



**Tulsa County
Medical Society**

TULSA MEDICINE

A Newsletter for the Medical Community

April 2021

📍 5315 S Lewis Ave, Tulsa, OK 74105

☎ Tel: 918.743.6184

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Learn more about TCMS and how we are physicians advancing health care in Tulsa County

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Learn more about the charity giving arm of TCMS and Project TCMS (Tulsa Charitable Medical Services)

COVID-19 Updates & Resources

Stay up-to-date with national, state, and local news and resources concerning COVID-19

[Read More](#)

NEW Look for TCMS Website - tcmsok.org

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Diane M. Heaton,
MD

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PRESIDENT'S LETTER

Although it was celebrated on March 30th, I want to personally wish all my colleagues and members of Tulsa County Medical Society a Happy Doctors' Day!

There's no doubt, you deserve the recognition for the sacrifices you have made over the past 16 months, so once again, **THANK YOU!**

For the remainder of my letter, I want to emphasize a few areas.

COVID-19 VACCINE NOW IN PHASE IV

It's official: anyone 16 and older in Oklahoma who wants a COVID-19 vaccination can get it. Availability for the vaccine is also increasing.

According to the Centers for Disease Control and Prevention's (CDC) online tracker, which incorporates vaccination data for both state and federal doses administered, Oklahoma has administered 2,021,155 total doses.

Cases and hospitalizations have decreased significantly, which is great news as it means the vaccine is proving to be effective within our communities. However, we can't let our guard down. A lot of people still don't have the vaccine and are still at risk from COVID-19. We should continue to practice the three W's (wear a mask, wash your hands and watch your distance) in public places.

DOCTOR OF THE DAY

"If you're not at the table, you're on the menu."

The Doctor of the Day has a unique opportunity to interact with legislators on the House and Senate floors and get a first-hand look at the legislative process and how it affects the practice of medicine.

Your presence at the Capitol shows legislators
Pg 2 not only your expertise but also your



Diane M. Heaton, MD

TCMS President

concern for the health of Oklahomans. Please consider being Doctor of the Day for one day during the legislative session!

There are still available dates to be the 'Doctor of the Day' at the state Capitol. If your schedule is flexible, please contact Mark McElreath, mark@tcmsok.org to reserve your date.

PHYSICIAN WELLNESS PROGRAM

Physician burnout has devastating effects on the access, quality and cost of our country's health care. In The Physician's Foundation's 2020 Survey of America's Physicians, **58% of physicians reported often having feelings of burnout**—compared to 40% in 2018. I will continue to reference the Physician Wellness Program, not only as a FREE member benefit, but also as a service for any physician needing therapy.

If you or someone you know is experiencing burnout or anxiety, please take advantage of this confidential and free program. Visit www.tcmsok.org/physician-wellness for more information and how to schedule a session with one of our four licensed professionals.

MEDICAL STUDENT SCHOLARSHIP APPLICATIONS

The TCMS and TCMS Foundation Medical Student Scholarship Application will be open April 12, 2021. To be eligible, an applicant must (1) be enrolled in OU-Tulsa or OSU and (2) be an MSII, MSIII, or MSIV for the 2021-2022 academic year. The deadline is July 1, 2021. The application will be available at www.tcmsok.org/scholarship-program.

Wishing you a Happy and Healthy April!



Diane M. Heaton, M.D.
President

TULSA COUNTY MEDICAL SOCIETY

Physicians Advancing Health Care

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NEW WEBSITE LOOK, SAME URL

www.tcmsok.org

The Tulsa County Medical Society is proud to announce the launch of our newly redesigned website that increases our online presence and adds a variety of member benefits. After months of hard work and dedication, we are delighted to officially announce the launch on April 1, 2021. We wanted to make the new website easy to navigate, user-friendly, and format on whichever device you are using; desktop, phone, or tablet.

Highlights of the website include improved navigation; member benefits; access to news and newsletters; an updated events calendar; a robust member portal for profile management (coming soon), and an online physician directory 'Find A Physician'. Several of these updates will be highlighted in the newsletter over the coming months.

TCMS embarked on a redesign to help achieve its goals, the most important of which is to ensure physicians thrive personally and professionally in the evolving health care system. The new site will allow for more focus on and accessibility of resources and tools, members-only content and benefits, and a comprehensive online physician directory for the public.

We will continue to evaluate the website content and add features to meet your needs. We encourage you to take a look by visiting www.tcmsok.org.

For any questions, suggestions, feedback or comments, please email mark@tcmsok.org.

