



Pennsylvania Surgical News

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

December 2021

Happy Holidays to all! Hard to believe we are at the end of 2021, although it may be a blessing based on the struggles we have continued to navigate this year due to COVID. Here's to a much better outlook for 2022!

As I always share here, do not forget to take a moment for yourself during this hectic season. Focus on your well-being. Take a hike, visit family and friends, or take a moment to enjoy some quiet time of reflection. **Your well-being IS a top priority!**

Dr. Shannon Marie Foster is back again with a ***Holiday Meanderings*** and has agreed to continue to share her thought-provoking messages in 2022. We hope you enjoy these snippets into the life of a Meandering Surgeon. Check out this month's ***Meanderings*** on page 2.

Only a few days remaining to take advantage of free CME credit hours. Keystone Chapter's On-Demand Case Review Webinar is only available through December 31st and is **FREE** to all KCACS and MPACS members. Upon completion of the evaluations, members can claim **2.5 CME credit hours and 2.5 Self-Assessment credit hours**. View the top ten Case Review submissions from Residents and Medical Students in both the Keystone and Metro Philly Chapters. A nominal fee of \$10 is required for non-Chapter members! Take this opportunity to view these novel and unique submissions and earn CME credit hours. If you have

previously registered, do not forget to claim your CME credit hours! CME certificates will be emailed to participants upon completion of the CME evaluation surveys. Click [HERE](#) to register.

ACS Clinical Congress sessions are still available for viewing through February 2022. Did you miss a lecture or want a recap? Make sure you take advantage of the benefit of viewing all sessions. Remember, if you were registered and missed a session, you can still view the lectures through the end of February 2022. Additional updates from ACS can be found on page 4.

It is dues renewal time! Thank you to all members who have already renewed your membership for 2022. If you have not submitted your dues renewal, please continue to support the efforts of your local chapters in advocating and providing educational opportunities for the Pennsylvania surgical community. Need help or did not receive your invoice? Call the Chapter office at 717-220-5255 or email info@kc-accs.org (Keystone) or info@mp-accs.org (Metro Philly).

Still thinking about joining your local ACS Chapter? If you are an active member of the ACS, all you need to do is complete the membership application and remit the appropriate dues. **Be a member of the chorus and have your voice heard in the Commonwealth of Pennsylvania**, representing the surgical community! We look forward to welcoming you to the family!



Meanderings from A Wandering Surgeon

Shannon Marie Foster, MD, FACS
Keystone Chapter President

Holiday Meanderings

Friends and colleagues,

As we near the end of 2021, another year of conflict and challenge, with our health care system often stretched to near its breaking point – and no end to the strife and struggle in sight - I hope you are neither stretched nor broken and can see a future of light through darkness.

I hope you still find satisfaction at work.

I hope any sacrifices you have made directly impact and improve the lives of others.

I hope you have found grit and resilience.

I hope you are supported at work and home.

I hope you take the time – all of the time needed – to care for self.

I hope you are surrounded by family, friends, and love.

I hope you are able to fill your days with activities of contentment, wonder, and happiness.

And above all – if those are lacking in the life you have created, chosen, or found thrust upon you – I hope you find the courage to define and demand the change that is needed.

Goodbye to an uncertain 2021.

Welcome to an uncertain 2022.

In our numbers and in the College, we find strength and solidarity -

And hope that the uncertain future can be overcome together.

Thank you for taking the time to read and share my thoughts these past months...

With greatest appreciation and respect to all of you.

Shannon Marie Foster, MD, FACS is President of the Keystone Chapter. She also serves at the national level as a Governor-at-Large, Executive Committee Board of Governors, Communications Pillar Lead, and liaison to both the Women in Surgery (WIS) and the Trauma (COT) Committees.

Holiday Office Closure

The Keystone and Metropolitan Philadelphia Chapter Offices Will Be Closed beginning

Thursday, December 23, 2021
And Re-Open
Monday, January 3, 2022



**RENEW YOUR
MEMBERSHIP**



2022 Dues Renewal Time

All members in the Keystone and Metro Philly Chapters received their initial dues renewal notification earlier this month. Dues remittance must be received at the Chapter office by January 31, 2022, to maintain active status.

Go to your member portal to remit payment online using your credit or debit card. You are also able to download an invoice to submit to your accounting department for payment.

While in your membership portal, make sure your contact information, including your email, are accurate. An extensive reconciliation with the ACS member portal was recently completed. Make sure we are able to stay connected!

If you do not receive an email, check your spam, and call your Chapter office for assistance (717-220-5255).

2022 ABSITE Review Course

The Connecticut Chapter ACS invites Residents and Program Directors across the ACS family to join them for their 2022 ABSITE Review Course, being held virtually January 8 and 9, 2022. [Registration](#) is free.

