

PACEP NEWS

SUMMER 2024



Jennifer L. Savino, DO, FACEP
PACEP President 2024-2025

EXECUTIVE PRIVILEGE

An Update From Your President

By Jennifer L. Savino, DO, FACEP

I am honored to represent you as the 51st President of the Pennsylvania College of Emergency Physicians. For those of you who do not know me, I am a community emergency physician currently practicing at Conemaugh Miners Medical Center in northern Cambria County. I am two months in to my presidency term and we are working hard on behalf of the emergency physicians and patients across the state!

We have been very busy on the advocacy front alongside our lobbyists Bigley and Blikle, LLC. On June 4th we attended the House of Medicine Reception in Harrisburg. In conjunction with the PA Orthopedic Society, we met with Representative Arvind Venkat, MD (D, Allegheny). Speaker of the House Joanna McClinton also dropped in. While in the Capitol, we presented Rep. Venkat the PACEP Legislator of the Year Award as he was unable to attend our awards reception at Kalahari in May. We also met with Senator David G. Argall (R, Schuylkill) who is the prime sponsor of the Certificate of Merit legislation and Representative Dan Frankel (D, Allegheny) who is the House Health Committee Chair and the prime sponsor for non-compete legislation. On Monday, June 10th PACEP along with the Pennsylvania Orthopedic Society and the Pennsylvania Coalition for Civil Justice Reform held a Medical Liability Reform Press Conference at the Capitol. PACEP Board Member, Dr. Annahieta Kalantari spoke on behalf of PACEP and shared comments on how to mitigate the looming medical liability crisis caused by the reintroduction of trial lawyer “venue shopping.”

ACEP Council 2024 preparation is in full swing over the summer. Before I got involved with PACEP I didn't even know what council was or that it even existed. For those of you who were like me and may not know, the ACEP Council consists of members representing ACEP's 53 chartered chapters (50 states, Puerto Rico, the District of Columbia and Government Services), its sections of membership, the Association of Academic Chairs in Emergency Medicine (AACEM), the Council of Emergency Medicine Residency Directors (CORD), the Emergency Medicine Residents' Association (EMRA) and the Society for Academic Emergency Medicine (SAEM). The Council is a deliberative body that meets once a year for two days



The PACEP Council delegation has prepared and submitted 6 resolutions and 2 memorial resolutions. We also worked with another chapter to co-sponsor a resolution. That gives us a grand total of 9 resolutions for 2024!

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in conjunction with the College’s annual Scientific Assembly. The Council votes on resolutions, including changes to the Bylaws, College Manual, and the Council Standing Rules.

The PACEP Council delegation has prepared and submitted 6 resolutions and 2 memorial resolutions. We also worked with another chapter to co-sponsor a resolution. That gives us a grand total of 9 resolutions for 2024! The Council also elects the ACEP President-Elect and four members to the ACEP Board of Directors each year and the Council Speaker and Vice Speaker every two years. In order to get to know the candidates, our PACEP Council delegation conducts a zoom interview meeting with all the candidates.

Although it is too late for this year, consider joining us at a future council meeting. Trust me this will energize you. This is where you truly make a difference in emergency medicine. We can take as many alternate councillors as we want and you still get the full experience because we will sub you in and out for voting purposes. Next year ACEP Council is in Salt Lake City the first weekend in September.

On July 1st, we welcomed new interns to emergency medicine across the state. This is always an exciting time with new learners excited to start their training. For me personally, this always serves as a time for reflection – from a college student studying at all hours of the day and night to get into medical, to a medical student wishing to match in Emergency Medicine, to finally an attending with years of experience under my belt. There are times when I can’t believe I actually made it and didn’t get “weeded out.” I think back to college professors who, even though I didn’t realize it at the time, made me a better physician, to nurses who helped teach me along the way, and I still hear the voices of my attendings from Geisinger in my head – “just do the right thing kid.” I am proud to be an emergency physician and even though there are times I get frustrated; I wouldn’t want to do anything else!

In closing, I look forward to serve you as your president and I am proud to represent the community physician as a leader in PACEP.

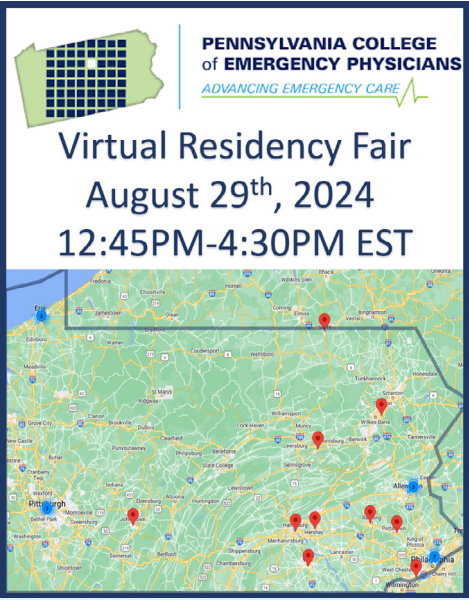
Thank you for everything you do to take care of patients across the state of Pennsylvania! ■

2024 PACEP Virtual Residency Fair

Medical Students! Check out our Pennsylvania EM Residency Programs at the 2024 PACEP Residency Fair!

[REGISTER HERE](#)

#EMBound @ACOEPSO @emresidents @SAEM_RAMS @AAEMRSA
#MedStudentTwitter @Inside_TheMatch @NHMA_IMG @IMGPrep @foundationofimg



2024–2025 PACEP Board of Directors

Executive Committee

President	Jennifer L. Savino, DO, FACEP
President-Elect	Elizabeth Barrall Werley, MD, FACEP
Vice President	Blake Bailey, DO, MBA, FACEP
Treasurer	Theresa A. Walls, MD, MPH
Secretary	Holly Stankewicz, DO, FACEP
Immediate	Richard J. Hamilton, MD, MBA, FACEP
Past President	

Board Members

Christopher L. Berry, MD, FACEP
 Monisha Bindra, DO, MPH, FACEP
 Annahieta Kalantari, DO, FACEP
 Erik I. Kochert, MD, CPE, FACEP
 Eric Melnychuk, DO, FACEP
 Meaghan Reid, DO, FACEP

Resident Representatives

Lauren Altomare, DO (Lehigh Valley Health Network)
 Kyle Hughes, MD (Jefferson)
 George Koshy, DO (Geisinger)
 Zeenah Mansour, MD (Geisinger)

Executive Director

Jan Reisinger, MBA, CAE

Leadership Fellows

Christine Aspiotes, DO, MS
 Brian Kelly, DO

PACEP Committee Chairs/Co-Chairs

Education

Chair	Christopher J. Wilson, MD, FACEP
Co-Chair	Alexandra Amaducci, DO, FACEP
Board Liaison	Monisha Bindra, DO, MPH, FACEP

