

Pennsylvania Surgical News

August 2023

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A collaborative monthly publication of the Keystone and Metropolitan Philadelphia Chapters of the American College of Surgeons providing resources and educational content for the Pennsylvania Surgical Community

Keystone *Chapter*

ACS Chapters American College
of Surgeons

Metropolitan Philadelphia
Chapter

ACS Chapters American College
of Surgeons

Pennsylvania Surgical News

August 2023



Robbi-Ann M. Cook, CAE
Executive Director

The end of summer is here. Kids are returning to school, football season has begun, and soon the air will be crisp and leaves begin to change color. September brings the Metro Philadelphia Joint Annual Dinner Meeting, a collaborative effort with the Philadelphia Academy of Surgery. This annual event has grown over the years and will again be hosted at the Bellevue Hotel in Philadelphia. The Planning Committee has worked to bring relevant content to the membership. The event is open to all reading this newsletter, whether you are a member of the Metro Philly Chapter, the Keystone Chapter, the Philadelphia Academy of Surgery or not a local member.

Fifty-seven abstract and case reports were submitted for the September 18th meeting. The judges have been reviewing and scoring with the top 31 being notified by September 1st. The top scoring submission will have the privilege of presenting from the podium during the program.

Remember, the local Chapters are an extension of the American College of Surgeons. Your voice here in Pennsylvania to tackle legislative issues, practice concerns, and provide resources and mentoring. If you have not taken the leap to join the local Chapter, you are encouraged to make that commitment to your local colleagues.

We want to hear from you, our members. A member survey is being finalized and will be distributed to all current and prospective members. Please take a moment to provide feedback on how we can best serve your needs. Information from the survey will help both Keystone and Metropolitan Philadelphia Chapters plan and provide meaningful opportunities and services to its members.

As always, if you have comments, suggestions, or an article of interest, please email me at rcook@rmcmanagementsolutions.com.

Robbi

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Editorial Team
Robbi-Ann M. Cook, CAE
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Congratulations to Our 2023 ACS Fellow Initiates

In the spring, local members of the ACS Committee on Applicants (CoA) in the Keystone and Metro Philadelphia Chapters, interviewed Fellowship applicants as the final piece of the application process. Virtual interviews were held providing Fellowship applicants an opportunity to share why they are ready to make the next step in their surgical career to become a FACS. Thank you to our CoA interviewers who take time from their busy schedules to meet and evaluate the next class of Fellows for the College.

The Keystone and Metro Philly Councils and membership congratulate the 33 Fellow Initiates who will take their oath and become Fellows during Clinical Congress Convocation on Sunday, October 22, 2023 in Boston, MA.



Vamsi V. Alli, MD
Varun Arya, DMD, BDS
Anand Varad Badri, MD
Veronica Teslyn Barreto, DMD
Jessica Rachel Barton, DO
Shannon Ashley Brindle, MD
Andrew Brown, MD
Candice Rachelle Chipman, MD

Matthew Rankin Craig, MD
Jana Davis, MD
Elias Fakhoury, DO
Michael Steve Farrell, MD, MS
Daniel Adam Goldman, MD
Austin Browning Goetz, MD
Jesse Goddard, MD
Sumayah Hargette, MD
Audrey Stokes Kulaylat, MD
Melissa Linskey-Dougherty, MD
Jeremy Linson, MD
Jonathan Mallen, MD
James Ryan Mark, MD
Anna Marrissa Mazor, DO
Vijay Gopal Menon, MBBS
Nina Neuhaus, MD
Neel H. Patel, MD
Heather Feld Portaro, MD
Jandie Posner, DO
Sasha Hanan Slipak, MD
Vakhtang Tchantchaleishvil, MD
Arianne Theodorou Train, DO, MPH
Lauryn A. Ullrich, DO
Charles Christian Vining, MD
Catherine Weng, MD

Join us at Clinical Congress 2023 in Boston, MA from October 22 to 25th. Registration is now open.

**CLINICAL
CONGRESS
2023**
OCTOBER 22-25
BOSTON, MA

**Register
Now**



Take Part in Your Local ACS Chapter

Take full advantage of your ACS Membership by participating in [your local chapter](#). More than 100 chapters are available worldwide. In this video, Dr. Ken Sharp explains how his membership in the ACS Tennessee Chapter has enhanced his career.