The course will help prepare Residents for the ABSITE and will cover the following modules:

- Hepatobiliary
- Surgical Oncology
- Vascular
- Endocrine
- Foregut
- Trauma and Critical Care
- Colorectal

For additional information, contact Connecticut Chapter Executive Director, Chris Tasik at info@ctacs.org or visit their website at <https://ctacs.org>.

Holiday Trivia

A little fun for the holiday season. No cheating by Googling. 😊 Answers are on page 9.

1. Tennis star Serena Williams won which major tournament while pregnant with her first child?
2. Which country consumes the most chocolate per capita?
3. What was the first toy to be advertised on television?
4. In the UK, what is the day after Christmas known as?
5. How many ribs are in a human body?
6. What color eyes do most humans have?
7. Which mammal has no vocal cords?
8. Power outages in the US are mostly caused by what?
9. Who invented scissors?
10. What is the Twitter bird's official name?
11. What are two fruit juices in a cosmopolitan?
12. In the movie *Elf*, what was the first rule of The Code of Elves?

Check your answers on page 9.



American College of Surgeons News & Updates



ACS Clinical Congress Final Notes

The 2021 ACS Clinical Congress is over and planning for 2022 has already begun. Many great lectures, sessions, and honors bestowed during the five-day event. [Visit](#) the Clinical Congress site for additional information.

As a reminder - If you were registered but not able to participate in all the sessions and lectures, recorded events and lectures are available to registered attendees through February 28, 2022. The full calendar of events can be found [HERE](#).

Legislative Bill Activity in PA

The Pennsylvania Legislative Session takes a short recess for the holiday season and returns on January 4th. Governor Wolf gives his budget address Tuesday, February 1st. Focus on budget issues and hearings will take priority on the Hill in February and March. January marks the start of the second year of the two-year legislative session, with legislation introduced and action taken during 2021 carrying into 2022.

Ready to step up your advocacy game? Now is a great time to consider some grassroots advocacy with your local legislator. Schedule a time to meet, introduce yourself, and offer to be a medical resource when and if there are questions on medical issues. This is best way to get the surgical voice heard on the Hill in Harrisburg and legislative outcomes to be positive for the healthcare community.

Your local Chapters continue to work with ACS' Government Relations division monitoring legislative activity and protecting the physician/patient relationship. Currently, [45 bills](#) are in play in the Pennsylvania legislature and are being monitored. [\[CLICK HERE\]](#) 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.



ACS Announces Registration is Now Open for Postgraduate Courses!

Register today to access content on demand and sign up for courses. Enroll in [Clinical Congress 2021 Postgraduate Courses](#) and earn *AMA PRA Category 1 Credits™* February 1, 2022.

The Postgraduate Course model has been designed to support the acquisition of new knowledge and skills and transfer them to real environments. Courses incorporate best practices in education and training. Courses include recorded presentations by Clinical Congress speakers as well as interactive discussions held with faculty and attendees.

Didactic Courses include:

- [Global Health Competencies for Surgeons: Cognitive and System Skills](#)
- [Annual Trauma Update](#)
- [Annual Update in Surgical Critical Care](#)
- [Technical Standards for Cancer Surgery: Bringing Evidence into Practice](#)
- [Fluorescence Imaging in My Practice: Evidence and Indications](#)

Surgical Skills Courses (Didactic Portion Only) *No hands-on labs offered because of virtual nature of meeting.*

- [Advanced Skills Training for Rural Surgeons: Anti-Reflux Surgical Techniques, Foregut Endoscopy, Ambulatory pH Monitoring, and High-Resolution Manometry](#)
- [Advanced Robotic Surgery for Complex Abdominal Cancers](#)
- [Regional Anesthesia Techniques: Abdominal Wall and Pectoral Blocks for the Practicing General Surgeon](#)
- [Thyroid, Parathyroid, and Neck Ultrasound](#)
- [Endoscopic Management of GI Bleeding for the Acute Care Surgeon](#)
- [Fundamentals of Oncoplastic Breast Surgery](#)
- [Advanced Therapeutic Colonoscopy and Endoluminal Surgery](#)

- [Can Ultrasound Replace Your Stethoscope? Ultrasound Skills in Your Clinical Practice: Point-of-Care Ultrasound](#)
- [Contemporary Strategies for Minimally Invasive Hernia Repair](#)
- [Essential Vascular Ultrasound for General Surgery](#)
- [Endoscopic Submucosal Interventions: Intramural Surgery](#)
- [Ultrasound-Guided Resuscitation for Trauma and Critically Ill Patients](#)
- [GERD, Achalasia, Obesity, and Abdominal Wall Hernias](#)

Take advantage of this opportunity for your educational needs. [Register Today!](#)



Clinical Congress is the most comprehensive surgical meeting in the world. Submit your abstracts and videos for presentation at Clinical Congress 2022—the premier surgical educational meeting.

