence of natural antibodies as an alternative to vaccination against COVID-19, a practice that contradicted the Centers for Disease Control and Prevention's public health guidelines. Other bills would have outlawed local governments from enforcing face mask requirements, from requiring distance between customers in private businesses, and from showing proof of vaccination to enter private businesses.

The MMA will remain vigilant in fighting efforts that seek to spread misinformation or undermine the benefits of vaccines.

### **Helping with the Transition to Adult Care for Medically Complex Youth**

Thanks to clinical and technological advances, many children with medical complexity now live into adulthood — yet they face numerous practical hurdles in moving from pediatric care to adult providers. With a grant from the COPIC Medical

Foundation, the MMA, in partnership with the MMA Foundation, established a Project ECHO program designed to improve the competence and confidence of Minnesota adult primary care clinicians to manage youth with complex conditions, thereby increasing the capacity and number of such clinicians willing to accept new patients. During the second half of 2022, the MMA hosted a series of online sessions on transition care. The sessions are available on the MMA website.

### **Improving Health Equity**

The MMA's ongoing commitment to improving health equity was reaffirmed by the Board in 2022 and our work remains focused on three key priorities — diversifying the physician workforce, addressing social drivers of health, and changing the culture of medicine to mitigate implicit bias and advance an anti-racist culture.

Our work to change the culture of medicine recognizes the role that implicit bias and institutional racism play in health outcomes. To help drive change, MMA, with funding support from UCare, offered a new educational series in 2022, Conversations on Race & Equity (CoRE), which is designed to be a safe space for physicians to discuss topics related to anti-racism, implicit bias, and cultural humility. Sessions are held virtually under the guidance and support of a physician and a health equity specialist.

We also expanded training in implicit bias to offer practical strategies for mitigating the effects. The resources also provided an introduction on how to be an ally and leader in diversity, equity, inclusion, and health equity. The MMA offered both public and private implicit bias training for healthcare organizations.

Started in 2020, the MMA Barriers to Workforce Diversification in Physician Education, Training, and Licensure Task Force delivered 14 recommendations to the MMA Board in September to mitigate identified barriers in medical education, residency training, and the licensure process that affect the number of Black, Indigenous, and others underrepresented in medicine. One of the key recommendations from the report is aimed at reducing financial barriers to attending medical school. In an act of support for this work, the MMA Foundation launched a new Changing the Face of Medicine campaign to provide scholarships for MCAT fees for students from populations historically underrepresented in medicine. The response to the campaign has been extremely strong.

### **Preserving Patients' Access to Medications**

A top priority at the Capitol during the 2022 session was to ensure that patients continue to have access to their medications. Our advocacy team worked to prohibit insurers or pharmacy benefit managers (PBMs) from altering a patient's drug coverage for medications they are using, which currently can occur in the middle of a patient's contract year. These changes often cause gaps in medication use, which can exacerbate conditions and cause complications. In the end, the House passed limits on mid-year formulary changes in its omnibus Health and Human Services bill. However, the Senate, expressing concerns with growing prescription drug costs, did not pass it.

### **Ensuring Patients' Wishes are Followed**

Our advocacy team also worked to authorize a feasibility study to establish a statewide registry for Provider Orders for Life-Sustaining Treatment (POLST) forms to ensure easy access to such forms by EMS and other healthcare providers.

The MMA achieved strong bi-partisan support for the proposal in the House and it was included in the House omnibus Health and Human Services (HHS) bill. However, the legislation never received a hearing in the Senate—mostly due to its members' intention not to pass any state spending bills. The POLST statewide registry had a \$292,000 fiscal note. With no final agreement on the HHS bill at the end of session, it did not pass.

# Making Minnesota the Best Place to Practice



The MMA continued its work in 2022 to make Minnesota the healthiest state and the best place to practice medicine. Our work to make Minnesota the best place to practice is focused on providing physicians with tools and resources to support professional success; delivering timely news and information about Minnesota healthcare trends and changes; ensuring a practice environment that facilitates high-quality medical care; and advocating for changes that remove barriers and burdens that stand in the way of patient care. Here are some of the highlights of the work in 2022.

