

A Newsletter for the Members of the Louisiana Chapter

Spring 2016



Mark Rice, MD, FACEP, President

[Nancy Bourgeois](#), Executive Director

Phone: 985.507.1797

From the President Mark Rice, MD, FACEP

Emergency Medicine Wellness Week

January 24, 2016 thru January 30, 2016 marked the first EM Wellness Week. This event was put forth by our National ACEP leadership and I must say this event was very much needed. EM providers were challenged each day of the week to do something that is centered on provider wellness. I am already somewhat of a gym rat. The true sign of a gym rat is when you bring your own water supply to the gym in addition to making time to hit the hotel gym when you are out of town on business. I am guilty of both criteria. Nonetheless, I did make extra time during the event to add special aspects to my regular diet and tried eating a little cleaner. However, wellness is not all time spent exercising and eating.

We all have family and friends who sometimes are neglected by our clinical duties. All too often we tend to put aside our relationships to make our work obligations easier. Our specialty is one that was created out of necessity. A time arose in our history when communities needed access

to care for the sick and dying around the clock. Emergency medicine was born from that need. As needs have continued to increase, we have continued to step up our game.

Quoting our National President Jay Kaplan, MD, FACEP, "We are availabilist" We are there when no one else is around. Days, nights, weekends, holidays, disasters, and epidemics do not come close to encompassing our availability for the sick and injured. Our specialty has accomplished much regarding practice, skill, professionalism, and availability. Allow me to say to all EM providers, Thank You!

Most importantly do not forget to thank yourself. If you were unable to participate in our National Emergency Medicine Wellness Week, do not despair. You can, and should, take some time every week to spend healing and thanking yourself. Again, thank you for all of your efforts.

Shreveport Residency Visit

Thank you so much to the LSU Shreveport Residency for meeting with me on my travel to Shreveport in January. Luckily, my South Louisiana cold intolerance was not tested this trip as I dodged the forecasted snow. I must say, the drive up to Shreveport is becoming more and more scenic and enjoyable. I now see where the ducks have been resting since flying south for the winter because they certainly have not been many over the South Louisiana marshes from the view of my duck blind.

Residents and faculty met with me over dinner and we engaged in a nice discussion about emergency medicine, both on a national and state level. Topics included our local chapter's success with our Violence Against a Healthcare Provider law and our continued battle and success against local legislators' efforts to ban balance billing. The conversations brought to light the common struggles for emergency medicine providers. Many providers across our state face the same challenges and together we can advocate for our specialty.

I want to work to include all emergency medicine providers across our state as we move forward. I pledge to continue my travels to Shreveport on a regular basis so our colleagues from the north do not feel left out. A face to face conversation always goes much farther than an only a telephone call. I, as well as Louisiana ACEP, appreciate the efforts, knowledge, and education LSU Shreveport continues to provide for our future in emergency medicine. If any members would like to participate in my next adventure to Shreveport or would like Louisiana ACEP to visit your group, then please contact our Executive Director, Nancy Bourgeois so we can facilitate this meeting. **Thank you again to Dr. Tom Arnold and Dr. Mary Ann Edens. Your department and program are truly top notch.**

ACEP16 Dates Changed Adjust Your Calendars!

Just a reminder that the schedule for ACEP16 has changed by one day.

Why Did the ACEP16 Dates Change?

To allow observance of the Yom Kippur holiday, **ACEP16** moved by just one day from the initial publicized days.

The ACEP Board of Directors Meeting is Thursday, Oct. 13, 11:00 am – 5:00 pm.

The Council Meeting is Friday-Saturday, Oct. 14-15.

Preconference courses will occur on Saturday, Oct. 15.

The educational courses at ACEP16 will occur Sunday-Wednesday, Oct. 16-19.

The exhibit program is Sunday-Tuesday, 16-18.

The ACEP Board of Directors will also meet on Wednesday, Oct. 19, 8:00 am – 2:00 pm.

EMRA events will be held Friday-Tuesday, Oct. 14-18

What about the hotel reservations I made with OnPeak?

Reservations already made through OnPeak, the official housing provider of **ACEP16**, the reservation will be modified to reflect the arrival and departure days based on the new schedule. Those with reservations will hear from OnPeak very soon about the change in their reservation.

Please adjust your travel plans accordingly.

