

A Newsletter for the Members of the Kentucky Chapter - Fall 2025

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## **KACEP is Working for You!**

A group of KACEP leaders met with Representatives Hart and Moser for Legislative support to have a “Physician in Every KY Emergency Room”.



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**Congratulations to Christopher Belcher and Jonathan Bronner for the 2025 ACEP National Junior Faculty Teaching Award.**

June 2025

Dr. Christopher Belcher  
University of Kentucky

Dr. Belcher:

The Academic Affairs Committee of the American College of Emergency Physicians (ACEP) received a number of outstanding nominations for the 2025 ACEP National Emergency Medicine Junior Faculty Teaching Award, and we are pleased to inform you that you have been selected as a recipient this year.

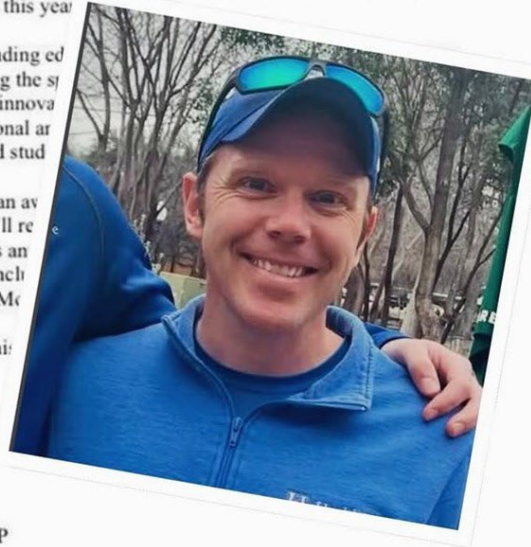
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Alison Haddock, MD, MPH, FACEP

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**2025 ACEP Scientific Assembly and Council Meeting**









**November 17, 2025**  
**Castle & Key Distillery**

## ***ULTRASOUND GUIDED BLOCKS***

**Practice on standardized patients and simulators**  
**11am-noon- lunch      NO CME OFFERED**  
**Noon-4pm - Workshop**

### **LEARN**

- ✓ Intro to Nerve Blocks
- ✓ Forearm Blocks
- ✓ Fascial Iliaca
- ✓ Serratus Anterior
- ✓ Erector Spinae
- ✓ Interscalene

### **BOOK NOW**

**KACEP members- \$100**  
**Others- \$250**

**Limited Space**

Text to reserve spot ☎ 502.592.1616  
Email: [ashlee.melendez@gmail.com](mailto:ashlee.melendez@gmail.com)  
Mail check to: KACEP, PO Box 2831,  
Louisville, KY 40201



## **2025 KACEP Annual Meeting**

Please join us for the KACEP Annual Meeting. We have two days of fun.

- Monday, November 17<sup>th</sup> there is an Ultrasound Guided Nerve Block Course.
- Tuesday, November 18<sup>th</sup> is our traditional KACEP Annual Meeting and the Battle of the Bluegrass. This year it will be held at:

### **Castle and Key**

**4445 McCracken Pike**

**Frankfort, KY 40601**

Please see agenda below and RSVP to [ashlee@louisville.edu](mailto:ashlee@louisville.edu).

Specify if you will attend:

- Breakfast
- Lunch
- 11/17 - Ultrasound Guided Nerve Block



## 2025 KACEP Annual Meeting Agenda

- 7:30 a.m. | Vendor, poster, and room set up
- 8:00 a.m. | Student Research Forum & Breakfast
  - **Moderator: Danielle Graff, MD MSc FAAP and Julia Buechler ULSOM M4**
- 9:00 a.m. | Ask the Experts: Moving from a 3 to a 4-year Residency in Emergency Medicine
  - **Sameer Desai, MD, PD UK, Isaac Shaw, MD, PD UofL, Moderator: Julia Buechler ULSOM M4**
- 9:30 a.m. | Quiz Bowl
- 10:15 a.m. | Break & Exhibits
- 10:30 a.m. | Ask the Expert: New Certifying Exam
  - **Melissa Platt, MD FAAEM FACEP- ABEM Board of Directors**
- 11:00 a.m. | Ultrasound Competition
- 11:45 p.m. | Lunch and Learn- Pregnancy Emergencies in an Emergency Department
  - **Jess Adkins, MD- Health Policy and Social Emergency Medicine Research Fellow** *Harvard Medical School and Massachusetts General Hospital*
- 1:00 p.m. | Simulation Competition
- 1:45 p.m. | Break/Exhibits/Station Change
- 2:00 p.m. | Awards Presentation
- 2:30 p.m. | KACEP Update and Committee Reports
  - **Moderator- Beth Spurlin, MD PhD MBA FFAP- President KACEP**
- 3:15 p.m. | Closing Remarks + Q&A



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## Practice of Wellness

### *The Phoenix Club: Stories of Addiction and Redemption on Amazon*

Martin Huecker

Wellness Chair

In case you missed last week's post, check out the [Phoenix Book page](#) and the [Bonus Videos page](#).

