

# Medical Professional Award

## Dr. Nick Tsourmas

Dr. Tsourmas received his medical degree from Georgetown University in 1978. He then began his own orthopedic group practice, which is known as Southwest Orthopedic Group. He has retired from the clinical practice of medicine since 2016 but remains active in teaching the clinical aspects of orthopedic medicine and has adjunct or affiliate appointments UT System Galveston, Houston & Austin Dell Medical Center as well as Texas A&M University Health Sciences Center.

Dr. Tsourmas is committed to educating future medical professionals in the state of Texas, specific to occupational medicine. For the last few years he has gone to UT Tyler and the Texas A & M Health Science Center to teach classes to medical residents about occupational medicine related to workplace injuries. Dr. Nick Tsourmas has been the Medical Director of Texas Mutual Insurance Company since 1999 and been active in that aspect with developing internal systems of medical reviews and the establishment of centers of excellence in worker's compensation health care throughout the State of Texas.

In his role as the medical authority for Texas' largest provider of workers' compensation insurance, Dr. Tsourmas has played a key role in several initiatives that have significantly improved injured worker outcomes and improved the workers' compensation system in the state of Texas. He is also working to ensure the future success of the workers' compensation system by training the next generation of occupational medicine providers on best practices through a variety of innovative media. "Workplace Diagnosis," is an 18-part video series in which Dr. Tsourmas shows medical professionals how to diagnosis common workplace injuries. "This has been so exciting about training residents in orthopedics, training residents in occupational medicine, training residents in physical medicine and rehab, neurosurgery, neurology-- those people who are important to workers' compensation," says Dr. Tsourmas.

In 2011, in response to injured workers' safety as it relates to opioids, Texas Mutual implemented a medical director outreach to prescribing providers program to inform the providers of types of prescriptions, dosage, frequency and duration that their patients were receiving. Dr. Tsourmas personally engaged with providers that were prescribing significant dosages of opioids to provide education and patient advocacy related to prescribing practices. This outreach program is still ongoing as new cases and providers are identified. Additionally, he educates the providers on the latest evidence based literature on the topic and seeks to collaborate with the prescribing provider to develop a step-down program, or alternatives to prescription pain management. The goal of the program is to develop a partnership that is a win for everyone involved in the injury, particularly the injured worker. Dr. Tsourmas has been hugely successful in working with the medical provider community to curb long-term and unnecessary opioid prescriptions. In recent years, Dr. Tsourmas has turned his attention to the future of occupational medicine.

