

President's Update

By Anthony Wong, MD, FACEP



Welcome to a new year fellow EM colleagues! As we bring in 2025, I'm hoping for a good year that might bring changes to our never-ending list of challenges we deal with on a daily basis. I'm hoping for better staffing, opening up more beds during our busy winter months, less boarding and overcrowding, less practicing waiting room medicine, less stress at work, less burnout, better reimbursements, etc. The list can go on and on but I think these are some of the top issues we would like to see solutions to. As your Arizona chapter of ACEP, we are working hard to try and tackle some of these issues but we can't do it alone. We need YOUR help in accomplishing some of these problems.

We have a few events coming up that I would LOVE to see more members attend. On March 5th we have our ED Doc Day at the Capitol that takes place from 9am-2pm. This is a key event where we can actually speak with our legislators and bring up some of these issues we are dealing with that they may never even know about. This is where real change can start. We will also talk about upcoming bills that can affect us and our practice as well as our reimbursements. Issues such as Medicaid and Medicare cuts, surprise billing, and scope of practice for advanced practice providers are just some that have come up in the past and continue to be an ongoing battle. Please sign up to spend half a day to come out and talk with the people that make our laws and help fight for the rights of not only ourselves, but also our patients.

On April 2nd we have our annual meeting that will take place at Creighton University in Phoenix from

9am-6pm. There will be a sponsored dinner at 6pm if you choose to stay for that to mingle with your fellow colleagues. We have a great line up of speakers and we will also conduct the elections for the new positions in AzCEP for the 2025-2026 year. We are looking to broaden the members on our Board of Directors to best represent our entire state and to hear about issues that some of you are dealing with in the more rural areas. It will be a fun day of learning, networking, and chillaxing, which many of us could use a day of. Please register for the meeting and come even for a portion of it if you can't stay the whole time. I would love to meet and get to know some of you from other parts of the state. There is no cost for this meeting and it is free for our members to attend.

At the end of April, we have the yearly ACEP LAC (Leadership and Advocacy Conference) in Washington, DC. This is similar to our ED Doc Day but expanding it to the national level. It takes place on April 27-29 and we will meet with our Senators and Representatives on the federal level from Congress and discuss issues that can affect us all bank in Arizona as well as at the national level.

Stay strong as we try and endure another winter in Arizona and increased volumes in our EDs. I know this is a common time to experience burnout for some of us and I urge those that are feeling the pressures of work to reach out to someone for help. We all need a helping hand at times, even us BAFERDs. Sometimes we just need someone to talk to and to listen. We do have a wellness committee that is focused on helping those who are experiencing burnout and we can help put you in contact with the right people.

As always, my doors are open and I welcome you all to reach out to me to discuss any issues your ED may be experiencing or if you just need an ear to listen about your day. I can also help put you on the right path if you are feeling the pressures of work and burnout. Please contact me at AnthonyWongMD@gmail.com and I'll see what I can do to address your issues. We can even arrange a phone call to discuss things as well. I wish you all the best during your shifts and that you get to and from work safely.

**Register
Now!**



ED Doc Day @ The Capitol **March 5, 2025**

We Need You!

- 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

We need your participation to make this event a success!



***2nd Annual AzCEP SIMWars is coming...
March 31, 2025!***

COPA won the inaugural contest, but can they keep the trophy this year? They'll have to get past amazing teams from around the state.

We need lots of helpers to put on a successful event at ASTEC in Tucson. Please reach out to [Stephanie](#) if you're interested in being a judge or model/victim!

NEW format for our **Annual Meeting...****Sign-up today!****CME * Elections * Research Poster Symposium**

8:30-9:00am	Visit the Sponsors
9:00-9:15am	Welcome
9:15-9:45am	Update in Medical Toxicology; Frank LoVecchio, DO, FACEP
9:45-10:45am	Optimizing Therapy for Mild to Moderate Respiratory Distress; Christopher Baugh, MD
10:45-11:15am	BREAK/Visit the Sponsors
11:15-11:45am	An Update in Acute Ischemic Stroke; Danny Gonzalez, MD
11:45am-1:30pm	Working Lunch and elections
	What do I do if the police bring in a detainee and request help with a search?; Joseph P. Wood, MD, JD
	High Impact Education; Rachel Munn, DO, FACEP
1:30-2:00pm	Visit the Sponsors
2:00-2:30pm	Being a Better Teacher in 30 Minutes!; Michael Epter, DO
2:30-3:00pm	A pain in the neck, Pecarn C-spine rules; Derek Meeks, DO
3:00-3:30pm	BREAK/Visit the Sponsors
3:30-5:00pm	AzCEP Membership/Board Meeting-OPEN to ALL
5:00-6:00pm	Social Hour & Research Poster Symposium
6:00pm	Dinner

Acknowledgment: This CME event is not supported by any commercial entity.

