



# Connecticut PA

*A Publication of the Connecticut Academy of Physician Assistants*

## PRESIDENT'S MESSAGE

*By: Danielle Tabaka, PA-C*



As my term as President comes to an end, I would like to first thank all of our members who have supported ConnAPA this year. Because of you, we have had a successful year.

ConnAPA's legislative team has made great strides this year to improve PA practice in the state with H.B. 5515, Public Act 12-37, which you can read about in our legislative update. I would like to thank our legislative team, including Jonathan Weber, Drew Morten, The Kowalski Group and Cindy Lord who saw this bill through to its passage. We also made progress in resolving the use of fluoroscopy by collaborating with the American Academy of Physician Assistants and the

CT Department of Public Health- please see the important update included in this newsletter.

We also held a successful Charter Oak Conference, along with a Gala honoring its 25th year and our past Charter Oak Conference Chairpersons. Planning is already underway for next year's conference and we hope you will join us!

I would also like to thank all of the ConnAPA board members, committee chairs and committee members for their tireless work. Without these dedicated volunteers, we could not succeed as an organization.

It has been an honor and a pleasure to serve as President for ConnAPA. I wish continued success for next year's leadership.

Warm Regards,  
Danielle Tabaka, PA-C

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## **CONNAPA LEGISLATIVE WRAP-UP: BIG WINS FOR THE PROFESSION**

*By: Linda Kowalski & Jonathan Weber, C-PA*

The 2012 session is history, having adjourned at midnight on Wednesday, May 9. The session will be noted for enacting several major laws that include repeal of the death penalty, approving the use of medical marijuana, ending the "Blue Law" to permit Sunday sales of alcohol, and, finally, education and teacher tenure reforms. The closing hours of the session were extremely contentious, with disagreements between the House and Senate leadership over a number of important bills causing multiple pieces of legislation to die on the Calendar. A Special Session, primarily to enact bills to implement the budget adjustment legislation, will be scheduled in June. Nonetheless, there were several significant actions in the area of healthcare and insurance, and these are outlined in the report.

**Scope of Practice and fluoroscopy**—ConnAPA had two major wins this session. First, our legislation to revise the PA practice act in concert with the Scope of Practice agreement this past winter was enacted into law (HB 5515). Under the bill, the overly prescriptive requirements in personal meetings with the supervising physician and his/her notation of certain PA scripts, were removed from statute. Instead, the practice protocols, and others, will be adapted in a written delegation agreement that is specifically tailored to the needs of individual practices. With regard to Fluoroscopy, PAs who have been performing Fluoroscopy before October 2011 need to take and pass an exam in order to continue performing the procedure. They will have two additional months to do so with a new deadline of September 1, 2012 (HB 5514). Physician Assistants who wish to perform Fluoroscopy will also need to take a course, complete it successfully and then pass the exam.

**Health coverage mandates protected from attack**—In another major win for patients, we helped defeat legislation that would permit health plans listed on Connecticut's Health Insurance Exchange to evade state coverage mandates contained in Chapter 700c. These mandates include one where plans must cover services rendered by Physician Assistants.. Please know that insurers are working hard to give the Exchange's Board of Directors the ability to approve health plans for inclusion on the exchange that do not meet all state mandates—making insurers free to pick and choose which ones they want to include. ConnAPA strongly believes that the Chapter 700c mandates ensure that patients receive value for their premium dollars and we will continue to advocate that all health plans cover all required mandates. We are ready to fight this battle again in the 2013 session when the issue is expected to come to a head prior to the Exchange's start in 2014 (HB 5485).

**ConnAPA "wins" on key bills**—Physician Assistants and other medical professions had a major win with the defeat of the so-called "Certificates of Merit" proposal. This bill would ease the standards by which a "similar" medical professional certifies that there are legitimate grounds to proceed with a malpractice case. ConnAPA and other groups felt that the bill would simply result in the filing of additional frivolous lawsuits against practitioners. After passing the Senate, the bill was derailed in the House (SB 243).

A very good pro-patient and practitioner bill passed in the area of "adverse determinations" that are rendered by insurers. Under the bill, insurers must provide a complete record (including any written documentation or contemporaneous notes) to an enrollee and practitioner when they deny approval of a specific treatment or service. This will give the patient and practitioner much better "ammunition" in challenging the decision (SB 410).

