

BEFORE THE  
MEDICAL BOARD OF CALIFORNIA  
DEPARTMENT OF CONSUMER AFFAIRS  
STATE OF CALIFORNIA

In the Matter of the Accusation Against:

Paul Eric Helland, M.D.

Physician's and Surgeon's  
Certificate No. A 160282

Case No.: 800-2019-060321

Respondent.

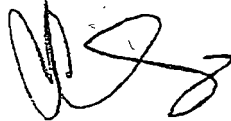
DECISION

The attached Stipulated Settlement and Disciplinary Order is hereby adopted as the Decision and Order of the Medical Board of California, Department of Consumer Affairs, State of California.

This Decision shall become effective at 5:00 p.m. on January 13, 2022.

IT IS SO ORDERED: December 14, 2021.

MEDICAL BOARD OF CALIFORNIA



Laurie Rose Lubiano, J.D., Chair  
Panel A

1 ROB BONTA  
Attorney General of California  
2 JUDITH T. ALVARADO  
Supervising Deputy Attorney General  
3 REBECCA L. SMITH  
Deputy Attorney General  
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7 *Attorneys for Complainant*

8  
9 **BEFORE THE**  
10 **MEDICAL BOARD OF CALIFORNIA**  
11 **DEPARTMENT OF CONSUMER AFFAIRS**  
12 **STATE OF CALIFORNIA**

13 In the Matter of the Accusation Against:

14 PAUL ERIC HELLAND, M.D.  
757 Westwood Plaza, Suite 3304  
Los Angeles, CA 90095

15 Physician's and Surgeon's Certificate  
16 No. A 160282,

17 Respondent.

Case No. 800-2019-060321

OAH No. 2021050044

18  
19  
20 **STIPULATED SETTLEMENT AND**  
21 **DISCIPLINARY ORDER**

22 IT IS HEREBY STIPULATED AND AGREED by and between the parties to the above-  
23 entitled proceedings that the following matters are true:

24 **PARTIES**

25 1. William Prasifka (Complainant) is the Executive Director of the Medical Board of  
26 California (Board). He brought this action solely in his official capacity and is represented in this  
27 matter by Rob Bonta, Attorney General of the State of California, by Rebecca L. Smith, Deputy  
28 Attorney General.

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1 **CULPABILITY**

2 9. Respondent understands and agrees that the charges and allegations in Accusation  
3 No. 800-2019-060321, if proven at a hearing, constitute cause for imposing discipline upon his  
4 Physician's and Surgeon's Certificate.

5 10. Respondent agrees that, at a hearing, Complainant could establish a prima facie case  
6 or factual basis for the charges in the Accusation, and that Respondent hereby gives up his right  
7 to contest those charges.

8 11. Respondent does not contest that, at an administrative hearing, Complainant could  
9 establish a prima facie case with respect to the charges and allegations in Accusation No. 800-  
10 2019-060321, a true and correct copy of which is attached hereto as Exhibit A, and that he has  
11 thereby subjected his Physician's and Surgeon's Certificate, No. A 160282 to disciplinary action.

12 12. **ACKNOWLEDGMENT.** Respondent acknowledges the Disciplinary Order below,  
13 requiring the disclosure of probation pursuant to Business and Professions Code section 2228.1,  
14 serves to protect the public interest.

15 13. Respondent agrees that his Physician's and Surgeon's Certificate is subject to  
16 discipline and he agrees to be bound by the Board's probationary terms as set forth in the  
17 Disciplinary Order below.

18 14. The admissions made by Respondent herein are only for the purposes of this  
19 proceeding, or any other proceedings in which the Medical Board of California or other  
20 professional licensing agency is involved, and shall not be admissible in any other criminal or  
21 civil proceeding.

22 **CONTINGENCY**

23 15. This stipulation shall be subject to approval by the Medical Board of California.  
24 Respondent understands and agrees that counsel for Complainant and the staff of the Medical  
25 Board of California may communicate directly with the Board regarding this stipulation and  
26 settlement, without notice to or participation by Respondent or his counsel. By signing the  
27 stipulation, Respondent understands and agrees that he may not withdraw his agreement or seek  
28 to rescind the stipulation prior to the time the Board considers and acts upon it. If the Board fails

1 to adopt this stipulation as its Decision and Order, the Stipulated Settlement and Disciplinary  
2 Order shall be of no force or effect, except for this paragraph, it shall be inadmissible in any legal  
3 action between the parties, and the Board shall not be disqualified from further action by having  
4 considered this matter.

5 16. Respondent agrees that if he ever petitions for early termination or modification of  
6 probation, or if an accusation and/or petition to revoke probation is filed against him before the  
7 Board, all of the charges and allegations contained in Accusation No. 800-2019-060321 shall be  
8 deemed true, correct and fully admitted by Respondent for purposes of any such proceeding or  
9 any other licensing proceeding involving Respondent in the State of California.

10 17. The parties understand and agree that Portable Document Format (PDF) and facsimile  
11 copies of this Stipulated Settlement and Disciplinary Order, including PDF and facsimile  
12 signatures thereto, shall have the same force and effect as the originals.

