



Pennsylvania Surgical News

News & Updates for the Keystone and Metropolitan Philadelphia Chapters American College of Surgeons

August 2021

Where did summer go? We are ready to step into September. New medical student classes have begun, and summer vacations are history. We hope you were able to find some time to relax, re-energize, and spend time with family and friends after some very hectic months.

Check out Dr. Shannon Marie Foster's newest edition of *Meanderings from a Wandering Surgeon*. Dr. Foster is President of the Keystone Chapter and provides a thought-provoking article each month. Check out this month's article on **Planned Obsolescence** on page 2.

The **Keystone Chapter's Case Review Webinar** is still available for on-demand, virtual viewing, offering **2.5 CME credit hours and 2.5 Self-Assessment credit hours**. Register to view the top ten Case Review submissions from Residents and Medical Students in both the Keystone and Metro Philly Chapters. Availability of the on-demand session runs through December 31, 2021 and is free to Chapter Members. There is a nominal fee of \$10 for non-Chapter members! Click [HERE](#) to register. The Keystone Council invites all members to take this opportunity to view these novel and unique submissions and earn CME credit hours. If you have registered, do not forget to claim your CME credit hours!

Metro Philly Chapter is moving ahead with their first in-person surgical conference in the

Philadelphia Region since the Pandemic. We are following the guidance of the PA DOH and Philadelphia DOH and have instituted COVID safety protocols to mitigate potential issues. There is still time to register to join your surgical colleagues on Monday, September 13th at the Marriott Philadelphia Old City. See page 3 for additional information. [Registration](#) is open!

ACS Clinical Congress is just around the corner and has gone virtual for 2021. Registration is now open. Additional information on Clinical Congress and other ACS events can be found on page 6.

Calling all members who have a burning desire to be part of the leadership team and help shape the future of the Keystone and Metro Philly Chapters? We are looking for fresh faces, ideas, and thoughts to move the local Chapters forward and provide relevant content to our membership. Time commitment is minimal, but rewards are plenty. Contact the Chapter office for additional information.

Keystone – info@kc-accs.org
Metro Philly – info@mp-accs.org

A final note – the Keystone and Metro Philly Chapter office will be closed from September 14-19. We will not be checking voicemail or email during this time. We will respond as quickly as possible when we return, but please be patient. Thank you!

Meanderings from A Wandering Surgeon

Shannon Marie Foster, MD, FACS
Keystone Chapter President



Planned Obsolescence

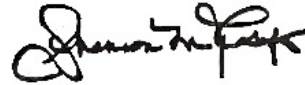
Once upon a time, electronics, automobiles, and all assortment of burgeoning technology was built to last. To the owner was given a handout or even book of detailed schematics and instructions for repair, refurbishment, and updating. Entire hobby trades developed to perpetuate these expectations of longevity. Not anymore. With the technology and software cascade of mobile phones, smart televisions, computers, and interactive touch screens everywhere that serve an assortment of work and play - consumerism has uprooted this long-standing philosophy – everyone wants the newest, best, fastest, piece of equipment available. In fact, most are intentionally designed so that there is no possibility of use after a certain number of software upgrades and versions. The user has no choice. Buy another. Discard the old.

I wonder if general surgeons are the same. Are we designed to become obsolete? The surgical skill set needed to treat a wide variety of surgical conditions and confidently approach any number of technical challenges has morphed into ever divergent specialties - each endowed in a specific subset of patient management, and increasingly dependent on different instruments, devices, and standards. We have grown from one textbook of surgery to a library of segmented areas of focus. While this is, of course, reflective of the vast amount of knowledge gained in each of these areas, it also represents our inability to absorb and become true experts in these divergent cognitive and manual skills.

How this segmentation of knowledge and ability will manifest in surgical education, training, career

choices, and continuous growth remains unclear. A difficult but perhaps great starting point would be for each of us to recognize when our training and skillset to perform at the highest standards in one or more areas...is obsolete.

Respectfully,



Shannon Marie Foster, MD, FACS
President, Keystone Chapter

Shannon Marie Foster, MD, FACS, President of the Keystone Chapter. She also serves at the national level as a Governor-At-Large, Vice-Chair of Communications Pillar Outreach Group, liaison to both the Women in Surgery (WiS) and Trauma (CoT) Committees."

September Events

- 9/2 – Keystone Chapter Council Meeting
- 9/6 – Labor Day (Chapter Office Closed)
- 9/6 – Rosh Hashanah
- 9/12 – Grandparents' Day
- 9/13 – Metro Philly Chapter Annual Meeting
- 9/14-9/19 – Chapter Offices Closed
- 9/15 – Yom Kippur
- 9/22 – Fall Begins

Labor Day September 6, 2021



Celebrate

the work of our hands

Labor Day

MPACS-PAS Annual Joint Dinner Meeting

Metropolitan Philadelphia Chapter and the Philadelphia Academy of Surgery hosts their Annual Joint Dinner Meeting on Monday, September 13, 2021, at the Marriott Philadelphia Old City. The event kicks off at 5:30 PM with an Exhibit Hall and Abstract/Case Review Poster Presentations, and a cocktail reception.