Finally, a bill that would create a program of loans and grants to Medical Doctors who agree to practice in underserved areas of the state, was derailed on the last day. ConnAPA and other healing arts professions requested that they be included in the bill. The leadership was not inclined to expand the list beyond MDs, however. We plan to work with the architects of the bill to have it reintroduced in the 2013 session and include Physician Assistants in the

*(Continued on page 3)*

## CONNAPA LEGISLATIVE WRAP-UP (CONTINUED)

professions who can take advantage of the loans and grants (SB 405).

Overall, the 2012 session was a very important one for the citizens of Connecticut and members of the profession. We had several significant victories this year and look forward to continuing to advocate for you and your patients. We'd also like to thank those ConnAPA members who responded to our requests and took the time to contact their state legislators about legislation of importance to the profession. Your involvement is key to our continuing success!

### SOMETIMES YOU JUST GET LUCKY

*By: Brian T. Maurer*

By rights, I shouldn't have come to work today.

After all, it is Presidents' Day, a national holiday. Most laborers get the day off with pay. But as a selfless conscientious clinician, I'm expected to rise to the occasion—and work my regular hours.

Apart from these frivolous legalities, there's another reason that I shouldn't have come to work today: I'm sick.

It all started the middle of last week when a kid coughed in my face. I was attempting to peer into his throat at the very moment he let loose. I could actually feel 10 trillion individual viral particles bombard my cheeks, as though they constituted a microscopic microbial meteor shower. Unfortunately, at least 1 trillion of them managed to penetrate my nares and buccal cavity.

It didn't take those genomes long to replicate, either. By the following morning I had developed a scratchy throat. Actually, it was a bit more than just scratchy. It sort of felt like I had spent the night swallowing handfuls of #11 scalpel blades—repeatedly.

I went to work that day too. The rapid test I ran on the sample I took from my throat was negative for strep. Ah, well—grin and bear it. What's another day of listening to 30 patients complain about their sore throats? I was certain that each of them hurt more than mine. Painstakingly, I wrote out 30 school excusal notes as medical justification for their Friday absences at the start of the long holiday weekend.

It was my weekend to work, of course; so I came in early Saturday morning and saw another 16 kids with coughs and colds. By then my sore throat had morphed into a cough. Periodically, I would step into my office, close the door and tumble into a coughing jag that resembled a strangulated Klaxon horn on a cheyne-stoking Model T Ford, before scrubbing up and proceeding to attend the next irritable child.

I probably would've stayed home today if my boss hadn't taken it off at the last minute. Under those circumstances I understandably felt obligated to come in.

Today I've got a stuffy nose. The congestion flows back and forth inside my peri-nasal sinus tracts as I bend down to peer into the ears of small children. My cough has become productive. The constant hacking has inflamed my larynx to such an extent that my speaking voice has plummeted several octaves. Instead of Woody Allen, I now sound like George Burns—after he'd smoked his tenth cigar of the day.

I haven't got a fever, but I do have a throbbing headache, which is compounded by the whines and cries of each and every toddler on my schedule. In 4 hours I've eaten enough ibuprofen to produce a gastric ulcer, but still my head throbs. On a scale of zero to 10, the pain shoots up to 999 each time I cough. I look at the clock in the lab: only one more hour to go before I throw in the towel and hobble off the battlefield.

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**Brian T. Maurer**

*"Periodically, I would step into my office, close the door and tumble into a coughing jag that resembled a strangulated Klaxon horn on a cheyne-stoking Model T Ford, before scrubbing up and proceeding to attend the next irritable child."*



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## SOMETIMES YOU JUST GET LUCKY (*CONTINUED*)

I step in to see my last patient of the day: a 14-year-old girl whom I've known since she was a newborn. Her mother greets me with a smile and says: "I won't shake your hand, because I don't want to get you sick. I'm afraid I've got what she's got."

"And what would that be?" I ask in my gravelly George Burns voice.

"A nasty cough, a sore throat and a stuffy nose," the mother says.

"My ears are bothering me too," the girl chimes in.

Dutifully, I examine the girl. Like every other patient I've evaluated today, she's got a cold. I write out a prescription for some cough and cold medicine and hand it to the mother. "Give her a dose of the mixture every 4 to 6 hours," I tell her. "Have her drink plenty of fluids and get to bed early. She'll feel much better in a few days."

