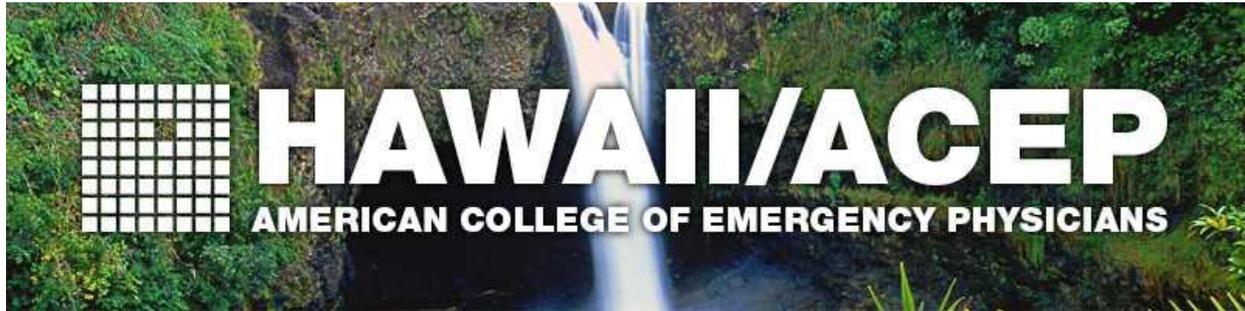


A Newsletter for the Members of the Hawaii Chapter - Fall 2019



Mark Baker, MD, FACEP
President

Debra Sanders
Executive Secretary
[Website](#)



President's Message

Mark Baker, MD, FACEP

Aloha Hawaii ACEP Members! This President's Message comes to you from the 2019 ACEP Council Meeting, where I represented our chapter as one of two Hawaii Councilors. Before describing the meeting, I want to thank Dr. Daniel Cheng, who stepped up to be our second Councilor. And I am hopeful that the nuances of Council operations don't dissuade Danny from doing this again. I suspect it's not as bad as the British Parliament! [Read More](#)

Hawaii ACEP Board Meetings

The Hawaii ACEP Board meetings are held every other month. Hawaii ACEP members are welcome to attend the Board meetings – *please contact us in advance* if you are interested. For more information on the meetings, contact Debbie. Upcoming Board meetings will be held on the following dates: Wednesday, November 25, 2019; Wednesday, January 22, 2020; Wednesday, March 25, 2020; Wednesday, July 22, 2020.

Visit our [Hawaii ACEP website](#) where you can view or download past issues of our [Hawaii ACEP e-newsletter](#).

Wellness Hawaii: The Importance of Sleep

by Grace Chen O'Neil, MD, FACEP
Secretary-Treasurer, Hawaii Chapter ACEP

In this newsletter, I am going to talk about sleep and the importance of getting enough sleep. One third of your life will be spent sleeping. There is no objective test at this time for how much sleep is needed for each individual. But generally, people need about 7-8 hours per day, though there is a range of perceived sleep need among individuals. Sleep deficiency can impair performance, but often people do not even realize that they are impaired.

In our society, there is often a conscious limiting of sleep. Being able to function on very little sleep is equated with endurance and strength. Some people might even view sleep as wasted time that could be used doing something more productive. The average American adult sleeps a little less than 7 hours per night. About 20% of adults sleep less than 6 hours per night. Unfortunately, there has been an increase in short sleep duration in all age categories since 1970.

Impaired sleep quality or short sleep duration is correlated with an increased BMI (body mass index), obesity, metabolic syndrome, and Type II Diabetes. There is less time spent in slow wave and REM (Rapid Eye Movement) sleep. Slow Wave sleep, otherwise known as Stage 3 sleep, is the deepest and most restorative stage of non-REM sleep. REM sleep enhances learning and memory, speeds cognitive processing, and decreases anxiety and memory of fearful events.

As a shift worker, I know that it definitely is not easy getting enough sleep every day. However, if we can shift our thinking to prioritize sleep, I think that we can all enjoy a better quality of life! Healthy sleep duration and quality leads to lower sympathetic tone and blood pressure, increased stamina, and faster cardiovascular recovery time. It also helps curb appetite, as there will be higher daytime leptin, decreasing food-seeking behaviors. This can only help us in the Emergency Department and in our daily lives!

