



Pennsylvania Surgical News

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

October 2021

We are heading into the final two months of 2021. What is the old saying? "Hard to believe how quickly time flies when you are having fun!" Not sure this year has been fun as we continue to navigate the slippery slope of COVID and physician wellness, but we look forward to holidays with family and friends. Remember to take time from your hectic schedules to get outdoors, enjoy the crisp air, changing colors of the tree leaves, and re-energize yourself. **Your well-being IS a top priority!**

Dr. Shannon Marie Foster is back this month with another thought-provoking ***Meanderings from a Wandering Surgeon***. Check out this month's ***Meanderings*** on page 2.

If you need additional CME credit hours, don't forget to register for the Keystone Chapter's Case Review Webinar. This on-demand webinar will be 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**. Register to 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 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.

Metro Philly Chapter will be hosting the annual Mock Oral Boards on Saturday, November 6th. The sessions will again be virtual. Fifty-five examinees and 55 examiners are scheduled to participate. Big thanks to Drs. Sanjay Reddy and Renee Tholey for their efforts in making this event a success.

ACS Clinical Congress closed the books on another successful educational meeting. Remember, if you were registered and missed a session, you have the opportunity to view the lectures through the end of the year. Additional information from ACS can be found on page 5.

Still have not joined your local ACS Chapter? What are you waiting for? Now is the perfect time to make the commitment to your surgical community. Do you qualify? If you are an active member of the ACS, absolutely. 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! **Join now and your membership will be active through December 31, 2022!** We look forward to welcoming you to the family!

Keystone – info@kc-accs.org

Metro Philly – info@mp-accs.org



Meanderings from A Wandering Surgeon

Shannon Marie Foster, MD, FACS
Keystone Chapter President

Greetings friends and colleagues – I missed you here last month as we were fully occupied in the management of the Chapter, but I wonder if you even noticed my absence? Regardless – here follows a two-parter: one to summarize our current challenging financial situation; the second to stimulate your thought, participation and feedback...which has always been the goal.

The Price of Membership

By now you have received a letter signed by the Keystone Executive Committee explaining our money woes – a sad but true state for many professional organizations in the COVID world. Just as our calling to become and practice as surgeons is based in altruism, but ultimately is a job that expects sound salary and benefit compensation, our College and our Chapter are built to serve and advance those careers but cannot run on ideas alone.

We have heard and/or experienced personally many stories of practices or institutions tightening the purse strings. Salaries and benefits threatened. Lack of funds for travel, CME, educational opportunities, or conferences. Tough choices then follow. Or do they? Many of us have paid “out of pocket” for years for these memberships, perhaps you can without hesitation, too. I would implore you to consider all that the College and Chapter offer and decide its worth to you: Dinner and show? An Eagles game? Buying one less designer handbag or wallet this month? Perhaps those examples make it sound simple – I believe that it is.

Use Those Titles with Discretion

When you send an email, how do you sign? I would ask you to compare to a hand-written note, card, or letter – is it the same? I doubt it. I am Shannon. Often Dr. Foster. Most often to my close colleagues

and friends or clients and patients a simple SMF. In my personal life, I might be Mrs. Smye-Rumsby. But I never write the titles current or past and tag all the institutional lines. So, in the past years I have done the same with our copious electronic communications – no massive tags as default. I have also transitioned and intentionally use my personal email accounts whenever possible for these sorts of communications – I do not want to be privy to the security/firewall/limited device access our institutions demand. And I generally want to transmit a more personal touch.

Perhaps the impersonal title, title, title, institution, etc. etc. has become so embedded because it conveys a message? Of course, it does! Legitimacy? Competency? Authority? Certainly. But also - Lack of interest? Dismissive, like an afterthought? I have found it emphasizes one idea that I am not particularly fond of – it conveys a sense of ownership – not of the letter-writer over the comments above, but rather of the institution/hospital/company/what-have-you of the signer. I find that...patronizing and binding.

