

Pennsylvania Surgical News

February 2022



Robbi-Ann M. Cook, CAE
Executive Director

So far, we have been spared the harsh winter weather that is typical of Central Pennsylvania. Only 20 days until spring officially arrives. Although I am counting the days until longer daylight hours return, warmer weather, and getting ready for gardening, the snow boots, shovels, and winter coat have not yet been tucked away.

It has been two years since we kicked off the first edition of the *Pennsylvania Surgical News* in an effort to keep our members informed and connected when the pandemic prevented holding in-person events. Since the initial issue, the world around us changed dramatically. Zoom meetings replaced in-person board meetings and conferences. Microsoft Teams has become a familiar way to hold a meeting within your institution walls and with the outside surgical community. Our readership has increased significantly since our first issue and we thank you for taking a moment from your busy schedule to check in on what we have to offer. The editorial team decided it was time for the newsletter to also get a facelift. We hope you like the new layout.

Our *Pennsylvania Surgical News* content is also expanding beginning with this issue. New writers, articles, and submissions from all facets of our membership will join our regular featured articles. We welcome all members to submit articles of interest for upcoming issues.

Lots of exciting things are happening through the Pennsylvania Collaborative Task Force to strengthen both the Keystone and Metropolitan Philadelphia Chapters and the surgical community we serve. We hope you will continue to engage in our educational, networking, and upcoming social events. Additional details can be found on page 3.

Robbi

Robbi-Ann M. Cook, CAE
Executive Director

INSIDE THIS ISSUE

ACS Updates	5
Blood Shortages	6
CoC Update	7
Legislative Update	6
Meanderings of a Wandering Surgeon	2
Tips, Tidbits & Words of Wisdom	4
Wellness Update	8

Pennsylvania Surgical News is a collaborative effort of the Keystone and Metropolitan Philadelphia Chapters. Content is copyright. Articles are the opinion of the writer, 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

Friends and Colleagues— A few thoughts to gain your interest:

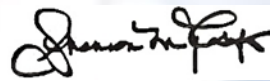
The profession of surgery is changing, but areas of conflict in our profession remain constant:

- Someone who didn't advocate for an underrepresented group until they were told to is not an advocate.
- There is no clear definition of a surgical full-time employee. Without a definition or boundaries of your job, the asks put upon you will also be without boundaries.
- Maternity and Paternity leave are not vacation.
- Working long shifts and operating for long hours is unsafe – for us and our patients.
- There are not enough surgeons in the work force.

Agree or disagree? Send feedback to info@kcacs.org.

I went to a conference, and it was fantastic. I hope we are all able to travel safely soon. No, not just able, but empowered to do so without fear or limitation. If you would like to see my full **Bulletin Brief** commentary on the first in-person meeting in 2 years, please click [HERE](#). We welcome feedback from members regarding in-person professional events.

In this edition, you will see the official release of the Pennsylvania Collaborative Task Force Mission Statement. The active collaborative efforts between Keystone and Metro Philly will allow a significant expansion of the programmatic and educational offerings available to ACS Fellows and Associates in the region. Advocacy training, transition-to-practice, transition-from-practice, Meet-the-Expert, Resident-centered competitions and virtual networking are all coming to you – all we ask of you - **PARTICIPATE!** Better yet – **VOLUNTEER** - to help create and guide what is next to come!



Shannon Marie Foster, MD, FACS

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



Daylight Savings Time
Sunday, March 13th
Turn Your Clocks Ahead One Hours

Pennsylvania Collaborative Task Force Update

In 2021 the Keystone and Metropolitan Philadelphia Chapter Councils began to focus on how best to serve the ACS members and the surgical community moving forward. Key members of each Chapters' leadership team came together and were charged with taking a hard look at all areas of service and finding new, innovative programs and events to meet the needs of all membership levels from the Medical Student to the Senior Surgeon and Retired members and focusing on a collaborative effort to strengthen and sustain the ACS presence in Pennsylvania.

