



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

January 2021

Here we are already at the end of the first month of the New Year. So many changes occurring and we are still facing the challenges of the COVID pandemic. *Pennsylvania Surgical News* will continue to update members on Chapter activities, educational opportunities, legislative efforts, national news, and news about our members and the hospital institutions we serve.

Make sure to check out a new column in this issue from Keystone Chapter's President, Shannon Marie Foster. We hope Dr. Foster will continue to provide new insight each issue for the surgical community.

Have you remitted your 2021 membership dues? Your financial support helps the chapters continue to focus on representing you and the surgical community through educational programs, legislative advocacy, and networking opportunities.

The Keystone and Metropolitan Philadelphia Chapters would like to thank all our members who have remitted their dues, and those who have added a voluntary contribution, for your continued support and engagement.

As we move into 2021, and without the assistance of a crystal ball, the Chapters continue to address how to provide solid, valuable content to our members. Our hope is the fall will bring a return to in-person events, with hybrid options for those who are still not comfortable or unable to participate in

person, but there is no guarantee this will come to fruition.

Rest assured, the Chapter Councils and planning committees continue to look for innovative ways to keep our members engaged and network.

The Keystone Chapter kicked off their Case Review in Surgery Competition on January 20th. Additional details on this competition can be found on page 3.

The Metropolitan Philadelphia Chapter is putting the final touches on a February 16th program geared for our Resident members in the process of selecting their specialty training area. More on this virtual session coming soon.

Make sure you do not miss any of the Chapter events. Renew your membership today! Not a current active member? We look forward to welcoming you to the family soon!

REMINDER: State Board of Medicine Renewal Deadline Extended

On December 21st, the State Board of Medicine extended the filing deadline for licensure renewal from December 31, 2020 to March 31, 2021. The extension also applies to retired and inactive licenses that were reactivated to assist with the COVID pandemic. For additional details and what you need to know regarding your licensure renewal, visit the [PA State Board of Medicine](#).

Meanderings from A Wandering Surgeon

Shannon Marie Foster, MD, FACS
Keystone Chapter President



Greetings friends and colleagues –

I hope you are well and safe.

This is not my initial planned submission for a newsletter update. After watching events unfold on January 6th, where I had the same scared, sinking feeling that I experienced on 9/11/2001 – not knowing what was happening, not understanding, with fear for peers, family, and many others I do not know - I cannot stop thinking that we are all culpable. For lack of respect. For bullying and harassment. For valuing opinion more than fact. For a culture that allows systemic suppression. For consuming more than our share. I ponder what I would do, how I would respond, the actions I would take when motivated by self-preservation, fear, hunger, homelessness, or the need to protect those or what I love. Without the empathy and ability to answer that question fully for myself, how can I even begin to understand and respond to the actions of others?

As surgeons, we represent a highly educated and empowered group. We are taught to speak for ourselves, to evaluate and defend the mistakes and misadventures we cause, to constantly learn and evolve – as science and the breadth of our profession evolves. If we do not evolve with it, we become lost and obsolete, without the tools required to flourish or care for our patients. The same is true for us as humans – if we do not evaluate and evolve, we too can become lost and obsolete. I am grateful for our life of vigorous standards but recognize that many are not equipped with such foundational tools of education, introspection, and

empowerment, let alone our “standard” living conditions.

For months we at the College and the Chapter have tried to emphasize open and healthy communication. With the Keystone Respite, we endeavored to create a “safe space” to speak and share. Please embark to create in all aspects of your life – personal or professional, public, or private – “safe spaces” to learn and grow and find the empathy we need to overcome these trying days. But remember, a safe space does not mean a free space – demand respect, consideration, and fairness, with fact prioritized over unsubstantiated claims or opinion – from yourself and others.

I ask each of you: Create a safe space. Remember that your words have meaning. Control and give shape to the words that stem from you. Be a source of truth and good, educate and uplift, give opportunity and inspiration. Prevent hurt and harm.