There are certainly good reasons to have all the bells and whistles listed. Establishing the legitimacy, authority, and competency of your position in communications can be easily accomplished with the default tag. But in a 12-part back-and-forth email chain – do you really need that every time? Just makes it longer to scroll though. Ugh. And when you are exchanging with established colleagues – there is no need. I suspect to the unindoctrinated, and those outside our careers’ paths, it is either aspirational, which would be good, or intimidating and pretentious – which would not. Have a think on it. But I would ask, when you connect with me do so as your own empowered person who is actually giving a moment to consider our relationship – and sign accordingly. It means more than you may think.

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.

Keystone Chapter Election Notice



With the inability to host an in-person meeting, the Keystone Chapter Council made the decision to hold the election of officers and directors via electronic voting. The election notice and voting ballot were distributed on October 29th and voting is open from November 1 through November 30, 2022.

All Active Keystone Fellow Members (2021 dues paid) are encouraged to cast your vote for the new leadership team that will take the Chapter into 2022 and beyond.

Interested in joining the leadership team to shape events and opportunities? Contact Keystone's Executive Director, Robbi Cook at info@kc-accs.org.

Click [HERE](#) to log into your member portal to renew your membership and vote.

Metropolitan Philadelphia Chapter Mock Oral Boards



Practice makes perfect is the old saying. The Metropolitan Philadelphia Chapter will be holding their annual Mock Oral Boards on Saturday, November 6th using a virtual (Zoom) format. Dr. Sanjay Reddy (Fox Chase) and Dr. Renee Tholey (Jefferson) are co-chairs of the committee organizing this valuable resource for our residents in their continued surgical career advancement.

Fifty-five residents are registered to participate in the examination with 56 examiners quizzing on all areas of surgical competency and more. Participants are provided an overall pass/fail score and accompanying comments on areas where the resident did well or could use additional study. The Chapter has been recognized for their work by the ACS for preparing our future generations.

We wish all our participants well in the upcoming Mock Oral Examination.

2022 Dues Renewal Time

All members in the Keystone and Metro Philly Chapters will receive their initial dues renewal notification the week of November 15th. 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.

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



**Daylight Savings Time Begins 2:00 AM
November 7th – Turn Your Clocks Back 1 Hour!**

October Wellness Tip

Zoom Burnout Is Real, and It's Worse for Women

An article appearing in the April 13th issue of the *New York Times*, [Alisha Haridasani Gupta](#), discusses research on Zoom Burnout. We all feel it even though this article is based on a study of Zoom fatigue and women, it affects everyone in some form or fashion. Click on the link below to read the full article and information on the author.

In a new study, Gupta shares, “women reported higher levels of fatigue associated with video calls than men.” Well, the solution to the problem is not as easy as stopping video calls.



[no video calls on Fridays.](#)

“Zoom-free Fridays, after listening to colleagues around the world, it became apparent we need to combat the ‘Zoom fatigue’ that many of us feel,” Ms. Fraser stated in a corporate announcement

Did you ever imagine we would add the term *Zoom Fatigue* to our every day “vocabulary”? The definition according to Ms. Fraser’s article - “refers to the tiredness related to video calls”.

Ms. Fraser shares that, “now, research from Stanford University [published on Tuesday](#) found that women experience significantly more Zoom fatigue than men.” Although the research had not been peer-reviewed when the article was published, it suggests “that video calls simply amplify the [longstanding gender dynamics in group](#)

[settings](#) and exacerbate an already [wide gender stress gap](#), with women consistently reporting more stress and stress-related health conditions than men.”

What’s the problem with video calls? Yes, in the beginning, it was novel, unique, and a fantastic way to continue “business as usual,” however.....

- Feels unnatural
- No person-to-person contact
- Too many distractions
- Need to be logged in and staring at each other for what seems like an eternity
- And just not fun anymore

The article does provide additional details on the research and admits it is difficult to draw casual links that with everything, at some point being exhausting, Zoom may just be simply one of several reasons for fatigue.