13 18. In consideration of the foregoing admissions and stipulations, the parties agree that  
14 the Board may, without further notice or opportunity to be heard by Respondent, issue and enter  
15 the following Disciplinary Order:

16 **DISCIPLINARY ORDER**

17 IT IS HEREBY ORDERED that Physician's and Surgeon's Certificate No. A 160282 issued  
18 to Respondent Paul Eric Helland, M.D. is revoked. However, the revocation is stayed and  
19 Respondent is placed on probation for five (5) years on the following terms and conditions:

20 1. **CONTROLLED SUBSTANCES - ABSTAIN FROM USE.** Respondent shall abstain  
21 completely from the personal use or possession of controlled substances as defined in the  
22 California Uniform Controlled Substances Act, dangerous drugs as defined by Business and  
23 Professions Code section 4022, and any drugs requiring a prescription. This prohibition does not  
24 apply to medications lawfully prescribed to Respondent by another practitioner for a bona fide  
25 illness or condition.

26 Within fifteen (15) calendar days of receiving any lawfully prescribed medications,  
27 Respondent shall notify the Board or its designee of the: issuing practitioner's name, address, and  
28 telephone number; medication name, strength, and quantity; and issuing pharmacy name, address,

1 and telephone number.

2 2. ALCOHOL - ABSTAIN FROM USE. Respondent shall abstain completely from the  
3 use of products or beverages containing alcohol.

4 3. EDUCATION COURSE. Within sixty (60) calendar days of the effective date of this  
5 Decision, and on an annual basis thereafter, Respondent shall submit to the Board or its designee  
6 for its prior approval educational program(s) or course(s) which shall not be less than forty (40)  
7 hours per year, for each year of probation. The educational program(s) or course(s) shall be  
8 aimed at correcting any areas of deficient practice or knowledge and shall be Category I certified.  
9 The educational program(s) or course(s) shall be at Respondent's expense and shall be in addition  
10 to the Continuing Medical Education (CME) requirements for renewal of licensure. Following  
11 the completion of each course, the Board or its designee may administer an examination to test  
12 Respondent's knowledge of the course. Respondent shall provide proof of attendance for sixty-  
13 five (65) hours of CME of which forty (40) hours were in satisfaction of this condition.

14 4. PROFESSIONALISM PROGRAM (ETHICS COURSE). Within sixty (60) calendar  
15 days of the effective date of this Decision, Respondent shall enroll in a professionalism program,  
16 that meets the requirements of Title 16, California Code of Regulations (CCR) section 1358.1.  
17 Respondent shall participate in and successfully complete that program. Respondent shall  
18 provide any information and documents that the program may deem pertinent. Respondent shall  
19 successfully complete the classroom component of the program not later than six (6) months after  
20 Respondent's initial enrollment, and the longitudinal component of the program not later than the  
21 time specified by the program, but no later than one (1) year after attending the classroom  
22 component. The professionalism program shall be at Respondent's expense and shall be in  
23 addition to the Continuing Medical Education (CME) requirements for renewal of licensure.

24 A professionalism program taken after the acts that gave rise to the charges in the  
25 Accusation, but prior to the effective date of the Decision may, in the sole discretion of the Board  
26 or its designee, be accepted towards the fulfillment of this condition if the program would have  
27 been approved by the Board or its designee had the program been taken after the effective date of  
28 this Decision.

1 Respondent shall submit a certification of successful completion to the Board or its  
2 designee not later than 15 calendar days after successfully completing the program or not later  
3 than 15 calendar days after the effective date of the Decision, whichever is later.

4 5. PSYCHOTHERAPY. Within sixty (60) calendar days of the effective date of this  
5 Decision, Respondent shall submit to the Board or its designee for prior approval the name and  
6 qualifications of a California-licensed board certified psychiatrist or a licensed psychologist who  
7 has a doctoral degree in psychology and at least five years of postgraduate experience in the  
8 diagnosis and treatment of emotional and mental disorders. Upon approval, Respondent shall  
9 undergo and continue psychotherapy treatment, including any modifications to the frequency of  
10 psychotherapy, until the Board or its designee deems that no further psychotherapy is necessary.

11 The psychotherapist shall consider any information provided by the Board or its designee  
12 and any other information the psychotherapist deems relevant and shall furnish a written  
13 evaluation report to the Board or its designee. Respondent shall cooperate in providing the  
14 psychotherapist with any information and documents that the psychotherapist may deem  
15 pertinent.

16 Respondent shall have the treating psychotherapist submit quarterly status reports to the  
17 Board or its designee. The Board or its designee may require Respondent to undergo psychiatric  
18 evaluations by a Board-appointed board certified psychiatrist. If, prior to the completion of  
19 probation, Respondent is found to be mentally unfit to resume the practice of medicine without  
20 restrictions, the Board shall retain continuing jurisdiction over Respondent's license and the  
21 period of probation shall be extended until the Board determines that Respondent is mentally fit  
22 to resume the practice of medicine without restrictions.

23 Respondent shall pay the cost of all psychotherapy and psychiatric evaluations.

24 6. SOLO PRACTICE PROHIBITION. Respondent is prohibited from engaging in the  
25 solo practice of medicine. Prohibited solo practice includes, but is not limited to, a practice  
26 where: 1) Respondent merely shares office space with another physician but is not affiliated for  
27 purposes of providing patient care, or 2) Respondent is the sole physician practitioner at that  
28 location.

1           If Respondent fails to establish a practice with another physician or secure employment in  
2 an appropriate practice setting within sixty (60) calendar days of the effective date of this  
3 Decision, Respondent shall receive a notification from the Board or its designee to cease the  
4 practice of medicine within three (3) calendar days after being so notified. Respondent shall not  
5 resume practice until an appropriate practice setting is established.

