

President's Update

By Mara Windsor, DO, FACEP



When I look back at everything our organization and state chapter have accomplished throughout the past year, I am amazed by the continued motivation, tenacity, and ability to follow through on our initiatives at a personal, professional, and legislative level. I wanted to start my New Year by setting good intentions for myself in the upcoming year personally, professionally, and as President of the Arizona College of Emergency Physicians. In doing this, I was reflecting on all the wonderful and dedicated people that we have in this organization to keep these initiatives moving forward and to constantly be on guard and alerted to the new legislative bills and issues that arise, many of which may have a direct impact on our Emergency Medicine physicians and our patient population. I am very thankful and have significant gratitude for Dr. Amish Shah and all the work that he has done at the legislative level, as well as John Thomas, who does a superior job of lobbying for us and keeping us informed, engaged, and aligned with supporting Emergency Medicine. The intention that I set personally is to continue to advocate for Emergency Medicine, not only at the state level, but nationally.

I think one of the greatest outcomes of the pandemic for me personally has been to see the house of medicine collectively come together to push back and preserve our physician/patient relationship. I know all of us practice best practices and with the intentions to always provide the best patient care that is possible with the resources we have. As an organization and as part of the house of medicine, we need to continue to collaborate with all other specialties to push initiatives and positively support some of the bills that are currently being presented to our Legislature. Therefore, it would be my request of you to set an intention to continue to support the Arizona College of Emergency Physicians by getting involved personally by recruiting more physicians to become members, so we have a larger voice in numbers. With that being said, I would encourage

you to attend the ED Doc Day at the Legislature, which is on March 22, 2023. This is such a valuable experience and it is important that we show up to demonstrate our support for Emergency Medicine and meet our legislators, while at the same time having a barbecue lunch and discussing all the bills, their pros and cons, and how they will directly affect physicians, our patients, and our communities. I also believe that the pandemic has allowed us to see how essential it is to be able to provide the best medical care to as much of the population and community as possible. I am an advocate of the new evolution of medicine, especially emergency medicine, which is allowing for a hybrid model to deliver care to underserved and our elderly communities. I have set an intention for myself to continue to educate myself regarding the areas in which we can support our medical students, residents, and physicians as well as recruit them to make being part of the political side of medicine a priority. As we have learned with Dr. Amish Shah working so hard to pass all of the bills that he was able to pass in 2022, if you work hard and are committed and dedicated to Emergency Medicine and our patients, then your service and support, not only at a political level but at an organizational level, will produce significant change for the house of medicine and our patients. I invite you to join me with my intentions, to get more involved with the organization, to attend ED Doc Day at the Legislature, and to educate yourself regarding policies and the medical bills that we are constantly being updated on by our legislative counsel, John Thomas. I would like to specifically address the medical students and residents because I recall feeling very intimidated and uneducated about the political side of medicine. To be honest, in the beginning of my career, I had no interest in getting involved, mainly because I was working so hard and was focusing on providing the best patient care that I could. I did not think that I had the time or knowledge to be able to partake in the political side of medicine. However, now that I am President of AzCEP, I have realized that that is the best time to start your education in medical politics and policy. Our organization has done an incredible job at providing educational opportunities. For example, we have a journal club the night before ED Doc Day to discuss all the issues and talking

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Contract Payor Issues-Hitting Arizona

Dear Member,

In case you haven't heard yet, there is a troubling issue that we fear will start to be a major cause of concern for Arizona's patients. A major insurance company in Arizona is terminating contracts and/or decreasing rates so significantly that we, as an organization, are extremely concerned that it may result in inadequate staffing leading to longer wait times for care, delayed diagnosis, and poorer outcomes. The contents of the letter we sent to the insurance company and legislators is below with all the details.



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February 20, 2023

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Executive Vice-President & General Counsel

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Cigna Arizona

Re: Provider Group Contracts

Dear Ms. Jones:

Provider groups serving hospitals throughout the state of Arizona have recently alerted the Arizona College of Emergency Physicians ("AzCEP") that Cigna Arizona ("Cigna") had terminated its contracts and informed them of its intent to renegotiate at significantly reduced rates.

These groups also shared that recent attempts to negotiate a new contract had been unsuccessful and that Cigna had informed them that a national corporate initiative to leverage the No Surprises Act ("NSA") to force physicians to accept lower rates was the impetus for its rescinding its earlier offer.

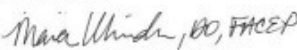
This new development is extremely alarming as emergency medicine within the State of Arizona is an essential community service that requires support from payer partners to ensure adequate staffing. By decreasing rates, Cigna is pushing these essential services and physicians out-of-network, which could result in inadequate staffing leading to longer wait times for care, delayed diagnosis, and poorer outcomes for Cigna members.

