President’s Update
By Willard R. Van Nostrand, MD

The past few months have been very active for our chapter and I am proud to report that we continue to make progress on many important issues that impact our specialty. We are over 800 members strong.

There are many ongoing issues that Emergency Medicine faces in Arizona. Here are some updates on our working agenda:

- On October 2, we will be holding our annual EM Opioid Summit. This includes 3.75 hours of CME and full credit for the mandatory opioid CME for license renewals and a luncheon with a speaker on patient management. This event is open to all providers, so sign up now at www.azcep.org. Details and location are on our website and on the following page.

- We have just received our official date for our annual ED Doc Day at the Capitol: March 4, 2020. This event is a wonderful opportunity to meet with your state representatives and senators and to share lunch with them. Please request this date off so we will have a great turnout at the Capitol.

- Senator Heather Carter has been selected by the Board to receive the Legislator of the Year award from our chapter. Further details will follow.

- The Research Seed Grant program will continue and this year is open to medical students as well as residents. Applications are on the website.

- We have selected our Committee Chairs for the coming year:
  Advocacy/Legislative: Dr. Steve Maher
  Education: Drs. Brad Butler and Dale Woolridge
  Membership/Outreach: Drs. Paul Kozak and Anthony Wong
  Wellness: Dr. Mara Windsor

- We ended our fiscal year 2018 – 2019 in strong position, with thanks to our Executive Director, Stephanie Butler, whose hard work and creativity have resulted in several non-dues revenue generating events.

- We are pleased that John Thomas has agreed to continue in his role as Lobbyist for our chapter for another two years.

- We continue our support for the Arizona Emergency Medicine Medical Student Council.
  Check out their website to all that is going on. https://arizonaemmsc.wixsite.com/website

- And we remain mindful of the issues of ED Physician burnout and the increasing shortage of rural emergency physicians.

As we continue to make progress, I wish to thank you for your membership and continued support.

It’s never too late to become more involved. I encourage all of our members to take an active role in shaping the future of our chapter and our specialty.

See you at ACEP19! …watch for our AzCEP Happy Hour invitation!
EM Opioid Summit-2019
Improving Management of Opioid Use and Misuse

October 2, 2019 / 8:00am-1:00pm

Learners will be able to:

- Identify patients suffering from opioid overuse or at high-risk for opioid misuse
- Apply lowest dose effective opioid prescribing in line with organizational and legislative regulations and recommendations
- Integrate tools such as AZ PMP, referral options for treatment and pain management as well as opioid alternatives in practicing opioid stewardship
- Confidently provide brief overdose education that is accurate and context appropriate

Desert Willow Conference Center
4340 East Cotton Center Blvd.
Phoenix, AZ 85040

Program meets newly mandated requirement of 3.75 hours Category I credit on the prescribing of opioid medication.

Presented by: Maricopa Medical Center

LUNCH provided too! Hear JAMES MICHAEL WILLIAMS, MS, DO, FACEP, talk about the Clinical Evidence and Practical Recommendations for Patient Management

- Andexxa
- Coagulation Factor Xa (Recombinant), Inactivated
- Reversal of Specific Direct Oral Anticoagulants in Patients experience life-threatening bleeds.

Cost: $0; Event is open to all EM providers and is funded by a grant from the AZ Dept. of Health Services with assistance from the Emergency Medicine Foundation (EMF) and the National Institute for Drug Addiction (NIDA). Space is limited so REGISTER today at:

www.azcep.org

Register at www.azcep.org
2019 AzCEP EM Research Seed Grant

Available Now and open to Medical Students too!

...Due October 15, 2019

AzCEP is supportive of Emergency Department based clinical research throughout the state of Arizona and of Emergency Medicine residents as they work towards their future careers as emergency physicians. For the past 8 years, we have made it a priority to provide ongoing support and presence in EM training programs throughout Arizona and this year are including medical students in the applicant pool!

For a listing of the past EM Research Seed Grant winners, see the website, www.azcep.org

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Need a Guest Lecturer? Updated list now Available!

AzCEP has pulled together a list of speaker topics and presenters to assist in program needs in the state. This updated version includes what type of environment the lecturer practices in. Check it out for NEW topics and speakers! See the list on the front page of the website; www.azcep.org

We’re Social… are you?!