Over 75 submissions were received for the annual poster competition. It was a difficult decision, but the judges narrowed the submissions to the top 30 to present. Click [HERE](#) to see a list of all poster presenters. The top overall scoring submission will present as a podium presentation.

Seventeen exhibitors will be on hand to discuss new products, services, and reconnect with our surgical community. Medtronic, our Abstract/Exhibit Hall sponsor, will give a live product demonstration during the cocktail reception and our Premier supporters (Aroa Bio, Ethicon, Takeda, and ViOptix) will give a brief presentation during the dinner hour. Please take some time to visit with our exhibitors, reconnect, and thank them for their continued support of the Metro Philly Chapter.



Dr. Iman Afif

Winner – Abstract Competition

Dr. Iman Afif is a general surgery resident at Temple University and is currently in her second research year. As the top score in

the abstract competition, Dr. Afif will present her research paper, *The Changing Epidemiology of Firearm Violence During the COVID-19 Pandemic in Philadelphia*, during the annual business meeting.

Our Keynote Speaker for the evening will be **Amy J. Goldberg, MD, FACS**. Dr. Goldberg, Interim Dean and Professor of Surgery at Lewis Katz School of

Medicine at Temple University will share her thoughts on *From Medical Student to Dean – A Path Toward Leadership and the Future of Medical Education*.



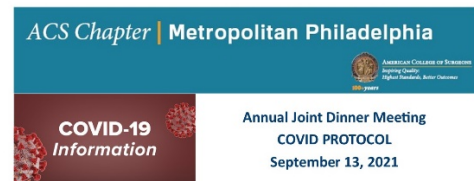
Keynote

Amy J. Goldberg, MD, FACS

Amy J. Goldberg, MD, FACS, Interim Dean, Lewis Katz School of Medicine; George S. Peters, MD and Louise C. Peters Chair; and Professor Surgery, Surgeon-in-Chief at

Temple University Health System will present the Keynote Lecture during the MPACS-PAS Annual Joint Dinner Meeting on September 13, 2021.

MPACS is monitoring the changing COVID landscape in the Philadelphia area. We have implemented mandatory mask wearing, the completion of a COVID questionnaire/attestation of vaccination, and physical distancing in the meeting room for all participants. Please see the information below on the current protocol. If there are additional restrictions implemented in the week prior to the meeting, we will review and adjust to maintain proper safety protocols for all.



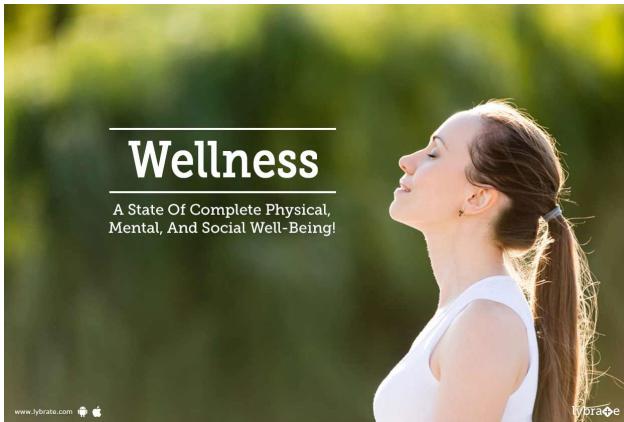
The Following Protocol Has Been Established
For All Participants to the MPACS-PAS Annual Joint Dinner Meeting

If you are unable, or unwilling to comply, we ask that you consider your choice to attend for the safety and well-being of all involved.

- All participants (attendees, exhibitors, presenters, staff) must complete a screening questionnaire and self-attestation upon arrival. Please see a staff person at the registration desk to complete your questionnaire and self-attestation.
- Masks are required to be worn in all public areas, including the Exhibit Hall, Meeting Room, and Foyer. Masks are not required during dinner service.
- As a participant of the MPACS-PAS Annual Joint Dinner meeting, if you exhibit COVID-like symptoms, or have a positive test in the two-week period following the meeting (9/14-9/28), you are required to immediately notify the MPACS Chapter office (info@mp-acis.org). MPACS will notify all meeting participants of the potential exposure risk. Participants should take the necessary steps and consult with your physician for additional guidance.

