

DEPARTMENT OF FAMILY MEDICINE
Meeting Minutes
October 13, 2023

Present: Christen Fragala, MD; James Kuin, MD; Emelyn Molato, MD; Sangita Pillai, MD; John Ragucci, MD; Frank Osborn, MD; Catherine Trinh, MD; Paul Harcourt, MD; Cindy Cheng, MD; Denise Mills, MD; Deirdre Connolly, MD; Douglas Campbell, MD; Raymond Lewis, MD; Elizabeth Singh-Warden, DO; Patrick O'Neil, MD; Cara Marshall, MD; Ashley Adams, QI Specialist

I. CALL TO ORDER

Dr. Fragala called the meeting to order at 8:03am

II. PREVIOUS MINUTES

Approval on previous minutes

III. OLD BUSINESS

None at this time.

IV. NEW BUSINESS

1. Medical Weight Management

Dr. Campbell shared A Practical Guide to Bariatric Surgery/Surgical Weight Loss

- Understanding the risk of obesity-mechanisms of obesity
- Surgical options offered at LGH
- Benefits/Risk of weight loss surgery
- How bariatric surgery decreases weight
- Causes of obesity-changes in life styles; more caloric-dense foods to choose from; more sedentary life styles; increased in the last several decades
- Genetic component-polygenetic; food intake controlled by hypothalamus; over 50 genes identified with obesity; environmental components in society
- Obesity associated with several risk factors; leads to hypertension, Type II diabetes, cardiovascular disease, certain cancers-over 13 cancers associated with obesity
- Recommendations have evolved over the past several years-BMI greater than 35 would benefit from surgical management
- Obesity has been increasing country-wide

Surgical Options:

LGH primarily offers 2 options:

- 1) Vertical sleeve gastrectomy
 - a. downside-increase in risk of reflux disease

2) Roux-en-Y Gastric Bypass (RYGB)

- a. make a new stomach-reroutes intake of food-very long track record; more effective treatment modality for Type II Diabetes; increased risk of ulcer formation and bowel obstruction
- b. Weight loss superior to sleeve gastrectomy

- Benefits of Surgery-Quality of life improved 95%
- Discussed both processes

Center for Weight Management considered Center of Excellence-6physicians who perform surgery; dieticians; mid-level providers

NIH guidelines followed for ideal candidate for bariatric surgery

Pre-operative work up

Post-operative care

Discussion on further potential side effects post-surgery

Hypoglycemia and dumping syndrome; increased issue with kidney stones; constipation; hair loss; excess skin-cellulitis, dermatitis; reflux disease; changes in taste preferences-most prevalent in the first year

Recommendation of starting least invasive option first-medication

Seminars may be going away

Revision surgery discussed

Slides of presentation to be distributed by Dr. Fragala

Introduction of new providers

Dr. Patrick O'Neil, Merrimack Family Medicine and Bridge Clinic

Dr. Elizabeth Singh-Warden, Merrimack Family Medicine

Dr. Cara Marshall, Lowell Community Health Center

V. COMMITTEE REPORTS

1. Medical Executive Committee

Dr. Fragala presented the following updates:

- Flu shots due by October 31, 2023
- Ozempic updates
- Cardiology getting 4th partner added - Dr. Cecillia Wong
- Pediatric hospitalist coverage is ending
- PA/NP coverage in sleep lab
- Jody White retired

2. Labor and Delivery Committee

No updates at this time

3. Cancer Committee

No updates at this time

4. Credentials Committee

The updates were deferred to the next meeting.

5. Infection Control

No updates at this time

6. Morbidity and Mortality Council

All were reminded about language spoken by patients and emphasized use of interpreters.

7. Perinatal Committee

Per Dr. Lewis approval of some policies

8. MCH Updates

The MCH updates were deferred to the next meeting.

9. DEI Update

Dr. Raymond Lewis informed members that TMC and LGH had a table at Heritage festival.

Dr. Lewis and Dr. Pillai were in attendance to represent they are here to celebrate the diversity in the community.

- Dr. Pillai worked with interpreter services-looking into details of resources to offer additional languages for patients-conflicts with Medicare rules-interpreter services are supposed to offered
- Per Dr. Lewis – application submitted for health care equity index tiering system to be recognized as an organization that promotes LGBTQ+
- Diwali Festival coming soon – at Vesper Country Club; tickets are available at www.lowellgeneral.or/diwali2023
- Shout out to Family Medicine OBs from MFM who have been stepping up to fill gaps and for all that they do

VI. OTHER

No other topics

VII. MEETING ADJOURNED

The meeting was adjourned at 9:02am

Next Meeting

Next meeting will be held on November 10, 2023

Respectfully submitted,

Gayatri Patel, RN
QI Specialist

Date

Christen Fragala, MD
Chief, Department of Family Medicine

Date