



Pennsylvania Surgical News

News & Updates for the Keystone and Metropolitan Philadelphia Chapters American College of Surgeons

April 2021

Time continues to move forward, and the COVID pandemic continues to place restrictions on gatherings and other activities. Hopefully as vaccine distribution continues to increase, and more people elect to get vaccinated, we can return to whatever “normal” will be. I am sure you, like me, are looking for the day when we can again host in-person educational and networking events. Zoom calls are great, but that in-person sharing is much more relevant to our well-being and mental health.

This issue of the *Pennsylvania Surgical News* brings a fresh meandering view from Dr. Shannon Marie Foster, President of the Keystone Chapter. This month she talks about “Consent,” a practice all surgeons are required to gain from their patients prior to taking care of them. Check out her column on page 2.

Lots of legislative action happening as we move into the second quarter of the year. The ACS and PA Chapters continue to monitor both state and federal legislation and keep you abreast of policies and procedures directly impacting you, your practice, and your patients. Visit the [ACS State Legislative](#) page for information on current bills being monitored.

The ACS Leadership & Advocacy Summit kicks off virtually in May. Additional details can be found on page 4.

The Keystone Chapter announces the winners of the Case Review Competition (see page 3). Winners will present their reports in an on-demand, virtual format. The program will be available mid-May and we have submitted a CME application with ACS for participants who view and submit for credit hours. The platform will be available for six (6) months on the Keystone website (www.kc-ac.org). The Keystone Council hopes all members take an opportunity to view these novel and unique submissions.

Metro Philly Chapter’s Educational Planning Committee has started the planning for its first in-person educational meeting coming September 13, 2021. The event will take place at the Marriott Philadelphia Old City (formerly Sheraton Society Hill). The conference will begin with an abstract competition and exhibitor hall, followed by dinner and a keynote lecture. Watch for additional details as they become available.

ACS Committee on Applicant Fellowship Interviews have begun in both the Keystone and Metro Philly Chapters. A total of 61 Associate Fellows will be interviewed for Fellowship in the College. We wish all applicants good luck. New Fellows will be inducted during ACS’ Convocation taking place at Clinical Congress in October 2021.

More ACS happenings can be found starting on page 4.

Meanderings from A Wandering Surgeon

Shannon Marie Foster, MD, FACS
Keystone Chapter President



Consent.

A singular word with very heavy and complicated meaning. When is the last time someone asked you for consent? To give permission for things to happen, either known or unknown is not easy. (I consented to get my bathroom repaired and ended up with leaks in the roof. Do not remember that as part of the conversation. But the contractor did have all sorts of mishaps listed including an act of God clause on the form and I signed it.) In our medical exchanges, consent is the mainstay of our patient interactions to do what we do as surgeons that our peers do not – operate. But how much do we actually explain? And how much does the patient actually understand?

The last time I personally had to sign a consent was for a colonoscopy. I know exactly what does and what can happen. And yet, I did not really know. I was mid-sentence and the propofol kicked in. And mid-nausea when it went away. Who knows what happened during that lapsed time? Not me. The amount of trust contained in those moments cannot be quantified.

I know what I take the time to and not to discuss with patients or surrogates. I am direct and summative. I have seen many varieties of conversations and of pre typed forms – some short and concise, others literally pages long – we ask people to sign in those moments of utmost vulnerability. Did you really go over ALL of those things? In detail? And you think they understood? I do not. Well, they signed, and that is binding. So now what?

But the legislative oversight of consent keeps growing. In fact, Pennsylvania in particular has passed legislation that is affecting much of the country. As of 2017 the *Shinal vs Toms* case has set a new standard. Deeming delegation to other classes of providers, nursing, advanced practitioners, those in-training, as not sufficient, it has redefined the duty of consent as solely that of the physician. Did you know all of this? Have you participated in any of the Clinical Congress sessions? The updated education via the Pennsylvania Medical Society (PAMED)? Or the most recent article in *General Surgery News (April Vol 48 Number 4)*? But more importantly, did it change or affect your practice?

Further, there are calls to now mandate consent training in medical school and residency. Momentum to find a way to bill separately for the “work” of obtaining consent.

I guess the reason why this particular issue confuses me is simple: none of us can honestly say we take the time to explain every moment of every procedure and every possible outcome – the good or the bad. And confirm the patient or surrogate understands. It is impossible. But as there is no act of God clause in our paperwork, every outcome starts and ends with us. So now being judged on how well we do the impossible – truly obtaining legal-worthy consent – seems – impossible.

