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## **From the President** **Guenevere Burke, MD**

This edition of the newsletter covers a variety of topics including resident and physician wellness, disaster preparedness, and, of course [ACEP17](#). We look forward to connecting with you at the conference center next month!

**Maintenance of Certification (MOC):** Please note that our next chapter meeting will include a special discussion on current MOC requirements in response to a request from the ABEM Board of Directors. They have requested input on the following topics:

- In what way is ABEM board certification important?
- From your Chapter's perspective, what aspects of MOC are going well? How would your Chapter suggest redesigning the ABEM MOC Program?

Please consider forwarding your comments and feedback via [email](#) if you are unable to join the meeting. Thank you!

## **Resident Corner**

### **Murteza M. Shahkolahi, MD, PGY-3**

Welcome fellow DC Chapter ACEP Emergency Medicine Residents!

This section of our chapter e-newsletter is reserved for Residents who are interested in sharing valuable information about Emergency Medicine and your residency program. One of my goals with the “Resident Corner” is to highlight important topics in our amazing field such as wellness, health policy, advocacy and even educational tidbits. The following article is a preface to the much-needed continuous discussion about resident wellness written by one of our senior residents. Your feedback and comments are encouraged and appreciated.

## **Changing the Conversation about Resident Wellness**

### **Annabel Li, MD PGY-3**

#### **The George Washington University**

The concept of wellness is rapidly becoming an area of increasing interest across all specialties as devastating news of physician suicide and alarmingly high rates of physician burnout continue to plague us. Happy doctors are better able to serve their communities by delivering better care, thus a culture of wellness in medicine has a strong ripple effect that reaches beyond the individual physician to patients, hospitals and ultimately to society. Learning to build resilience should start early in our careers. While residents face many challenges including long hours, work-life balance, and adapting to constantly rotating shifts and work schedules, we are also privileged to be in the position of being catalysts of change as the next generation of physicians. This was the context in which a group of residents and faculty from all over the country gathered in 2016 to form the Wellness Think Tank for Emergency Medicine.

In the past year, the Wellness Think Tank has focused specifically on developing resources to empower residents to take action, to take it upon ourselves to create our own wellness and help fellow residents do the same. Four main projects were launched in parallel: 1) Building blocks- resources to starting a new residency wellness program, 2) successful strategies- a collection of tried and tested wellness initiatives, 3) best tech- a list of the best technologies that foster wellness, and 4) lesson plans- self-guided modules on select wellness topics most relevant to Emergency Medicine. The year’s work will culminate at the Resident Wellness Consensus Summit on May 15th, as part of the 2017 Essentials of Emergency Medicine conference to be held in Las Vegas, and will be published in the Western Journal of Emergency Medicine. We are incredibly excited about this amazing opportunity to share our ideas on wellness, and hope to see many of our D.C. chapter members there!

Don't forget about checking out the dedicated Wellness Booth at [ACEP17](#) in Washington D.C.!

I look forward to the next Resident Corner e-newsletter further discussing tips and tricks of the job hunt.

We are always looking for motivated Residents and students to become involved in DC Chapter ACEP by joining a committee, writing for this e-newsletter, running for a leadership position, and attending DC Chapter ACEP events. Please contact me via [email](#) with any inquires.

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## Award Recognition

Tiffany W. Sin, MPH was awarded the [EMRA/ACEP Medical Student Health Policy Elective](#) award.

Tiffany has been an active participant in chapter meetings since joining membership with the chapter and continues to demonstrate her commitment and dedication to emergency medicine.

She will be recognized at [ACEP17](#). Join us in congratulating Tiffany on this award!

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## Adriana's Corner

Due to your busy work schedules, most of you will probably not be able to attend [ACEP17](#) this year.

However, it doesn't mean that you can't be part of important decisions that affect you as an emergency physician and express your opinion on important Resolutions that will be discussed at this year's [Council Meeting](#).

Your Chapter Board will hold a Chapter Board Meeting via conference call at the end of this month to review the Resolutions that will be discussed at this year's [Council Meeting](#). If you'd like to participate in the meeting, send me an [email](#) and I will send you the meeting details.

For those that are attending [ACEP17](#) this year, I look forward to seeing you at the Council Meeting, the Chapter Meeting and at the DC, Maryland & Virginia Chapters Reception to be all held at [ACEP17](#) this year. More details will be provided via email.

