



Connecticut PA

A Publication of the Connecticut Academy of Physician Assistants

PRESIDENT'S MESSAGE

By: Sarah Clark, PA-C

After a very long and cold winter, spring is finally upon us. ConnAPA has been very busy during this time. We had a very successful Billing and Coding CME conference presented by Trish Marriott in early March. We also had a great annual Charter Oak Conference in early April. We added an exciting student track this year for the three PA programs, including a medical Jeopardy-style Challenge Bowl that gave the student teams experience and practice for the AAPA national medical Jeopardy in Washington, DC this May.

ConnAPA and its members are also looking forward to attending the AAPA Conference in Washington, DC this year. There will be opportunities for those representing the state to hear about the newest legislation affecting PAs across the country and to vote on important issues. We hope to see our members there!

We are also in the planning stages for the upcoming year. As always, we are looking for members to join our board and committees. There are several different committees within the academy that appeal to the interests of so many. Some of these committees include the membership committee, the conference planning committee, the legislative committee and the public relations committee, just to name a few. We encourage the PAs in the state of CT to get involved and share your ideas with us. Please contact me at sfountain_13@hotmail.com or the Executive Office at connapa@ssmgt.com if you are interested in joining us or if you have any comments, questions or suggestions.

Warmest Regards,
Sarah Clark, PA-C, MHS



Sarah Clark, PA-C

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26TH ANNUAL CHARTER OAK CONFERENCE A HUGE SUCCESS!

By Andrew Turczak, PA-C



Connecticut Congressman Joe Courtney addresses the PA community during his keynote speech

The 26th Annual Charter Oak Conference has come and gone, and it once again proved to be a huge success. The conference kicked off on April 7th and ran for four days through April 10th. The staff members at the Mystic Marriott in Groton, CT were gracious hosts and provided outstanding service to all of the attendees.

This year's 300 attendees, ranging from PAs in varying specialties to a large amount of students from the three in-state PA programs, took part in up to 30 lectures and a workshop. By offering up to a total of 32 Category 1 CMEs, this conference continues to be one of the largest New England Category 1 CME conferences.

The conference started in its traditional manner on the morning of Sunday April 7th with three workshops, including a comprehensive EKG Review, Bedside Ultrasound Evaluation, and Joint Injection and Aspiration Techniques. It continued with a jam-packed educational lecture line-up over the course of the next three days.

This year, in addition to our base lecture series, we expanded our student programming. On Sunday, a Student Leadership Track program was open to all three CT PA Programs. More than 100 students participated in interactive lectures about "Preparing for Clinicals" and "Preparing for Licensing" among others. Afterwards, the students rotated around the ballroom and had frank discussions with ten practicing PAs of varying specialties. The student turnout and comments were outstanding and we will be looking to expand this program in the future.

Sunday evening, the First Annual ConnAPA Medical Challenge Bowl was held between the three Connecticut-based PA schools. It was a hard-fought battle between QU, UB and Yale, but in the end, Quinnipiac University took home the win and the Challenge Bowl Cup.

Immediately following the Challenge Bowl, our Welcome Dinner and Reception

commenced. There was a great turnout and all who came enjoyed delicious food and good times with colleagues. This year, while enjoying the event, the attendees also perused poster presentations that students from the local universities worked so hard on during the course of their studies.



Charter Oak Conference attendees take in a lecture on Sunday morning



Andy Turczak, Conference Chairman with Gold Sponsor Hartford Hospital representative, Jesse Ahlgren during the Exhibit Hall

On Monday, the lecture series continued and the Annual Business Luncheon was held. Our keynote speaker, US Representative Joe Courtney, gave a motivating speech about the state of our healthcare system and the important role PAs play within it. We also heard from ConnAPA President Sarah Clark, got a legislative update and watched the CT PAF hand out six student scholarships.

After a night's rest, Tuesday started bright and early with a full day of lectures and the Exhibit Hall and concluded with a bus trip to Mohegan Sun, a fun evening where there was an opportunity for everyone to kick back and test their luck.

As the conference came to a close on Wednesday with a final seven lectures, it was clear that another successful Charter Oak Conference was wrapping up.

As always, a big thank you is in order to our 35 Exhibitors and Sponsors for their support of the conference and organization without whose help this would not be possible. We would also like to thank our attendees, speakers and the conference planning committee for their dedication and hard work year after year.

We hope to see everyone back next year!