Would love to hear your thoughts and ideas on this...(email me at info@kc-acs.org).

Respectfully,



Shannon Marie Foster, MD, FACS
President, Keystone Chapter

Shannon Marie Foster, MD, FACS, President of the Keystone Chapter. She also serves at the national level as a Governor-At-Large, Vice-Chair of Communications Pillar Outreach Group, liaison to both the Women in Surgery (WiS) and Trauma (CoT) Committees.

Keystone Chapter Case Review in Surgery Competition



Congratulations!

Congratulations to Keystone Chapter's Case Review Competition Winners. Judges reviewed and scored all submissions, and scores were extremely competitive. Ten case reports were chosen to present their case report in an upcoming virtual, on-demand platform.

The top three case reports were submitted by:

Megan Burger, MD (Geisinger – Wyoming Valley)

Zi Huang, MD (WellSpan – York)

Kristina Nokolova, MD (WellSpan – York)

Presentations of the case reports will be available for members to view in a 90-minute on-demand format on the Keystone website in mid-May. KCACS has applied to ACS for CME credit for the on-demand session and the application is currently under review.

Other case reports will be presented by:

Sandor Toledo, MD (Lehigh Valley Health Network)

Joseph Morales, MD (Crozer Medical Center)

Angel Lopez, MD (Lehigh Valley Health Network)

Zaheer Faizi, MD (Crozer Medical Center)

Sigrid Williamson, MD (TowerHealth – Reading)

Elise Heidorn, MD (TowerHealth – Reading)

Jeffrey Wong, MD (Geisinger – Danville)

We hope all members will take a moment to support our Residents and Fellows-in-Training by viewing their presentations. The presentations will be available for a period of three months.

Members in the News

Congratulations to MPACS member, Dr. Amy J. Goldberg who was appointed interim dean of the Lewis Katz School of Medicine. Temple University made the announcement on April 26th. Read more about Dr. Goldberg's appointment [HERE](#).

Congratulations to MPACS member, Dr. Jeffrey Farma who was recently appointed the CoC State Chair for Southeastern Pennsylvania by the ACS. Dr. Farma's term expires July 1, 2024.

April Wellness Tip

Imagine a life where all food tastes the same and everything was gray? No distinction between sweet and sour, red vs. blue, and no feelings of joyous moments or deep sadness. How boring would that be? Wellness and well-being flourishes when we find ways to open ourselves to the practice of mindfulness – living purposefully and opening your heart and soul to life's experiences. You can start small with a few simple exercises that take 60 seconds:

- Step Outside
- Close Your Eyes
- Take 5 **DEEP** Breaths
- Focus on the smell of the air, the sun on your face, sounds that surround you, voices, or the silence of the moment.

For 60 seconds, be completely present in the moment. Make this a daily practice, whether at the start of your day, mid-day, or evening. By practicing mindfulness, you will become keenly aware and appreciate life's smallest gifts and an inner peace.

Mindfulness begins with the simple decision to live your life with purpose, gratitude, and intention.

Try it today. You will begin a journey to find peace and well-being even in the stressful life of a surgeon. Be Well and Namaste!



American College of Surgeons News & Updates



The ACS 2021 Leadership & Advocacy Summit will be held virtually, May 15-17th. The dual meeting offers comprehensive and specialized sessions to provide ACS members, leaders, and advocates with topics focused on effective surgeon leadership, as well as updates on advocacy and a virtual Congressional visit to your legislator's office. Registration is now open.

The Leadership Summit, held on Saturday, May 15th, offers compelling speakers addressing key topics in surgical leadership. Featured topics this year include:

- Implementing impactful ideas in care delivery
- Empowering early-career surgeons to reach their full potential
- Improving patient outcomes and fostering innovation through team diversity
- Helping your team manage moral injury through COVID-19 and beyond
- Stumbling into authentic leadership
- Cultivating high-performing teams
- ACS Chapter Success Stories

The Leadership Summit is open to all ACS members and non-members.

The Advocacy Summit kicks off Sunday, May 16th and will highlight legislative priorities the College is pursuing on your behalf. The session will assist members to develop their advocacy skills learn about legislative and health

policy priorities and participate in a virtual advocacy meeting with members of Congress and their staffs.

