

# Pennsylvania Surgical News

August 2022



Robbi-Ann M. Cook, CAE  
Executive Director

Where has summer gone? I blinked and we are moving into September with crisp air, changing leaves, and football! A number of events coming up and one fantastic event that took place on August 31st. If you were not registered, you will need to make sure to register for the next session. I write this after the Mixology & Cooking Class, hosted by the collaborative KCACS/MPACS Young Surgeons Work Group has just ended. Fun evening, lots of laughs, and learning how to make some yummy grub in a short time. More later in this issue.

Coming up September 19th— MPACS Joint Annual Dinner Conference, a collaborative effort with the Philadelphia Academy of Surgery. We are moving to a new venue this year, The Bellevue Hotel on South Broad Street. This location will provide additional room for our abstract presentations, Exhibit Hall, and educational meeting. If you have not registered, make sure you go to the MPACS website ([www.mp-accs.org/events](http://www.mp-accs.org/events)) and get registered.

MPACS Mock Oral Boards will be held virtually on Saturday, September 24th. If you are a PGY-4 or PGY-5 Resident and would like to be included, see your Program Director or Program Coordinator. Faculty who wish to be Examiners are still needed. Contact the Chapter Office ([info@mp-accs.org](mailto:info@mp-accs.org)) for additional information.

Be an engaged member.....you reap the benefits ten-fold.

Exciting news on KCACS and MPACS representatives who have key roles at Clinical Congress this year. Check out the announcements in this issue.

As always, if you have comments, suggestions, or an article of interest, please email me at [rcook@rmcmanagementsolutions.com](mailto:rcook@rmcmanagementsolutions.com).

*Robbi*

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## INSIDE THIS ISSUE

ACS Updates	3-4
Calendar of Events	4
Meanderings of a Wandering Surgeon	2
MPACS Annual Dinner Conference	7
MPACS Mock Oral Boards	8
Quiz Time	6
Wellness Minute	5-6
Young Surgeons Workgroup Update	2

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Shannon Marie Foster, MD, FACS



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

## Meanderings from A Wandering Surgeon

**Dr. Foster will be back next month with another *Meanderings from a Wandering Surgeon*.**



## ACS Aspiring Leaders' Program

The ACS Aspiring Leaders Program, piloted in 2021, continues in 2022. Designed for mid-career ACS Fellows, the program focuses on accelerating professional development and maximizing leadership potential. Deadline to apply is **Friday, September 2, 2022**, with sessions beginning in October.

The year-long program, mid-career and senior surgeon pairs engage in a series of virtual and in-person meetings to help identify and clarify professional development goals, complete tailored educational and experiential activities, and establish meaningful measures of success. Activities will include educational sessions, professional assessment exercises, and opportunities to meet other program participants.

Individuals selected for participation will invest their time to initiate change and accelerate their professional development as surgeon leaders. The selection process will be deliberate and focus on pair compatibility, while ensuring inclusivity of gender, ethnicity, practice, and specialty.

**[Find additional details here and apply today.](#)**

## KCACs/MPACs Young Surgeons Work Group Mixology & Cooking Class

It was a fun virtual networking event with some great tips and tricks for creating bar-worthy drinks, and easy-to-prepare, delicious meals.

Chef Hope demonstrated the art of making cocktails and walked attendees through the basics of creating a lavender lemonade, Cosmo, and Mojito. As attendees were sipping their cocktails, she instructed them on creating a Caprese salad and the proper technique to make the perfect steak, paired with a salad and fresh-made dressing.

For those who missed the event, a little teaser to entice you to register for the fall event that will share holiday cooking tips for the busy surgeon.



Thanks to Becky Hoffman, and the Young Surgeons Work Group for thinking outside of the surgical education box to bring this fun event to the members.

Watch for details on the next session and make sure you join us!



This year's [Clinical Congress](#) will be a special one, with a return to an in-person format for the first time in 3 years. The [ACS has created a promotional toolkit](#) to help attending members spread the word far and wide about what attending Clinical Congress can do for surgeons and their practice. By sharing the messages with your network, the College and ACS Members can reach a broader audience and encourage more interested surgeons and medical professionals to register.

The toolkit includes sample messaging for social media, email, and newsletters that can be copied and pasted or adapted to share directly with your network. In addition, the ACS has created graphics (e.g., PowerPoint slides, social media images, "I'm going!" images) that you can download and share, which will encourage your audiences to engage with the content.

For additional information on speakers, topics, and CME credit hours, click [HERE](#).

## Residents Encouraged to Take Part in Free Clinical Congress Program Tailored to Their Unique Needs

Surgery residents have unique educational needs as they work through their training and approach independent practice. The Surgery Resident Program at Clinical Congress is specifically tailored to provide guidance and answer important questions.

Residents of all levels are invited to attend the special 2-day program focusing on preparing for a career in surgery, on Sunday, October 16, and Monday, October 17, at Clinical Congress in San Diego, CA. This year's program will include lectures, interactive events, and panel discussions addressing:

- Contract negotiation
- Effective allyship in the workplace
- Building financial security
- Starting a family as a surgeon

ACS President Julie A. Freischlag, MD, FACS, DFSVS, will offer a Fireside Chat. Networking opportunities, a skills competition, and more will be offered.

