



### **Wellness Section**

Annual Meeting/Scientific Assembly

Sunday, September 29, 2024

4:30-5:30pm

Mandalay Bay Convention Center, Level 2, Room Breakers CD

**THESE MINUTES WERE APPROVED BY THE SECTION CHAIR AND ARE PENDING APPROVAL BY THE WELLNESS SECTION AT THE NEXT ANNUAL SECTION MEETING DURING ACEP25. ANY CHANGES WILL APPEAR IN THE MINUTES OF THAT MEETING.**

### **Minutes**

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**Officers in attendance:** Chair, Lara Vanyo, MD; Chair-Elect, Diana Savitzky, MD; Councillor, Kristen Nordenholz, MD, FACEP; and Alternate Councillor, Harry Severance, MD, FACEP

*Excused: Immediate Past-Chair, Randy Sorge, MD, FACEP; Secretary, Brielle Skotnicki, MD; Alternate Councillor, Susan Haney, MD, FACEP; Alternate Councillor, Sanja Shewakramani, MD, FACEP; and Board Liaison, Gabor Kelen, MD, FACEP*

**Staff in attendance:** Staff Liaison, Amanda Pairitz-Campo, MPS

#### **Agenda:**

- I. Welcome & Introductions (10-15 min)
- II. 2023-2024 Highlights (15-20 min)
- III. Resolutions Update (15 min)
  1. Well Workplace
  2. Violence
- IV. Elections (10 min)
- V. EM Center of Excellence Award (10 min)
- VI. Goals for 2024-2025 (15 min)
  - a. Section Engagement
    - i. Quarterly Focus Areas
    - ii. Project(s)
- VII. Section Hall Crawl
- VIII. Summary & Wrap Up (4-5 min)

#### **Major Points Discussed:**

- I. *Meeting attendee list attached.* The meeting was called to order at 4:30 p.m. PT.
- II. Dr. Vanyo reviewed the section's highlights for the past year. Highlights include, but are not limited to:



- **Quarterly Wellness Themes**

The Wellness Section created quarterly content around four themes from the ACEP's new Wellness Guide, [From Self to System: Being Well in Emergency Medicine: EM Wellness Program](#): How to Get Started with Wellness Initiatives (2/2024); [Workplace Safety](#): How Safe is Safe in the Emergency Department (4/2024); and [Social Media](#): The Pearls of Social Media – Parts 1 & 2 (July 2024). The fourth theme of Emergency Medicine & Sleep is coming soon!

- **[Wellness Hub](#)**

Supported by the Centers for Disease Control (CDC), the Wellness Section Leadership team developed a microsite within ACEP's online community platform, engagED. This microsite serves as a central hub for wellness resources, fostering two-way conversations and community engagement for all ACEP members.

- **[Emergency Medicine \(EM\) Wellness Week](#)**

EM Wellness Week took place from June 3-9, 2024. The Wellness Section Leadership expanded this year's offerings with a [downloadable flyer](#) and promoted the event across ACEP's social media channels to reach a wider audience. #EMWellnessWeek

- Monday, June 3: Snack, Snap & Learn
- Tuesday, June 4: Money Matters
- Wednesday, June 5: Be a Doc on a Walk
- Thursday, June 6: Don't Sleep on Sleep
- Friday, June 7: Take Time for Family & Friends
- Saturday, June 8: Get Moving
- Sunday, June 9: Celebrate Random Acts of Wellness

- **Monthly Leadership Meetings**

The Wellness Section Leadership held monthly leadership meetings on the second Wednesday of every month, and plan to continue this cadence for this year (2024-25). This meeting is open to all members of the Section. The new 2024-25 monthly meeting schedule will be posted on the Wellness Section's Community page.

- **Resolutions**

The Wellness Section submitted two resolutions for Council this year. Each resolution received co-sponsorship from Arizona College of Emergency Physicians, Colorado Chapter, District of Columbia Chapter, and South Carolina Chapter. Wellness Section Councillor, Dr. Kristin Nordenholz presented Resolution [22\(24\) Support for the "Well Workplace" Policy Statement](#)\* and Alternate Councillor, Dr. Harry Severance presented Resolution [41\(24\) Workplace Violence Data Collection](#)\*. The Wellness Section also co-sponsored five (5) Resolutions that aligned with the Wellness Section



objectives. They are Resolution [36\(24\) EMTALA Reform to Improve Patient Access to Necessary Care](#), Resolution [49\(24\) Centralized Repository of Credentialing Data](#), Resolution [50\(24\) Communication to Established Patients Being Referred to the Emergency Department](#), Resolution [51\(24\) Consultant Communication and Feedback to Referring Emergency Physicians](#), and Resolution [57\(24\) Rationalizing Communication of Imaging Hazards to Improve Care](#). **\*NOTE:** All Resolution links above are from the original submission and do not necessarily reflect the current state of what occurred at Council.

- **Summary of 2024 Council Resolutions**

Below is the summary of the above resolutions considered by the Council. Two (2) resolutions were not adopted, and the remaining five (5) were adopted as non-bylaws resolutions. **Note:** *The first resolved of Resolution 22 was adopted and the second resolved was not adopted.*

- **Resolutions Not Adopted (NA) or Withdrawn (W)**

- 22(24) Support for the “Well Workplace” Policy Statement – *second resolved (NA)*
    - 51(24) Consultant Communication and Feedback to Referring Emergency Physicians *(NA)*

- **Non-Bylaws Resolutions**

- Resolution 22 Support for the “Well Workplace” Policy Statement – *first resolved***

- RESOLVED, That ACEP promote, advertise, and support the best practices as defined in the “Well Workplace” policy statement.