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August Wellness Tip



Stress-Management Tips for Health Care Workers

If you work in health care, stress is a constant hurdle. No matter what role you play in the healthcare team, what specialty practice, or where you fall in your career, learning how to deal with the stressors of work-life balance is critical to managing your health care career and your personal well-being. A 2020 State of the Candidate Survey compiled by Monster.com revealed that 34% of the respondents (1,000 full and part-time employees in the US) indicated their job negatively affects their mental health. Of the respondents, 41% experience anxiety, 24% depression, and 12% physical illness as a result of job stressors.

Ongoing stressors can cause a host of physical and/or psychological concerns, including headaches, changes in sleep patterns, poor concentration, and depression. High levels of stress, which is common in the surgical specialty environment, may impair the immune system and can lead to an increased risk of cardiovascular disease and cancer. To combat stress, you need to focus on three levels: the causes, your ability to manage it, and treating the damage already done.

Here are a few tips you can apply to help navigate the daily stressors of the healthcare world. These tips will not work for everyone, but I am sure you

can find a few to help you find balance and energy in your well-being.

- **Talk About It.** As a healthcare professional, you have always been a support system for your patients and their families. Providing resources and a listening ear in their time of need. Use this same compassion for yourself. When you feel overwhelmed or have difficulty coping, reach out to a mentor, friend, peer, or support group. See if your institution provides benefits for onsite services like massages, discounted gym memberships, yoga, or other wellness programs and classes designed to reduce stress and encourage a centered work/life balance.
- **Fight Compassion Fatigue.** What is “compassion fatigue”? Stress fatigue that comes from “caring too much”. Physicians care deeply about their patients and their families. Unfortunately, physicians may experience similar emotions. Breathing exercises, like the ancient Chinese healing technique of Qigong breathing, can be beneficial. If you are uncomfortable with breathing exercises, increase your social support, participate in a community or charitable event.
- **Stay Organized.** In order to start your day on a positive note, you need to end the previous day, if possible, with a clean slate. Flip through your inbox before leaving for the day, toss unnecessary paperwork that is no longer useful, clear your workspace. When starting your day, know your daily plan, top priorities, and schedules.
- **Pay Attention to Your Response.** Knowing what pushes your buttons is the first step to fixing the problem. Then, pay attention to how you respond. Do you stew quietly by yourself, yell, or stomp off to the vending machine? Recognizing your response to stress allows you to focus on finding a productive way to deal with the cause.
- **Find the Root of the Issue.** Is your current position mismatched with your personality or

preferences? Do the daily tasks at hand cause you anxiety and stress? Possibly switching to another role or specialty may be the stress-reduction technique needed. Is it time to rip the Band-Aid off and recognize the need to make real changes in your work/life balance?

Obviously the last tip is not an option for most in the healthcare world. However, learning some simple stress busters will help you get control of those stress points, find ways to rebalance and find better overall well-being.

- Exercise – Yes we hear this one over and over again. But exercise does not need to be hours in the gym, pumping iron, or running a marathon. Exercise can be as simple and calming as taking a walk or hiking with family, friends, or even your four-legged baby. Walking briskly forces you to breath differently.
- Breathing – Deep, cleansing breaths combined with shoulder shrugs and head rolls help relax your muscles and release tension. Even those little squeeze balls vendors hand out at meetings help relieve muscle tension throughout the day.
- Show Your Emotions – yes, laughter is the best kind of medicine, but tears are also natural stress mitigators.
- Eat Right – Food and mood have a pretty close relationship. Skipping lunch and then heading to Starbucks for a caramel fudge mocha, will feel good for the first hour or so, but then you will crash, and crash hard, because you are missing the necessary proteins and fats your body needs. Limit your consumption of coffee, tea, sugar, soft drinks, and alcohol. Fast food is quick and easy, joining friends for drinks after work to combat stress sounds like a good idea, but when those choices become regular, they can exacerbate the negative effects of stress, and who can relax with a hangover??
- Take Breaks – When possible during your busy surgical schedule, take a break. Go for a short walk (preferably outside for fresh air and

sunshine), do some easy yoga poses, or even find a quiet place to mediate. Even a five-minute deep-breathing exercise can help reduce stress. Set your smartphone timer, focus your attention on a simple and relaxing image, relax and take deep breaths at regular intervals until your alarm sounds.

- Protect Your Leisure Time – You know the saying, “all work and no play....” It is paramount that you make time for leisure activities, relax, and recharge. Don’t be afraid to take that overdue vacation time or disconnect on your day off. Make your leisure time a priority.
- Sleep – read that again.....SLEEP! Research suggests that having less than six (6) hours of sleep per night is a major risk factor for burnout.

The ACS has many resources available dealing with stress and burnout. Click [HERE](#).

RENEW OR JOIN TODAY!

Be a Voice for the Surgical Community!



As a member of the ACS your membership is already approved. Simply complete the membership registration information and remit the local Chapter dues (not included in your ACS membership dues).