ConnAPA Board members from left to right: Jennifer Violette, PA-C, Secretary; Terry O'Donnell, PA-C, Treasurer; Jonathan Pinto, PA-C, Regional Director; Andy Turczak, PA-C, Vice President and Conference Chairman; Sarah Clark, PA-C, President; and Regional Directors, Jason Prevelige, PA-C, DeAnna Cichon, PA-C and Kathy Voss, PA-C.

2ND ANNUAL STUDENT LEADERSHIP TRACK AT CHARTER OAK CONFERENCE

By Jason Prevelige, PA-C

The Charter Oak Conference (COC) was held at the Mystic Marriott from April 7th through the 10th, 2013. On the first day of the COC the expanded Student Leadership Track (SLT) was held throughout the afternoon for students from all three of Connecticut's PA programs. The SLT was first held last year and it was decided very early on in this year's COC planning process that the SLT would be expanded greatly. With the help of all three PA programs' student representatives, a schedule of lectures was created. Lectures included topics such as what students should expect on clinical rotations, how to study during clinical rotations, how to prepare for the PANCE, and how to prepare for licensing.

After the lectures, the students participated in round table discussions with PAs of various specialties and involvements, who gave a broad view on what to expect once they finish their PA studies. Participants would probably agree that the most fun component of the SLT was the Challenge Bowl in which contestants from each of the three state PA programs competed. While the



First Annual Challenge Bowl Cup winners, Quinnipiac University

competition was exciting and all three programs performed well, the eventual winner was the team from Quinnipiac University, represented by Matt Nankin, Meg Oaks and Dan Miller.



Quinnipiac PA student Mark Turczak selling spots for Quinnipiac University's Annual Cow chip Bingo fundraiser

To unwind after a busy day, the students were invited to attend the annual Welcome Reception for all attendees of the COC. At the Welcome Reception, attendees could read the scientific posters created by students from all three programs, some of which will be presented at the AAPA IMPACT conference in May. Overall, the SLT was a huge success and we had a fantastic turnout. The committee is excited by the growth of this year's event and is looking to expand upon the Student Leadership Track even further in coming years.

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1st Annual ConnAPA Golf Classic

To benefit the CT PAF and ConnAPA Educational Programming

Saturday, August 24, 2013



Registration: 10:30 a.m. – 11:15 a.m.
Lunch in the Tavern on the Green: 11:30 a.m.
Shotgun Start/Scramble Format: 12:30 p.m.

Cart, Green Fees, Lunch, Dinner and Prizes included
Cocktail Hour and Dinner in the Pavilion

Tunxis Plantation Country Club
Town Farm Road, Farmington, CT
www.tunxisgolf.com

\$175 per Single Player
\$700 per Foursome
\$25 for Dinner

The proceeds from the golf outing will benefit ConnAPA to provide additional educational opportunities and the CT PA Foundation (PAF), the philanthropic arm of the Connecticut Academy of Physician Assistants.

Your donations are greatly appreciated. Please complete the registration form opposite and return to the ConnAPA office today.

SPONSORSHIP OPPORTUNITIES

Sponsorships will be prominently displayed on signage and recognized from the podium.

Please support ConnAPA by distributing the registration/sponsorship form to your colleagues and medial suppliers.

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- Free foursome
- Large Ad in Fall Newsletter
- Logo w/hyperlink on website (3 mos.)

Golf Cart Sponsor - \$1500

- Free twosome
- Your name displayed on cart visors
- Logo and hyperlink on website

Beverage Cart Sponsor - \$500

- Opportunity to deliver beverages provided by sponsor to golfers on the course

Dinner Sponsor - \$500

- Free golf registration for one golfer

Golf Ball Sponsor - \$500

- Free golf registration for one golfer

Lunch at the Tavern Sponsor - \$350

Cocktail Hour Sponsor - \$350

Driving Range Sponsor - \$250

Hole Sponsor - \$150

Registration/Sponsorship Form

Please return with payment by Friday, August 16, 2013

\$175 per Single Player

\$700 per Foursome

_____ I will be entering as a Foursome into the golf tournament.

_____ I will be entering as an individual player.

_____ I will be unable to participate, but please accept my donation.

Main Contact Name: _____ Handicap: _____

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Additional Team Members:

1. _____ Email: _____ Handicap: _____

2. _____ Email: _____ Handicap: _____

3. _____ Email: _____ Handicap: _____

		Total
# _____ Foursome	\$700 each	\$ _____
# _____ Individual	\$175 each	\$ _____
# _____ Mulligans (max 4/team)	\$5 each	\$ _____
# _____ Dinner Only	\$25 each	\$ _____

Please sign me up as a _____ Sponsor \$ _____

Please accept my donation of \$ _____ \$ _____

Grand Total: \$ _____

Prepayment is required. Fee is non-refundable.