If you would like to contribute to the Wellness section of our Newsletter, please send your contribution. We are looking articles about wellness and fun travel experiences. Thank you.



Save the Date: Annual Meeting and Dinner – May 20, 2020

Mark your calendars for the Hawaii ACEP Annual Meeting and Dinner, which will be held on **Wednesday, May 20, 2020**. Exciting news - next year, we will be returning to **Roy's Restaurant in Hawaii Kai, 6600 Kalaniana'ole Highway, Suite 110!** Our meeting and dinner will be from **5:00-9:30pm**. We are switching things up – this will primarily be a social event with time to talk story and share great dinner with good company. The keynote speakers are our local but nationally prominent lifeguards, who will discuss **big wave rescues**. The restaurant's beautiful private dining room overlooks Maunalua Bay, and the food and ambiance are excellent! Save that date for you and a guest! For information, contact Debbie Sanders.



UH JABSOM Emergency Medicine Interest Group (EMIG): by Gregory Suarez, MD, FACEP

At the University of Hawaii John A. Burns School of Medicine (UH JABSOM), our specialty continues to be incredibly popular with medical students. I'm happy to report that 9 fourth-year students are applying to EM residencies in this upcoming match!

Efforts are being made to expand the fourth-year emergency medicine rotation to include sites on Maui and Hawaii. We hope to be able to offer this to the medical students for the 2020-2021 academic year.

We've also recently begun incorporating in our curriculum the American College of Surgeons' [Stop the Bleed course](#) with plans to certify every graduating medical student.

As the Clerkship Director, Department of Surgery, Division Chief of Emergency Medicine at UH JABSOM, my goal is to keep you up to date about our students and to encourage you to become involved in their education. Please contact me if you would like to be a part of any of our labs or lectures or visit the [EMIG website](#).

Mahalo, Gregory Suarez, MD, FACEP
Director, Hawaii Chapter ACEP

2020 Hawaii ACEP Emergency Department Leadership Summit

The 7th annual Hawaii ACEP Emergency Department Leadership Summit will be held at the Queen's Conference Center on **Monday, September 21, 2020**, rooms 200 and 203. This is a forum to discuss critical issues impacting Emergency Physicians, ED Nurse Leadership, Trauma Coordinators, and Emergency Departments state-wide. Our goal is to make this summit interactive, allowing participants to discuss challenges and potential solutions for all counties. We are hopeful that there will be an opportunity to meet with some of our legislators, either during or after the conference. We are all leaders, and you are all invited. Contact Debbie Sanders at kepola2014@yahoo.com or Will Scruggs at wscruggs@hepa.net for more information.

Volunteer Opportunities for Emergency Physicians

by James Ham, MD, FACEP

"Be the change you want to see in the world." - Unknown (not Gandhi)

Top Ten Reasons Why Every Emergency Physician Should Volunteer:

- Experience a wide variety people, communities, and cultures
- Learn something new about yourself and the world
- Develop communication skills in other languages and cultures
- Enhance and broaden your medical skills and knowledge
- Less charting, more doing - practice in a simpler, more gratifying setting
- Reignite your passion and purpose for helping others
- Build lifelong friendships and lasting impact
- Test your ability to face new challenges
- Gain an improved sense of connection to others and your community
- It makes you feel good

Suggested Volunteer Opportunities:

- *Aloha Medical Mission* (www.alohamedicalmission.org)
 - Medical, surgical, and dental missions throughout the world
 - One of Hawaii's first and largest international humanitarian organizations.
- *Vietnam Society of EM* (<http://www.vsem-2019.org/organizers.html>)
 - Volunteer physicians and nurses needed for annual conference and workshop - affiliated with International Federation of EM.
- *Health Volunteers Overseas* (www.hvusa.org)
 - Gateway to volunteer in Bhutan – one month assignments at well-established ED at large receiving hospital
- *Papua New Guinea Society of EM* (james.ham@gmail.com)
 - Volunteers needed for POCUS (point-of-care ultrasound) training project using the Butterfly iQ, starting in the rural highlands of Papua New Guinea, and continuing to the coastal regions. Also, potential to build an annual conference with workshops.
- *Water Hands Hope* (www.waterhandshope.org, james.ham@gmail.com)
 - Community-based health projects and programs in the rural highlands of Papua New Guinea
- *Rotary International, Hawaii District 5000*
 - Bhutan Wilderness Medicine Vocational Technical Training Grant (james.ham@gmail.com) - Designing and implementing wilderness first aid and rescue training curriculum for Bhutanese tour and trekking guides
 - (www.globaloffsitecare.org) - Rotary-funded Telemedicine Project serving 12 hospitals in Asia, Africa, Caribbean
- *University of Hawaii John A Burns School of Medicine* (gsuares@hawaii.edu)
 - "Doctor" means to teach – there are lots of ways to help teach JABSOM students, clinically and in the classroom. Great way to help locally without leaving the comforts of home. Potential for faculty development.
- *JABSOM H.O.M.E. Project* (<https://hawaiihomeproject.org>)

- Volunteer attending physicians needed to serve as preceptors for a medical student-run volunteer clinic that serves the homeless at 11 different sites across the entire island of Oahu.



Welcome New Members!

Carolyn Riederer Annerud, MD, FACEP

Robert John Conrad, MD

Kerri L Cummins, RN

Reza Danesh, MD

Ryan Michael Ebisu

Nicholas S Fern, BSc, MBBS

Victor Galson, MD

Brandi Gary, MD

James Howard, MD, FACEP

Jennifer G Lee, MD

Abbey M Mattes, MD

Audrey McCandless, MD

Jonathan Redenbaugh, DO

Lauren Rodriguez, MD

Julia Ruggieri

Robert P Ruggieri, MD, FACEP

Gina Sun, MD

Brian A Tobe, MD

Patricia Van Leer, MD

Ryan Yee

Michael Yehl, MD

FROM NATIONAL ACEP



Take Action to Prevent Reimbursement Cut

Your Medicare reimbursements will be cut unless Congress acts before the end of the year. Help us urge Congress to take action to improve MACRA and to stop the upcoming cuts to ensure Medicare patients continue to have access to high quality emergency care. [Click here](#) to learn more and send a message to Congress today.

CMS Releases Final 2020 Medicare Physician Fee Schedule

Recently, CMS released its final 2020 Medicare Physician Fee Schedule (PFS) rule that includes changes that will affect Medicare physician payments and MIPS starting Jan. 1. [The Regs & Eggs blog](#) breaks down the final rule, emphasizing policies that apply to EM.

Do You Give-A-Shift?

The number one issue facing emergency medicine in Congress today is [surprise medical billing](#). ACEP is working hard to make sure that your voice is heard in this debate and that Congress finds the right solution that takes patients out of the middle and levels the playing field between physicians and insurers. In this critical time in emergency medicine, political action is more important than ever. You can make a difference on this issue by joining the fight with NEMPAC. [Help ACEP fix surprise billing the right way by supporting NEMPAC today.](#)

New Member Benefit for Physician Wellness & Assistance

The ACEP Wellness & Assistance Program was rolled out during ACEP19. It offers ACEP members exclusive access to 3 FREE confidential counseling or wellness sessions. Support is available 24/7, and sessions can be face-to-face, over the phone, or via text and online messaging. Includes 30-minute consultations for individual legal/financial matters. [Learn more.](#)

ACEP Introduces Citizen First Responder Program

ACEP's new first responder training program, Until Help Arrives, was officially unveiled during ACEP19 in Denver with a series of events to highlight how emergency physicians can positively impact their communities by conducting training sessions to teach the public basic life-saving skills. [Read more.](#)