6           If, during the course of the probation, Respondent's practice setting changes and  
7 Respondent is no longer practicing in a setting in compliance with this Decision, Respondent  
8 shall notify the Board or its designee within five (5) calendar days of the practice setting change.  
9 If Respondent fails to establish a practice with another physician or secure employment in an  
10 appropriate practice setting within sixty (60) calendar days of the practice setting change,  
11 Respondent shall receive a notification from the Board or its designee to cease the practice of  
12 medicine within three (3) calendar days after being so notified. Respondent shall not resume  
13 practice until an appropriate practice setting is established.

14           7.    NOTICE OF EMPLOYER OR SUPERVISOR INFORMATION. Within seven (7)  
15 days of the effective date of this Decision, Respondent shall provide to the Board the names,  
16 physical addresses, mailing addresses, and telephone numbers of any and all employers and  
17 supervisors. Respondent shall also provide specific, written consent for the Board, Respondent's  
18 worksite monitor, and Respondent's employers and supervisors to communicate regarding  
19 Respondent's work status, performance, and monitoring.

20           For purposes of this section, "supervisors" shall include the Chief of Staff and Health or  
21 Well Being Committee Chair, or equivalent, if applicable, when Respondent has medical staff  
22 privileges.

23           8.    BIOLOGICAL FLUID TESTING. Respondent shall immediately submit to  
24 biological fluid testing, at Respondent's expense, upon request of the Board or its designee.  
25 "Biological fluid testing" may include, but is not limited to, urine, blood, breathalyzer, hair  
26 follicle testing, or similar drug screening approved by the Board or its designee. Respondent shall  
27 make daily contact with the Board or its designee to determine whether biological fluid testing is  
28 required. Respondent shall be tested on the date of the notification as directed by the Board or its



1 designee. The Board may order a Respondent to undergo a biological fluid test on any day, at  
2 any time, including weekends and holidays. Except when testing on a specific date as ordered by  
3 the Board or its designee, the scheduling of biological fluid testing shall be done on a random  
4 basis. The cost of biological fluid testing shall be borne by Respondent.

5 During the first year of probation, Respondent shall be subject to 52 to 104 random tests.  
6 During the second year of probation and for the duration of the probationary term, up to five (5)  
7 years, Respondent shall be subject to 36 to 104 random tests per year. Only if there has been no  
8 positive biological fluid tests in the previous five (5) consecutive years of probation, may testing  
9 be reduced to one (1) time per month. Nothing precludes the Board from increasing the number  
10 of random tests to the first-year level of frequency for any reason.

11 Prior to practicing medicine, Respondent shall contract with a laboratory or service,  
12 approved in advance by the Board or its designee, that will conduct random, unannounced,  
13 observed, biological fluid testing and meets all of the following standards:

14 (a) Its specimen collectors are either certified by the Drug and Alcohol Testing Industry  
15 Association or have completed the training required to serve as a collector for the United  
16 States Department of Transportation.

17 (b) Its specimen collectors conform to the current United States Department of  
18 Transportation Specimen Collection Guidelines.

19 (c) Its testing locations comply with the Urine Specimen Collection Guidelines published  
20 by the United States Department of Transportation without regard to the type of test  
21 administered.

22 (d) Its specimen collectors observe the collection of testing specimens.

23 (e) Its laboratories are certified and accredited by the United States Department of Health  
24 and Human Services.

25 (f) Its testing locations shall submit a specimen to a laboratory within one (1) business day  
26 of receipt and all specimens collected shall be handled pursuant to chain of custody  
27 procedures. The laboratory shall process and analyze the specimens and provide legally  
28 defensible test results to the Board within seven (7) business days of receipt of the

1 specimen. The Board will be notified of non-negative results within one (1) business day  
2 and will be notified of negative test results within seven (7) business days.

3 (g) Its testing locations possess all the materials, equipment, and technical expertise  
4 necessary in order to test Respondent on any day of the week.

5 (h) Its testing locations are able to scientifically test for urine, blood, and hair specimens  
6 for the detection of alcohol and illegal and controlled substances.

7 (i) It maintains testing sites located throughout California.

8 (j) It maintains an automated 24-hour toll-free telephone system and/or a secure on-line  
9 computer database that allows Respondent to check in daily for testing.

10 (k) It maintains a secure, HIPAA-compliant website or computer system that allows staff  
11 access to drug test results and compliance reporting information that is available 24 hours a  
12 day.

13 (l) It employs or contracts with toxicologists that are licensed physicians and have  
14 knowledge of substance abuse disorders and the appropriate medical training to interpret  
15 and evaluate laboratory biological fluid test results, medical histories, and any other  
16 information relevant to biomedical information.

17 (m) It will not consider a toxicology screen to be negative if a positive result is obtained  
18 while practicing, even if Respondent holds a valid prescription for the substance.

19 Prior to changing testing locations for any reason, including during vacation or other travel,  
20 alternative testing locations must be approved by the Board and meet the requirements above.

21 The contract shall require that the laboratory directly notify the Board or its designee of  
22 non-negative results within one (1) business day and negative test results within seven (7)  
23 business days of the results becoming available. Respondent shall maintain this laboratory or  
24 service contract during the period of probation.

25 A certified copy of any laboratory test result may be received in evidence in any  
26 proceedings between the Board and Respondent.

27 If a biological fluid test result indicates Respondent has used, consumed, ingested, or  
28 administered to himself or herself a prohibited substance, the Board shall order Respondent to

1 cease practice and instruct Respondent to leave any place of work where Respondent is practicing  
2 medicine or providing medical services. The Board shall immediately notify all of Respondent's  
3 employers, supervisors and work monitors, if any, that Respondent may not practice medicine or  
4 provide medical services while the cease-practice order is in effect.