## Zone 2

- During cardio exercise, how much time should we spend in Zone 2 vs other zones? A few markers to know when you are approaching that zone 2 to 3 threshold (so stay below it for zone 2): heart rate =  $180 - \text{age}$ , must open your mouth to breathe, cannot speak in complete sentences, your gadgets tell you, etc.
- A narrative review called "[Much Ado About Zone 2](#)" (*Sports Medicine*) challenges the idea that Zone 2 (low-intensity endurance work) is uniquely effective for building mitochondrial function and fat-oxidation capacity. The authors note that when total training time is low (like for busy people with jobs), higher intensities can provide similar – or *greater* – benefits.

## Basal Metabolic Rate

- We all know people who seem to have a “fast metabolism.” We can measure our basal (or resting) metabolic rate (BMR). One place in Louisville

that does this is [Fitness Insights of Louisville](#) (they also perform fitness DEXA scans for body composition).

- But according to [this article](#), the starting BMR did not predict who would gain weight over the next 10 years (average). Total of 163 subjects, so not a huge study. From what I can tell, the subjects only had one BMR test, so it is possible their BMRs changed over those 10 years and the study team could have no way of knowing. In any event, the study does call into question the idea of a slow or fast metabolism leading to weight gain over time.

#### ABSTRACT

**Background:** Some previous studies have indicated that a low basal metabolic rate (BMR) is an independent predictor of future weight gain, but low rates of follow-up and highly select populations may limit the ability to generalize the results.

**Objective:** We assessed whether adults with a low BMR gain more weight than do adults with a high BMR who are living in a typical Western environment.

**Design:** We extracted BMR, body-composition, demographic, and laboratory data from electronic databases of 757 volunteers who were participating in our research protocols at the Mayo Clinic between 1995 and 2012. Research study volunteers were always weight stable, had no acute illnesses and no confounding medication use, and were nonsmokers. The top and bottom 15th percentiles of BMR, adjusted for fat-free mass (FFM), fat mass, age, and sex, were identified. Follow-up electronic medical record system data were available for 163 subjects, which allowed us to determine their subsequent weight changes for  $\geq 3$  y (mean:  $\sim 9.7$  y).

**Results:** By definition, the BMR was different in the high-BMR group ( $2001 \pm 317$  kcal/d;  $n = 86$ ) than in the low-BMR group ( $1510 \pm 222$  kcal/d;  $n = 77$ ), but they were comparable with respect to age, body mass index, FFM, and fat mass. Rates of weight gain were not greater in the bottom BMR group ( $0.3 \pm 1.0$  kg/y) than in the top BMR group ( $0.5 \pm 1.5$  kg/y) ( $P = 0.17$ ).

**Conclusion:** Adults with low BMRs did not gain more weight than did adults with high BMRs, implying that habitual differences in food intake or activity counterbalance variations in BMR as a risk factor for weight gain in a typical Western population. *Am J Clin Nutr* 2016;104:959–63.

#### Zen

- 8 Japanese [Zen practices](#). I had only heard of about half of these, and didn't know the formal term. You'll find practices similar to all 8 ideas in other belief systems.

- I love #1. Reminds me of [Sam Harris's bittersweet insight](#) that every time you do something, it could be the last time: eg. picking up your child, visiting a city, flying on an airplane, or the more obvious seeing someone for the last time.

## AI

- A reliable, time saving task for AI LLMs: **coupon codes**. Hasn't failed me yet. Much quicker than googling and linking to websites with endless pop-ups.
- Another AI win: I heard the 2nd quote below in a video once, and have repeated it over the years to patients. Google failed numerous times to find it. Tonight I asked ChatGPT and got a few social media posts attributing the quote to Barry Groves. Chat couldn't provide a source video – I even uploaded the link below and Chat said that quote was *not* in the video. BUT, sure enough, it is the last thing Dr. Groves says.

## Quotes

If the risk is not taken, the meaning of life is somehow violated, and the whole future is condemned to hopeless staleness, to a drab grey.

– Carl Jung

Civilized man is the only animal clever enough to manufacture its own food, and the only animal stupid enough to eat it.

– Barry Groves

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# EMS HOT TOPICS

## LECTURE SERIES

**SECOND WEDNESDAY  
OF EACH MONTH**  
9 A.M. - 11 A.M. ET

Zoom: <https://uky.zoom.us/j/84163572603>

Please sign into the chat: First name, Last name, Email and Service or email the completed KBEMS sign-in sheet to: [rochelle.silvernail@uky.edu](mailto:rochelle.silvernail@uky.edu).

**Presented by:**

Blake Davidson, MD  
Assistant Professor, Emergency Medicine,  
University of Kentucky  
Medical Director for UK's EMS Agency

**Co-Instructor:**

Each month, Dr. Davidson will involve a physician from the UK Emergency Residency program to teach a current topic in pre-hospital medicine and early intervention.

Fall of 2024, we will be expanding to 2-hour education sessions each month.

