

Connecticut Academy of Physician Assistants

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Connecticut PA

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PRESIDENT'S MESSAGE

By: Andrew Turczak, PA-C, MHS

The end of a year is the perfect time to reflect on the accomplishments of months past, and look forward to a fresh start—as renewed, refreshed and better versions of ourselves. At ConnAPA, we've been getting a little bit of a head start.

Among the most exciting improvements, is our organization's website, ConnAPA.org, which is getting an attractive redesign in the New Year. Thanks to a unanimous board approval, the process has been swiftly moving along and is currently in the design phase. Keep your eyes peeled for emails, Facebook blasts, and mailings about our upcoming launch. In the meantime, continue to check out our current webpage and "like" our Facebook page for the latest news and event updates.

Continuing on our trend of embracing the new, I am quick to remember the importance of the growth of our essential membership, and want to warmly welcome the more than 40 new members who joined our ranks this past quarter. I would also like to thank all of the current individuals who have renewed their membership, and in doing so, continue to support the organization that works hard to lobby for our profession, provide great educational and social events, and offer continued benefits.

Our membership committee (and social committee!) has been hard at work planning and executing a series of exciting events to help create and foster connections among area PAs. Two such events were held during the recent National "PA Week" in both New Haven and Hartford, which were big successes with over 100 PAs attending. Thank you to all who came out to meet and greet with ConnAPA and celebrate our profession. We are looking forward to holding further social events later in the winter, and during the Charter Oak Conference in April.

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Andrew Turczak, PA-C, MHS

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PRESIDENT'S MESSAGE (CONTINUED)

The Conference Planning and Education Committee is working diligently to put together an outstanding 27th Annual Charter Oak Conference lineup being held Monday, April 7—Thursday, April 10th. Since July, the committee has secured 30 dynamic speakers and will be applying for 30+ Category 1 CME credits through the AAPA. This year's conference looks to be bigger and better than ever. In addition to traditional lectures, there will be several evening events to help you kick back and recharge. In addition to the Charter Oak Conference, we will also be hosting Tricia Marriott PA-C, who will be presenting her muchanticipated Reimbursement Workshop in the beginning of February.

We are always looking to improve your experience as a ConnAPA member and are constantly looking to enhance member benefits. That's why we're so proud to announce our first secured affinity partner, Ohio National Disability Insurance, which will provide all of our members with discounted long-term disability insurance. Please refer to the rest of this newsletter for more information about this mutually beneficial partnership. In addition to long-term disability, we are actively working towards obtaining additional affinity partners for services such as malpractice, life, home, auto and other long-term care insurances. If you have additional suggestions, please e-mail our Executive Office and we'll be glad to look into it.

In the spirit of the holiday season, hard-working students across the state at our three in-state PA Programs are contributing to the cause and shedding a positive light, by taking valuable time out of their busy schedules to volunteer for communities in need both at home and abroad. We look forward to seeing them at ConnAPA's 3rd Annual Student Leadership Track on Sunday, April 6 in Mystic, CT.

Once again, thank you to everyone for your continued support. If you are not yet a member of our merry band, I highly encourage you to join the professional state organization which speaks on your behalf at the state legislative level among other exclusive benefits. If you are a member, and are looking to get more involved, consider volunteering for any one of these committees available to you: Public Relations, Membership, Conference Planning and Education, Legislative and Government Affairs. As always, the Executive Office is here to field your questions and provide further information.

Finally, I wish you, your family and your patients lots of happiness, and most of all good health, in the New Year.

Cheers!

Andrew Turczak MHS, PA-C

ConnAPA President 2013-2014



Join ConnAPA's Facebook page at www.facebook.com/group.php?gid=57194311075

MEMBERSHIP UPDATE

By Deanna Cichon, PA-C

CONNAPA was proud to host two successful PA week social events. The first took place at The Russian Lady, downtown New Haven on Monday, October 7, 2013. This event was well attended by 27 practicing PAs and students. Appetizers were served and people had the chance to mingle with their colleagues.

