

Fall 2022

## President's Update

By Mara Windsor, DO, FACEP



### **On Gratitude**

During difficult times, it is common to feel overwhelmed by negative emotions and that often leads to overlooking the positive aspects of the situation. Nevertheless, practicing gratitude can help an individual to attain a good life and it will also increase the appreciation of thankfulness in one's life. Gratitude is a positive emotion that can enhance one's physical and mental health by accepting what one has at the present moment, and being able to remain optimistic about one's future.

According to an article by [Joshua Brown and Joel Wong](#), gratitude has positive changes on our brains. They write, "when people felt more grateful, their brain activity was distinct from brain activity related to guilt and the desire to help a cause". This shows that through practicing gratitude, people start to appreciate the goodness in life. Here are some highlights from the article:

- Expressing gratefulness to people and things can help you ruminate negative thoughts
- Individuals who are grateful are more attentive to how they express gratitude

It may seem like a lot of work to reach that level of gratitude, but it actually is the simplest thing that you can do to bring positive changes into your life. Here are some examples from Harvard Medical School of practicing gratitude and the importance behind it:

- Thank-you note: Appreciating and expressing gratitude for others can help you look at things in a positive light. Moreover, write the note to yourself too! You are also deserving of that appreciation and gratefulness.
- Gratitude Journal: Writing down what you are grateful for can help you visualize and be grateful for the blessings in your life everyday.

- Count your blessings: Every once in a while, think and reflect on your blessings and how it made you feel at that moment. Count all the good things that have happened to you to see the positive situations in your life.
- Meditate: Quiet your mind to live in the present moment without worrying about the future. Mindfulness meditation helps in focusing on what you are grateful for.

### **Meditation Challenge**

I challenge you to give meditation a try, and see how different you feel and navigate the negative thoughts. Maybe it can be a small change like feeling less burdened, or just feeling grateful for the little things and people in our lives. Here's a meditation video you can try out on your own: [5 Minute Guided Meditation for Gratitude / Mindful Movement](#). It just takes five minutes from your daily routine every day. Let me know how the experience goes and how it enriches your life.

### **References:**

1. Brown, J. B. J., & Wong, J. W. J. (n.d.). *How gratitude changes you and your brain*. Greater Good. Retrieved November 16, 2022, from [https://greatergood.berkeley.edu/article/item/how\\_gratitude\\_changes\\_you\\_and\\_your\\_brain](https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain)
2. Giving thanks can make you happier. Harvard Health. (2021, August 14). Retrieved November 16, 2022, from <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>



## Kingman Regional Medical Center Resident's Corner

*By Codey Pedersen DO, PGY2, Junior Chief Resident*

This year is flying by with November and the holiday season upon us. The interns are doing great acclimating to residency and showing how well they can handle the department, and the second and third years are embracing their roles as seniors. A big thanks to Dr. Merrill for organizing our amazing mass casualty training event. It was a great experience and involved all of the local agencies including fire, police, EMS, and the hospital. It showed us how great we can work together as a community and prepared us for mass casualty incidents that we hope we never have to face but are now better prepared for.



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We also found some time to bond as a residency team and enjoy the outdoors, during our last wellness event, where we kayaked down the Colorado river in Willow Beach. We are looking forward to the rest of fall and our upcoming wilderness medicine course and holiday season.



## Creighton/ Maricopa EM Resident's Column

*By Ellen Dowling, MD and Shelby Hoebee, MD*

The residents of COPA have steadily settled into class roles and responsibilities, and it's already interview season again! We are very much looking forward to meeting our interviewees and showing them the incredible COPA family. Our department has been quite busy, but we are still able to make quality time together - both in and out of the doc box!

The annual resident retreat in September was a blast - PGY-3s Drs. Singh and Tarchione did a wonderful job of creating an environment that allowed for important program conversations as well as fun resident bonding with our PD and APDs. It has been important for us to come together to discuss how to best uphold our renowned COPA culture in the midst of the exciting merger with Creighton University. We are already looking forward to next year's protected time to be together again!





## ITLS

This year we were finally able to bring back ITLS on the River in person in Laughlin, NV September 25th-27th! We had a great turnout of students and an outstanding lineup of speakers, including past AzCEP board member and toxicologist Dr. Frank LoVecchio. Our lecture series also included an amazing talk by representatives of AMR who spoke on the Las Vegas mass shooting and the EMS response. Thanks to all the speakers who helped make this happen and a special thanks to Dr. Heesun Choi, the KRMC faculty and residents who volunteered to help put on the SonoOlympics, which was a big hit!