Amount enclosed: \$ _____ Check # _____

Credit Card # _____ Exp. Date: _____

Name on Card: _____

Authorized Signature: _____

Please make checks payable to: ConnAPA and mail with fees/donation to:

One Regency Drive, P.O. Box 30

Bloomfield, CT 06002

Questions? Please contact the ConnAPA Executive Office at 860-243-3977 or

connapa@ssmgt.com



A KODAK MOMENT

By Brian T. Maurer



I step into the exam room carrying a small tray of supplies: one unit-dose syringe, a cotton ball moistened with alcohol resting on a 2 X 2 square of gauze, a Band-Aid dot. On the exam table the patient, a 5-year-old girl, squirms in her mother's lap.

"She's here for her flu shot?" I ask, merely to verify the inevitable.

"Yup," her mother replies. "And it's not going to be easy."

"Most kids don't like shots," I mutter in a quiet voice as I slide the tray onto the counter top. "Here, let me show you how to hold her."

I instruct the mother to turn the child to the side, sitting her on the mother's thigh with the child's legs draped between her own. "She can give you a big hug, under your arm, around the back. Now hold her forearm with your one hand and hug her tight with the other."

The mother complies with my instructions. As I pick up the syringe and cotton ball, like a frightened puppy the child lets out a yelp and begins to writhe in her mother's lap. "Hold her tight," I reiterate, as I slide my free hand beneath the girl's upper arm to steady her shoulder.

I dislodge the needle cap with my teeth and stand poised, ready to slip the hypodermic into the deltoid muscle. Suddenly the child breaks free, kicks and screams, turns and twists, thrusts her head back and forth. Blindly, the mother sweeps her arms through the air in an effort to recapture the child. In the fray, she falls to the side, taking the child and me with her down to the padded surface of the exam table.

There we lie, like the Marines in Iwo Jima, a frozen, fleshy sculpture of arms and legs, intimately conjoined in intricate knots of skin, bone and muscle.

Eyeglasses cocked awry, the mother looks up at me, hugging her daughter for dear life, while I rest along the contour of her curves. The image burns into my mind. Without thinking, I say, "You know, if this were a photograph, it would undoubtedly appear as a black-and-white full-page spread in "Life" magazine."

Quickly, I administer the shot. The mother releases the little girl and we all sit up. The child is sobbing, and so is the mother, as tears squeezed from her laughing eyes cascade down her cheeks.

"Thank God you haven't got a photographer in house," the mother wheezes, as she wipes her face with the back of her hand.

Another memorable Kodak moment in primary pediatric practice to treasure.



**Want to do more to
support your
profession?**

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CONNECTICUT PAF BOWLARAMA 2013 THE THIRD GREAT SUCCESS

Submitted by Rick Pope, PA-C



On March 1st, the 3rd annual BOWLARAMA took place at Johnson's Duck Pin Lanes in Hamden, CT.

The three schools in CT attended with professors, students, and friends. This year, as in the past, most of the participants were students. A total of 54 attended the event and 40 bowled.



Contributions for the event exceeded last year's and the monies will be paid to winners of the CT PAF Scholarships at this year's Charter Oak Conference in April. Thanks to the PA students from the three programs who helped with registration and organizing the TGIFriday's dinner.



Thanks to the PA professors and all contributors who made the event a perennial favorite.

BIKE CT for Education will be taking place on June 22nd and 23rd. We will bike from Yale New Haven to the Massachusetts state border. Save the date and ask your friends to join us as we bike, walk, and run the state over two days.

More information to be posted on the [CONNAPA website](#).



