President’s Update

By Willard R. Van Nostrand, MD


LEGISLATIVE UPDATE;

The Arizona legislature is back in session, for what is expected to be a 100-day legislative session. This is an election year so they do hope to conclude on time to return to their districts. So far, over 1,650 Bills, Resolutions and Memorials have already been introduced, and there may be more to come. Over fifty of the bills deal with health care.

Our esteemed lobbyist, John Thomas, keeps the Board informed of any and all issues of importance to AzCEP and has been extremely helpful in guiding us through the legislative process.

AzCEP is very fortunate to have one of its Board members, Representative Amish Shah, M.D. serving in the legislature. As of this writing he has introduced several bills for consideration. Two of Rep. Shah’s bills, HB 2532 Prior Authorization, and HB 2529 Non-Retaliation have passed through the House Health and Human Resources committee in a 9-0 bipartisan vote. If you are interested in following the legislative process as it pertains to health care, contact John Thomas (john@azgovt.com) to be added to his weekly legislative updates.

UPCOMING EVENTS:

March 4, 2020 is a very important day for our Chapter. It is ED Doc Day at the Capital. Please make every effort to attend. Breakfast is available and at 08:30 we will be presenting Senator Heather Carter with our chapter’s 2019 “Legislator of the Year Award” for her great work. A great turnout would serve our chapter well. Between 09:00 and Noon, attendees will have an opportunity to meet with their Representatives and Senators from their home districts. The legislators enjoy learning from us about what is important in emergency medicine. Our chapter then hosts a “BBQ Under the Tent” event where each district is assigned a table and members of the chapter can meet and greet in a more relaxed setting with their elected representatives. It is also much fun.

Please sign up on azcep.org to attend this event on March 4, 2020.

We also have an EM Day of Service scheduled for March 29, 2020 as a part of the activities of our Wellness Committee. More information and registration is available on the azcep.org website.

Our Annual elections are being held on April 1, 2020. This event will be held at The Henry and begins at 17:30. All chapter members are invited, but please register so we can have food for all who attend. We will be electing the officers for 2020-2021, as well as members to the Board of Directors. We still have several openings for the Board. Please consider joining us that night and becoming a part of our Board. You can be nominated from the floor.

June 3-4, 2020 will be our annual Summer Retreat. This year it will be held in Flagstaff at the newly renovated Little America. The theme for this year is Wilderness Medicine. Again, please register on the azcep.org website. We will have educational sessions, our annual LLSA Review, dinner and a Board of Directors meeting. All members are welcome to attend.

Our EM Opioid summit was a great success again in October 2019. Participation confers the required 3-credit hours of Opioid CME for our bi-annual license renewal. Our next EM Opioid Summit is tentatively scheduled for October 7, 2020, in Phoenix. More information about this will be forthcoming on our website, azcep.org.

THANK YOU:

In closing, I would like to extend a heartfelt thanks to our wonderful Executive Director, Stephanie Butler, without whose help and guidance, our chapter’s successes would not have been possible. Her attention to detail and her professionalism must be commended. She has been the glue that has kept our chapter working smoothly. Thank you, Stephanie, for all you do for AzCEP!
Is Your ED Pediatric Ready?

Children and their families rely on the nearest ED to be ready to provide outstanding care. Working together we can ensure that all EDs are pediatric ready. It is simple – participate in the upcoming 2020 assessment and learn how your ED can be pediatric ready.

START NOW to be PedsReady before taking the assessment starting June 2020.

You can help now by doing the following:

- Bookmark the PedsReady.org website
- Download the 2018 guidelines: https://tinyurl.com/PedsReady
- Like & share the PedsReady Facebook page: @PedsReady

Supported by:

American College of Emergency Physicians
ENA
EMSC
American Academy of Pediatrics
2020 AzCEP Annual Membership Meeting
With Elections and get 1 CME hour!

The 2020 Annual meeting and elections of the 2020-2021 Board of Directors and Executive Committee will be Wednesday, April 1 @ 5:30 p.m., at The Henry, 4455 E. Camelback, Phoenix, AZ 85018.

