



Pennsylvania Surgical News

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

January 2022

Hard to believe we are already at the end of the first month of the new year. Days are getting longer, the sun sets a little later, and even though we are still in the middle of winter with snow, ice, and freezing temperatures in the forecast, we can take comfort knowing that spring is only 48 days away.

COVID variants continue to cause issues with in-person gatherings and events, but the Keystone and Metropolitan Philadelphia Chapters are continuing to search for fresh, new ideas to connect and share. Watch for details of upcoming webinars, programs, and events in the coming months as we plan for another great year of educational opportunities.

The Keystone Chapter is embarking on an Early Career Physician collaborative. Under the direction of Dr. Rebecca Hoffman, the focus will be engaging early career physicians and resident members from all institutions to discuss concerns, plan events, and be a network resource for our members to engage and grow. The first meeting is scheduled in early February for the subcommittee, and we look forward to hearing what they have planned for the coming months.

Dr. Shannon Foster provides her insightful views in her monthly *Meanderings of a Wandering Surgeon*. Check out this month's article "Face-to-Face: Returning with Vigor or Trepidation?" on page 2.

We are embarking on our third year since the first issue of the *Pennsylvania Surgical News* was delivered to your inbox. We track analytics on readership and look for additional ways to improve the monthly issue for the surgical community. Click [here](#) to see a snapshot of the 2021 Readership Analytics.

Speaking of new features, please welcome Dr. Danielle Hashmi from Crozer Chester Medical Center. Dr. Hashmi was recently elected as a councilor-at-large for the Keystone Chapter and will be reaching out to our retired and senior surgeon members to feature you in an upcoming issue. Dr. Hashmi hopes the sharing of career highlights and tidbits of wise wisdom will help connect our surgical generations and provide resources for our early career, residents, and medical student members.

Just a reminder – 2022 Membership Dues renewals were due at the chapter office by January 1st. If you have not yet renewed, please take a moment now to connect to your member portal and remit your dues online using a credit or debit card. Help us continue to advocate on behalf of the surgical community and provide educational opportunities. Need help or did not receive your initial invoice? Call the Chapter office at 717-220-5255 or email info@kc-ac-s.org (Keystone) or info@mp-ac-s.org (Metro Philly).



Meanderings from A Wandering Surgeon

Shannon Marie Foster, MD, FACS
Keystone Chapter Immediate Past President

Face-to-Face: Returning with Vigor or Trepidation?

In the last 2 years, one cancellation after another has prohibited in-person meetings and events. Safety standards taught better time management, use of technology, and saved vacation days and finances – but hopefully, more than all else, prevented exposure and illness.

Reassuringly, after some initial setbacks, surgical education, research, and camaraderie have found multiple avenues to not only survive but flourish – from a distance.

As we are once again trapped in the ever-fluctuating question of “safe” and “allowed” travel for work – while I long to see friends and colleagues – the illness is no less present, perhaps even more so, then during the cancellations of the past 22 months.

Many of those same friends and colleagues remain stretched and overextended in their clinical work, prohibited from any chance of participation. Or even worse, have COVID themselves or in their family.

In this vein the excitement of a surgical meeting has been replaced with the feeling that an exclusive event for those of us that are able – is unfair – and reinforces the divide between regions, practice types, and financial means.

I am going to my first meeting since the onset of COVID19, but today, for me personally, with no vigor, just trepidation. Stay tuned.

PA Surgical News New Feature Writer

Danielle Hashmi, DO
Keystone Councilor-at-Large
Crozer Chester Medical Center

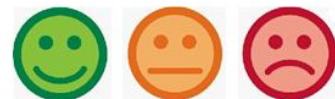


The *Pennsylvania Surgical News* introduces Danielle Hashmi, DO as our newest contributing writer. Danielle will be reaching out to our retired and senior surgical members in both the Keystone and Metropolitan Philadelphia Chapters to interview and document your career highlights and words of wisdom for our early career surgeons, residents, and medical students considering a surgical residency. A little background on Danielle:

I am very excited about being part of the Keystone Chapter ACS as a councilor-at-large. I am a Philadelphia native and recently finished training in general surgery at the Philadelphia College of Osteopathic Medicine and surgical critical care fellowship at Lehigh Valley Health Network. I am a trauma and burn surgeon at Crozer Chester Medical Center in Upland.

I hope to provide a link between early and late career surgeons by featuring a column focusing on advice to new surgeons.