DONATE TO PAF

http://ssman3.ssmgt.com/ssm/CAPA/members_online/members/donations.asp

WELCOME NEW MEMBERS



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Brennan Bowker
Janet Burton
Amanda Campbell
John Carravone
Vanessa Chen
Heather Dalwadi
Stacey Dwire
Katheryn Grossman
Alexandra Hendrickson
Marta Jablonski
Marissa Jacko
Coleen McLaughlin
Mary Ann Mecca-Monahan
Amy Meisinger
Jeanne Moynihan
Megan Patrigani
Carolyn Roderick
Lisa Salisbury
Whitney Showman-Boyer
Theresa Sroka
Laura Lee Stapleton
Carol Stumbras
Cheryl Waltman



YALE UNIVERSITY PA PROGRAM UPDATE

by Jennifer Schloth PA-S and Devra Schlar PA-S

In February, the Yale PA program initiated a new iPad Project, in which the program generously distributed Apple iPads to each student for use during both the didactic and clinical phases of the program. The students are able to use their iPads for classroom note-taking, Yale communications, and are able to take advantage of the countless medical applications available as a helpful resource during their clinical rotations. The iPads have also been a great way to support Yale School of Medicine's effort to "go green" by significantly cutting down on the use of paper products. Students have quickly adapted to their new iPads and are very excited to explore all that these incredible devices have to offer.

Coming up next, first and second year students are gearing up for conference season. On April 7th, Yale PA students attended the annual Charter Oak Conference. Students enjoyed the lectures, challenge bowl, poster presentation, and dinner, and were excited to get to know students from the Quinnipiac and Bridgeport programs. Several students are also eager to attend the AAPA IMPACT conference this upcoming May.



Members of the Class of 2013 on their ski trip

Class of 2013 Updates:

Although members of the Class of 2013 have been very busy with rotations, they also managed to take some time off to go on a class ski trip to Killington, VT. Everyone had a great time and enjoyed the fresh air!

On March 24, student representatives from the Yale PA Program Jack Cole Society presented a check for \$2099 to the board at HAVEN Free Clinic. The HAVEN Free clinic is a student-run primary care clinic serving local uninsured residents. The funds were raised through several activities run by the Class of 2013 during PA Week, 2012.

Students are currently in their 8th rotation. Those interested in studying abroad are also beginning to interview for international rotations. They are eagerly awaiting their placements!

Class of 2014 Updates:

This semester, in addition to putting in long hours studying, the Class of 2014 has also been quite busy participating in a number of extracurricular and social activities. In February, several members of the class participated in a Chili Cook-Off to benefit the victims of Hurricane Sandy. The event was a huge success, raising over \$1400 for charity!

On March 22, the Class of 2014 received their white coats! The Yale PA Program held a memorable ceremony for the students and their families. The program has a special tradition of the "big sibs" (second year students) handing out the white coats to their "little sibs" (first year students), while the "little sibs" put a pin on the white coats of their "big sibs". This was an important event as it signaled the end of the Physical Exam course and the start of the Clinical Practicum course, in which students will begin going into the hospital!

On April 2, Yale PA students and medical students will be co-hosting a Service of Gratitude to commemorate the lives of those who donated their bodies for anatomy lab. The service will involve the students speaking about their experiences, singing, reading poetry, and presenting an artistic handmade class gift. In addition, students will be



Class of 2014 White Coat Ceremony on March 22, 2013

YALE PA UPDATE (CONTINUED)

donating money towards a project to create a courtyard garden outside of the anatomy lab building, in hopes of creating a natural area where the turnover and beautiful progression of life can be commemorated after the conclusion of each Service of Gratitude from this year forward. Following the Service of Gratitude, on April 6th, PA students and medical students will be attending the annual "Cadaver Ball" to celebrate the completion of anatomy lab. It is typically a very fun night and students are looking forward to it!

Another exciting turning point in the year is that the Class of 2014 is working on matching big and little sibs to pair up with the incoming Class of 2015! Every year, first year students are paired with a second year mentor, to help them navigate through PA school and provide great advice. It is an exciting time, as current and incoming students are eager to get to know their future classmates!



Representatives from the Yale PA Program Jack Cole Society presenting a check to the HAVEN Free Clinic board on March 24, 2013



Members of the Class of 2014 playing in the streets of New Haven after the record-breaking blizzard in February. Image courtesy of Emily Roembach-Clark.

Several students from the class also recently participated in HPREP, a program for high school students interested in science and medicine. It was a great way for PA students to speak about the different career options in medicine, answer questions, provide guidance, and serve as motivational role models. The PA students all agreed it was an inspiring and fun day and are looking forward to the next session! A number of other students have also been spending their time volunteering at clinics and halfway houses in the New Haven area, including the HAVEN Free Clinic, Neighborhood Health Project, and Columbus House. They have found their experiences working with such appreciative patients to be both educational and very rewarding.

