

# Pennsylvania Surgical News

September 2022



Robbi-Ann M. Cook, CAE  
Executive Director

October is rounding the corner and soon the holidays will be upon us. It has been a busy month for the surgical community and October will bring additional events your way from the KCACS/MPACS Collaborative Task Force to the Young Surgeons Work Group events, make sure you participate.

Two major events took place this month for the Metro Philly Chapter. The Annual Dinner meeting in conjunction with the Philadelphia Academy of Surgery was held September 19th, moving to a new venue, The Bellevue Hotel on South Broad Street. Thirty poster presentations were held during the cocktail reception and our industry partners were out to support this annual event. Initial feedback from attendees has been positive. MPACS elected its new officers and directors who began their term at the conclusion of the meeting.

The MPACS Mock Oral Boards were held on Saturday, September 24th. I have the honor and pleasure of working with an amazing team of surgeons who manipulate spreadsheets and exam topics with ease to create a comprehensive grid to keep the exams focused and flowing smoothly. Thank you to Sanjay Reddy and Renee Tholey for your commitment to the surgical community and to Sunil Karhadkar and Ani Kohli who stepped up to take the reigns next year.

Be an engaged member.....you reap the benefits ten-fold.

If you are heading to Clinical Congress, don't forget to stop by and support our KCACS and MPACS representatives who have key roles at Clinical Congress this year.

As always, if you have comments, suggestions, or an article of interest, please email me at [rcook@rmcmanagementsolutions.com](mailto:rcook@rmcmanagementsolutions.com).

*Robbi*

Robbi-Ann M. Cook, CAE  
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**Editorial Team**  
Robbi-Ann M. Cook, CAE  
Shannon Marie Foster, MD, FACS



**A Message from Outgoing  
MPACS President  
Niels D. Martin, MD, FACS**

Our Annual MPCACS meeting was held at The Bellevue Hotel Philadelphia on September 19<sup>th</sup>, 2022. There was a spectacular poster presentation session to start the evening, displaying the amazing science being done in our region. The evening was headlined by Dr. Julie Freischlag, the current president of the American College of Surgeons. Her talk was truly invigorating and I imagine every surgeon left the meeting feeling highly motivated to be the best surgeon, educator, and mentor they could be. Many thanks to our program committee for putting on such a great meeting!

The Chapter's annual Mock Oral Exam was also held this past weekend, pairing over 50 local trainees and faculty members in a very realistic educational experience. Preliminary feedback was extremely positive, as always. I would like to recognize the hard work of our mock oral exam committee for managing all of the logistics of such a complex event.

Our Young Surgeons committee has also been very active and there are several upcoming events...stay tuned to your email. The committee is also collaborating with their peer committee in the Keystone chapter, which is broadening our programming. On a much higher level, our chapter and the Keystone chapter (Central Pennsylvania) are exploring ways to further collaborate and improve our impact. This is particularly pertinent when it comes to advocacy of surgeon-specific issues in Harrisburg.

As I complete my term as President of the Chapter, I want to acknowledge our executive council, all of our committee members, and all of the past presidents who have entertained my thoughts and ideas, invested their time in the chapter, and really optimized the environment in which we all practice surgery. I leave you in the very capable hands of Dr. Matthew Philp and look forward to continued service as a past president.

With the Warmest of Regards,

Niels D. Martin, MD, FACS  
Immediate Past President, MPACS

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## Heading to Clinical Congress?

If you are heading to Clinical Congress? KCACS and MPACS will be participating in two great events, showcasing the expertise, talents, and engagement of both chapters.

Make plans to participate in the Chapter Leader session on Monday, October 17<sup>th</sup> (4:00 PM—5:30 PM). KCACS Council Member, and Chair of the Young Surgeons' Work Group, Rebecca "Becky" Hoffman, will be participating in the panel discussion on chapter best practices and sharing information on the collaborative KCACS/MPACS Young Surgeons' Work Group. We hope you stop by and give Becky your support.

The "Metro Maniacs" team will be competing in the ***So, You Think You Can Operate! – Surgical Skills Competition***, on Sunday, October 16<sup>th</sup> from 3:00—5:00 PM. Head over to the competition and cheer on the team of Sarah Martin (PCOM) and Praveen Satarasinghe (Crozer Chester Medical Center) as they demonstrate their surgical skills.

Click [HERE](#) for additional information.





This year's [Clinical Congress](#) will be a special one, with a return to an in-person format for the first time in 3 years. The [ACS has created a promotional toolkit](#) to help attending members spread the word far and wide about what attending Clinical Congress can do for surgeons and their practice. By sharing the messages with your network, the College and ACS Members can reach a broader audience and encourage more interested surgeons and medical professionals to register.

The toolkit includes sample messaging for social media, email, and newsletters that can be copied and pasted or adapted to share directly with your network. In addition, the ACS has created graphics (e.g., PowerPoint slides, social media images, "I'm going!" images) that you can download and share, which will encourage your audiences to engage with the content.

For additional information on speakers, topics, and CME credit hours, click [HERE](#).