Co-Chaired by Shannon Marie Foster, MD, FACS (Immediate Past President of Keystone) and Niels Martin, MD, FACS (President of Metro Philly), the Task Force has been meeting regularly with members of the ACS Chapter Services Division to create a plan that will foster collegiality, networking, and shared resources. The first work product was the implementation of a Mission Statement that will guide further discussions and planning (approved Mission Statement follows).

Currently three work groups are planning events beginning in late April. The Task Force is looking to engage all levels of membership and each work group is comprised of mid-level and early-career members from both the Keystone and Metro Philly Chapters.

Upcoming events in the planning stage include virtual and, hopefully, in-person events as we move into the second half of the year.

A snapshot of some upcoming events include:

Advocacy Webinar – the advocacy work group is working with Chris Johnson at ACS to create an



Keystone Chapter of the American College of Surgeons
Metropolitan Philadelphia Chapter of the American College of Surgeons
Pennsylvania Collaborative Task Force

Mission Statement

Together, the Keystone and Metropolitan Philadelphia Chapter Councils of the American College of Surgeons have adopted a formal position to actively engage and explore opportunities to strengthen the surgical community.

To facilitate this exchange the following goals and action have been defined:

- To increase engagement across the surgical community:
 - All activities, in-person and/or virtual, will be open to all members of both Chapters, regardless of assigned membership.
- To further propagate these efforts:
 - Create a Joint Events Task Force with prioritization of advocacy and networking programs and enduring materials.
- To ensure exchange of ideas, accessibility and inclusion:
 - All activity and event planning meetings will include the educational/planning committee chair, or named representative, of the partner Chapter.
- To exchange Chapter goals, directions and issues transparently:
 - Designation and open invitation of partner Chapter representative/designee to attend and participate in Council or other open leadership meetings.
- To enable implementation of the above:
 - The Joint Task Force will continue to meet regularly, at least quarterly throughout the calendar year, with the freedom to assess all topics within this purview of fostering development.

Shannon Marie Foster, MD, FACS
Keystone Chapter President
Co-Chair, Joint Task Force
Date: 02.01.2022

12.23.2021

Niels D. Martin, MD, FACS
Metropolitan Philadelphia Chapter President
Co-Chair, Joint Task Force
Date: 02.01.2022

interactive webinar to help our members learn about the importance of advocacy, how to connect with your legislator, schedule meetings, and be a resource for health-related issues. We hope to have this webinar ready to go for mid-April.

“Stump the Chump” – This work group will be taking the lead on creating an event that will challenge our mid- and senior level members on their surgical knowledge. Think “Surgical Jeopardy for the Seasoned Surgeons”.

The **Early Career Surgeons** work group is focused on the unique needs of our younger surgical members from Residents to early career attendings (less than 5 years in practice). They have an ambitious agenda of events being planned for the upcoming months.

For additional information on the PA Collaborative Task Force or to volunteer to serve on a Work Group, contact Robbi Cook at cook@rmcmanagementsolutions.com.

Tips, Tidbits & Words of Wisdom from Our Senior Surgeons



Danielle Hashmi, DO
Keystone Chapter
Councilor-at-Large

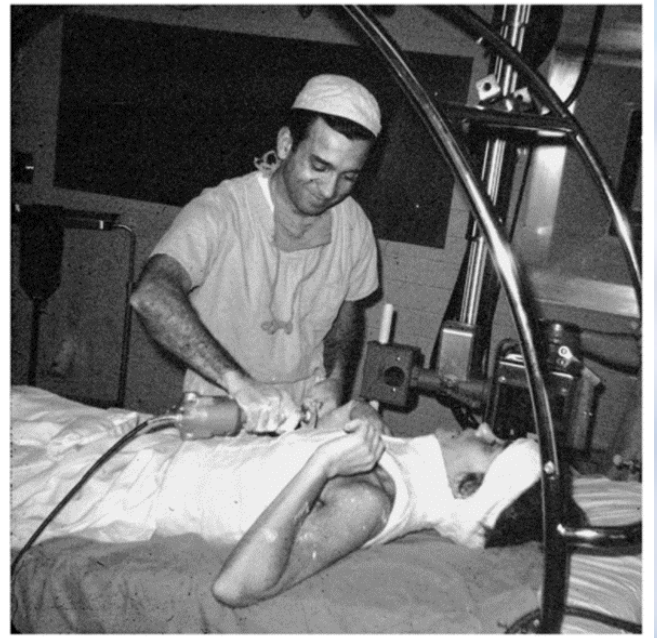
Dr. Danielle Hashmi from Crozer-Keystone, will be reaching out to our senior and retired surgical members for a monthly article to

gather information on how they feel the practice of surgery and the healthcare industry have changed since they first went through Residency. We hope you enjoy the insight provided by our senior surgical community.