Save the Date for April 20, 2016 La-ACEP Annual Meeting with New Orleans LSUHSC Emergency Residency Program

This year's annual business meeting and elections will be held in conjunction with the N.O. Residency program-Education Day.

The meeting date is set for Wednesday, April 20 in New Orleans at the new LSUHSC campus. Meeting time will be from 8 am-12 noon followed by lunch and a tour of the ED and overview of the main campus.

Once the exact location is determined we will send a meeting reminder with more details- i.e. location, key note agenda and ballot.

If you need additional information please call 985-507-1797.

We Need You for La-ACEP Board

The following positions are available for nominations either in advance of the meeting by e-mail or phone, or at the meeting which will include nominations from the floor:

Board positions- 7 to be elected to replace or re-elect –Drs. Burnell, Cain, Elder, Eversgerd, Jeider, Muntan and Van Meter.

Councillor positions- we have increased by one so we have five (5) Councilors and up to five (5) alternates to select.

Also available are the appointed positions for voting memberships from each residency program- New Orleans, Baton Rouge and Shreveport.

If you are interested in serving, or would like to nominate a colleague, please contact our office or prepare to nominate from the floor the morning of **April 20th**.

Victory for Highway Safety

La-ACEP under the direction of President Mark Rice and Louisiana Congressman Garrett Graves played a vital role in persuading Members of Congress to oppose bigger trucks and in turn, this long term highway reauthorization bill contains no major increases in truck size or weight.

The most telling sign of our success is the US House of Representatives rejecting an amendment to raise truck weight limits on Interstate and other highways from 80,000 pounds to 91,000 ponds. The amendment was defeated by a by-partisan vote of 236 to 187. It was the first of three votes over the course of three weeks in the House and Senate rejecting heavier and longer trucks.

This is a victory for highway safety and preventing more deaths and injuries. Members of Congress chose to side with the vast majority of their constituents and advocates despite the

pressure from heavier truck proponents. Our partners in this initiative were the Coalition Against Bigger Trucks (CABT), Louisiana State Nurses Association (LSNA), Louisiana Ambulance Alliance (LAA) and the Louisiana Association of Nationally Registered EMTs (LANREMT.)

Fellowship Application Deadline for 2016 is August 31, 2016

Earn a prestigious mark of distinction. Become an ACEP Fellow. If you are looking for more from your ACEP membership consider becoming a Fellow of the American College of Emergency Physicians, or FACEP.

This important designation speaks to your contributions to ACEP and highlights your commitment to emergency medicine.

Almost 10,000 ACEP members proudly use the prestigious FACEP designation. **Eligible members must apply by August 31, 2016 to be inducted at ACEP16 in October in Las Vegas.**

If you're not certain that you have met the eligibility requirements you may contact the ACEP Membership and Customer Service at 1-800-798-1822, ext. 5 for your personal eligibility review. There is a published Guide to the Fellow Application Process (PDF) available from the ACEP.org website or you may contact our office for more information. It will be our pleasure to support you in this endeavor by submitting a letter of recommendation on your behalf once the qualifications have been met.

Fun in the Sun- Learning Style, Trauma 2016- June 6-9, 2016

Once again the Alabama State Chapter of ACEP and the other members of the SEC states will be networking, receiving CE and relaxing in the warm Florida sun. Join others from our state for a little good southern rivalry as we support our residents in the good natured competition and presentations. Why not take advantage of this reasonably priced package of resort hospitality to enjoy a few days of rest and relaxation among some of the best minds in emergency medicine. A brochure should be in the mail soon with more details, but in the meantime you can contact the **Alabama host chapter for information and to register at alacep.org or speak with my counterpart, Denise Louthain, Executive Director.**

Executive Director Update- Nancy Bourgeois

Happy 2016, my best wishes to you and your families for a terrific year full of health and happiness. As you can see from our articles there is a good bit of activity that should interest you.

In this newsletter you:

Learned the new and updated dates for **ACEP16** in Las Vegas

Were challenged to improve your personal health and by the way, encourage me to do the same.

Heard from our members and the residents in the northern part of the state. No not above the Mason-Dixon.

Find out about the dates and changes to our annual meeting in the Big Easy

Decided the time is right to seek nomination to the La-ACEP board- be a part of your professional history.

Now know to watch the size and length of the mega trucks on the highway-stay out of their way!

Can plan for the best CE opportunity of the summer at the beach for SEC in San Destin, Florida

Learned what to do if you are interested in becoming FACEP designated.