"Will do," the mother agrees. Then she turns to me and asks the \$63,000 question: "In the midst of all these coughs and colds, how do you manage not to get sick?"

I bring a hand to my forehead, fight back a sneeze, clear my throat, swallow hard, and in my best gravelly George Burns voice say: "I don't know. Just lucky, I guess."

## 25<sup>TH</sup> ANNUAL CHARTER OAK CONFERENCE A HUGE SUCCESS!

*By: Andrew Turczak, MHS, PA-C, COC Planning Committee, Chairman*

The 25th Annual Charter Oak Conference kicked off at the Mystic Marriott on April 22, 2012—the beginning of a 4-day, jammed-packed CME conference. With excellent speakers and a wide variety of topics presented, there was the opportunity for attendees to kick back relax and enjoy themselves during this milestone event. This year's conference was one of the largest, drawing in 309 attendees. It was a great time to connect and network with fellow PAs, while mentoring and showing students what a professional PA conference is like.

The conference opened in the customary way with workshops on Sunday morning. Included in the workshops were EKG, Splinting and Casting, and Bedside Ultrasound Examination courses. These workshops were well attended and offered attendees an extra 2 CMEs. The Mystic Ballroom was packed with people for CME lectures as the day continued. Once the CME-filled day was over, it was time to relax and network with fellow colleagues and friends at the Welcome Reception. Good food and cocktails were served and enjoyed by all until it was time to get ready for day two.

An early Monday start gave preview to another busy day. In addition to continued CME lectures, the Annual Business Luncheon was the main highlight of the day. Opening remarks and updates about ConnAPA were given by President Danielle Tabaka, the legislative report highlighting big wins for our profession was presented and keynote speaker, AAPA President Robert Wooten gave insight to the future of the profession. The luncheon was followed by more lectures, which ended a little earlier than normal so that people could get ready for the evening's cornerstone event: The 25th COC Anniversary Gala. This semi-formal, sit down event was full of good food, entertainment, and lots of laughs. John McNab, PA-C, and Judy Nunes, PA-C, gave a tour down memory lane recalling the last 25 years of conference history. Additionally, Robert Young was presented with the Founder's Award for being an instrumental person in bringing the conference to life 25 years ago.

Despite the light diversion, there was still much left to be done on Tuesday and Wednesday. With continued educational lectures provided by some great speakers, attendees were able to earn up to a total of 32 Category 1 CMEs. The exhibit hall was another great highlight. With

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## 25TH ANNUAL COC (CONTINUED)

over 35 exhibitors and job recruiters it was a great opportunity for the PAs and students to learn about new advances in medicines and potentially, land a dream job.

All in all the conference was a lot of fun. Attendees were very responsive with their evaluations (most extremely positive with great recommendations and suggestions for the future).

I would like to personally thank everyone who attended this year's memorable COC and give an especially big thank you to the Charter Oak Conference Planning Committee who put in over a year's worth of work to make the conference as successful as it was.

We look forward to having you join us next year at the 26th Annual Charter Oak Conference April 7–10, 2012.



## QUINNIPIAC UNIVERSITY PHYSICIAN ASSISTANT HONORED AS PATIENT ADVOCATE AND CHAMPION

ALEXANDRIA, VA — Since the early days of her career as a physician assistant in family practice, Cynthia Lord, MHS, PA-C, of Cheshire, Conn. has been driven by her passion for serving patients with the greatest need for care. Now, in her position as clinical associate professor at Quinnipiac University's PA program, Lord transfers her empathy for patients and her love of serving others in need to the next generation of PAs.

The American Academy of Physician Assistants honored Lord with the 2012 Outstanding PA of the Year Award for her passionate support of PAs and their patients. She received the award at AAPA's Annual PA Conference in Toronto, Ontario on May 28.

"As a PA, I am committed to giving my best to my patients. I take pride in my ability to help people heal and avoid illness," said Lord. "As a PA educator, I have an obligation to guide the future of our profession on a path of compassion and advocacy for their patients. I hope this recognition will motivate the next generation of PAs to give their best to their patients."

