

Pennsylvania Surgical News

April 2022



Robbi-Ann M. Cook, CAE
Executive Director

The year is flying by at lightening speed, and we are still trying to determine what is the “new normal”. It is hard to believe that we have been navigating the COVID waters for three years. Will it ever completely disappear?

The Keystone and Metropolitan Collaborative Task force continues to meet and work on educational and networking projects that will connect all our members. Check some upcoming plans in this issue by the Advocacy Task Force and the Young Surgeon Work Group. We have much to offer in the upcoming months.

If you have not submitted your dues renewal for the 2022 membership year, make sure to make that commitment to your surgical community. Members remaining unpaid as of March 31, 2022 are considered lapsed, and will need to reactive their membership.

Have news updates you would like to share with your colleagues? We are always looking for additional content for the monthly newsletter and love to highlight career advancements, research papers published, and personal milestones. Send your articles to me at rcook@rmcmanagementsolutions.com and we will be happy to include it in an upcoming issue.

Check out all to offer in this issue of the *Pennsylvania Surgical News*.

Robbi

Robbi-Ann M. Cook, CAE
Executive Director

INSIDE THIS ISSUE

ACS Updates	4
Legislative Update	4
Meanderings of a Wandering Surgeon	2
Leading from the Heart	6
Tips & Tricks Using Zoom	8
Upcoming Events	8
Young Surgeon Work Group	3

Pennsylvania Surgical News is a collaborative effort of the Keystone and Metropolitan Philadelphia Chapters. Content is copyright. Articles are the opinion of the writer(s), and may not reflect the mission, goals, and focus of the Chapters.

Editorial Team
Robbi-Ann M. Cook, CAE
Shannon Marie Foster, MD, FACS



Shannon Marie Foster, MD, FACS
Keystone Chapter
Immediate Past President

Meanderings from A Wandering Surgeon



We All Grow Together!

Friends and Colleagues –

Spring has emerged and life abounds – blooms and fresh color to be seen everywhere. A privilege for those who see it every day and take the time to appreciate it – better yet, for those who help it grow.

So it is for our young colleagues – matriculation and graduations ahead – from student to resident, resident to fellow, fellow to first job. All exciting. All stressful. All times of new growth.

For every single one of us not in the midst of those blossoming transitions – how are you helping them grow? I hope rather than watch any new growth struggle and strain you fertilize, water, and even provide shade when the heat is too intense.

**Ask it of yourself. Ask it of others.
We all grow together.**

Shannon Marie Foster, MD, FACS is Immediate Past President of the Keystone Chapter. She also serves as the PA Chapters Collaborative Task Force Chair, and at the national level as a Governor-at-Large, PA Liaison to CoT and WiS Committees, DEI Outreach Workgroup, Board of Governors Executive Committee, and the Communications Pillar Lead

**JOIN THE CHORUS OF SURGICAL VOICES
HELP PROTECT YOUR RIGHTS, PROTECT
YOUR PATIENTS, AND PRESERVE THE
SURGICAL SPECIALTY.**

RENEW OR JOIN TODAY!

Keystone Chapter: www.kc-accs.org
Metro Philly Chapter: www.mp-accs.org

Local chapter dues is not included in your membership with the College.

Questions? Call the Chapter Office at 717.220.5255.



MARKING THE 100th ANNIVERSARY OF THE COMMISSION ON CANCER

Congressmembers Brian Higgins (D-NY-26), Brian Fitzpatrick (R-PA-1), Derek Kilmer (D-WA-6), and Mike Kelly (R-PA-16), co-chairs of the House Cancer Caucus, introduced a [resolution](#) recognizing the 100th anniversary of the American College of Surgeons Commission on Cancer. The commission assesses quality standards in cancer treatment and prevention to ensure that all patients have access to high-quality care.

To read the full new release, click [HERE](#).