The mailing will be out soon that has the ballot of those running for election. A dinner is provided and is sponsored by CE Symmetry, LLC. The topic is:

*Recognizing and Managing Hemophilia in the Emergency Department in an Era of Expanding Therapeutic Options: A Progress-in-Practice MasterClass and Practicum*

And will be presented by:
Sarah Luisa Melendez, MD
Orlando Health Arnold Palmer Hospital for Children
Orlando, Florida

Mark your calendars and plan to attend. We will have open Board slots and do accept nominations from the floor.

RSVP required to Stephanie at: azacep@gmail.com

*See you April 1!*

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*We’re Social… are you?!*

AzCEP Wellness Blog; [https://azcepwellness.blogspot.com/](https://azcepwellness.blogspot.com/)

Arizona ACEP

@ArizonaACEP

@azacep810

...well, we’re trying. Send me a message if we need to “friend” you.
ITLS

Our annual Emergency Care in the 21st Century/ITLS on the River conference was another great success this past year. It was great to be back in the Fall! Thanks to our main sponsors, AEROCARE and Phoenix Children’s Hospital. Without their support, we could not put on such a great conference. Our “rapid-fire” series of lectures, in addition to the usual lectures, were a great success and we plan to make these as an annual event. We also brought ultrasound back to the River. Finally, our Stop the Bleed “train the trainer” course was outstanding. Over 20 instructors were trained. Thanks to Tim Freund for teaching this course!

ITLS also had a great showing at the ITLS International Conference in Las Vegas in November, 2019. I had the honor of giving the closing talk on “K-9 Care: Non-veterinarians taking care of working dogs.” It was a great honor and was well received. We had 5 Advisory Board members attend as well as our Executive Director, Stephanie. We had great updates on current ITLS as well as the future. Stay tuned!

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 not been finalized. It will be held in the fall of 2021, likely the 3rd week in September (20-22nd). 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.

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

UAEM-South Campus Residency Update
By Benjamin Myers, DO

Greetings AzCEP family!

Life is great here in Tucson, AZ! Our ED is busier than ever and we have a new influx of patients now that the annual Gem Show has begun. Outside the ED, we’ve all been enjoying the usual outdoor activities, however, that time has recently been cut short as well all prepare for the upcoming in-training exam.

Thanks to Dr. Srikar Adhikari, director of our US fellowship, we recently added a new Mindray M9 ultrasound machine to the ED allowing us to hone our POCUS skills even more!

In other news, it’s an exciting time for our senior residents as the light at the end of the residency tunnel is now in full view. Some of our senior residents have already signed contracts while others are still interviewing and contemplating their options. As we prepare to say goodbye to our seniors, we’re also anxiously anticipating the upcoming Match and can’t wait to see who our next great class of residents will be!
Hello from Tucson,

These last few months have been exciting for us. Interview season is officially wrapped up and we were able to see some great applicants during the last few months. We are looking forward to match day next month!

We continue to try to get together as a residency and enjoy life outside of the ED. The winter months brought us multiple opportunities to get together for Thanksgiving, Christmas and New Years. Each of our residency classes were also able to enjoy a day off together as a class.

We’ve had a few new additions to the residency family as well with two of our residents recently adding little ones to their families.

As we move forward, we are all ready to get past the in training exam coming at the end of February and ready to find out who our next class of chief residents and incoming interns will be!

Until next time, stay classy AzCEP.

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Hello from Kingman!

This is an exciting season– with fast-approaching rank lists for incoming residents, job contracts for outgoing seniors, and in-service exams for us all!

The program is converting from AOA to ACGME, and therefore moving from a 4-year to a 3-year program. The current 3rd and 4th years will be graduating together this year. I like to consider myself, a 4th year, a super senior. We are losing a year of residency, but we are gaining more residents each year to make up for the loss.

Both the 3rd and 4th years residents are securing jobs, with many of them staying in AZ.

Since we are in this transition from AOA to ACGME we participate in both in-service exams. AOA in-service was last month, and ACGME is coming up soon.

We had our final group of auditioning students this month. We have had some great rotating students. We look forward to the ‘match day.’ Good luck to all of the medical students trying to get into EM, we wish you the best!