5 A biological fluid test will not be considered negative if a positive result is obtained while  
6 practicing, even if the practitioner holds a valid prescription for the substance. If no prohibited  
7 substance use exists, the Board shall lift the cease-practice order within one (1) business day.

8 After the issuance of a cease-practice order, the Board shall determine whether the positive  
9 biological fluid test is in fact evidence of prohibited substance use by consulting with the  
10 specimen collector and the laboratory, communicating with the licensee, his or her treating  
11 physician(s), other health care provider, or group facilitator, as applicable.

12 For purposes of this condition, the terms "biological fluid testing" and "testing" mean the  
13 acquisition and chemical analysis of a Respondent's urine, blood, breath, or hair.

14 For purposes of this condition, the term "prohibited substance" means an illegal drug, a  
15 lawful drug not prescribed or ordered by an appropriately licensed health care provider for use by  
16 Respondent and approved by the Board, alcohol, or any other substance Respondent has been  
17 instructed by the Board not to use, consume, ingest, or administer to himself or herself.

18 If the Board confirms that a positive biological fluid test is evidence of use of a prohibited  
19 substance, Respondent has committed a major violation, as defined in section 1361.52(a), and the  
20 Board shall impose any or all of the consequences set forth in section 1361.52(b), in addition to  
21 any other terms or conditions the Board determines are necessary for public protection or to  
22 enhance Respondent's rehabilitation.

23 9. SUBSTANCE ABUSE SUPPORT GROUP MEETINGS. Within thirty (30) days of  
24 the effective date of this Decision, Respondent shall submit to the Board or its designee, for its  
25 prior approval, the name of a substance abuse support group which he or she shall attend for the  
26 duration of probation. Respondent shall attend substance abuse support group meetings at least  
27 once per week, or as ordered by the Board or its designee. Respondent shall pay all substance  
28 abuse support group meeting costs.

1       The facilitator of the substance abuse support group meeting shall have a minimum of three  
2 (3) years' experience in the treatment and rehabilitation of substance abuse, and shall be licensed  
3 or certified by the state or nationally certified organizations. The facilitator shall not have a  
4 current or former financial, personal, or business relationship with Respondent within the last five  
5 (5) years. Respondent's previous participation in a substance abuse group support meeting led by  
6 the same facilitator does not constitute a prohibited current or former financial, personal, or  
7 business relationship.

8       The facilitator shall provide a signed document to the Board or its designee showing  
9 Respondent's name, the group name, the date and location of the meeting, Respondent's  
10 attendance, and Respondent's level of participation and progress. The facilitator shall report any  
11 unexcused absence by Respondent from any substance abuse support group meeting to the Board,  
12 or its designee, within twenty-four (24) hours of the unexcused absence.

13       10. WORKSITE MONITOR FOR SUBSTANCE-ABUSING LICENSEE. Within thirty  
14 (30) calendar days of the effective date of this Decision, Respondent shall submit to the Board or  
15 its designee for prior approval as a worksite monitor, the name and qualifications of one or more  
16 licensed physician and surgeon, other licensed health care professional if no physician and  
17 surgeon is available, or, as approved by the Board or its designee, a person in a position of  
18 authority who is capable of monitoring Respondent at work.

19       The worksite monitor shall not have a current or former financial, personal, or familial  
20 relationship with Respondent, or any other relationship that could reasonably be expected to  
21 compromise the ability of the monitor to render impartial and unbiased reports to the Board or its  
22 designee. If it is impractical for anyone but Respondent's employer to serve as the worksite  
23 monitor, this requirement may be waived by the Board or its designee, however, under no  
24 circumstances shall Respondent's worksite monitor be an employee or supervisee of the licensee.

25       The worksite monitor shall have an active unrestricted license with no disciplinary action  
26 within the last five (5) years, and shall sign an affirmation that he or she has reviewed the terms  
27 and conditions of Respondent's disciplinary order and agrees to monitor Respondent as set forth  
28 by the Board or its designee.

1 Respondent shall pay all worksite monitoring costs.

2 The worksite monitor shall have face-to-face contact with Respondent in the work  
3 environment on as frequent a basis as determined by the Board or its designee, but not less than  
4 once per week; interview other staff in the office regarding Respondent's behavior, if requested  
5 by the Board or its designee; and review Respondent's work attendance.

6 The worksite monitor shall verbally report any suspected substance abuse to the Board and  
7 Respondent's employer or supervisor within one (1) business day of occurrence. If the suspected  
8 substance abuse does not occur during the Board's normal business hours, the verbal report shall  
9 be made to the Board or its designee within one (1) hour of the next business day. A written  
10 report that includes the date, time, and location of the suspected abuse; Respondent's actions; and  
11 any other information deemed important by the worksite monitor shall be submitted to the Board  
12 or its designee within forty-eight (48) hours of the occurrence.

13 The worksite monitor shall complete and submit a written report monthly or as directed by  
14 the Board or its designee which shall include the following: (1) Respondent's name and  
15 Physician's and Surgeon's Certificate number; (2) the worksite monitor's name and signature; (3)  
16 the worksite monitor's license number, if applicable; (4) the location or location(s) of the  
17 worksite; (5) the dates Respondent had face-to-face contact with the worksite monitor; (6) the  
18 names of worksite staff interviewed, if applicable; (7) a report of Respondent's work attendance;  
19 (8) any change in Respondent's behavior and/or personal habits; and (9) any indicators that can  
20 lead to suspected substance abuse by Respondent. Respondent shall complete any required  
21 consent forms and execute agreements with the approved worksite monitor and the Board, or its  
22 designee, authorizing the Board, or its designee, and worksite monitor to exchange information.