[Watch Now \(1:22\)](#)

Here What's New with the Commission on Cancer

In the latest episode of the *House of Surgery*, Dr. Steven Wexner talks with Dr. Tim Mullett, Chair of the ACS Commission on Cancer (CoC), about recent activities and accomplishments of the CoC, how everyone can get involved in cancer prevention and cancer care initiatives, upcoming changes to the National Cancer Database, and cancer program content that will be presented at the ACS Clinical Congress in Boston this October.



<p>Dates and Deadlines</p> <p>See Events</p> <p>ACS Surgical Simulation Summit Abstract Deadline Approaching Submit by September 12</p> <p>ACS Global Trauma Training Webinar 10:00 am Tuesday, September 12 Register Today</p> <p>2023 Quality and Safety Conference Attendees CME Claiming Due October 13</p>	<p>Career Connection</p> <p>Career Opportunities</p> <p>Vascular Surgeon The Rane Center, Jackson, MS</p> <p>Head and Neck Surgical Oncologist Memorial Healthcare System, Hollywood, FL</p> <p>System Chief of Surgery LifeBridge Health, Baltimore, MD</p> <p>Trauma Surgeon Texas Health Physicians Group, Fort Worth</p> <p>Claim CME</p>
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Registration Now Open For ACS Clinical Congress October 22-25, 2023

Hotel Reservations Are Going Fast.

CLINICAL CONGRESS 2023
OCTOBER 22-25
BOSTON, MA

[Register Now](#)

COVID-19 UPDATES

Hospitals Reevaluate Preventative Measures Due to Rise in COVID-19

Although US federal COVID-19 public health emergency (PHE) ended in the US in May following the end of the similar global designation by the World Health Organization, recent trends have indicated that the virus and response continues to evolve.

Over the last several weeks, COVID-19 hospitalizations and deaths in the US have been trending upwards, according to the Centers for Disease Control and Prevention (CDC)—and the latest data indicate a more than 20% increase in the last week. The increase is in part due to the prevalence of the now-dominant "Eris" (EG.5) strain.

[\[READ MORE\]](#)

SURGEON WELL-BEING

Suicide Prevention Awareness Month Begins Friday

Whether you are experiencing feelings of suicide or are worried about another, help is available. If you think someone needs help, or if you are in crisis, don't wait:

- Call or text: 988
- Chat at [org](#)
- Call the Physician Support Line at 888-409-0141

September is recognized as National Suicide Prevention Awareness Month and Sunday, September 17, is [National Physician Suicide Awareness Day](#). The month and the day are both a reminder and a call to action. [\[READ MORE\]](#).

ACS RESOURCES

[Encourage Your Team to Take Popular Online Quality Improvement Basics Course](#)

[Keep Up with News around the College Enhance Your Teaching and Administration Skills at Surgeons as Educators Course](#)
[Submit Surgical History Manuscript for Young Surgeons Essay Competition](#)

Current Literature

[Treatment Interruptions Affect Overall Survival in Patients with Triple Negative Breast Cancer](#)

[Incorrect Cuff Size Has Clear Impact on Readings of Mean Blood Pressure](#)

CLINICAL CONGRESS 2023

Don't Miss Immersive Postgraduate Courses at Clinical Congress 2023

Discover the latest in surgical technology and experience educational content firsthand by attending an in-person Didactic or Surgical Skills Course at [Clinical Congress 2023](#) in Boston, Massachusetts. Choose from a wide array of topics focusing on acquisition of knowledge and skills through best practices in education and training methods.

See the [full list of Didactic Courses](#)

See the [full list of Skills Courses](#)

Most of the Postgraduate Courses will have two parts. This multipart approach is designed to promote learning and retention of course content while increasing interaction between learners and faculty. Select courses will have an additional follow-up video conference session after the Clinical Congress. [\[READ MORE\]](#)



ACS President Dr. E. Christopher Ellison to Speak at Upcoming Meeting

Dr. E. Christopher Ellison, President of the American College of Surgeons is scheduled to speak at the September 18th MPACS-PAS Annual Joint Dinner meeting. The annual dinner meeting will begin at 5:30 PM with an Exhibit Hall and Poster Presentations in the Conservatory, followed by dinner, the annual business meeting, and guest lecture.

Dr. Ellison's lecture will focus on ***Innovation of Surgery*** and includes the elements of innovation and assessment of the most current innovations impacting surgery today.