Lord is a champion for volunteerism and engages her students in community service activities that illustrate the value of the work PAs do for underserved communities. Examples of her service activities range from fundraising for nonprofit organizations to caring for the homeless, promoting literacy in children and providing medical care for migrant farm workers. Lord has also worked to improve healthcare delivery on the national level through her leadership on the AAPA Board of Directors, the National Commission on Certification of Physician Assistants Foundation, the National Interprofessional Initiative on Oral Health and the National Institutes of Health National Program to Reduce Cardiovascular Risk Coordinating Committee. She has leveraged these efforts to meet with healthcare experts and policy makers to educate them about the struggles her patients face and effective strategies for improving healthcare access in underserved communities.

"Cindy truly defines what it means to be an educator; she puts her heart and soul into preparing PA students to become the best healthcare providers possible," said Carly Arena, a recent graduate of the Quinnipiac PA program. "Cindy always puts others first before herself. I have never met someone so passionate about giving back to her community and helping those who are in need."

Outstanding PA of the Year is one of five Paragon Awards presented annually by AAPA to recognize members who have demonstrated distinguished service to patients, the community and the profession. Other awards include the Federal Service PA of the Year Award, Humanitarian PA of the Year, PA Service to the Underserved Award, Physician-PA Partnership Award and three Publishing Awards.



**Cynthia Lord, MHS, PA-C**

*"Cindy truly defines what it means to be an educator; she puts her heart and soul into preparing PA students to become the best healthcare providers possible"*



## UNIVERSITY OF BRIDGEPORT PA PROGRAM UPDATE

*By: Marissa Kerwin, PA-S*

As our first term has come to an end, and the second one has begun, the realities of being in PA school have finally set in for the Class of 2014. We survived our first finals week and now have some expectations of what is to come. Between our demanding course load and long days spent in the classroom we are continually learning to adapt to our new lifestyle. This term brings a fresh set of challenges for us as we begin to explore clinical medicine and learn to do a comprehensive physical exam.

In just a few months we have learned more about each other than we imagined. Recently in one of our classes our professor Dr. Gengo inquired why we wanted to become PAs. Although our class has thought about this before, I think it was the first time we actually voiced out loud to each other what drove us to the PA profession. As the thirty four of us went around the room and expressed our ambitions in becoming PAs, we realized the different paths and diverse backgrounds that embody the Class of 2014. Classmate Rasesh Sheth PA-S shared, "I am fascinated for the future when I will be able to put my knowledge into great use by helping patients", which is something our class would all agree on.



On March 10th our White Coat Ceremony was held, which was a special event that will hold us together for years to come. The ceremony took place in Littlefield Auditorium and was attended by the PAI faculty, our families, and fellow classmates of 2013. We were welcomed by our academic director Martha Petersen, the director of our program Dr. Dan Cervonka, and our class president Kevin Wood. One of the most memorable parts of the ceremony was a slideshow prepared by the PAI featuring a picture from our past and a picture that was taken on our first day of orientation. My classmates and I were proud to stand on the stage and were able to appreciate how far we had come to get to that day. Upon receiving our white coats, we felt honored to participate in such a long standing medical tradition. As we straightened our collars, the amount of responsibility that putting on a white coat entails finally sunk in. We departed with excitement upon the realization that we were now able to go out into the community and be recognized as PA students!

*"As the thirty four of us went around the room and expressed our ambitions in becoming PAs, we realized the different paths and diverse backgrounds that embody the Class of 2014. Classmate Rasesh Sheth PA-S shared, "I am fascinated for the future when I will be able to put my knowledge into great use by helping patients", which is something our class would all agree on."*

The class of 2014 has taken the opportunities presented to us so far to be involved outside the classroom. We have had several students attend the Kidney Early Evaluation Program (KEEP) events in New Haven and Danbury. Giving free screenings to patients who have a history of hypertension, diabetes or kidney disease finally gave us a chance to put our blood pressure cuffs and patient communication skills to good use. We also participated in the Rheumatology Dinner and CT PAF Bowl-A Rama alongside the second years. All of these events have given us a chance to meet our colleagues at Yale and Quinnipiac and have been a fun experience as well.

On April 21st the UB Health Sciences held their spring open house with participation from the PAI. Six students from the Class of 2014 hosted prospective students and their families for the morning. The open house included a tour of campus followed by a Q&A session. Classmates Krista Deluca, PA-S and Michael Asare, PA-S commented on the large turnout of enthusiastic students drawn to the PA program, and how grateful they felt to be the ones leading the event. The process of interviewing for the class of 2015 will begin in the near future.