23 If the worksite monitor resigns or is no longer available, Respondent shall, within five (5)  
24 calendar days of such resignation or unavailability, submit to the Board or its designee, for prior  
25 approval, the name and qualifications of a replacement monitor who will be assuming that  
26 responsibility within fifteen (15) calendar days. If Respondent fails to obtain approval of a  
27 replacement monitor within sixty (60) calendar days of the resignation or unavailability of the  
28 monitor, Respondent shall receive a notification from the Board or its designee to cease the

1 practice of medicine within three (3) calendar days after being so notified. Respondent shall  
2 cease the practice of medicine until a replacement monitor is approved and assumes monitoring  
3 responsibility.

4 11. VIOLETION OF PROBATION CONDITION FOR SUBSTANCE ABUSING  
5 LICENSEES. Failure to fully comply with any term or condition of probation is a violation of  
6 probation.

7 A. If Respondent commits a major violation of probation as defined by section  
8 1361.52, subdivision (a), of Title 16 of the California Code of Regulations, the Board shall take  
9 one or more of the following actions:

10 (1) Issue an immediate cease-practice order and order Respondent to undergo a clinical  
11 diagnostic evaluation to be conducted in accordance with section 1361.5, subdivision (c)(1), of  
12 Title 16 of the California Code of Regulations, at Respondent's expense. The cease-practice  
13 order issued by the Board or its designee shall state that Respondent must test negative for at least  
14 a month of continuous biological fluid testing before being allowed to resume practice. For  
15 purposes of determining the length of time a Respondent must test negative while undergoing  
16 continuous biological fluid testing following issuance of a cease-practice order, a month is  
17 defined as thirty calendar (30) days. Respondent may not resume the practice of medicine until  
18 notified in writing by the Board or its designee that he or she may do so.

19 (2) Increase the frequency of biological fluid testing.

20 (3) Refer Respondent for further disciplinary action, such as suspension, revocation, or  
21 other action as determined by the Board or its designee.

22 B. If Respondent commits a minor violation of probation as defined by section  
23 1361.52, subdivision (c), of Title 16 of the California Code of Regulations, the Board shall take  
24 one or more of the following actions:

25 (1) Issue a cease-practice order;

26 (2) Order practice limitations;

27 (3) Order or increase supervision of Respondent;

28 (4) Order increased documentation;

- 1 (5) Issue a citation and fine, or a warning letter;
- 2 (6) Order Respondent to undergo a clinical diagnostic evaluation to be conducted in
- 3 accordance with section 1361.5, subdivision (c)(1), of Title 16 of the California Code of
- 4 Regulations, at Respondent's expense;
- 5 (7) Take any other action as determined by the Board or its designee.

6 C. Nothing in this Decision shall be considered a limitation on the Board's authority  
7 to revoke Respondent's probation if he or she has violated any term or condition of probation. If  
8 Respondent violates probation in any respect, the Board, after giving Respondent notice and the  
9 opportunity to be heard, may revoke probation and carry out the disciplinary order that was  
10 stayed. If an Accusation, or Petition to Revoke Probation, or an Interim Suspension Order is filed  
11 against Respondent during probation, the Board shall have continuing jurisdiction until the matter  
12 is final, and the period of probation shall be extended until the matter is final.

13 12. PATIENT DISCLOSURE Before a patient's first visit following the effective date  
14 of this order and while Respondent is on probation, Respondent must provide all patients, or  
15 patient's guardian or health care surrogate, with a separate disclosure that includes Respondent's  
16 probation status, the length of the probation, the probation end date, all practice restrictions  
17 placed on Respondent by the board, the board's telephone number, and an explanation of how the  
18 patient can find further information on Respondent's probation on Respondent's profile page on  
19 the board's website. Respondent shall obtain from the patient, or the patient's guardian or health  
20 care surrogate, a separate, signed copy of that disclosure. Respondent shall not be required to  
21 provide a disclosure if any of the following applies: (1) The patient is unconscious or otherwise  
22 unable to comprehend the disclosure and sign the copy of the disclosure and a guardian or health  
23 care surrogate is unavailable to comprehend the disclosure and sign the copy; (2) The visit occurs  
24 in an emergency room or an urgent care facility or the visit is unscheduled, including  
25 consultations in inpatient facilities; (3) Respondent is not known to the patient until immediately  
26 prior to the start of the visit; (4) Respondent does not have a direct treatment relationship with the  
27 patient.

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1           13. NOTIFICATION. Within seven (7) days of the effective date of this Decision,  
2 Respondent shall provide a true copy of this Decision and Accusation to the Chief of Staff or the  
3 Chief Executive Officer at every hospital where privileges or membership are extended to  
4 Respondent, at any other facility where Respondent engages in the practice of medicine,  
5 including all physician and locum tenens registries or other similar agencies, and to the Chief  
6 Executive Officer at every insurance carrier which extends malpractice insurance coverage to  
7 Respondent. Respondent shall submit proof of compliance to the Board or its designee within  
8 fifteen (15) calendar days.

9           This condition shall apply to any change(s) in hospitals, other facilities or insurance carrier.

10           14. SUPERVISION OF PHYSICIAN ASSISTANTS AND ADVANCED PRACTICE  
11 NURSES. During probation, Respondent is prohibited from supervising physician assistants and  
12 advanced practice nurses.

13           15. OBEY ALL LAWS. Respondent shall obey all federal, state and local laws, all rules  
14 governing the practice of medicine in California and remain in full compliance with any court  
15 ordered criminal probation, payments, and other orders.