## Advocacy

One of the MMA's top legislative priorities in 2022 was to improve patient safety and harm following an adverse event by shifting from the current "deny and defend" culture to one of transparency and support. To accomplish this, the MMA supported legislative enactment of the evidence-based CANDOR (Communication and Optimal Resolution) model, which is designed to include patients and family members in timely and candid conversations following an adverse event, protect such conversations from legal discovery, support caregivers, and prevent future events. Although we made progress with legislators on a CANDOR bill and have actively engaged patient/trial attorneys in the bill development, it did not pass. We intend to continue to move this important issue forward in the 2023 session.

At the federal level, we fought to preserve insurance coverage for low-income Minnesotans by supporting a new IRS regulation, adopted in October 2022, that fixed the so called "family glitch" when determining ACA premium subsidies. Previously, individuals were not eligible for premium subsidies if they had access to employer-sponsored insurance. The family glitch impacted families when the employee received employer-sponsored healthcare, but the cost of dependent coverage was unaffordable. With the new IRS rule, dependents will now qualify for premium subsidies through the ACA if the cost of the employee's dependent coverage exceeds 9.5% of the family's income. It is estimated that approximately one million Americans will gain coverage or see more affordable insurance with this rule change.



In an oft-repeated effort, the MMA again joined the AMA and other medical societies in 2022 to urge Congress to address Medicare physician payment rates. In December, the MMA, AMA and the other medical societies sent a letter to House and Senate leadership to stop the entire cut. In the end, the proposed cut of 4.5% was reduced to 2%. Work needs to continue to fix the flawed Medicare payment system that results in annual payment cuts.

### **Helping Physicians Succeed Professionally**

In 2022, the MMA renewed its commitment to helping physicians cope with the ever-increasing strain of the profession. As part of this commitment, in January and April, the MMA delivered Physician Forums focused

on burnout awareness, mindfulness, and resilience. Our November forum focused on physician suicide awareness.

The MMA also participated in a six-month campaign to share news and resources leading up to National Physician Suicide Awareness Day. While physician suicide was a crisis long before COVID-19, the demands of the pandemic have created a sense of urgency to better support physicians' mental health and wellbeing.

In addition, the MMA's Physician Well-being Advisory Committee kicked off a series of convenings of systems' well-being leaders and champions. These convenings are intended to build community and offer a collaborative space to share system-level approaches for designing workplaces that foster well-being and respect professionalism. These will continue in 2023.

Along with these wellness efforts, the MMA announced the launch of its new Minnesota Physician Leadership Institute (MPLI), which will offer innovative, best-in-class training to provide Minnesota physicians with the skills, insights, and competencies required to lead successfully. Working with the Carlson School of Management as its faculty partner, the MPLI will kick off its inaugural cohort in fall 2023. Class-size is limited to 25 physicians and is only available to MMA members.

The MMA also continued: its Mentorship Program to pair pre-med students, medical students, and residents/fellows, with medical students, practicing physicians, residents/fellows, and retired physicians.; its Physician Employment Contracting resources; and its 10% premium discount with COPIC, the MMA's endorsed medical professional liability insurance provider.

# Members Making a Difference

All Minnesota physicians make a difference in the lives of their patients. The MMA is fortunate to have many members who volunteer their time above and beyond their regular day-job duties. These people truly make a difference in people's lives. We are proud to call them MMA members.



**Christy Boraas, MD, MPH**

Boraas, an OB-GYN in Minneapolis, chaired the MMA's Abortion Policy Work Group, a body of 12 physicians who, in anticipation of the *Dobbs v. Jackson Women's Health Organization* decision and subsequent end of *Roe v. Wade*

protections, spent three months reviewing and recommending changes to MMA's policies regarding abortion. Boraas, a member since 2014, also serves on the MMA's Policy Council.



