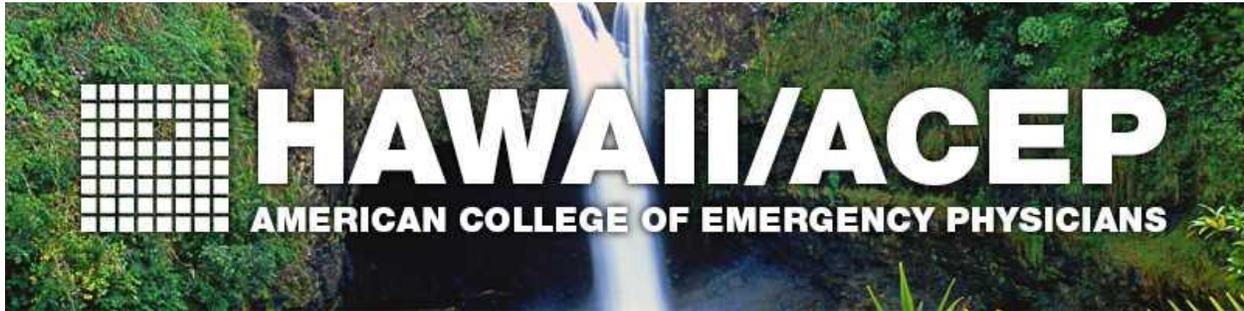


A Newsletter for the Members of the Hawaii Chapter - Winter 2020



Mark Baker, MD, FACEP
President

Debra Sanders
Executive Secretary
[Website](#)



President's Message

Aloha Hawaii ACEP Members,
こんにちは!

This "President's Report" comes to you from me while I am in Japan on a ski trip. It is great to travel, see different cultures, enjoy a sport (skiing/snowboarding), and eat good food. 😊

I think we should all do the same. There is no magic formula for this, but there are necessary elements. Working emergency medicine as a physician should allow all of us a comfortable living with time for travel and fun. You won't live like a wealthy businessperson, but you don't have to. The goal should be happy, not wealthy.

Find things to do outside of the ED - they can be medical or not. Some sport, some focus, music, create a book club, or volunteer. Just do something other than what you do from day to day. And when you do it, contribute to the enjoyment of others. There are opportunities within and outside of ACEP: Hawaii may soon have an ED Residency. You can volunteer with the Aloha Medical Mission or other organizations.

Enough with fun... Hawaii ACEP is making progress. Here are some upcoming events and tasks. If you can help with any, just let me know if you are interested:

- Annual Meeting and Dinner at Roy's Hawaii Kai: we will have great food, drinks, discussion and a great presentation from lifeguards about big wave rescues. Wednesday, May 20, 2020.
- Our Hawaii ACEP Bylaws are changing – more details to follow - make sure to vote.
- The Bylaws change will allow for more Directors. If you interested, please run for a local office; your chances are better than good. You will soon receive information about what terms will be available. Let me know if you have questions. The new Bylaws will also promote integration of members from all counties. So please consider representing yours!
- We are reviewing and revising our Articles of Incorporation, and they should be approved by the state soon.
- We can host and teach students on Neighbor Islands. If you can help with accommodations, please let me know. Also, see Greg Soares' report below.
- Political Action: if you want to make a difference in how our elected politicians see what we do, contact Will Scruggs or me.

Hawaii ACEP is what we/you make it. I can help facilitate, but if you want a beach walking club, running club, golfing club, 'pick up the ball and run with it!'

Mahalo, Mark Baker, MD, FACEP
President, Hawaii Chapter ACEP

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**. 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

Neighbor Island Emergency Medicine education update: for the first time, JABSOM will be offering sites on the neighbor islands for 4th year medical students to rotate and complete their required EM block. Students can now choose from the following locations: Hilo, Kona, and Maui.

I'm hoping that Hawaii ACEP and its members will consider helping address the biggest challenge with this initiative – logistics. While JABSOM is attempting to find low-cost housing and providing for travel, I'm hoping that some EM physicians in each area will be able and willing to assist. For instance: if someone lives near these facilities and would like to offer a spare bedroom or bicycle, that would go a long way to helping the students.

As the Clerkship Director, Department of Surgery, Division Chief of Emergency Medicine at UH JABSOM, I'm hoping that our community can remove any barriers so that the students can take full advantage of this opportunity!

Please contact me if you would like to be a part of any of our labs or lectures or assist in any way with the Neighbor Island rotation project!