Interested participants must be current surgery residents, register for both Clinical Congress and the Surgery Resident Program. There is no cost for Resident members who register in advance. Learn more [HERE](#).

## Heading to Clinical Congress?

Are you are heading to Clinical Congress? KCACS and MPACS will be participating in two great events, showcasing the expertise, talents, and engagement of both chapters.

Make plans to participate in the Chapter Leader session on Monday, October 17th (4:00 PM—5:30 PM). KCACS Council Member, and Chair of the Young Surgeons' Work Group, Rebecca "Becky" Hoffman, will be participating in the panel discussion on chapter best practices and sharing information on the collaborative KCACS/MPACS Young Surgeons' Work Group.

After the panel discussion, there will an opportunity to network, recognize chapter achievements over the last year, and celebrate several milestone chapter anniversaries.



We hope you stop by and give Becky your support.

The "Metro Maniacs" team will be competing in the *So, You Think You Can Operate! – Surgical Skills Competition*, on Sunday, October 16th from 3:00—5:00 PM.

Head over to the competition and cheer on the team of Sarah Martin (PCOM) and Praveen Satarasinghe (Crozer Chester Medical Center) as they demonstrate their surgical skills.

For additional information on these events, and all educational opportunities offered at Clinical Congress, click [HERE](#).



## Mark Your Calendars!

Sept. 12—MPACS Council Meeting  
Sept. 13—KCACS Council Meeting  
Sept. 19—MPACS Annual Dinner Meeting  
Sept. 24—MPACS Mock Oral Boards  
Oct 16– 20—ACS Clinical Congress

Other Events in Planning Stage:  
Advocacy Fireside Chat  
Joint Surgical Jeopardy Tournament  
Mixology & Cooking Class, Session II

## Be an engaged member!

Join us for these and more upcoming events!



The KCACS and MPACS Chapter Office will be closed Friday, September 2nd through Monday, September 5th.

## Waiting for Motivation to Strike?

### Try Rethinking That

David R. Topor, PhD, MS-HPED

Contributor—Harvard Health Publishing

All of us know motivation is a key ingredient to accomplishing goals in our personal and professional lives. But if you wait for motivation to strike like a sudden lightning storm, you are a lot less likely to take a single step toward any goal. Even if you have a much-desired goal in mind, it is all too easy to deplete motivation through feeling overwhelmed, procrastination, or impatience. David R. Topor, PhD, MS-HPED, a clinical psychologist, and associate director at VA Boston Healthcare System, offers some advice to increase motivation and accomplish your goals.

The first critical step is clearly identifying the meaning of your goal. Consider why is successfully reaching this goal important to you? What will this achievement mean to you? For example, rather than setting your goal “to lose weight,” rephrase it to something more meaningful—“I want to lose 10 pounds so I have more energy to play with my children/grandchildren”.

When you find you are not achieving your goal, or procrastinating, revisit and rephrase the meaning of your goal. Is this a goal that is important to you? If so, consider the meaning behind the procrastination or the difficulties that you are experiencing.

Using the acronym, SMART, write a detailed plan to achieve your goals.

- **Specific** (What exactly do you want to accomplish?)
- **Measurable** (How will you know when you have succeeded?)



- **Achievable** (Is the goal you have set possible?)
- **Realistic** (Does setting this goal make sense for you right now?)
- **Time-bound** (What is the specific time frame to accomplish this goal?)

Setting a goal of “exercising more,” is vague and will not motivate you for success. Establish goal that are more specific: walking 50 steps in the next hour; walk for 15-minutes every morning. These goals are measurable, achievable, and realistic.

Use a To Do List to identify what resources are need to accomplish your goal.

- What resources do you need?
- What steps you’ll take toward your goal? Break down tasks into manageable mini-tasks and write each one down.
- Set deadlines. Make a schedule, and be sure to include regular breaks and realistic time frames.
- Cross off each mini-task as you complete it. Step by step, you’ll see you’re making progress toward your goals.

Have difficulty breaking down your goal into smaller tasks? Begin working toward it—set a realistic goal. For example, your goal is to

increase the number of steps you walk each day, but you have difficulty identifying the ideal number of steps. Start walking. You can figure out that ideal number later.

