



## In this Edition

[From the Vermont ACEP President](#)

[Congratulations: New Vermont Medical Society President](#)

[Welcome Members!](#)

[News from National ACEP](#)



### President's Message

**Alexandra N. Thran, MD, FACEP**

Autumnal Greetings Vermont ACEP Members,

This October, ACEP members flew from around the globe to meet in San Francisco to attend Council Meeting and Scientific Assembly, aka **ACEP22**.

Reconnecting with old friends and colleagues and learning from the *crème de la crème* is **invigorating** and *much needed* in light of the **dire straits** of the failing system that we call healthcare in this country.

I will give you the *bad news first*...

We all *love* to be **number one**, and we have done it!!!! According to many sources, ***Emergency Medicine is the number one burnout specialty***.

**I love EM, and** this saddens me to no end.

Like many of you, I spend hours trying to transfer patients requiring specialty care. It is terrible for our **patients** and endlessly **frustrating** for ourselves and our work families. I want to **thank my colleagues** in the EDs at **UVM, Rutland, and CVMC**; I have never had a fellow EP say "No" to a transfer.

With the burnout so prevalent, folks should know that **the College** has **resources**. Please **reach out** to me or a colleague if you need support.

Now, on to some **good news**.

It is always an honor to represent **Vermont** on the **ACEP Council**. This year, I was thrilled to have **Drs. Matt Siket** and **Gary Starr** join me as second and Alternate Councillors.



From Left to Right: Dr. Thran, Dr. Siket and Dr. Starr

Kudos to **Dr. Siket**, who gave great lectures again this year. I enjoy trying to heckle him from the front row, and it **never works**; he is **unflappable**, an **excellent teacher**, and the human I'd want at the bedside if I had penetrating trauma to my neck!



Though new to **VT ACEP**, **Dr. Gary Starr** is a seasoned ACEP member. **Gary** has served on Council, Chaired Committees, serving the College and the Minnesota Chapter for many years. He is also the co-author of [ACEP 101: A Guide for Young Physicians, 3rd Ed.](#)

I highly recommend it. This old dog found it **informative and practical**, and I think he should rename it, omitting the “Young” in the fourth edition. He is a wonderful **asset** to the Chapter.

For the uninitiated, **ACEP Council** is held annually, the two days preceding Scientific Assembly. Council is the **sausage-making** of our specialty. Here we elect our President, ACEP Board Members, Council Speaker, and Vice-speaker. It is also when the gavel is passed from the President to the President-Elect. Congratulations to **Dr. Gillian Schmidt**, ACEP's Past-president, **Dr. Chris Kang**, current ACEP President, and especially my friend, **Dr. Aisha Terry**, President-Elect, the first Black person to lead College.



I love the sound of a glass ceiling shattering.

There were many exciting resolutions debated on the floor this year. [Read the summary here.](#)

ACEP22 keynote speakers were Tic Tok superstars **Dr. and Lady Glaucomfleen**. Dr. Will Flanary, who has twice defeated cancer, and his wife Kristin, shared the harrowing 911 tape of his **cardiac arrest** and the nine minutes she performed CPR until paramedics arrived. They were amazing.



It was an honor to have **President-Elect, Dr. Aisha Terry** and **Speaker Dr. Kelly Gray-Eurom** attend the lecture I gave at the **American Association of Women Emergency Physician's** Annual Section Meeting. Entitled "*Ten Reasons to Run for Public Office*," it highlighted the experience of running for office and encouraged **political engagement as a Rx for burnout**.

I love **Election Day**. If, like me, you are a political junkie (aka **political dependency disorder**), this is our Super Bowl.

**Voting** gives me the same feeling I get when donating blood, but *it's easier and faster and doesn't require needles*. I hope all of you had the chance to have your voice heard this week.

I will close with some business. We will have our **2022 chapter annual meeting**, virtually on Monday, December 16th (details were emailed to you) and our **2023 chapter annual meeting** a month later, live and in-person, on Tuesday, January 24th at [UVM's annual EM Conference in Stowe](#). Don't forget to register for the conference in Stowe and details on how to join our in-person annual meeting will be shared with all of you soon. Mark your calendars!

I am looking forward to seeing you all there. We are working hard to make it a great meeting.

Special thanks to [Adriana Alvarez](#) for assisting with this newsletter and our upcoming events.

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Join us in congratulating [Dr. Ryan Sexton](#) on becoming the new President of the Vermont Medical Society!

Dr. Sexton is a long time member of Vermont ACEP, a past Chapter Leader, and a dedicated member of the emergency medicine community. We are excited about his new role.

Vermont ACEP will continue to find ways to collaborate with the Vermont Medical Society on key issues affecting EM in Vermont for members and patients.

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### Welcome Members!

A special welcome to the new members of the Vermont Chapter and to those that renewed their membership. Please [reach out](#) if you would like to become involved at the chapter level, including leadership opportunities.