Mahalo, Gregory Suarez, MD, FACEP
Director, Hawaii Chapter ACEP
[EMIG Website](#)





Wellness Hawaii: Minimizing the Pain of the Rotating Shift Schedule

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

In the last newsletter, I spoke about how important sleep is for your health and wellness. I realize that, as emergency physicians, it is fairly difficult to avoid the lack of sleep due to our rotating shift schedules. This month I want to talk about how you can decrease the pain and suffering of those schedules...

Unless one is a natural night owl, most of us have the most difficulty adjusting to night shifts. There are some things you can do before, during, and after those shifts to make things a little easier:

- If you have a few days before your night shift, you can try to adjust your sleep schedule 2-3 hours later every day. For instance, if you usually wake up at 7am and go to bed at 11pm, you can try to wake up at 11 am and go to sleep at 1am. The next day, you would wake up at 1pm and go to sleep at 3am, and so on. This also works for morning shifts, though it is generally more difficult to shift your schedule the other way. I recommend shifting your schedule in 1-2 hour increments instead of 2-3 hours at a time. If you do not have this luxury, you can try taking a nap in the afternoon for up to 3 hours to reduce your sleep debt before your night shift. The best time to do this is probably after lunch, as this is when most people feel a little sleepy anyway.
- While at work, bright light will help you keep alert.
- If you are able to nap during work, a power-nap of 30-40 minutes can help improve alertness, as well.
- Of course, you can always reach for the caffeine. However, beware of having caffeinated drinks in the last half of your shift, as they can make it harder for you to fall asleep, reducing your deep sleep. This could decrease the overall rest you experience in any given cycle.
- Another suggestion is to begin wearing blue light blocking sunglasses about 1 hour before your shift is over. This will encourage melatonin release and make it easier to

fall asleep when you get home. These glasses will also help block out the glare of the sunrise as you are driving home.

- Sometimes falling and staying asleep can be the most difficult part of working night shifts. Good blackout curtains or a full eye mask can help keep the daylight out of the bedroom. A pair of earplugs or white noise (like an old noisy air conditioner or a white noise machine) can help block out an irritating lawn mower.

I hope these tips will help you get more sleep. I know some of you probably have other tricks. If you want to share some of your tricks with the group, I encourage you to write me and I can place them in the next newsletter. If you would like to contribute to our wellness column, you can also send your contribution to the same email address. I am looking for your travel experiences or any other contributions related to wellness.

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, March 18, 2020; Wednesday, May 13, 2020; Wednesday, July 22, 2020; September 2020 (date to be advised); Wednesday, September 18, 2020.

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

2020 Hawaii ACEP Emergency Department Leadership Summit

The 7th annual Hawaii ACEP Emergency Department Leadership Summit will be held in **September 2020** (*date to be advised*). 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 for more information.

Welcome New Members!

James Douglas Bovienzo, DO, FACEP
Randy F Niklason, MD

Taylor Kai Peter-Bibb
Brenna Shackelford, MD
Max Sunoo
Sherrie M Suzuki, MD
Reid H Tamanaha, MD

FROM NATIONAL ACEP



Articles of Interest in *Annals of Emergency Medicine* - Winter 2020

Sam Shahid, MBBS, MPH

Practice Management Manager, ACEP

ACEP would like to provide you with very brief synopses of the latest articles and articles coming soon to *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. [View synopses here.](#)

***Annals* Supplement: Social EM**

Want to know more on social determinants of health? Check out the special, open-access *Annals of Emergency Medicine* supplement "[Inventing Social Emergency Medicine: A Consensus Conference to Establish the Intellectual Underpinnings of Social Emergency Medicine.](#)"

New Policy Statements and Information Papers

The following policy statements and information papers were recently approved by the ACEP Board. For a full list of the College's current policy statements, consult the [ACEP Policy Compendium](#).

New Policy Statements

[Pediatric Readiness in Emergency Medical Services Systems](#)
[Opposition to Copays for Medicaid Beneficiaries](#)

Revised Policy Statements

[Firearm Safety and Injury Prevention](#)
[The Role of Emergency Physicians in the Care of Children](#)

New Information and Resource Papers

[Information and Resources Addressing Falsification of Data in Research](#)
[Resources on Behavioral Health Crowding and Boarding in the Emergency Department](#)



Announcing the new ACEP Clinical Alert

Keep up with the latest physician guidance and clinical updates from the CDC with the [ACEP Clinical Alert](#) online.

