

A Newsletter for the Members of the Kentucky Chapter - Winter 2023



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Meet our Kentucky ACEP Board of Directors



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Martin Huecker, MD, FACEP

Associate Professor, University of Louisville
Wellness Director, Research Director

KACEP Medical Student Council Update

[Nicole Mitchell Harris](#) and Rachel Chauvin

The Medical Student Council (MSC) charter of Kentucky ACEP was established by a small group of students in 2019. Since then, the charter has grown into a state-wide community of medical students interested in the field of emergency medicine.

As a council, we host a monthly lecture series featuring Emergency Medicine physicians who are practicing in the Bluegrass. Lecture topics have been varied - from toxicology to head trauma, community to academic medicine, EMS management, residency program overviews, and practice case scenarios. One of the most highly attended lecture topics has been Dr. Raymond Orthober's presentation on "What is Emergency Medicine?".

This lecture series is also unique because it is one of the only opportunities for medical students from the University of Kentucky, University of Louisville, and University of Pikeville to interact and learn from one another. "It has been a wonderful experience connecting with other students and professionals throughout Kentucky with a similar passion for Emergency Medicine. It gives us medical students an opportunity to learn from each other and be exposed to a vast variety of subjects we might not have otherwise seen," said Rachel Chauvin, a third-year student from the University of Pikeville - KYCOM and Secretary for the MSC.

The goal of this council is to facilitate lifelong collaboration and communication with physicians in Kentucky by connecting early in the emergency physician's education. We are hoping to continue and grow this community for years of medical students to come. If you are interested in speaking, please contact Nicole Harris at nicolemitchell@upike.edu.

The Practice of Wellness
Move. Rest. Nutrition. Wisdom. Community.
Build resilience.
Be present.

Martin Huecker, MD
KACEP Chair, Wellness Committee

Hey everyone! Hope you had a fulfilling month. Here are some ideas for wellness practice.

Second Brain

Building a Second Brain by Tiago Forte is the best book I have read in a long time and the best book on organization. I am working on a book review for the April issue of *Louisville Medicine*.

One of the most important changes to my own behavior so far is scrapping hard copies of reading materials. I was known for being the person who always printed articles to highlight and read. Once finished, the articles would either end up in the recycling or in a stack of papers, with uncertain plans for later use. This has all changed. I resist eBooks in favor of real, physical books (except in rare cases), but have now gone completely digital for scientific and internet articles – saving paper and trees but also allowing for better organization.

Using a few different apps, you can keep all of your content in one or two places, ready for searching or directed use in academic papers, essays, newsletter, even life tasks like finances, kids assignments and sports practice, etc.:

For reading PDFs: on a computer, *Preview* works on a Mac, *Adobe* on a PC. On an iPad or iPhone, surprisingly the *Apple Books* app meets all needs for saving, sharing, highlighting, etc.

For reading internet articles: 'read later apps' like *Instapaper* are amazing. Apparently Instapaper is a two person company! After getting used to it for a week or two, Instapaper has been a game changer for reading content from all over the place. You can make notes and highlights, share just the highlighting, save into folders, and more.

Finally, for **organizing written projects**, I highly recommend Scrivener, which I have been using for several months now.

All of these products have competitors with similar function. Explore them to see what works best for you. I will send out a link to the full book review, but for now look into using these tools.

>>[SEE MORE IDEAS ON THE FOLLOWING TOPICS HERE](#)

- Green Salt
- Burnout
- Space Travel?
- Dog breeds

2022 Kentucky ACEP Annual Meeting

Buffalo Trace, Frankfort, Ky

Battle of the Bluegrass, Poster Presentations, and Educational Offering

[VIEW PHOTO GALLERY](#)



FROM NATIONAL ACEP



ACEP Resources & Latest News

Lawsuit Win Marks Important Step Toward Fair Implementation of No Surprises Act

ACEP fights for emergency physicians across all levels, including the courts. In the past year, ACEP's litigation efforts have increased by 400%. In a [special guest post for Regs & Eggs](#), ACEP's Chief Legal Counsel explains the significance of this week's surprise billing lawsuit win in Texas and what it means for ACEP's ongoing advocacy efforts to improve the implementation of the No Surprises Act. You can also [read our press release here](#).