KCACCS/MPACS Young Surgeons Work Group Update



Just as Spring offers a refreshing breath of fresh air, so does the new joint Keystone/Metro Philly Young Surgeons Work Group hope to bring a refreshing breath of fresh air and energy to these well-established Chapters of the College. This new work group, formed just over two months ago, represents an exciting collaboration between our two Chapters meant to foster, support and appeal to the interests of students, trainees, and early career surgeons. We represent the young surgeon voice on the executive council of the Chapters and will work to facilitate engagement of young surgeons in both the Chapters and the American College of Surgeons. Representatives to the Work Group include both residents and young surgeons in practice from hospitals and training programs all over the large catchment area of the two Chapters, including Penn State Hershey, Crozer Chester, Temple, Geisinger, St. Luke's, Einstein, and Penn Medicine, among others.

The Work Group currently meets every six weeks and has brainstormed some exciting activities to bring all constituents together. Our first collaborative event, **Residency/Fellowship 101** is set for June 2nd will be a virtual event for both medical students who are interested in a surgical career and residents interested in pursuing a fellowship. Participants will be able to move through breakout rooms moderated by faculty from multiple surgical specialties available to discuss the next stages of training, no matter what level. This was a very successful event last year for the Metro Philly Chapter and promises to be another great event.

Surgical Jeopardy will be returning with a tentative August kickoff as a combined Keystone/Metro Philly event. Stay tune for additional information and the announcement of a fun and exciting venue for this event.

If you have ideas for activities or would like to be involved in the Work Group (and are a trainee or surgeon within their first five years of practice), please feel free to contact me, Becky Hoffman, at rlhoffman@geisinger.edu.

Rebecca Hoffman, MD, FACS, Chair of the Young Surgeon Work Group, is a colon-rectal surgeon at Geisinger Medical Center in Danville and serves as a Councilor for the Keystone Chapter.



Call for Nominations for ACS Secretary



The 2022 Nominating Committee of the Board of Regents (NCBR) will be selecting a nominee for Secretary of the College, a position that commences after the upcoming Clinical Congress. The deadline to submit nominations is **May 31**.

For additional information on requirements and submission guidelines, visit the ACS website or click [HERE](#).

SURGEONS MAKE AN IMPACT DURING MEETINGS WITH LAWMAKERS

Approximately 350 people attended this month's ACS Advocacy Summit, both virtually and in Washington, DC, before participating in more than 150 virtual visits with Congressional lawmakers and their senior staff.

2022 ACS Leadership & Advocacy Summit attendees had the opportunity to meet virtually with members of Congress and staff to foster new and existing relationships and promote important ACS advocacy priorities. A total of 161 participants from 35 states, spanning 99 House districts and 70 Senate constituencies, met with key congressional decision-makers. More than 30% of meetings included senior advisors (such as chief of staff, legislative director) or members of Congress, demonstrating that legislators are eager to hear from ACS members.

Several surgeons and ACS leaders provided feedback on their experiences, including Keystone Past President, Shannon Marie Foster, MD, FACS.

"The virtual visit with Rep. Susan Wild's team provided an opportunity to discuss myriad issues and challenges facing surgery with a new congressional leader who has chosen to become increasingly informed and active in the complex

healthcare needs facing surgical patients and the profession. The efforts made via the ACS staff to educate and support both legislators and constituents cannot be overstated!"

Shannon M. Foster, MD, FACS

*Communications Pillar Lead, ACS Board of Governors
Reading, PA*

For more information about [meeting with policymakers](#), participating in [Advocacy at Home](#), or other advocacy best practices, contact Katie Oehmen, Manager, ACSPA-SurgeonsPAC and Grassroots, at koehmen@facs.org.



STATE AFFAIRS

TAKE ACTION IN YOUR STATE'S POLITICAL BATTLE FOR EPIDERMIS

While some individuals will be prioritizing their sun tans this summer, others have been visiting indoor tanning facilities throughout the year. Among young women, use of indoor tanning facilities remains high despite associated risks such as skin cancer, premature skin aging, and weakened immune systems.