2019-Novel Coronavirus Webinar: Impact, Containment, Treatment

ACEP is partnering with the Emergency Nurses Association (ENA) and the Association of American Medical Colleges (AAMC) to provide a [free coronavirus webinar](#) at 2 p.m. EST on Feb. 18. The National Ebola Training and Education Center will discuss the nature and impact of the virus, plus suggestions for containment and treatment. Representatives from the HHS, CDC, ASPR and HPP will be available to answer questions. [Register now](#).

NEMPAC has your back in the 2020 Elections

2020 is an important election year. This is no time to sit on the sidelines! NEMPAC is working hard to ensure the concerns of emergency medicine and patients are front and center with candidates running for federal office. Your support this year will make our voice stronger to help elect emergency medicine supporters in Congress and identify and cultivate future champions. The NEMPAC Board of Trustees and staff have put together an informative presentation on NEMPAC's role in the 2020 elections and how decisions are made to support candidates. [Click here](#) to view the presentation and [click here](#) to support NEMPAC today.

Update on ACEP's APM Strategic Initiative

ACEP has an exciting update on our Alternative Payment Model (APM) Strategic Initiative. As background, a couple years ago, ACEP created the Acute Unscheduled Care Model (AUCM), a Medicare APM specifically designed for emergency physicians. Currently, individual emergency physicians and emergency medicine groups do not have any opportunities to directly participate in "Advanced APMs." Under Medicare, participation in an Advanced APM could result in a five percent payment bonus through 2024 and a higher payment fee schedule update starting in 2026. The AUCM has been endorsed by the Secretary of Health and Human Services (HHS), but not yet implemented by the Centers for Medicare & Medicaid Services (CMS).

As ACEP waits to see how CMS may implement the AUCM in Medicare, we are simultaneously pursuing model implementation by other payors, including Medicaid and private payors. More and more state Medicaid agencies and private payors are moving away from fee-for-service (FFS) contracts with physicians and other health care practitioners towards value-based payment arrangements, and the AUCM is an ideal APM construct for these payors to pursue for emergency medicine.

Through the APM Strategic Initiative, ACEP is continually providing information and resources to emergency medicine groups, state Medicaid agencies, private payors, and other stakeholders about how to structure and participate in emergency-medicine focused APMs that use the AUCM as a framework. We are happy to announce that we have updated our [APM Strategic Initiative website](#) with additional resources that provide a more detailed overview of the AUCM and its potential for improving emergency care and reducing costs.

While these resources are mainly background materials for you to learn more about the AUCM, ACEP is in the process of developing targeted tool kits that you can use to engage in discussions with state Medicaid agencies and private payors on emergency-medicine focused APMs. Stay tuned for this next phase of the initiative.

Concerned About Opioid Use? \$500k ALTO Demonstration Grants for EDs

SAMSHA released a grant opportunity for the Emergency Department Alternatives to Opioids (ALTO) Demonstration Program designed to expand non-opioid treatment protocols in emergency departments throughout the country. [Applications are due March 17.](#)

Nominate Your Peers

Nominations are open for the 2020 ACEP Leadership & Excellence Awards, honoring members who distinguish themselves for leadership and excellence in EM. Submit nominations in one or more award categories by March 1. [Learn more.](#)

Until Help Arrives

The first few minutes after a major medical emergency are critical for survival, and emergency personnel aren't always the first ones on the scene. To educate the general public on basic life-saving skills, the American College of Emergency Physicians (ACEP) created ***Until Help Arrives***, a one-hour training course taught by emergency physicians in their local communities. [Learn more.](#)

Free Counseling Available for ACEP Members

Receive exclusive access to 3 free counseling sessions through ACEP's new Wellness & Assistance Program. Support is available 24/7, & you can conduct your sessions over the phone, face-to-face, via text message or through online chat. [Learn more.](#)

Be Accredited to Provide Pain & Addiction Care in the ED

Show your community that your ED is part of the solution. ACEP will soon launch the [Pain & Addiction Care in the ED \(PACED\) Accreditation Program](#), developed for

EM physicians by EM physicians. It will provide the education, tools & resources you need to provide better care for patients in pain & those with substance misuse.

Registration Is Now Open for ACEP's 2020 Leadership and Advocacy Conference

Advocate for your specialty, engage with new Members of Congress and connect with EM leaders at ACEP's Leadership & Advocacy Conference (LAC) - April 26-28, 2020 in Washington, DC. Register today with promo code CAPITOL to save \$75* and make your voice heard! Hurry – the hotel always sells out fast. <https://www.acep.org/LAC>

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

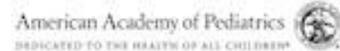


Download the 2018 guidelines: <https://tinyurl.com/PedsReady>



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

Supported by:



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