Forcing costs back on to providers, especially in underserved areas, could have a catastrophic effect on the health of communities across the State. Cigna's actions are not in the spirit of the NSA, the intention of which was to remove patients from the middle of payer and provider billing disputes, not reduce access to emergency care.

We strongly encourage Cigna to reverse its decision and work with provider groups to agree on reasonable, competitive, contracted rates for emergency and acute care and solve this equitably, as the law intended. As I'm sure you're aware, a Texas judge just held that the federal government's revised independent dispute resolution process for deciding payment for out-of-network services under the No Surprises Act skews the arbitration results in commercial insurers' favor in violation of the compromise Congress reached in the Act.

We will be sharing this letter with our state and federal legislators and the Arizona Department of Insurance to alert them of this issue.

Respectfully,


Mara Windsor, DO, FACEP

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ED Doc Day at the Legislature

Wednesday, March 22, 2023; 8:00 a.m. – 2:00 p.m.

Arizona State Capitol - 1700 W. Washington Street, Phoenix

This has become a very successful event for AzCEP, but we need **more** participants!

Come for the whole day or as long as you can.

[Sign-up today!](#)



- Educate legislators on the critical service you provide every shift
- Learn about issues impacting emergency medicine
- Attend Committee meetings
- Network with fellow AzCEP members

We provide training and go over issues before hand via Zoom

We need your participation to make this event a success!

Please [register](#) by Thursday, March 17!

Annual Membership Meeting and Election

March 29, 2023

The AzCEP Annual Membership Meeting and elections of officers and board members for 2023-2024 will be held **Wednesday, March 29, 2023**, beginning at 5:30 p.m. at The Capital Grill, 16489 N Scottsdale Rd, Scottsdale, AZ 85254. All election materials are being mailed and should arrive in your mailbox soon.



If you will be attending this dinner meeting, there will be a talk on the topic: IGALMI. [RSVP](#) by **March 24th** to attend and you will be able to cast your ballot that night in person. The dinner is being sponsored by BioXcel Pharmaceuticals, Inc, and in accordance with the PhRMA Code, attendance is limited to healthcare professionals-no guests at this meeting. Also, please note that there will not be a virtual option.

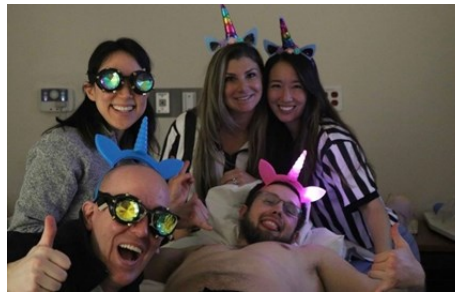
In addition to elections, we will also be voting on a revised version of our chapter bylaws. There are several “housekeeping” items that are being updated but the main reason for the revision was to permit electronic voting. You can review the updates from a link on the website, under the

March 29 meeting date; <https://www.azcep.org/calendar>

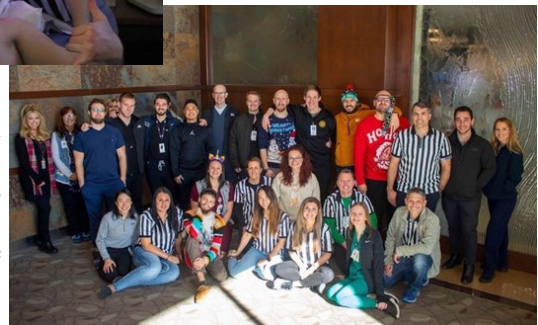
Kingman Regional Medical Center Resident's Corner

By Codey Pedersen DO, PGY2, Junior Chief Resident

Cannot believe it is already 2023! We all had a great holiday season and are looking forward to the spring and the upcoming Match! Big things are happening here in Kingman as we recently had our SONOLYMPICS put on by Dr. Choi where we got to compete against each other and show off our POCUS skills. Of course, our two Chiefs Sarah Zito and Clarke Snodgrass paired up and were the winners of new butterfly's.



This spring we are looking forward to a cadaver lab where we will get to practice the more rare procedures such as cricothyrotomies and thoracotomies, and are looking forward to finding out who is going to be joining us through the match. We will also spend the next few months soaking up as much knowledge and time as we can with our seniors before they go to their attending jobs!



Abrazo Residency Resident's Corner

By Amy Kristensen, MD

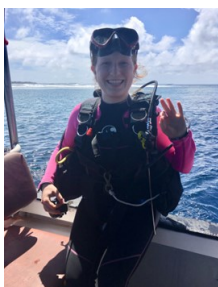
Greetings from the West Valley! We hope you are all thriving in the New Year (and finally used to saying 2023 so as to not confuse your own orientation exam). First and foremost we are SO excited to have welcomed a new bebe into the program family. Senior resident Ty Bowman and his wonderful wife Melissa welcomed their third cherub into the world on November 28th.