EMS Disaster and Terrorism Preparedness (DTP)

Co-Chair	Avram Flamm, DO, FACEP
Co-Chair	Bryan Wexler, MD, FACEP
Board Liaison	Christopher L. Berry, MD, FACEP

Government Affairs/Medical Economics

Co-Chair	Catherine Marco, MD, FACEP
Co-Chair	Angela Cai, MD, MBA
PEP-PAC Chair	Michael Boyd, MD
PEP-PAC Treasurer	T. Douglas Sallade, DO
Board Liaison	Annahieta Kalantari, DO, FACEP

Research

Co-Chair	Joseph Herres, DO, FACEP
Co-Chair	Adam Sigal, MD, FACEP
Board Liaison	Eric Melnychuk, DO, FACEP

Wellness/Young Physicians

Chair	Michelle Appel, MD
Co-Chair	Jennifer Spinozzi, MD, FACEP
Board Liaison	Meaghan Reid, DO, FACEP

▶ If you are interested in joining a committee, [visit here.](#)



**JOIN US AT SCIENTIFIC ASSEMBLY
 ACEP 2024 LAS VEGAS**

SEPT. 29 – OCT. 2, 2024

REGISTER TODAY!

WELCOME NEW PACEP MEMBERS

Ana Acevedo	Kevin William Endersby	Anna Klunk	Joseph Maxwell Piraneo
Nitasha Agarwal	Forrest Enemark	Kyle Lawrence Knapp	Alexis Porter
Humza Ahmed	Daniel Erickson	Katsiaryna V. Kniahnitskaya	Alex Pudenz
Benjamin O. Aiwonodagbon	Anthony Fabiano	Advait Kodoor Kothare	Reas Reas
Vincent Alberico	Michaela Farrell	Michael Kotil	Adam Reed
Dylan Parag Amin	Sara Fernandes	Kenya Amanda Kraft	Michael Ryan Reid
Zaid Ahmed Ansari	Matthew Fisch	Hunter Kready	Hector Santiago Reyes
Rachel Arakawa	Kathryn A. Foster	Aditya Lal Vallath	Jose Reyes
Michael J. Azat	Andrew Friedman	Bryce Lerew	Nikki Lee Rimlinger
Kathryn Bandi	Nuriya Gadiwalla	Kayla Tatiana Lewis	Benjamin Robke
Aerin Julian Bard	Armando Garriga	Nicole Melissa Liebman	Emma Mary Rogers
Christian Barret	Wray Anthony Gerard	Aimee Lombard	Sara Rohrbaugh
Raymond Bascal	Rachel Burr Gerrard	Thomas Lynch	Lily Popkin Roth
Michelle Bass	Stephen Glennon	Arthur James Lyon	Mary Loretta Ryan
Brionna Bennett	Dafina M. Good	Zuzana Magdolen	Sohale Shakoor
Brett Biebelberg	Judah Gray	Alexia Marie Markowski	Emma Silverman
Aimee Bing	Patrick Gregory	D'Shae Mckenzie	Kevin Soellner
James Bonfiglio	Miles Anthony Hew	Julian Metro	Kelsey Stanton
Benchaa Boualam	Drew William Hill	Mary Grace Milam	Andrew Stewart
Spencer Michael Bright	Emily Hodack	Alden Joseph Mileto	Meg Riley Stiles
Dakota S. Brown	Timothy Holmes	Nikos Milios	Nick J. Stiles
Matthew Austin Bunce	Sarah Catherine Holzmann	Ahmed Mohamed	Coco Jordyn Thomas
Jack Thomas Capra	Jacklyn M. Huhn	Mikaela Louise Mohardt	Erica Touch
Zoe Cole	Schuyler David Humes	Riley Moran	Roger Tran
Andrew Thomas Comer	Austin Ikechi	Michael Morris	Izuchi Ukegbu
Nora Connors	Sarah Jamil	Arash Mousavi	Elizabeth Von Haunalter
Emma G. Cortes	Brett Johnson	Aqib Muneer	Pankhuri Walia
Emily J. Coyne	Courtney Johnston	Maksym Mykhlyk	Simon Werkhoven
Nsikak Ekerette Daniel	Nandini Jojode	Ryan James Nelsen	Ryan Michael Whiteman
Timothy De Ocejó	Kevin Jones	Isabella K. Ntigbu	Thaddeus Wiktor
Philip Dela Cruz	Jordan Lee Jones	Olamide Olabamiji	Adrienne Williams
Jennifer Kate DeMuro	Kyle Raymond Kalotai	Gerald F. O'Malley	Kayla Wilson
Taylor Derouen	Harrison Kardon	Angelica Ortega	Benjamin William Woodward
Josh Dimond	Alex Kaunzinger	Sevil Ozdemir	Melanie Kimiko Yoshihara
Michelle C. DiVito	John Donald Keilty	Derien Mikel Pacetti	Justin Yu
Willie Dong	Kelsey Rose Kennedy	Ambra Palushi	Laila Zomorodian
Matthew James Duggan	Justin Kenney	Vinay Maheshbhai Patel	
Jessica Eisold	Tauqir Khattak	Luke Anthony Persin	
Ashraf M.F.A. Elsisí	Steven Kim	Chandat Phan	

Lobbyist Update

By Bigley and Blikle, LLC



Jonathan Bigley
Partner, Bigley & Blikle



THE STATE BUDGET NEGOTIATIONS CONTINUE BEYOND JUNE 30 DEADLINE

With the June 30 state budget deadline in the rearview mirror, House, Senate, and Shapiro Administration negotiations continued their discussions beyond the July 4th holiday weekend. Both chambers returned to voting session during the week of July 8 with the final resolution achieved on July 11. The \$47.6 billion spending plan at 11 PM that night.

NON-COMPETE AGREEMENT LEGISLATION MOVING

HB 1633 PN 3487, legislation to ban non-compete agreement for medical professionals, passed the legislature and was presented to Governor Josh Shapiro on July 12. The bill was sponsored by House Health Committee Chair Dan Frankel (D, Allegheny). The final version, which is effective on January 1, 2025, would:

- 1) Define health care practitioners as a medical doctor, an osteopathic doctor, a certified registered nurse anesthetist, a certified registered nurse practitioner, and a physician's assistance.
- 2) Modifies the definition of non-compete covenant to state that the agreement would have the effect of impeding the health care practitioner's ability to continue to treat patients or accept new patients.
- 3) Allow an employer to enforce a non-compete agreement for one year.
- 4) Retain the employer cost recovery and patient notification provisions.

