

# Pennsylvania Surgical News

June 2022



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Executive Director

A country divided. Family, friends, and colleagues search for answers and some semblance of normalcy in today's world. Relationships have been broken because of differing opinions. It is a sad state of affairs for a country that will be celebrating their Independence in a few days, when all came together for the common good of its people. This is not written to cause additional pain or start a contentious discussion, but rather my thoughts as I sit in my office reading countless articles, social media discussions, and emails from both sides of the divide. As a nation, we need to come together. As surgeons, you need to be cognizant of the mental health of your colleagues, your patients, and most importantly, yourself!

We had a very informative collaborative first session in the Advocacy Series in early June and heard from Curt Schroeder, executive director of the Pennsylvania Coalition for Civil Justice Reform on the state of venue change. Dr. DellaVecchia from Metro Philly shared his thoughts of a "seasoned" advocate and the importance of grassroots efforts by members. Dr. Stawicki, Keystone Chapter's president, shared his first experience as an advocate for the surgical community during the ACS' Leadership & Advocacy Summit. We will be posting the webinar recording on the Keystone and Metro Philly websites in the next few weeks. Take a moment to connect, listen, and learn why advocacy is important! The second session in the series is set for Monday, July 25th, beginning at 6:30 PM. This session will be a Fireside Chat with a number of current legislators who will answer member questions. Watch for registration details.

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

*Robbi*

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Shannon Marie Foster, MD, FACS  
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## Meanderings from A Wandering Surgeon

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



## A Win For PA Physicians

On June 29, 2022, the PA Senate unanimously passed SB 225, *Prior Authorization of Medical Services in Pennsylvania*, introduced by [Senator Kristin Phillips-Hill \(R-York\)](#). This is a step in the right direction to fix the prior authorization hurdles physicians across Pennsylvania have faced. The bill now moves to the House for consideration.

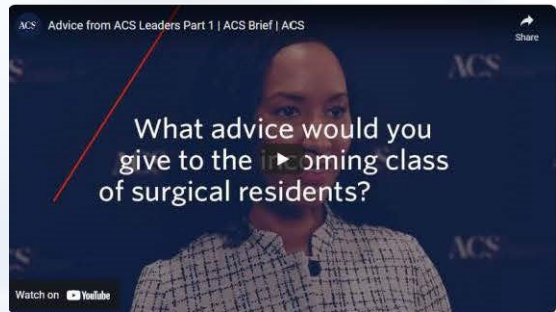
A key element of the bill will be the development of a standard prior authorization form that can be electronically submitted by all health care providers and accepted by all health insurers.

Keystone and Metro Philly Chapters, and the ACS, will continue to monitor the bill as it moves through the House. [Read Bill Here](#)

## ACS Leaders Encourage New Surgery Residents to Engage with the College

What advice would you give to the incoming class of surgical residents?

The ACS has something to offer surgeons of all career levels, including residents who are celebrating the beginning of their surgical training. In this video, ACS Executive Director Patricia L. Turner, MD, MBA, FACS, ACS Governor Todd K. Rosengart, MD, FACS, and ACS Regent David J. Welsh, MD, MBA, FACS, welcome surgical residents to the profession and encourage them to take advantage of all that the ACS has to offer, including access to senior surgeon mentors and invaluable resources. Click below to watch the video.





*The following statement was approved by the American College of Surgeons (ACS) Board of Regents concerning the United States Supreme Court decision in the case of Dobbs v. Jackson Women’s Health issued on Friday, June 24, 2022.*

The American College of Surgeons (ACS) has long opposed governmental interference in the clinical practice of medicine and in the privileged physician-patient relationship. The Supreme Court’s decision in *Dobbs v. Jackson Women’s Health*—will allow states to eliminate access to reproductive services for women and will jeopardize the autonomy of this relationship. We are concerned that this decision will impact the availability of comprehensive and safe reproductive healthcare services.

**Patients**, along with their physicians, must be primarily in control of medical decisions unimpeded by government interference. All patients must be afforded the right to make individual, informed healthcare choices, including reproductive services.

**Surgeons**, and physicians of all specialties, must be free to practice medicine, informed by medical education, experience, and scientific evidence, without fear of the care being criminalized. Physicians must not be placed at risk of persecution or prosecution for providing patient-centered care.

**Access** to healthcare is essential for optimal quality and safety. The American College of Surgeons recognizes that the health of patients

suffers when access to care is restricted. Moreover, when healthcare access is restricted, the impact is greater on those who are already underserved. Accordingly, the ACS urges the passage of legislation that ensures full access to safe reproductive healthcare for all patients.

The American College of Surgeons will always advocate for the practice of evidence-based care and oppose any interference by the government or any other entity in the patient-physician relationship.



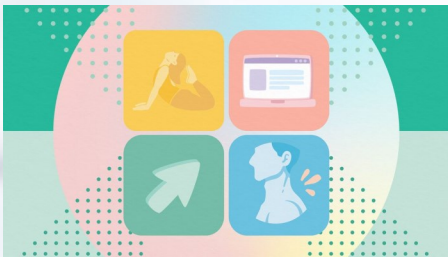
### [Historic Firearm Safety Law Aligns with ACS Recommendations](#)

On June 24, US President Joseph Biden signed historic firearm safety legislation into law. The Bipartisan Safer Communities Act represents passage of the first major federal firearm safety legislation in nearly 3 decades, and many of provisions adhere to the recommendations developed by the ACS Committee on Trauma (COT) in recent years and reiterated in wake of recent, devastating mass shootings. The legislation includes several actionable measures for reducing death and disability caused by firearm violence, as well as \$250 million for community violence intervention programs.