**Accreditation**



In support of improving patient care, UK HealthCare CECentral is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**AMA**

This live activity is designated for a maximum of 1 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

**ANCC**

The maximum number of hours awarded for this Continuing Nursing Education activity is 1 nursing contact hour(s).

**EMS**

The Kentucky Board of Emergency Medical Services (KBEMS) certifies that this educational activity is designated for 1 KBEMS contact hour.

An Equal Opportunity University.



If you require special physical arrangements to attend this activity, please contact **Rochelle Silvernail** at [rochelle.silvernail@uky.edu](mailto:rochelle.silvernail@uky.edu) or **(859) 619-6509**.

UK HealthCare Brand Strategy - MKTG24-1564



**What are our residency programs up to? Can you find the similar theme:  
Bourbon Run and Bourbon and Beyond!! It's Kentucky.**







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**FROM NATIONAL ACEP**



#### **ACEP Resources & Latest News**

##### **Emergency Physicians Share Tips for a Safe Halloween**

With Halloween approaching, the American College of Emergency Physicians (ACEP) reminds everyone to [prioritize safety](#) so that a fun night of celebration does not include a trip to the emergency department. [Read more.](#)

##### **Emergency Physicians: Charting a Course for AI in Health Care**

ACEP members are driving policies and conversations about artificial intelligence (AI) in emergency medicine and beyond. [Read more.](#)

##### **Federal Government Shutdown Update**

Please continue to visit this page for shutdown updates as the situation continues to evolve. [Read more.](#)

##### **California ACEP Backs New Law Limiting Corporate Influence in Medicine**

A new California law restricts the influence of corporations in health care practices. California ACEP strongly supported the bill, Senate Bill 351, in alignment with ACEP's policy on corporate practice of medicine. [Read more.](#)

### **Emergency Physicians Urge Vaccination During Flu Season**

Flu season is here, and the American College of Emergency Physicians (ACEP) and the [CDC](#) recommend that everyone over the age of 6 months should get a flu shot annually with rare medical exceptions. [Read more.](#)

### **Emergency Physicians Care for Everyone Who Needs Help**

"Emergency departments (EDs) are a critical part of the nation's safety net, caring for everyone who seeks help—day or night, regardless of insurance status, immigration status, or ability to pay," said L. Anthony Cirillo, MD, FACEP, president of ACEP. [Read more.](#)

### **New Analyses Highlight Gaps and Emerging Risks of Health Care Consolidation and the Role of Private Equity in Health Care**

ACEP is pleased that federal policymakers and expert healthcare economics researchers continue to analyze the effects of various business practices across health care. [Read more.](#)

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## **Upcoming ACEP Events and Deadlines**

### **[Medical Directors Accreditation Webinar](#)**

**November 5, 2025**

3:00 PM – 4:00 PM Central Time

ACEP is the nation's leading professional body for emergency physicians and sets the standard for emergency medical care. Learn more about ACEP's accreditation programs to improve the quality of acute care to patients.

### **[Staying Certified on the Move: A Conversation with ABEM's Dr. Melissa Barton](#)**

**November 12, 2025**



10:30 AM – 11:30 AM Central Time

ACEP's Locum Tenens Section is pleased to host Dr. Melissa Barton, ABEM's Executive Director, Professional and Clinical Affairs as she provides a brief ABEM update as well as guidance related to Improvement in Medical Practice (IMP) activities.

### [Talk with Tony](#)

**November 12, 2025**

6:00 PM – 7:00 PM Central Time

Join ACEP President Dr. Tony Cirillo for his monthly chat with ACEP members. Get the inside scoop on the latest at ACEP and in emergency medicine.

### [Funding Issues in Disaster Medicine and Mass Gathering Medicine](#)

**November 18, 2025**

12:00 PM – 2:00 PM Central Time

The University of Massachusetts Division of EMS and Disaster Medicine, in collaboration with the National Center for Disaster Medicine and Public Health (NCDMPH) and the American College of Emergency Physicians (ACEP), invites you to a live, CME-accredited webinar addressing the most pressing educational needs in disaster medicine.

### [ACEP Accelerate](#)

**January 18-23, 2026**

San Diego, California

Emergency medicine continues to move beyond traditional routes. And more and more emergency physicians are looking for ways to elevate their career fulfillment. With multiple meetings in one location within the same week, ACEP Accelerate offers different tracks to forge ahead and rise to your career goals.

### [2026 ACEP Leadership & Advocacy Conference](#)

**April 26 - 28, 2026**

Washington, District of Columbia

Join your colleagues in Washington, DC, and make your collective voices heard to inspire change for your patients and your specialty.

## Contact Kentucky ACEP

Beth Spurlin, MD, PhD, MBA - President

Ashlee Melendez, MSPH, BSN - Executive Director

[ashlee@louisville.edu](mailto:ashlee@louisville.edu) | 502.852.7874 | [Website](#)

## Kentucky Chapter ACEP

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**Louisville, KY 40201**

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