This month's interview was with Dr. Joseph Salvatore, an orthopedic surgeon from New Jersey.

Dr. Joseph Salvatore's message for new surgeons may be summed up in one word: **opportunity!** He has exemplified what it means to create and take advantage of opportunities throughout his career.

Inspired by his OB/GYN brother to pursue medicine, he graduated from Hahnemann Medical College in 1955 and entered general surgery residency for one year before enlisting in the United States Army. True to his word, even this experience offered unique opportunities. Though his description of basic training is fairly harrowing, he thrived. Dr. Salvatore opened doors for himself, calling the Surgeon General and requesting to continue his research on bone glue begun during his residency. Word reached the administrators at Campbell Clinic in Memphis, TN, and through a series of seized opportunities, Dr. Salvatore transitioned to an orthopedic surgery residency. He ultimately went on to open a private practice in Englewood, NJ and assumed an Associate Professor of Orthopedic Surgery teaching position at Columbia University in NYC.



Dr. Salvatore advises that early in practice, a surgeon must be willing to take on difficult cases as they are the ones that will define you. He emphasizes to trust your training to know that "you are doing the right thing. When a case comes along that is beyond your limit, always do the best thing for the patient and ask for assistance."

After 30 years of practice, he focused on opportunities outside of medicine. Dr. Salvatore is the chairman of the Naval Air Station Wildwood Aviation Museum, a \$1.00 investment he transformed into a wonderful not-for-profit facility that engages new and seasoned learners alike. Along with his wife Annie, they are also the principals of non-profit Historic Cold Spring Village, an Early American open-air living history museum, the largest historic village in New Jersey. Dr. Salvatore has two children, both physicians. His life has certainly been filled with great successes, but he states that his wife is "my most valued blessing." At 91, Dr. Salvatore is still working and still seizing opportunities.



The ACS Leadership & Advocacy Summit will be held April 2–5 at the Grand Hyatt Washington, DC Hotel. The Summit offers comprehensive and specialized sessions to provide ACS members, leaders, and advocates with topics focused on effective surgeon leadership, as well as interactive advocacy training and coordinated virtual visits with Congressional offices. The Leadership portion of the Summit takes place **Sunday, April 3**, followed by the Advocacy portion on **Monday and Tuesday, April 4–5**.

The **Leadership Summit** is open to ACS members and non-members in the United States and internationally, with options to attend in-person or virtually. The **Leadership Summit** will be live streamed for virtual registrants, and sessions will be recorded for future viewing. The **Advocacy Summit**, also offering both in-person and virtual options, is only open to U.S./domestic ACS members because the content is not applicable to international members.

Due to COVID-19 restrictions, there is a capacity limit on the number of individuals who can attend.

the Leadership & Advocacy Summit in person at the Grand Hyatt. In-person registrations will be available on a first-come basis subject to space availability.

For a full agenda and to register, click [HERE](#). Registration is required for both in-person and virtual attendees.



ACS Surgical Patient Education Toolkit Can Be Uploaded to Your Website Free Trial Available

The Surgical Patient Education Toolkit, allows individual subscribers to deliver ACS-curated education directly from their individual practice website to patients and caregivers and includes access to all ACS Patient Education materials. These materials were developed by the ACS Patient Education Committee with input from the Governors and Advisory Councils. In addition, the toolkit includes applicable information that the National Cancer Institute, National Institutes of Health, and National Heart, Lung, and Blood Institute have reviewed.

A [60-Day Free Trial](#) of the ACS Patient Education Toolkit is available to all members. After the free trial, the cost for an [Annual Toolkit Subscription](#) is \$200.