## How to Beat “Tech Neck” and Why It’s So Bad for Your Health

Spending hours staring at a computer screen? Then you most likely know the pain considered “Tech Neck.” It is a term, according to New York—Presbyterian Hospital, that refers to “the soreness, stiffness, and even injury that can result from bending your head downward to look at an electronic device for too long.”

According to Stacie J. Stephenson, a chiropractic doctor and chair of functional medicine for the Cancer Treatment Centers of America in Paradise Valley, AZ, tech neck is “the fallout from spending too much time looking down at phones or tablets, or holding your head too far forward to look at a computer screen.



“Tech neck” is bad for your long-term health. If you experience headaches, tension in the upper back, TMJ, tingling or numbness in the hands, weakness in the hands, or rotator cuff tendonitis, these are signs you may be experiencing Tech Neck.

In recent article published in *Everyday Health*, [Angela Haupt](#), with the medical review of [Justin Laube, MD](#), provide tips to help alleviate “Tech Neck,” and we will share a few here. Most involve the use of stretching, and should be done at least three (3) times a day. Remember: you should not experience pain while stretching.

1. **Chin Tucks.** Start standing or sitting with your spine straight. Draw your head straight back like you are making a double chin. Make sure not to tilt your head back when doing this exercise. Keep your chin tucked, but parallel to the floor. Hold for five (5) seconds, release, and repeat.
2. **Hand to Ear Stretch.** Place right hand flat against the right side of your head. Tilt your head to your right shoulder while pushing against your hand. Hold for five (5) seconds, release slowly, and repeat on the other side.
3. **Hands to Forehead Stretch.** Place both hands on your forehead. While keeping your chin parallel to the floor, try to push your head forward while pushing your head back with your hands. Hold for five (5) seconds, and repeat.
4. **Practice the Cobra Pose.** Lie on the floor on your belly with your head looking down. Lift your head and upper chest off the ground with only minimal support of your hands. Hold for 15-30 seconds. This exercise stretches the back and neck in the opposite position to the one that cause “tech neck” and counters the imbalance.
5. **Try Some Super(wo)mans.** Lie on our stomach and alternately raise your right arm and left leg. Switch and raise your left arm and your right leg off the ground. Hold each for a second or two, lower, and repeat.
6. **Check Your Spine Alignment.** Check yourself often during the day to ensure you have not slipped into the old, not-so-healthy habit of looking down at your devices. Remember to keep screens, and phones at a level where you will not be required to look down at the screen.
7. **Standing Desks.** Or, if you are so inclined, a treadmill desk. This encourages more continuous small movements throughout your day. The movement helps to keep you

from clamping down on your neck muscles. According to the article, “Movement is your friend.”

**8. Take a break.** Get up and move around at least once an hour. Include a few stretches and roll your neck to loosen up tight muscles. This simple exercise will help prevent spasms and stiffness and reduce “tech neck.”

**9. Shoulder Rolls.** Roll your shoulders up and back as you shift your head back, keeping muscles moving and repositioning your body in a healthful way. This exercise can be done multiple times a day while sitting or standing.

**10. AND, Last, But Not Least, Limit Your Screen Time.** Your job may require you to spend the majority of your day in front of a screen. Make sure to use your nonwork time doing things that do not require you to be in front of a screen. Look for fun things, like walking, visiting with family and friends, or even taking a much deserved nap. Find something that is good for your physical and mental well-being, and enjoy the relief from Tech Neck.

To read Angela Haupt’s full article, [CLICK HERE](#).



This week, as I was working on legislative updates and sharing information on the latest movement in the venue change issue, ACS’ Manager of State Affairs in the Division of Advocacy & Health Policy, Chris Johnson, shared the news that he will be leaving the ACS family in early July, and joining the American College of Emergency Physicians (ACEP).

Chris has been a wealth of knowledge and guidance to the Keystone and Metro Philly Chapters on Pennsylvania legislative issues. His ability to bring the surgical members together, educate them, and prepare them for grassroots and Hill visits has been exceptional.

We will miss Chris and his guidance. The Keystone and Metro Philly Chapters wish Chris well in his new endeavor. Who knows, we may see each other on the Hill in Harrisburg, or DC pushing the same healthcare issue.

Thanks Chris! I’ve enjoyed our many conversations on the state of affairs in Pennsylvania!

*Robbi Cook*  
Executive Director  
Keystone & Metropolitan Philadelphia  
Chapters

## Young Surgeons Workgroup

Dr. Rebecca Hoffman and her Young Surgeons Workgroup have been busy planning for events geared for our Residents and Early Career Physicians. The group meets regularly and continues to grow. If your institution is not represented on this collaborative Workgroup, contact [Dr. Hoffman](#) or [Robbi Cook](#), and take a seat at the table.

Some plans in the works for the coming months include:

- Virtual “Happy Hour” with tips on crafting a delicious cocktail and snacks.
- Fellowship 101 Webinar (Scheduled for August 11th). This webinar will provide an opportunity for our Residents to learn from Fellows and Associate Fellows about the various Fellowship programs. If you wish to facilitate one of the breakout rooms to share your specialty experience, contact Robbi Cook.
- Surgical Jeopardy Tournament. Resident teams from both the Keystone and Metro Philly area will participate in a collaborative jeopardy tournament, with a networking twist. Tentatively set for November.
- “On a Dime in 5 Minutes Time” meal prep virtual class will provide tips and tricks to eat healthy, save money, and maintain your sanity during those crazy work hours. More details on this event coming soon.

More to come from this very energized group of young surgeon representatives!

## Crozer Chester Medical Center General Surgery Residency Graduation





# 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!