To renew your membership, log into your membership portal and submit your renewal payment.

Keystone - Click [HERE](#).

Metro Philly - Click [HERE](#).

We look forward to welcoming you to the Family!



American College of Surgeons News & Updates



ACS Virtual Clinical Congress

Register now for the most comprehensive surgical meeting in the world.

Join us October 23–27 for Clinical Congress 2021. This virtual event offers important surgical education opportunities for medical professionals across all specialties and career stages.

Resilience in the Pursuit of Excellence

The Clinical Congress 2021 program addresses essential clinical and nonclinical content.

- A compelling series of Named Lectures by world-renowned experts.
- Postgraduate Courses incorporating best practices in education and training.
- More than 105 Panel Sessions on timely, relevant subjects.
- The Scientific Forum, featuring exciting surgical research presentations and ePosters.

Earn more than two hundred Continuing Medical Education Credits

Clinical Congress 2021 offers the opportunity to earn more than 200 Continuing Medical Education Credits until February 1, 2022. Some of these credits have been designated as potentially meeting state-specific CME requirements (Credit to Address Regulatory Mandates). American College of Surgeons Accreditation/Verification Program participants can find CME opportunities in the relevant content areas. Credits can be claimed for sessions viewed both during the meeting and following the event.

REGISTER TODAY

Legislative Bill Activity in PA

KCACs and MPACs continue to work in collaboration with the Northwest and Southwest Chapters, and the ACS' Government Relations division monitoring legislative activity both on the Federal and State level. Currently we are monitoring [34 bills](#) in Pennsylvania. [[CLICK HERE](#)] to view the complete list of all Federal and State legislation being monitored across the country by ACS.

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.

We will continue to monitor and update members on these and all current Bills both on the state and federal level. Action Alerts will be shared when we have a need to make our voice heard on the Hill.

ACS SCHOLARSHIPS, FELLOWSHIPS & AWARD OPPORTUNITIES

Information on ACS available scholarships, fellowship, and award opportunities will be posted in the newsletter. If you have an interest in any of the opportunities posted, visit the [ACS Member Services](#) page.

Faculty Research Scholarship Open Call: September 1, 2021

The ACS is offering two-year faculty research fellowships, through the generosity of Fellows, Chapters, and friends of the College, to surgeons entering academic careers in surgery or a surgical specialty. The fellowship is to assist a surgeon in the establishment of their research program under mentorship with the goal of transitioning to becoming an independent investigator. Applicants should have demonstrated their potential to work as independent investigators. The fellowship award is \$40,000 per year for each of two years, to support the research.

To learn more about the Scholarship and how to apply, click [HERE](#).



Share your thoughts with us on the content of the monthly newsletter. Likes, dislikes, things you would like to see included? Have an article, tip, or announcement you would like to see printed in an upcoming issue? Email our Executive Director, Robbi Cook (rcook@rmcmanagementsolutions.com) and let us know how we are doing.



ACS has launched **Talk It Up**, a new campaign to get surgeons talking to patients about the COVID-19 vaccine. We hope you will use the resources below to help spread the word on the importance of vaccination.

Several **Talk It Up** resources were developed by ACS for this campaign. They include:

- The ACS has considered some frequently asked questions you may be getting from your patients. We realize that due to local issues, giving a uniform answer to these questions is not entirely possible. However, we hope you use the campaign documents as a guide and verify the information with your hospital, and on a state and local level as well, as you prepare to Talk It Up! with your patients.
- View the [Talk it Up Surgeon Guide](#), which may help you to initiate the COVID-19 vaccine conversation, address potential patients' vaccination questions, describe your hospital's specific policies, and discuss current guidance on wearing masks.
- The [Talk It Up Social Toolkit](#) provides sample messages that the ACS has developed to help surgeons promote the #TalkItUp Campaign across your own social media networks.
- For patients, the [Talk It Up Patient Guide](#) offers tailored information for patients about COVID-19 vaccination.

Visit [Talk It Up](#) to access all these tools and for more information.

Why Join Your Local ACS Chapter?

Your local chapters are stronger than ever. The COVID pandemic created opportunities to expand how your local chapters provide educational content, networking, and resources. It also opened new collaboration efforts with other ACS chapters and surgical societies throughout Pennsylvania. If you are not a current member, or your membership is in lapse status, make a commitment today to join or renew.

NETWORKING



VISIBILITY



REPUTATION



LEARNING

It's not just who you know, it's who others know. Networking is powerful!

**Gain a say in what happens in healthcare through government advocacy efforts.
Have a voice!**

Stand out and get noticed in your community!

Raise your reputation through professional membership!

**Get a competitive edge over non-members with low cost and free training
and educational opportunities.**

JOIN OR RENEW YOUR MEMBERSHIP TODAY!