UNIVERSITY OF BRIDGEPORT PA PROGRAM UPDATE

By: Marissa Kerwin, PA-S



Members of the class of 2014 at the gala in Stamford

With term four now behind us, the class of 2014 is proud to say we have completed our didactic year. After many hours in the classroom and over a hundred exams we couldn't be more excited about going out on rotations! We recently have had opportunities to shadow our Professor, Stephenie Kunkel, PA-C, at the Griffin Hospital Emergency Department. These experiences have been great chances to practice with patients and to prepare for clinicals.

Outside the classroom, the class of 2014 was very busy during January and February planning our first annual gala. It was held at the Stamford Marriott on Saturday February 23, 2013. The event was attended by students from all three classes, adjuncts, and faculty. The inspiration behind the gala was to create the Bruce Fichandler Scholarship Fund, welcome each new class, and celebrate the upcoming commencement of the graduating class. Our first gala was a great success; we received over 40 donations that were auctioned off in a raffle, raising \$2,500 for the



UNIVERSITY OF BRIDGEPORT (CONTINUED)

scholarship fund. Professor Cynthia Lord, PA-C was the guest speaker, and there was also a plated dinner and dancing. It is our hope to continue this tradition in the years to come.

One of the class of 2014's other significant accomplishments was the establishment of a relationship with MERCY learning center located in Bridgeport. MERCY is a women's center that offers schooling and life skills for illiterate and immigrant women. Members of the class of 2014 gave small seminars educating the women on the indications and adverse effects of common household medications/products. Professor

Martha Petersen, PA-C is also working on launching a healthcare clinic at MERCY. The class of 2015 will be involved in the health clinic and it will be a great way for them to practice their clinical skills.

The class of 2015 received their official inauguration during their white coat ceremony on March 8, 2013. Despite the blizzard faculty, family, and friends gathered to recognize the accomplishments of the 2015's. They have since had an opportunity to wear their coats at the Kidney Early Evaluation and Prevention (KEEP) event held in New Haven, CT. During the event, approximately 55 patients were screened for kidney disease and numerous volunteers from PA, dental, and nursing programs around CT participated. Also, students from 2015 and 2014 attended the CT PAF's BOWLARAMA in Hamden and had a chance to mingle with PA students from QU and Yale. The new class is excited to be recognized as PA students in the healthcare community and look forward to future volunteering opportunities.

It is hard to believe, but PA school is winding down for the class of 2013 who are now on their last rotation. Most students are on their elective rotations and a few electives being taken on include trauma surgery at Bridgeport Hospital and pediatric cardiology at CT Children's Medical Center. A number of students have secured jobs; some have been accepted into PA residency programs across the country, while others are going through the interviewing process. All of the third years are looking forward to entering the fields they have avidly been studying for the past two years. Also, they are excited for graduation in May and are ready for a little vacation time while studying for the PANCE. The class of 2014, 2015, and the entire UB PAI wish them the best of luck in their future endeavors!



Class of 2014 "scrubbing up for surgery" with Professor Paul Possenti



Students in the class of 2014 learning how to intubate on models with Professor Brian McCambley



Members of the class of 2015 at their first KEEP in New Haven

QUINNIPIAC UNIVERSITY STUDENT UPDATE

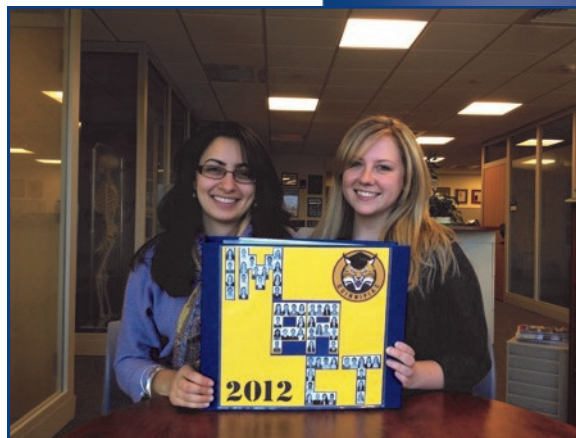
By: Matt Nankin, Pa-S

Quinnipiac Physician Assistant students have taken on new challenges this quarter, branching out beyond the classroom. While we remain dedicated to Quinnipiac's traditional community services, we have also been breaking down access to care barriers both physically, through a medical mission trip, and strategically, through a new Primary Care Progress Chapter and National Planning Committee. Hard work has paid off and credit earned for two QU students who received an Outstanding Student Society Award. While Quinnipiac's second-years see the light at the end of an arduous journey and the first-years near completion of an intense didactic year, our commitment to community service to the underserved has not waned.

