

Pennsylvania Surgical News

December 2022



Robbi-Ann M. Cook, CAE
Executive Director

Many will be reading this issue as they return from the New Year holiday, so I wish you all a Happy New Year and look forward to your continued engagement with our surgical societies in 2023.

The Young Surgeons Work Group had another fun and interactive Mixology & Cooking Class this month. We thank our session sponsor, [Human-X](#) for their support of the event. Kudos to Keystone Chapter President-Elect, Kurt Bamberger, who hosted Tower Health-Reading residents and made it a group activity. Stay tuned for more opportunities coming in 2023 from the Young Surgeons Work Group.

All members should have received their ACS Local Chapter Dues Invoice this month and we look forward to your continued support of the Keystone and Metropolitan Philadelphia Chapters. ACS does not include the local chapter dues portion on its invoice. Each Chapter affiliated with the ACS needs to separately invoice for the ACS Local Chapter Dues for members assigned to its Chapter. If you have questions, need additional documentation, or did not receive your 2023 ACS Local Chapter Dues invoices, contact me at rcook@rmcmanagementsolutions.com and we will assist you in maintaining your active status.

Do you think you are an expert at ASC history? Check out this month's Trivia Contest. The first member to submit the correct responses will receive a Hershey chocolate gift box. See page ____.

As always, if you have comments, suggestions, or an article of interest, please email me at rcook@rmcmanagementsolutions.com.

Robbi

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Don't Forget to Claim Your CME Credit Hours from Clinical Congress

The ACS reminds all participants who attended Clinical Congress, either in person or virtually, to make sure you claim your Clinical Congress CME credit hours.

In-person and virtual attendees must complete an evaluation and complete the claiming process to earn CME credit hours, download/print your Certificate. The claiming process includes completing an evaluation for each session as well as the Global Evaluation.

For additional information and to claim your credit hours, click [HERE](#).

DEADLINE TO CLAIM: May 1, 2023



Invitation from Connecticut Chapter of the ACS to All Surgical Residents

The ACS Connecticut Chapter's Resident Committee is pleased to announce it will host a Virtual ABSITE Review Course™ on January 7th and 8th. The Chapter is making this course available at no cost. Registration is limited to 1000 seats on Teams, so please register early. Registration is being capped at 1100 seats as there are usually some no-shows, but we suggest you log in early to guarantee a seat. We are also only permitting one registration per email address.

The Chapter will make every effort to record and post the sessions where the faculty allows. But again, this is a FREE course, so we make no promises everything will record as expected!

Click the [link](#) or scan the QR code below to see the agenda and register. Once you register you will receive a confirmation email with the login information. The login information will be resent one day prior to the course as a reminder. Please check your spam/junk folder if you do not see the email immediately.

We look forward to another amazing year of learning with you!

Christopher Tasik, Executive Director
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The American College of Surgeons is seeking submissions for abstracts, videos, and surgical history posters for the 2023 Clinical Congress being held in Boston, MA from October 22-26. This is an opportunity for presentation of your research projects.

Submission deadline is Wednesday, March 1, 2023 and the call includes:

- **Owen H. Wangenstein Scientific Forum**, which offers researchers the opportunity to present the results of their original, basic science, clinical, education, health sciences, and translational research
- **Video-Based Education Sessions**, which educate surgeons and members of surgical teams to improve the care of the surgical patient, as well as safeguard the standards of care in an optimal practice environment
- **History of Surgery Poster Session**, which offers enthusiasts the opportunity to present on subjects related to the history of surgery and its subspecialties.

All submitted content must be original works and first presented and published at ACS Clinical Congress 2023.