As for an update on the Class of 2013, they are busy applying their clinical knowledge and skills dispersed in various settings across Connecticut and beyond. They have already

*(Continued on page 7)*



## UNIVERSITY OF BRIDGEPORT UPDATE (CONTINUED)

completed their first 6 week rotation and just transitioned into their next rotation. There has been much excitement in their short time out in the clinical world. My classmates and I were happy to hear positive feedback from the second years so far, as we anxiously await our turn to step foot out of UB and into patient care. A majority of the second years recently went to the Challenge Bowl in Toronto at the AAPA conference, making us very proud in their representation of UB. The Class of 2013 has paved the way for the next generations of UB PA students, and we hope to build upon the foundation that they have developed.

### COMMENDATION: BRUCE FICHANDLER



**Whereas**, Mr. Bruce Fichandler, of Connecticut, has served the American Academy of Physician Assistants for over 30 years, and

**Whereas**, Mr. Fichandler has been a loyal member of AAPA for over 30 years and has served for most of that time as a leader of the organization, and

**Whereas**, Mr. Fichandler has served the AAPA as President (1990-1991) and as President-Elect and Immediate Past President in the preceding and following years, and

**Whereas**, Mr. Fichandler has served the AAPA House of Delegates as its Speaker (1984-1988), concurrently serving on the AAPA Board as Vice President, and

**Whereas**, Mr. Fichandler has served the AAPA as its Treasurer on two different occasions (1980-1984; 1992-2012), and

**Whereas**, Mr. Fichandler began his service to the AAPA as a member of the Publications Committee (1978-1980), and

**Whereas**, Mr. Fichandler founded the AAPA's President's Philanthropic Project (known later as the Host City Prevention Campaign and now called Caring for Communities), and

**Whereas**, Mr. Fichandler encouraged the AAPA's involvement in literacy education; and

**Whereas**, Mr. Fichandler is a past recipient of the House Outstanding Service Award, and

**Whereas**, Mr. Fichandler is a member of the Physician Assistant Foundation's Legacy Circle, and

**Whereas**, Mr. Fichandler has served the Connecticut Academy of Physician Assistants for over 30 years; and

**Whereas**, Mr. Fichandler has served ConnAPA in various roles, including: Treasurer, President and Web-Master;

**Therefore be it resolved**, that the House of Delegates offers its heartfelt thanks to Bruce's family for the time they have sacrificed with him as he did work on behalf of the PA profession, and be it further

**Resolved**, that this House of Delegates thanks him for his service in this House, and be it further

**Resolved**, that Mr. Bruce Fichandler receive the thanks and commendation of this 2012 House of Delegates in recognition of his dedication and service to the AAPA and ConnAPA.

### Rewarding Leadership Opportunity



ConnAPA has a position open for Provider Health Chair. The Provider Health Committee works to provide a vehicle for the impaired (chemically, mentally, or otherwise) physician assistant to identify options for the treatment of that PA's problem. One of the key responsibilities is to represent ConnAPA on the Board of Connecticut's Health Assistance Intervention Education Network (HAVEN), which periodically meets at their office in Southington. To learn more about this organization, please visit [www.haven-ct.org](http://www.haven-ct.org). If you or another member you know might be interested in this rewarding position, please contact our Executive Office.



*"... the House of Delegates offers its heartfelt thanks to Bruce's family for the time they have sacrificed with him as he did work on behalf of the PA profession..."*



## YALE PA PROGRAM UPDATE

*By: Jennifer Burg, PA-S and Lauren Monoxelos, PA-S*

The students in the class of 2012 are working through their clinical rotations and have just about reached their halfway mark! With many of the prerequisites fulfilled, students have started on a few of their elective rotations as well. Some of these electives include orthopedic surgery, infectious disease, and plastic surgery. In addition, students have officially been accepted to the international site locations that they applied to for this upcoming fall! Yale will be sending students to Ghana, Peru, Costa Rica, and many more locations across the globe.