To view HB 1633 PN 3486, please use the link below: [HB 1633 PN 3504.cfm \(state.pa.us\)](https://legis.state.pa.us/hb/1633/PN/3486)



House Health Committee Chair Dan Frankel (D, Allegheny)

TELEMEDICINE LEGISLATION SIGNED INTO LAW

Governor Josh Shapiro signed SB 739 PN 1670 on July 3. Act 42 of 2024 takes effect in 90 days. PACEP's lobbying team was able to ensure that Remote Patient Monitoring and other important elements were retained in the legislation. SB 739 was sponsored by Senator Elder Vogel (R, Beaver, Butler, Lawrence).

Although Act 42 is not in print as of this writing, please see the link below for SB 739 PN 1670: [SB 739 PN 1670.cfm \(state.pa.us\)](https://legis.state.pa.us/hb/1633/PN/1670)



Senator Elder Vogel (R, Beaver, Butler, Lawrence)

CRNP INDEPENDENT PRACTICE ADVANCES IN THE SENATE

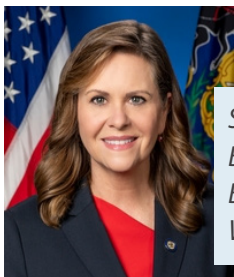
SB 25 PN 1797, legislation to provide CRNPs independent practice, was amended by the Senate Consumer ProSB 25 PN 1797, legislation to

provide CRNPs independent practice, was amended by the Senate Consumer Protection and Professional Licensure Committee on July 1. Sponsored by Senate Camera Bartolotta (R, Beaver, Greene, Washington).

The amended bill establishes the Rural Certified Registered Nurse Practitioners Health Care Access Program to allow an eligible rural CRNP to practice as an independent primary healthcare practitioner without a written or collaborative agreement with a physician in a rural area. A rural area is defined as a county with a population density of fewer than 291 people per square mile based on the 2020 census or a county as specifically designated.

SB 25 was slated for further Senate action several times during the July session but was pulled from consideration primarily due to the House of Medicine's grassroots efforts in which PACEP members participated. We thank you for your support of PACEP's advocacy campaign.

To view SB 25, please use the link below: [Senate Bill 0025 PN 1797 \(state.pa.us\)](#)



Senator Camera Bartolotta (R, Beaver, Greene, Washington)

CERTIFICATE OF MERIT MEDICAL LIABILITY REFORM INTRODUCED

Senator David Argall (R, Carbon, Luzerne, and Schuylkill Counties) introduced SB 1182 PN 1602 on May

17. The bill is in response to the state Supreme Court's action to usher trial lawyer venue shopping back into Pennsylvania's medical liability system. SB 1182 was referred to the Senate Judiciary Committee.

To initiate a medical liability lawsuit, the plaintiff's attorney needs only affirm that a physician certified that the claim has merit. No medical report or statement is required nor is the Certificate of Merit evidence that the defendant physician may challenge. SB 1182 will remedy this defect and reduce frivolous filings.

Specifically, the legislation would:

- 1) Define and establish the credentials of a licensed professional who reviews a claim of medical liability.
- 2) Establish a process in which the statement of the licensed professional who has reviewed the claim will be shared with the defendant medical professional and will require that the statement is shared at the time of filing the certificate of merit.
- 3) Require, as part of the statement, that the licensed professional be identified, and their curriculum vitae be included as part of the Certificate of Merit filing.

To view SB 1182, please use the link below: [SB 1182 PN 1602.cfm \(state.pa.us\)](#)



Senator David Argall (R, Carbon, Luzerne, and Schuylkill Counties)

E-CONSULTATION BILL INTRODUCED

HB 2385 PN 3247, legislation to require healthcare insurance reimbursement for interprofessional consultations, was introduced by Representative Lindsay Powell (D, Allegheny) on June 5. A PACEP initiative, the bill currently remains in the House Insurance Committee.

To view HB 2385, please use the link below: [House Bill 2385 PN 3247 \(state.pa.us\)](#)



Representative Lindsay Powell (D, Allegheny)

Please note that PN following a bill number means Printer's Number. The Printer's Number indicates the most recent language of a bill. When bills are amended, a new Printer's Number is assigned, and previous versions of bills retain their assigned Printer's Numbers.

2024 SESSION DAYS

Senate

September 16, 17, 18, 30

October 1, 2, 7, 8, 9, 21, 22, 23

November 13, 14

House

September 16, 17, 18, 30

October 1, 2, 21, 22, 23

November 12, 13

Currently, the B & B Team is tracking more than 230 bills and co-sponsorship memos for PACEP. To view the priority list of bills tracked, please use the link below: <https://plsgovtrac.com/report/IRL1> ■



Penn State Health Emergency Medicine

About Us:

Penn State Health is a multi-hospital health system serving patients and communities across central Pennsylvania. We are the only medical facility in Pennsylvania to be accredited as a Level I pediatric trauma center and Level I adult trauma center. The system includes Penn State Health Milton S. Hershey Medical Center, Penn State Health Children's Hospital, and Penn State Cancer Institute based in Hershey, Pa.; Penn State Health Hampden Medical Center in Enola, Pa.; Penn State Health Holy Spirit Medical Center in Camp Hill, Pa.; Penn State Health St. Joseph Medical Center in Reading, Pa.; Penn State Health Lancaster Pediatric Center in Lancaster, Pa.; Penn State Health Lancaster Medical Center (opening fall 2022); and more than 3,000 physicians and direct care providers at more than 126 outpatient practices in 94 locations. Additionally, the system jointly operates various health care providers, including Penn State Health Rehabilitation Hospital, Hershey Outpatient Surgery Center, Hershey Endoscopy Center, Horizon Home Healthcare and the Pennsylvania Psychiatric Institute.



We foster a collaborative environment rich with diversity, share a passion for patient care, and have a space for those who share our spark of innovative research interests. Our health system is expanding and we have opportunities in both academic hospital as well community hospital settings.

Benefit highlights include:

- Competitive salary with sign-on bonus
- Comprehensive benefits and retirement package
- Relocation assistance & CME allowance
- Attractive neighborhoods in scenic Central Pennsylvania



PennState Health

FOR MORE INFORMATION PLEASE CONTACT:

Heather Peffley, PHR CPRP - Penn State Health Lead Physician Recruiter
hpeffley@pennstatehealth.psu.edu

Penn State Health is fundamentally committed to the diversity of our faculty and staff. We believe diversity is unapologetically expressing itself through every person's perspectives and lived experiences. We are an equal opportunity and affirmative action employer. All qualified applicants will receive consideration for employment without regard to age, color, disability, gender identity or expression, marital status, national or ethnic origin, political affiliation, race, religion, sex (including pregnancy), sexual orientation, veteran status, and family medical or genetic information.