New Resources to Help Small Groups

ACEP has developed new resources specifically to benefit small groups. A new Small Group Advisory Group is a team of seasoned small group members who have volunteered to support the small group practice model by sharing their expertise with other small group members who are looking for guidance or wanting to tap into the experience of others as they face various challenges unique to small groups. If your small group is dealing with an issue that you'd like to ask the advisory group about, just send us an email at smallgroups@acep.org. ACEP has also developed an online community for small group members to share ideas and discuss issues. To join that group and see the other small group resources available, go to www.acep.org/smallgroups

ACEP and ENA Team Up to Tackle Violence in the ED

ACEP and ENA have joined forces to combat violence in the emergency department through a new campaign entitled "No Silence on ED Violence." The campaign is aimed at raising public awareness of the frequency and severity of assaults against emergency physicians and nurses, and to advocate for action by stakeholders and policymakers to meaningfully address this crisis. Learn more about the campaign and help us demonstrate how widespread this problem is by sharing your story at www.stopEDviolence.org.

Nominate an Outstanding Medical Student

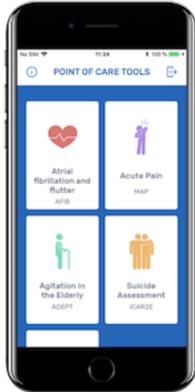
The ACEP/EMRA National Outstanding Medical Student Award recognizes 4th-year EM-bound medical students who excel in professionalism, leadership, service, research and academic excellence. [Nominate a deserving student by Jan. 1.](#)

New online course on opioid use disorder is approved by ABEM for “Part IV”—and it’s free

You already know that opioid-related deaths have risen to epidemic proportions. And that your emergency department is the only point of access many at-risk patients have to lifesaving interventions. A new ACEP course—*free, thanks to a SAMHSA grant*—can teach you how to provide better care, make an immediate impact, save lives, and satisfy your ABEM PI requirement. Learn more about the [ABEM-approved pathway](#) and the [optional education module](#) now. Approved for *AMA PRA Category 1 Credits™*

ACEP seeks task force members for a new Point of Care App: emPOC Now is your chance to get involved!

Working with no network? Are you offline? This **FREE, native app** with helpful bedside tools can be accessed even with the absence of an internet connection. emPOC is available exclusively to ACEP Members as a benefit to membership. All tools can be accessed on our [website](#). If you are interested in helping steer the direction of emPOC and giving expert advice on how ACEP’s new and exciting app can be an even greater asset to our membership, please email Riane Gay to receive more information on how you can get involved.



EMF Announces 2020/2021 Grant Opportunities

The Emergency Medicine Foundation (EMF) has announced its 2020/2021 research grant opportunities. Review the request for proposals and [apply for funding by the February 7, 2020 deadline](#). Four new directed research grants are available on Nasal High Flow Therapy for Respiratory Compromised Patients in the ED, Reducing Burnout through ED Design, Better Prescribing Better Treatment Program, and Diagnostics Research, in addition to EMF partnered grants.

Psych Coalition to Host Behavioral Emergencies Workshops

The Coalition on Psychiatric Emergencies is hosting an [interactive pre-conference workshop](#) Dec. 11 in Scottsdale, AZ in advance of the National Update on Behavioral Emergencies. The early bird rate (\$179) expires Dec. 1.

Geriatric Emergency Department Accreditation: Delivering Geriatric Care Standardization

Older adults account for 46 percent of all emergency department visits resulting in hospitalization. Approximately one out of every 10 hospital admissions are potentially avoidable, and the majority (60 percent) of those admissions are for patients 65 and older. Read More about GEDA in the latest [SAEM Pulse issue](#).

Is Your ED Pediatric Ready?



All EDs need to have the appropriate resources and capable staff to stand ready to care for children of all ages, yet every day in the United States, children are treated in EDs with varying levels of pediatric readiness. Start now to be **PedsReady** before taking the assessment starting **June 2020**.



For more information and resources to be PedsReady:



Bookmark the **PedsReady.org** website

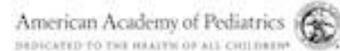


Download the 2018 guidelines: <https://tinyurl.com/PedsReady>



Like & share the PedsReady Facebook page: **@PedsReady**

Supported by:



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