



Wellness Section

Annual Meeting/Scientific Assembly
Wednesday, October 11, 2:30pm ET
Pennsylvania Convention Center 300 Level, 304B

Minutes

Section Officers in Attendance:

Lara Vanyo (Chair);
Kristen Nordenholz, MD, MSc, FACEP;

Staff in Attendance:

Amanda Pairitz-Campo, MPS and Dana Lewis

Major Points Discussed:

I. Welcome & Introductions

Dr. Lara Vanyo

Meeting attendee list attached. The meeting was called to order at 2:39 p.m. ET.

II. The Whole Physician Presentation

Dr. Laura Cazier

Drs. Dinsmore, Morrison and Cazier presented an evidenced-based approach to emotional wellness.

III. 2022-2023 Highlights

Dr. Lara Vanyo

Dr. Vanyo reviewed the section's highlights for the past year. Highlights include, but are not limited to:

- CWO Whitepaper: [The Chief Wellness Officer: A long overdue catalyst for systemic change in Emergency Medicine](#)
- [EM Wellness Week 2023](#)
- New Wellness Guide: [From Self to System Being Well in Emergency Medicine](#)
- [Debriefing Reference Badge Buddy](#)

IV. EM Center of Excellence Award

Dr. Lara Vanyo

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. Vanyo announced and recognized the **University of Cincinnati College of Medicine** as the recipient of ACEP's Emergency Medicine Center of Excellence Award. UC was selected by a delegation of the Well-Being Committee for its commitment to institutional wellness and resiliency.

V. Goals for 2024

Group Discussion

a. Section Engagement

- i. Quarterly Focus Areas: Section members shared different themes to focus on for 2023-2024. Themes shared, but are not limited to:
 - Imposter Syndrome

- Personal Finances
- Social Media
- My Purpose/My Why (Simon Sinek)

It was also noted that each of these themes should have 2-3 membership viewpoints, as one size (early/mid/late career) does not fit all.

- ii. Coffee Shop Chats: Section members were favorable to host storytelling sessions 1x per month.
 - iii. Group Brainstorm: Volunteers were encouraged to contact Dr. Vanyo offline with any additional theme ideas or if they would like to tackle a theme.
- b. **Shift Work Deep Dive**: The Section discussed what works at different sites. Each ED is different and may have different shift needs. The Section was in agreement that there is a need to reimagine EM and that a registry or list to see what each ED does in terms of Shift Work would be helpful. If the Section is able to categorize and collect this data, this could be a nice ‘field’ addition to the new [ACEP Open Book](#) for each site listed.
- c. **ACEP Policy Impact**:

VI. Section Chair-Elect Announcement

Dr. Lara Vanyo

Dr. Vanyo announced Dr. Diana Savitzky as the new Section Chair-Elect. The Secretary/Newsletter Editor position is open. There were no nominations from the floor for this position. The position remains open and is to be filled by a Section volunteer via electronic vote.

VII. Summary & Wrap Up

Dr. Lara Vanyo

2024 Section Leadership:

- Dr. Lara Vanyo, Chair
- Dr. Diana Savitzky, Chair-Elect
- **Secretary/Newsletter Editor (Open)**
- Dr. Kristen Nordenholz, Councilor
- Dr. Susan Heny, Alternate – 4 open
- Dr. Randy Sorge, Immediate Past Chair

It was noted that the Wellness Section has one (1) Council seat, but five (5) alternate seats that are open to represent the Wellness Section. This is a great, introductory way to become more involved in ACEP and grow your leadership skills.

With no further business, the meeting adjourned at 4:12 p.m. ET.

Meeting Attendees (per QR Code Login)

Diana.savitzky@gmail.com
Theresa Brodeur
Sumintra Wood
Rossen Kirkov
JD Baker
Kendra Morrison
Lee Katherine Moore
Kevin Shindelus
Diann Krywko
Rita Manfredi
Mary Jo Johnstone
Gabe Kelen
Kristen Nordenholz
Ben Chill
Elizabeth Leenellett, Melanie Yates, Bailee Stark
Harry Severance