

Pennsylvania Surgical News

January 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

January 2023



Robbi-Ann M. Cook, CAE
Executive Director

We have made it through the holidays and the first month of the New Year with no significant winter storms. Spring is seven weeks away. This week, Pennsylvania makes news with celebrations for Groundhog Day and Punxsutawney Phil will most likely predict six more weeks of winter. And, let's not forget the Philadelphia Eagles are heading to the Superbowl!

With the New Year, Keystone and Metro Philly are gearing up for educational opportunities, networking events, and social activities to provide members opportunities to meet, network, connect, and grow. Whether a medical student or fresh in Residency, to our Senior Fellows, the Chapters strive to meet the needs of all career levels. Get connected! Be a voice for the surgical community and the patients you serve.

Our local ACS Chapters need your continued support to bring local educational programming, advocacy, and networking opportunities. If you have not remitted your 2023 ACS Local Chapter Dues, take a moment now and renew. ACS does not include the local chapter dues portion on its invoice. Each Chapter affiliated with the ACS needs to separately invoice for the ACS Local Chapter Dues for members assigned to its Chapter. If you have questions, need additional documentation, or did not receive your 2023 ACS Local Chapter Dues invoices, contact me at rcook@rmcmanagementsolutions.com and we will assist you in maintaining your active status.

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

Robbi

Robbi-Ann M. Cook, CAE
Executive Director

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

**A Message from
MPACS President
Matthew Philp, MD, FACS**



I hope everyone had a safe and joyous holiday season with their families and you were able to take some well deserved time off. COVID seems to still not be over despite another calendar year passing by. Staffing shortages, though certainly much improved, still seem to keep popping up and shutting ORs down and delaying care for our patients. I still sense a lot of stress among the students, residents, nurses, faculty and staff around the hospital.

I am optimistic 2023 will bring improvement in many of these areas. We recently reviewed our Metropolitan Chapter activities for the prior year, and it's really amazing to see how much our membership has accomplished. From our Mock Orals program, the Annual Meeting (our second in person since 2020), and the activities of the Young Surgeon's group, it was really a busy year for Metro. The amount of positive work is really tremendous. We continue the work of strengthening out Chapter and ensuring our stability going forward. We continue to look forward to solidifying our relationship with Keystone to provide us a more unified voice in national and state advocacy. Even if you have not directly participated in Chapter events, your support is so important for our activities and our specialty. I certainly encourage you to join with your colleagues in all of our programs. Collaboration and community improves wellness and helps us with all of our daily work challenges. I look forward to what 2023 will bring!

A handwritten signature in black ink that reads "Matthew Philp". The signature is written in a cursive, flowing style.



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

**Meanderings from A
Wandering Surgeon**

**January 2023
Make sure it's not
just another year...**

Greetings friends and colleagues –

I hope you have entered into the New Year with renewal, reasonable resolutions, and a mental-health-awareness month in which you are both aware and healthy. Unfortunately, it is not so easy to clear the mind and disconnect when the change in the calendar has not changed active warfare on multiple continents, gun violence at home, communicable disease, political discord, and significant negative staffing shortages and financial impacts across healthcare.

Ironically, the work we do as surgeons, stress and all, acts as a focal point and place of inspiration for me – and, I suspect, many of us. The satisfaction of a successful procedure. The connection with the vulnerable patient. The sense of awe the human body inspires. A constant challenge to keep up that source of inspiration - moderation. I doubt another add-on case, another meeting, another title, another paper, another presentation, longer clinic, more call – or whatever the manifestation of work load you are experiencing, particularly in the financial and staffing challenges with which we are faced – will allow the space to separate and refocus.

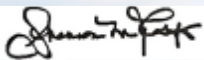
The ideas of balance and burnout are well known, oft quoted and studied, and now considered at all levels, from student to chief. Part of the solution is creating and defining your own practice to focus on the population and procedures that you are good at – and actually LIKE performing. Work hard to achieve clear

goals. Set limits around them. Find advocates to help enforce them. Find an institution, employer, partners that allow you to meet them.