Meanwhile, one of our other senior residents (and bad-a chiefs) Grace Patel is about ready to pop with her first little one! Baby boy Patel is slated to make his grand entrance into the world in February, and we can't wait to smother him in love.



Academically, the program is sporting quite the line up of presentations for AAEM in New Orleans this year. A total of sixteen abstracts were accepted with one of those abstracts being invited for oral presentation! Senior resident Amy Kristensen (aka me) will be presenting preliminary data on a clinical-meets ethical-meets legal project exploring the rights of patients presenting to the ED in Customs and Border Protection custody.



In other news, we are excited to welcome Ilana Mayer as our new APD! She is a dog enthusiast and is passionate about travel. Having trained here in Phoenix she is committed to the community, and as a relatively new doc she is also bringing in a fresh perspective and new initiatives including our newly formed Women in Medicine group. Chief resident Christina Liou has also been innovating with a particular push towards wellness and community service initiatives. We are so appreciative of our residents and faculty that go above and beyond to make our program special.





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. It was wonderful to be back in person this year in Laughlin!

In 2022, we also continued providing 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 for more information on past courses. Thanks to all the speakers who helped make this happen!

We look forward to hosting the conference live again in Laughlin next fall. Our tentative dates are the 24th-26th of September in Laughlin. See our [website](https://www.itlsaz.org/) for updates. <https://www.itlsaz.org/>

Our new ITLS State Coordinator, Tim Freund, EMT-P, continues to provide excellent and enthusiastic leadership for ITLS in Arizona and we would like to introduce Samantha Hoebee, who is working with Stephanie to take over as the Executive Director for Arizona ITLS in January of 2024. Many of you met her last year at River. Thanks to Stephanie for doing such an awesome job over the last 25 years! You will be missed!

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 is doing well. We had some trials and tribulations with the flooding of our department and closure of the cath lab. Recently, we reopened the entire ED with brand new updates, and our staff lounges have been renovated. We went from surviving during the construction after the flood to yet again thriving. There was some growing pains with the nursing staff turnover, but we are welcoming are new graduate nurses to the family.

We continue to have high acuity cases, and our senior residents have all found jobs for next year, working around the country. Proud of all of our juniors and interns who are absolute rockstars in all aspects of medicine.



Creighton/ Maricopa EM Resident's Column

By Ellen Dowling, MD and Shelby Hoebee, MD

This winter has been full of a lot of hard work for our residents, as well as a lot of fun in and out of the department! The virtual interview season has ended, and we are excited to get to know our applications better through hosting second-look weekends in person. We can't wait to show them what fun Phoenix has to offer!

We also had a blast over the holiday season - the department of Christmas day hosted a white elephant exchange and our residents had a secret Santa gift exchange as well. Celebrating the end of 2022 together was a great time!



In the department, the third years are transitioning to "Resident-In-Charge" roles and learning to oversee the ED, while the second years are working hard to move larger volumes of patients through the department. We are proud of our interns as well - they have grown so much, and looking forward to seeing them keep learning!

Additionally, we have been incorporating more wellness events into our residency activities. This has consisted of monthly pre-conference morning sessions for reflection & community building (of course optional...rest is part of wellness!) as well as fostering more opportunities for group hikes and share circles. Additionally, on Feb 4th several residents ran the Mesa Marathon while others either participated or coordinated the annual MedWards competition. We love being active together!



What is [Happy Doc Summer Camp](#)? Happy Doc first and foremost is JOY! Yes, we have CME. We talk about big issues like burnout and moral injury. But we also have fun!

Come join us in 2023! [All registration info here.](#)

Docs In The Wild @ Glacier Rock Wellness Ranch - Randle, WA, June 23-25, 2023

Happy Doc Goes to Hawaii @ Outrigger Kona Resort and Spa - Kailua-Kona, HI September 24-27, 2023

AzCEP News & Notes

Emergency Medicine Wellness Center of Excellence

The Emergency Medicine Wellness Center Excellence Award is presented to an emergency medicine group, department, or clinical site that incorporates wellness and resilience on an institutional level and to use the information gathered in the nominations process to understand more about wellness best practices. All info can be found here;

<https://www.acep.org/life-as-a-physician/wellness/wellness-awards/>

Highlight Your Research at Spring Seminar 2023

The American College of Osteopathic Emergency Physicians (ACEOP) will be offering two research competitions this April during their Spring Seminar, April 1-5, 2023, held at the Hilton Phoenix Tapatio Cliffs Resort. Give your residents an opportunity to highlight their research and be recognized by the EM community.