Other tips include:

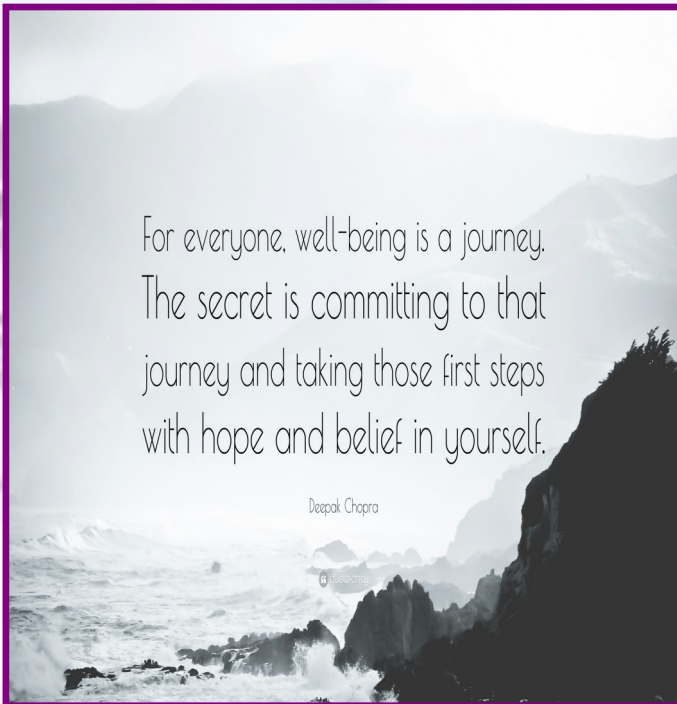
- Include Others
- Visualize Success
- Avoid Distractions
- Track progress and time spent

And most of all,

### EMBRACE EMPATHY

Be kind to yourself when tracking progress toward achieving your goal. Practice self-compassion on occasions when you fall short. Build small rewards into the process, and consider how to celebrate all your accomplishments.

To read David Topor's full article, click [HERE](#).



Some fun to round out this month's issue. Let's see who can guess the correct answers. First person to email me at [rcook@rmcmanagementsolutions.com](mailto:rcook@rmcmanagementsolutions.com) with the correct answers will receive a prize pack.

Medical terms are a bit of a minefield. Like the official sounding *borborygmus* which just means 'tummy rumbles' or *Sphenopalatine Ganglioneuralgia* which translates as...brain freeze or an ice-cream headache!

What alternative health term is used for the following?

1. Umbilicus
2. Varicella
3. Intergluteal cleft
4. Sternum
5. Tinea pedis
6. Ulnar nerve
7. Myocardial infarction
8. Contusion/ecchymosis/hematoma
9. Pink eye
10. Gonad

Responses need to reach me by September 9th.

Winner will be notified by email, and announced via email to all KCACS and MPACS members.

Prize pack will be mailed to your home, or office.

**All Keystone and Metro Philly Members Are  
Invited to Attend the Annual Joint Dinner Meeting  
Featuring ACS Chapter President  
Dr. Julie A. Freischlag as Keystone Speaker**

Metropolitan Philadelphia Chapter American College of Surgeons  
Philadelphia Academy of Surgery  
Annual Joint Dinner Meeting  
Monday, September 19, 2022  
The Bellevue Hotel  
(200 S. Broad Street, Philadelphia)

**AGENDA**

- 5:30 PM— 7: 00 PM Gathering Reception/Poster Competition/Exhibit Hall (12th Floor)
- 7:00 PM -- 7:05 PM Event Sponsor Product Demonstrations (19th Floor)
- 7:05 PM—7:45 PM Dinner & MPACS Business Meeting (19th Floor)
- 7:45 PM—8:00 PM Podium Presentation  
Winner—Abstract Poster Competition
- 8:00 PM—9:30 PM Keynote Lecture  
***Leading to Uplife—Through COVID 19 & Beyond***  
Dr. Julie A. Freischlag (President, American College of Surgeons)
- 9:30 PM Awards Presentation/Installation of MPACS President/Closing Remarks

30 Resident Research Projects will be on display in the Exhibit Hall on the 12th Floor. Winners of the Poster/Case Review Competition will be announced during the Awards Presentation.

[Register](#)

# Metropolitan Philadelphia *Chapter*

**ACS** Chapters American College  
of Surgeons

**SAVE THE DATE**

**Sept. 24th**

**Saturday, September 24, 2022**

**MPACS Annual Mock Oral Boards  
Virtual for 2022**

**Two Sessions**

**9:00 AM to 10:30 AM**

**11:00 AM to 12:30 PM**

**\$45.00 per Resident Examinee**

**See Your Program Director or Coordinator  
if Interested in Participating!**





# WHY JOIN AN ASSOCIATION?

Associations are stronger than ever. By joining, you get members-only perks, exclusive advertising and networking opportunities, and a whole lot of exposure for yourself and your institution. Get on board and see the difference!

## NETWORKING

It's not just who you know, it's who others know. Networking is powerful.



## VISIBILITY

Stand out and get noticed in your community.



## HAVE A VOICE

Gain a say in what happens in government through the association advocacy efforts.



## EXCLUSIVE MEMBERSHIP BENEFITS

## DISCOUNTS

Increase your purchasing power through members-only discounts and perks.\*

\*Available with your ACS Membership



## CREDIBILITY

Raise your reputation through membership.



## LEARNING

Get a competitive edge over non-members with exclusive training opportunities on a variety of hot topics.



Keystone & Metropolitan Philadelphia Chapters  
American College of Surgeons

**JOIN US!**

Contact us to learn more about the benefits of membership today!