## Residents Encouraged to Take Part in Free Clinical Congress Program Tailored to Their Unique Needs

Surgery residents have unique educational needs as they work through their training and approach independent practice. The Surgery Resident Program at Clinical Congress is specifically tailored to provide guidance and answer important questions.

Residents of all levels are invited to attend the special 2-day program focusing on preparing for a career in surgery, on Sunday, October 16, and Monday, October 17, at Clinical Congress in San Diego, CA. This year's program will include lectures, interactive events, and panel discussions addressing:

- Contract negotiation
- Effective allyship in the workplace
- Building financial security
- Starting a family as a surgeon

ACS President Julie A. Freischlag, MD, FACS, DFSVS, will offer a Fireside Chat. Networking opportunities, a skills competition, and more will be offered.

Interested participants must be current surgery residents, register for both Clinical Congress and the Surgery Resident Program. There is no cost for Resident members who register in advance. Learn more [HERE](#).

**A Message from  
MPACS President  
Matthew Philp, MD, FACS**



It was really amazing to see so many friends and colleagues at our Annual Joint Metropolitan Philadelphia ACS and Philadelphia Academy of Surgery Dinner Meeting earlier this month. It's wonderful to be getting back to some normalcy after the uncertainty of the last two years. Seeing our residents and medical students represent their research and clinical cases was a great reminder about the strong future of our profession. Our Chapter has done a tremendous job of navigating the pandemic and continuing so many of the programs that distinguishes us from the rest.

It's an honor to have been selected to serve as President of the Metropolitan Chapter this year and I am truly humbled. I can't say enough praise about our Immediate Past President, Dr Niels Martin. Niels has worked extremely hard over the last year representing our members and strengthening our Chapter immensely. I have very large shoes to try to step into. We also have a diverse and dedicated volunteer Executive Council that works collaboratively to guide and drive forward the goals of our Chapter. I thank each of them as well.

It's been about 13 years now, but I clearly remember being an examinee at one of the early Mock Oral Boards that our Chapter sponsored. That experience was so important to me and it's wonderful to have watched that program grow and improve in quality. It's one of reasons I wanted to be a part of this organization. We have so many great programs in our Chapter and our

Young Surgeons Committee continues to produce great new ideas. Most importantly, we have an amazing opportunity to amplify our voices and power as we continue discussions with our colleagues in the Keystone Chapter about how we can work together collaboratively in the state.

I hope many of you can enjoy some sun in San Diego next month. Like many of you, I know I always feel a great deal of professional renewal when connecting with colleagues and seeing all the amazing research and progress that is happening in surgery. I look forward to communicating with you over the next year about the progress the Metropolitan Chapter makes. I certainly encourage you to reach out to myself or any Officer if we can be of any assistance to you in any way.

Sincerely,

Matthew Philp, MD, FACS  
President, MPACS



Congratulations to Amy Goldberg, MD, FACS for her recent appointment as Dean of Lewis Katz School of Medicine!







## 15<sup>th</sup> Annual Mock Oral Boards Recap

**Sanjay Reddy, MD, FACS**  
Mock Oral Boards Co-Chair

The American Board of Surgery's oral board examination is a longstanding tradition that residents participate year after year, in order to successfully complete their journey of surgical training. The rigors endured with preparation is something that we are all very well versed with. I remember when I was in training, the expectations, or lack thereof, was something that made this experience even more daunting.

For the past 15 years, the Metropolitan Philadelphia Chapter of the American College of Surgeons (MPACS) has hosted a region wide event, providing an opportunity for trainees to experience a mock version of the oral boards. With its inception, the goal was to allow residents the opportunity to hone their presentation skills, and to undergo a certain level of live simulation in an environment that is typically seen in the actual examination setting. We are fortunate to live in an area where education of trainees is so important, and we have had faculty from every major institution in the region participate in this annual event.

Myself, my co-chair Renee Tholey, MD, FACS, and our executive director Robbi Cook, have organized this for the past four years. We were tasked with the unusual request of modifying the examination to fit the COVID era. The new virtual platform would be one that certainly changed the landscape of the traditional oral examination, but it has come with some great opportunities. It has allowed us to

offer this examination to a broader group of trainees. By expanding the reach, this has added to our compliment of examiners from a variety of programs, each of which offers a different and unique perspective.

The new age of oral boards is upon us, and the future structure of this old time tradition is quickly adapting to what has become a societal norm. While some may argue that the lack of personal interaction is not ideal, there are as many, if not more, positive outcomes achieved by a virtual platform.

The ability to have 57 examiners and examinees from multiple institutions across the region devote their time and effort for this cause truly shows the dedication of surgical training that we provide. Each one you should be proud of what you have given our residents over the last 15 years, and we look forward to continuing to watch this grow, and expand beyond our corner of the state.

The Mock Oral Boards committee expanded this year with Sunil S. Karhadkar, MBBS FACS and Anirudh Kohli, MBBS, FACS joining the team to coordinate this annual event.

