

UWHA September 2010 Minutes

1. Members present

Maya Narayanan (Internal Medicine), Tristan Shankara (Anesthesiology), Luke Parr (Anesthesiology), Monirath Saly (Anesthesiology), Garrett Wolter (Anesthesiology), Samira Ortiz (Internal Medicine), Mitzi Murray (Genetics), John Jefferson (Neurology), Laura Leddy (Urology), Mary Netlow (Rehab), Chris Welty (Urology), Teddy Youn (Neurology), Giye Choe (General Surgery), Amit Nanavati (Cardiology fellow), Nick Bodmer (Radiology), Jesus Rubio (Anesthesiology), Margaret Onwuka (Family Medicine)

2. Financial advising

Financial advisors Zachary Meissner and Nathan Eschbach from Pacific Capitol Resource Group, Inc, were able to speak to us about financial planning at our meeting. Mr. Meissner has spent his career focusing on helping medical personnel throughout the Northwest with financial planning and has given numerous seminars on the topic. He told us that in his experience, one of the most critical pieces of financial planning for which residents and physicians are underprepared is disability insurance. Three out of 10 Americans will be disabled at some point in their careers, for an average of 2.5 years, and many of us will develop conditions that will affect our ability to practice medicine. Common but often overlooked causes can include anything from sleep apnea to low back pain to diabetes. These, and other such causes, have the ability to limit our insurability in the future. He said that far too often physicians review their disability coverage for the first time in their forties or fifties, when premiums have increased due to age and their health may not be what it was when they were younger. Consequently, it is important for us to look into disability insurance as we complete our residencies and fellowships. Disability insurance can help residents and physicians to protect their most valuable asset, which is not their home or their retirement plans, but rather their ability to earn an income practicing medicine. Mr. Meissner works for an independent firm and therefore can offer a wide variety of products and provide objective advice. Any resident who is interested in financial advice may contact him at (425) 214-0441. We will also work on other ways to disseminate information about financial planning to residents who will be completing their residencies and fellowships soon.

3. UWHA Grant

Applications for the UWHA grants are open on the website. The grant was funded several years ago, and last year's recipients are posted on the website. Five thousand dollars are available, with grants ranging from \$500 to \$2500 for single projects rewarded annually. Submissions are due by October 31, and the grants will be awarded in January. Email Tristan Shankara (shankara@uw.edu) with any further questions.

4. Committee of Interns and Residents

We plan to separate meetings about CIR from our UWHA meetings. There will

be a meeting about CIR for those interested within the next few weeks. We also had 3 residents present at a CIR meeting on September 26th in Los Angeles. More information will be available once we confirm a date for this meeting.

5. ORCA

ORCA is now available at the VA. If there are any further problems, contact Maya Narayanan (mnarayan@uw.edu).

6. Fellow Salaries

There is a discrepancy between the salaries of hospital and NIH funded fellows. NIH funded fellows make about ten thousand dollars less than hospital funded fellows annually. GME is aware of this discrepancy and we will discuss ways to resolve this issue with them.

7. EPIC

Apparently EPIC is currently inaccessible from home. We will look into ways to resolve this issue.

8. HMC Lounge

Dr. Harlan is working to find lounge space at HMC. All spaces in the Maleng Building are already in use.

9. Parking at UW

Multiple residents expressed frustration with parking around UW given recent construction. We will look into possible solutions to this problem.

As always, if you have any questions about these minutes or the UWHA, please feel free to contact me or any other member of the UWHA executive committee.

Sincerely,

Luke Parr

UWHA Secretary

Resident, Department of Anesthesiology and Pain Medicine