The program on May 16th is open to all ACS members and non-members. Only active ACS members and Chapter Administrators are eligible to attend the virtual congressional visits on Monday, May 17th.

For additional information, visit the [ACS website](#).

[REGISTER TODAY](#)

Legislative Bill Activity in PA

ACS and your local Chapters continue to monitor legislative activity both on the Federal and State level. Currently we are monitoring [24 bills](#) in Pennsylvania.

[\[CLICK HERE\]](#) to view the complete list of all Federal and State legislation being monitored across the country by ACS.

State legislative priorities include out-of-network payment; prior authorization; MOC; scope of practice and more. For a complete list of state legislative priorities, visit the [State Legislative Priorities](#) page.

Even though in-person visits are restricted, an introductory phone call or email to your legislator (especially newly appointed) opens the door for a discussion on healthcare issues. Most legislators admit they have limited experience with healthcare issues. Having an expert to connect with when they have questions is critical to making sure you, your practice, and your patients are well represented.

Not sure who your representative is? Click [Here](#) and use the "Find Your Legislator" search.

Register for the 2021 ACS Quality and Safety Conference

Health care professionals dedicated to raising the bar on the quality of surgical care and patient safety are invited to attend the ACS 2021 Quality and Safety Conference VIRTUAL, July 12–16. The conference is being offered free of charge this year to encourage worldwide participation.

[Registration for the conference is now open; sign up today!](#)

The conference will offer a combination of on-demand content and live sessions. On-demand sessions will be released at the start of the conference to allow attendees to peruse topics of interest and view presentations at their own pace. Other portion of the agenda will lend itself to live presentations, panel discussions, and interactive question-and-answer sessions allowing attendees to engage with speakers and moderators in real time.

The conference will include world-class experts on content centered around the following ACS Quality Programs:

- Cancer
- Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program
- ACS National Surgical Quality Improvement Program
- Children’s Surgery Verification Program
- Geriatric Surgery Verification Program
- ACS Quality Verification Program

The Basics of Quality Improvement, an invaluable series of QI sessions, returns. The sequence will guide participants through an overview, introduce them to key, basic principles, and explain how to perform a QI project from start to finish.

Additional topics and themes covered this year includes:

- Disparities, equity, and Inclusion

- Global health
- Value improvement
- Strong for Surgery
- Emergency general surgery

The 2021 Keynote Speaker, chef Eduardo Garcia, will share his recovery journey after he was shocked with more than 2,400 volts of electricity in an accident. Mr. Garcia will explain how he remained steadfast in his road to recovery and rehabilitation after losing an arm in the near-death accident.

Virtual networking and engagement opportunities, ACS Quality Program “virtual booths,” and a Virtual Poster Gallery, among other features are also offered.

Visit the [Quality and Safety Conference web page](#) for more information and to register.



**The (Virtual) Room
Where it Happens
May 16, 2021
6:30 PM – 7:30 PM (CT)**

[REGISTER](#)

Join the YFA in a Virtual Hangout during the Leadership and Advocacy Meeting for the opportunity to share ideas on the importance of young surgeons getting involved in state and federal advocacy. Join us in discussing how to get involved and the importance of getting involved.

Topics to be discussed include:

- Advocacy in the setting of virtual visits
- Importance of surgeon advocates
- Importance of participation in the Surgeons PAC

Panelists Include: Dr. Amy Liepert, MD, FACS and Dr. Paula Ferrada, MD, FACS and will be moderated by: Dr. Jason Wilson, MD, MBA, FACS

The program is sponsored by the Advocacy & Issues Workgroup of the Young Fellows Association of the American College of Surgeons.

Why Join Your Local ACS Chapter?

Your local chapters are stronger than ever. The COVID pandemic created opportunities to expand how your local chapters provide educational content, networking, and resources. It also opened new collaboration efforts with other ACS chapters and surgical societies throughout Pennsylvania. If you are not a current member, or your membership is in lapse status, make a commitment today to join or renew.

NETWORKING



VISIBILITY



REPUTATION



LEARNING

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

**Gain a say in what happens in healthcare through government advocacy efforts.
Have a voice!**

Stand out and get noticed in your community!

Raise your reputation through professional membership!

**Get a competitive edge over non-members with low cost and free training
and educational opportunities.**

JOIN OR RENEW YOUR MEMBERSHIP TODAY!