In my previous columns of the last months, I asked each of you to consider other specialties, practice types, geographic locations, and the wide variation of our work in the hopes to build community. Have you? Finding the joy in our profession may be as simple as finding colleagues and friends to share your goals, your stories, restore empathy, and feel safe. The ACS is the bridge to do just that. Visit www.facs.org for well-being resources, efficient time-saving practices, financial advice, and building communities. Find what you need to build the practice that brings you joy.

Please respond with questions, comments, or direction as to how the ACS can help you find inspiration...

Regards,



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



Serving Your Surgical Community



Michael A. DellaVecchia, MD, PhD, FACS is no stranger to members in the Keystone or Metropolitan Philadelphia Chapters. Recently completing six years serving as an ACS Governor representing the Metro Philly Chapter, we asked “Dr. D” to share his journey and thoughts on leadership and engagement.

I joined the American College of Surgeons a few decades ago and found it to be a great experience and a good representation for the advocacy of my profession and my patients.

At the same time, I joined my local ACS chapter, the Metropolitan Philadelphia Chapter, which geographically was the local demographic segment of the ACS. After being an active member for a number of years and serving on its Council, I was elected president of the Chapter. Following my service as an officer, and past president, I was selected by MPACS to serve as a Chapter Governor for the ACS.

Being a governor was a true learning experience, even at a later stage in my career. The ACS is a well-oiled machine on a national level, as well as keeping oversight of state and local issues. The ACS staff is very professional and readily available to assist all members, not just Governors, Regents, or Trustees of the Board.

The Board of Governors has sections (Pillars), which are more focused groups that you are able to join according to your areas of interest. Governor meetings are more a meeting of the minds and ideas, than a meeting of people.

The comradeship is evident from the beginning. Everyone works together and the networking with colleagues across the country is great. As part of the Governor team, you will share not only the medical and academic interest, but also the social, political, and legislative problems that everyone is experiencing.

Leadership courses provided by the ACS are second to none, and I highly recommend them to all officers of every Chapter.

Choose your Chapter Governors wisely and you will find them a great addition to your Chapter and your membership.

Michael A. DellaVecchia MD PhD, FACS

Michael A. DellaVecchia, MD, PhD, FACS
Senior Advisor
Metropolitan Philadelphia Chapter



Your feedback matters. Likes, dislikes, what other information/resources you need. Have an article or news to share? Send your comments, thoughts, suggestions or articles to our Newsletter Editor, Robbi Cook at rcook@rmcmanagementsolutions.com.



Think You Are An Expert at ACS History?

We still have not received a winner entry for the ACS History trivia. There must be a member out there that can answer the following questions correctly. Is it you? Be the first person to email the correct answers by February 12, 2023 to our Executive Director, Robbi Cook at rcook@rmcmanagementsolutions.com, and we will send you a prize package to your home or office.

1. Year ACS was established?
2. Who was the first female ACS president?
3. Where is the ACS headquarter?
4. How many Chapters does the ACS have in the United States?
5. Who is the current Executive Director of the College?
6. How many ACS Presidents hailed from Pennsylvania?
7. When was the ACS seal unveiled?
8. Who was the ACS Founder?
9. Who was the first Executive Director of the College?
10. How many Chapters are located in Pennsylvania?

Chapter Office Closure



The Keystone and Metropolitan Philadelphia Chapter offices will be closed on Monday, February 20, 2023.

Emails and voicemails will be returned when the office re-opens on Tuesday, February 21, 2023.

SAVE THE DATE!

