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## President's Message

Dear Colleagues,

Firstly, I would like to take a moment to thank you all for your continued membership and dedication to our profession. As the pandemic wears on, I am still amazed by how devoted we are to providing the highest quality emergency care. Since last quarter, our chapter board has continued to be busy!

Despite some tricky fall weather, ACEP21 was a great success. We as a chapter supported several resolutions ranging from developing standards for non-residency trained physicians and mid-levels to work in the emergency department to the formation of a National Bureau for Firearm Injury Prevention.

Additionally, one of DC ACEP's very own past presidents, Dr. Aisha Terry, was elected as Vice President of ACEP! We are incredibly proud of her accomplishment and know that in this role she will be an effective advocate for EM physicians and our patients.

We would also like to congratulate Dr. Rita Manfredi-Shutler, one of our current board members, who was presented the Pamela P. Bensen Trailblazer Award. This award is granted to an ACEP member who has made seminal contributions over time to the growth of the college and to our specialty. The award is named after Dr. Bensen, a charter member of ACEP and the first woman elected to the national ACEP Board of Directors. We are so lucky to have Dr. Manfredi-Shutler as a member of our board and truly admire her dedication to our field and to improving physician wellbeing.

Just prior to ACEP21, Dr. Natalie Sullivan worked with our medical student colleagues to host the 2nd annual Virtual Program Director Panel. Medical students from around the country were invited to talk about residency with program directors from Georgetown, George Washington, Johns Hopkins and the University of Maryland.

While we decided in conjunction with the Virginia and Maryland chapters to forgo this year's reception at ACEP, we are hoping to host an event for the DC Chapter this spring. Stay tuned!

As always, please do not hesitate to reach out as we are here to support you in any way that we can.

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**News Resident Corner**  
**Anahita Rahimi-Saber, MD**



Shortly before moving to Washington, DC to start my residency at George Washington University, my father, an EM physician, said to me “residency is tough, but you’re tougher.” Admittedly, I did not fully appreciate how much wisdom and truth there was to this statement. However, over the past four years, his words have become my mantra. I repeated them all throughout my first ICU rotation, during my first code, and after my first patient death. When the COVID-19 pandemic officially hit DC, I said this simple phrase to myself both before and often during each shift.

In the first few months of the pandemic, the entire EM department at GW came together under unprecedented circumstances to continue to provide exemplary care to our patients and the community. We formed COVID-19 research teams; made masks and caps; cooked for one another; stepped up to cover shifts for coworkers who had fallen ill; and even volunteered to babysit each other’s kids.

Together, as a team, we have persevered through these dark and uncertain times only to come out stronger, wiser, and more connected than ever before, proving once again that, as always, my father was right.

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**Is There A Path Back to Wellbeing during the COVID Plague?**  
**Rita A. Manfredi-Shutler, MD, FACEP**

COVID continues to plague us with un-wellness, loss of resilience, and just plain unhappiness. So, how do we cope with this? Here is a short tour among several organizations who have attempted to fight back.

Let’s start with Southwest Airlines. In 1981, Herb Kelleher became Southwest Airlines President and CEO. Southwest has become one of the most successful airlines because of Herb Kelleher’s objectives.



He insisted Employees should come first and that the Customer is not always right. Empowered by the knowledge that their boss had their back, Employees would treat Customers well. Those satisfied Customers, in turn, would become repeat Customers, which made the airline wildly successful. Let's put that in doctor terms—Patients come first but Clinicians come first, too, and if they are treated well by the organization, then they will excel at providing exceptional care to patients. And those patients will be satisfied patients. So what results is a very successful practice with professionally fulfilled clinicians and satisfied patients.

Let's look at the University of Virginia next. The School of Nursing at the University of Virginia found that employees during their time off really wanted to be unencumbered by the expectation of responding to emails. Starting a pilot project with a small sample of nurses, the university tested this small change: They stopped sending emails to staff during their time off. The benefits were immediately evident, so the practice was expanded to the entire School of Nursing. In a follow-up survey after the change was implemented 80 % of respondents reported improvement in respect for their personal time. It is obvious that improvement at the system level really impacted all nurses' wellbeing at the personal level.

Lastly, at a major Emergency Department in Boston a comprehensive plan for 3rd trimester pregnant Emergency Physicians (EP) and new nursing mothers was implemented. Toward the end of the pregnancy the EP was taken off the overnight schedule and after the birth of the child the new nursing mother was eased back into the schedule with ½ time shifts or double covered shifts for sustainable breast feeding. New mothers also were not allowed to work overnight for the first couple of months after childbirth.