Thank you,

Mark McElreath, MPA
Executive Director
Tulsa County Medical Society
TCMS Foundation

> New Homepage



> 'Find A Physician' Search



> Membership Benefits



> Mobile Phone & Tablet Responsive



UPCOMING EVENTS

APRIL 1-30, 2021

Doctor of the Day
Sign up for your day by emailing mark@tcmsok.org or call 918.743.6184

April 10, 2021 / 9AM OSMA 2021 Annual Meeting

Virtual Meeting of the OSMA House of Delegates
Free to all OSMA Members
Register Online: <https://bit.ly/3sRfHM0>

April 16, 2021 / 1PM - 3PM Post COVID Side Effects and the Long Haulers

2 AMA PRA Category 1 Credits™
OSMA Members \$50 / Non-Members \$100
Register Online: <https://bit.ly/31zRcqR>

OSDS ANNUAL MEETINGS APRIL 23, 2021 / 7am-4:30pm

Skin of Color Symposium (VIRTUAL)
7.5 AMA PRA CME Category 1
Register at: cme.ouhsc.edu
More information renee-wall@ouhsc.edu

April 24, 2021 / 7:30am-2:45pm
2021 OSDS Annual Meeting (VIRTUAL)
6 AMA PRA CME Category 1
1 CME for Proper Prescribing Credit
Register at: joetta@tcmsok.org
Call: 918-743-6184

MAY 6, 2021

OU Resident Research Night (VIRTUAL)
More details to come

PROPER PRESCRIBING VIRTUAL CME

Upcoming Dates
Friday, May 21, 12-1pm
Thursday, July 22, 6-7pm
Friday, September 17, 12-1pm
Thursday, November 18, 6-7pm
Friday, December 3, 12-1pm

To sign up or for more information, contact Sandy Deeba, 405-601-9571 or visit www.okmed.org

*Signed into law in 2018, Oklahoma's Senate Bill 1446 mandates that all physicians complete one hour of CME in pain management per year. To help Oklahoma's physicians better understand how this new law impacts their practice and patients, the Oklahoma State Medical Association is hosting special CMEs in Oklahoma City and Tulsa. This one-hour event offers insight to the legal issues affecting pain management and an overview of the new laws connected with prescribing opioids to patients. All Oklahoma physicians with a DEA license are required to take this one hour course annually.

THE OKLAHOMA STATE MEDICAL ASSOCIATION PRESENTS



Friday, April 16 • 1 to 3 p.m.

**Angelique Barreto, M.D.
Dale Bratzler, D.O.
Joseph Ghata, M.D.**

**Woody Jenkins, M.D.
Stan Schwartz, M.D.**

COURSE OBJECTIVES:

After attending the activity, the physician should be able to:

1. Understand what is known and not known about the pathophysiology of Post-Acute Sequelae of COVID-19 ("long haul"); and
2. Develop a rational evaluation plan to distinguish among the possible causes of long haul without resource waste; and
3. Use supportive strategies to help patients deal with uncertainty of future recovery.
4. Review data regarding COVID-19 post side effects and long haulers;
5. Monitor for complications in long COVID-19 Patients; and
6. Explain what it means to be a long hauler; and
7. Illustrate the various and most common symptoms of Post COVID-19 Syndrome; and
8. Describe evaluation of Post COVID-19 Syndrome patients; and
9. Describe the remaining questions Post COVID-19 Syndrome; and
10. Delineate recovery from COVID-19; and
11. Manage the symptoms of long haulers.

Registration Fee: \$50 for Members / \$100 for Nonmembers*

**Registration ends at 1 PM (CST) on April 15. Login information for the virtual CME will be sent via email on April 15.*

Learn More at my.okmed.org/longhaul

Accreditation Statement:

This activity is planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Oklahoma State Medical Association (OSMA) and the Physicians Liability Insurance Company (PLICO). The Oklahoma State Medical Association (OSMA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



The OSMA designates this live activity for a maximum of 2 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Faculty, CME Planning Committee and Reviewer have no relevant financial relationships to disclose. The OSMA CME Manager has reviewed all speaker information and has resolved all conflicts of interest if applicable.

"The Oklahoma State Medical Association has been surveyed by the Accreditation Council for Continuing Medical Education (ACCME) and awarded Accreditation with Commendation for six years as a provider of continuing medical education for physicians. The ACCME accreditation seeks to assure the medical community and the public that the Oklahoma State Medical Association provides physicians with relevant, effective, practice-based continuing medical education that supports US health care quality improvements. The ACCME employs a rigorous, multilevel process for evaluating institutions' continuing medical education programs according to the high accreditation standards adopted by all seven ACCME member organizations. These organizations of medicine in the US are the American Board of Medical Specialties, the American Hospital Association, the American Medical Association, the Association for Hospital Medical Education, the Association of American Medical Colleges, the Council of Medical Specialty Societies, and the Federation of State Medical Boards of the US, Inc."



