

Pennsylvania Surgical News

July 2022



Robbi-Ann M. Cook, CAE
Executive Director

I am currently in Park City, UT moderating a Board Retreat for another healthcare client. A favorite place for me, the beauty of the landscape, friendliness of the local folks, and amazing food. It is a cool and crisp 65 degrees as I put the final touches on this month's newsletter. Lots of exciting things are on the horizon for the Keystone and Metropolitan Philadelphia Chapter members. Make sure you check your email for information on upcoming meetings (virtual and in-person). Be an engaged member....you reap the benefits ten-fold.

With the update to the ACS logo and website, we are unveiling the new Keystone and Metro Philly logos this month. You will see the new logo on all communications and both websites are undergoing updates.

Coming up on August 11th is the second *Fellowship 101* webinar hosted by our Young Surgeons Work Group. Residents and medical students are encouraged to register for this great webinar to learn about available fellowships, how to prepare for the next step in your surgical career, and connect with surgeons across the area to help you navigate critical decisions in your career.

Clinical Congress will be held in-person coming up in October. We have included information on registering, hotel, and other information on the event under the ACS Update section.

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

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

Robbi

INSIDE THIS ISSUE

ACS Updates	3
Calendar of Events	5
Meanderings of a Wandering Surgeon	2
Mistreatment, Discrimination by Patients Adds to Burnout	6
See One, Do One, Teach One!	4
Wellness Minute	8
Young Surgeons Workgroup Update	5 & 7

***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

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



“Say Hi to Your Mom for Me.”
- Biff Tannen, *Back to the Future* -

Do you know how much someone appreciates it when you reach out to them? We see family, friends, and colleagues everyday, but do we take the time to “check-in”? Is it really that important?

One study found “*a robust underestimation of how much other people appreciate being reached out to.*” People are fundamentally social beings and enjoy connecting with others. Sometimes, people reach out to others—whether simply to check-in on how others are doing with brief messages or to show that they are thinking of others by sending small gifts to them. Yet, despite the importance and enjoyment of social connection, do people accurately understand how much other people value being reached out to by someone in their social circle?

To read the full article *The Surprise of Reaching Out: Appreciated More than We Think*, recently featured in the American Psychological Association’s Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes, click [HERE](#).



ACS Fellow Is Expected to Make History as NCI Director

Renowned cancer surgeon Monica M. Bertagnolli, MD, FACS, from Boston, MA, is slated to become the 16th director of the National Cancer Institute.

President Biden is poised to appoint Monica M. Bertagnolli, MD, FACS, as the first woman and first chair of a clinical trials oncology group to serve as director of the National Cancer Institute (NCI). Dr. Bertagnolli is professor of surgery at Harvard Medical School in Boston, MA, as well as former division chief of surgical oncology at Brigham and Women’s Hospital and Dana-Farber Cancer Institute.

She has decades of experience in clinical research and executive leadership in oncology and cancer policy, including her role as chair of the Alliance for Clinical Trials in Oncology, a clinical trials cooperative group funded through NCI’s National Clinical Trials Network.

“I cannot imagine a person more qualified than Dr. Bertagnolli to lead the National Cancer Institute. This is a great decision made by the Biden Administration,” said Heidi Nelson, MD, FACS, Medical Director of the ACS Cancer Programs. “Dr. Bertagnolli has played a transformative role as scientist, surgeon, and leader in the cancer community for decades, and she will bring great knowledge and experience to this new leadership role. We know her vision for cancer research and her contributions at this national level will be significant, impactful, and sustainable, and we look forward to supporting her leadership and vision.”

[READ MORE](#)



CONFERENCE AND EVENTS

Clinical Congress 2022

Join us October 16-20 for education, networking, and the latest surgical innovation you won't find anywhere else—with both in-person and virtual attendance options available!

Register



Surgeons
Sowing Hope

CLINICAL CONGRESS 2022

October 16-20 | San Diego, CA

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](#).

This year's Clinical Congress in San Diego offers outstanding educational opportunities for every stage in your career—all in one place. Learn from distinguished experts, hear about groundbreaking procedures and research, network with peers from around the globe, and gain clinical and non-clinical knowledge and skills that you can immediately put into practice.

All attendees will have access to livestreamed and on-demand content, and both in-person and virtual attendees have the opportunity to claim *AMA PRA Category 1 Credit™*, earn self-assessment credits, and meet other regulatory requirements.

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

Register

See One, Do One, Teach One!



Danielle Hashmi, DO
KCACS Councilor-at-Large

Dr. Danielle Hashmi from Crozer-Keystone, reaches out to our senior and retired surgical members for monthly articles 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. This month, she interviews Dr. Mary Lou Patton from Crozer-Chester Medical Center.