Your words have power, please choose them with care.

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.

January Wellness Tip



Connect to Social Media sites that inspire you – unfollow those that do not.

Fox Chase Cancer Center Revolutionizing Breast Cancer Surgery With SmartClip

Philadelphia is a city with world-class cancer care, thanks in part to the fact that more Philadelphia oncologists are implementing innovative technologies. Treatment options utilized benefit patients providing fewer incisions leading to more precise tumor extraction. With these advancements, patients have shorter hospital stays and recover quicker.

Philadelphia-based Fox Chase Cancer Center is now using a SmartClip Soft Tissue Marker which provides 3D, GPS-like navigation to help surgeons extract tumors with more precision.



SmartClip Soft Tissue Marker provides a 3D rendering to assist in navigating to a tumor's location. Image courtesy of Fox Chase Cancer Center

Recently Fox Chase's decision to begin utilizing the [SmartClip Soft Tissue Marker](#) was featured in *Philadelphia* magazine's health innovation publication.

As the article details, the benefits from using the SmartClip Soft Tissue Marker are the reasons Dr. Richard Bleicher, leader of the breast cancer program, began utilizing the device. The device localizes nonpalpable breast tumors with more accuracy and ease. Fox Chase has performed approximately 50 surgeries in the past four months and is currently the only cancer center in the Philadelphia region using the FDA-cleared device for assisting in breast tumor removal.

Most importantly, the seamlessness of utilizing the SmartClip Soft Tissue Marker can reduce patient stress.

As Dr. Bleicher explains, "When someone is diagnosed with breast cancer, it can be a very overwhelming experience. Our job is to alleviate that stress on the day of surgery, and this technology really helps us do that."

[\[Read the full article\]](#)

Keystone Chapter Case Review in Surgery Competition



Calling all Fellows-in-Training, Residents, and Medical Students. The Keystone Chapter is hosting a Case Review in Surgery competition, which kicked off on January 20th. Submissions are being accepted through March 19th. Top submissions will present their Case Review in a live, virtual format the week of April 26th.

Winning submissions will be eligible and submitted for publication consideration in the national and renown, now open-source ACS Case Reviews in Surgery.

Case Reviews in Surgery is an interesting, unique, peer-reviewed program addressing some of the most significant educational needs of practicing surgeons and surgery residents. The published case reviews will offer our members and the surgical community access to high-quality, in-depth analyses of actual surgical cases.

For additional information and to submit your Case Review for consideration visit the Keystone Chapter's website submission portal [\[Click Here\]](#).



American College of Surgeons News & Updates



Clinical Congress 2021 is scheduled for October 24-28, 2021 in Washington, DC. The call for abstracts and videos is now open. Members are encouraged to start submitting your abstracts and videos today. **Deadline for submission is March 1, 2021.**

Abstracts and videos may be submitted for the following Clinical Congress programs:

- **Owen H. Wangenstein Scientific Forum:** [LEARN MORE](#)
- **Video-Based Education Sessions:** [LEARN MORE](#)
- **History of Surgery Poster Session:** [LEARN MORE](#)

All submissions must be received by 11:59 PM (CST) on Monday, March 1, 2021. The Committee do not accommodate or consider late abstract submissions.

Diversity, Equity, and Inclusion in Surgery

The staggering COVID-19 infection and mortality rate in people and communities of color; continuing police violence against Black and brown Americans; improved but still meaningful gaps in pay, ratings, and considerations for women, minority, and LGBTQ+ surgeons—these issues and more led to an inflection point for the health care community in

2020. The need for improved diversity, equity, and inclusion in all facets of medicine has become more apparent than ever, including in the surgical community, and the ACS has dedicated itself to becoming a leader in this area.

To that end, much of the [January 2021 issue of the *Bulletin of the American College of Surgeons*](#) was dedicated to articles exploring this topic, and the *Bulletin Brief* will focus on these articles over the next several weeks.