The Robert M. Zollinger Professor of Surgery Emeritus and Academy Professor at The Ohio State University College of Medicine, Dr. Ellison served as the President and CEO of the OSU Physician Practice Plan and was a founding member of the organization and Interim Dean of the OSU COM from 2014 to 2016 and Chair of Surgery from 2000 to 2013. He was recognized for his teaching accomplishments as the OSU COM Distinguished Professor and a recipient of the OSU Distinguished Service Award in 2020 and the Distinguished Alumni Service Award from the Medical College of Wisconsin in 2021. Dr. Ellison is a member of the ACS Master Surgical Educators and his current professional focus is on education and operative coaching of surgical residents.

Please join MPACS on September 18th at the Bellevue Hotel (200 S. Broad St., Philadelphia) to hear Dr. Ellison. Registration is available by clicking [HERE](#).

MPACS Poster Competition

The annual poster competition, held in conjunction with the MPACS-PAS Joint Dinner meeting saw 57 abstract and case report submissions. Judges had the difficult task of reviewing, scoring, and selecting the top 30 submissions that will be on display during the September 18th meeting.

Congratulations to Dr. Valerie Luks, of UPENN, for her first place score in the abstract competition. Valerie will present her research paper, ***Lipid Nanoparticles for In Utero Base Editing of Surfactant Protein Disorder***, as a podium presentation immediately prior to Dr. Ellison's lecture.



Dr. Valerie Luks, Surgical Resident
Hospital of the University of Pennsylvania

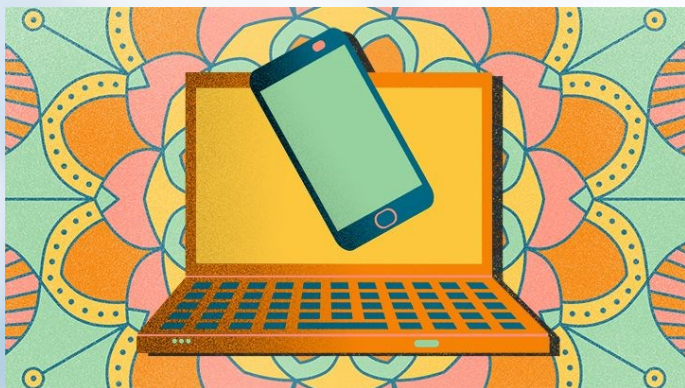
In addition to Dr. Luks' podium presentation, 25 Abstracts and 5 Case Reports were selected to present their research findings as poster presentations in the Conservatory. Poster viewing is open from 5:30 PM to 6:45 PM on September 18th.

Please join us at the MPACS-PAS Annual Joint Dinner meeting, review and provide thoughtful comments to our poster presenters.

Congratulations, Dr. Luks and all research paper authors selected for this year's poster presentations.

Congratulations!

5 Tips for Kick-Starting a “Mindful Tech” Self-Care Habit



Never-ending news feeds and always-open email inboxes can be stress-inducing. Using your devices more deliberately may be the answer.

In this month’s Wellness Minute, [Elizabeth Millard](#) shares tips and tricks with the *Everyday Health* folks on how to be more mindful of the stressors and lost time social media plays in our everyday life.

If you’re losing precious minutes (or hours!) to your social media feeds, it may be time for a reset. Here’s how to use technology with more intention.

Have you ever opened your email inbox to check for one message and wound up so caught up in the onslaught of new messages that you forgot why you logged on in the first place? Have you ever ended up spending way more time than you planned checking your Twitter or Facebook feed? Does it happen all the time?

There’s research on both sides of the argument as to whether or not social media use contributes to or helps protect against stress. But many experts who study it agree that being more intentional about your virtual habits — and being more mindful about how much time you’re spending on your tech devices — is usually to your benefit.

Studies suggest, for example, that more intentional use of social networking websites (when you’re using it to strengthen personal relationships with people you know in real life) may benefit well-being, while using these online tools in a more passive, non-connection-forming way (“Facebook stalking” your ex, for instance) may not, according to a [study review](#).

“If we’re looking at long-term ways to support our self-care efforts, then it’s even more important to look for ways to use technology in a more conscious, mindful way,” says [Alex Soojung-Kim Pang](#), a business consultant based in Menlo Park, California, and author of *The Distraction Addiction* and *Rest: Why You Get More Done When You Work Less*.