In the meantime, if I can be of any assistance, please feel free to send me an [email](#).

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## ACEP assists DMAT teams as they prepare to respond to Hurricane Harvey

Rick Murray, EMT-P

Director, Dept of EMS and Disaster Preparedness

ACEP was pleased to furnish classroom space over the weekend of August 26 to DMAT teams from several states that were staged before they deployed. MN Chapter Executive Shari Augustine, who is a member of the MN DMAT, contacted ACEP staff to inquire of the possibility of using the ACEP Board Room for training for the various teams. Space was provided for training for over 240 members for DMAT teams and U. S. Public Health Service personnel. This provided them the opportunity to receive some last-minute training and briefings before they deployed to various areas of the Texas coast that were impacted by Hurricane Harvey.



ACEP has a lot of [resources for the public](#) about preparing for and surviving disasters and they are being promoted to general public audiences.

Also, here are some [general talking points](#) about responding to disasters. They can be helpful in talking with the news media.

## White Coat Day on Capitol Hill at ACEP17

Decisions made by Congress influence the practice and the future of emergency medicine on a daily basis. Join your emergency physician colleagues in Washington, DC on November 1 and spread the word to legislators and their staff about the critical role of emergency physicians in our nation's health care delivery system. White Coat Day participants will be asked to attend a special advocacy training session prior to heading to Capitol Hill. Transportation will be provided and all participants will receive a customized schedule and materials to share in the meetings.

There is no fee to participate but advanced registration is required. Participants can sign-up as with their ACEP17 registration or may sign-up separately if not registered for ACEP17. Go to [White Coat Day](#) for more information or contact [Jeanne Slade](#) in the ACEP DC Office.

### Register for White Coat Day at ACEP17!

DON'T MISS THE OPPORTUNITY TO VISIT CAPITOL HILL  
WITH YOUR EM COLLEAGUES WHILE IN WASHINGTON, DC



**Spread the word about the critical role of emergency physicians  
in the health care delivery system**

ACEP staff will schedule your visits in advance. Participants will receive advocacy training prior to the visits. Transport to and from Capitol Hill is provided. Please bring your white coat!

Advanced registration is required. Participants can sign-up with ACEP17 registration or may register separately if not attending ACEP17.

[WWW.ACEP.ORG/ACEP17/HILLDAY](http://WWW.ACEP.ORG/ACEP17/HILLDAY)

## **ACEP17 Wellness Activities and Resource Center Giveaways**

### **Wellness & ACEP Resource Center**

Sunday, October 29 - Tuesday, October 31

Location: Exhibit Hall

Stop by the Wellness Center in the ACEP Resource Center of the exhibit hall and discover tips from the experts to improve your well being daily. [View full list of activities and schedule.](#)

## **Articles of Interest in *Annals of Emergency Medicine***

Sandy Schneider, MD, FACEP

ACEP Associate Executive Director, Practice, Policy and Academic Affairs

ACEP would like to provide you with very brief synopses of the latest articles in *Annals of Emergency Medicine*. Some of these have not appeared in print. These synopses are not meant to be thorough analyses of the articles, simply brief introductions. Before incorporating into your practice, you should read the entire articles and interpret them for your specific patient population. [Read More](#)

## **No Emergency Department is Immune from Violence**

But you can be better prepared and reduce the risk of harm to your patients, your staff, and yourself. You can implement security measures, changes in your processes and policies, education and training, and attention to design details. Learn how with these new free resources from ACEP, all in one place, easy to find -- [Violence in the Emergency Department: Resources for a Safer Workplace](#)

## **Welcome New Members!**

Sangeeta Kaushik, MD

Ms. Jasmine Shaina Ginn - Medical Student

Mr. Rijo G. Maracheril - Medical Student

Michaela B. Salvo, MD

Nebiyu Shukur, MD

Fahad Abuguyan, MD

Mr. Albert W. Aparicio - Medical Student

Mr. Omid Manoochehri - Medical Student

Ms. Lindsey White - Medical Student  
Claire Levinson, MD  
Michael Ferebee, MD  
Mr. Joseph M. Friedrich - Medical Student  
Mr. Gregory N. Jasani - Medical Student

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