AzCEP Wellness Blog; https://azcepwellness.blogspot.com/

Arizona ACEP

@ArizonaACEP

...well, we’re trying. Send me a message if we need to “friend” you.
Announcing our AzCEP Career Center

AzCEP is proud to announce its new AzCEP Career Center - the premier resource to connect career opportunities with highly qualified emergency medicine talent. The Career Center is designed to provide you with a better overall experience through a modern design and an intuitive interface. You will be able to access the Career Center through any device of your choice - smartphone, tablet, or desktop. To access AzCEP Career Center, visit:

https://azcep.careerwebsite.com/ or find it on the front page of our website, http://azcep.org/

The AzCEP Career Center will allow you to:

Manage Your Career:
- Search and apply to the best EM jobs at organization that value your credentials!
- Upload your anonymous resume so employers can contact you, but you maintain control of your information and choose to whom you release your information.
- Receive an alert every time a job becomes available that matches your personal profile, skills, interests, and preferred location(s).
- Access career resources and job searching tips and tools.

Recruit for Open Positions:
- Post your jobs, or your organization's jobs, where the most qualified EM professionals will find and apply to them.
- Promote your jobs directly to job seekers via our exclusive Job Flash email.
- Search the resume database and contact qualified candidates proactively.
- Expose your job postings to a larger audience through our NEW diversity, veterans and social networks.

Take a look & log on today at; https://azcep.careerwebsite.com/

We hope this newly design career center will make a significant difference for you, our members, as you navigate your career path.

Questions? Feedback? If you need assistance about this service call the managing company at 860-437-5700.
ITLS-Fall dates finalized for ITLS on the River course!

Our annual Emergency Care in the 21st Century/ITLS on the River conference has been moved back to the Fall. We took 2018 off to make this change. Thanks to our main sponsors, AEROCARE and Phoenix Children’s Hospital. Without their support, we could not put on such a great conference. Our new “rapid-fire” series of lectures, in addition to the usual lectures, were a great success and we plan to make it an annual event.

Although initially designed as a pre-hospital course, more and more ED nurses and techs are taking this course. All have found it extremely useful for triage nurses and techs to be prepared for “walk-in” traumas that present frequently to the ED, especially in newly designated Level II, and Level III, and Level IV trauma centers in Arizona and surrounding states/rural areas. Please encourage your nurses and techs to attend (some ED groups sponsor a nurse or two). Also, we encourage EMS leaders to attend the lecture course, especially those from the rural areas. For more information on attending or becoming a sponsor or for a downloadable registration form, go to our website at: www.itlsaz.org/itlsriver/ or email us at itlsaz@gmail.com.

The date for our next course has been finalized. It will be held at the Aquarius September 22-24th, 2019. Look for more information on our website at itlsaz@gmail.com. We look forward to continuing our format of lectures, including Rapid Fire talks as well as our provider courses. STOP THE BLEED teach the teacher course will be featured during our lecture course on Monday. Dr. Svoboda, DVM will be speaking on non-veterinarians taking care of working dogs. Finally, we will be bringing ultrasound back to ITLS!

Brad Butler, MD, FACEP
CDR MC, USN
Medical Director
Arizona ITLS

Kingman Regional Medical Center Resident’s Corner
By Levi Ballstaedt, DO

Hello from Kingman,

We are excited to announce and congratulate our new class of residents (see names below). It’s a challenging and stressful period of life trying to get into the residency you want; they all deserve a big congratulation for their accomplishments. Also, we are happy that each of them landed in Kingman. It has only been a couple of months and they are already proving to be a great class. Our only complaint is the painful pronunciations of their last names- it’s like trying to say the generic name for Keppra. Last but not least, KRMC now has a token MD resident. Thanks Taz for being part of the team.

Taz Brinkerhoff, MD
Logan Bruttig DO
David Weech, DO
Chelsea Wiesner, DO
Michaela Hasenkrug, DO
Eric Batory, DO

We’ve started the academic year with a new EHR-Meditech (It is Meditech’s newest version). You know when you are rotating at a new facility and it takes some time to figure out how to use the EHR, but there’s typically another resident or nurse that is kind enough to show you the tricks and nuances of the system? It’s just like that, except no one knows the tricks and nuances. On the plus side it was a much needed change for our hospital and you can always blame your mistakes on the new EHR and everyone is sympathetic.

Here’s to a promising new academic year!

Until next time,

Levi Ballstaedt, DO PGY-4
Emergency Medicine Resident
AzCEP Physician Wellness
The AzCEP Wellness Committee is pleased to share the following podcast on removing obstacles to happiness and satisfaction - check it out!