June PACEP Medical Student Council ENGAGE Speaker Series

By *Monisha Bindra, DO, MPH, FACEP*



Monisha Bindra, DO, MPH, FACEP
PACEP MSC Board Liaison

I previously found myself wondering what the Medical Student Council (MSC) was and what they did as a group. As the MSC board liaison, I have the privilege of getting to know many members and learn about what is relevant to the young aspiring emergency medicine physician. What I have discovered along this recent journey is that they are an organized, impassioned group of medical students who are not only interested

in emergency medicine (EM), but also in helping their peers become exposed to EM earlier in their medical student curriculum.

I have been impressed by their commitment and organized efforts to increase their online presence and expand our #Traininpa campaign by incorporating residency take overs within their Instagram storyline. They have clearly defined the roles for each medical school liaison to coordinate a unique monthly online lecture event led by an emergency medicine physician from their home institution. Similarly, they have incorporated journal club article discussions at their bimonthly meetings.

Together, we have created a PACEP leadership quarterly speaking series called ENGAGE. The goal is to expose and involve medical students in meaningful encounters with leaders within PACEP and our residency programs throughout the state. We had our first panel discussion on May 22nd with faculty members from four

residency programs who discussed 'How to shine on Rotation'. Thank you to Holly Stankewicz DO, FACEP (St. Lukes Bethlehem), Julie Tondt MD (Penn State Hershey), and Christopher Wilson MD, FACEP (Geisinger) for joining me in the first discussion in this series.

I have always loved the specialty of emergency medicine and am excited about the future of this profession. The executive board of the Medical Student Council, currently led by Eric Malani MS4, are motivated and innovative young leaders in medicine and may be the future leaders of emergency medicine. We invite you to engage with our medical student learners as they embark on their journey. If you have an interest in being a speaker for the quarterly Engage series or the monthly Medical Student Council speaker series, we invite you to click on the link below. ■

#TraininPA

PACEP Speaker Interest Form
(jotform.com)

Future PACEP Scientific Assemblies at Kalahari Resorts & Conventions, Pocono Manor, PA

2025: April 24–26

2026: April 29–May 3

2027: May 6–8

**SAVE
THE
DATES**

ACEP LAC24 Highlights

Pennsylvania was well represented at the ACEP Leadership & Advocacy Conference (LAC) held April 14–16, 2024.

Issues discussed with congressional staff included:

- Protecting Emergency Physicians and Healthcare Workers From Violence
- Guaranteeing Emergency Physician Due Process Rights
- Emergency Department Boarding: A Public Health Crisis
- Protecting Medicare's Promise for Physicians and Patient

Next year's event will be held April 27–29, 2025, so mark your calendars now!



A Case of Non-Accidental Trauma

THIS SPRING AT SA, THE PACEP PEM TEAM PRESENTED A CASE OF NON-ACCIDENTAL TRAUMA.

Pictured are (from L-R) PACEP PEM physicians Nancy Clemens, Jason Crellin, Teresa Romano, Susan Yaeger, and Theresa Walls.

For helpful resources to recognize, respond to, and report child abuse, click the QR code to the right.



Peer Mentorship in Residency

By Hope Allen, DO and Dakota Clouser, DO



Hope Allen, DO
Former Chief Resident, Geisinger

Wellness Committees have become an important part of Graduate Medical Education across the country. At Geisinger Medical Center our Emergency Medicine Wellness Committee's goal was to evaluate and support the needs of our residents regarding their professional, physical, emotional, and environmental wellness. Over the past year, the committee decided that a peer mentorship program would be critical to help achieve its goal. The "Big-Little" Program was created to support incoming interns as they transition from medical school to residency and help build camaraderie within the residency program.

Peer mentoring has been shown to increase socialization and decrease symptoms of burnout. It provides a safe place for team members to vent their frustrations and work through solutions to problems they may encounter in the workplace. Faculty mentoring can increase career success in the form of research, professional development, and counseling. However, it can be intimidating for an intern to approach faculty about resident-specific issues that they are facing for the first time. Peer mentorship can help bridge this gap, so interns are able to express concerns to a designated group of peers who provide support and guidance if conflicts arise. It also develops leadership skills of upper-level residents as mentors.

"My goal with the "Big-Little" program was to help interns and second years' transitions a little bit easier." says Hope Allen, former chief resident, and co-developer of the "Big- Little" program.



Dakota Clouser, DO
PGY-3, Geisinger

"For the interns, moving to a new place, meeting all new people, and essentially starting over can be daunting. Having someone to talk about where to live, what restaurants or grocery stores are around, how to prepare for day one at the hospital, etc. would hopefully make the transition into residency easier. For the second years, having a PGY-3 to talk to about jobs and fellowships, new upper-level responsibilities, patient volumes, etc. from someone who just went through the process and can give them accurate and insider knowledge could help ease the transition from intern to upper".

We matched 2nd and 3rd-year residents with a new intern and provided a loose outline of check-in requirements throughout the year. Upper-level residents were also provided with discussion points and goals that should be accomplished at these check-ins. Uppers reached out to their interns right after the Match and formal check-ins began during June orientation and continued throughout the year. Topics covered at check-ins included: off-service rotation feedback, difficult clinical cases/outcomes, issues with home and family, future goals, and aspirations, and job frustrations. When talking about the mentorship program, interns "liked the support system from various residents at different levels of training allowing them to gain insight into the residency as a whole".

Peer mentoring has been well received in our residency and is an easy to incorporate strategy to help interns feel connected to a program immediately after match day and build camaraderie within a program. ■



Awards Reception

PACEP 24

SCIENTIFIC ASSEMBLY

May 2-4, 2024

Kalahari Resorts & Conventions, Pocono Manor



Welcome Reception



Annual Meeting



Women's Breakfast



PACEP Olympics



Education



Derby Days



CONGRATULATIONS ARE IN ORDER...

We know that our PACEP members are doing great things, but we don't always know about promotions, accomplishments, etc. If you know of someone that deserves a shout-out, please email Jan Reisinger at exec@pacep.net.



2024-2025 Executive Committee

L to R: Elizabeth Barrall Werley, MD, FACEP – President-Elect; Jennifer Savino, DO, FACEP – President; Blake Bailey, DO, FACEP – Vice President; Richard Hamilton, MD, MBA, FACEP – Immediate Past President; Holly Stankewicz, DO, FACEP – Secretary; Theresa Walls, MD, MPH – Treasurer



2024-2025 Resident Board Members

L to R: Zeenah Mansour, MD (Geisinger); George Koshy, DO (Geisinger); Kyle Hughes, MD (Jefferson); Lauren Altomare, DO (Lehigh Valley Health Network)



2024-2025 PACEP Board of Directors

Congratulations to all our Scientific Assembly winners!