Disclosure: All speakers, planners and anyone in control of content have no relevant financial relationships with an ineligible company as defined by ACCME.

Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Arizona Medical Association (ArMA) through the joint Providership of HonorHealth and the Arizona College of Emergency Physicians (AzCEP). HonorHealth is accredited by the Arizona Medical Association (ArMA) to provide continuing medical education for Physicians.

Credit Statement: HonorHealth designates this Live Activity for a maximum of 4 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



Understanding and Defining Your Best Self

Strategies to Become Unstoppable

1. **Cultivate Self-Belief:** Belief in oneself is fundamental. As Tony Robbins states, “Being unstoppable always begins with a limitless belief in yourself.” This belief sustains you during challenging times and fuels perseverance.
2. **Set Specific Goals:** Define clear, achievable objectives. Specific goals provide direction and motivation, making it easier to track progress and stay committed.
3. **Embrace a Growth Mindset:** View failures as learning opportunities. This perspective fosters resilience and adaptability, essential traits for becoming unstoppable.
4. **Develop Consistent Habits:** Establish daily routines that align with your goals. Consistency builds momentum and reinforces commitment to personal growth.
5. **Surround Yourself with Positivity:** Engage with supportive individuals and consume uplifting content. Positive influences enhance motivation and reinforce your belief in your capabilities.

Incorporating mindfulness into your daily routine enhances self-awareness and emotional regulation, contributing to an unstoppable mindset. Consider the following practices:

Journaling: Reflect on your thoughts and experiences through writing, fostering self-reflection and personal growth.

By integrating these strategies and mindfulness practices into your daily life, you can cultivate resilience, maintain focus, and continuously evolve into the best version of yourself. Remember, becoming unstoppable is a journey that requires patience, dedication, and self-compassion.

Peer Coach for the Arizona Medical Association

COPA Resident's Column

By Maddy Kahle, MD and Hunter Hoopes, DO

Copa has been enjoying the beautiful Arizona winter! Our annual Christmas party at Dr. LoVecchio's was a success. Dr. LoVecchio invites current and former residents, faculty, pharmacy, nurses, and tech staff to join for a night of festivities. As a tradition, our interns "thrilled" us by performing a choreographed dance for everyone. This year they chose thriller by Michael Jackson and dressed Christmas trees. It was a hit as usual.

Beyond the holiday season, We've enjoyed the lovely Arizona winters by hiking, rock climbing, and spending more time outdoors. Many of our residents such as Sara Yee have done climbing trips around Arizona. Outside of the state, some residents have gone to several exciting conferences, including a wilderness medicine conference in Whistler, Canada.

Along with winter comes recruitment season. We've enjoyed getting to know medical students throughout this interview season. Some students were able to join our residents on a hike this past weekend. We're looking forward to spring, Match Day, and celebrating our seniors as they start their new jobs!





-PLAYER FEE \$125-
-STUDENT FEE \$25-
-SPECTATOR FEE \$75-

EACH LEVEL OF
PARTICIPATION

**5TH ANNUAL
PICKLEBALL
TOURNAMENT**

SUPPORTING

LIFE

SAVE A LIFE THAT
SAVES LIVES EVERY DAY

**APRIL 6TH
2PM START
8276 NORTH 62ND PLACE
PARADISE VALLEY**



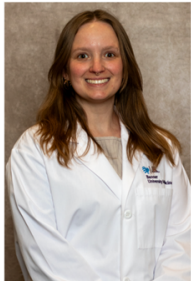
-LITE BITES AND LIBATIONS-
-LOVE AND LAUGHTER ON TAP-
-DRESS TO IMPRESS FOLKS-

For more information to participate or become a sponsor, check out the [LIFE](https://www.lifevalley.org) site.

