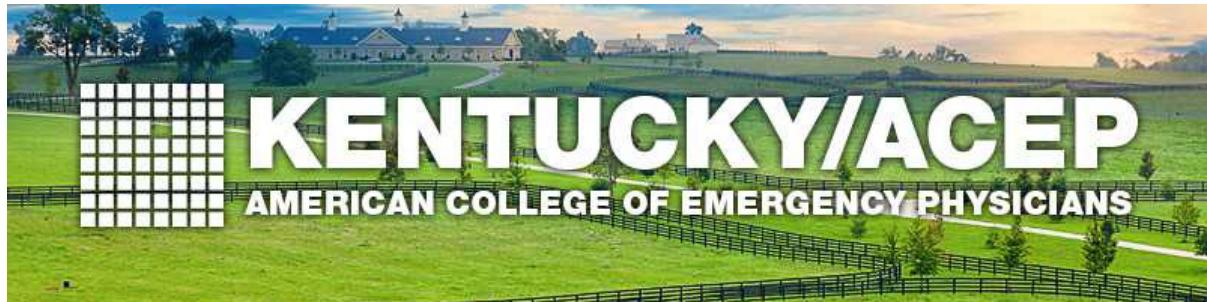


A Newsletter for the Members of the Kentucky Chapter - Winter 2025

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**Beth Spurlin, MD, PhD, MBA**  
**KACEP President**

The Kentucky ACEP annual meeting was held in November at the Bulleit Distillery. The morning began with the medical students from the University of Kentucky, University of Louisville and Pikeville Medical center competing in oral and poster presentations. Madison Reed won the oral discussion with her research of “Broselow Tape versus Provider Weight Estimation in Pediatric Emergency Departments”. Iona Palmer took the honors with her poster “Assessing Imaging Findings of Traumatic Uterine Injury after Motor Vehicle Accidents: A Case Series”.

Engaging speakers, Dr. Gabor Kellen, Jamie Shoemaker and Nicholas Cozzi focused on “Busting at the Seams: Overcrowding Crisis and Strategies ED” and “Money Matters because it Matters- Why you should know how you are paid”.

The highlight of our yearly conference concluded with the Battle of the Bluegrass. A friendly competition encompassing not only the principles of Emergency Medicine but tidbits about our beautiful bluegrass state. The competition heated up during the ultrasound and simulation events with the Emergency Medicine residents of the University of Kentucky taking home the prized barrel.

We hope to have every KACEP member at the next Battle of the Bluegrass in November 2025!

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**Welcome to our 2025 KACEP Board of Directors**

President - Beth Spurlin, MD, PhD, MBA

Immediate Past President- Hugh Shoff, MD, FACEP

President Elect- Jeffery Baker, MD

Treasurer/Secretary- Aaron Kuzel, DO

Medical Reimbursement Chair- Karan Shah, MD

Emergency & Disaster Preparedness Chair- Andrew Pacitti, DO, MSc, FACEP

Young Physicians Co-Chair- Patrick Grace, MD and Abhisek Patel, MD

Membership Chair- Abhisek Patel, MD

Governmental Affairs Chair- Christopher Pergrem, MD, FACEP

Public Relations Chair- Ryan Stanton, MD, FACEP

Education Chair- Diana Labrada, MD

EMS Chair- Blake Davidson, MD

Pediatric Emergency Medicine Co-Chairs- Danielle Graff, MD and Beth Spurlin, MD, PhD, MBA

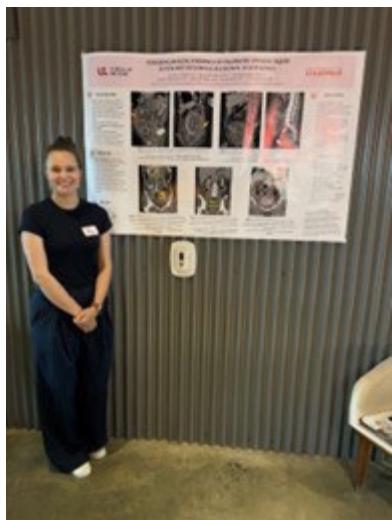
Wellness Committee Chair- Martin Huecker, MD, FACEP

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**Susan Musilli**

**MSC President**

**Annual Emergency Medicine Chapter Event Highlights the Best of Kentucky**

The Commonwealth of Kentucky, renowned for its 120 counties nestled among rural river lands and the vast Appalachian Mountains, boasts a diverse landscape that ranges from suburban towns to urban centers. Most famously, it is home of tawny bourbon and prestigious horse races. However, in November the state has added infamy, as it hosts the annual meeting of the Kentucky chapter of the American College of Emergency Physicians (ACEP).