In addition to their clinical rotations, some of the second year students have been spending this past month finalizing their thesis proposals! Each student is assigned their second "thesis month" between now and September, and they dedicate the entire month to completing this project. At this point, a few students have already experienced the extreme sense of accomplishment as they have submitted their finished product to the program. These students will return back to their usual rotation routine next month, as another set of second year students step up to the plate and tackle their thesis endeavors. This can be one of the most challenging, yet rewarding, graduation requirements of the program, and the finished product is something that every student can be very proud of.

On another exciting note, the second year students are looking forward to participating in the Yale University Graduate School Graduation ceremony on May 21st, 2012. Although the Physician Associate program graduation is not until December 2012, this ceremony is a nice day spent with the other graduate school programs from Yale University. The students are able to participate in the school-wide celebration that honors all of the 2012 graduates.

The Class of 2013 has been hard at work during the past few busy months since returning after winter break! The students finished their physical exam course in March and were tested on their PE skills by performing a thorough exam on a classmate. After finishing the course, the first year students earned their well-deserved white coats and were gowned by their "big siblings" from the second year class at the program's annual White Coat Ceremony. It was a proud day for the 31 first year students and their families and friends who traveled from all over the country to celebrate! Judy Nunes, a Yale PA graduate, gave an inspiring keynote address. The students now wear their white coats to their weekly Clinical Practicum course. For two-hours a week, the students meet with a preceptor at the Yale New Haven Hospital to interview patients, practice physical exam skills, deliver oral presentations, review labs, and come up with patient assessment plans.

At the end of March, the first year PA and medical students attended Cadaver Ball to

*"At the end of March, the first year PA and medical students attended Cadaver Ball to celebrate the anatomy course. Everyone had a great time dressing up, socializing, and dancing the night away!"*



celebrate the anatomy course. Everyone had a great time dressing up, socializing, and dancing the night away! The next week, the first year PA and medical students paid their respects to their anatomy donors at the Service of Gratitude. Margot Ebling, a first year PA student, was instrumental in planning the event. Each lab group decorated a small wooden box in a way that they felt best represented their donor and the experience the group had in the anatomy lab. The boxes were all displayed at the ceremony and students read poems, shared stories, and gave performances that all tied back to the cadaver dissection experience. It was a very

*(Continued on page 9)*



special night and the students will never forget this unique learning experience! These boxes will be part of the permanent art display outside of the anatomy lab at Yale.

Also in March, three students from the first year class, Jon Michael Allen, Rich Ombrembowski, and Daniel Wood, and four second year students, Natalie Grome, Harrison Reed, Suzie Castner, and Jessica DiStefano all traveled to Washington D.C. for Capitol Connection where they spoke to the state senators about PA advocacy and practice rights. The students had a fantastic experience and the program is looking forward to sending more students next year. In April, the first year students attended the student leadership portion of the annual Charter Oak Conference and attended a series of lectures the following day. The class enjoyed seeing the professional growth opportunities available to PAs and hearing AAPA president Robert Wooten's keynote speech. Cindy Lord, Quinnipiac's PA Program Director, gave a great talk to the PA students from the state's three programs about surviving clinical rotations – her advice will absolutely help them out in September! Also at the conference, first year PA students Margot Ebling and Jennifer Burg were awarded scholarships they won from the Connecticut PA Foundation.

Over the past couple months both the first and second year students have jointly participated in several social bonding events outside of the classroom and clinical rotation sites. In February, a group of 20 students from the two classes trekked up to Killington Mountain in the blizzard for a relaxing weekend. Even with the lack of snow this winter, the mountain was hit with over a foot of fresh snow while they were there, which made for incredible skiing conditions! They spent two days on the slopes and spent time enjoying the ski-town atmosphere up in Vermont.

Back in New Haven, the two classes planned a mixer at a local downtown venue with the other students from the Quinnipiac and Bridgeport PA Programs. It was the first time any event like this has been successfully planned, and over 75 students were in attendance! The Yale PA students are very much looking forward to future events like this with the other programs in our nearby community! It is a great opportunity to meet students in other programs, who they may end up crossing paths with again on their next clinical rotation!

And now looking ahead, it is just a few weeks until IMPACT 2012, the AAPA's 40th Annual PA conference! The Yale PA program will be sending a group of first and second year students to participate in the Yale Challenge bowl. The first and second year students had to try out for the team due to an overwhelming interest in participating, and the winners who will be representing the Yale PA Program include Jessica DiStefano, Harrison Reed, Joseph Wills, Caroline Dudley, and Christina Chao. There are also many different speakers and workshops that everyone is looking forward to attending. Some of the second year students travelled to the conference last year in Las Vegas, and are eagerly looking forward to it this year, for the second time around.