Opting to turned off the self-view feature or ending the practice of video calls is unfortunately not the answer. How your institution views Zoom fatigue, or how you manage when you feel like you have been on one too many video calls today, has no playbook.

Simple steps you can incorporate when hosting your next video call:

- Turn your video on for the first five minutes, connect with others, and then turn off video
- Determine when video needs to be on or if participants can opt for no video
- Keep calls short. Shooting for 60 minutes helps maintain focus. If more time is needed, break into multiple short sessions.

Even though things are returning to somewhat normal, pre-COVID, for meetings, the time-savings and convenience we have gained, will keep video calls and meetings here to stay.

Alisha Haridasani Gupta is a gender reporter covering politics, business, technology, health and culture through the gender lens. She writes the [In Her Words](#) newsletter. [@alisha_g](#)

To read the full article, click [HERE](#).



American College of Surgeons News & Updates



ACS Clinical Congress Wrap-Up

[Visit](#) the Clinical Congress site for additional information.

Congratulations to the 2021 inductees to the ACS Academy of Master Surgeon Educators from the Keystone and Metro Philly Chapters:

- Amy J. Goldberg, MD, FACS
- Mohsen Shabahang, MD, PhD, FACS
- Paris D. Butler, MD, MPH, FACS

On Wednesday, ACS introduced the NSQIP QVP program. Hospitals participating in ACS NSQIP® will have a new resource available to further improve surgical quality for patients beginning in January 2022: the ACS Quality Verification Program (QVP). Introduced in July 2021, ACS QVP is based on [12 program standards](#), adapted from core elements of the *Optimal Resources for Surgical Quality and Safety*, or “Red Book.” ACS QVP provides a proven, standardized method for establishing, measuring, and improving a hospital’s quality infrastructure across all surgical departments.

Were you registered but not able to participate in all the sessions and lectures? Recorded events and lectures will be available to all registered attendees through December 31, 2021. The full calendar of events can be found [HERE](#).

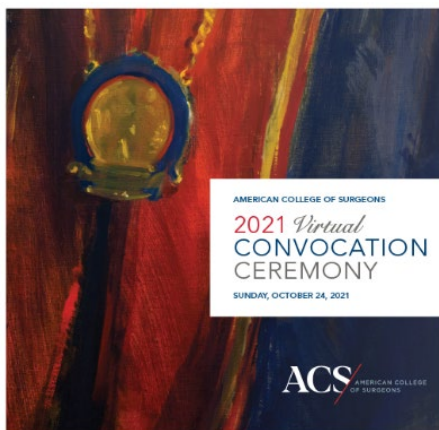
Legislative Bill Activity in PA

The Pennsylvania Chapters continue to work with ACS’ Government Relations division to monitor legislative activity and protect the physician/patient relationship. Currently, [41 bills](#) are moving through the Pennsylvania legislative process and 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.

One Bill introduced is a Surgical Smoke Evacuation bill introduced by Senator Katie Muth (D-44 – Berks, Chester & Montgomery). The Bill aims to ensure operating rooms utilize surgical smoke evacuation systems, combatting negative health effects and work towards creating a smoke-free environment for healthcare workers and patients. Although the College maintains a neutral position, they encourage state chapters to determine the significance of state legislation on the surgical community and respond appropriately. Keystone and Metro Philly Advocacy Team will keep you updated and send an Action Alert if needed. To view the content of SB 903, click [HERE](#).





The ACS Convocation confers Fellowship in the American College of Surgeons (FACS) upon surgeons who have successfully met ACS requirements to provide optimal care to the surgical patient. The Convocation, held Sunday, October 24th, honored the class of 2021, and included 2,350 Surgeons; 1,274 from the U.S. and Canada; and 1,076 representing 84 countries from around the world.