Despite the US Food and Drug Administration's recommendation against the use of tanning beds by minors, nearly one-third of indoor tanners begin the practice before age 18. The ACS Commission on Cancer (CoC) is working with states to pass legislation that requires tanning bed

users to be at least 18 years old, without an option for parental exemption. To date, 20 states and the District of Columbia have passed indoor tanning age requirements, including:

- California
- Colorado
- Delaware
- Hawaii
- Illinois
- Kansas
- Louisiana
- Maine
- Maryland
- Massachusetts
- Minnesota
- Nevada
- New Hampshire
- North Carolina
- Oregon
- Rhode Island
- Texas
- Vermont
- Virginia
- Washington

Women who tan indoors before the age of 30 are six times more likely to be diagnosed with melanoma, the deadliest form of skin cancer. In addition, research has shown that parents are encouraging indoor tanning use by either introducing the habit or signing exemption waivers for their children to tan in states that already have existing age requirements. Daughters who tan for the first time with their mothers are four times more likely to become heavy tanners in the future. Only three states have introduced bills regarding indoor tanning age requirements, including New York, Ohio, and South Carolina.

The ACS State Affairs team can help with letters, testimony, and grassroots support for Fellows

and ACS state chapters to advocate for these bills. For more information, contact Christopher Johnson at cjohnson@facs.org or Rebecca King at rebeccaking@facs.org.

View the full list of cancer bills that the ACS is tracking.

[Cancer State Legislation](#)



Coming Soon: A Completely Redesigned ACS Website

ACS will be unveiling its completely redesigned website in early May. The new design will enhance your experience and make it easier to find what you are looking for—whether you are using a desktop or mobile device.

The new website is based on extensive user research and thoughtfully designed to provide a great experience on every visit.

ACS encourages all members to test out the new site and provide feedback.

TOP 5 BENEFITS OF THE NEW ACS WEBSITE

- **Better organized content** to more quickly find information you want
- **Improved search experience** with more relevant results
- **Fewer clicks** so you can get to your destination faster
- **Optimized for mobile** making it easier to use with tablets and phones
- **Personalized experience** that will improve each time you visit

Calling All Residents & Early Career Attendings

Are you a Resident or Early Career Surgeon (less than 5 years in practice)? Want to get involved in planning educational, networking, and social events unique to your surgical career level?

Come join the Young Surgeons Work Group. We are looking for residents and early-career attendings to represent each institution in the Keystone and Metro Philly Chapter area.

Consider joining this new and engaging Work Group, meet your colleagues, and find ways to bring relevant content to your peers.

Contact the YSWG Chair, Rebecca Hoffman at rlhoffman@geisinger.edu or our Executive Director, Robbi Cook, at rcook@rmcmanagementsolutions.com to learn more.



Don't lose your membership benefits. If your dues was not received by April 1, 2022, your membership has lapsed. **Note: Your local dues is not included in your annual renewal to the American College of Surgeons but is billed separately by each affiliated Chapter within the College.**

Access your member portal to remit payment using your credit or debit card or download an invoice to submit to your accounting department for payment. While in your portal, make sure your contact information, including your email, are accurate.

Renew Today — Stay Connected!

How To Effectively Lead from the Heart

In a recent *Inc* article penned by Susan MacKenty Brady, she began with a call to all leaders: “Ditch the harshness and mind the heart”.

We no longer tolerate leaders who show heartlessness. Some examples Ms. Brady included in her article were “[the slap heard round the world](#)” and the fall from grace of [Elizabeth Holmes](#). I would suspect you could add a few additional entertainers, business and political figures to this list.

Expectations for “our she-roes and heroes” increasingly demand being self-aware and understanding how to “[thoughtfully manage their emotions](#)”. We have entered, according to Brady, “the post-Pandemic, empathy-first era”.

Why is it so difficult to lead with the heart? As humans, things happen, we become irritated, frustrated, and often angry. This leads to disappointment, of others and ourselves. Leading from the heart is compassion for ourselves and others. It is not the typical blame game we have embraced for centuries in the working environment.

Brady continues by sharing that leaders, regardless of their management level, need to be mindful of others. If not, you risk good people walking out the door. The “Great Resignation” is the buzz word of 2022. Be inclusive, create a culture of belonging, safety, and foster team members well-being.

So how can we effectively lead from the heart? Brady offers the following tips:

1. Notice. Pay attention to what is going on. If you are feeling triggered or annoyed, you are

not your centered best self. For example, you are at a virtual meeting where you are presenting. You see your time for presenting ticking by as the previous presenter continued to share updates. Your “best self” has now left the building and is replaced by a combination of your annoyed and anxious self. Be cognizant of your “presence.”