WELCOME BACK MEMBERS!



Christopher G. Covington, MD
Neurological Surgery

Tulsa Bone & Joint Associates
4812 S 109th E Ave Ste 300, Tulsa, OK 74146
918-392-1400

Medical Education: University of Oklahoma, 1976-1980. Internship: University of Kansas, Kansas City, Missouri, General Surgery, 1980-1981. Residency: University of Kansas, Kansas City, Missouri, Neurosurgery, 1981-1986.



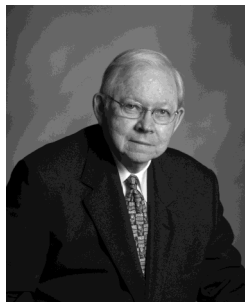
Steven E. Gaede, MD
Neurological Surgery

Tulsa Bone & Joint Associates
4812 S 109th E Ave Ste 300, Tulsa, OK 74146
918-392-1400

Medical Education: University of Oklahoma, 1975-1979. Internship: University of Oklahoma, Internal Medicine, 1979-1980. Residencies: University of Missouri, Columbia Missouri, Neurology & General Surgery, 1980-1981 & Neurosurgery, 1981-1985.

IN MEMORIAM

Dr. John "Jack" Barnwell Nettles *TCMS Member Since 1970*



At home and surrounded by his loving family, John "Jack" Barnwell Nettles quietly joined his Lord on March 10, 2021. He was born in Dover, NC, on May 19, 1922 to Reverend Stephen Abraham Nettles and Estelle Hendrix Nettles.

Jack graduated from the University of South Carolina in 1941. He was in his first year of medical school when Pearl Harbor was bombed. He enlisted in the Army, then

graduated from medical school at the Medical University of South Carolina in 1944 at the age of 22. After VE Day, Dr. Nettles was transferred to the United States Navy. He received his residency training in obstetrics and gynecology at the University of Illinois from 1947-1951. Prior to his residency Dr. Nettles spent a year as an American Cancer Society Fellow in pathology at the Medical College of Georgia. As a pathology fellow, Dr. Nettles worked on research with Dr. Edgar Pund and Dr. George Papanicolaou after whom the "Pap Smear" was named. He began his residency training at the University of Illinois after which time he was appointed to the faculty.

In 1957, Dr. Nettles moved to Arkansas where he joined the OB/GYN faculty at the University of Arkansas at Little Rock. He remained there until 1969 when he was asked to move to the University of Oklahoma in Tulsa where he consolidated the OB/

GYN Residency Programs. He served as the first Professor and Chair of the Department of Obstetrics and Gynecology where he taught many residents, delivered thousands of babies and provided the highest standard of medical care to thousands of women. He set an example of not only what it takes to be an exceptional physician, but he was the type of person who strived to be a person of integrity, kindness, compassion and humility. These attributes were always first on his mind.

He was preceded in death by his parents; his first wife, Eunice Saugstad Nettles and siblings, Stephen Nettles, Lucian Nettles, Lib Medlin, Hendrix Nettles and Sara Nettles all of Columbia, SC and Margie Waddell of Lexington, SC.

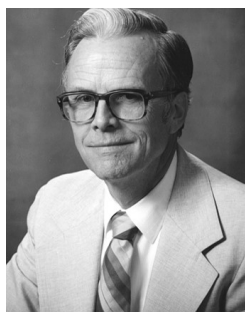
Jack is survived by his wife, Sandra Williams Nettles of St. Louis, MO; his 3 children, Eric, Robert and John, Jr. (Elizabeth); 2 step children, Steven and Clayton (Desiree) Williams of St. Peters, MO; 4 grandchildren, Robyn Nettles Maupin (Joel) of Oklahoma City, OK and John Nettles III of Tulsa, Cody and Dillan Williams of St. Peters, MO; and numerous nieces and nephews.

A graveside funeral is planned in Columbia, SC. A Memorial Service will be held in Tulsa at a later date.

Contributions may be mailed to the Oklahoma School of Community Medicine at 4502 E. 41st St., Suite 3826, Tulsa, OK 74135-2512, (918) 660-3322, or the Assistance League of Tulsa, 5350 E. 31st St., Tulsa, OK 74135.

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Dr. Jodie Adams Stark *TCMS Member Since 1963*



Anesthesiologist and United States Air Force Veteran. Died Saturday, February 20, 2021. Memorial Service was Monday, March 1, 2021 at Memorial Baptist Church, Tulsa. Moore's Southlawn.

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