We are excited to have you!

Christopher E. Barsotti, MD, FACEP	Clifford Andrew Reilly, Jr.
Joseph R. Giles, MD	Josh Cole, MD
Micaila Baroffio	Michael Lawson
Robert J. Marsan, Jr, MD, FACEP	

## FROM NATIONAL ACEP



### ACEP Resources & Latest News

**ED Boarding: Advocacy on the Front Lines:** ACEP launched an [advocacy and public awareness campaign](#) to sound the alarm on the ED boarding crisis.

- The campaign centers around more than [100 boarding stories](#) sent in by ACEP members that paint a picture of the grim situation in many EDs across the country.
- Your stories formed the heart of the [letter ACEP sent to the White House](#) on Nov. 7, cosigned by 34 health care and patient advocate organizations.
- In [the latest regulatory blog](#), ACEP Senior Vice President for Advocacy & Practice Affairs Laura Wooster provides a progress report on these efforts and previews next steps.
- ACEP continues to collect stories. [Submit yours via this anonymous form](#).
- Visit our new [ED Boarding resource page](#) to view the stories, read the advocacy letter and get talking points on the issue.

**Prepare for the potential pediatric tripledemic:** ACEP's Pediatric EM Committee has pulled together some resources to help.

- [The Pediatric Tripledemic: How to Survive](#) presented by Annalise Sorrentino, MD, FACEP
- [Managing RSV and Bronchiolitis](#) presented by Christopher Amato, MD, FACEP, and Jessica Wall, MD, FACEP
- [Managing Difficult Pediatric Airways](#): In this episode of ACEP Frontline, Dr. Al Sacchetti reviews the approach and management of difficult pediatric airways.

**CMS Finalizes Requirements for Rural Emergency Hospitals: Will any Hospitals Convert to this New Facility-type Next Year?** In Regs & Eggs this week, [get ACEP's analysis of the final REH policies](#) and whether they will improve access to care.

**The 2023 Physician Fee Schedule Final Reg-- Highlights and Analysis:** Two major Medicare final rules were recently released, including the 2023 Physician Fee Schedule that has a big impact on reimbursement. ACEP's regulatory team analyzed 3,000+ pages of content and wrote [a special edition of Regs & Eggs](#).

**New Data Underscores Cost and Health Outcome Concerns with Independent Practice:** We know that everyone on an emergency care team is integral and valued. But our experience shows that nobody else has the training or expertise of an emergency physician. As lawmakers and administrators evaluate whether to empower nurse practitioners and physician assistants beyond the scope of their training, new data from Stanford University reinforces our reservations about exposing non-physician practitioners to responsibility they are not prepared to assume. [Read more in the November ACEP Board Blog](#).

**Childcare challenges + solutions:** ACEP's Young Physicians Section convened a panel of YPs who utilize au pairs, nannies, at-home daycares and more. [View the episode and related resources.](#)

**Dangerous toys?** ACEP's smart phrase library has a new addition related to consumer product safety to help with reporting injuries from commercial products. [View all smart phrases.](#)

**ACEP4U: Making it Easier to Find Your Crew** with [ACEP's New Member Interest Groups!](#)

**Honor Outstanding Medical Students with ACEP/EMRA Awards:** Make sure standout students get recognized for going above and beyond! The deadline is Jan. 8 to nominate a 4th year EM-bound medical student for the ACEP/EMRA National Outstanding Medical Student Award. [Learn more.](#)

**EMF Grant Cycle is Open, Set to Award \$1.5 Million in Funding:** Get those grant applications ready! The Emergency Medicine Foundation is set to award \$1.5 million in grants, with opportunities covering a wide range of critical EM research topics. This cycle includes seven new grant categories. [Apply by Jan. 20, 2023.](#)

**From the CDC: CDC Releases 2022 Clinical Practice Guideline for Prescribing Opioids for Pain:** The new CDC Clinical Practice Guideline for Prescribing Opioids for Pain—United States, 2022 (2022 Clinical Practice Guideline) provides 12 evidence-based recommendations for primary care and other clinicians who provide pain care, including those prescribing opioids, for outpatients aged 18 years and older with acute, subacute and chronic pain. [Read more on the CDC's website.](#)

## Upcoming ACEP Events and Deadlines

**Dec. 14:** [Virtual Grand Rounds: Advanced Ultrasound-Guided Nerve Blocks](#)

**Jan. 8:** Deadline to nominate a 4th year EM-bound medical student for the [ACEP/EMRA National Outstanding Medical Student Award](#)

**Jan. 17:** [The Nuts and Bolts of Physician Reimbursement 2023](#)

**Jan. 20:** [Deadline to Apply for an EMF Grant](#)

**March 31-April 3:** [ACEP's Advanced Pediatric EM Assembly](#)

**April 13-15:** [EM Basic Research Skills, Session II](#)

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**c/o National ACEP**

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