If you have any questions or need further information don't hesitate to contact me at 985-507-1797.

Thanks for all that you do for emergency medicine.

Clinical News

Pediatric Emergency Playbook Podcast a Key Resource for Emergency Physicians

What is fear? These are the opening words of the podcast "The Undifferentiated Sick Infant," which can be found in the Pediatric Emergency Playbook developed by Tim Horeczko, MD, MSCR, FACEP, the mastermind behind a fantastic new pediatric emergency medicine (PEM) resource.

[Read More](#)

Emergency Medications Act Would Fix Gap in EMS Law That Could Harm Patients

Pending federal regulations threaten a longstanding practice that has allowed emergency medical services (EMS) personnel to administer controlled substances to patients who, for example, are suffering with severe pain or experiencing seizures. This practice will soon be prohibited unless the nation's Controlled Substances Act is amended accordingly.

[Read More](#)

Muscle Relaxants, Opioids Offer No Benefit for Low Back Pain

People who arrived at the emergency department with severe low back pain didn't experience more relief with muscle relaxants or opioids than with over-the-counter painkillers, in a study published in JAMA.

Nonsteroidal anti-inflammatory drugs (NSAIDs) alone offered as much relief as more powerful painkillers.

[Read More](#)

Contribute to ACEP's History: We Need Your Donations

Diane Bollman, MCEP Executive Director

Dan Sullivan, ACEP Staff Historian

On August 16, 1968, the American College of Emergency Physicians (ACEP) was founded by 8 physicians in Lansing, Michigan. Shortly after the organizational meeting, they began to meet in the basement of the Michigan Medical Society Building (Figure 1). Founding leaders from Michigan and Virginia (Figure 2) collaborated to develop not only the professional society, but also the medical specialty. Of note, emergency medicine (EM) is one of the few (if not the only) medical specialty in which the national society was organized before the medical specialty was recognized.

The pre-specialty founding of ACEP was not the only break from tradition. Development of EM residency programs, recruitment of physicians from other specialties, evolution of EM education, and the board certification of EM physicians all represented innovations in the status quo. Even the ACEP logo was a break from the norm (Figure 3).

In the nearly 48 years since its inception, ACEP has grown, moved, grown more, and moved again. ACEP relocated its headquarters to the Dallas area and moved into the current building in May 1983. Throughout its history, the College has provided leadership and advocacy for its members and EM as a whole. And after over 30 years in the headquarters, the College has

outgrown its offices and is building a new headquarters building, remaining in Irving, Texas.

As exciting as the new headquarters office is, perhaps even more inspirational is the pending historical milestone: in October 2018, ACEP will celebrate its 50th anniversary at *ACEP18* in San Diego. Leading up to both the move into the new building and the 50th anniversary, a staff- and physician-led anniversary task force has assembled to find, archive, preserve, and present ACEP- and EM-specific history. The project started where the first Indiana Jones movie concluded: digging through archives in a warehouse (Figure 4).

We need your help. Even though we have re-discovered many wonderful historical photos, documents, and exciting items, we need more. Much more! Our desire is to develop as complete and robust an archive as possible, and to do that, we are looking for the following items:

- Audio and visual recordings of ACEP members
- Marketing and meeting booklets and brochures
- Photos and images
- Objects (commemorative memorabilia, EM-related medical instruments, etc.)
- Publications (EM-related books, ACEP publications)

Many of these items will be displayed in the new building, in our "Heritage as Art" interior design program. Many will be displayed in a live museum at *ACEP18*. Many more will be available in the online museum we will develop.

If you have ACEP- or EM-related historical items that you would like to donate to ACEP for this purpose, please contact ACEP's staff historian, [Dan Sullivan](#). Please contact him prior to sending donations. All accepted donations will be carefully catalogued, preserved, and may be displayed in the new building. Also, we will gratefully acknowledge you as the donor. Donated items can be considered as charitable donations for tax purposes.

Please help us preserve and celebrate ACEP and emergency medicine history. Your donations will be seen by the widest possible audience, and will keep the spirit of emergency medicine and ACEP alive.

Contact [Dan Sullivan](#) if you have items to donate.