Mary Lou Patton, MD, FACS, FCCM, FSSO, FICS, has inspired high school, premed, medical students, and other medical professionals throughout her illustrious career. I am honored to focus on her this month as she retires after 55 years in the medical field and 38 years at Crozer Chester Medical Center, where she served as the Breast Program Director and Medical Director of the Nathan Speare Regional Burn Treatment Center.

Mary Lou was raised on a 500 acre animal crop farm in Southwestern Ohio. After high school, she proceeded to nursing school in Springfield, Ohio. Her first employment was Columbia Presbyterian Hospital in 1968 in NYC and while there, she went to night school at Columbia University. To fulfill a 3-year language requirement, she spent a year in France at La Sorbonne in Paris. She received the degree Superieur in French. She then returned to Columbia Presbyterian Hospital and Columbia University.

When she decided to apply to medical school, her advisor expressed concern regarding her

non-traditional application. The Ohio State University denied her application stating she "already had a profession, nursing." She was offered an interview at Harvard, but for the following year. Rather than move her husband and young daughter to Boston, she matriculated at the University of Iowa in Toledo. Her mentor there got her an interview with the University of Iowa, where she completed her surgical residency from 1979-1984.

When she began her residency, there had been only one woman to complete the surgical program and she had been unable to secure employment in the surgical career. During Dr. Patton's burn rotation in her second year of residency, Dr.



Edward Hartford, chief of burn surgery at Crozer, offered her an interview at the completion of her residency. She would spend the next 38 years doing burn, breast, and general surgery at Crozer. The first 10 years of her career she also covered trauma.

To succeed, Dr. Patton realized she would need to confirm her practice with presentations and publications of her work. Some of her early career achievements at Crozer include utilization of breast conservation therapy demonstrating equivalent morbidity and survivability as mastectomy, and being the pioneer of laparoscopic surgeries at the hospital including the first published concomitant laparoscopic cholecystectomy and splenectomy for surgical management of hereditary spherocytosis, as well as being the first to

(continued on next page)



**Mixology & Cooking Class for the Busy Surgeon
Cooking on a Dime In 5-Minutes Time!
Member Only Event!**



Wednesday, August 31st | 6:00 – 8:00 PM
Hosted by the Keystone & Metropolitan Philadelphia Chapters'
Young Surgeons Work Group

to perform laparoscopic obturator hernia repair, PEG for a burn patient, laparoscopic cholecystectomy with her partner Dr. Linwood Haith, and laparoscopic colon resection at Riddle Hospital.

She has presented both nationally and internationally and has been active in the community including schools, churches, medical groups, and women organizations on breast and burn health. She also participated in numerous organizations including the American Burn Association, Trauma Foundation of Pennsylvania, Society of Laparoendoscopic Surgeons and within Crozer as a representative of the Critical Care Committee, Cancer liaison and Co-Chair of the Cancer Committee for ACS, and Bylaw committee, in addition to several other board memberships.

Mary Lou thanks her family: Husband John, daughter Nickie, her husband Peter and their sons Lane and Jacob for all their support through the years and to her surgical partner for 38 years at Crozer. Dr. Linwood R. Haith.



Mark Your Calendars!

- Aug. 11—*Fellowship 101 Webinar*
- Aug. 31—*Mixology & Cooking Class*
- 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—September
Joint Surgical Jeopardy Tournament—November

Be an engaged member!
Join us for these and more upcoming events!



Mistreatment, Discrimination by Patients Adds to Physician Burnout

According to a recent article by [Tanya Albert Henry](#) written for the AMA Physician Health publication, it is not uncommon for patients, their families and their visitors to mistreat and discriminate against physicians. Those actions are contributing to the burnout that physicians are feeling, says a study published in [JAMA Network Open™](#).

According to Henry's article, of the 6,512 physicians surveyed in the study "[Physicians' Experiences With Mistreatment and Discrimination by Patients, Families and Visitors and Association with Burnout](#)," noted:

- 30% reported being subjected to ethnically offensive remarks in the past year
- 28.7% said they experienced offensive sexist remarks
- 20% reported being targeted by unwanted sexual advances.
- As the score for mistreatment and discrimination increased, the risk of burnout rose by 27% to 120%.

These experiences at work are taking a toll on physicians. The study suggests organizational efforts to mitigate the risk of burnout should include strategies to appropriately deal with and reduce mistreatment and discrimination.

The AMA has developed [guidelines to offer a path to prevent discrimination in medicine](#).

Reducing physician burnout is a critical component of the [AMA Recovery Plan for America's Physicians](#). You took care of the nation. It's time for the nation to take care of you. It's time to rebuild, and the AMA is ready.

