



American Osteopathic College of Anesthesiologists

Quarterly **Newsletter**



May 2021

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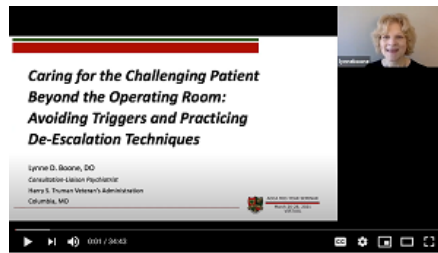
48th Annual Mid-Year Seminar: Recap

The College held the 48th Annual Mid-Year Seminar virtually March 26-28 bringing in over 350 registrants from around the country. The program was led by Program Chairs, Dr. Karen Flotildes Romo, DO, FAOCA and Dr. Kristen Holler, DO with the support of AOCA's Professional Education Committee and Board of Governors. The diverse program included top-notch speakers and a broad range of topics such as Regional Anesthesia, COVID, From a Practice Management Perspective, Pediatric Anesthesiology for the General Anesthesiologist, Critical Situations in the OR and Leadership Development. Here are just a few highlights from the dynamic program.

Caring for the Challenging Patient Beyond the Operating Room: Avoiding Triggers and Practicing De-Escalation Techniques

Dr. Lynne Boone, DO, Consult-Liaison Psychiatrist, Behavioral Health, Harry S. Truman VA Hospital examined how to establish a rapport during initial patient meetings, how to maintain control during situations that become escalated, how to employ techniques that encourage a patient's autonomy while still setting limits, structuring de-briefing sessions after a patient incident and how doctors can use patient encounters as training modules for residents and

teaching ways to encourage self-reflection. You can watch Dr. Boone's lecture by clicking on the recording below.



Short Stories From the COVID Frontlines: How AOCA Members Were Impacted by the Pandemic

During the 48th Annual Mid-Year Seminar, AOCA members and your colleagues shared their personal COVID-19 Stories. The stories were not only inspirational but reflected the commitment to care, bravery and heroism that many of our members are still living today through the pandemic. You can listen to the different member stories at [Short Stories From the COVID Frontlines](#).

Short Stories From the COVID Frontlines

**James Griffin
DO, FAOCA
Rhode Island**

COMMUNITY

"The care of these patients were not being directed by intensivists. There were pediatricians, endocrinologists, orthopedists, medical students and residents shouldering a large part of it and it was pretty amazing to see people step up in a all hands all deck situation. Despite the horrific nature of this assignment and the tragic things I've seen...it was at the same time one of the most inspirational and rewarding experiences of my career."

- Transitioning From Intraoperative Services to Airway Teams from the 48th Annual Mid-Year Seminar

Short Stories From the COVID Frontlines

**Neera Tewari
DO, FAOCA
New York**

FAMILY

"We had to put a more positive lens on at home regardless of what we were feeling inside...Did we come out unscathed? I don't know for sure but I do know we all realized how special each one of us is. My family survived hopefully the worst part of this global pandemic and I believe we are stronger for it."

- The Stressors of Being a COVID Caregiver and Protecting Your Family from the 48th Annual Mid-Year Seminar

Understanding the Struggle of Patient Access to Perioperative Medical Care

By: Adam J. Milam, MD, PhD, MHS
Faculty Associate
Department of Mental Health
Johns Hopkins Bloomberg School of Public Health

Continuing the conversation from his Mid-Year Seminar lecture, Dr. Adam Milam, MD, PhD, MHS provides a follow-up article to this topic. Here is a brief excerpt:

...There are also clear differences in patient management by race/ethnicity and socioeconomic status. In a study of patients with long bone fractures presenting to the emergency department, nonwhite patients were less likely to receive outpatient opioid prescriptions. More troubling, African American patients that actually received opioids for long bone fractures were less likely to receive a prescription for naloxone.¹³ There are other factors that explain racial, geographic, and socioeconomic disparities in perioperative health outcomes including explicit biases, mistrust of the healthcare system, cultural differences, and patient behaviors.