The Call for Abstracts and Videos is now open! Submit your abstracts and videos by March 1.

Abstracts and videos may be submitted for consideration for:

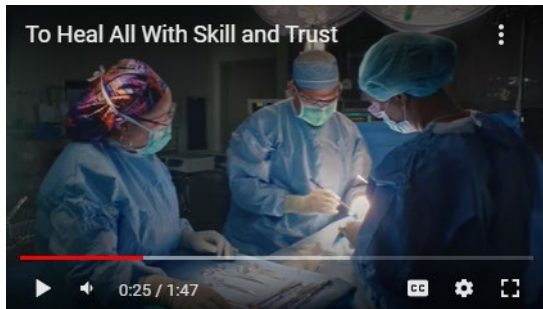
- The **Owen H. Wangenstein Scientific Forum**
- The **Video-Based Education Sessions**
- The **History of Surgery Poster Session**

Start submitting abstracts and videos today. Last day for submissions is **Tuesday, March 1** at 11:59 PM (CST).

For additional information or to submit, click below:

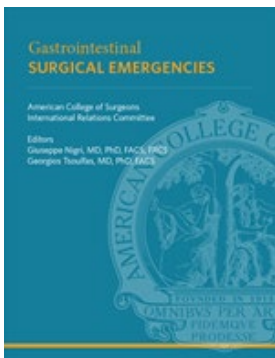


New ACS Video Available Now To Heal All With Skill & Trust



Now, more than ever is the time for surgeons to recommit to the values we all believe. Building on our 100-year foundation of leadership, the American College of Surgeons is launching a new effort to renew our promise to patients and our communities. We will celebrate the roots and fundamental ethos of surgery, salute and reignite our dedication and purpose, and rededicate ourselves to the leadership role we must play, all while honoring a surgeon's value to the patients and communities we serve. Learn more by visiting www.tohealall.org/.

Just Released! Gastrointestinal Surgical Emergencies Textbook



The free *Gastrointestinal Surgical Emergencies* textbook is a resource for surgeons at all career stages looking for knowledge and information from world-renowned leaders on the signs and symptoms of surgical diseases commonly encountered in emergency gastrointestinal surgery, identification of treatment options, and employment of best practices in emergency situations. The textbook is a result of the popular Gastrointestinal Surgical Emergencies course first held by the ACS' Italy Chapter and later Argentina

Chapter through the International Chapter Opportunity Program funded through the generosity of Pon Satitpunwaycha, MD, FACS.

To access this free resource, please click the link below.

[Download the Gastrointestinal Surgical Emergencies textbook](#)

December Issue of the *Bulletin* Now Available

The December issue of the ACS *Bulletin* is now available online. Lots of great articles and updates to keep you in the know.

Featured this month is the Presidential Address from newly elected ACS President Julie A. Freischlag, MD, FACS, FRCSEd(Hon), DFSVS on *Surgeons Sowing Hope: Enhanced Postoperative Recovery and Elevated Healing*.

Click below for full issue:



• Presidential Address •
#SurgeonsSowingHope:
Enhanced postoperative recovery
and elevated healing

KEYSTONE CHAPTER ANNOUNCES 2022 DIRECTORS & DIRECTORS

Congratulations to the 2022 Keystone Chapter Directors and Officers, elected by the voting membership in November. Terms begin on January 1, 2022.



Stanislaw Stawicki, MD, FACS
President



P. Kurt Bamberger, MD, FACS
President-Elect



Chand Rohatgi, MD, FACS
Secretary-Treasurer
ACS Chapter Governor



Shannon Marie Foster, MD, FACS
Immediate Past President
ACS Chapter Governor



Joseph Blansfield, MD, FACS
ACS Chapter Governor



Christopher Buzas, DO, FACS
ACS Chapter Alternate Governor



Joseph Bannon, MD, FACS
Councilor-at-Large



Christopher Butts, PhD, DO, FACS
Councilor-at-Large



Roberto Castillo, MD, FACS
Councilor-at-Large



Christopher Coppola, MD, FACS
Councilor-at-Large



Danielle Hashmi, DO
Councilor-at-Large



Rebecca Hoffman, MD, FACS
Councilor-at-Large



Matthew Indeck, MD, FACS
Councilor-at-Large



Melissa Linskey Dougherty, MD
Councilor-at-Large



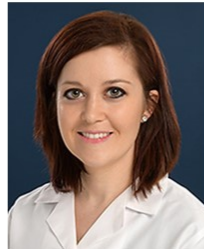
Donald MacKay, MD, FACS
ACS Specialty Governor



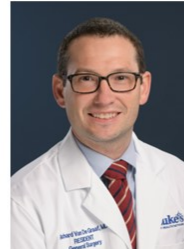
Asanthi Ratnasekera, MD, FACS
Councilor-at-Large



John Turner, III, MD, FACS
Councilor-at-Large



Lauren Ullrich, DO
Councilor-at-Large



Richard Van De Graaf, MD
Resident Representative



Robbi-Ann Cook, CAE
Executive Director

December Well-Being



5 Ways to Boost Your Mental Health This Holiday Season

In a recent article published in the *Philadelphia Magazine's City/Studio* edition, Saint Joseph's University offered the following tips to boost your mental health during the hectic holiday season. The full article can be found [HERE](#).