In the grand scheme of things, these interventions are small but impactful. Since COVID, our stride forward in Wellbeing for Emergency Physicians has slipped backward. Our administrators and leaders will initially need to implement simple programs such as these if we are to move forward to a time in Emergency Medicine when clinicians are professionally satisfied and thriving again.

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## **2021 Council Meeting Update** **Marisa K. Dowling, MD, MPP**



The 2021 ACEP Council hybrid in-person and virtual meeting balanced competing needs for community with accessibility—while reviewing a record-breaking 82-resolutions. The hybrid format allowed all Councilors to vote regardless of location, though speaking roles were limited to in-person attendees. DC was represented by one in-person and two virtual Councilors.

The District of Columbia Chapter co-sponsored 4-four resolutions:

1. **“Board of Directors Action on Council Resolutions”** authored by the North Carolina, Virginia Chapter, and West Virginia Chapters sets clearer reporting requirements for Board action on Council resolutions. The resolution passed with minor amendments.
2. **“Formation of a National Bureau for Firearm Injury Prevention”** states that ACEP supports the creation of a National Bureau for Firearm Injury Prevention that would lead and coordinate a campaign to reduce firearm injury and deaths using proven public health practices. This resolution was also co-sponsored by the California, Maryland, Massachusetts, New York, North Carolina, and Vermont Chapters. This resolution was passed by Council.
3. **“Race-Based Science and Detrimental Impact on Black, Indigenous, and People of Color Communities”** authored by the Social Emergency Medicine and Diversity, Inclusion & Health Equity Sections calls on ACEP to issue a statement denouncing the validity of race-based science and to commit to educating members on the detrimental impact of such algorithms on the care of diverse populations. This resolution passed by unanimous consent.
4. **“Standards for Non-Residency Trained Physicians and Mid-Levels to Work in Emergency Medicine”** written by the Maryland Chapter called on ACEP to oppose unsupervised emergency department APPs and to set minimum standards for APP experience and recertification needed to work in EDs. This resolution did not pass. However, a substitute resolution that combined elements of this resolution with other similar resolutions on this topic, did pass the Council.

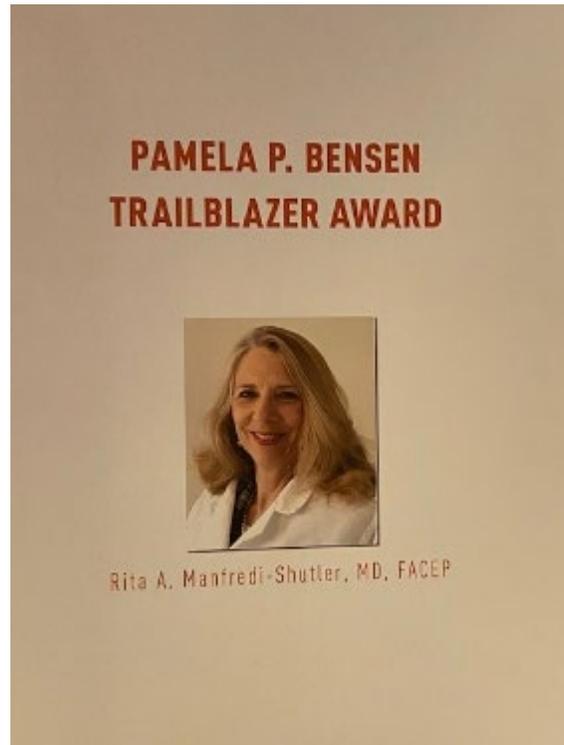
In total, 57-resolutions were passed by the Council, and 10-resolutions were referred to the ACEP Board for further review. These referred resolutions addressed a wide variety of topics, including ED quality metrics, rural medicine, due process, and group membership fees. 15-resolutions were not adopted. A full list of resolutions can be found [here](#).

After resolutions were settled, the Council turned to electing new leadership. Former DC ACEP President Dr. Aisha Terry represented the Chapter well with her historic run for ACEP President-Elect. While she did not win the President-Elect position, Dr. Terry was voted by the ACEP Board to the role of Board Vice President. The DC Chapter is extremely proud and inspired by Dr. Terry’s leadership as well as her steadfast dedication to emergency medicine, the District of Columbia, and ACEP.