This year's event took place at Bulleit Distillery, a change from previous years at Buffalo Trace and Jeptha Creed, offering an opportunity for participants to explore Kentucky's scenic terrain while engaging in the latest discussions in Emergency Medicine (EM). The distillery setting, famous for its rich bourbon legacy, provided a unique backdrop where Kentucky's Emergency Physicians could exchange knowledge, tour the distillery, and partake in tastings to round off the day's activities.

The meeting began in the early daylight hours, with medical students presenting their research posters and oral presentations. This year's event saw a record number of submissions on diverse topics, including mobile apps for calculating biomarkers, the role of ultrasound in ocular emergencies, teaching strategies for improved defibrillator and pacemaker knowledge retention, and more. The dynamic exchange of ideas was energizing, highlighting the innovative spirit of Kentucky's future in Emergency Medicine.

**By addressing such a broad spectrum of topics, Kentucky ACEP effectively brings a "something for everyone" approach to the annual meeting.**

The history of the Kentucky ACEP chapter is equally storied, dating back to a small group of physicians brainstorming around a table at Churchill Downs. Today, the chapter hosts an invigorating, collegial event with growing participation across all stages of an EM physician's career. Under the leadership of Dr. Ryan Stanton, national members are welcomed with

authentic Kentucky hospitality and participate in a vibrant panel discussion that addresses relevant issues for emergency physicians nationwide. State board members discuss pressing matters including pediatric readiness, disaster medicine, membership, and student engagement. By addressing such a broad spectrum of topics, Kentucky ACEP effectively brings a "something for everyone" approach to the annual meeting. This inclusivity ensures that all participants—whether seasoned academic or community-based emergency physicians, residents, or students—find value in the event and leave with enhanced knowledge, connections, and a sense of belonging within the larger EM community.

An exciting and increasingly popular feature of the annual meeting is *The Battle of the Bluegrass*, a friendly competition between the state's two Emergency Medicine residency programs: the University of Louisville and the University of Kentucky. The competition pits the freshest minds in EM against each other in a series of challenges, forming a medical training triathlon. This year's events included a quiz bowl on toxicological tinctures commonly found in American homes, an ultrasound competition with catchphrase-style prompts, and a simulation competition that featured a procedural twist: landmark based, resuscitative femoral line placement without ultrasound guidance—an audacious challenge today. This friendly competition not only pushes residents to highlight their clinical knowledge and technical skills, but also their ability to think on their feet, collaborate with their peers, and handle highpressure situations—qualities that define the essence of Emergency Medicine. With the record books tied at two and two, the anticipation grows for next year's event while the winner holds the coveted bourbon barrel trophy until next time.

The friendly rivalry between the University of Louisville and the University of Kentucky residency programs has made the competition more engaging, as both teams bring their best to the table each year. The event has grown into one of the meeting's most anticipated highlights, offering both participants and spectators a fun and engaging way to celebrate the next generation of emergency physicians.

This annual gathering is a highlight for Kentucky's Emergency Medicine community, fostering professional growth and camaraderie while celebrating the culture and charm of The Bluegrass State.

With the continued growth and success of the Kentucky ACEP annual meeting, fueled by the hard work and dedication of the planning committee, the question naturally arises: *Is it time for Kentucky versus all y'all?*

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**Danielle Graff and Beth Sprulin**

**Co-Chairs**

**Pediatric Emergency Medicine**

Pediatric Readiness: Becoming pediatric ready is known to decrease morbidity and mortality.

The Universities of Louisville and Kentucky have partnered with the Kentucky Emergency Medical Services for Children (EMSC) for another year to continue providing simulation based pediatric trauma and medical resuscitation cases. The training is a half day event in which your team would experience two simulation cases, an assessment of your pediatric supplies/medications as well as a table top pediatric mass casualty event. If your organization would be interested in receiving this opportunity please reach out to [Blake.Davidson@uky.edu](mailto:Blake.Davidson@uky.edu) (eastern KY) or [Karen.Orman@louisville.edu](mailto:Karen.Orman@louisville.edu) (mid/western KY) or [Morgan.scaggs@ky.gov](mailto:Morgan.scaggs@ky.gov) for more information.