Best of Best



1st Place:

Pulmonary Embolism Severity Index vs Point-of-Care Ultrasound in Predicting Adverse Outcomes*
De'Angelo J, Wellspan York Hospital



Runner-up:

Intracranial Hemorrhage Risk by Age and Anticoagulant or Antiplatelet Type among Older Adults Transported by Emergency Medical Services after Ground-level Falls
Gregorio DJ, Geisinger Commonwealth School of Medicine

Spivey



1st Place:

A Comparison of Teaching Modalities: The Effectiveness of Gamification Versus Lecture-Based Didactics*
Riviello C, Jefferson Einstein Hospital



Runner-up:

Trends in Alcohol Withdrawal Management: A Single-Site Analysis of the Toxicology Investigators Consortium (ToxIC) Core Registry 2017-2022*
Galeano K, Lehigh Valley Health Network, USF Morsani Coll. of Med.

CPC



Best case presenter: Jenna Lynch, MD, UPMC

Best faculty discussant: Matt Dougherty, MD, UPMC



Runner up case presenter: Timothy Schisselbauer, MD, St. Luke's University Health Network

Runner up faculty discussant: Anthony Sielicki, MD, Jefferson Einstein

Case Competition



1st Place: "My Legs are Numb"

Angelina Omodt-Lopez, MD, Jefferson Einstein



2nd Place: "Septic Arthritis"

Erica Dunn, DO, St. Luke's University Health Network

Image Gallery



1st Place: Kissing Choroidal Sign

Joel Stibbe, MD, Lehigh Valley Health Network



2nd Place: Gone Fishing

Robert Nordell, MD, Tower Health, Reading



3rd Place: Bloody Tears

Gavin Barr, MD, Lehigh Valley Health Network

Are you ready to become a Fellow?



You'll need:

- Three continuous years of ACEP membership
- Board Certification in EM via the ABEM or AOBEM or Pediatric EM by ABP
- Three years of active involvement in EM (exclusive of residency training)
- Proven, active involvement in three or more areas of leadership

To learn more visit:

<https://www.acep.org/membership/membership/join-acep/fellow-status/>

If you are not a Fellow...

I would personally like to invite you to apply for fellow status in the American College of Emergency Physicians. If you've graduated from residency three years ago or more and you've been active in Emergency Medicine – it's time to consider being recognized as FACEP. Active involvement in the specialty at your hospital, involvement in three areas of leadership (such as membership on hospital committees, teaching, research, administrative, EMS, or PACEP), and board-certification is all you need to become a fellow of the College. Why bother you say? FACEP

shows your colleagues in Emergency Medicine, and more importantly, in other specialties that you interact with, that Emergency Medicine is more than just a job for you - it shows that you're a highly trained specialist with a skill set second to none. Apply by August 15 and you will be able to use the FACEP designation following your induction at the Convocation during ACEP's Scientific Assembly (SA) the last weekend of September. All newly elected FACEPs will also receive an official Fellow certificate after ACEP's Scientific Assembly.

[APPLY NOW](#) and take full advantage of your ACEP membership and receive the recognition you deserve!

A handwritten signature in black ink, appearing to read "RJ Hamilton".

*Richard J. Hamilton, MD, MBA, FACEP
PACEP Immediate Past President,
Pennsylvania College of Emergency
Physicians*

Did You Know PACEP Has a Job Bank?



To learn more about [open positions](#) or to learn more about advertising a position, visit the [PACEP Website](#).

CURRENT POSTINGS INCLUDE:

- [Emergency Medicine Physician – Mount Carmel Hospital System – Greater Columbus Area](#)
- [Director or Research, Department of Emergency Medicine – Geisinger, Danville](#)
- [Emergency Medicine Physician – Geisinger, Danville](#)
- [Emergency Medicine Physician – Geisinger St. Luke's Hospital, Orwigsburg, PA](#)
- [Emergency Medicine Physician – US Acute Care Solutions various locations](#)

Beyond the Emergency Room: Embracing the Compassionate Calling of Emergency Medicine

By Porsche Lee, OMS-III, Lake Erie College of Osteopathic Medicine



Porsche Lee, OMS-III, LECOM
PACEP Medical Student Council
Outreach Chair

In the face of unprecedented global challenges, emergency medicine has shone brightly as a beacon of resilience and compassion. Recent trends reveal a heartening surge in applications from medical graduates eager to embark on careers in emergency medicine. Throughout the COVID-19 pandemic, emergency physicians have stood at the forefront, tirelessly responding to crises and demonstrating unwavering dedication to patient care. Their role as first responders has not only highlighted the urgency of their work but also

underscored the profound impact they have on individuals and communities in their most vulnerable moments.

What draws so many aspiring doctors to emergency medicine? It's more than just the adrenaline of the ER. It's the opportunity to make an immediate and tangible difference in people's lives, often during their most critical hours. The specialty demands quick thinking, sharp clinical skills, and an ability to collaborate seamlessly under pressure—qualities that not only challenge but also fulfill those who choose this path. Beyond the clinical challenges, emergency medicine offers a unique blend of humanity and expertise. It's about more than treating symptoms; it's about understanding the stories behind each patient and providing comfort amid chaos. This holistic approach resonates deeply with medical professionals who seek careers grounded in empathy and compassion.

The recent upswing in residency applications reflects a growing recognition of emergency medicine's pivotal role in healthcare. It's a profession that invites diversity,

welcomes innovation, and thrives on teamwork—a community where every contribution matters. As the field continues to evolve with advancements in technology and patient care, those entering emergency medicine today are poised not only to meet but to exceed the demands of tomorrow's healthcare challenges.

"I love emergency medicine because it offers hundreds of different opportunities to serve people and educate them," explains one aspiring doctor. "I hope to show patients that emergency medicine doctors are more than just doctors, but compassionate healthcare professionals who live to serve those who are sick immediately."

In essence, choosing emergency medicine isn't just about choosing a specialty; it's about embracing a calling—a calling to serve, to heal, and to uphold the dignity of every patient who walks through the ER doors. It's a profession that embodies the very essence of medicine: hope, resilience, and unwavering commitment to humanity. ■

PACEP HAS A STORE!

Get the latest in PACEP gear – Jackets and Vests embroidered with the PACEP Logo. Personalization is also available.

▶ Visit doc-mom.com/collections/pacep-apparel



ACEP Updates

By **Chadd K. Kraus, DO, DrPH, FACEP**



Chadd K. Kraus, DO, DrPH, FACEP
ACEP Board of Directors
PACEP Past President

PACEP Colleagues,

I hope you are enjoying summer! I'm excited to share some updates on recent work by the ACEP Board of Directors with you.

JUNE 2024 ACEP BOARD OF DIRECTORS MEETING

The ACEP Board of Directors met in Dallas on June 26 and 27, 2024.

A summary of the Board's discussions and actions during this meeting:

- Several policy and position statements were approved, revised, and/or returned to the respective committees for additional input.
- Approved 2024-25 budget.
- The LAC Innovations workgroup presented its recommendations for programming that will keep LAC as the premier advocacy and leadership development event in emergency medicine.