On behalf of your DC ACEP Councilors and the whole DC Chapter Board, we appreciate this opportunity to represent, serve, and advocate for DC emergency physicians. Thank you!

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**Pamela P. Bensen Trailblazer Award**



What is the Pamela P. Bensen Trailblazer Award? Read [here](#) for more information.

***Congratulations to Dr. Manfredi!***

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### **Welcome New Members!**

A special welcome to the new members of the District of Columbia Chapter and to those that renewed their membership with the chapter. We are excited to have you!

[Contact](#) the chapter if you would like to get involved at chapter or national level. We can help!

**Abdoul Madjid Kone**  
**Anthony M. Montoya, MD**  
**Benjamin Castin**  
**Erin Ramsey McDonough**  
**Jayne Blumenthal**  
**Jennifer Wolf-Stuth, MD**  
**Katherine Mariko Markin**  
**Kevin X. Durgun**  
**Kevin C. Reed, MD**

**Malek Mazzawi**  
**Malika Fair MD, MPH**  
**Nam Thanh Trinh, MD**  
**Rachel Elizabeth Hatcliffe**  
**Timothy B. Harmon, MD, MPH**  
**Victoria Lynn Larsen, EMT**  
**Warren Earl Tripp, MD**  
**Zachary Coburn, MD**

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## Featured News

### "We cannot solve the challenges of our time unless we solve them together"

In her address to the ACEP Council on Oct. 24, 2021, ACEP President Dr. Gillian Schmitz outlined her vision and approach as the College's new leader. [Watch her speech.](#)

#### EM Physician Workforce of the Future:

- [Emergency Physicians Explore the Future of the Emergency Medicine Workforce](#) (ACEP Now, 10/25/21)
- [2021 Survey of the Emergency Medicine Job Market](#) (ACEP Now, 10/18/21)
- Get the latest workforce updates at [www.acep.org/workforce](http://www.acep.org/workforce).
- Visit [ACEP's Career Center](#)

#### Regulatory News:

- [Status Update: ACEP Actions to Push Back Against Flawed No Surprises Act Regulation](#) (11/18/21)
- [Breaking down the Biden Administration's new vaccine mandates: How do they impact you?](#) (11/11/21)
- [Emergency Physicians Call on Biden Administration to Amend Interim Final Rule on Surprise Billing](#) (11/9/21)
- [The 2022 Physician Fee Schedule Final Reg: Highlights and Perspective](#) (11/4/21)

#### EM Physicians Join Forces to Create Award-Winning COVID-19 Field Guide

[In this video](#), ACEP members tell the origin story of the award-winning **COVID-19 Field Guide**, a valuable resource that has been utilized by emergency clinicians in more than 160 countries.

#### Rescue Team Doctor at the Surfside Condo Collapse Shares Experience

In this [ACEP Now article](#), Dr. Benjamin Abo gives a firsthand account of what it was like for the urban search and rescue teams that responded to the Surfside condo collapse. (Plus, get bonus content from Dr. Abo on this month's [ACEP Nowcast](#).)

## ACEP Member Benefits

#### A Checklist to Help You Negotiate The Best Employment Contract

Employment contracts are complex and often difficult to navigate. [This checklist](#) is designed to help you consider all the right questions when reviewing any employment contract you receive.

#### Legal and Financial Support Services

For just \$15 per year, ACEP members can access Mines & Associates' [legal and financial support assistance](#). This service includes unlimited 30-minute in-person consultation for each individual legal matter, unlimited telephonic 30-minute consultation per financial matter, and 25% discount on select legal and financial services all with MINES network legal and financial professionals.

For more employment contract & job hunt resources, visit [ACEP's Career Center](#)

### Upcoming ACEP Events and Deadlines

Nov. 29-Dec. 4: [EM Basic Research Skills \(EMBRs\) Workshop](#)

Dec. 4: Last day to submit your videos for the [TikDoc Challenge](#)

Dec. 16: [Alleviating the Pain: Managing Sickle Cell Patients](#)

Jan. 17-19: [Reimbursement & Coding Conference](#)

Jan. 18: [Advanced EM Ultrasonography Exam Review Course](#)

**District of Columbia ACEP Chapter**

**Leah E. Steckler, MD - President**

**[Adriana Alvarez](#) - Chapter Executive Director**

**800.798.1822 Ext. 3312 | [Website](#)**

**c/o National ACEP**

**4950 West Royal Lane**

**Irving, Texas 75063-2524**

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