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## WELCOME NEW MEMBERS



Matthew Ariyavatkul

Jerry Benjamin

Jennifer Bialecki

Shawn Brady

Heather Carney

Susan Curilla

Susan DeMelis Turotsy

Jocelyn Depathy

Michael Devanney

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Daniela Pratt

Christina Pratt

Devin Pray

Nisha Rana

Molly Riemenschneider

Paula Rogers

Miriam Vitale

Dawn Wladen-El



## QUINNIPIAC UNIVERSITY PA PROGRAM UPDATE

*By: Stephanie Lenihan, PA-S and Nya Rossi, PA-S*

Quinnipiac University students have been very busy this spring with volunteer activities and lobbying events. The spring started off with a health and safety fair at the Hospital of St. Raphael. Quinnipiac first year students dressed up as Cat in the Hat and Thing 1 and 2 for Dr. Seuss's birthday. Stations were set up for hospital patients, children, families, faculty and visitors to learn about safety, good health and nutrition, as well as a reading station that gave each child a new book. Raffles were given away which included a boy's and girl's bike. Next a group of students went to Danbury to help with medical triage, dental care, translating and escorting of over 2000 patients who were in need of free dental care at the Connecticut Mission of Mercy. The experience was life changing not only for the patients but for all those who were involved.



*"The experience was life changing not only for the patients but for all those who were involved."*

Two separate groups of students, first and second-years, went down to Washington DC to lobby for some great causes. The first group included two Quinnipiac physician assistant students who joined University of Connecticut medical and dental students, to attend the NACHC conference and lobby on Capitol Hill for continuing funding to Community Health Centers around the nation. This was a great opportunity for students of different health professions to interact and learn about the politics of health care. A second group of all Quinnipiac students also took a trip down to Capitol Hill for the AAPA Capitol Connections Conference. The students attended meetings and lobbied for various causes including funding for education and reimbursement for hospice services provided by physician assistants.

April was also a very busy month. First and second year students attended a teddy bear clinic at Imagination Nation Children's Museum in Bristol where they had some fun with kids. The main attraction was to cure each child's "sick" stuffed animal and make the children more comfortable with

going to see the doctor or PA. The introduction and familiarization of children to health care professionals continued at the ACES health and fitness fair. The first year Quinnipiac students put together a health and fitness fair at ACES Mill Road School that included stations such as recycling, say "no" to bullying, good dental hygiene, exercise, and getting to know your health care provider which aimed at getting the students comfortable with going to see the doctor or PA. The event was kicked off with a school-wide big read and the students went away with lots of information and fun prizes.

Also, in April the annual Quinnipiac 5K run and cow chip bingo went off with a bang. The 5K race brought in the most runners in history and the program came in just under their lofty goal of \$10,000 to go towards the Quinnipiac Physician Assistant Literacy Program and other philanthropy projects. It was a gorgeous day and everyone had a lot of fun.

Additional, this year was the first year that Quinnipiac physician assistant students were recognized as official scholars of the Urban Service Track program, a program that combines other health care professions from the University of Connecticut and encourages them to work together to care for those underserved in medical care. The year was concluded with a nice banquet at UCONN. First and second-years attended the gathering with other UCONN medical, dental, nursing and social work students. Furthermore, Quinnipiac PA first and second-years gathered to help organize and run the National Kidney Foundation walk in Manchester to raise money for free kidney screens and research. Three other events took place in Hartford, New Haven and Danbury where the PA students volunteered to provide free health screens to those underserved in the community. Also, a group of Quinnipiac PA students volunteered at the Quinnipiac Health Fair to teach about oral health and screen

*(Continued on page 11)*

## QUINNIPIAC UNIVERSITY PA PROGRAM UPDATE

blood pressures and blood glucose. Finally, many Quinnipiac students attended the ConnPAF Bowl-A-Rama: Battle of PA Programs to bowl against Yale and Bridgeport PA programs and raise money for ConnPAF scholarships.