Everything moves at a faster pace during the holiday season. Place to be, people to see, and plans to arrange to make it all happen. Combining family and the expectation to have a great time, can increase the stress that affects your mental health.

"Oftentimes during the holiday season, it's so busy that people put off what they typically do to take care of themselves," says Dr. Shenika Jones, Ph.D., the director of Saint Joseph's University's [clinical mental health counseling master's program](#), a part of the college's [School of Health Studies and Education](#).

For those of us who stress about the holiday season, or find this time of year difficult, Saint Joseph's shares some ways to help manage the stress and take ownership of your well-being. The *Philadelphia Magazine* spoke with Dr. Jones and Dr. Angela McDonald, dean of Saint Joseph's School of Health Studies and Education, for some tips to make this holiday season as stress-free as possible.

Stay active - When temperatures dip into the 30s, it can be difficult to get motivated to go outside. But staying active and getting some sunshine is an

important part of tending to your mental health. When you need a break from the hustle and bustle of family gatherings or social events, take some time to reset and go for a brisk walk.

"We have to create our own plan for how we're going to implement self-care," Dr. Jones says. "Maintaining physical health and wellbeing — getting outside, taking in the sun and enjoying the environment around you — can help maintain overall health and reduce stress."

Dr. McDonald also notes being among nature can be "restorative." The serenity of nature helps the brain reset, allowing us to prepare for anything the day throws your way.

Develop conflict strategies – Family gatherings often end with arguments or stressful situations. Being able to implement conflict management strategies help preserve your mental health during the holidays.

Boundaries are important. Setting them, knowing when to remove yourself from a situation, and communicating how you feel help others understand where you are coming from.

"Before responding with reactivity that can heighten a situation, take a breath, think about what your intention is and whether or not you need to go there," Dr. McDonald says. "It's good to have a plan in place."

Identify resources for support - If you are struggling, talking to a professional can help relieve some of the internal feelings and provide strategies to improve your overall mental health. There are a number of additional resources available for those who might be seeking professional help — talk helplines such as 1-800-273-TALK (8255) or texting CONNECT to 85511 — are great resources for discussing any immediate problems you are having.

"Clients are the experts of their own lives," Dr. Jones says. "If counselors are trained to be active listeners and know how to use their skills and techniques to

hone in on what an experience is like for the client, that client will feel more willing to share and open up.”

Keep a routine – Your mental health and well-being is an ongoing process and requires a commitment of establishing safeguards and routines to help create new day-to-day habits.

We all know sleep is an integral part of self-care so our bodies and brains can function properly. Remember to stick to a routine by establishing a set time to go to bed and wake every day, and when possible, factor in a mid-day break to take a moment to re-energize.

“There can be negative byproducts of a lack of sleep or too much stress,” Dr. McDonald says. “There are actual brain and chemical processes that are happening, and when we get a good night’s sleep, we are helping our body manage stressors throughout the day.”

Find a community - If you are looking for a place to talk to others about your problems, outside of seeing a counselor, both Dr. McDonald and Dr. Jones recommend seeking out support or faith groups. Being part of a community of people who have similar feelings or experiences as you might help you feel less alone.

“Whether it’s friendships, social media or faith communities, finding people who understand can be healing and really helpful,” Dr. Jones says. “Don’t be afraid to reference life experiences that can help build connections with others who are feeling similar to you.”

Remember, even when the holidays have passed and we are back to our “normal routine,” take time to focus on your well-being and mental health. Use breathing techniques or meditation to help reduce stress and find your inner peace.

Have a safe, healthy, and happy holiday season and a prosperous New Year!



Do you find value in the monthly newsletter? Is there additional content we could provide that would make it even more enjoyable?

Share your thoughts with us on the content - 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.

Make sure your contact information is correct and you have an active email to continue receiving the *Pennsylvania Surgical News*. Go to your Chapter’s website, log in, and update your contact information.

Keystone – www.kc-accs.org
Metro Philly – www.mp-accs.org

Trivia Answers

1. **1984**
2. **Switzerland**
3. **Mr. Potato Head**
4. **Boxing Day**
5. **24**
6. **Brown**
7. **Giraffe**
8. **Larry**
9. **Cranberry & Lime**
10. **Treat Every Day Like Christmas**

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!