- Awarded state public policy grant to the Virginia Chapter to fight Medicaid down coding.
- Approved draft Committee objectives for the 2024-25 year.
- Discussed advertising and sponsorship at ACEP meetings and in publications/media.
- Analysis of CEDR/EMDI and the formation of a workgroup to determine future directions for this strategic initiative.
- ED Accreditation Program: The program is preparing for its pilot implementation. The goal of the program is to elevate the practice of emergency medicine, ensure quality patient care, and affirm and advance the foundational role of emergency physicians in leading teams in the ED.
- Ongoing fact finding and discussion about the role and impact of unionization in emergency medicine.
- Approved 29 measures for emergency physicians to use in the 2025 MIPS QCDR (Merit-based incentive payment program, qualified clinical data registry).
- ACEP celebrated the 50th Anniversary of EMS week, May 19-25, 2024. Thanks to our EMS colleagues for the care they provide every day.
- Sandy Schneider, MD, FACEP, provided a report on her first several weeks as ACEP Interim Executive Director, including organizational, staffing, and process changes to improve member experience and value. The Board will soon begin the process of selecting a permanent Executive Director.

OTHER HIGHLIGHTS...

EDUCATION

ACEP24

- Las Vegas, NV (Mandalay Bay)
- 9/29/2024 – 10/02/2024
- Registration is now open! (<https://www.acep.org/sa>)
- Great new events, including the Section Hall Crawl, Sunday September 29, 6:00-8:00pm – Check out all that ACEP's Sections have to offer

ACEP Accelerate 2025 – All in one education

- OMNI Orlando Resort at Champions Gate
- Friday 1/17/2025 through Thursday 1/23/2025
- Reimbursement & Coding, Monday 1/20/2025 – Wednesday 1/22/2025
- Pediatric Emergency Medicine, Monday 1/20/2025 – Wednesday 1/22/2025
- ED Director's Academy, Sunday 1/19/2025 – Thursday 1/23/2025
- ACEP Teaching Fellowship, Saturday 1/18/2025 – Thursday 1/23/2025

GOVERNANCE

ACEP Council 2024

- The Council Speaker, Vice Speaker, Council Committees and ACEP Staff are preparing for Council 2024 to be held September 27 and 28, 2024 in Las Vegas. Details on past resolutions can

be found on the ACEP website:
<https://www.acep.org/what-we-believe/actions-on-council-resolutions>

ADVOCACY

ACEP at the AMA House of Delegates

- ACEP had strong representation and influence at the recent AMA House of Delegates meeting in June 2024. ACEP's delegation to the AMA played a key role in new AMA policies in protecting emergency physicians and preventing scope creep by reaffirming physician-led teams. The AMA meeting included action on private equity, non-competes, due process, and the on-site presence of physicians in all emergency departments.

State Legislative Dashboard

- ACEP has introduced a State Legislative Dashboard where members can view ACEP's impact in legislation that affects emergency physicians: <https://www.acep.org/state-advocacy/state-legislative-dashboard>

ENGAGEMENT

Residency Visits

- Residency visits by ACEP and Chapter leaders are continuing in the new academic year

Geriatric ED Accreditation

- The ACEP Geriatric Emergency Department Accreditation (GEDA) program now has over 500 sites

participating in the improvement of emergency department care for this population of patient

WHAT'S NEXT...

The ACEP Board will meet in Las Vegas, NV in September during ACEP24. Members are welcome to attend these meetings.

Your continued PACEP and ACEP membership and engagement are appreciated!

▶ *As always, please reach out with questions, comments, or other feedback to me at ckraus@acep.org. Thank you for the opportunity to represent you on the ACEP Board.*

PACEP ACCOMPLISHMENTS

(04/03/24 – 06/11/24)

SPRING
2024

ADVOCACY

- Continued work on ACEP public policy grant on pediatric boarding
- Received approval for grant on Underage Drinking
- Several successful legislative dinners/receptions – Sen. Argall and Rep. Venkat
- Successful LAC by PACEP delegation

ENGAGEMENT

- Implementation of PACEP Lecture Series with PACEP MSC
- Participation on DOH/PAMED/Healthcare Coalition on ED Overcrowding

EDUCATION

- Successful PACEP24 Scientific Assembly
- Successful PACEP Olympics
- Publishing of Spivey Abstracts in *JACEP Open*

GOVERNANCE

- Successful Board Transition
- Completed model bylaws review with ACEP
- Maintained balanced budget



PENNSYLVANIA COLLEGE
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PACEP25 SCIENTIFIC ASSEMBLY

Kalahari Resort, Pocono Manor | April 24–26, 2025

Call for Speakers

The Pennsylvania College of Emergency Physicians (PACEP) Education Committee is now accepting submissions for speakers and sessions for our 2025 Scientific Assembly conference which will be held at Kalahari Resort & Convention Center, Pocono Manor on April 24-26, 2025.

Last year was a record year with nearly 300 emergency medicine professionals gathering to hear national and state faculty share their knowledge and expertise in presenting clinical updates as well as cutting-edge issues in emergency medicine care.

Our goal is to continue to present outstanding content that provides PACEP members and conference attendees the opportunity to expand his or her expertise. **This year's theme is: "TRAUMA IN EM"**.

TOXICOLOGY
RESUSCITATION
ACTIVISM
UNDERREPRESENTED
MASS CASUALTY
AGE-SPECIFIC CARE
DEI
SECONDARY VICTIMS
EMS
FIREARMS

Expressing interest does not guarantee acceptance, but your submission will be collected for possible future calls. You may submit multiple submissions, **but only one submission per form. Submissions are due by August 31, 2024.**

Potential speakers will be notified by the PACEP25 Scientific Assembly Program Chair, Alexandra Amaducci, DO, FACEP by **Monday, October 14, 2024.**

NOTE: While we cannot cover honoraria or travel expenses for your session, we do cover registration to attend Scientific Assembly.

WHAT WE'RE LOOKING FOR:

- Passionate, confident, and engaging speakers. (Know someone who you think would make a GREAT speaker? Pass this message on!)
- Sessions that run the gamut from teaching the fundamentals of Emergency Medicine to advanced subject areas (attendees are at various stages in their careers, so a wide spectrum of sessions is needed.)

WHAT WE ARE NOT LOOKING FOR:

Sales-driven sessions for products or services

DEADLINE:

Your proposal for a session must be submitted by **August 31, 2024.**

Preference is given for selection of speakers to PACEP Members.

SUBMIT YOUR PROPOSAL:
<https://form.jotform.com/241906186849166>

What is the Diagnosis?