The Keystone and Metro Philadelphia Chapters congratulate our new FACS members:



- Zarina Ali, MD, FACS
- Oluwafunmi Awonguga, MD, FACS
- Matthew Boelig, MD, FACS
- Jan-Karl Burkhardt, MD, FACS
- Catherine Cahill, DO, FACS
- Caitlyn Costanzo, MD, FACS
- Elizabeth E. Cottrill, MD, FACS
- Paul Covello, DDS, MD, FACS
- Johanna D'Agostino, MD, FACS
- Francesca Delach, MD, FACS
- Michael Deutsch, MD, FACS
- Calogero G. DiMaggio, DO, FACS
- James C. Gates, DMD, MD, FACS
- Danica Giugliano, MD, FACS
- Pauline H. Go, MD, FACS
- Richard Goldman, MD, FACS
- Stephanie Greco, MD, FACS
- Shabnam Hafiz, MD, FACS

- Evan J. Harlor, DO, FACS
- Stephanie Hayes, DO, FACS
- Rebecca L. Hoffman, MD, FACS
- Yi Huang, MD, FACS
- Pascal Jabbour, MD, FACS
- Christine M. Jones, MD, FACS
- Venkata S. Kanthimathinathan, MD, FACS
- Mohammed A. Khan, MD, FACS
- Neil A. King, MD, FACS
- Kathleen Lamb, MD, FACS
- David E. Lapham, DO, FACS
- Daniel R. Latta, MD, FACS
- Lacey Laufenberg Puopolo, MD, FACS
- Kenneth Levin, MD, FACS
- Matthew A. Meissner, MD, FACS
- Corrine B. Miller, MD, FACS
- Benjamin Moran, MD, FACS
- Lawrence B. Oresanya, MD, FACS
- Ana M. Parsee, MD, FACS
- June Peng, MD, FACS
- Lindsey Perea, DO
- Angela Powell, MD, FACS
- Andre R. Ramdon, MBBS, FACS
- Aaron Sachs, MD, FACS
- Jaime Slotkin, DO, FACS
- Benjamin J. Smith, MD, FACS
- Westley M. Smith, MD, FACS
- Grant C. Sorkin, MD, FACS
- Ran Y. Stark, MD, FACS
- Jordan W. Swanson, MD, FACS
- Talar Tatarian, MD, FACS
- Stavropoula Tjoumakaris, MD, FACS
- Anthony Y. Tsai, MD, FACS
- Alison Watson, MD, FACS
- Christopher Werter, MD, FACS
- Jeffrey Wertz, DO, FACS
- Andrew Yampolsky, DDS, MD, FACS
- David Yearsley, MD, FACS

To view the ceremony and the newly installed members, click [HERE](#).

We encourage our new FACS members to renew or join their local ACS Chapter.

Keystone: www.kc-ac.org/join-us

Metro Philly: www.mp-ac.org/join-us

RASACS

RESIDENT AND ASSOCIATE SOCIETY

One Hangout, One Night, Two Topics:

Meet Neurosurgery | ABSITE Review

Monday, November 1 | 7:00 pm CT

Join RAS-ACS for a casual, two-part conversation with medical students and others interested in a career in surgery. For the first half hour, attendees will learn about the Neurosurgery sub-specialty. The second half of the call will focus on review for the ABSITE.

Register

YFAACS

YOUNG FELLOWS ASSOCIATION

Retirement Planning/Investing for Surgical Residents and Fellows

Presented by Nick Coyne

Monday, November 8 | 7:00 pm CT

RAS-ACS Financial Literacy Lecture Series Webinar

This session will have a specific focus on investing and retirement planning as it pertains to medical providers and the unique aspects of resident, fellow, and young faculty finances.

This event is sponsored by the RAS Education Committee.

Register

Building Good Will, Relationships, Reputation and Professional Referrals in a Community

Presented by Michael D. Sarap, MD, FACS

Monday, November 8 | 8:00 pm CT

The webinar is a practical guide for both young surgeons new to a community and established surgeons wanting to expand their influence and service area.

This event is sponsored by the ACS Practice Protection Committee.

Register



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-ac.org

Metro Philly – www.mp-ac.org

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!