“Anti - Aging And Beautiful Skin ”
given by Robin Borsa, ND

https://soundcloud.com/user-248859497/anti-aging-and-beautiful-skin-1

Calendar of Events
Mark your Calendar and Get Active in AzCEP!

Oct. 2       EM Opioid Summit/BOARD Meeting

Oct 27-30   ACEP19 in Denver, CO

Dec. 4       Board/Membership Meeting

Feb. 5       Board/Membership Meeting

March 4      ED Doctor Day @ The Capitol

All AzCEP members are welcome and encouraged to attend the Board Meetings. Contact the Chapter office at 602-336-4599 for additional information.

Board Meetings, unless otherwise noted, are held at 12:00 noon at our Chapter office in the Arizona Medical Association building, 810 W. Bethany Home Road, Phoenix, AZ  85013.

UofA EM-Peds Program
By Katie E. Hodgdon, MD – PGY-5

We are excited to have our new class of interns, Eric Kersjes, Sarah Ring, and Delaney Fisher, join us this June to start their journey through five years of residency. They oriented with our EM and Peds colleagues in June, tested the waters in the Emergency Department in July, and now are gaining experience on the Pediatric inpatient wards.

In mid-July we enjoyed our annual EM-Peds Summer Retreat. We spent time poolside having the chance to both work and play throughout the day. It gave both our residents and faculty a chance to connect with each other, time to plan for the year ahead, discuss program updates and changes, and was a great opportunity to set goals for the year ahead.

19-20 EM-Peds Chiefs: Stephanie Chiacchio, Katie Hodgdon, Lindsey Retterath

We also want to congratulate one of our program alumni and current faculty, Hans Bradshaw MD, who took over this past spring as the Department of Emergency Medicine Clerkship Director. Dr. Bradshaw is working hard to ensure our rotating Medical Students have optimal experiences in the department as well as working to create a new Pediatric-Emergency Medicine specific rotation for interested students. We look forward to a busy fall ahead and the opportunity to work with and meet many new medical students and future colleagues!
Maricopa Medical Center Resident’s Column
By Megan McElhinny, MD and Kate Townley, MD

Happy Summer from all of us at the Maricopa Emergency Medicine Residency Program, soon to be the Valleywise/Creighton/Maricopa EM program...our name is getting longer and more diverse, but we will remain 'Copa at heart!

In July we welcomed 14 new interns to the program. They are a fantastic bunch of humans and we’re really happy to have them. You can get to know them on our website if you’re interested (maricopaemergencymedicine.com), and they are listed below. They started their residency training off right by getting all their badge photos taken in bolo ties…

After the new interns showed up, we had a fun and engaging program retreat up north outside of Payson, AZ. This is an important time for us to welcome the new intern class, discuss program objectives, and areas of success and improvement for the upcoming year - it is one of the only times we are all together in one room every year.

Megan McElhinny (AzCEP rep from our program) and co-resident Ross Christensen were featured in a piece by NPR titled, “Treat with Empathy: Arizona Doctor Training Shifts the Conversation about Addiction and Opioids.” covering their work providing resident education around opioid use and misuse. Residents Ryan Wyatt and Laura Johns have also been working on a naloxone delivery project at Banner University Medical center as well. All of these individuals are working towards helping patients at risk for serious complications from their opioid misuse.

Lastly, we have welcomed a new full-time faculty member to the program, Geoff Comp, DO FAWM, hailing from Doctors Hospital/Ohio Health in Ohio. We’re very excited to have him!

2019 AzCEP Summer Retreat Speaker Talks

Did you miss the June retreat but wanted to hear the Kevin Klauer talk about Advanced Provider Supervision or the wellness talk? You’re in luck because we have it recorded and on our website. Several sessions were recorded and are available on the front page of the website; www.azcep.org

Dr. Kevin Klauer, “Advanced Provider Supervision”
Therese Martell-Bosshardt, “Wellness & Resiliency”
Lyft Now Available To Medicaid Patients For Non-Emergency Rides

Medicaid patients will have access to the Lyft rideshare program for medical transportation. Lyft is now a registered access provider.

Arizona is the first state to offer rideshare as an option for non-emergency medical transportation.

Spokeswoman Heidi Capriotti for Arizona Health Care Cost Containment System said the new addition will positively impact patients.

“By adding this new provider type to access policy, we're expanding the capacity and the ability for more services and more options for services provided to members. It increases access to transportation and increases capacity within our network,” Capriotti said.