A special thank you to Alexandra Amaducci, DO, FACEP for organizing the CPC competition during Scientific Assembly, to Jenna Lynch, MD from University of Pittsburgh Medical Center for submitting the case and being the resident presenter, and John Pester, MD from St. Luke's University Health Network for being the attending discussant.



CPC CASE STUDY

THE CASE



“Syncope & Encephalopathy” 44-year-old female presented to the ER after a syncopal episode, seizure-like activity and loss of consciousness

- Regained consciousness after EMS arrived
- Complained of chest pain
- EKG showed ischemic changes with t wave inversions and ST depressions in leads V4-V6
- Patient was encephalopathic, mumbling words and pulling at lines/tubes
- Unable to obtain manual or cuff BP

PMhx: hypertension, depression

Meds: amlodipine, sertraline

NKDA

Social history: unknown

VS: HR 75 bpm, RR 20 bpm, SpO2 98% RA

PE: General: encephalopathic, pulling at wires and lines

HEENT: pupils 3mm and symmetric, mmm

Pulm: patent airway, breath sounds clear and equal bilaterally

Heart: RRR, no m/r/g, no palpable radial pulses

Abd: soft, nd, TTP epigastric region

Extremities: no deformities, bruising or rashes; somewhat cool extremities

Neuro: confused, mumbling, incomplete sentences, moving all extremities

Labs:

Na: 132

K: 3.8

Cl: 99

Co2: 9

AG: 29

BUN: <3

Cr: <0.2

Glucose: 43

Hb: unable to obtain

Hct: <15

What test will make the diagnosis?

What is the final diagnosis?

see conclusion on page 25

UPCOMING EVENTS

8/29/2024

PACEP Virtual Residency Fair

9/4/2024

**Central Residents Day –
UMPC Harrisburg**

9/4/2024

**PACEP Board of Directors –
UMPC Harrisburg**

9/11/2024

Eastern Residents Day – Jefferson

9/27 – 9/28/2024

ACEP Council – Las Vegas, NV

9/29 – 10/1/2024

**ACEP24 Scientific Assembly –
Las Vegas, NV**

11/20/2024

**PACEP Board of Directors
(Harrisburg)**

1/15/2025

**PACEP Board of Directors
(Virtual)**

3/12/2025

**PACEP Board of Directors
(Harrisburg)**

4/23/2025

**PACEP Board of Directors –
Kalahari Resorts, Pocono Manor**

4/24 – 4/26/2025

**PACEP25 Scientific Assembly –
Kalahari Resorts, Pocono Manor**

4/27 – 4/29/2025

**ACEP Leadership & Advocacy
Conference (LAC) –
Washington, DC**

PACEP Research Committee Update

By Adam Sigal, MD, FACEP



Adam Sigal, MD, FACEP
Research Committee Co-Chair

Congratulations to the Pennsylvania Chapter of the American College of Emergency Physicians for being selected as a recipient a Pennsylvania Liquor Control Board grant for “Reducing Underage Drinking and Dangerous Drinking”.

The Research Council will be working with PACEP Board to implement the proposal. The proposed project will use the funding to organize educational classes that leverage the expertise of emergency physicians and nurses to address the critical issue of underage and dangerous drinking. The classes will employ real-life experiences and practical demonstrations, enhancing participants' understanding of the consequences of drunk driving. The use of Drunk Busters of America's Goggles will simulate high levels of intoxication,

providing a firsthand experience of the diminished capacity associated with impaired driving. In particular, this approach will emphasize health and well-being rather than take a law enforcement point of view.

Pre- and post-class surveys will be conducted to measure the effectiveness of the educational sessions. The surveys will gather data on participants' knowledge, attitudes, and behaviors related to underage and dangerous drinking, enabling us to assess the impact of the classes.

The initiative will collaborate with local schools, community centers, and youth organizations to ensure broad outreach. By engaging with diverse community groups, we aim to address the issue comprehensively and reach a wide audience.

Impaired driving and motor vehicle crashes with traumatic injuries are not accidents but predictable events. Participation in this program allows PACEP to engage the community in prophylactic health care outside of our usual role as emergency physicians in caring for the aftermath of high-risk behavior.

We are excited about the potential for scholarly activity the grant will with foster. ■

▶ **The research committee is always looking for new members. PACEP members interested in joining the research committee, should contact the Research Committee at: research@pacep.net, or fill out the committee interest form [here](#).**

PEP-PAC Update

By Michael Boyd, MD



Michael Boyd, MD
PEP-PAC Chair

The Pennsylvania Emergency Physicians Political Action Committee (PEP-PAC) is the lobbying arm of PACEP. At its core, lobbying is a means of educating legislators about issues affecting us. PEP-PAC uses its resources to attend fundraisers with lawmakers on both sides of the aisle, fostering relationships with them so that they can draw on our expertise regarding healthcare issues.

Several PACEP supported measures are advancing in Harrisburg.

HB 1633 sponsored by House Health Committee Chair Dan Frankel and former PACEP president Arvind Venkat will ban healthcare noncompete agreements and restore physicians' rights to freely practice where and when they chose. This improves patient access to care to enables physicians the flexibility to pursue their best employment opportunities. It passed the House and will likely be referred to

the Senate Health and Human Services Committee. PEP-PAC has lobbied in support of this bill.

PACEP and PEP-PAC are also supporting HB 1512 and its companion SB 739 pertaining to tele-medicine. The bills mandate that insurance companies cover medically necessary and appropriate tele-medicine services. Currently, many insurance companies do not reimburse for tele-medicine resulting in uncompensated care. PACEP has supported tele-medicine legislation for many years and it seems that there is finally momentum to push it across the finish line.

Medical malpractice reform has been an even more pressing issue ever since the Pennsylvania Supreme Court enacted a procedural change enabling venue shopping for medical malpractice cases. Venue shopping allows plaintiffs' attorneys to sue in any Pennsylvania county in which care occurred, where a defendant could be served, or where any transaction or occurrence giving rise to the suit took place. Plaintiff attorneys have already started bringing their cases to Philadelphia County in droves – Philadelphia county jury verdicts average higher than twice the national average, and plaintiffs are more than twice as likely to win in Philadelphia compared to the national average. Venue shopping increases insurance premiums, drives physicians out of the state, increases cost of care, inundates physicians with frivolous lawsuits and limits access to health-care, especially for women, by forcing the closure of highly litigated services, such as Labor and Delivery.

SB 1182 "Certificate of Merit" Legislation is being reviewed in the Senate Judicial Committee. This legislation stipulates that a plaintiff's claim must be accompanied by a "Certificate of Merit" from a physician stating that the defendant deviated from an acceptable professional standard. The physician signing the Certificate of Merit must be a practicing physician in Pennsylvania in the same or similar specialty as the defendant. This would stop the current practice of plaintiff's attorney's bringing in "outside experts" who do not currently practice medicine and often aren't in the same specialty or even remotely qualified to comment on the matter. This "Certificate of Merit," among other stipulations in the bill, would greatly reduce frivolous malpractice lawsuits.