16           16. QUARTERLY DECLARATIONS. Respondent shall submit quarterly declarations  
17 under penalty of perjury on forms provided by the Board, stating whether there has been  
18 compliance with all the conditions of probation.

19           Respondent shall submit quarterly declarations not later than ten (10) calendar days after  
20 the end of the preceding quarter.

21           17. GENERAL PROBATION REQUIREMENTS.

22           Compliance with Probation Unit

23           Respondent shall comply with the Board's probation unit.

24           Address Changes

25           Respondent shall, at all times, keep the Board informed of Respondent's business and  
26 residence addresses, email address (if available), and telephone number. Changes of such  
27 addresses shall be immediately communicated in writing to the Board or its designee. Under no  
28 circumstances shall a post office box serve as an address of record, except as allowed by Business



1 and Professions Code section 2021, subdivision (b).

2 Place of Practice

3 Respondent shall not engage in the practice of medicine in Respondent's or patient's place  
4 of residence, unless the patient resides in a skilled nursing facility or other similar licensed  
5 facility.

6 License Renewal

7 Respondent shall maintain a current and renewed California physician's and surgeon's  
8 license.

9 Travel or Residence Outside California

10 Respondent shall immediately inform the Board or its designee, in writing, of travel to any  
11 areas outside the jurisdiction of California which lasts, or is contemplated to last, more than thirty  
12 (30) calendar days.

13 In the event Respondent should leave the State of California to reside or to practice ,  
14 Respondent shall notify the Board or its designee in writing thirty (30) calendar days prior to the  
15 dates of departure and return.

16 18. INTERVIEW WITH THE BOARD OR ITS DESIGNEE. Respondent shall be  
17 available in person upon request for interviews either at Respondent's place of business or at the  
18 probation unit office, with or without prior notice throughout the term of probation.

19 19. NON-PRACTICE WHILE ON PROBATION. Respondent shall notify the Board or  
20 its designee in writing within fifteen (15) calendar days of any periods of non-practice lasting  
21 more than 30 calendar days and within fifteen (15) calendar days of Respondent's return to  
22 practice. Non-practice is defined as any period of time Respondent is not practicing medicine as  
23 defined in Business and Professions Code sections 2051 and 2052 for at least forty (40) hours in a  
24 calendar month in direct patient care, clinical activity or teaching, or other activity as approved by  
25 the Board. If Respondent resides in California and is considered to be in non-practice,  
26 Respondent shall comply with all terms and conditions of probation. All time spent in an  
27 intensive training program which has been approved by the Board or its designee shall not be  
28 considered non-practice and does not relieve Respondent from complying with all the terms and

1 conditions of probation. Practicing medicine in another state of the United States or Federal  
2 jurisdiction while on probation with the medical licensing authority of that state or jurisdiction  
3 shall not be considered non-practice. A Board-ordered suspension of practice shall not be  
4 considered as a period of non-practice.

5 In the event Respondent's period of non-practice while on probation exceeds eighteen (18)  
6 calendar months, Respondent shall successfully complete the Federation of State Medical Boards'  
7 Special Purpose Examination, or, at the Board's discretion, a clinical competence assessment  
8 program that meets the criteria of Condition 18 of the current version of the Board's "Manual of  
9 Model Disciplinary Orders and Disciplinary Guidelines" prior to resuming the practice of  
10 medicine.

11 Respondent's period of non-practice while on probation shall not exceed two (2) years.

12 Periods of non-practice will not apply to the reduction of the probationary term.

13 Periods of non-practice for a Respondent residing outside of California will relieve  
14 Respondent of the responsibility to comply with the probationary terms and conditions with the  
15 exception of this condition and the following terms and conditions of probation: Obey All Laws;  
16 General Probation Requirements; Quarterly Declarations; Abstain from the Use of Alcohol and/or  
17 Controlled Substances; and Biological Fluid Testing.

18 20. COMPLETION OF PROBATION. Respondent shall comply with all financial  
19 obligations (e.g., restitution, probation costs) not later than one hundred twenty (120) calendar  
20 days prior to the completion of probation. Upon successful completion of probation,  
21 Respondent's certificate shall be fully restored.

22 21. VIOLATION OF PROBATION. Failure to fully comply with any term or condition  
23 of probation is a violation of probation. If Respondent violates probation in any respect, the  
24 Board, after giving Respondent notice and the opportunity to be heard, may revoke probation and  
25 carry out the disciplinary order that was stayed. If an Accusation, or Petition to Revoke  
26 Probation, or an Interim Suspension Order is filed against Respondent during probation, the  
27 Board shall have continuing jurisdiction until the matter is final, and the period of probation shall  
28 be extended until the matter is final.

1           22. LICENSE SURRENDER. Following the effective date of this Decision, if  
2 Respondent ceases practicing due to retirement or health reasons or is otherwise unable to satisfy  
3 the terms and conditions of probation, Respondent may request to surrender his or her license.  
4 The Board reserves the right to evaluate Respondent's request and to exercise its discretion in  
5 determining whether or not to grant the request, or to take any other action deemed appropriate  
6 and reasonable under the circumstances. Upon formal acceptance of the surrender, Respondent  
7 shall within fifteen (15) calendar days deliver Respondent's wallet and wall certificate to the  
8 Board or its designee and Respondent shall no longer practice medicine. Respondent will no  
9 longer be subject to the terms and conditions of probation. If Respondent re-applies for a medical  
10 license, the application shall be treated as a petition for reinstatement of a revoked certificate.

