

# Pennsylvania Surgical News

November 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

November 2023



Robbi-Ann M. Cook, CAE  
Executive Director

Time continues to tick by so quickly. We are in the final month of 2023 and the holiday season is upon us. The Keystone and Metro Philly Chapter leaders and staff wish all our members a happy, safe, and relaxing holiday season. The Chapter offices will be closed for the holidays beginning December 22nd through January 2, 2024. I will check emails and voicemail during the closure, but response time may be delayed.

The Metro Philly Mock Oral Board committee hosted a “thank you” gathering on November 6th for the examiners who continue to answer the call for facilitators/examiners for this annual event. It was a great evening at Maggiano’s on Filbert Street and I thank the committee members for hosting the event.

As we come to the end of 2023, I want to encourage all current and prospective members to consider the value your local ACS Chapters provide you, here at home, on the local level. Leadership from both Keystone and Metro Philly work behind the scenes to maintain quality educational opportunities, networking and social events, and meet with legislators to continue to fight the fight for the House of Surgery. When your 2024 dues investment hits your inbox, I encourage you to renew, or join, your local ACS Chapters and help us continue to serve you. As a reminder, your ACS Local Chapter dues is not included in the invoicing sent by the College, but are invoiced separately. We look forward to your continued involvement and commitment to advancing the surgical specialty practices throughout Pennsylvania.

If you are interested in learning more about leadership opportunities, serving on committees or task forces, both Chapters welcome you to join and share your thoughts, ideas, and vision. Connect with me for additional information.

As always, if you have comments, suggestions, or an article of interest, please email me at [rcook@rmcmanagementsolutions.com](mailto:rcook@rmcmanagementsolutions.com).

*Robbi*

Robbi-Ann M. Cook, CAE  
Executive Director, Keystone & Metropolitan Philadelphia Chapters

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

Moved?  
Changed Jobs?  
New Email?



**UPDATE YOUR CONTACT INFORMATION NOW  
TO MAKE SURE YOU ARE RECEIVING UPDATES**

**GO TO YOUR MEMBER PORTAL AND UPDATE  
TODAY**

Keystone: [www.kc-accs.org](http://www.kc-accs.org)  
Metro Philly: [www.mp-accs.org](http://www.mp-accs.org)

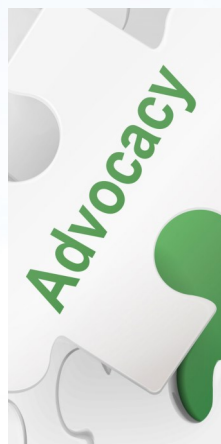
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### **Seeking Inquisitive Thinkers, Mentors & Idea Creators**

Are you interested in becoming more involved at  
the Local ACS Chapter level? The Keystone and  
Metro Philly Chapters  
want to hear from you!



**Leadership Opportunities,  
Committee & Task Force Members  
Join the Team and Help Plan  
for the Future of the House of Surgery**



The Keystone and Metro Philly Chapters continue to monitor and track legislative issues affecting surgical practice and other healthcare related issues.

To view a complete list of Pennsylvania bills being monitored and tracked by ACS State Affairs and the Keystone and Metro Philly Chapters, visit ACS' online [State Legislative Tracker](#).

### **Tracker.**

Pennsylvania is one of seven states still with active legislation sessions. The other states include Massachusetts, Michigan, New Jersey, North Carolina, Ohio, and Wisconsin.

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### **2024 ACS Local Chapter Dues & Open Enrollment Begins December 15, 2023**

All current and prospective members of the Keystone and Metropolitan Philadelphia Chapters will receive the annual local chapter dues renewal notification around December 15. Membership year is calendar and runs from January 1, 2024 through December 31, 2024.

We encourage all current and prospective members to invest in your local ACS Chapter that focuses on the needs of the surgical community here at home, locally, and on the national level.

As a reminder—your ACS Local Chapter dues is not included with your ACS membership and is not invoiced on the annual College dues renewal invoice. You will need to submit your dues directly to our local ACS Chapter.

Not a member—open enrollment begins December 15th. Join the Surgical Choir and become a member in 2024!

## Cardiothoracic Surgeon Uses Breast Implants to Aid Double-Lung Transplant

In a noteworthy example of clinical innovation, cardiothoracic surgeon Ankit Bharat, MD, FACS, of the Northwestern University Feinberg School of Medicine in Chicago, Illinois, earlier this year utilized large breast implants as a life-saving measure for a patient whose lungs had failed due to a severe infection.

A combination of smoking, vaping, lack of flu vaccination, and an existing lung infection had led the patient to a critical situation wherein he required a double lung transplant; however, he was too sick for the procedure.



Dr. Bharat, Feinberg's chief of thoracic surgery and Harold L. and Margaret N. Method Professor of Surgery, implemented a unique strategy. In response to the severe infection and the need to maintain blood flow without functioning lungs, the medical team inserted large implants into the patient's chest cavity to stabilize the heart, acting as temporary placeholders that allowed for parts of an extracorporeal membrane oxygenation machine to circulate blood.

The patient's damaged lungs were removed May 26, and after a pair of donor lungs became available the next day, they were inserted on May 28. Despite the heightened risks associated with

multiple procedures and the use of a bespoke solution to keeping the heart in proper position, the patient has recovered well and left intensive care by September.