The first highlighted article, "[Diversity, equity, and inclusion: The House of Surgery needs work](#)," serves as the introduction to the Resident and Associate Society of the ACS-themed issue, of which DEI was the selected topic. In the introduction, Naveen F. Sangji, MD, MPH, 2020 RAS-ACS Chair, describes the issues that led to the topic selection, the College's efforts to address barriers to DEI, and the role of young surgeons and RAS-ACS members in this new area of focus. [\[Click Here for Full Article\]](#)

New Legislative Session Begins ACS & Your Chapters Continue Monitoring Bill Activity in PA

The ACS and your local Chapters continue to monitor legislative activity both on the Federal and State level. The new legislative session has begun, and we are currently monitoring [4 state bills](#).

[\[CLICK HERE\]](#) to view the complete list of all Federal and State legislation being monitored across the country by ACS.



The American College of Surgeons recognizes the importance of surgeons' well-being and dedicated the month of January to its [Surgeon Well-Being Program](#).

Fifty-two percent (52%) of surgeons report burnout. According to the World Health Organization, burnout results from chronic workplace stress and is characterized by the depletion of energy and exhaustion, increased mental distance from your job or negative feelings toward your work, and reduced professional efficacy.

Burnout affects how engaged you feel with your patients, colleagues, and work. You may feel a lack of professional purpose. Feelings of being unempowered are common. You are not alone. The American College of Surgeons (ACS) is committed to fostering well-being, resilience, and work-life integration for surgeons at every stage of their careers. ACS is committed to developing and fostering well-being for surgeons.

The American College of Surgeons (ACS) Surgeon Well-Being Program commits to its vision and mission, goals, and initiatives to strength, support, and be an agent of change for Surgeon Well-Being for surgeons at every stage of their careers.

About the Surgeon Well-Being Program

Vision and Mission: To foster well-being, resilience, and work-life integration for surgeons at every career stage.

Through education, resources, tools, and advocacy, the ACS fosters and encourages surgeon's health and well-being to ensure the physical and mental strength necessary to support their professional pursuits and provide optimal patient care. At a

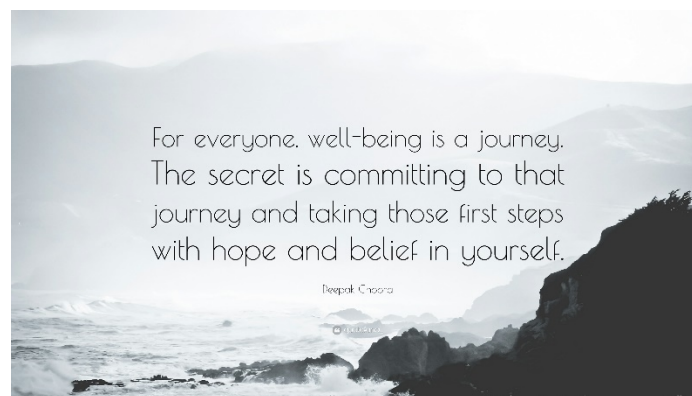
systems level, the ACS advocates for worksite cultures that support optimal work-life integration for surgeons.

Goals

- Decrease the stigma around burnout by providing education, resources, and tools for surgeons, program directors, and administrators.
- Address adverse effects of decreased surgeon well-being including signs and symptoms associated with burnout and environment culture.
- Promote resilience inherent in everyone, especially surgeons, through education, resources, and tools.
- Increase work-life integration by supporting resources that aid the individual surgeon and their family and friends.
- Advocate for systems level change at the local, regional, national, and international levels within programs, organizations, hospitals, institutions, and governmental agencies on practices and policies that affect well-being.

If you were not able to join the sessions, you can still view the resources provided to ACS Members:

- [ACS Well-Being Resources](#)
- [Reframing Surgeon Well-Being Webinar](#)
- [Well-Being and COVID 19 Resources](#)
- [Physician Well-Being Index](#)
- [Surgeon Well-Being Resources](#)



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!