



# Pennsylvania Surgical News

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

September 2021

It is hard to believe we are already at the end of September and into the fall season. Take time from your busy schedules to get outdoors, enjoy the crisp air, changing colors of the tree leaves, and re-energize yourself. **Your well-being should be a top priority!**

Dr. Shannon Marie Foster is taking a little respite this month, but worry not, she will be back in October with another thought-provoking *Meanderings from a Wandering Surgeon*.

Newly elected MPACS President, Dr. Niels Martin, shares his thoughts on his upcoming term. Check out his article on page 2.

**Need some additional CME credit hours?** The Keystone Chapter's Case Review Webinar is available, on-demand, through December 31<sup>st</sup>, and free to all KCACS and MPACS members. The webinar offers **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! 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! CME certificates will be emailed to participants upon completion of the CME evaluation surveys. Click [HERE](#) to register.

**Metro Philly Chapter** held their first in-person surgical conference at the Philadelphia Marriott Old City on September 13<sup>th</sup>. COVID protocols were in place for the safety of all who participated. It was great to see everyone in person for the first time since May 2019 and to hear Dr. Amy Goldberg's message on the future of leadership. MPACS would like to thank all the sponsors and supporters who made the event possible. Check out the photo montage of the event on page 3.

ACS Clinical Congress is just around the corner and will be held virtually again this year. Registration is now open. Additional information on Clinical Congress and other ACS events can be found on page 6.

**Do you have a desire to help shape the future of your local ACS Chapter?** Do you want to get involved in the leadership of your Chapter? Keystone and Metro Philly Chapters are searching for active members who have a desire to move into a leadership position. We are looking for fresh faces, ideas, and thoughts to move the local Chapters forward and provide relevant content for our membership and the surgical community we serve. Time commitment is minimal, but rewards are plenty. Contact the Chapter office for additional information.

Keystone – [info@kc-ac-s.org](mailto:info@kc-ac-s.org)

Metro Philly – [info@mp-ac-s.org](mailto:info@mp-ac-s.org)



## Metropolitan Philadelphia Chapter President Update

Niels D. Martin, MD, FACS, FCCM  
President

The Annual spring MPACS meeting was moved to this past September 13<sup>th</sup> due to COVID-19. The meeting was very well attended, likely based on our keynote speaker, Amy Goldberg, MD, FACS, the new Dean at the Lewis Katz School of Medicine at Temple University. Her talk was insightful and motivational. Additionally, the scientific session at the meeting premiered research from all our regional institutions. Congratulations to all the house-staff who presented their work.

The Chapter will hold its annual Mock Oral Exams for the senior residents in the region virtually on November 6th. A Call for Examiners and Examinee registration portals went live on September 27<sup>th</sup>, and we look forward to another robust session this year. Positive feedback from both the house staff and program directors continues to fuel this initiative, and it continues to grow each year.

The Annual Clinical Congress of the American College of Surgeons will take place October 24<sup>th</sup> through 28<sup>th</sup>. Although the meeting is virtual, convocation will still occur. On behalf of the chapter, we welcome the new fellows and strongly encourage all fellows to become/maintain their membership in our chapter.

The chapter continues to advocate, on a state level, for specific issues unique to Pennsylvania, such as legislation that would affect reimbursement or practice patterns. There is strength in numbers and of course, the chapter liaises with the central office of the College on larger and national issues as well.

With all this in mind, the chapter's activities are relevant to all surgical fields, not just those based off of general surgery. We encourage broad

membership including neurosurgery, orthopedics, ENT, and urology, just to name a few.

Look out for upcoming webinars and networking events especially geared toward the "young fellows." Additionally, training programs, look out for our annual Surgical Jeopardy, likely to be held this winter.

Despite the trials and tribulations of COVID-19, the chapter is off to a great year. I am honored to serve as your president and look forward to many chapter successes.

Sincerely yours,

President  
Metropolitan Philadelphia Chapter  
American College of Surgeons

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## 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. New members joining October, November, or December receive complimentary 2021 dues. Dues renewals will be effective through December 31, 2022!

Keystone - Click [HERE](#).

Metro Philly - Click [HERE](#).

# Metropolitan Philadelphia Chapter & Philadelphia Academy of Surgery Annual Joint Meeting September 13, 2021



## September Wellness Tip



### This First-Aid Kit Will Help You Treat Stress in Health Care

The following article is shared from the May 25, 2021, *AMA Physician Health Blog*, written by Senior News Writer, Sara Berg.

Physicians and other health professionals have faced unprecedented challenges during the COVID-19 pandemic. Now, more than ever, it is important to identify and address psychological stress that injures the mind and body. But stress injuries—severe and persistent distress or loss of ability to function after exposure to overwhelming stressors of fatigue, trauma, loss, or moral injury—go beyond physician burnout. This is where stress first aid can help.

Stress first aid is a peer support and self-care model that health systems can provide to improve self-care. This is practical, flexible, and tailored to specific styles and needs of those involved in recuperating from stress injury. Derived from research, stress first aid follows five elements that are related to better recovery from different types of ongoing adverse circumstances such as COVID-19.