**Natalia Dorf-Biderman, MD**

Dorf-Biderman is chair of MMA's Physician Well-being Advisory Committee, which advises the MMA on strategies and approaches to help physicians and physicians-



**Siri Fiebiger, MD**

Practicing as an OB-GYN in Minneapolis, Fiebiger is a leading champion of reproductive rights and health equity. She helped develop and moderate the September 2022 MMA Physician Forum titled, "Examining Maternal Mortality Through a Health

Equity Lens." She's been an MMA member since 2015. In addition to her service to the MMA, she served on the Board of Directors of Planned Parenthood North Central States for six years and was chair of the Minnesota Section, the American College of Obstetricians and Gynecologists.



**Kacey Justesen, MD**

Justesen served as co-chair of the MMA's Barriers to Workforce Diversification in Physician Education, Training, and Licensure Task Force. Justesen, who is an assistant professor at the University of Minnesota's Department of Family Medicine and Community



Health, became program director of the University of Minnesota North Memorial Family Medicine Residency program in 2018. She is a member of the University of Minnesota Physician's board of directors. She has been an MMA member since 2016.



### **Ryan Kelly, MD, MS**

Kelly is chair of the MMA's Illicit Drug Harm Reduction and Decriminalization Work Group, a body of 25 members who spent five months researching, discussing, and developing recommendations for MMA policies concerning the health of people who

use illicit drugs. Kelly, a member since 2019, is also on the MMA's Policy Council. Kelly is an assistant professor of medicine at the University of Minnesota Medical School, as well as a general medicine hospitalist, and medicine and pediatrics primary care physician at the Community-University Health Care Center.



### **Adrina Kocharian**

A MD/PhD student at the University of Minnesota Medical School, Kocharian currently serves as the AMA/MMA delegate on the MSS Executive Committee. She has also been elected by her peers to serve as an MSS delegate for the AMA House

of Delegates. In this role, she has advocated on such issues as lifting restrictions on abortion care and exploring harm reduction strategies for illicit drug use. She also served a term on the Policy Council and was part of the MMA's Illicit Drug Work Group. She has been an MMA member since 2018.



### **Corey Martin, MD**

Martin, founder of the Bounce Back Project conference that has now become the Reclaim the Joy of Medicine Conference, is a leading champion of physician well-being. He still serves in an advisory role overseeing the Joy conference along with advis-

ing on the MMA's new Minnesota Physician Leadership Institute, which is scheduled to debut in 2023. Martin, who practices family medicine in Buffalo, has been a member since 2020.



### **Dennis O'Hare, MD**

O'Hare serves as the chair of the MMA's Ethics & Medical-Legal Affairs Committee. He also serves as an alternate delegate to the AMA. In 2022, he moderated one of the MMA's Physician Forums on "Medical Liability in Minnesota."

O'Hare, a member since 2017,

is board certified in family and geriatric medicine.



### **Carolyn "Carrie" Stelter, MD**

Stelter, a member since 2016, received the 2022 COPIC/MMA Foundation Humanitarian Award which recognizes MMA members who go above and beyond to address the healthcare needs of under-

served populations in Minnesota. Stelter co-founded the St. Peter Community Free Clinic after realizing that the local Hispanic and Latinx communities were being excluded from medical care opportunities, support, and funding mechanisms in ways other communities were not. Stelter practices family medicine in Le Sueur.

## **Making a Difference at a Local Level**

*MMA's Component Medical Society leaders*

### STEELE COUNTY MEDICAL SOCIETY

PRESIDENT: Grant D. Heslep

### WRIGHT COUNTY MEDICAL SOCIETY

PRESIDENT: Robert G Milligan, MD, FAAFP

### ZUMBRO VALLEY MEDICAL SOCIETY

PRESIDENT: Thomas C. Kingsley, MD, MPH

EXECUTIVE DIRECTOR: Beth Kangas, PhD

## Membership Overview

Year	Total Members
2000	9,089
2001	9,162
2002	9,109
2003	9,116
2004	9,297
2005	10,858
2006	10,835
2007	10,909
2008	10,969
2009	11,330
2010	11,250
2011	10,106
2012	10,347
2013	9,998
2014	10,309
2015	10,257
2016	10,171
2017	10,260
2018	10,637
2019	11,011
2020	12,017
2021	11,711
2022	10,168