Keystone *Chapter*

ACS Chapters American College
of Surgeons

Keystone Chapter Spring Conference & Annual Business Meeting Friday, April 21, 2023

St. Luke's Hospital Education Center
Bethlehem, PA

[Educational Sessions](#) | [Resident Poster Competition](#) | [Exhibit Hall](#) | [Networking](#)

The Keystone Chapter announces the return of its annual in-person conference. The conference will be held on Friday, April 21, 2023 at the St. Luke's Hospital Education Campus. This is the first time St. Luke's will host the Keystone Chapter Educational Conference and we are excited to have you join us for a full-day of educational sessions from leading experts. The Resident poster competition will showcase top research papers from the regional training institutions, with the top scoring poster having the honor of presenting their paper from the podium.

An Exhibit Hall will host breakfast and lunch for attendees and an opportunity to meet with local representatives of surgical devices and products. Attendees will be able to learn about new products and features available for surgical procedures.

Kurt Bamberger, MD, FACS (Tower Health-Reading) is this year's chair person. Additional information and registration will be available in the next few weeks.

Make your calendars and join Keystone Chapter for its first in-person, post-COVID conference since 2019!

St. Luke's University Hospital Campus is located at 801 Ostrum Street, Bethlehem, PA 18015, a short distance from the Harrisburg, Gettysburg, and Wilkes-Barre/Scranton area.

We look forward to seeing you!

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ACS JOINS LETTER URGING SUBSTANTIVE MEDICARE PAYMENT REFORM

The ACS has joined more than 100 organizations in sending a letter to all members of the US House of Representatives and Senate emphasizing the need for substantive Medicare payment reform in the 118th Congress. The letter urges Congress to hold hearings and work with all stakeholders on exploring long-term payment solutions.

In the late-December 2022 omnibus federal spending bill, the ACS and other healthcare organizations were disappointed that Congress failed to prevent the full 4.5% Medicare payment cut from taking effect. While the College and its Fellows applied considerable grassroots efforts to prevent the cuts in this annual spending bill, the ACS has long advocated for more permanent solutions to Medicare payment challenges.

As the letter states, “Congress has a unique opportunity to adopt comprehensive, transformative reforms to the Medicare payment system over the next several years. Such reform is imperative to sustaining medical practices and ensuring a robust workforce to care for the growing number of America’s seniors.”

The ACS remains committed to advocating for a Medicare payment system that incentivizes high-value care for seniors, appropriately compensates surgeons for their time and skill, and minimizes administrative burdens on physicians and their practices. By joining with other organizations at the beginning of this Congressional session, the College hopes to keep payment reforms among the priorities to be addressed in 2023.

Resident Leadership & Advocacy Summit Travel Award Submission Extended to February 3, 2023

A limited number of scholarships for Resident members interested in attending the Leadership & Advocacy Summit, April 15–18, at the Grand Hyatt Hotel in Washington, DC are available and the deadline to apply has been extended to February 3, 2023. The scholarship award will cover up to \$500 in housing and transportation costs, which may also include your registration fee. **Note:** you must be a US Resident member in good standing with ACS to be eligible for a scholarship.

Scholarships will be awarded to a broad representation of all facets of ACS Resident members. Special consideration will be given to first-time attendees of the Leadership & Advocacy Summit, as well as candidates in the senior years of residency programs

The Summit is a dual meeting that offers specialized educational sessions focused on effective surgeon leadership, interactive advocacy training, and coordinated visits to Congressional offices. Attending this conference alongside surgery and policy experts represents a valuable opportunity for young surgeons to make an impact in their institutions and in their field.

To learn more, visit <https://www.facs.org>.

Don't Forget to Claim Your CME Credit Hours from Clinical Congress

The ACS reminds all participants who attended Clinical Congress, either in person or virtually, to make sure you claim your Clinical Congress CME credit hours.

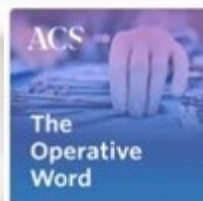
In-person and virtual attendees must complete an evaluation and complete the claiming process to earn CME credit hours, download/print your Certificate. The claiming process includes completing an evaluation for each session as well as the Global Evaluation.