For additional information, click [HERE](#).

Legislative Update

On the local level, we continue to work with ACS' Government Relations division monitoring legislative activity and protecting the physician/patient relationship. Currently, [42 bills](#) are in play in the Pennsylvania legislature and are being monitored. [\[CLICK HERE\]](#) to view the complete list of all Federal and State legislation being monitored across the country by ACS.

Governor Wolf presented his final budget address to the legislative body on February 8th. The next few weeks will focus on hearings and meetings to discuss and come to an agreement on his budget initiatives.

State legislative priorities include out-of-network payment; prior authorization; MOC; scope of practice and more. For a complete list of state legislative priorities, visit the [State Legislative Priorities](#) page.



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](#).

Understanding the Current Blood Shortage in Pennsylvania



Roberto Castillo, MD, FACS
Keystone Chapter
Councilor-at-Large

The past couple of years, we as a surgical community have risen to the many challenges the COVID pandemic has presented to our individual practices and various healthcare networks. As we all look forward to the end of the pandemic, we continue to feel the repercussions and lasting effects of this pandemic on the overall healthcare system.

During the most recent Omicron surge, the fact that many blood banks across the nation were experiencing its worst blood shortage in over a decade became a realization to many healthcare systems and physicians. Although the quantity of blood products given in our hospitals remains constant the amount of blood product donation and even staffing available to procure donations has steadily and drastically decreased since the beginning of the pandemic. It is a stark reminder to us all that the blood products are indeed a commodity.

Many of us may have already taken steps to aid in this national crisis. A multitude of healthcare systems have instituted processes such as:

- Stricter transfusion requirements
- Focus on faster patient type and screens in order to avoid/decrease use of uncrossmatched blood products in emergent situations
- Blood management guidelines

[continued on next page]

Understanding the Current Blood Shortage in Pennsylvania (continued from page 6)

- Multidisciplinary blood management committees to help plan on network/regional response to blood shortages

These steps and others are ways we as a surgical community can help aid in this crisis and prepare for similar shortages in the future. However, it cannot be emphasized enough that the greatest way to help is for us as individuals and leaders of the healthcare community to take time and donate blood to replenish our local blood banks.



**RENEW YOUR
MEMBERSHIP**



Keystone and Metro Philly Chapter members who have not remitted payment for the 2022 Membership Year, will lose your active membership status on April 1, 2022. **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.**

Do not lose your membership services, renew today, and maintain your active status in your local ACS Chapter.

Access your member portal to remit payment online 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!



Joseph Blansfield, MD, FACS
Keystone Chapter Governor
ACS Commission on Cancer

Commission on Cancer Update

Hello! My name is Joe Blansfield and I have the pleasure of working with the Commission on Cancer in the role of State Chair for the Keystone Chapter for Pennsylvania. I also have the pleasure of working with Jeffrey Farma who is the State Chair for the Philadelphia region for Pennsylvania. I would like to use the PA Surgical News to provide some updates from the CoC as they come out. The CoC has been quite busy recently.

There have been a lot of questions and concerns from CoC accredited hospitals about new synoptic operative reporting standards that are taking effect in 2022. There has been some recent good news for hospitals who use EPIC as their EHR. The CoC has been working with EPIC Systems Corp to provide EPIC customers with the required elements for Operative Standards 5.3-5.6. This should be available in mid 2022!

The Rapid Cancer Reporting System (RCRS) and the quality measures that are incorporated into this system are being updated. There are 4 new quality measures which will be added to the RCRS in the upcoming month. Descriptions of these measure will be available on the ACS and CoC website when they are released. These standards will not be assessed for Standard 7.1 compliance.

Finally, the CoC is introducing a new Quality Improvement Project centered around assessment of smoking in new cancer patients for 2022. [continued on next page]

Commission on Cancer Update

[continued from Page 7]

The program is titled “Just ASK.” This will be a Plan-Do-Study-Act (PDSA) quality improvement project as well as a clinical study- this study will address cigarette smoking by ASKing all newly diagnosed cancer patients about their smoking status to increase and improve the integration of smoking assessment as a standard of care. For participating CoC programs this study will support compliance with the following standards for 2022: Quality Improvement Initiative, 7.3, Cancer Prevention Event 8.2, Clinical Research Accrual 9.1

That is all for now, but in the future I will be discussing some of the advocacy that the ACS and CoC are involved with in relation to cancer and other topics. If you have any questions or comments, please feel free to email me (jbansfield1@geisinger.edu).