Members will still be required to contact their enrolled medical health care plan to schedule transportation.

Thoughtful Life Conversations Communication in Serious Illness Workshops

Communication in Serious Illness Train the Trainer September 21, 2019 in Phoenix; https://www.eventbrite.com/e/communication-in-serious-illness-train-the-trainer-tickets-67033140929

Communication in Serious Illness September 27, 2019 in Phoenix; https://www.eventbrite.com/e/communication-in-serious-illness-tickets-67036055647

13th Annual Asthma and Allergy Clinical Conference

October 12, 2019 | Registration Now Open

The Arizona Asthma & Allergy Conference provides education and networking for clinicians and anyone who cares for patients living with asthma and allergies. This year's Conference, Wheezing & Sneezing in the Desert, will feature a keynote presentation by Dr. Lesley Manson, Psy.D. on the topic of Quality Improvement in Asthma and Allergy Care.

Register here: https://www.azasthma.org/event-3408390

Envision Appoints 1st Physician to Hold President of Physician Services Title

Congratulations to Dr. Doug Smith, longtime AzCEP member, who attended medical school and residency at the University of Arizona COM-Tucson on this achievement!

New ACEP emPOC app: Transforming Care at the Bedside!

ACEP's point-of-care tools are transforming care at the bedside. We've recruited the field's top experts and thought-leaders to develop tools our members can trust and deploy in the clinical setting. The evidence-based, clinical content provided in these tools ensures that you are providing the best possible care to the patients in your emergency department.

All of the point of care tools can be found on our website at: Point-of-Care Tools (https://www.acep.org/patient-care/point-of-care-tools/ ) We have released 5 tools in the initial release of the emPOC app:

AFIB: Atrial Fibrillation and Flutter
BUPE: Buprenorphine Use in the ED
ADEPT: Agitation in the Elderly
MAP: Management of Acute Pain
iCar2e: Suicide Assessment

We are currently working on the second phase and will be adding seven new tools and links to various resources, such as clinical calculators, smart phrases for the EHR systems and links to EMRA pocket guides. The app is free to ACEP members. Stay tuned for ongoing updates and the release of new tools!

Download now on iTunes and Google Play.

If you have any suggestions on content you would like to see available in the app or any additional feedback, please feel free to contact Riane Gay, Senior Manager, Grants & Development, at rgay@acep.org.

UofA COM-Phoenix 18-19 Faculty Teaching Awards

On Mon, May 6, medical students from the University of Arizona College of Medicine – Phoenix, honored faculty that encouraged and taught them during the 2018–19 school year at the Faculty Teaching Awards Breakfast.

Excellence in Clinical Teaching in an Elective Course, awarded to John V. Gallagher, MD, for the Phoenix Fire Department/Ride-along Program

Congratulations Dr. Gallagher!
10 Tips to Empower Physicians in Work, Life, and Wellness

We are professional healers. We take care of people’s problems all day, every day. It is an honor and a privilege. However, our profession of caring takes its toll on us. It’s not easy. Compassion fatigue and physician burnout are both terms with which you are probably exquisitely familiar.

At one time or another, we can become tired, angry, or jaded physicians with no time for anything and miss out on the things that make life—and us—fun.

If people answer honestly about burnout, most would probably say, “Been there, done that.”

Burnout rates vary by specialty, per AMA, and continue to increase.

The big question we keep asking is: How do we balance our intense work while maintaining our sanity and happiness?

Given the intensity of our work and hectic schedules, how can we work and live with wellness in mind?

Unlike in residency, when our voices can go quiet and work-life balance is a joke, things do change for the better afterward, as you have more control over your time and choices.

Some reflections on things physicians need to know about work-life wellness (in no specific order):

1. Make your wellness a priority
   Make time for self-care of your whole self: mind, body, heart, soul. As a committee member on Physician Wellness Program of the Travis County Medical Society (TCMS), I cannot stress enough that work-life balance and wellness need to be priorities. Start with you, and make yourself a priority. Recognize your human emotions and experiences. Reach out.

2. Don’t forget who you are as an individual
   Yes, you’re a physician, but that shouldn’t be the only thing that defines you. Don’t forget that. Your degree is only one part, so don’t let it bind you.