For additional information and to claim your credit hours, click [HERE](#).

DEADLINE TO CLAIM: May 1, 2023

Listen to Experts Discuss Disparity-Sensitive Measures in Surgical Care

In the newest episode of *The Operative Word* from JACS, Elzerie de Jager, MBBS(Hons), PhD, and ACS Past-President LD Britt, MD, MPH, FACS, discuss their [study](#), in which a Delphi panel identified 125 potential disparity-sensitive measures which could be used to track health disparity, evaluate the impact of focused interventions, and reduce healthcare inequity.



SAVE THE DATE!

Leadership & Advocacy Summit

April 15-18, 2023

Grand Hyatt Washington, DC Hotel

[MORE INFO](#)

MORE RESOURCES FROM ACS

[JACS Study Suggests Telemedicine Can Provide High-Quality Communication for Surgical Consultation](#)

[Acknowledge Vulnerability, Embrace Passions with Surgeon Well-Being Resources](#)

[Surgeons Encouraged to Submit *Bulletin* Articles](#)

[Get the Most Out of Your SSR Experience with Practice Improvement Initiative](#)

[Learn about Revamped Hernia Coding, Major Changes to Medicare Billing at In-Person ACS Coding Courses](#)

Young Surgeons Work Group Update

The collaborative Young Surgeons Work Group met in January to begin planning for upcoming 2023 events. The YSWG is open to all Young Attendings, Residents, and Medical Students from the Keystone and Metropolitan Philadelphia Chapters.

Coming in the first half of the year will be two Resident Surgical Jeopardy tournaments—one for Keystone Chapter Residents; and one for Metro Philly Residents. The winners of each Chapter Tournament will face off in a “Best of the Best” competition for the ultimate bragging rights. Residency programs should start thinking about your team players. Additional details coming soon.

The YSWG will be participating at the Keystone Chapter Spring Conference being held at St. Luke’s in Bethlehem on April 21st. They will have an informational booth with resources available and be able to chat with young Fellows, Residents, and Medical Students about the group and how to get involved.

The YSWG is co-chaired by [Rebecca Hoffman, MD, FACS](#) (Keystone) and [Austin Williams, MD](#) (Metro Philly). If you are interested in joining the group or have ideas for events, resources, please contact either Becky or Austin.



Monday, February 20, 2023



The 2023 ACS Local Chapter Membership Renewal period is currently open. ACS does not include the Local Chapter Dues on its renewal invoicing. Chapters are required to separately bill for the ACS Local Chapter dues. If you have not received your renewal email, contact the Chapter office:

Keystone Members: info@kc-accs.org

Metro Philly Members: info@mp-accs.org

Keystone and Metropolitan Philadelphia Chapters offer easy and quick online payment methods. Simply click the link in your dues renewal invoice and submit your credit or debit card payment. Takes less than 5 minutes!

While you are renewing your annual dues, check to ensure your information is complete and accurate. A member data reconciliation was recently completed with ACS, but you may prefer to receive your communications to a personal email or home address.

We look forward to your continued support of the local ACS Chapters in 2023.



4 Possible Health Perks to Planning a Wellness-Inspired Vacation

The following excerpt is from an article written by [Lauren Bedosky](#) (and medically reviewed by [Justin Laube, MD](#) for the January 19, 2023 issue of [Everyday Health](#)).

Wellness tourism may boost your happiness, lower everyday stress, and even improve heart and brain health. Here's how weaving well-being into your next trip might optimize your PTO.

Ever feel like you need a vacation after you take a vacation? Perhaps you might consider [wellness tourism](#) as a framework for your next break. Wellness travel is essentially a form of [self-care](#) involving intentionally unplugging from life's [stressors](#) to recharge your batteries, and keeping health and well-being in mind so you can reenter daily life feeling rejuvenated and refreshed.