Dr. Bharat is known for performing successful double-lung transplants in difficult circumstances. He performed the first-known double-lung transplant on a COVID-19 patient in the US in June 2020 during the initial acute phase of the pandemic. Earlier in his career, Dr. Bharat received the 2016 ACS Jacobson Promising Investigator Award for his research into pathogenesis and importance of lung-restricted autoimmunity in allograft rejection.



## Academy of Master Surgeon Educators® Grand Round Series

***The Role of Coaching in Surgical Education Leadership*** virtual Grand Rounds will be held Thursday, December 14, 2023 beginning at 8:00 PM (ET). The series connects ACS members with experts who will discuss the science of coaching and relate the concepts to skills needed in Surgical Education leadership.

Register

## How to Better Support Mental Wellness at Work

In the new year, companies can take these steps to provide more comprehensive mental health support for employees.

BY **SARAH LYNCH**, STAFF  
REPORTER @SARAHDLYNCH

Sarah Lynch is a staff reporter for *Inc.* and shares thoughts on providing better mental wellness and support in the workplace in her November 29, 2023 article. Link to the full article is found at the end of this column.

Strong workforce well-being requires more than just window dressing--so heading into 2024, company leaders may want to strengthen their mental health support.



According to the American Psychological Association's 2023 Work in America Survey, psychological well-being is a top priority for workers. The survey indicated more than three-quarters of workers said they were very or somewhat satisfied with the mental health and well-being support they received from their employer. But it was noted that support may be starting to falter.

Since 2021, employees indicating their company prioritized their mental health compared to other issues dropped from 54% to 38% in 2023,

according to results of a 2023 Mental Health at Work Report from Mind Share Partners, a nonprofit focused on workplace mental health. The report did indicate that between 2021 and 2023 overall employee mental health declined.

Given the outcome of the survey, Sarah shares that mental wellness initiatives could become even more crucial in the new year--and could pay dividends in employee retention. According to a survey conducted by the Workforce Institute at UKG earlier this year, the results indicated that two-thirds of employees said they would take a pay cut for a job that better supported their mental wellness.

"There's enormous pressure on leaders to do something, and they're largely throwing spaghetti at the wall and hoping it sticks," says Kathy Pike, president and CEO of One Mind at Work, a coalition of leaders aimed at improving workforce mental health. Instead of looking for quick fixes, leaders should focus on "building a strategy that has comprehensive, sustainable impact," she adds.

What can you and your organization do to improve workforce mental health and employee satisfaction? A few tips provided in Sarah's article include:

### **Prioritize Proactivity**

Unexpected events--from personal hardships to distressing world events, like the Israel-Hamas war--can jeopardize the mental health and well-being of workers.

- Move away from ad hoc, reactive efforts related to mental health
- Focus on integrated, strategic, evidence-based, comprehensive efforts
- Provide "preventative" mental health and wellness solutions

- Provide employees with tools and coping strategies before they get to the breaking point.
- Go beyond only recognizing Mental Health Awareness Month in May or World Mental Health Day in October.
- Facilitate on-going discussions with colleagues, peers, and co-workers, and staff.
- Host wellness workshops monthly or quarterly to provide education on available resources and education on wellness issues.
- Encourage leaders/mentors to talk more openly about hard days, difficult situations, making mental health discussions more normalized and non-stigmatized.

### Reconsider the way you work

Not everything can be fixed with shiny apps, new benefits, or a “token gift.” Gather anonymous feedback from team members on how best to utilize current resources or institute new resources that meet employee needs. Encourage sharing of feedback on the way your workplace actually functions. Are there areas that could be improved to lessen the stress and frustration?

According to Sarah’s article, “employees are asking for a better day-to-day work experience,” with one organization reporting “preventive mental health initiatives resulted in a greater return on investment than more individualized support.”

Even meeting structure can have an adverse impact on employee mental health. Does your meeting include “recharge breaks,” does it last longer than an hour with no breaks? One coaching company recommends meetings should last for 25 or 50 minutes rather than 30 or 60 minutes. This shortened schedule provides “micro-breaks” for attendees to recharge. Make sure your meetings have a productivity checklist, ensuring the meeting is as purposeful as possible and completed in a reasonable timeframe.

### Train your managers

Make sure those who are managing/mentoring others have the appropriate training and have larger organizational resources available to effectively support their team members. This does not mean the manager/mentor becomes a “pseudo-therapists” or is training to diagnose team members, but it does provide them with tools to be compliant and compassionate.

Instituting year-round mental well being into your organization culture will provide continual support to the team, strengthen the overall culture, and provide a safe space for those who need mental health support.

[\[READ MORE\]](#)



- Dec. 1-3—TQIP 23 Conference (Louisville, KY)
- Dec. 5—Keystone Chapter Council Mtg (6:00 PM)
- Dec. 11—Metro Philly Council Mtg (6:30 PM)
- Dec. 15—2024 Dues Renewal & Open Enrollment
- Dec. 22-Jan 2—Chapter Offices Closed
- Feb. 6—Keystone Chapter Council Mtg (6:00 PM)

### Keystone Chapter Annual Spring Conference

The Keystone Chapter Annual Education Conference is scheduled for Friday, May 3rd at the York Revolution Stadium and hosted by WellSpan. Watch for additional details coming soon.



# 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!**

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Get a competitive edge over non-members with exclusive training opportunities on a variety of hot topics.

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## 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](mailto:rcook@rmcmanagementsolutions.com)) for additional information.