**Blake Davidson, MD**

**EMS Committee Chair**

Come join us for EMS education: Hot Topics is offered on the 2<sup>nd</sup> Wednesday of every month, 9a-11a – two hours of fully accredited education (MD, RN, EMS).



**SECOND WEDNESDAY  
OF EACH MONTH**

9 A.M. - 11 A.M. ET

**Presented by:**

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

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).

**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



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**Martin Huecker**

**Wellness Chair**

**Practice of Wellness**

**Retrowalking**

Check out [this BBC Article](#) on walking backwards for health purposes. The practice may have originated in ancient China (“100 steps backward is worth 1000 steps forward”), but recent research confirms improved sports performance, muscle strength, brain benefits, and higher calorie burn (than walking forward). Thanks Mateo for this article and the many similar ones.

My favorite method, used daily on our recent vacation, involves setting a treadmill at the highest possible incline (usually 15 degrees) and walking 2.5 to 3 miles per hour. You can also throw on a backpack or hold some weights

in your hands.

Due to the difference in biomechanics, backwards walking can actually bring some physical benefits. It is often used in physiotherapy to relieve back pain, knee problems and arthritis. Some studies even suggest that backwards walking can positively affect cognitive abilities such as memory, reaction time and problem-solving skills.”

“Walking backwards for just 10-15 minutes per day over a four-week period [increased the hamstring flexibility](#) of 10 healthy female students. Backwards walking can also [strengthen the muscles in the back](#) responsible for spine stability and flexibility. And in another study led by Dufek, a cohort of five athletes self-reported a [reduction in lower back pain](#) after periods of backwards walking.”

### **Living in Mexico**

Author and entrepreneur Tiago Forte wrote the book *Building a Second Brain*, a must read for anyone trying to organize the endless content and responsibilities we manage daily. Check out the book and his website.

[This X post](#) gives a brief summary of what Forte has noticed since moving his family to “small-town Mexico” 5 months ago.

### **How old is your body, really?**

The “[Phenoage](#)” algorithm derives from the work of bioscientist Morgan Levine and collaborators, including Steve Horvath. For this “biological age calculator,” you only need very basic lab tests: a complete blood count (CBC), a complete metabolic panel (CMP), and a C-reactive protein (CRP). And of course, always take these biological vs chronological age calculators with a grain of salt.

Claimed as “the most cost-effective open-source science to calculate biological age,” the calculator uses the following inputs: **Albumin, Alkaline phosphatase, Creatinine,**

**Glucose, CRP, Lymphocyte count, mean cell volume (MCV), red cell distribution width (RDW), and white blood cell count (WBC).**

### **Burnout**

In David Whyte’s two Consolations books, the poet reflects on the deeper meanings behind words we use (often carelessly) every day. See this passage from [Consolations II](#) on burnout:

“Burnout is diagnosed by exhaustion, often caused by ... assuming goals that actually belong to other people and which I have stolen to my detriment ... always the realization that we have been measuring all the wrong things in all the wrong ways ...the shallow rewards of false goals or false people.”

Whyte’s proposed remedy “is through the very things I laid aside on the way to exhaustion. The very path I took to arrive at this hollowed-out, burned out state, is the path I will take out of my imprisonment, back to what is precious to me.”

### **Aliens**

Have you ever looked out at the stars at night and wondered, “Where are the universe’s other civilizations, and why haven’t they reached out to us?” Check out [Tim Urban’s post on the Fermi Paradox](#).

### **Redemption**

Found this [cool quote](#) from William James, from *Is Life Worth Living?* (1895):

For my own part, I do not know what the sweat and blood and tragedy of this life mean, if they mean anything short of this. If this life be not a real fight, in which something is eternally gained for the universe by success, it is no

better than a game of private theatricals from which one may withdraw at will. **But it feels like a real fight,—as if there were something really wild in the universe which we, with all our idealities and faithfulnesses, are needed to redeem;** and first of all to redeem our own hearts from atheisms and fears. For such a half-wild half-saved universe our nature is adapted.

### More bars

A new flavor of TruBar: [Caramel Macchiato](#). These bars, though somewhat low in protein (12g), taste amazing. I haven't had their mint chocolate or strawberry shortcake flavors yet.

### Quotes

No amount of exaggeration will do justice to what actually happened.

– Oscar Wilde

The best life is the one in which the creative impulses play the largest part and the possessive impulses the smallest.

– Bertrand Russell

Thanks for reading Practice of Wellness! Subscribe for free to receive new posts and support my work.