We hope you will join us in welcoming Danielle and help her share your knowledge with our early career surgeons across the surgical community.



**YOUR FEEDBACK
MATTERS**

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Keystone Chapter President’s Message

Stanislaw Stawicki, MD, FACS
Keystone Chapter President

Think Global, Act Local: Strengthening Grassroots Participation and Connectivity

The ongoing coronavirus disease 2019 (COVID-19) pandemic presented our healthcare systems with formidable challenges. As surgeons, we tend to be at or near the frontlines of this once-in-a-century global fight. I would like to thank you and express deepest gratitude for all of the collective sacrifices made by our community during these challenging times.

As we are well aware, the interconnectedness of the modern world means that the boundaries between what is consider “local” and “global” are often blurred, and what happens locally often determines global outcomes.

As we look forward to the end of the pandemic, lessons learned during this difficult period tell us that the same principles of “thinking global and acting local” also apply to large regional organizations like our chapter. It is becoming apparent that without locally driven initiatives, group activities, grassroots participation, and shared experiences, the larger surgical community across our entire region will continue to feel the effects of social isolation and other necessary but difficult sacrifices. Consequently, we must now place renewed emphasis on building “togetherness” across our Chapters.

With this in mind, as the President of the Keystone Chapter, I would like to invite each and every member of our highly diverse, nearly 3,000 strong

community to explore ways in which we can turn our local groups and initiatives into chapter-wide endeavors that will actively engage participants from all corners of our large geographic area.

The Keystone Regions region stretches east-to-west from Bucks County to Mc Kean County and north-to-south from Bradford County to Adams County and encompasses some of the best health systems in the country. The Metropolitan Philadelphia Chapter reaches the surgical community through the Philadelphia region and is home to nine teaching institutions. We have a lot to be proud of!

It is my hope that over the next few years we will be able to connect our regions, members, institutions, and other stakeholders into a much more synergistic and tightly integrated community. Through grassroots efforts and sharing of knowledge and experiences, we can begin to reshape the way we interact and come together while embracing our shared values and common goals. With our ability to harness virtual platforms and various other new innovations, we are primed to lead the region and set a positive example for other American College of Surgeons Chapters across the country.

I look forward to serving this wonderful group, and I firmly believe that the best is yet to come for the Keystone Chapter!

Keystone Chapter President

Stanislaw Stawicki, MD, FACS is a member of the surgical critical care, general surgery, and trauma surgery team at St. Luke’s Hospital in Bethlehem, PA.



2022 Dues Renewal Time

All members in the Keystone and Metro Philly Chapters received their initial dues renewal notification in December 2021. Renewal period is January 1 through December 31, 2022. If you have not remitted your dues yet, your membership is currently lapsed. **Note: Your local dues is not included in your annual renewal to the American College of Surgeons but is billed separately by each affiliated Chapter within the College.**

Do not lose your membership services, renew today, and maintain your active status in your local ACS Chapter.

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. The payment portal may issue a duplicate invoice if your membership lapsed. If you have duplicate invoices in your portal for the 2022 dues renewal period, pay only one invoice, the duplicate invoice will void from the system.

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!



Groundhog Day is February 2nd. Will Phil see his shadow or will there be 6 more weeks of winter? I'm sticking to the Farmer's Calendar with 6 more weeks of winter



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!



American College of Surgeons News & Updates

AMERICAN COLLEGE OF SURGEONS

Bulletin Brief

Clinical Updates from the January 25th issue of the ACS *Bulletin Brief* report on the National Blood Crisis.

Earlier this month, the [American Red Cross declared its first blood crisis](#) due to severe blood product shortages across the US. The Omicron variant surge of COVID-19 has further limited blood donations, which have been at a much-reduced level since the pandemic began. Recently, the Red Cross set daily

maximum allocations for hospitals, even in the case of an emergency like a mass casualty trauma event. And although the Red Cross is the largest single supplier of blood US hospitals, providing approximately 40% of the national supply, the blood shortage also is affecting other organizations, [such as America's Blood Centers](#), and community blood centers that collect and furnish most other blood products.

News reports across the US are highlighting how the blood crisis is having an effect across regions:

- **Arizona:** "[Medical professionals start to see effect of blood shortage](#)"
- **Hawaii:** "[Blood Bank of Hawaii: Critically low blood supply a matter of 'life and death'](#)"
- **Missouri:** "[I've never seen anything like it': St. Louis region faces dire blood shortage](#)"

The ACS will keep you informed of developments regarding the blood crisis.