Far too many American physicians experience burnout. That's why the [AMA develops resources that prioritize well-being and highlight workflow changes](#) so physicians can focus on what matters—patient care.

To read Ms. Henry's full article, click [HERE](#).



Young Surgeons Work Group Team Vies for Spot at Clinical Congress' Surgical Skills Competition

A team of two members of the Young Surgeons Work Group, representing the Metropolitan Philadelphia Chapter are hoping to score a spot at the upcoming Surgical Skills Competition at Clinical Congress. Teams will be selected and notified in the next few weeks.

Members of the *Metro Maniacs* Team include:

Sarah Martin, DO (PCOM)

Praveen Satarasinghe, MD (Crozer-Chester)

Good luck to team *Metro Maniacs*.



AMERICAN COLLEGE OF SURGEONS

Keystone Chapter



AMERICAN COLLEGE OF SURGEONS

Metropolitan Philadelphia Chapter

**Join the Keystone & Metropolitan Philadelphia Chapters
Collaborative Young Surgeons Work Group
For**

Fellowship 101

**Thursday, August 11, 2022
6:30 PM to 8:00 PM**

Choosing a Fellowship program is a huge step in your medical career. So many choices, so little time to research. The Young Surgeons Work Group is hosting this 90-minute webinar to help you make the best decision for the next chapter of your surgical career.

Why should you join us for the *Fellowship 101* webinar?

- ⇒ Teams of members from various surgical specialties will be on hand.
- ⇒ Gather information on training programs and tips to determine the best path for your surgical career.
- ⇒ Get your burning questions and concerns answered by seasoned surgeons who have been where you are now.
- ⇒ Opportunity to connect with specialty surgeons from institutions across the area to help you navigate this next chapter of your career.

Not sure what specialty is calling you? Multiple specialty breakout rooms available. Ability to move between rooms and gather information on multiple specialty programs to make the best decision for your surgical career.

Register today and join us on Thursday, August 11th to learn more about available surgical fellowships.

Register

Wellness Minute

Benefits of Laughter for Your Mind, Body & Soul



We have all heard the old saying, “*Laughter is the Best Medicine.*” But why? Hanging out with friends or family makes you feel good. Chances are during these gatherings someone is going to say or do something silly and everyone will laugh. Watching your favorite comedy show or movie puts a smile on your face and causes you to laugh. No matter what makes you laugh, when you do laugh it simply makes you feel good. Each time you laugh, chemicals release playing an important role in boosting your overall health and well-being.

Here are some benefits of laughter:

1. **Boosts Immunity.** A study published by the National Cancer Institute found people who laugh on a regular basis decrease hormones related to stress inside their bodies. Laughter also increases the number of natural killer cells and activated T cells, two things that help your body stay healthy and strong.
2. **Workout.** Those good belly laughs are a great workout. Whole body laughing provides you a mini-workout similar to doing aerobic exercises. Laughing hard boosts your respiratory rate, heart rate, and increases your O₂ consumption.
3. **Improves Heart Health.** Your heart loves laughter. The Cleveland Clinic found laughter immediately increases blood flow to your heart. Increasing blood flow to your heart can help reduce many scary heart-related issues.
4. **Relieves Stress.** A good laugh alleviates tension and stress. Feeling stressed? Simply relax and have a good laugh. Giggles can instantly relieve the stress response in the body and help soothe any type of tension you are holding inside.
5. **Clears the Mind.** Experiencing random brain fog? Laughter can help. Simply laughing puts your brain back into a state where you can think more clearly. Take time to laugh, regroup, and move on with your day.
6. **Pain Killer.** Laughter can reduce the amount of pain you are feeling as it releases endorphins and causes you to feel better. While not possible to laugh your way from extreme pain, at least it will lighten the mood and make you feel better.
7. **Creativity.** Stuck in a rut with no creative juices? Try laughing. Humor can help to loosen your mind. Laughter makes you more relaxed and emotionally you feel a bit safer, leading to more brain power to be creative.
8. **Calorie Burner.** Going hand-in-hand with the **Workout**, laughter is a secret calorie burner. Laughing 10-15 minutes a day can burn 10-40 calories. Deep belly laughs will increase that calorie burn. Burning 40 calories a day translates into about four pounds of weight loss in a year.
9. **Helps You Get Through Tough Times.** Life is hard and there are times where you are going to struggle with things. Take a moment to reflect on good and happy times. Finding a way to laugh during tough times, increases good endorphins, releasing stress, and makes you feel better overall.

Take control of your overall physical and mental well-being and find a reason to laugh!



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!