“Traditional models around occupational stress really focused on the individual ... and that is not particularly effective,” Richard Westphal, PhD, director of Alliance for Compassionate Care at the University of Virginia School of Nursing in Charlottesville, said during an AMA STEPS Forward™ webinar on stress first aid. “We know that occupational stress creates challenges and risks for individuals and teams that can result in stress

injuries,” but “occupational stress injury is a manageable risk.”

To improve self-care and support someone who may be experiencing stress injury, follow these three core steps of stress first aid.

**Recognize a stress injury:** It is an ongoing, continuous process to recognize a stress reaction or injury. This begins with checking for signs of injury and coordinating additional support.

“Check is assessing for signs of stress injury. Within the model, we have a helpful aid to do that called OSCAR communication,” which stands for observe, state observations, clarify role, ask why, and respond, Patricia J. Watson, PhD, clinical psychologist at the National Center for Post-Traumatic Stress Disorder (PTSD) said. Then for coordinating, it's about finding “who—it might not be you—is the proper person to have a conversation with that person.”

**Provide primary aid:** When an individual is experiencing an acute stress reaction or stress injury, ensure physical and psychological safety. This step requires covering or protecting an individual from impending danger as well as calming yourself and others.

“What we see, particularly in the context of COVID, is that protecting people from danger should be something that’s fundamental,” said Watson. “As you can help people feel safer, you’re going to reduce a lot of stress reactions.”

It is about “finding out what it is that’s creating this sense of impending danger for them and try to work towards protecting them,” she added. “It could be as simple as taking something off their plate. It could be having conversations about what's going on inside of them that makes them feel like maybe they're not safe for themselves.”

**Offer secondary aid:** It is vital to go beyond promoting safety to include long-term recovery such as ongoing support through connection as well as restoring competence and confidence in practice.

This is about connecting with “your trusted supports within your organization,” which may include individuals, leaders, or processes, said Westphal. “The next element in our core action is competence, and this is improving social and professional skills.”

One way to do this is with a “stop action” That means, Westphal said, that “if you’re doing something and it’s not working well for you or the team, stop it, take a breath, observe what’s going on ... and then start to move forward.”

“One of the things that’s really important for all of us in health care right now is beginning the dialogue of: Who are we, now that we’ve had the experience that we’ve had over the past year?” Westphal added.

Learn more from the [AMA STEPS Forward™ webinar series](#), which focuses on physician well-being, practice redesign and implementing telehealth during COVID-19. Visit the AMA website [HERE](#).



ACS Clinical Congress in October will welcome the newest members to the FACS family. The Keystone and Metropolitan Philadelphia Chapter extends our congratulations to the following members on obtaining this prestigious designation:

Zarina Ali, MD

Matthew Boelig, MD  
Jan-Karl Burkhardt, MD  
Catherine Cahill, DO  
Caitlyn Costanzo, MD  
Elizabeth E. Cottrill, MD  
Paul Covello, DDS, MD  
Johanna D’Agostino, MD  
Francesca Delach, MD  
Michael Deutsch, MD

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



# American College of Surgeons News & Updates

**ACS CLINICAL  
CONGRESS**  
OCTOBER 23–27, 2021 | VIRTUAL  
Resilience in the Pursuit of Excellence

**REGISTER  
TODAY**

## ACS Virtual Clinical Congress

Registration now open for the most comprehensive surgical meeting in the world.

### 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

As the legislative session kicks into high gear in Pennsylvania and at the Federal level, KCACS and MPACS continue to collaborate with the Northwest and Southwest Chapters, and ACS' Government Relations to monitor legislative activity to protect the physician/patient relationship. Currently, [37 bills](#) are being monitored 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 continue to monitor and update members on all Bills both on the state and federal level. Action Alerts are 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](mailto:rcook@rmcmanagementsolutions.com)) and let us know how we are doing.

## ACS RESOURCES

AMERICAN COLLEGE OF SURGEONS

Resources for the Practicing Surgeon:  
**CONTRACTING WITH PRIVATE PAYORS**



The ACS offers many resources for members to help navigate your career, your business, and your well-being. This month we are featuring the newly released **Resources for Practicing Surgeon: Contracting With Private Payors** guidebook.

This guidebook is intended to highlight some of the important principles of establishing and sustaining a surgical practice in today's challenging health care environment. The primer begins with an explanation of the economics underlying health insurance markets, a basic understanding of which is essential for any surgeon entering into negotiating insurance contracts. The next section of the guidebook provides practical information for the surgeon in developing a productive relationship with payors, followed by guidance aimed at helping surgeons evaluate insurance contracts and improve their revenue cycle, including various templates for tracking payor policies, claims denials, and compliance plans, among other tools. The primer concludes with tips for strategic contract renewals, along with issues to consider when leaving an insurance network.

To view or download the guidebook, log into your membership portal on the ACS website ([www.facs.org](http://www.facs.org)) and click on the Advocacy link, or click [HERE](#) to go directly to the site.

# 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.

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## NETWORKING



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## VISIBILITY



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## REPUTATION



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## 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!**