UofA South Campus Residency Update

By Robert Camarillo, DO

Chief Announcement



Hannah McCreight, DO
University of North Texas

A COLLEGE OF MEDICINE TUCSON
Emergency Medicine



Banner Health.



Zachary Johnson, MD
University of Utah

Hello from the University of Arizona South Campus Emergency Medicine Program!

This year is flying by, and we can't wait for the upcoming match. We've had the privilege of meeting some incredible candidates on the interview trail, and we're excited to see who will be joining our South Campus family.

We're also thrilled to announce our new chiefs for the upcoming year, **Hannah McCreight, DO**, and **Zachary Johnson, MD**. These two exceptional doctors have already proven themselves to be strong leaders, and they're hitting the ground running!

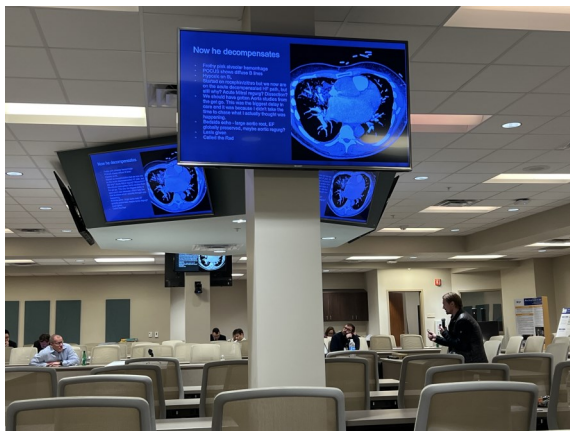
Additionally, we're excited to share that the U of A South Campus Emergency Medicine Residency program is growing! Thanks to our outstanding leadership, we've increased our class size to **eight residents** each year. We're looking forward to welcoming even more talented physicians into our family.

Wishing everyone the best of luck in the match, and we can't wait to see everyone at the upcoming **SIM WARS!**

Kingman Regional Medical Center's Resident's Corner

By Taylor Cornwell-Hinrichs, DO, MPH, MLIS, R2

This quarter has been great for the Kingman Regional Medical Center residents. We just had a Laser Tag wellness event in Flagstaff which was a blast. It's always great hanging out and enjoying each other's company -- especially if it involves a little friendly competition! All of our seniors have secured jobs: Las Vegas (x2), Phoenix, Oregon, Washington, and Alaska. We're happy for them but will be sad to see them leave our nest. We also had a blast at the Southwestern Regional Emergency Medicine Conference in Las Vegas and two of our residents presented on Primary Care in the ED and an Aortic Dissection near-miss which was very illuminating.



Abrazo West's Resident's Corner

By Devi Dearmon-Moore, MD

Hello from the west valley!

Happy new year and more excitingly we're now in the 2nd half of the academic year! We have had a busy winter season so far both in (and out) of the emergency department. Like most hospitals in the valley, we've seen an increase in our patient volume and correspondingly an increase in our boarding patients in the emergency department. This has posed challenges to medical providers and staff as we try to provide quality, life-saving care to every patient who enters our doors. We have been so proud to see our interns rise to the challenge with improving clinical and procedural skills. We also look forward to discussing this continued challenge at Arizona ED Doc Day with our local representatives.

Additionally, we are excited to announce that two of our 3rd year residents have successfully matched into fellowship: James Gutcho will be a Pain Medicine fellow at Cleveland Clinic and Nate Grimaldi will be a Sports Medicine fellow at KU. We are so thrilled for both of these amazing individuals as they move on to bigger and better things.

Looking ahead, we are looking forward to attending AAEM in Miami in April as all our residents had case presentations accepted and will be presenting their posters during the conference. We also are coming up on the end of interview season with Match Day approaching in March and are so excited to find out who will be in our next class of residents!



Winter migrations continue, the Vermillion flycatchers have been hanging around at a higher rate during this Tucson winter. Their buzzing chests of fire shooting through the sky mimics the flow our shifts in the ED. We love our snow birds inside and outside the ED and happily welcome them to our gardens and our Emergency Departments during our paradise months. Our residents also migrate outside to hang out and enjoy all the beauty the Sonoran Desert has to offer, whether Journal Club bon fires or hikes into the mountains. Some residents were a little too enthusiastic about Balatro this year and had to take quick power naps prior to conference. And of course the winter welcomed even more babies to our residency! It can feel like our winter is all fun and games at times, even studying for ITE can become a game as our intra-Residency SonoWars champions were able to take home a wonderful trophy this year. Fortunately, our little winter haven is a good respite during the long months of residency.

