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Aloha,

It has been a busy few months for all of us. Now that COVID numbers are fluctuating across the Island, I am sure most of us are ready to get back to our "normal" shifts and every day life pre-COVID.

That being said, we are ready to begin holding in-person chapter events.

Chapter Annual Meeting

We plan on holding an in-person Chapter Annual Meeting in late June. We will be heading back to Roy's Restaurants - Hawaii Kai.

During the annual meeting, we will hold an election for a few open positions on the Chapter Board. The open positions are the following: President-Elect, Secretary/Treasurer, Director (2-positions), Hawaii County Representative, Oahu County Representative, Maui County Representative, Councillor, and Alternate Councillor.

The final date & other details about how to register for the annual meeting and run for an open position will be posted soon. Keep a look out as we look forwarding to meeting up with all of you at Roy's.

Wellness Section

Grace S. Chen-O'Neil, MD, FACEP

What can you do every day in your own backyard that will improve your mood, strengthen your immune system, nourish your body, and give you a daily dose of Vitamin D?

The answer is: gardening! It is convenient because you do not need to go anywhere for this hobby! For those of you that live in apartments, there is container gardening. With the advent of self-watering indoor planters, it is easy to grow plants

indoors, as well as outdoors (if you want to start with something simple)!

Gardening has many benefits to your health, as well as your gut. I will start with the health benefits. Gardening has been shown in studies to improve peoples' moods and depressive symptoms. Your body can use the sunlight that it absorbs while gardening to make Vitamin D, which strengthens your bones and boosts your immune system! Gardening can also be really good exercise and burns calories. Weeding, digging, and shoveling requires strength! Good balance is necessary when gardening as many times you are balancing between two plants trying to trim one and avoid harm to the other one. Planting and weeding also helps improve hand strength and dexterity.

Now I am going to talk about how gardening can improve your gut health! Gardening exposes you to good bacteria which can stimulate your brain to release serotonin. Gardening can increase the diversity of your microbiome because you can grow vegetables that are not grown in the supermarket, increasing the diversity of your diet. We are lucky here in Hawaii because we can grow vegetables year round. You can grow pesticide free vegetables and know exactly how your food is grown. Through your gardening exploits, you may even find yourself saving money on your grocery bill.

Gardening is also great for family bonding. If you have little ones at home, this is your chance to teach them about food and how it is created! You can give your children tasks for which they are responsible and teach them how food goes from farm to table!

Be creative about what you grow! If you enjoy ornamental plants, you can plant flowers. If you really like bananas, plant banana tress! If you love butterflies, grow crown flowers and milkweed which will attract monarch butterflies! Try something new this year, I tried gardening during the pandemic, and now I am addicted.

If you have ideas for future wellness articles would like to contribute a wellness article, please send me an [email](#).

***Update:* Legislative Committee Elizabeth England, MD**

Hawaii ACEP is excited to announce that the chapter Legislative Committee will begin holding a standing weekly meeting open to all members every Tuesday at 4PM during the session.

The state legislature is actively in session and many of the drafted bills could directly affect our patients and practice if adopted. Please join us and let us know what issues are important to you as an emergency physician in Hawaii.

Join Zoom Meeting:

Meeting ID: 977 6816 0495

Passcode: 535806

Dial by your Location: 877 853 5257 US Toll-free

In addition to reviewing legislative priorities, the weekly meeting will provide updates on relevant bills as they pass through the legislative process, a review of testimony provided for priority bills, and any updates on meetings with legislators or advocacy groups.

We understand that many of you have unpredictable schedules and limited free time. In addition to topics for the weekly Legislative Committee meeting, please feel free to [email](#) me any concerns or suggestions you may have.

As frontline health workers and community providers, our voice has an impact. HIACEP is here to advocate for you, but we need your input.

Welcome New Members

A special welcome to the new members of the Hawaii ACEP 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!

Fernando Carlo, MD
Whitney Hansen, MD
Chaz C Kuniyoshi
Zachary Christian Simms, MD

FROM NATIONAL ACEP



ACEP Resources & Latest News

Black History Month: Don't miss this week's *Frontline* episode featuring [Dr. Ray Johnson and Dr. Sandra Coker discussing their experiences](#) working in EM. Dr. Coker founded the Black Girl White Coat nonprofit, and Dr. Johnson's been a leader in EM for more than 30 years. Find more BHM22 resources related to this year's theme, [Black Health & Wellness](#).

Nominate a Colleague for ACEP Awards! ACEP is accepting nominations for its 2022 Leadership Awards and Teaching Awards. [Leadership Award nominations](#) are due **March 8**, and Teaching Award nominations are due **April 15**.

Get New [Point-of-Care Tools](#) in emPOC App

Advocacy

South Dakota scored an important [scope of practice victory](#) (2/23/22)

[ACEP applauds the Texas court ruling](#) that the No Surprises Act implementation fails to follow the letter of the law. The concerns validated by this ruling are some of those shared by ACEP, ASA and ACR in a [separate lawsuit](#) currently in a Chicago district court (2/24/22). Amplify on [Twitter](#), [Facebook](#).

- **The No Surprises Act:** [What You Need to Know](#)

ACEP Applauds Passage of Dr. Lorna Breen Health Care Provider Protection Act: On Feb. 17, 2022, the Senate passed the ACEP-supported "[Dr. Lorna Breen Health Care Provider Protection Act](#)" (H.R. 1667) by voice vote. It now heads to President Biden for his signature into law. [Read the full press release](#) and [additional background](#) about ACEP's efforts to develop and progress this bill through the legislative process.

ACEP and EMRA Send Workforce Statement to Senate HELP

Committee: ACEP partnered with EMRA to submit a statement for the record for a Senate HELP Committee hearing on workforce shortages (2/11/22). [Read more](#)

Regulatory Updates:

- [ACEP Provides Feedback on New Emergency Medicine Cost Measure](#) (2/24/22)
- [CDC Releases Long-Awaited Revised Opioid Prescribing Guideline: Open for Public Comment](#) (2/17/22)
- [The Flip Side of the Coin: A Look at the Increase in Health Insurer Consolidation](#) (2/10/22)
- [Update on ACEP Actions to Address Physician Mental Health Needs and Wellbeing](#) (2/3/22)
- [Recent Federal Efforts to Address Provider Consolidation](#) (1/27/22)

Upcoming ACEP Events and Deadlines

April 11-12: [Virtual Advanced Pediatric EM Assembly](#)

April 1-May 31: [ED Directors Academy, Phase I](#)

April 15: Deadline to apply for [ACEP Teaching Awards](#)

May 1-3: [Leadership & Advocacy Conference](#) - **Registration is Open!**

May 15: Deadline to apply for [ACEP committee involvement](#)

May 18: Deadline for submissions to the [ACEP22 Research Forum](#)

May 23-25: [SIM Training Course](#)

Hawaii ACEP Chapter

William P. Scruggs, MD, RDMS, MBA, FACEP - President

[Adriana Alvarez](#) - Chapter Executive Director

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