In 2022 we continued our free virtual CME courses. During the last two years we provided over 15 hours of free CME to over three hundred EMS providers, first responders, nurses, and physicians. See our website ([itlsaz.org](http://itlsaz.org)) for more information on past courses.

Our new ITLS State Coordinator, Tim Freund, EMT-P, continues to provide excellent and enthusiastic leadership for ITLS in Arizona.

We are also excited to announce our former ITLS State Coordinator, Amy Boise, was recently selected as the International ITLS Speaker!

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

## UofA-South Campus Resident's Corner By Patrick Mullett, MD

The University of Arizona South Campus program is doing well and staying afloat. Literally, we have had to stay “afloat” amidst a flood which resulted after a psychiatric patient found their way into the sprinkler system and flooded our emergency department several months ago. It has been under repair and we have come up with many workarounds to continue working; opening new sections of the hospital for patient care, converting waiting areas into HIPAA and OSHA compliant patient care areas, and working alongside our construction colleagues who are working around the clock to restore our old ED to its former glory. We are welcoming a return of higher patient volumes and many new staff members with our South Campus family growing each month with more nurses, techs, and LPN’s. Many of our seniors are completing the search for jobs and some have already signed contracts, preparing to launch into our careers and the next chapter of our lives. Our junior and intern class physicians are performing remarkably well and we are excited for the coming months and progress that comes with experience.

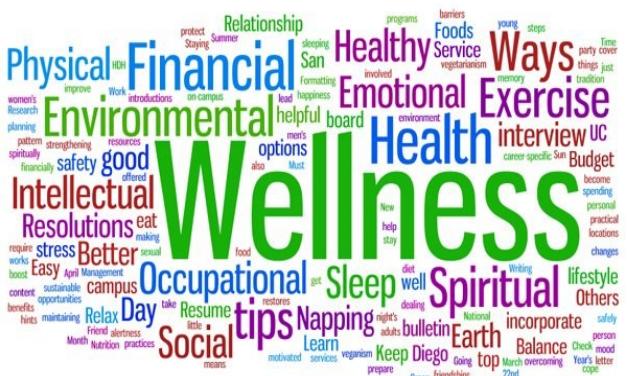


## AzCEP Physician Wellness

The AzCEP Wellness Committee is pleased to share the following article.

## How Mentorship is Beneficial for All

By Dr. Mara Windsor



# Calendar of Events

**Mark your Calendar and Get Active in AzCEP!**

- Dec 7**      **Board/Membership Meeting**

**2023**

**Feb 1**      **Board/Membership Meeting**

**TBD**      **ED Doc Day @ The Capitol**

**Mar 29**      **Annual Meeting w/Elections**

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

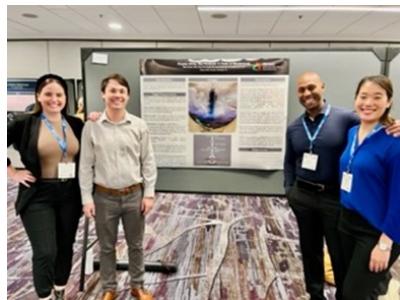
**Board Meetings, unless otherwise noted, are held at 12:00 noon.**

## **Abrazo Residency**

## Resident's Corner

*By Amy Kristensen, MD*

Hi from the West Valley of Phoenix! Our senior residents



recently returned from their extended weekend trip to San Francisco for ACEP; big shout out to Matt Kammer for being our only resident to actually be presenting at the conference!

For the rest of us lots of learning was had, but just as importantly good food was eaten and sights were seen! As our unofficial wine-o and foodie, I was tasked with making dinner rezys so we ended up at Nopa, a quaint but high-quality spot... highly recommend!



There is no rest for the wicked, however; a number of our residents recently submitted for AAEM so we hope to re-create the SF fun in New Ahhhhlens!

In clinical news, intern James Gutcho recently diagnosed Abrazo's first case of Monkeypox. While the patient presented with vague flu-like symptoms, some scattered ulcerating lesions clued him into the ultimate diagnosis.

In non-EM related news, we welcomed a new puppy into



the program! For those who don't know, our program is VERY dog-friendly...almost pathological. Aisla is the sweetest little Olde English Bulldogge with green eyes and rolls for days. She won second runner up in our recent Halloween-themed journal club and while she was bummed she didn't win, some residency cuddles made it better.