These issues have a real, tangible impact on our profession and livelihood. The momentum in Harrisburg for meaningful change is greater now than in recent memory. ■

PEP-PAC needs your contributions so that our voices can be heard. These problems face us every single shift, and we are the experts uniquely positioned to present real solutions. Remember: you either have a seat at the dinner table or you are on the dinner plate.

DONATE NOW



PACEP Education Committee Update

By Christopher J. Wilson, MD, FACEP



Christopher J. Wilson, MD, FACEP
PACEP Education Committee Chair

We had a very successful scientific assembly this past May. PACEP welcomed 274 registrants over the 3-day event held at Kalahari Resort. We want to thank Kalahari for being such a welcoming and wonderful host as well as all the event sponsors and exhibitors. Residents, students, and faculty throughout Pennsylvania's emergency medicine

residencies, departments, and medical schools displayed their scholarship throughout the duration of the event. Research, clinical care, and medical images were presented via the Spivey research best of the best and poster presentation showcase, CPC, and case competition, as well as the PACEP image posters. Excellent education was provided via the speakers featured during the Bounce Backs and Bouncing Back content at this year's assembly. A special thank you to Keith Willner, MD, FACEP who served as the chair for this year's scientific assembly, Alex Amaducci, DO, FACEP, Vice-Chair, Monisha Bindra, DO, MPH, FACEP, Chair of the Education Committee, as well as executive Director Jan Reisinger, MBA, CAE. Bryan Kane, MD, FACEP, Eric Melnychuk DO, FACEP, and Joseph Herres, DO, FACEP deserve recognition as organizers for the research committee as well as Alex Amaducci, DO, FACEP and Julie Tondt, MD for their work on the CPC/Case competitions and Image galleries.

PACEP owes a debt of gratitude to those members that devoted their time as judges for this year's scientific assembly. For the CPC Teresa Romano, MD (LVHN), Hanna Warren, DO (LVHN), Holly Stankiewicz, DO, FACEP (St. Luke's Health Network), and Monisha Bindra, DO, MPH, FACEP (Reading). Kimberly Fugok, DO (LVHN) and Michelle Fischer, MD, MPH, FACEP (Penn State Hershey) served as judges for the case competition. We also thank Bryan Kane, MD, FACEP (LVHN), Eric Melnychuk, DO, FACEP (Geisinger) Joseph Herres, DO, FACEP (Einstein), and Susan Yaeger, MD (LVHN) for serving as judges for the Spivey. Bryan Kane, MD, FACEP,

Eric Melnychuk, DO, FACEP and Joseph Herres, DO, FACEP also served as judges for the poster research presentations.

Multiple residencies had teams enter PACEP residents Olympics. This was a terrific opportunity for residents throughout the state to interact with each other as well as faculty of various residencies. Holly Stankiewicz, DO, FACEP once again did an amazing job organizing the event as this is a favorite of residents every year it has been featured at the scientific assembly.

This coming September PACEP is excited to host both Central PA resident days Sept 4 at UPMC Harrisburg and Sept 11 at Jefferson Philadelphia. This is a great opportunity for residents and faculty from various residencies and medical schools to get an opportunity to interact and get some great educational content.

This coming August 29th, PACEP will once again host its annual virtual residency fair which allows students from throughout the globe to interact with residency faculty from all of Pennsylvania's residencies. Look out shortly for both sign-ups for programs and advertising from the chapters to allow students this excellent opportunity to see what Pennsylvania has to offer in furthering their training in the specialty. ■

This coming August 29th, PACEP will once again host its annual virtual residency fair which allows students from throughout the globe to interact with residency faculty from all of Pennsylvania's residencies. Look out shortly for both sign-ups for programs and advertising...

I want to thank all of the members of PACEP's education committee. It is such a terrific opportunity to be a part of the work this committee does for the betterment of the education of Pennsylvania's residents and students.

The Resolution:

CPC CASE STUDY

RESULTS

“Syncope & Encephalopathy” 44-year-old female presented to the ER after a syncopal episode, seizure-like activity and loss of consciousness

Test to order: CT Angiography:

“Type A aortic dissection extending from the aortic root through thoracic and abdominal aorta into the bilateral common iliac arteries and external left iliac artery” The dissection also affected right brachiocephalic artery, base of left common carotid artery, left subclavian artery, celiac artery, SMA and bilateral kidneys.

Patient course:

Patient was intubated, and esmolol, propofol and fentanyl infusions were started. Patient went to the OR to have aorta repaired but after multiple complications, the family decided to pursue comfort measures.

Relevance to EM: This case highlights an uncommon presentation of a common ED diagnosis that carries a high morbidity and mortality for patients.

Congratulations to Representative Arvind Venkat

for receiving the PACEP 2024 Legislator of the Year Award!



CELEBRATE WELLNESS!



If you have a healthy recipe that you would like to share, please email it to Jan Reisinger at exec@pacep.net. The PACEP Wellness/Young Physicians Committee will select recipes for the PACEP website, as well as a favorite for publication in the PACEP News each quarter.

Banana Bread Overnight Oats (Pinterest)

Nutrition:

Calories: 308kcal, carbohydrates: 48g, Protein: 12g, Fat: 8g, Saturated Fat: 1g, Trans Fat: 1g, Cholesterol: 3mg, Sodium: 104mg, Potassium: 311 mg, Fiber: 8g, Sugar: 14g, Vitamin A: 8IU, Vitamin C: 1mg, Calcium 174mg, Iron: 3mg

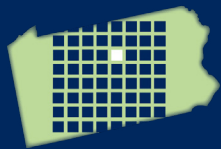


INGREDIENTS:

- | | |
|---|---|
| <input type="checkbox"/> ½ cup rolled oats | <input type="checkbox"/> ½ mashed ripe banana |
| <input type="checkbox"/> ½ cup milk of choice | <input type="checkbox"/> 2 Tbsp chopped walnuts |
| <input type="checkbox"/> ¼ cup Greek yogurt | <input type="checkbox"/> ½ tsp vanilla extract |
| <input type="checkbox"/> 1Tbsp chia seeds | <input type="checkbox"/> ½ tsp cinnamon |
| <input type="checkbox"/> 1Tbsp maple syrup | <input type="checkbox"/> Pinch of ground flaxseed |

DIRECTIONS:

1. Add all ingredients to a bowl or jar that can be sealed shut
2. Stir well to combine and cover in the refrigerator for at least 4 hours, preferably overnight
3. Serve hot or cold in the morning. Garnish with your favorite toppings



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ADVANCING EMERGENCY CARE 

***The Voice of Pennsylvania's
Emergency Physicians***

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