1. **Become Aware of When & How You Use Your Devices**. Repeated behavior creates habit loops. You likely follow the same sequence when brushing your teeth or making your morning coffee. It is one way your brain automates actions to be more efficient, explains [Loretta Graziano Breuning, PhD](#), author of *Habits of a Happy Brain*, who is based in Oakland, California.

But these loops can sometimes switch our behavior into autopilot mode. You reach for your phone whenever you find yourself waiting in line, check email before going to bed or getting out of bed in the morning, or open Instagram whenever you get a notification. According to Dr. Breuning, “Creating awareness of these automatic habits is helpful, even if you choose not to change anything. You will have a greater sense of control, just from being more conscious of your behavior.

If an option, take a single day “off” from checking email, social media, and using other devices. Take note of what happens. You will **really** see how you are using your tech.

2. **Make a Plan.** As you would with any behavior change — starting a workout routine to changing up your meal prep — a solid first step is setting some specific intentions and goals, suggests [Tanya Dalton](#), a productivity expert in Asheville, North Carolina, and author of *The Joy of Missing Out*.

“To create healthy boundaries and better habits, it’s always good to cultivate a deeper sense of purpose, and make a plan,” she says. “That’s what allows you to take ownership of how you’re spending your time.”

Your plan for more intentional tech use will probably look different from that of a friend’s or family member’s. What’s important is that it’s the right plan with the right goals for you. Maybe your plan includes a maximum amount of time you want to spend per day looking at a screen, or maybe it’s a matter of a certain number of “checks” of social media each day. “Do what makes you feel nourished, and change your usage when you stop feeling that way,” says Dalton.

3. **Use Tech to Control Your Tech.** Consider apps that help you tame distractions, such as [Freedom](#) — which blocks all notifications and triggers “Do Not Disturb” mode on chat apps. Or try [FocusMe](#), an app that lets you block specific sites or apps (like Facebook and Instagram) for certain periods of time. The app also allows you to set reminders for specific tasks and activities, like going for a walk or taking a mindfulness break.

And purposefully set up your phone to make it less distracting. Turn off notifications that might prompt you to open an app without thinking. Move app icons to the second page

of your home screen, so they’re a little bit more difficult to navigate to and open. Try putting your phone on airplane mode during meals or when socializing.

4. **Think Differently.** “Instead of seeing [your device] as a hindrance to ‘real life,’ ask yourself: What do I want to learn?” Pang says. They are tools that can increase creativity, boost social connections, streamline your workflow, and teach you new skills. Redefine how you think about technology: “What can I do today that will be made easier by using this tool? Focus on that, instead of aspects that are just killing time.”

And then use technology for those purposes.

5. **Prepare to Be Fidgety.** Yes, you might find yourself at a loss for what to do when you are not on your phone, as Ashton found when she started limiting her usage. In her book, she describes how setting a better, screen-free evening routine meant she had plenty of free time—and it actually made her feel uneasy at first.

“I felt out of sorts, like I was not doing something that I should be,” she notes in her book. But after recognizing this newfound time, she quickly found ways to fill it that felt more rewarding: she logged more steps, spent time with her kids, and practiced being more present.

The bottom line: Technology isn’t all good or all bad. It all comes down to how you feel when you’re using that tech, Pang says. Do you put your tech down feeling irritated and drained? Or are you energized and appreciative? Aim for the latter and you’ll be on the right track.

For more, visit [Everyday Health](#).



SAVE THE DATE!

Annual Joint Dinner Meeting Hosted by
Metropolitan Philadelphia Chapter ACS & Philadelphia Academy of
Surgery

Bellevue Hotel, Philadelphia

Monday, September 18, 2023

Details coming soon.

Are you an industry partner, supplier, device manufacturer? Be a part of
the Exhibit Hall to engage with surgical members.



Keynote Lecture | Poster Competition | Exhibit Hall | Networking



SAVE THE DATE Sept. 30th

Saturday, September 30, 2023
MPACS Annual Mock Oral Boards
Virtual for 2023

Two Sessions
9:00 AM to 10:30 AM
11:00 AM to 12:30 PM

\$50.00 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.

HAVE A VOICE

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

VISIBILITY

Stand out and get noticed in your community.



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!

Be a Voice for YOUR Surgical Community!

Join Your ACS Local Chapter Today and be part of the momentum to move the surgical community forward.

[Keystone Chapter Membership](#)

[Metropolitan Philadelphia Chapter Membership](#)

Or contact Executive Director, Robbi Cook (rcook@rmcmanagementsolutions.com) for additional information.