We have really upped our residency retreat frequency! Last month we had a great time go-cart racing. We don't have to go into who won and lost, but the bad drivers have been identified. Buckle up out there– these residents are on the road! Despite the competition, we had some good laughs and are looking forward to the next adventure.

This is my last newsletter. I am graduating this year and will be passing the torch onto the next resident. It has been a pleasure being part of AzCEP. What a great group of physicians, residents, students, and staff! I hope to see you at ED Doc Day next month, future conferences, and maybe some of you as co-workers in an ED somewhere.

Sincerely,
Levi Ballstaedt
Kingman Regional Medical Center
Emergency Medicine Resident PGY-4

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Concerned About Opioid Use?
$500k ALTO Demonstration Grants for Eds

SAMSHA released a grant opportunity for the Emergency Department Alternatives to Opioids (ALTO) Demonstration Program designed to expand non-opioid treatment protocols in emergency departments throughout the country.

Applications are due March 17
AzCEP Physician Wellness

The AzCEP Wellness Committee is pleased to share the following podcast on removing obstacles to happiness and satisfaction - check it out!

“Mindfulness”, by Mara Windsor, DO, FACEP

https://soundcloud.com/user-248859497/mindfulness-with-dr-mara-windsor

Calendar of Events

Mark your Calendar and Get Active in AzCEP!

March 4  ED Doctor Day @ The Capitol
April 1  AzCEP Annual Membership Meeting with Elections
June 3-4  Board/Membership Meeting

The Little America, Flagstaff

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.

UoF A EM-Peds Program

By Katie E. Hodgdon, MD – PGY-5

The winter season is flying by. In December we had our annual halfway through residency celebration for our PGY-3 residents, Rakesh Chopde, Anthony Favaloro, Riley Fisher, and Hannah Landreth! We had lots of fun celebrating and always enjoy gathering with our EM-Peds, EM, and Peds families. Congrats!

Interview season was busy with lots of great candidates! We are eager to put together Rank Lists and excited for the Match Day ahead. Also looking forward the upcoming ‘ED Doc Day at the Capitol’ in Phoenix this March and hope to have several EM-Peds residents.

Congratulations to one of our EM-Peds alumni and current faculty, Melissa Zukowski, MD. She has been serving as the Medical Director of the Pediatric Emergency Department and recently expanded her leadership role to include Medical Directorship of the entire adult and pediatric Banner Tucson University Medical Center Emergency Department. She is also is Medical Director of our SAFE-T (Sexual Assault and Forensic Exam – Tucson) program. We are grateful for her leadership and for all she does! She also happens to be a fantastic mentor, colleague, friend, parent and always seems to be smiling and have a listening ear! Thanks!

Don’t forget to check us out at “littleemergencies”.

PGY-3s at Halfway Party: Hannah Landreth (back), Anthony Favaloro (left), Riley Fisher (right), and Rakesh Chopde (front)
Greetings from all of us at the Maricopa Emergency Medicine Residency Program (aka Creighton @ Valleywise)! So far winter and the holidays have been busy (shocking, we know). Interview season wrapped up in December. We interviewed some great candidates and we are excited to see who the Match will bring us this March! Like most, we have an ugly Christmas/holiday sweater competition (yearly) in addition to a cookie bake-off and a white elephant gift exchange. It’s predictably full of shenanigans, way too much cookie consumption, and lots of fun. We also pooled our resources to support two Copa families for the holidays - our residents and attendings were very generous and we were able to share great gifts with these families!

Some of our residents competed in the 2020 Arizona Desert Challenge MedWAR in Tonto National Forest and three others have recently completed Medical Spanish Electives to improve their Spanish speaking skills with our Latino population. Meanwhile, everyone is studying hard for our upcoming Inservice Training Exam, we’ll let you know how it goes this spring.