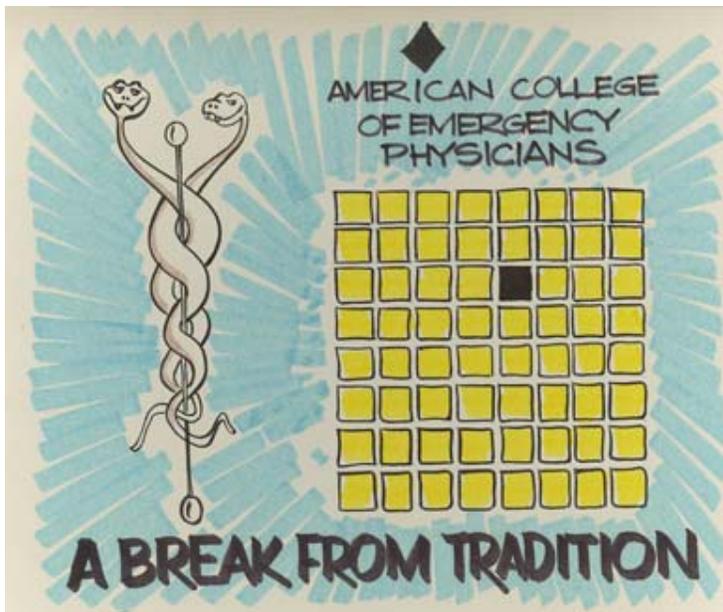
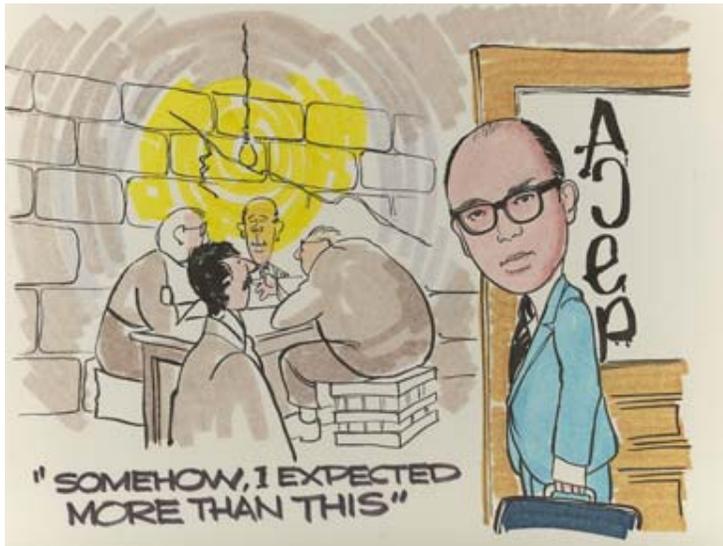


Figure 1. Cartoon depicting the visit of Reinald Leidelmeyer, MD, to the early ACEP office in Lansing, Michigan, in autumn 1968. (Cartoon commissioned by John Wiegenstein, MD, 1978.)

Figure 2. Left and center: ACEP founders John Wiegenstein, MD, James Mills, MD. Man on the right is unidentified.

Figure 3. Cartoon of the ACEP logo. ACEP logo created by Art Auer. (Cartoon commissioned by

John Wiegenstein, MD, 1978.)

Figure 4. Over 160 boxes of ACEP archives in the warehouse. Archives are now being collected and professionally preserved and documented, and will be featured in the new building and in an online and live museum at ***ACEP18***.

Since 1980, NEMPAC has been the voice of emergency medicine in the political process and a powerful tool in advancing ACEP's legislative agenda. Last year, NEMPAC played a critical role in: **1 Repealing the flawed SGR formula**, **2 Re-introducing medical liability reform legislation** for EMTALA-related services, **3 Advocating for mental health reform** to reduce psychiatric patient boarding in EDs, and **4 Calling for funding** for emergency medicine research and trauma care.

ACEP members' donations to NEMPAC are carefully allocated to congressional candidates by the NEMPAC Board of Trustees based on:



Support of ACEP's legislative priorities



Leadership position and committee assignments



Relationships with ACEP members across the U.S.

The 2016 elections are just around the corner. Help NEMPAC continue to lead the way for the future of emergency medicine.

Contribute today at www.acep.org/NEMPAC.



NEMPAC is bi-partisan—we support pro-emergency medicine candidates, not political parties.



YOUR VOICE ON CAPITOL HILL

Welcome New Members

Alexander D. Capell
Ashley B. Saucier, MD
Katherine E. Stell

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**Louisiana Chapter ACEP, P.O. Box 1324,
Ponchatoula, LA 70454**

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