Sanjay S. Reddy, MD, FACS  
MPACS Mock Oral Board Co-Chair



## How To Prioritize Your Health When You're Busy With Work

[Isabelle \(Izzie\) McKenzie](#)

With the stress and constant rush of modern life, it can be easy to overlook our health and self-care. We forget to eat right, workout, relax, and other important things that keep us healthy. Isabelle “Izzie” McKenzie shares tips to prioritize healthy habits without stress as busy men and women!

- ⇒ Do you forget to eat something healthy for lunch?
- ⇒ Is your day so busy you cannot think about what would be the healthiest choice of food?
- ⇒ Feel like your life is no your own?
- ⇒ Feel guilty when you try to take care of YOU?

If you answered “yes,” keep reading.....



As surgeons your day consists of urgent procedures, meetings, training, patient care, and then you have family obligations, errands, and taking care of the household chores. Life is overwhelming making it easy to overlook the need for selfcare, so you put your well-being on hold. We all want to be known as the “go-to person,” the one who can handle anything. This mentality leaves you exhausted and your well-being in a downward spiral.

Taking steps to make healthy and positive change often fades away. Fall is here, and we no longer need the “beach-body” so we slack on taking care

our needs. New demands on your already full schedule put your health and self-care routine on the back burner.

How do we juggle life and prioritize our health and well-being? Izzie shares the following suggestions in her recent blog post:

**Awareness**— without judgment, be completely honest with yourself about your daily choices. Do you see self-defeating mental patterns? The first step toward change is awareness and accepting negative patterns. Once aware, you can start working on forming the commitment to take action on prioritizing what “really matters” in life: YOU.

**Take Smaller Steps**—You only have one body— treat it right! Be realistic. Steps toward a healthier life-style do not need to be earth-shattering or overwhelming. Your healthy routine should not add to your daily exhaustion.

**Get Perspective**—Prioritize yourself. Take a step back and dive into your mindset. How important is your health to you? What is more important than prioritizing your happiness and well-being?

**“YOUR true essence needs to be okay if you want everything else in your existence to be okay. Self-care isn’t a roadblock; in fact, it’s a crucial step toward enjoying life and feeling your best,”** share Izzie in her article.

**Schedule & Declutter**—Organize and plan your new realistic wellness goals and shift the schedule over time. Find what is comfortable and attainable for YOU. Build your health goals into a planned routine.

**Support**—People are stronger when they can rely on each other. You do not need to do this alone!



Having emotional support throughout your journey will increase the odds of long-term success.

**Think positive**— Studies show positivity and optimism directly affect your physical and mental health. Flip negative thoughts to optimistic thoughts and you will improve your attitude. Write down positive phrases to help you stay focused.

**End Your Week with Reflection**—Take some quiet time and simply reflect on the week. Did you stay focused and on track? What and why didn't you stay on track? How can you create a solution to be more productive tomorrow or next week?

Most importantly, **CELEBRATE YOUR WINS!**

To read Izzie's full article, click [HERE](#).



Last month we added a "Quiz Time" feature and challenged our readers to submit their answers to be in the running for a prize pack. **CONGRATULATIONS to Christopher Cappellini, a vascular surgery resident at UPENN.** Christopher picked up his prize pack at the MPACS Dinner meeting on September 19th.

Now it's your turn! Let's see who can guess the correct answers. First person to email me at [rcook@rmcmanagementsolutions.com](mailto:rcook@rmcmanagementsolutions.com) with the correct answers will receive a prize pack.

1. What are the 5 main components of fitness?
2. How is chocolate good for the skin?
3. What are endothelial cells?
4. How is zygote formed?
5. Which blood type is considered a universal donor?
6. Drinking coffee can help in what?
7. Who is known as the "Father of Medicine"?
8. The abnormal fear of blushing is known as?
9. A normal human has how many taste buds?
10. This Japanese therapy is known for improving energy flow in the human body.

Responses need to reach me by October 9th.

Winner will be notified by email, and announced in the next newsletter.

Prize pack will be mailed to your home, or office.



**Keystone & Metropolitan Philadelphia Chapters  
American College of Surgeons  
Invite You to Join Us**

**Surgical Advocacy  
A Panel Discussion on Current Legislative Issues**

**October 3, 2022  
6:30 PM—7:30 PM**

**Panelists**

**Joseph Emrick (R—137) | Ann Flood (R—138)  
Robert Freeman (D—136) | Steve Samuelson (D— 135)**

**AGENDA**

<b>6:30 PM</b>	<b>Welcome</b>	<b>Chand Rohatgi, MD, FACS (Co-Chair Advocacy Task Force)</b>
<b>6:35 PM</b>	<b>Venue Shopping</b>	
<b>7:00 PM</b>	<b>Anesthesia Assistant Certification</b>	
<b>7:25 PM</b>	<b>Closing Remarks</b>	<b>Chand Rohatgi, MD, FACS (Co-Chair Advocacy Task Force)</b>

**Register**





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## NETWORKING

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## VISIBILITY

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## CREDIBILITY

Raise your reputation through membership.



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**JOIN US!**

Contact us to learn more about the benefits of membership today!