[Read More About Each Category & Access the Submission Portals](#)

Additional Resources from ACS

[Dr. Kenneth Sharp Shares News from White House COVID-19 Response Team Calls](#)

[ACS Children's Surgery Verification Program Improves Efficiency in Treating Pediatric Trauma](#)

[Register Now for 2023 ACS Cancer Conference: Where Cancer Care Comes Together](#)

[Attend In-Person Coding Courses in 2023](#)



Congress Fails to Prevent Full 4.5% Medicare Payment Cut

The ACS was exceptionally disappointed to see that Congress neglected to act by fully stopping the impending Medicare payment cuts, set to go into effect on January 1, 2023. Appropriators from both parties released language for the omnibus spending bill for fiscal year 2023 early Tuesday morning, which reveals a 2.5% adjustment for the conversion factor in 2023—meaning a 2% cut will go into effect if there are no additional changes.

In addition, Congress set a low conversion factor adjustment for 2024, at only 1.25%, likely ensuring additional cuts in the future. Congress postponed the 4% PAYGO cuts until 2025.

The Surgical Care Coalition, a group of 14 professional organizations dedicated to improving surgical care and of which the ACS is a member, issued the following statement in response to Congress releasing the year-end spending legislation.

[READ MORE](#)

Young Surgeons Work Group Updates

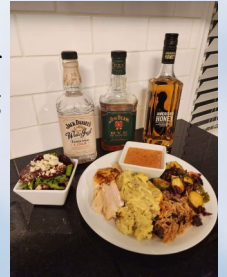
Rebecca Hoffman, MD, FACS & Austin Williams, MD
Co-Chairs

The YSWG Holiday Mixology & Cooking class was held on Sunday, December 11th. Participants worked virtually alongside Chef Hope to create a holiday meal and a few festive cocktails to serve guests. This was the second mixology and cooking class presented by the YSWG and brought together all career levels for fun networking and comradery.



www.Human-X.com *come see for yourself*

Thank you to our event sponsor, [Human-X](#) and their representative Mike Santangelo for supporting the Young Surgeons Work Group events.



The Holiday Menu included: Oven Roasted Chicken; Boursin Smashed Potato; Mushroom Baked Rice; Balsamic Beet Salad with Goat Cheese; Bacon Shallot Brussel Sprouts; Quick Tomato Bisque, and Holiday Cocktails: Dirty Ice; Hotty Toddy; and a Twisted Manhattan.

The first annual Holiday Card Competition entries are in and the judges are currently reviewing and selecting a winning institution. Thank you to those who submitted an entry.

Coming in 2023, the Young Surgeons Work Group is planning to host a joint Surgical Jeopardy Tournament in late spring at a local distillery. We hope all institutions will consider submitting a team to compete.

The Young Surgeons Work Group is open to all early career attendings, residents, and medical students and focuses on meeting the unique needs of this career group. Networking and social events are open to all members of the Keystone and Metropolitan Philadelphia Chapters.

Interested in joining the Work Group? Contact [Rebecca Hoffman, MD, FACS](#) or [Austin Williams, MD](#) for additional information.





Think You Are An Expert at ACS History?

No one answered last month's quiz correctly, so we are giving you another chance. Be the first person to email the correct answers by December 7, 2022 to our Executive Director, Robbi Cook at rcook@rmcmanagementsolutions.com, and we will send you a holiday prize package to your home or office.

1. Year ACS was established?
2. Who was the first female ACS president?
3. Where is the ACS headquarter?
4. How many Chapters does the ACS have in the United Stated?
5. Who is the current Executive Director of the College?



Your feedback matters. Likes, dislikes, what other information/resources you need. Have an article to share? Send your comments, thoughts, suggestions or articles to our Newsletter Editor, Robbi Cook at rcook@rmcmanagementsolutions.com.



The 2023 ACS Local Chapter Membership Renewal period is currently open. ACS does not include the Local Chapter Dues on its renewal invoicing. Chapters are required to separately bill for the ACS Local Chapter dues. If you have not received your renewal email, contact the Chapter office:

Keystone Members: info@kc-accs.org

Metro Philly Members: info@mp-accs.org

Keystone and Metropolitan Philadelphia Chapters offer easy and quick online payment methods. Simply click the link in your dues renewal invoice and submit your credit or debit card payment. Takes less than 5 minutes!