11           23. PROBATION MONITORING COSTS. Respondent shall pay the costs associated  
12 with probation monitoring each and every year of probation, as designated by the Board, which  
13 may be adjusted on an annual basis. Such costs shall be payable to the Medical Board of  
14 California and delivered to the Board or its designee no later than January 31 of each calendar  
15 year.

16           24. FUTURE ADMISSIONS CLAUSE. If Respondent should ever apply or reapply for  
17 a new license or certification, or petition for reinstatement of a license, by any other health care  
18 licensing action agency in the State of California, all of the charges and allegations contained in  
19 Accusation No. 800-2019-060321 shall be deemed to be true, correct, and admitted by  
20 Respondent for the purpose of any Statement of Issues or any other proceeding seeking to deny or  
21 restrict license.

22 ///

23 ///

24 ///

25 ///

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28 ///

1 **ACCEPTANCE**

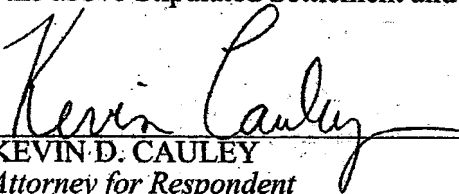
2 I have carefully read the above Stipulated Settlement and Disciplinary Order and have fully  
3 discussed it with my attorney, Kevin D. Cauley. I understand the stipulation and the effect it will  
4 have on my Physician's and Surgeon's Certificate. I enter into this Stipulated Settlement and  
5 Disciplinary Order voluntarily, knowingly, and intelligently, and agree to be bound by the  
6 Decision and Order of the Medical Board of California.

7  
8 DATED: October 25, 2021

  
9 PAUL ERIC HELLAND, M.D.  
10 *Respondent*

11 I have read and fully discussed with Respondent Paul Eric Helland, M.D. the terms and  
12 conditions and other matters contained in the above Stipulated Settlement and Disciplinary Order.  
13 I approve its form and content.

14 DATED: October 25, 2021

  
15 KEVIN D. CAULEY  
16 *Attorney for Respondent*

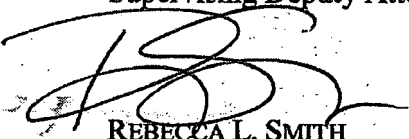
17 **ENDORSEMENT**

18 The foregoing Stipulated Settlement and Disciplinary Order is hereby respectfully  
19 submitted for consideration by the Medical Board of California.

20 DATED: 10/27/2021

21 Respectfully submitted,

22 ROB BONTA  
23 Attorney General of California  
24 JUDITH T. ALVARADO  
25 Supervising Deputy Attorney General

  
26 REBECCA L. SMITH  
27 Deputy Attorney General  
28 *Attorneys for Complainant*

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**Exhibit A**

**Accusation No. 800-2019-060321**

1 XAVIER BECERRA  
Attorney General of California  
2 JUDITH T. ALVARADO  
Supervising Deputy Attorney General  
3 State Bar No. 155307  
California Department of Justice  
4 300 South Spring Street, Suite 1702  
Los Angeles, California 90013  
5 Telephone: (213) 269-6453  
Facsimile: (916) 731-2117  
6 *Attorneys for Complainant*

7  
8 **BEFORE THE**  
**MEDICAL BOARD OF CALIFORNIA**  
9 **DEPARTMENT OF CONSUMER AFFAIRS**  
10 **STATE OF CALIFORNIA**

11 In the Matter of the Accusation Against:  
12 **Paul Eric Helland, M.D.**  
13 **757 Westwood Plaza, Suite 3304**  
14 **Los Angeles, CA 90095-8358**  
15 **Physician's and Surgeon's Certificate**  
**No. A 160282,**

Case No. 800-2019-060321

**A C C U S A T I O N**

16 Respondent.

17  
18 **PARTIES**

19 1. William Prasifka (Complainant) brings this Accusation solely in his official capacity  
20 as the Executive Director of the Medical Board of California, Department of Consumer Affairs  
21 (Board).

22 2. On or about January 9, 2019, the Board issued Physician's and Surgeon's Certificate  
23 Number A 160282 to Paul Eric Helland, M.D. (Respondent). The Physician's and Surgeon's  
24 Certificate was in full force and effect at all times relevant to the charges brought herein and will  
25 expire on January 31, 2023, unless renewed.

26 ///  
27 ///  
28 ///

1 **JURISDICTION**

2 3. This Accusation is brought before the Board, under the authority of the following  
3 laws. All section references are to the Business and Professions Code (Code) unless otherwise  
4 indicated.

5 4. Section 2004 of the Code states:

6 The board shall have the responsibility for the following:

7 (a) The enforcement of the disciplinary and criminal provisions of the Medical  
8 Practice Act.

9 (b) The administration and hearing of disciplinary actions.

10 (c) Carrying out disciplinary actions appropriate to findings made by a panel or  
11 an administrative law judge.

12 (d) Suspending, revoking, or otherwise limiting certificates after the conclusion  
13 of disciplinary actions.

14 (e) Reviewing the quality of medical practice carried out by physician and  
15 surgeon certificate holders under the jurisdiction of the board.

16 (f) Approving undergraduate and graduate medical education programs.

17 (g) Approving clinical clerkship and special programs and hospitals for the  
18 programs in subdivision (f).

19 (h) Issuing licenses and certificates under the board's jurisdiction.

20 (i) Administering the board's continuing medical education program.