You Don't Have to Love or Hate Your Body. Here's How to Adopt to “Body Neutrality.”

The following article appeared in the February 25, 2022 edition of *The Washington Post*, and was written by Angela Haupt. The full article can be found [HERE](#).

The first time Bethany C. Meyers heard the term “body neutrality,” it didn't sit well. She felt enraged, mad about the idea. The New York-based fitness instructor has been “trying to get to this positive place with my body.” Recovering from an eating disorder, she spent some time researching the concept, and it clicked. “There was quite literally a moment for

me where it was like, aha, the lightbulb went off, and it felt so safe and so peaceful.”

Body neutrality is the idea that we can accept our bodies as a vessel that carries us through life, and not attach positive or negative feelings to our physicality. Finding body neutrality, from Meyers' perspective, “really helped me take away the pressure of the physical self and focus more on the mental self, the spiritual self - all these other things that make up who I am.” In a world where media and marketing promotes a particular image as “perfect,” finding “body neutrality” can be a challenge, but it is worth the effort for well-being.



Body neutrality focuses on what your body can do for you—not what shape it takes. Body-image coach and author of *The Body Joyful*, [Anne Poirier](#) is credited with popularizing the term in 2016. According to Poirier, she calls body neutrality as “a resting place from the chaos of your mind, and from the external voices of societal pressure.” Body neutrality turns the focus to not thinking about appearance, instead observing your body with no judgment.

If you are interested in working toward body neutrality, the experts interviewed for the article, share the following tips:

Focus on what your body can do for you. Refrain from spotlighting things you dislike about yourself.

[continued on next page]

Try a different mantra, according to Poirier, “My body is a vessel that I get to experience my life in.” For example, “If it wasn’t for my body, I wouldn’t be able to experience going to a concert, riding in a boat, or taking a walk.” A helpful step away from body negativity and toward appreciating what your body does for you.

Cut off ruminations. Retrain your brain to not focusing on the arms that are “too flabby” or the thighs that are “too big.” If your brain is screaming, “I look terrible,” pause, stop, and think of something neutral.

Spend less time getting ready. Stop lingering in front of the mirror, where we tend to fixate on our flaws. “Spend less time getting ready, or less time in front of the mirror,” Markey said. Find ways to expedite your routine. Glance in the mirror while brushing your teeth. Take the focus off the image in the mirror.

Wear comfortable clothes. According to Poirier, “trying to squeeze into clothes that are too tight can be a shortcut to body shame”. Stop pulling and tugging at your outfit all day. Select what is most comfortable. Sometimes a T-shirt and sweatpants are perfectly fine.

Reframe why exercise is important to you. Does exercise lift your mood, distract you from work stress, or is simply a means to drop a few pounds? Exercise should have a nonphysical component. Does it improve your overall mood, do you feel more energized after exercising? Think of exercise as not how much or how far you go on the treadmill, but rather on doing something to improve your overall well-being.

Shut down unwanted conversations. Change the conversation. Stop engaging in diet- or body-oriented conversations. When the conversation

comes up, change the narrative to a positive body-neutral response – “I work out because I like the way it makes me feel, not because you are hoping to change your appearance.”

Be patient. Body neutrality isn’t a destination, or something we achieve — it’s “a work in progress and something we constantly have to bring ourselves back toward,” Meyers said. If it takes you a while to get there, be gentle and patient with yourself. As Meyers said, “It’s never too late to begin to unlearn some of the things that we’ve been taught for so long.”



Still Thinking About Joining Your Local ACS Chapter?

If you are an active member of the ACS, all you need to do is complete the membership application and remit the appropriate dues.



Be a member of the chorus and have your voice heard in the Commonwealth of Pennsylvania, representing the surgical community! We look forward to welcoming you to the family!