2. Breathe. This is a common theme in well-being exercises. Take a minute to clear your mind and find your best self. A good long walk, if possible, will help calm your anxiousness and allow you to calm down to prevent saying or doing something you may later regret. The goal of breathing exercises is to take a pause and regroup your thoughts. Relax. Just breathe. Inhale and Exhale and focus on the breathing.
3. Consider Kindness & Compassion. Focus and return to a place of respect for yourself and for others. “Channel some heart,” as Brady puts it. During your breathing exercises (see #2 above), redirect your energy and your thoughts. Stuff happens. Take the high road. The goal of the exercise is to find your best, most grounded self to avoid saying or doing something you will regret.
4. Explore. Brady’s final thought is to “get curious with yourself and ask, what is going on for you right now?” After you have found your “best self”, and taking the above scenario as an example, ask the group if they are able to stay a few minutes longer at the meeting, or suggest booking another meeting time so you can present and discuss your topic.

Ditch the harshness and mind the heart so you can present your best self in situations.

To read Susan MacKenty Brady full article, click [HERE](#).

Applying for a Surgical Fellowship?

Thinking of A Career In Surgery?

Save the Date
Keystone & Metropolitan Philadelphia Chapters
American College of Surgeons
Young Surgeons Work Group
Residency/Fellowship 101 Webinar
Thursday, June 2, 2022
Additional Information Coming Soon!



Missed the ACS Advocacy Summit?

The Keystone & Metropolitan Philadelphia Chapters’ Joint Advocacy Task Force has the answer to your advocacy questions.



Join us on June 6th for a FREE 90-minute Advocacy webinar. Open to all members of the Pennsylvania ACS Chapters, the webinar will include:

- Overview of the advocacy and grassroots lobbying process
- How to connect with your legislative representative
- Updates on key state and federal legislation
- Fireside chat from members on their experiences meeting with legislators.

Watch for registration details coming soon!



Seven Zoom Hacks You Need

Zoom has become the platform of choice for meetings, educational webinars, and other networking events. Most of us have learned the in's and out's of working in Zoom, but here are seven quick hacks shared recently by threadreaderapp.com on Twitter.

1. **Share Your iPhone Screen:** Want to share something from your iPhone? You may have a webpage or document on your phone that is not on your computer. Here's how to share in Zoom:

- Click: Share Screen
- Select iPhone/iPad via AirPlay
- Follow the instructions to mirror screen.

Now you can share your mobile screen with the others.

2. **Use Shortcuts for Quick On/Off:** Need to quickly turn off your camera or mic? Your doorbell rings or someone walks into your office. Rather than navigating with your mouse, use these shortcuts:

- Camera:
 - Cmd + Shft + V (Mac)
 - Alt + V (Windows)
- Mic:
 - Cmd + Shft + A (Mac)
 - Alt + A (Windows)

3. **Adjust for Poor Lighting:** You are sitting in a dingy space to take the meeting. It's too dark, but you do not have time to move elsewhere or fix it. Zoom has an "adjust for low light" option:

- Click: Video Settings
- Adjust for low light
- Manually adjust

A quick and simple way to improve poor lighting.

4. **Spotlight the Mouse:** Trying to highlight one area of your screen? Use the annotate cursor options to catch attention:

- Spotlight the cursor
- Show an arrow
- Use the vanishing pen

All options to help focus your audiences' eye.

5. **Use PowerPoint as a Virtual Background:** Want to show slides but maintain the connection with the audience?

- Click: Share Screen
- Advanced
- Slides as virtual background

Your video picture is now in front of your slides. Adjust your position and size on screen so the audience can view your slides.

6. **Have Captions:** Didn't quite catch what was said? Connection problems, access issues, distractions all mean we sometimes miss things. Add live captions and a transcript:

- Turn on in Zoom Desktop Settings
- In-meeting Advanced
- Copy API token + connect

The author of the original Tweet suggested using [@otter ai](https://otter.ai) live notes.

7. **Suppress Background Noise:** Need to drown out the neighbors, kids, pets? When there's building work going on in your street, it can be distracting for everyone else in the meeting. Zoom has an option to suppress background noise.

- Audio setting
- Suppress background noise
- Adjust to the level needed

There you have it. Seven hacks to make your Zoom experience enjoyable!