The submission deadline has been extended through **March 1st** and is open to members, non-members, DOs and MDs. Accepted researchers will have the opportunity to present in-person. All presentations take place on Sunday, April 2 in Phoenix, AZ. All info can be found [here](#).

Interview with ABEM President Samuel M. Keim, MD, MS

Did you get a chance to read the article about our own AzCEP member, Dr. Samuel Keim? If not, do so [here](#)!

EDPMA Solutions Summit is Coming To Vegas

The [EDPMA Solutions Summit](#), the premier conference for the business of emergency medicine, will be in Las Vegas April 17-20 at the Bellagio.

Sessions include ChatGPT, data analysis in the ED, an arbitrator's thoughts on the No Surprises Act IDR process and of course, unpacking the No Surprises Act.

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 disorders (OUD) is important and effective.

If you have questions, email us at mat-mentors@arizona.edu. Visit our [website](#).

Tell Your Story, Help Change Things

It's almost time for the 2023 Leadership & Advocacy Conference! Emergency physicians across the country will come together in Washington, DC, for this intimate educational and networking event where they receive leadership and lobbying instruction and get to meet with legislators to talk about the issues that affect EM physicians every day. You may think your individual voice can't move the needle. In reality, your firsthand stories and experiences make our key advocacy issues come to life for legislators. When they hear from you, it stops being an abstract problem and becomes a real, tangible issue they need to address. LAC training teaches you how to share your personal experiences in a way that makes a positive impact for your specialty. You'll come home empowered to keep advocating for change at every level, from your facility to your state and beyond. **Save \$100 on [LAC23 registration](#) with promo code LEADERSHIP23.**

Catch up on latest ACEP Frontline episodes:

[Having a Bloody Good Time with Dr. Megan Osborn](#)
[ChatGPT and Healthcare with Dr. Harvey Castro](#)
[ACS and Troponin Chat with Dr. Deborah Diercks](#)

Lawsuit Win Marks Important Step Toward Fair Implementation of No Surprises Act

ACEP fights for emergency physicians across all levels, including the courts. In the past year, ACEP's litigation efforts have increased by 400%. In a [special guest post for Regs & Eggs](#), ACEP's Chief Legal Counsel explains the significance of this week's surprise billing lawsuit win in Texas and what it means for ACEP's ongoing advocacy efforts to improve the implementation of the No Surprises Act. You can also [read our press release here](#).

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>

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/>

Legislative Update

By John Thomas, AzCEP Legislative Counsel

As I write this, the Arizona legislature is once again in full swing. Arizona has a part-time legislature that traditional stays in legislative session for around 100 days. Tradition has been thrown out the window these last few years as they have stayed in session until least late June. I expect this year to be no exception and that I will be sending out weekly legislative updates until around July 1st.

As of now, over 1,650 bills, memorials and resolutions have already been introduced by the 90 legislators. Over 40 of the legislators are new to their office. This makes for a lot of education for the members on issues of importance to our doctors as over 140 of these bills, if enacted could have an impact on or are of interest to our AzCEP members.

Representative (and AzCEP board member) Amish Shah has been busy as well. One fine example is his [HB 2564 Hospitals; physicians; dispensing opioids](#) which was introduced on behalf of AzCEP members. HB 2564 would allow a hospital or a physician working in a hospital, that is not within 50 miles of a 24-hour pharmacy to dispense a 12-hour supply of a schedule II-controlled substance that is an opioid to a patient that is discharged after regular pharmacy hours.

HB 2564 came about as the result AzCEP board member Dr Steve Hopkins bringing this issue to the AzCEP board and then to Representative (and AzCEP board member) Shah. A special thanks to Representative Amish Shah for sponsoring this legislation and to Dr. Hopkins for sitting through a seven hour long Health Committee hearing before finally being able to testify on this bill. Dr Hopkins and Rep. Shah's testimony resulted in the unanimous passage in the Health Committee of HB 2564.

AzCEP continues to work closely with other physician groups to monitor, support, make fixes to or oppose legislation that would affect our membership. In addition, our physicians testify at legislative hearings and also establish relationships with legislators which is invaluable in helping to educate them on medical issues.

One of the ways that AzCEP does this is with our annual Emergency Department Doctor Day at the Capitol. We take advantage of this event to discuss issues of importance that are still working their way through the legislative process with legislators who have or will soon be voting on these very issues. This year ED Doc Day is scheduled for **Wednesday, March 22nd**. **PLEASE MARK YOUR CALENDARS!**

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>



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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]

Spring Issue of the Arizona EPIC

Submittal Deadline: May 1, 2023

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EPIC Editors: Stephanie A. Butler & Brad Butler

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