The second PA week event was held Wednesday, October 9, 2013 at City Steam Brewery in downtown Hartford. This event was also well attended by 30 PAs. Guests again enjoyed appetizers and were able to mingle with their colleagues.

Since the last mailing, we have increased our membership numbers and hope to continue to do so in the future.

Please do not hesitate to contact me with any questions, concerns or suggestions at deanna.cichon@quinnipiac.edu.

2014 CHARTER OAK CONFERENCE

By Jason Prevelige, MHS, PA-C; ConnAPA Vice-President, Education Committee Chair

In April 2013, ConnAPA held another very successful Charter Oak Conference. Before that conference ended, the ConnAPA Education Committee was already hard at work planning the next conference. Since this past summer, the committee has been in full swing with planning the details and securing great speakers for April 2014!

This coming spring's conference will be from April 7-10 at the Mystic Marriott in Groton. At the request of many past attendees, we are trialing a move from a Sunday-Wednesday conference, to a Monday-Thursday conference. The week will begin with a choice of five exciting workshops including ultrasound, EKG interpretation, orthopedic exams, workplace violence, and a radiology review. In addition to the optional workshops, there will be over 30 hours of CME included this year. Here are just a few topics which will be presented this spring: Advances in Minimally Invasive Surgery, Drugs of Abuse, Atrial Fibrillation, Inflammatory Bowel Disease, Osteoporosis, The Latest in Anticoagulants, and Oral Health. We have a fantastic slate of speakers who are really excited to come speak at our event. On Tuesday, we will conduct our annual business luncheon with our keynote speaker and Connecticut PA Foundation scholarship awards. The conference will also host the exhibit hall full of interesting products and recruiters on Wednesday. Without this support and sponsorship of these exhibitors the COC would not be possible.

In addition to the usual Welcome Reception on the Monday evening, the committee is also entertaining several exciting ideas for social events on the remaining evenings of the conference. Those evenings will be a great time to network and catch up with old and new friends in a fun and relaxing setting.

Lastly, also from the Education Committee, we are in the planning stages for another reimbursement workshop. It was so successful last year and there were many requests to hold another. The workshop is intended for PAs, MDs, and practice managers alike. It will once again be led by the AAPA's Director of Reimbursement, Tricia Marriott, PA-C. Look forward to that seminar in February 2014!

We hope that you'll be able to join us for the Charter Oak Conference. We have a great conference planned and look forward to seeing you there!

WELCOME NEW MEMBERS



Bruce Bowman, PA-C Leigh Brewster, PA-C Sara Ciarlo, PA-C Timothy Cook, PA-C, MMSc Kendra Devanney, PA-C Albert DiLoreto, PA-C Brian Fillmore, PA-C John Fundock, PA Ryan Haug, PA-C Vanessa Lehner, PA-C Rebekah Lehtonen, PA-C Melissa Lemiech, PA-C Diane Levien, PA-C Patricia Loving, PA-C Anne Mauk, PA-C Martha McCrann, PA-C Lauren McCrory, MS, PA-C Lisa McElligott, PA-C Josh Miles, PA-C Michael Moi, PA-C Kristina Murphy, PA-C Maureen Pawlak, PA-C Amanda Roche, PA-C Colleen Rothaupt, PA-C Marissa Stankus, PA-C Julie Tonioni, PA-C Abigail Torres, PA-C Deborah Vaughan, PA-C Amelia Vazquez-Valicek, PA-C Sarah Vereneau, PA-C Courtney Whittle, PA-C

Save the Date!

Connecticut Academy of Physician Assistants 27th Annual Charter Oak Conference

Monday through Thursday

April 7-10, 2014

Mystic Marriott, Groton

Highlights include:

Over 30 AAPA Category 1 approved CME lectures

Advances In and Out of Surgery

Evaluation of Pulmonary Nodules

Pediatric Potpourri

Chest Pain: The ER Bane

ommonly Missed ENT Diagnoses

Food is Medicine

Hands-on workshops and much more!

Welcome reception

Exhibit hall

Networking and social events

Program brochures and more information will be available in January or visit our website at www.connapa.org for more information.