## News & Notes

With ACEP Resources & Latest News

**ED Boarding: Advocacy on the Front Lines:** ACEP launched an [advocacy and public awareness campaign](#) to sound the alarm on the ED boarding crisis. The campaign centers around more than [100 boarding stories](#) sent in by ACEP members that paint a picture of the grim situation in many EDs across the country. Your stories formed the heart of the [letter ACEP sent to the White House](#) on Nov. 7, cosigned by 34 health care and patient advocate organizations. In [the latest regulatory blog](#), ACEP Senior Vice President for Advocacy & Practice Affairs Laura Wooster provides a progress report on these efforts and previews next steps.

ACEP continues to collect stories. [Submit yours via this anonymous form](#).

Visit our new [ED Boarding resource page](#) to view the stories, read the advocacy letter and get talking points on the issue.

**Prepare for the potential pediatric tripledemic:** ACEP's Pediatric EM Committee has pulled together some resources to help.

[The Pediatric Tripledemic: How to Survive](#) presented by Analise Sorrentino, MD, FACEP

[Managing RSV and Bronchiolitis](#) presented by Christopher Amato, MD, FACEP, and Jessica Wall, MD, FACEP

[Managing Difficult Pediatric Airways](#): In this episode of ACEP Frontline, Dr. Al Sacchetti reviews the approach and management of difficult pediatric airways.

**CMS Finalizes Requirements for Rural Emergency Hospitals: Will any Hospitals Convert to this New Facility-type Next Year?** In Regs & Eggs this week, [get ACEP's analysis of the final REH policies](#) and whether they will improve access to care.

**The 2023 Physician Fee Schedule Final Reg-- Highlights and Analysis:** Two major Medicare final rules were recently released, including the 2023 Physician Fee Schedule that has a big impact on reimbursement. ACEP's regulatory team analyzed 3,000+ pages of content and wrote [a special edition of Regs & Eggs](#).

**New Data Underscores Cost and Health Outcome Concerns with Independent Practice:** We know that everyone on an emergency care team is integral and valued. But our experience shows that nobody else has the training or expertise of an emergency physician. As lawmakers and administrators evaluate whether to empower nurse practitioners and physician assistants beyond the scope of their training, new data from Stan-

ford University reinforces our reservations about exposing non-physician practitioners to responsibility they are not prepared to assume. [Read more in the November ACEP Board Blog](#).

**Childcare challenges + solutions:** ACEP's Young Physicians Section convened a panel of YPs who utilize au pairs, nannies, at-home daycares and more. [View the episode and related resources](#).

**Dangerous toys?** ACEP's smart phrase library has a new addition related to consumer product safety to help with reporting injuries from commercial products. [View all smart phrases](#).

**ACEP4U: Making it Easier to Find Your Crew with ACEP's New Member Interest Groups!**

**Honor Outstanding Medical Students with ACEP/EMRA Awards:** Make sure standout students get recognized for going above and beyond! The deadline is Jan. 8 to nominate a 4th year EM-bound medical student for the ACEP/EMRA National Outstanding Medical Student Award. [Learn more](#).

**EMF Grant Cycle is Open, Set to Award \$1.5 Million in Funding:** Get those grant applications ready! The Emergency Medicine Foundation is set to award \$1.5 million in grants, with opportunities covering a wide range of critical EM research topics. This cycle includes seven new grant categories. [Apply by Jan. 20, 2023](#).

**From the CDC: CDC Releases 2022 Clinical Practice Guideline for Prescribing Opioids for Pain:** The new CDC Clinical Practice Guideline for Prescribing Opioids for Pain—United States, 2022 (2022 Clinical Practice Guideline) provides 12 evidence-based recommendations for primary care and other clinicians who provide pain care, including those prescribing opioids, for outpatients aged 18 years and older with acute, subacute and chronic pain. [Read more on the CDC's website](#).

### Get the Support You Need

Stress is high right now, on so many levels. Everyone has unique needs depending on personal circumstances, but the following free support services are available:

- [Crisis counseling/wellness sessions](#) available 24/7 and strictly confidential
- [Peer support line](#) for physicians and medical students, available 24/7
- [Let's Talk forum](#) for ACEP members, our only forum to allow anonymous posts

<https://www.acep.org/support>

### Legal and Financial Support Services

For just \$15 per year, ACEP members can access Mines & Associates' [legal and financial support assistance](#). This service includes unlimited 30-minute in-person consultation for each individual legal matter, unlimited telephonic 30-minute consultation per financial matter, and 25% discount on select legal and financial services all with MINES network legal and financial professionals.