U of A - Tucson Residency Corner

By Francis Torres, MD & Mike Kelleher MD



ACEP Resources & Latest News

ACEP Calls for Administration to Ensure Robust Federal Health Infrastructure

The American College of Emergency Physicians (ACEP) respectfully calls on the Administration to recognize the critical importance of a robust federal health infrastructure in safeguarding the prosperity and security of our nation, and the health and well-being of our people. [Read more.](#)

Act Now to Reverse the Medicare Cuts

With ACEP's strong support, new bipartisan legislation has been introduced to reverse the harmful Medicare Physician Fee Schedule (PFS) cuts. [Read more.](#)

Change is Happening Fast: ACEP is Your Voice in Washington When it Matters Most

The first days of the Trump Administration include seismic policy shifts with significant implications for emergency physicians and patients. [Read more.](#)

ACEP Strongly Applauds Senate Bill Supporting Physician Mental Health

Bipartisan legislation introduced in the Senate this week would reauthorize funding for the law named in honor of the life and legacy of Dr. Lorna Breen, an emergency physician who died by suicide during the pandemic. [Read more.](#)

Ohio ACEP is Protecting Emergency Physicians from Violence

A new Ohio law will help protect the state's emergency physicians and health care workers from violence. Ohio ACEP advocacy supported the effort from start to finish. [Read more.](#)

ACEP Applauds HHS for Raising Corporatization Concerns, Continues to Press for Change

ACEP strongly applauds the [new report from the Dept of Health and Human Services \(HHS\)](#) regarding consolidation in health care. [Read more.](#)

AHRQ Announces 'Special Emphasis' on Research to Reduce Boarding

The Agency for Healthcare Research and Quality (AHRQ) is doubling down on efforts to address boarding in the emergency department, building on ACEP-generated momentum. [Read more.](#)

Connecticut ACEP Leads Efforts to Boost Hospital Transparency Around Boarding Crisis - UPDATE

With the state legislative session now underway, ACEP members are leading the call for changes to alleviate the boarding crisis. Read the [report](#) prepared for legislators by Dr. Christopher Moore and the committee of physicians. [Read more.](#)

ACEP Applauds Reauthorization of Emergency Medical Services for Children Law

The ACEP-supported bipartisan Emergency Medical Services for Children (EMSC) Reauthorization Act of 2024 was signed

into law December 23, 2024. [Read more.](#)

Upcoming ACEP Events and Deadlines

Shift Change: Part II The First 100 Days of the 119th Congress and Trump Administration

February 13, 2025 2:00 PM - 3:00 PM Central time Almost a quarter of the way into the first 100 days of the new Trump Administration and the 119th Congress, and the news cycle has been filled with new developments. Join ACEP advocacy staff to cut through the noise and learn what it all means for you as an emergency physician and for your patients. If you missed Part I, [view it here on demand.](#)

ACEP Council 101; April 10, 2025

2:00 PM - 3:00 PM Central time
Join ACEP Council Speaker Melissa W. Costello, MD, FACEP, and ACEP Council Vice Speaker Michael J. McCrea, MD, FACEP, to learn about how the ACEP Council works and how even a single member can make a big impact on the policy and direction of the College. The ACEP Council is a deliberative body that meets once a year for two days in conjunction with the College's annual Scientific Assembly. The Council votes on resolutions that guide the activities of the College. Learn how to craft your resolution and weigh in on the pressing issues in emergency medicine.

ACEP Leadership & Advocacy Conference

April 27-29, 2025 Join your colleagues in Washington, DC, and make your collective voices heard to inspire change for your patients and your specialty. Both chambers of Congress are expected to be in session. Together, we'll:

- tackle problems facing EM such as the current boarding crisis,
- develop tools to advocate at all levels, and
- build relationships with policymakers and fellow advocates.

[Register today!](#)

ACEP25 Scientific Assembly

September 7-10, 2025

For the first time, ACEP's annual meeting will be in the beautiful city of Salt Lake City, UT. The world's largest emergency medicine educational conference bringing together the global EM community.