RASACS RESIDENT AND ASSOCIATE SOCIETY

Join the RAS/YFA Hangout for a casual conversation with medical students and others interested in a career in Pediatric and Cardiothoracic Surgery. This month, they launch a new format; during the hour-long hangout, attendees have the opportunity to attend one or both breakout rooms to discuss these unique surgical specialties.

This hangout focuses on discussing careers in pediatric and cardiothoracic surgery and providing additional exposure and resources to those interested. ACS member Medical Students are especially invited to attend.

Attendees will move between two virtual rooms/topics as desired.

Discussion Topics Include:

- Preparing for a career in Cardiothoracic/
Pediatric Surgery

- Working and living as a Cardiothoracic/ Pediatric surgeon in a positive and healthy way
- Types of cases a Cardiothoracic/Pediatric surgeon would encounter
- Barriers and opportunities for training in Cardiothoracic/Pediatric Surgery

- Future directions in Cardiothoracic/ Pediatric Surgery

Registration is Required - After registering, you will receive dial-in details.

https://facs-org.zoom.us/meeting/register/tJArf-mqrj0uG9G7Fr8m4kvw_NjzwoXSMsED

Legislative Bill Activity in PA

Governor Wolf gives his budget address Tuesday, February 1st and the legislative priority moving forward through March will be on the budget with hearings to resolve issues in February and March. January marked the start of the second year of the two-year legislative session, with legislation introduced and action taken during 2021 carrying into 2022.

Your local Chapters continue to work with ACS' Government Relations division monitoring legislative activity and protecting the physician/patient relationship. Currently, [43 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 CLINICAL CONGRESS October 16 – 20, 2022 | San Diego, CA

Call for Abstracts and Videos

Share your research with the world

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 **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:

Submit

January Well-Being



A Psychologist Who Helps West Point Cadets Develop Mental Strength Shares 3 of His Best Tips

Even though this article written by [Jessica Stillman](#), a contributing writer for Inc.com, focuses on entrepreneurship, there are still some good take-aways for those looking for ways to reduce and manage stress and well-being.

[HERE.](#)

As Ms. Stillman writes, “entrepreneurship is legendarily hard on your mental health, when founders are in the market for advice on dealing with stress and adversity, they often turn to the armed services for advice.” Being a surgeon also is hard on your mental health. Finding ways to take care of yourself are essential

Military personnel are trained to manage resilience, endurance, and strategy. Ms. Stillman provides tips from Nate Zinsser, who runs the performance psychology department at the U.S. Military Academy at West Point. His job is to teach cadets how to manage the worst experiences a battle may throw at them. He has published a book, *The Confident Mind: A Battle-Tested Guide to Unshakable Performance*, that share his secrets.

A few ideas shared in the book include:

Train yourself to relax on cue. Shut off the chatter in your brain. This is easy for some, but not everyone. According to the article, this is actually a skill you can learn. The Army has long taught soldiers how to sleep on cue, and psychology offers several tips on how to calm your noisy brain and relax even in stressful situations.

By teaching yourself simple but powerful techniques and get using them when necessary can help you find that short window of relaxation. Even two minutes of deep breathing and relaxation can be useful. It causes your brain to “rest,” and will have a positive effect on blood pressure, heart rate, and oxygen levels according to Mr. Zinsser’s book.

Do not waste your energy on negativity. We are all familiar with the serenity prayer used in many recovery programs. West Point cadets are taught something similar during their training. Mr. Zinsser stresses that negative emotions like anger or fear sap your energy level. Recognize negative emotions and find ways to conserve your energy. Avoid complaining or moaning about issues you cannot control. Choose your battles and focus on what you can control.

Fill up your fuel tank. Mr. Zinsser shares with Ms. Stillman that “even the toughest warriors can’t summon mental strength (or even physical strength) out of thin air.” Be mindful of what you need to fuel your well-being tank. Prioritize those things that help you maintain your energy and your well-being. Whether that is extra sleep, extra time to prepare for a procedure, or saying “no” in order to have time for family, friends, or a fun night out. Do the things that make you feel in control of your environment whenever possible.

If you are interested in learning more about Zinsser’s wisdom or his book, check out the [Bloomberg article](#) or [the book](#).

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!