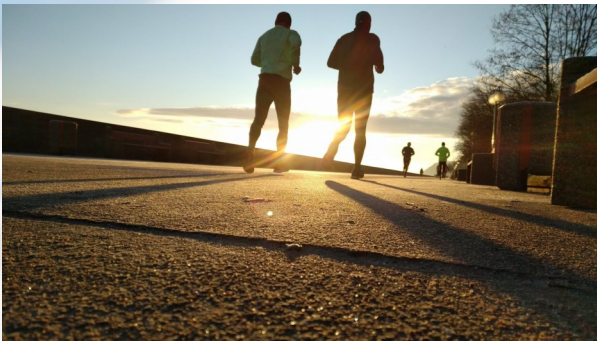
While you are renewing your annual dues, check to ensure your information is complete and accurate. A member data reconciliation was recently completed with ACS, but you may prefer to receive your communications to a personal email or home address.

We look forward to your continued support of the local ACS Chapters in 2023.



Finding Your Way Back To Fitness

Ah, yes, it's that time of year when the dreaded New Year's Resolutions begin to circulate. What's your New Year's Resolution? Why have one? If you plan to make a change to improve your overall well-being, that is great! Just remember, set your goals to be attainable. Setting over-ambitious goals will ultimately led to fitness burnout and hitting that brick wall by mid-January.



As busy surgeons, juggling multiple commitments of your time and energy, it is sometimes not easy to stay on track with your exercise routines and healthy habits. To get back on track, the folks at Kaiser Permanente share the following tips in their recent [Thrive at Work](#) publication:

Choose the Plan You Will Stick to: At the end of the day, your fitness goal needs to be **realistic** to be sustainable. For many, this requires a lot of trial and error. State with small goals then work towards a longer-term daily exercise habit. Whatever your fitness plan, it needs to be the one that you feel you can commit to. Just believing you can do it is half the battle and the first important step.

Incorporate Resistance Training: Building strength does not have to mean lifting weights or hitting the gym. There are plenty of resistance exercises that use the weight of your own body or portable

fitness bands. Muscle mass naturally declines as we age, so resistance training and building muscle helps counteract those effects by increasing your metabolism, preventing injuries, and improving your overall energy and mood. In addition to cardio, be sure to build strength as well.

Keep it Convenient: Research shows to make behavior changes stick, it needs to be a plan that is as easy as possible. When it comes to fitness, that may mean setting out workout gear before going to sleep, or stashing athletic shoes or whatever else you need to get moving in your vehicle. Some may find multi-tasking the way to go—remember treadmill, stand-up desks? Keep your fitness gear where it is in easy reach and convenient. This small trick will help reduce the excuse to stay put because it takes too long to gather everything together.

You can visit kp.org/fitness for additional tips and tricks to help start or re-energize your fitness routine.



Chapter Office Closure

The Keystone and Metropolitan Philadelphia Chapter offices will be closed for the holiday beginning on Friday, December 30, 2022 through Monday, January 2, 2023.

Emails and voicemails will be returned when the office re-opens on Tuesday, January 3, 2023.

Wishing all our members a safe, happy, and healthy New Year celebration.



WHY JOIN AN ASSOCIATION?

Associations are stronger than ever. By joining, you get members-only perks, exclusive advertising and networking opportunities, and a whole lot of exposure for yourself and your institution. Get on board and see the difference!

NETWORKING

It's not just who you know, it's who others know. Networking is powerful.



VISIBILITY

Stand out and get noticed in your community.



HAVE A VOICE

Gain a say in what happens in government through the association advocacy efforts.



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Increase your purchasing power through members-only discounts and perks.*

*Available with your ACS Membership



CREDIBILITY

Raise your reputation through membership.

LEARNING

Get a competitive edge over non-members with exclusive training opportunities on a variety of hot topics.



JOIN US!

Keystone & Metropolitan Philadelphia Chapters
American College of Surgeons

Contact us to learn more about the benefits of membership today!