We also welcome Katrina (Kat) Lettang to the AzCEP team as the intern representative from our program. She brought an impressive resume to the table for the position and we’re confident she will be a very good fit. Hopefully you will meet her at our upcoming Doc Day at the Capital - we hope to see you all there!
News & Notes

NEMPAC has your back in the 2020 Elections
2020 is an important election year. This is no time to sit on the sidelines! NEMPAC is working hard to ensure the concerns of emergency medicine and patients are front and center with candidates running for federal office. Your support this year will make our voice stronger to help elect emergency medicine supporters in Congress and identify and cultivate future champions. The NEMPAC Board of Trustees and staff have put together an informative presentation on NEMPAC’s role in the 2020 elections and how decisions are made to support candidates. Click here to view the presentation. Support NEMPAC today.

Be Accredited to Provide Pain & Addiction Care in the ED
Show your community that your ED is part of the solution. ACEP will soon launch the Pain & Addiction Care in the ED (PACED) Accreditation Program, developed for EM physicians by EM physicians. It will provide the education, tools & resources you need to provide better care for patients in pain & those with substance misuse.

Articles of Interest in Annals of Emergency Medicine - Winter 2020, Sam Shahid, MBBS, MPH
Practice Management Manager, ACEP
ACEP would like to provide you with very brief synopses of the latest articles and articles coming soon to Annals of Emergency Medicine. Some of these have not appeared in print. These synopses are not meant to be thorough analyses of the articles, simply brief introductions. Before incorporating into your practice, you should read the entire articles and interpret them for your specific patient population. View synopses here.

Happy Doc Summer Camp
Happy Doc Summer Camp has two events planned for 2020; one in the Poconos and one on Mount Rainier! See the info on page 7 or check out their website: www.happydocsummercamp.com/register

ACEP Introduces Citizen First Responder Training Program
Developed by emergency physicians, Until Help Arrives is a condensed version of FEMA’s “You’re the Help Until Help Arrives” campaign. Wondering how Until Help Arrives is different from Stop the Bleed?

One key difference is the length of the course. Until Help Arrives is the shortest course on the market, providing training in the most basic life-saving skills in a quick, one-hour format. Dr. Kivela said one of the main challenges with other training courses is that many require a half-day or full-day time commitment.

All the info on the program can be found here.

Geriatric Emergency Department Accreditation: Delivering Geriatric Care Standardization
Older adults account for 46 percent of all emergency department visits resulting in hospitalization. Approximately one out of every 10 hospital admissions are potentially avoidable, and the majority (60 percent) of those admissions are for patients 65 and older. Read More about GEDA in the latest SAEM Pulse issue.

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.

Do You Give-A-Shift?
The number one issue facing emergency medicine in Congress today is surprise medical billing. ACEP is working hard to make sure that your voice is heard in this debate and that Congress finds the right solution that takes patients out of the middle and levels the playing field between physicians and insurers. In this critical time in emergency medicine, political action is more important than ever. You can make a difference on this issue by joining the fight with NEMPAC. Help ACEP fix surprise billing the right way: by supporting NEMPAC.

For more information on ACEP’S advocacy efforts on surprise billing and how you can help, click here.

Cyclical Vomiting Is Not Always What You Think It Is
In this recent Frontline podcast, Dr. Raul Bhat talks to host Ryan Stanton, MD, FACEP, about causes and treatment of cyclic vomiting. Listen in.
https://soundcloud.com/acep-frontline/cyclie-vomiting-its-not-always-what-you-think-it-is
ACEP Wellness & Assistance Program

ACEP members care for their patients 24-7-365 so we want to make sure you are taking care of yourself.

At ACEP19 in Denver, we launched the ACEP Wellness & Assistance Program. This service is now available to all members and provides access to three, FREE confidential counseling or wellness coaching sessions.

Call 1-800-873-7138 to register and receive support whenever, however you need it.

- **Counseling** is available 24 hours a day, 7 days a week
- Sessions can cover stress, anxiety, depression, family issues, drug and alcohol abuse, relationships, death, grief, and more
- The service is strictly confidential and can be scheduled face-to-face, over the phone, via text, or through online messaging
- **Wellness coaching** sessions are 30-minute phone calls to help reach your personal wellness goals which can include weight loss, nutrition, healthy habits, stress, caffeine reduction, injury recovery, relationships, sleep, smoking cessation, and more

You may choose to use your three sessions using any combination of counseling and wellness coaching, up to the session limit.