ACEP Responds to Medicare Advantage Proposed Regulations as CMS Attempts to Reign in Some Bad Health Plan Behavior

[Learn more](#) about how ACEP has responded to CMS' recent efforts to crack down on this bad health insurer behavior and what we believe still needs to be done.

Where We Have Been, Where We Are Now, and Where We Go Next - Black History Month Special

A new episode of ACEP Frontline features special guests Dr. Ugo Ezenkwele, Dr. Adaira Landry and Dr. Alister Martin discussing health equity and pushing for positive change. [Listen in](#).

Innovative Telehealth Models Can Benefit Geriatric Emergency Care

It's time for the fourth installment of this special blog series delving into the concept of value-based care in emergency medicine. This one examines the innovative practice models that enable you to utilize your unique skill set outside the four walls of the ED — specifically how emergency telehealth services have been a helpful tool for geriatric patients. [Read More](#).

X-Waiver No Longer Required to Treat Opioid Use Disorder

The X-waiver requirement is officially rescinded! On January 12, 2023, the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Drug Enforcement Administration (DEA) issued guidance on the removal of the X-waiver — an ACEP priority that was included in the Consolidated Appropriations Act, 2023. [Read More](#).

Tell Your Story, Help Change Things for the Better

It's almost time for the 2023 Leadership & Advocacy Conference! Emergency physicians across the country will come together in Washington, DC, for this intimate educational and networking event where they receive leadership and lobbying instruction and get to meet with legislators to talk about the issues that affect EM physicians every day. You may think your individual voice can't move the needle. In reality, your firsthand stories and experiences make our key advocacy issues come to life for legislators. When they hear from you, it stops being an abstract problem and becomes a real, tangible issue they need to address. LAC training teaches you how to share your personal experiences in a way that makes a positive impact for your specialty. You'll come home empowered to keep advocating for change at every level, from your facility to your state and beyond. [Save \\$100 on LAC23 registration with promo code LEADERSHIP23.](#)

Heart Month: New ACEP Clinical Policy Examines Acute Heart Failure Syndromes

One of ACEP's newest clinical policies answers four critical questions for the management adult patients who present to the ED with suspected acute heart failure syndrome:

- Is the diagnostic accuracy of point-of-care lung ultrasound sufficient to direct clinical management?
- Is early administration of diuretics safe and effective?
- Is vasodilator therapy with high-dose nitroglycerin administration safe and effective?
- Is there a defined group that may be safely discharged home for outpatient follow-up?

[View this clinical policy.](#)

Catch up on latest ACEP Frontline episodes:

- [Having a Bloody Good Time with Dr. Megan Osborn](#)
- [ChatGPT and Healthcare with Dr. Harvey Castro](#)
- [ACS and Troponin Chat with Dr. Deborah Diercks](#)

Upcoming ACEP Events and Deadlines

Feb 24: Deadline to sign up for [E-QUAL Opioid Use Disorder Wave](#)

Feb 27: [Advanced Airway Management in Children: Overcoming Obstacles and Optimizing Opportunities](#)

March 15: [Bias and Diagnostic Anchoring of the Behavioral Health/SUD Patient and How that Impacts Care](#)

March 15: Deadline to apply for [ACEP Board, Council Officer roles](#)

March 28: Deadline to sign up for the [E-QUAL Stroke Wave](#)

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

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

April 17: Deadline to apply for [new \\$150k EMF grant to support diagnostic excellence](#)

April 30-May 2: [ACEP Leadership & Advocacy Conference](#) (use promo code LEADERSHIP23 to save \$100 on registration!)

Contact Kentucky ACEP

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