## AzCEP News & Notes

**July 2022-Annals Article...AzCEP Authors!** *Synchronized Cardioversion Performed During Cold Water Immersion of a Heatstroke Patient by: Bryan Feinstein, MD, Jonathan Kelley, DO, Paul Blackburn, DO, Patrick Connell, MD*

### Rare Job Opportunity...

There is a relatively rare opportunity to join the team at Sells Hospital ER on the Tohono O'odham Nation. This is a direct hire position, about 3 shifts a week. We are looking for full-time BC/BE EM docs who want a long-term position that is meaningful and sustainable. There are plans to build a new hospital, there is an amazing EMS system, and great staffing and support. The pay is great when you add in benefits, and work/life balance is our goal. Typically less than 1.5 patients per hour, scribes, typically three 12-hour shifts per week with paid vacation, an amazing 401k. The commute from Tucson is actually very nice, not the major pain I was expecting.

If you are looking for a change of scenery, give me a call. Glad to answer questions, new grads welcome to apply, we are doing great things here in Sells. Contact information and job description below. To apply go to: <http://www.tonhc.org/health-care-employment/>

Thanks,

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### AzMAT Mentors Program

The Arizona Center for Rural Health is looking for experienced and less experienced medication assisted treatment (MAT) providers to participate in the AzMAT Mentors Program. The program is designed to support less experienced MAT providers to increase their capacity to provide MAT services. These are difficult times and providing evidence-based treatment for people with opioid use disor-

ders (OUD) is important.

Please help us build Arizona's capacity for offering OUD treatment by sharing these flyers with anyone you think would be interested/available. If there is interest, please complete our brief interest form found here: <https://redcap.uahs.arizona.edu/surveys/?s=7PMMPY8XKM>

For more information, please visit our website at <https://crh.arizona.edu/mentor> or contact email us at [mat-mentors@arizona.edu](mailto:mat-mentors@arizona.edu).

### Don't Forget About our AzCEP Career Center

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](#) or [Recruit for Open Positions](#)

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

### 2021 EM Seed Grant Winner Presents in Ghana

Anisa Mughal, MD, Emergency Medicine Resident, PGY-3 from Creighton University/Valleywise

Health, just shared that she presented her research findings at the 6th African Conference on Emergency Medicine. Way to go, Dr. Mughal!



*Did you get a new job?  
Get promoted?  
Get published?  
Achieve a goal?*

Let AzCEP know and we will include it in this new section of the Arizona EPIC. Tweet your accomplishment (@ArizonaACEP) or post it on Instagram (azacep810) and tag us... or email us at [azacep@gmail.com](mailto:azacep@gmail.com)

## Legislative Update

*By John Thomas, AzCEP Legislative Counsel*

It's November! Fall (Arizona style) is in the air, the air conditioning is finally shut down for the year, tourists are everywhere and the election cycle has finally ended. The best part of elections being over is the election signs being removed from the roadways and the election ads disappearing from tv and social media.

In Arizona, the Republicans will retain a 31 -29 majority in the House and in the Senate the Republicans will retain a 16 - 14 majority. Democrat Katie Hobbs won the Governor's election and will start her four year term January 9th when she and the other newly elected state and legislative members will be sworn in.

As Governor, Hobbs will be selecting all of the state agency heads including The Arizona Department of Health Services. I will send out the name of the new Director of DHS once they are appointed.

The Legislature will start its 2023 legislative session on January 9th as well. Senator Barto, who has served in the past as the House and Senate Health Committee Chair, was defeated in the November elections so Senator TJ Shope from Pinal County will be the new Senate Health Committee Chair. We are still awaiting word on who the new House Health Committee Chair will be.

The good news as always the medical community is that Representative (and ED Doctor) Amish Shah won his election and will be returning to the Capitol in January.

I expect over 1,600 bills, Memorials and Resolutions to be introduced in the upcoming session with over 150 having an impact on the medical community.

We are still waiting to hear back from the Capitol on when our ED Doctor Day at the Capitol is to be scheduled. There is currently construction taking place around the Capitol which is impacting our ability to schedule this event.

Have a wonderful Holiday season!

John Thomas  
AzCEP Lobbyist

### ***Did you miss the 2022 EM Opioid Summit?? 2021 Recorded Version Available...***

I've recently discovered that all providers have access to the EM Opioid Summit that was recorded last year so I'm excited to provide you this info since if you couldn't attend in person to this year's event.

The link is below and it is the fourth offering listed on the page.

[https://cmetracker.net/HONORHEALTH/Publisher?  
page=pubOpen#/enduring](https://cmetracker.net/HONORHEALTH/Publisher?page=pubOpen#/enduring)



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If you change your business or home address please notify the National ACEP Office or AzCEP & the correction will be forwarded.

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**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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