3. Grant yourself space and time to really live
4. Work with wellness in mind
5. Have a life outside your medical career
6. Be your own advocate
7. Accept that you are not perfect
8. Know your worth
9. Be your own friend instead of your harshest critic
10. Please remember that you are not alone

Find a support system. Reach out to other physicians. We’ve been where you are as a medical student, resident, and as a fresh attending. We know that it is exciting but that this medical experience is demanding and never-ending.

Please do not let it consume you. Please do not stop caring. You’ve worked too hard and sacrificed too much to just accept whatever anyone gives you.

Even if it may not seem like it, your choices do affect the lives of current and future physicians. We are in this together.

Through our collective voices, we can advocate for positive changes for you, for us, and for future generations of physicians.

Respectfully,

A physician on your side, your colleague in medicine, and friend in life.

Nadia Sabri, MD FAAP
For the FULL article:

Be Prepared for You. Be Prepared for Your Community.

ITLS on the River; Sept. 22-24, 2019

Pediatric ITLS – Sept 22, 2019
Don’t let hurt kids scare you!
Refresh your Peds skills with this great course. Get 8 Peds CE hours for only $175

Lecture Day – Sept 23, 2019; Current Prehospital Continuing Education topics; 8 hrs. for $99
It’s a Ruff Life: Working on and Around K9/Police Dogs, Wayne Svoboda, DVM, MS
Growing Older, But Not Up! Perspectives in Prehospital Geriatric Care, TK Kelly, MD
Building Self and Social Resilience: “Who Ya Gonna Call?”, Michael Marks, PhD
Turn the Tables: Ultrasound in the Traumatic Patient, Thomas Whiting, DO
Stop the Bleed—Train the Trainer, Tracy Moroney, RN & Tim Freund, CEP
8 CE hrs for only $99!!!

ITLS-1 DAY – Sept 24, 2019; NEW FORMAT-1 Day
... includes hands-on Ultrasound practice to see inside your patient too!
ITLS 1 Day RENEWAL Course, $149 + Online purchase from www.itrauma.org

OR...

ITLS 1 Day INITIAL Course Completer, $149 + Online purchase from www.itrauma.org

Register at:

WWW.ITLSAZ.ORG/ITLSRIVER
PITLS Course; $175
Lecture Day; $99
ITLS; $149 +
+PLUS ITLS Course Online Purchase from www.itrauma.org

Aquarius Casino
1900 S. Casino Drive
Laughlin, NV 89029

Registrations:
1-800-662-5825
Group Code: C-ITL19

Thanks to our Platinum Sponsor!

For More Info see our website:
www.itlsaz.org/ITLSRiver

Questions?? itlsaz@gmail.com

ITLS International Trauma Life Support ARIZONA
MARK YOUR CALENDARS FOR ED DOC DAY AT THE CAPITOL!

Please mark your calendars and schedule your time off for Wednesday, March 4th, 2020! Our ED Doc Day at the state capitol will be held on March 4th starting with a meeting in the Senate Gallery at 8 am with a legislative guest speaker followed by breakfast and scheduled meetings with legislators from the Senate as well as the House for the remainder of the morning.

We finish off ED Doc Day each year with a legislative luncheon on the Arizona Capitol grounds which provides an additional opportunity for you to talk to your state legislators on an informal basis.

Your attendance at this event is VITALLY important for the Arizona College of Emergency Physicians as we are provided with a truly unique experience to discuss with legislators issues of importance to our members.

The March date for this event has been crucial over the last several years as it has been during this time period that key legislative issues are moving through the legislative process. Your timely input on these issues have played a key role in determining the legislative outcome of important legislation affecting your industry.

If you cannot make the morning meeting, please consider registering for the luncheon as we have had a number of legislative members (including Senate & House legislative leadership) attending.

The Arizona Legislature will start its 2020 legislative session in early January. We will be monitoring all upcoming legislation that will impact our organization and work with our membership as well as in coordination with other physician organizations to address our response to these legislative proposals.

In closing, just a reminder to let me know if you are contacted by legislators, their staff or outside lobbyists regarding issues of importance to our membership. This includes requests to testify in front of standing legislative committees during the legislative session or ad hoc committees (usually held when the legislature is not in session from June - December).

This enables me to keep track of issues of importance to legislators AND provide you with background that may be helpful in your discussions. Thank you.
AzCEP Mission Statement

The Arizona College of Emergency Physicians (AzCEP) supports the highest quality emergency medical care and serves as an advocate for our patients, our members and our specialty.  (readopted by the AzCEP board, 6/2019)