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For more info on our expert coding and billing services,  
visit [www.logixhealth.com](http://www.logixhealth.com) or call us at 781.280.1736.

## LOGIX TIP#119

Focus on your group's documentation  
of Medical Decision Making to identify  
key revenue opportunities.

**Thank you to our Battle of the Bluegrass exhibitors!**









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**FROM NATIONAL ACEP**



## ACEP Resources & Latest News

### **ACEP Calls for Administration to Ensure Robust Federal Health Infrastructure**

The American College of Emergency Physicians (ACEP) respectfully calls on the Administration to recognize the critical importance of a robust federal health infrastructure in safeguarding the prosperity and security of our nation, and the health and well-being of our people. [Read more.](#)

### **Act Now to Reverse the Medicare Cuts**

With ACEP's strong support, new bipartisan legislation has been introduced to reverse the harmful Medicare Physician Fee Schedule (PFS) cuts. [Read more.](#)

### **Change is Happening Fast: ACEP is Your Voice in Washington When it Matters Most**

The first days of the Trump Administration include seismic policy shifts with significant implications for emergency physicians and patients. [Read more.](#)

### **ACEP Strongly Applauds Senate Bill Supporting Physician Mental Health**

Bipartisan legislation introduced in the Senate this week would reauthorize funding for the law named in honor of the life and legacy of Dr. Lorna Breen, an emergency physician who died by suicide during the pandemic. [Read](#)

[more.](#)

### **Ohio ACEP is Protecting Emergency Physicians from Violence**

A new Ohio law will help protect the state's emergency physicians and health care workers from violence. Ohio ACEP advocacy supported the effort from start to finish. [Read more.](#)

### **ACEP Applauds HHS for Raising Corporatization Concerns, Continues to Press for Change**

ACEP strongly applauds the [new report from the Dept of Health and Human Services \(HHS\)](#) regarding consolidation in health care. [Read more.](#)

### **AHRQ Announces 'Special Emphasis' on Research to Reduce Boarding**

The Agency for Healthcare Research and Quality (AHRQ) is doubling down on efforts to address boarding in the emergency department, building on ACEP-generated momentum. [Read more.](#)

### **Connecticut ACEP Leads Efforts to Boost Hospital Transparency Around Boarding Crisis - UPDATE**

With the state legislative session now underway, ACEP members are leading the call for changes to alleviate the boarding crisis. Read the [report](#) prepared for legislators by Dr. Christopher Moore and the committee of physicians. [Read more.](#)

### **ACEP Applauds Reauthorization of Emergency Medical Services for Children Law**

The ACEP-supported bipartisan Emergency Medical Services for Children (EMSC) Reauthorization Act of 2024 was signed into law December 23, 2024. [Read more.](#)

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## Upcoming ACEP Events and Deadlines

- [Shift Change: Part II The First 100 Days of the 119th Congress and Trump Administration](#)

**February 13, 2025**

2:00 PM - 3:00 PM Central time

Almost a quarter of the way into the first 100 days of the new Trump Administration and the 119th Congress, and the news cycle has been filled with new developments. Join ACEP advocacy staff to cut through the noise and learn what it all means for you as an emergency physician and for your patients. If you missed Part I, [view it here on demand](#).

- [ACEP Council 101](#)

**April 10, 2025**

2:00 PM - 3:00 PM Central time

Join ACEP Council Speaker Melissa W. Costello, MD, FACEP, and ACEP Council Vice Speaker Michael J. McCrea, MD, FACEP, to learn about how the ACEP Council works and how even a single member can make a big impact on the policy and direction of the College. The ACEP Council is a deliberative body that meets once a year for two days in conjunction with the College's annual Scientific Assembly. The Council votes on resolutions that guide the activities of the College. Learn how to craft your resolution and weigh in on the pressing issues in emergency medicine.

- [ACEP Leadership & Advocacy Conference](#)

**April 27-29, 2025**

Join your colleagues in Washington, DC, and make your collective voices heard to inspire change for your patients and your specialty. Both chambers of Congress are expected to be in session. Together, we'll:

- tackle problems facing EM such as the current boarding crisis,
- develop tools to advocate at all levels, and
- build relationships with policymakers and fellow advocates.

[Register today!](#)

• **[ACEP25 Scientific Assembly](#)**

**September 7-10, 2025**

For the first time, ACEP's annual meeting will be in the beautiful city of Salt Lake City, UT. The world's largest emergency medicine educational conference bringing together the global EM community.

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**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](#)

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**Louisville, KY 40201**

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