On January 5th, six Quinnipiac physician assistant students had the opportunity to travel to the Dominican Republic for a one week Medical Service mission trip with Health Horizons International (HHI). Fundraising efforts helped raise \$4,500 towards medical supplies and patient treatment.

In Puerto Plata, the team constructed examination rooms in churches out of bed sheets, rope, and clips, using spare tables for a pharmacy and intake station. They worked hand-in-hand with local community health workers and interpreters, as well as physicians from the U.S. to provide quality care. Most patients were part of HHI's Chronic Care Program, which involves year-round monitoring and treatment of patients with epilepsy, diabetes, hypertension or asthma. Students gained a unique perspective on treating patients with the limited resources available – a skill not easily learned in the classroom. Although only a week long, we were able to work inter-professionally to provide optimal care to over 500 patients with the supplies in hand. With a generous Physician Assistant Foundation grant and team fundraising efforts, almost \$17,000 was raised for HHI to purchase medical supplies and pay for patient treatment.

Each year the AAPA presents the Outstanding Student Society Award to three student societies for their service to the PA profession in the areas of public education, public service, promotion of diversity, and professional involvement. For the second year in a row, the Quinnipiac PA program was one of the three student societies chosen as award recipients. The scrapbook committee, consisting of Ani Megerdichian and Karly Peterson created both an electronic and physical scrapbook that highlighted 24 of our most fulfilling community service programs for the year 2012. The Outstanding Student Society Award of \$500 will go towards QU community service programs that promote literacy, oral health, and work with local homeless shelters. The award will be presented at the Annual AAPA Conference in Washington, DC on May 25th 2013.



Ani Megerdichian and Karly Peterson



Emily DeStefano, Jessica Brun, Amanda Sorrento, Casey Bifone

Our class celebrated Read Across America Day by reading to children at the pediatrics clinic at Yale-New Haven hospital. In addition to reading, we provided oral health and nutrition education to the children and parents that came in throughout the day. Each child got to leave with a bag full of goodies including toothbrushes and toothpaste, a Dr. Seuss book, coloring books and information about nutrition. It was a great day for both the volunteers and the children at the clinic.

Two students, Richard Bottner and Mary Sweeney, along with one faculty member, Fiore Soviero, attended the National Association of Community Health Centers (NACHC) Policy and Issues Forum in Washington, D.C. on March 20-22, 2013. The trip was made possible through the Urban Service Track (UST) at the University of Connecticut (UConn). The QU PA students traveled with fellow UST members in an inter-professional team comprised of dental,

medical, nursing, and pharmacy students from UConn. As guests of the forum, the students and faculty made visits to Capitol Hill to meet with CT Congressional Representatives. They advocated



QUINNIPIAC UNIVERSITY (CONTINUED)



*Tom Krause, Representative
Rosa DeLauro, Rashad
Collins, Fiore Soviero, Mary
Sweeney, Will Whalen,
Richard Bottner*

for the needs of Community Health Centers across the country to gain support of NACHC's mission of improving access to basic health care for those who are underserved.

It is with great excitement that the PA program announces the official launch of Primary Care Progress (PCP) at Quinnipiac. PCP is a not-for-profit, chapter-based advocacy group, which serves to promote effective Primary Care practices within medical education and patient communities. Dr. Andrew Singer started it when Harvard Medical School announced their defunding of the Primary Care Division. (www.primarycareprogress.org/about) The new QU chapter is the first PA program nationwide to join PCP. Our chapter will provide a structured "home" for primary care education and advocacy within our program. It will allow for excellent networking with primary care clinicians, access to educational events, and the opportunity to become involved in

primary care within the greater Quinnipiac community. Over time, the goal is to grow the chapter to include inter-professional education with the medical school, nursing, and more.

Despite feeling the "crunch" of a rigorous semester's coursework, QU's PA students strive to contribute to the ever-growing need for community service. The students find great importance in the balance between educations of a didactic nature and of a culturally enriching edification. The students continue in the tradition of QU's public service ideology and seek out new, exciting means to help our communities.



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Rich Bottner (Community partnerships coordinator)

Brittany Stadterman (Chapter director)

Mary Sweeney (Interprofessional education coordinator)

Cynthia Lord (Chapter advisor) Not pictured



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