...In addition to improving access, diversifying the medical workforce is another strategy for addressing healthcare disparities and disparities in perioperative health outcomes. There is evidence that increasing provider diversity can improve patient care, patient satisfaction, and reduce healthcare disparities.¹⁶ Fortunately, we have examples of strategies to effectively improve diversity without sacrificing quality.¹⁷

Health and healthcare disparities also exist for other segments of the population. While racial and ethnic disparities are the most well-studied, there are also disparities among women, older adults, the disabled, as well as sexual and gender minorities. Many of the solutions are the same – addressing biases, effective communication, and advocating for diversity in the field. [Read the full article](#)

VAPOR - 69th Annual Convention & Conclave



Call for Abstracts

This is an excellent opportunity for investigators to share innovative collaborations, evidence-based research, and highlight the outstanding work within the field of anesthesiology and the subspecialties. The peer-reviewed and accepted abstracts will be presented in a moderated poster scientific session on the afternoon of Saturday, September 25, 2021. Presenters will have the ability to virtually connect with on-site attendees for a live Q&A or register for VAPOR, the 69th Annual Convention & Conclave and be present for live Q&A.

Abstracts will be accepted in the following two categories: Complex Case and Scientific Investigation. Abstract submission will close at midnight ET Tuesday, June 1st, 2021.

Abstract submissions are open to all individuals. Only resident presenters will be eligible for award recognition of \$500 for first place in each category.

[View the Submission Guidelines Here](#)

2021 Awards & Honors

In recognition of meritorious service to the AOCA, the College is honored to announce the 2021 Fellows of the American Osteopathic College of Anesthesiologists (FAOCA).

Helen Bean, DO

Nominated By: David Ninan, DO, FAOCA

Denton Davenport, DO

Nominated By: Telianne Chon, DO, FAOCA and Jessica Goeller, DO, FAOCA

Jefferson Kyle Dryden, DO

Nominated By: Jennifer Hargrave, DO, FAOCA

Karen Flotildes Romo, DO

Nominated By: Rebecca Margolis, DO, FAOCA

It is the distinct pleasure of the College to announce the 2021 Timothy D. Ernst Memorial Scholarship recipient. This scholarship award honors a resident who demonstrates outstanding scholarship, leadership, and commitment to the osteopathic profession.

John Carter, DO

Ohio Health: Doctor's Hospital

Nominated By: George McKean, DO

D.O. History Corner: Dr. A.T. Still Connected Overeating to Health Problems

By: Jason Haxton, MA, DO (h.c.)

Jason Haxton dived into the legacy of osteopathic medicine during the 48th Annual Mid-Year Seminar. Participants enjoyed a journey through the eyes of A.T. Still's and learned more about the legacy Dr. Still left. VAPOR, 69th Annual Convention and Conclave participants will have access to discussion on when morbid obesity impacts your patients. What does A.T. Still have to say about it? Find out below!



The health concern alarm due to excessive weight and obesity in our population has been ringing for several decades and yet people keep gaining weight - not gaining on the problem of obesity.

It is understandable that society has changed. Technology, access to foods that are portable and less outdoor physical activity has moved us from a more active and physical job lifestyle and outdoor activities to a sedentary population. Think of an average day, most people spend a majority of their waking hours sitting or lying down. Whether it be at work on the computer or mobile phone, commuting by car or public transportation, watching shows, playing video games, spending time on social media, video phone visits much of one's day is sedentary. This coupled with a plethora of snack foods that are tasty but lacking in nutrition have Americans, and for that matter the world population expanding the average size by an extra 20 pounds. Excessive weight, fat (adipose tissue) has major physical health and mental health consequences. Excessive weight places the

population at greater risk for mortality through cardiovascular diseases (20.1%), type 2 diabetes (15.2%), malignant tumors (10.8%), and liver diseases (7.6%) (Global Health Observatory, WHO 2020). [Read the full article](#)

Financial Perspective: Are There Still Any Market Timers Out There?

By: Sam Feldbaum, [Rockwood Wealth Management](#)

There's no doubt about it: attempting to time the market is incredibly tempting. Every rational person at some point during this pandemic has said to him- or herself, "Wow, this is really bad. This time it's definitely different. We've never been through this as a nation, and I think maybe it's time to play it safe and pull our money out of the market until things are more normal." That is a perfectly rational, if not overtly logical, thought process. The problem, however, is that it is a terrible investment strategy. Here's why. [Continue Reading](#)

**Views expressed in the newsletter are the author's own and do not reflect the view of the College. We [welcome your feedback](#) on newsletter topics and encourage you to connect with the [AOCA Office](#) for publishing opportunities.*

□ American Osteopathic College of Anesthesiologists
201 E. Main Street, Ste. 1405
Lexington, KY 40507
office@aocaonline.org | aocaonline.org