- Resolution 36 EMTALA Reform to Improve Patient Access to Necessary Care (as amended)**

- RESOLVED, That ACEP collaborate with the Arizona and Connecticut Chapters and others to develop model state policy, regulation, and legislation, that requires reporting of ED/hospital crowding and interhospital transfer data to a relevant state entity (e.g. State Department of Health) and develop a state-wide system to facilitation interfacility transfers.

- Resolution 41 Workplace Violence (in lieu of Resolutions 41 and 42) (as amended)**

- RESOLVED, That ACEP advocate for all emergency departments to preserve and protect the accurate reporting of each workplace violence incident while preserving employee confidentiality without repercussion or recrimination for employment purposes; and be it further
      - RESOLVED, That ACEP officially work with the Occupational Safety and Health Administration, the Department of Justice, and other relevant stakeholders to advocate for national legislation that



standardizes the prevention and the response to harmful acts of violence on health care workers in emergency departments.

**Resolution 49 Centralized Repository of Credentialing Data (as amended)**

- RESOLVED, That ACEP advocate for the establishment of a centralized repository of verified primary source documents, work history, case logs, certificates of insurance, and other materials; and be it further
- RESOLVED, That ACEP work with the American Medical Association, the American Osteopathic Association, the Federation of State Medical Boards, The Joint Commission, American Hospital Association, state agencies, and other interested parties to establish a recognized centralized repository of verified credentialing documents that can be used by all hospitals in the process of credentialing and privileging physicians at their facility that requires a minimum amount of additional submissions by physicians applying for privileges.

**Resolution 50 Communication to Established Patients Being Referred to the Emergency Department (as amended)**

- RESOLVED, That ACEP work with other stakeholders to develop a strategy to address the problem of patients with terminal or end stage diseases being referred to the ED for education and disposition of expected prognosis and disease progression of which they and their families were not educated by the physicians responsible for doing so.

**Resolution 57 Rationalizing Communication of Imaging Hazards to Improve Care (as amended)**

- RESOLVED, That ACEP work with the American College of Radiology and other stakeholders, to develop a policy statement or other resource information on the rational communication of imaging hazards to emergency patients; and be it further

- **Well Workplace**

The Well-Being Committee's Well Workplace Subcommittee submitted a [Well Workplace Policy statement](#) to the ACEP Board of Directors in April 2024. The board approved. This document outlined the key principles and expectations for a supportive workplace and is available for members to share with leaders, department chairs, and C-suite executives. The subcommittee hopes this policy will spark meaningful discussions and drive essential changes within emergency medicine workplaces.

- **Shift Scheduling Project**

Dr. Vanyo shared an overview of the ACEP Shift Work Project with a goal of performing a qualitative study by interviewing 2-3 people by June 2025. A QR code was shared for interested members to sign-up to learn more or to participate in conducting 2-3 interviews, a time estimate of approx. five (5) hours.



- **ACEP Shift Work Project Background Summary:** *Emergency Physicians (EPs) are consistently exposed to the stress of rotational shift work, deemed by most to be an inevitable part of the job (Klinefelter et al). A multitude of studies have demonstrated the cognitive and health impacts of this work on the individual, as well as negative patient and work safety outcomes (Vidacek, Winget, Dula, Ganeson). One group also explored EPs' perceptions of why they experience fatigue, with shift work being a key component (Klinefelter). Research has touched on potential alterations and innovations to improve the way shifts are scheduled and how we manage vacation time (Krakow, Burgess, Krowther, Sinksy). And yet, no simple, effective or one-size fits all solutions have been uncovered. Given the complexity of shift scheduling to meet both individual and institutional needs, we must understand qualitatively "what works and what doesn't". We seek to explore how EP shifts are managed across multiple geographies and health care institutions and obtain a deeper understanding of shift scheduling and its effects from the perspective of EPs via individual interviews.*

QR Code Link: [ACEP Shift Scheduling Project](#)

- III. Dr. Nordenholz, Councillor, provided a brief overview of the ACEP Resolutions process and an initial update on each Wellness Section Resolutions (Well Workplace and Violence). A detailed update will be forthcoming once the final versions of all Council Resolutions are made available.
- IV. Dr. Diana Savitzky presented Dr. Lara Vanyo with an outgoing chair plaque. Dr. Vanyo welcomed Dr. Diana Savitzky as incoming Chair. Dr. Diana Savitzky presented the newly elected 2024 Section Leadership:
  - Chair: Diana Savitzky, MD
  - Vice Chair: Dr. Jennifer Goebel, DO, FACEP
  - Secretary/Newsletter Editor: Brielle Skotnicki, MD
  - Councillor: Susan Haney, MD, FACEP
  - Alternate Councillor: Harry Severance, MD, FACEP
  - Immediate Past Chair: Lara Vanyo, MD
- V. The [Emergency Medicine Wellness Center Excellence Award](#) is presented to an emergency medicine group, department, or clinical site that incorporates wellness and resilience on an institutional level and to use the information gathered in the nominations process to understand more about wellness best practices. Dr. Savitzky announced and recognized the [Department of Emergency Medicine at New York-Presbyterian-Weill Cornell Medicine](#) as the recipient of ACEP's Emergency Medicine Center of Excellence Award. The Emergency Departments at New York-Presbyterian/Weill Cornell Medical Center was selected by a delegation of



the Well-Being Committee for its commitment to institutional wellness and resiliency.

- VI. The Section's primary focus for 2024-2025 is enhancing section engagement and brainstorming how to improve relationships and operations by sharing real-world problem/solution examples to help members troubleshoot similar issues at their own sites.
- VII. Members were encouraged to visit the Wellness Section's table at the Section Hall Crawl, immediately following the meeting.
- VIII. Members were provided with a list of Wellness Lectures/Meetings at ACEP24. With no further discussion the meeting was adjourned.