ACEP25 Research Forum 2025

Submission Dates – 1/6/25 – 3/26/25

Abstracts and posters presented at chapter research forums are eligible for submission

Members in the News

Did you catch the article in the January 2025 about our own, Dr. Amish Shah? If not, read it [here.](#)

Congratulations to the new AZ EM MSC leaders just selected!

Chair: **Yusuke Murakami**; U of A Phoenix
 Vice Chair: **Harshita Talkad**; U of A Phoenix
 Secretary: **Paige Bonnette**; Midwestern
 Volunteer Coordinator: **William Shaffer**; Creighton
 Social Media Coordinator: **Julia Moreton**; U of A Phoenix
 Website Editor: **Ashwathy Goutham**; U of A Phoenix

Executive Council Members:

- 1) **Won Shin**; Creighton
- 2) **Logan Garr**; Creighton
- 3) **Morgan Harrison**; Creighton
- 4) **Merlyn York**; Midwestern

EMIG Liaisons

U of A Phoenix: **Bryan Allred**
 U of A Tucson: **Sonakshi Sharma**
 AT Still: **Omkar Kardani**
 Creighton: **Jacqueline Nguyen**
 Mayo: **Bri Tomlinson**
 Midwestern: **Shane Coughlin**



Curious about this group? Check out their [website!](#)

Stop the Bleed

American College of Surgeons



The Arizona Emergency Medicine Medical Student Council recently held their 3rd annual STOP the Bleed certification course at the University of Arizona College of Medicine campus in Phoenix on December 17th. Seventeen students from medical schools across the state showed up to learn from certified nurses from HonorHealth. This was an incredible opportunity for the students to network with each other as well as obtain certifications to better prepare them to help stop life threatening bleeding.

AZ EM MSC Update

Calendar of Events

Mark your Calendar and Get Active in AzCEP!

- March 5** ED Doc Day @ The Capitol
- April 2** AzCEP Scientific Assembly with CME, Elections & Poster Symposium
- June 4** Board/Membership Mtg, 1pm
- Aug 13** Board/Membership Mtg, 1pm

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 **1:00pm-NEW!**

Thanks to the Wellness Committee for organizing socials for the chapter. Watch for more opportunities!



Legislative Update

By John Thomas, AzCEP Legislative Counsel

As I write this, the state capitol is abuzz with a flurry of activity morning, noon and night. Already over 1,400 hundred bills, memorials and resolutions have been introduced and we are not even an eighth of the way through the 2025 legislative session.

As expected, a number of bills have already been introduced with a direct impact on our membership including issues related to: Scope of practice; Insurance claims (payments and denials) and; International Medical Degrees.

Representatives of the physician community meets weekly to discuss these bills as they each try to determine which to oppose, which to fix and which to support. As the language in the bills can change on a daily basis, so do our own positions on these bills. It makes for a very fast and furious time while they remain in legislative session. Although the legislative sessions are suppose to last for around 100 days, we have seen them go until the end of June for the last several years.

My response when a bill dies in committee or on the floor is that it is "Mostly Dead." The extension of the legislative session for months means that no bill is officially dead until the legislature adjourns for the year.

We will be discussing the key bills remaining that affect our organization and that are still moving through the legislative process at our **ED Doc Day at the Capitol on Wednesday, March 5th.**

We will start the ED Doc Day at 9 am when we meet in the Senate Gallery to listen to a keynote speaker and then have our executive director, Stephanie Butler, lay out our plans for the morning. This includes attending legislative hearings and meeting with individual legislators to discuss issues of importance to our membership. I have found that the ED Doctors' discussions with the legislators to be a highly effective way to educate them on the ramifications of some of the legislative issues still remaining in play.

The ED Doctor Day finishes up with lunch for AzCEP members in the Senate Majority Caucus Room. We hope to see you there and remind you to invite a fellow ED Physician to join you.

SEE YOU WEDNESDAY, MARCH 5TH AT THE CAPITOL!

John Thomas
AzCEP Lobbyist

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, 2025

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Executive Director:

Stephanie A. Butler (Mobile 602-692-2376)

Legislative Counsel:

John D. Thomas, Attorney at Law (Mobile 602-826-0678)

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