In May, Quinnipiac first-years were trained in the procedure for fluoride varnishing of teeth which can be done in the outpatient medical office in order to help prevent dental cares. Professor Cindy Lord has made great strides to incorporate dental health into the medical exam and this has put Quinnipiac at the forefront for combining general medical care with dental health. At the end of May a group of 10 Quinnipiac students will present their posters at the AAPA conference in Toronto. These students were selected to present their clinical case studies or quality improvement projects that were done during their clinical rotations, some of which stemmed from the SEARCH program. Also at the end of the month, the class of 2014 will begin and bring in 59 eager students to start their pursuit as a physician assistant. This means the class of 2013 has now official “graduated” to second-years and the class of 2012 is currently taking their comprehensive exams to move on to their final 3 months as third-years before moving into their professional careers.

Quinnipiac is also proud to announce that one student, Wendy Canty, received a scholarship from ConnPAF. Lastly, our one and only Professor Cindy Lord has been awarded the honor of PA of the year by the AAPA. Congratulations to her and all her accomplishments. We are very proud to have her as a part of our education.

## PA FOUNDATION BOWL-A-RAMA

This year has been a great success for the CT PA Foundation. We have raised thousands of dollars with two signature events both of which were held over the last year.

Most recently we had the CT PAF BOWLARAMA with PA directors of the three PA programs facing off. Still it is unclear exactly who won but I can tell you everyone had a great time. This year we had 94 attendees and we raised over \$2,000 gross from the event. Last year we had 64. The popularity of the BOWLARAMA makes it a likely repeat for 2013. A big thanks to all the students, professors and graduate PAs who donated, bowled, and competed.

Last year the CT PAF BIKE/WALK/RUN FOR EDUCATION was also a great success. This event takes participants from the southern end of the State to the Mass border over the Rails to Trails bikeway. We started on Saturday morning and ended at noon covering half of the trail. Joey Garlic's restaurant in Farmington was our finish and starting line for the event on Saturday and starting point on Sunday. Students and graduate PAs rode the 63 mile trail and encouraged donors to sponsor them for their ride walk and bike over the two day period.

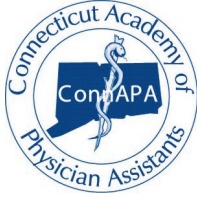
This year the CT PA gave out \$6,000 to five worthy PA students who either attend school in CT or live in CT and are going to schools out of state. This could not be done without the generous support of PAs and interested parties and we thank you for your donations. Our latest donor was a local hospital which gave \$1,000 to the fund. This trend is encouraging as it appears that more hospitals may be willing to donate.

We have great news for an upcoming NEW event. In September we will be hosting PA students and graduates at the Bridgeport Bijoux Theatre where we all have several short interesting films along with live music. A light dinner will be served for participants and you will be able to sign up through the CONNAPA website. Stay tuned as this new event is finalized.



*“A big thanks to all the students, professors and graduate PAs who donated, bowled, and competed.”*





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## PAs WHO DO DOT MEDICAL EXAMS

*By: Gerard Grega, P.A.-C, DFAAPA*

The FMCSA recently published new regulations requiring ANY Medical Examiner who performs DOT Commercial Driver Physical Exams to be certified and registered by the National Registry of Certified Medical Examiners (NRCME). The deadline to REGISTER and comply is May 20, 2014. After that date, if you are not registered and listed as a qualified Medical Examiner on the NRCME web-site, you will NOT be able to do Commercial Driver Medical Qualification Exams.

You can begin the upcoming required NRCME Certification process in the very near future by taking the NRCME required ON-LINE course which will be given by the AAPA's Occupational Medicine specialty group (AAPA-OM) this summer! Upon completion, you will receive a Certificate of Completion (required for examination eligibility) so you can then take the Certification Examination. NRCME Registrations of certified Medical Examiners can begin as early as August, 2012.

Please contact the AAPA and/or AAPA-OM if interested in registering for this upcoming ON-LINE course! AAPA-OM members will receive an additional discount!

See the AAPA-OM web-site: <http://www.aapaocmed.org>

If you do or will be doing DOT Medical Exams in the future, you can also join the "NRCME - Pulse" group (for any Qualified DOT Medical Examiners) on LinkedIn to network and contribute, comment, ask questions, and/or follow the NRCME process as it takes effect.

See the NRCME site to learn more: <http://nrcme.fmcsa.dot.gov>



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