## Membership Types

Member Type	2022 Count
Regular	4,245
Resident/Fellow	2,588
Retired	1,741
Student	1,594

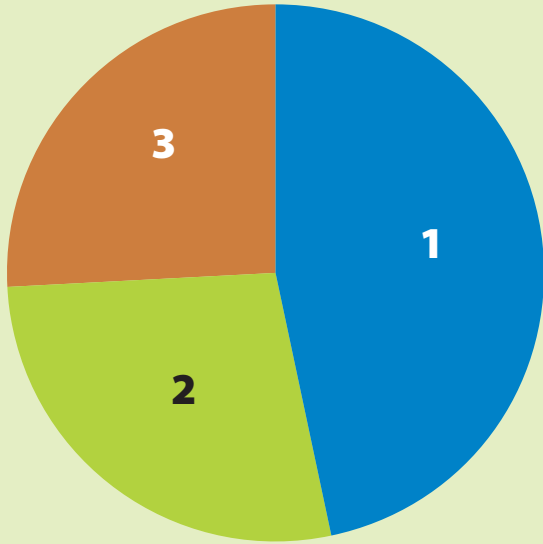
## By District\*

NORTHWEST TRUSTEE DISTRICT .....	59
NORTHEAST TRUSTEE DISTRICT .....	509
SOUTHEAST TRUSTEE DISTRICT .....	4495
SOUTHWEST TRUSTEE DISTRICT.....	522
TWIN CITIES TRUSTEE DISTRICT .....	4018

\*District total as of January 31, 2023



## 2022 Financial Highlights



### TOTAL MMA REVENUE: \$3.2M

- 1 **DUES** 49%
- 2 **NON-DUES REVENUE** 24%
- 3 **INVESTMENT SPENDING POLICY** 27%



### HOW YOUR DUES ARE USED

- 1 **MEMBER ENGAGEMENT** 15%
- 2 **ADVOCACY** 19%
- 3 **COMMUNICATIONS** 23%
- 4 **GOVERNANCE** 12%
- 5 **INFRASTRUCTURE AND OVERHEAD** 31%



MINNESOTA  
MEDICAL  
ASSOCIATION

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EMAIL: [mma@mnmed.org](mailto:mma@mnmed.org)

WEB: [mnmed.org](http://mnmed.org)

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# THE PULSE



MINNESOTA  
MEDICAL  
ASSOCIATION

## An Easy-to-Use Tool to Help Shape MMA Policy

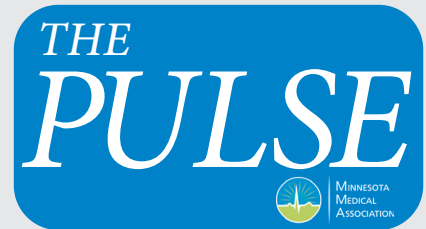
The Pulse is an innovative, online policy development and polling tool designed to give MMA members the opportunity to directly influence MMA policy.

To learn more, go to [mnmed.org/  
ThePULSE](http://mnmed.org/ThePULSE)

*"I love The Pulse! Before (it), I wasn't sure how to propose anything to the MMA. The Pulse makes it incredibly easy. I submitted something last week!"*

— LYNN CORNELL, MD

### 4 WAYS TO USE



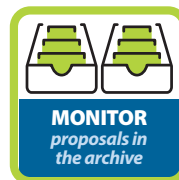
**SUBMIT** a policy proposal for MMA consideration



**VOTE** and give feedback on proposed policies **BEFORE** MMA Board action



**VOTE** and give feedback on policy decisions **AFTER** MMA Board action



**MONITOR** proposals in the archive