Wellness tourism is different for each individual. Some travelers sign up for a [yoga](#) and [meditation](#) retreat, stay at a [hot springs](#) or spa resort, camp and hike to connect with nature, or even create a DIY itinerary with healthy activities to enhance a preplanned business or family trip. Others plan a staycation where they find a local Airbnb or hotel to get away from their usual environment and rest up for a few days. And others opt for immersion-based wellness travel (a pilgrimage, intensive yoga training, or visit to a humanistic integrative education center to deepen their self-inquiry path).

Unlike other forms of travel, wellness tourism differs from your typical vacation in that well-being remains the primary focus. Beyond offering an opportunity to reestablish healthy habits like sleeping better, eating well, and exercising daily, it may offer other potential physiological and mental health benefits, too.

"Wellness getaways are a prime opportunity to achieve a mental, physical, or emotional reset," says [Lisette Cifaldi](#), director of behavioral health at [Hilton Head Health](#), a weight loss and wellness resort on Hilton Head Island in South Carolina.

After retreating to a place with well-being-supportive environments and activities, you may return home happier, less stressed, and more motivated to tweak unhealthy behaviors and improve your heart and brain health over time.

Keep in mind many of the potential benefits of wellness tourism are anecdotal. Most research focuses on the health benefits of general travel instead of wellness tourism specifically. Here are some potential perks of wellness-inspired travel that may last long after you get home.

1. **It May Boost Happiness**—Do you return from vacation feeling happier than before you left? Research suggests this mood boost may have long-term mental health benefits — provided you keep up your travel habit. There are many [reasons why regular time off](#) makes you a happier person. One explanation may be that travel offers a change of scenery, sparking brain activity that has a positive effect on mood.
2. **It May Provide Lasting Stress Relief**—It's well known that [stress can create health problems](#) if you don't find ways to manage it. When you're constantly stressed, your body stays on high alert even when there's no real danger. According to [MedlinePlus](#), this can increase your [risk of high blood pressure](#) (hypertension), heart disease, diabetes, obesity, and depression or anxiety, among other health issues. A trip to focus solely on your well-being is one [way to manage stress](#). It gives your mind and body a break from everyday pressures and allows you to participate in relaxing activities and experiences, such as [massage therapy](#), yoga, nature therapy, and meditation. Wellness-focused activities like these bring [stress levels](#) down. And you probably won't have to wait long to notice the effect.
3. **It May Improve Heart Health**— The stress-lowering effects of travel may offer good news for heart health. A study published in [Psychology Health](#) found full-time workers who took vacations over the previous year had fewer symptoms of metabolic syndrome than workers who took few vacations.

While these findings may seem promising, the authors noted that healthier people may be more likely to travel, which may explain why frequent travelers have healthier hearts. More research is needed to determine if and how travel — wellness tourism in particular — could benefit cardiovascular health. According to [research published in the *Journal of Occupational Health Psychology* in April 2021](#), there may be other barriers to taking time off, like financial restraints and the stress of leaving roles and responsibilities, among others.

4. **It May Boost Memory and Creativity**—Visiting new environments through travel stimulates the brain, helping you stay sharp, according to the aforementioned report from the Global Coalition on Aging.

Exposure to new stimuli may also get your creative juices flowing. In a [study published in 2021 in *Frontiers in Psychology*](#), employees — the participant group was 74 percent female, 39 percent had children, and over half had a college degree — rated their work-related creativity as higher post-vacation. The researchers speculated that workers were able to recover and restore their mental bandwidth during vacation, which helped them feel more productive and creative once they returned to work. Other explanations for this creativity boost may have been present, and more research is needed to know how, exactly, wellness tourism offers improved creative function.

In reporting on wellness tourism, we're aware there are challenges to taking formal vacation time, including the cost of travel, lack of paid vacation time, and responsibilities at home and at work, among others.

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



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.

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

Keystone & Metropolitan Philadelphia Chapters
American College of Surgeons

Be a Voice in the Choir!

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.

