

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



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## **Coming Together for Kentucky**

Ryan Stanton MD, FACEP

Vice-President Communications, American College of Emergency Physicians  
ACEP Board of Directors

We recently returned from a fantastic Scientific Assembly (ACEP23) in Philadelphia with a great turnout and a wonderful time with fellow emergency physicians. We also came together on November 15 for our chapter annual meeting at Jephtha Creed Distillery. Our annual meeting has steadily grown over the years and now features poster presentations, resident competitions, meetings, and educational offerings. We were blessed this year to have Dr. Steve Stack, emergency physician and past president of the AMA who currently serves as the Commissioner of Public Health for the Commonwealth of Kentucky. He spoke on government operations and how we can effectively engage government officials and entities. It was a great time for some “inside baseball” to help as we continue to advocate for EM in Kentucky and beyond. We were also joined by Dr. Jamie Shoemaker, Vice-President of Membership for ACEP, and Dr. Nicholas Cozzi, reimbursement fellow for ACEP. They talked about money matters with reimbursement struggles, the NSA, insurance games, and how we can better achieve the fair reimbursement for the work we do. We are so fortunate to have such fantastic local and national leaders that have committed to our gathering.

We have significant challenges facing emergency medicine within Kentucky and across the country. Whether it is staffing, boarding, reimbursement, or countless hoops that we navigate while still providing the best care for our patients, it is integral that we come together as a profession and emergency physicians to move our specialty forward. I heard

a great quote a couple months ago that has resonated with me and that I used in my council speech in Philly. “The ground may be shifting, but the sky isn’t falling.” We have many challenges, but with these challenges are opportunities to advocate and shape emergency medicine as we move forward. The key is that we do it together, with an organization that serves as the voice of the emergency physician and can get the access and seats at the table that can truly move the needle for our physicians, departments, and patients. I would encourage you to join us at future chapter meetings and to encourage eligible physicians, residents, and students to join ACEP/EMRA so we can continue to fight for our specialty. [Check out Photo Galleries from ACEP23 and KACEP's Annual Meeting and Battle of the Bluegrass.](#)







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**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.**

**Bars**

- I link to a lot of protein bars, some of them certainly 'healthier' than others. Check out this [New York Times article](#) about them. Starting from the original PowerBar in the 1980s, the industry is now expected to reach \$2 billion by the end of 2026. Based on the appearance of my family's snack cabinet, this is very credible.
- Not all bars are equal in health impact, and in most cases, taste varies inversely with nutritional content. Thanks Chris for the link.
- Here is one of my recent go-to's, very few ingredients, not too high in carbs. The [88 Acres Banana Bread flavor](#).

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

- Fish Oil
- Magnesium
- Rooster
- Stoicism
- Quotes

**Total Internal Reflection**

When light is reflected from the surface of a liquid without penetrating it.  
This makes it impossible to see out of a pool of water.

Whether you are in medical school, residency, medicine, or another field, do not forget about the world outside and its opportunities for growth.

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**FROM NATIONAL ACEP**



## ACEP Resources & Latest News

### **ACEP Blunts Medicare Cuts in 2024 Physician Fee Schedule**

CMS recently released the Physician Fee Schedule PFS for calendar year 2024, which includes some wins for you and your patients, thanks to ACEP's involvement. Other provisions are concerning and ACEP continues to fight for favorable solutions. Our goal is to ensure your work is valued appropriately. [Read ACEP's detailed analysis.](#)

### **ACEP Council Tackles Key Issues During Philadelphia Meeting**

More than 60 resolutions were considered during the ACEP23 Council Meeting in Philadelphia in October, with many of them drawing considerable debate before 44 were ultimately adopted. [Learn more](#)

### **New Career Resources:**

- You asked for it. ACEP delivered. ACEP's **Open Book** addresses your need for employer transparency. Gain access to information about employer group structure, leadership and more | [openbook.acep.org](https://openbook.acep.org)
- [Practice Essentials of Emergency Medicine](#) augments your knowledge of several critical business topics: Reimbursement, Contracts and Practice Models, Negotiations, Operations Management, Risk Management and More. It's **FREE** for ACEP members | [acep.org/practiceessentials](https://acep.org/practiceessentials)
- **Find More Fulfillment in Your Career.** ACEP has published a new wellness guide, [From Self to System – Being Well in Emergency Medicine](#), which offers practical solutions to many of the systemic issues that plague emergency physicians today. Thank you to the countless authors and contributors who brought together these valuable resources.

**ACEP in Action:** We are committed to listening to, and learning from, the challenges that physicians face on each shift and to being your network of support in this difficult environment. Actions speak louder than words. We are tackling the issues that matter most to you. Our efforts are stronger when we stand united. [Read More.](#)

### **Fighting for You on Shift**

- ACEP convened health care stakeholders in September to discuss barriers and solutions at our ED Boarding Summit
- We have released poll results about the public's concern about boarding in the ED | [acep.org/boarding](https://acep.org/boarding)

- This [ACEP Now boarding series](#) keeps you updated on the latest boarding news and opinions
- [Contact Congress about the ED Boarding Crisis](#)

### Getting it Done in D.C.

- ACEP has been involved in **NINE recent lawsuits** to protect your autonomy and [ensure fair reimbursement](#)
- We have invested more than \$1 million of member dues dollars to [push back on scope creep](#) at the federal and state levels

**Member Benefit Spotlight:** Map out your spending and investment accounts, retirement projections, and goal projections in one secure online platform with My Financial Coach. [Read more.](#)

**Learn More about OUD Management With E-QUAL**, a free online, low-burden quality improvement program. E-QUAL is now accepting enrollment in its 2024 substance use disorder initiative where you can discover best practices for ED opioid prescribing, earn credit for CMS' MIPS program and get real-time benchmarking data. [Learn more and sign up today.](#)

## ACEP Grassroots Advocacy

### Urge Congress to Prevent Workplace Violence in the ED

ACEP is continuing its mission to bring both Congressional and public attention to the growing problem of violence against health care workers. [A recent video article](#) in the *New York Times* highlights the crisis of violence in emergency departments and includes compelling testimonials from emergency physicians and other health care workers about its impact on their ability to provide care to patients.

We urge you to [share the video with your legislators](#) to reinforce the urgency of the problem and the need for Congressional action. Your legislators need to hear from physicians who are experiencing and witnessing this crisis on the frontlines of our health care system so they will prioritize swift action in this Congress.

### Be an Advocate for Emergency Medicine and Patients

Join with your ACEP colleagues to advocate to Congress. As a physician, health care issue expert, and constituent - you have a unique story to share. [Visit the ACEP Advocacy Action Center.](#)

## Upcoming ACEP Events and Deadlines

**Dec 7:** [Hot Off the Presses: Key Reimbursement from the 2024 Medicare Physician Fee Schedule](#)

**Jan 9-10:** [ACEP Advanced EM Ultrasonography \(AEMUS\)](#)

**Jan 29-30:** [ACEP Advanced EM Ultrasonography \(AEMUS\)](#)

Feb 6-8: [Independent EM Group Master Class](#)

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### Contact Kentucky ACEP

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