If interested, ACEP members can pay just $15 a year to have additional resources to manage legal and financial issues through our partner, Mines & Associates. Participants will have unlimited access to an extensive online resource library and unlimited 30-minute in-person consultations for each individual legal or financial matter and a 25% discount on legal and financial services within the Mines network.


Thanks for all that you do and please let me know if you have any questions about this incredibly valuable new benefit.

Jana Nelson (jnelson@acep.org)
Managing Director
Membership, Marketing & Communications

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**Announcing the new ACEP Clinical Alert**

Keep up with the latest physician guidance and clinical updates from the CDC with the ACEP Clinical Alert online.
ACEP and ENA have joined forces to combat violence in the emergency department through a new campaign entitled “No Silence on ED Violence.” The campaign is aimed at raising public awareness of the frequency and severity of assaults against emergency physicians and nurses, and to advocate for action by stakeholders and policymakers to meaningfully address this crisis.

Learn more about the campaign and help us demonstrate how widespread this problem is by sharing your story at [www.stopEDviolence.org](http://www.stopEDviolence.org).

Also, make sure you don’t miss the recent article in the October 2019 issue of ACEPNOW authored by our very own Dr. Amish Shah!

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**AzCEP Summer Membership Retreat**

**June 3–4, 2020**

@ The Little America, Flagstaff, AZ

Head to the cool pines of Flagstaff to our “Transfer from the Wilderness” conference. The afternoon will include 3 “rapid-fire” talks about:

- Environmental Toxicology
- Wilderness “Go Bag”
- Winter Sports Injuries

We also will have a talk on Wellness/Sleep Performance from Dr. Ruchir Sehra, the LLSA reviews from 2019 and 2020 and hope to have a lecture on Transfer Medicine.

The event will conclude with a happy hour and dinner sponsored by PeerView Institute and their talk about:

*Best Practices for Recognizing & Managing Immune-Related Adverse Effects in the Emergency Department: Become Aware, Stay Alert, Change Your Practice, & Keep Patients With Cancer Safe*

*Watch your email about more information and how to sign-up to join us!*
Legislative Update-Spring is Coming

By John Thomas, AzCEP Legislative Counsel

Soon it will be Spring and the Legislature is already running fast and furious to adjourn by April. Over 1,750 bills, memorials and resolutions have already been introduced this year with over 250 of these bills having a potential impact (both positive and negative) on the health community.

Some of the key bills AzCEP is working include: Representative Shah's HB 2529 Nonretaliation policies; health care institutions which would specify that a health care institution or any of its third-party contractors is prohibited from retaliatory actions against a health care provider for making a report;

Representative Shah's HB 2538 Health care workers; assault; prevention which would strengthen the penalties for assaulting a health care worker; And,

Representative Kern’s HB 2260 Health Facilities; resuscitation; emergency care which states that specified care facilities and their employees, agents and assigns have an affirmative duty to care for their residents including picking them up after a fall and administering CPR when necessary.

In early March, AzCEP will also be awarding Senator Heather Carter with their Legislator of the Year award which will take place on the morning of Wednesday, March 4th at the ED Doctor Day at the Capitol. Senator Carter has been a strong advocate for health care while serving in the House and the Senate and is always available to AzCEP to discuss issues of importance to our membership.

ED Doctor Day at the Capitol is an annual event for ED Doctors to meet with their legislators to discuss key issues of importance to the AzCEP membership and then finish off the day with a legislative outside picnic lunch which provides an additional opportunity to sit down and discuss health related legislation in a comfortable setting conducive for discussion.

ED DOCTOR DAY WEDNESDAY, MARCH 4TH. IF YOU HAVEN’T ALREADY SIGNED UP, PLEASE TAKE A MOMENT SIGN UP NOW:

https://signupforms.com/registrations/21076

We look forward to seeing you at our key AzCEP event!

Registration OPEN!
ED Doc Day, March 4, 2020
AzCEP.org to sign-up
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)

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