21 5. Section 2227 of the Code states:

22 (a) A licensee whose matter has been heard by an administrative law judge of  
23 the Medical Quality Hearing Panel as designated in Section 11371 of the Government  
24 Code, or whose default has been entered, and who is found guilty, or who has entered  
25 into a stipulation for disciplinary action with the board, may, in accordance with the  
26 provisions of this chapter:

27 (1) Have his or her license revoked upon order of the board.

28 (2) Have his or her right to practice suspended for a period not to exceed one  
year upon order of the board.

(3) Be placed on probation and be required to pay the costs of probation  
monitoring upon order of the board.

(4) Be publicly reprimanded by the board. The public reprimand may include a  
requirement that the licensee complete relevant educational courses approved by the  
board.

1 (5) Have any other action taken in relation to discipline as part of an order of  
probation, as the board or an administrative law judge may deem proper.

2 (b) Any matter heard pursuant to subdivision (a), except for warning letters,  
3 medical review or advisory conferences, professional competency examinations,  
4 continuing education activities, and cost reimbursement associated therewith that are  
5 agreed to with the board and successfully completed by the licensee, or other matters  
6 made confidential or privileged by existing law, is deemed public, and shall be made  
available to the public by the board pursuant to Section 803.1.

## 6 STATUTORY PROVISIONS

7 6. Section 820 of the Code states:

8 Whenever it appears that any person holding a license, certificate or permit  
9 under this division or under any initiative act referred to in this division may be  
10 unable to practice his or her profession safely because the licentiate's ability to  
11 practice is impaired due to mental illness, or physical illness affecting competency,  
12 the licensing agency may order the licentiate to be examined by one or more  
physicians and surgeons or psychologists designated by the agency. The report of the  
13 examiners shall be made available to the licentiate and may be received as direct  
14 evidence in proceedings conducted pursuant to Section 822.

13 7. Section 822 of the Code states:

14 If a licensing agency determines that its licentiate's ability to practice his or her  
15 profession safely is impaired because the licentiate is mentally ill, or physically ill  
16 affecting competency, the licensing agency may take action by any one of the  
following methods:

17 (a) Revoking the licentiate's certificate or license.

18 (b) Suspending the licentiate's right to practice.

19 (c) Placing the licentiate on probation.

20 (d) Taking such other action in relation to the licentiate as the licensing agency  
in its discretion deems proper.

21 The licensing section shall not reinstate a revoked or suspended certificate or  
22 license until it has received competent evidence of the absence or control of the  
23 condition which caused its action and until it is satisfied that with due regard for the  
public health and safety the person's right to practice his or her profession may be  
safely reinstated.

24 8. Section 824 of the Code states:

25 The licensing agency may proceed against a licentiate under either Section 820,  
26 or 822, or under both sections.

27 9. Section 826 of the Code states:

28 The proceedings under Sections 821 and 822 shall be conducted in accordance



1 with Chapter 5 (commencing with Section 11500) of Part 1 of Division 3 of Title 2 of  
2 the Government Code, and the licensing agency and the licentiate shall have all the  
3 rights and powers granted therein.

4 **FACTUAL ALLEGATIONS**

5 10. Respondent is an anesthesia resident at UCLA David Geffen School of Medicine.

6 11. Upon Order of the Board dated September 11, 2020, Respondent was required to  
7 undergo physical and mental examinations and biological fluid testing to determine if he could  
8 safely practice medicine.

9 12. Following his mental examination performed on September 29, 2020, Respondent  
10 was found to suffer from substance use disorder--specifically, propofol. Respondent had received  
11 in-patient rehabilitation for addiction at Hazelton Betty Ford Foundation in Rancho Mirage and a  
12 thirty-day outpatient program.

13 13. The psychiatrist who performed the mental examination stated that Respondent  
14 requires continued treatment as a condition to practice medicine safely. The expert further stated  
15 that it is in Respondent's best interest and in the best interest of the public that Respondent  
16 receives aggressive treatment, including psychotherapy, in addition to his current treatment  
17 regimen.

18 14. The internist who performed the physical examination stated that Respondent is not  
19 able to practice medicine safely at this time without restrictions. Respondent requires ongoing  
20 psychotherapeutic counseling and urine screening to preclude his relapse into substance abuse.

21 **CAUSE FOR DISCIPLINE**

22 **(Inability to Safely Practice Medicine)**

23 15. Respondent Paul Eric Helland, M.D. is subject to disciplinary action pursuant to  
24 section 822 of the Code in that Respondent cannot safely practice medicine without practice  
25 restrictions. The circumstances are as follows:

26 16. Complainant refers to and, by this reference, incorporates paragraphs 10 through 14,  
27 above, as though set forth fully herein.

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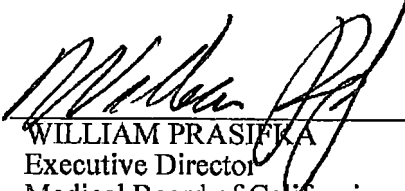
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PRAYER

WHEREFORE, Complainant requests that a hearing be held on the matters herein alleged, and that following the hearing, the Medical Board of California issue a decision:

1. Revoking or suspending Physician's and Surgeon's Certificate Number A 160282, issued to Respondent;
2. Revoking, suspending or denying approval of Respondent's authority to supervise physician assistants and advanced practice nurses;
3. Ordering Respondent, if placed on probation, to pay the Board the costs of probation monitoring; and,
4. Taking such other and further action as deemed necessary and proper.

DATED: Jan. 26. 2021

  
\_\_\_\_\_  
WILLIAM PRASIFKA  
Executive Director  
Medical Board of California  
Department of Consumer Affairs  
State of California  
*Complainant*

LA2020603523