Want to do more to support your profession?

JOIN A COMMITTEE!

Membership

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Save the Date! PA Reimbursement: Rules, Regulations and Realities

Saturday, February 1st, 2014 8:00 AM - 12:45 PM

Courtyard Waterbury Downtown 63 Grand Street, Waterbury

Presented by Tricia Marriott, PA-C

Reimbursement rules and regulations are constantly changing. Some rules, such as "incident-to" and "shared visit" billing continue to confound. Medicare has introduced incentive programs allowing PAs and physicians to receive increased payments from the program but may also subject them to penalties. Meanwhile, the RAC program will bring greater scrutiny to your medical claim, including a focus on "incident-to," Pre-op H=Ps, and E=M coding for Level 5 visits. Billing methodologies vary widely amongst payers, creating challenges for calculating PA productivity.

Register Online at www.connapa.org

TECH SPEAK

by Brian T. Maurer

Modern technology has permeated our youthful culture. Even the very young become digitalized at an early age. Evidence for this phenomenon is found in their expressive speech and spoken responses.

* * *



At her son's 7-year-old well child exam, a mother confided in me that the boy had been having academic difficulties at school. "He's a bit behind in reading," she told me. "We've started reading together evenings on his Kindle before bed. If it's a good book, he's more likely to stick with it." Then, to the boy, she said: "What was that last book we finished—'Into the Woods'?"

The boy nodded his head. "In the story they went for a hike," he said.

"Where did they go hiking?" I asked him.

"On the Application Trail," he said.

Another mother brought her brood of three young boys to the office. One of them complained of a sore throat. Sure enough, the test came back positive for strep.

"We'll give him an antibiotic to take and he should feel much better by tomorrow," I explained.

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TECH SPEAK (CONTINUED)

I pulled the prescription pad from my pocket. "Can he swallow pills now, or would he prefer to take the medicine off a spoon?" I asked.

"Probably pills," the mother said. "He doesn't like the taste of those liquid medications."

"That's fine," I said, putting pen to paper. "We'll have him take one tablet—"

Immediately, the younger brother blurted out: "Wow, you're going to give him a Nook?"

* *

I finished counseling an 8-year-old with chronic constipation on the value of a high fiber diet with these words: "An apple a day keeps the doctor away!"

To which he replied: "I don't think so. In our house we've all got iPads and iPods, and my mom still drags us in here for shots."

DONATE TO PAF

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

CONNECTICUT PAF UPDATE

by Johanna Chelcun



The Connecticut PA Foundation hosted a Wine & Tapas fundraiser at Barcelona Restaurant on November 3rd, 2013. Physician assistants and guests enjoyed food, wine, and networking with

colleagues from across the state. The fundraiser was a great success, raising over \$800 for PA student scholarships. The CT PA Foundation hopes to extend this event to the New Haven area in 2014. Thank you to all PAs who attended the Wine & Tapas fundraiser to support the Connecticut PA Foundation!



The 2014 Connecticut PA Foundation scholarship application process will soon begin. Students enrolled in a Connecticut PA Program, or Connecticut residents enrolled in



any PA program in the country, are eligible to apply. The scholarship application has been posted on the ConnAPA website – encourage a PA student to apply! The PA Foundation grants up to \$6,000 per year in student scholarships, and is proud to have granted over \$100,000 since 1980.



UNIVERSITY OF BRIDGEPORT STUDENT UPDATE

By: Jaime Camacho, PA-S and Cynthia Perez, PA-S

The class of 2015 has successfully completed their second term and is now midway through term three. Our most recent clinical medicine coursework includes hematology, rheumatology, orthopedics and neurology.

Term three has offered us the opportunity to appreciate the application of our newly acquired knowledge. One of our first clinical experiences was in the month of September as we practiced physical exams at UCONN Medical Center. This was a humbling experience that reminded us of the vast amount of information that we have learned, and have yet to learn.

Over the past few months we have each been spending time caring for patients in the Griffin Emergency Department, working alongside our Professor, Stephenie Kunkel. The experience has provided confidence in our newly acquired knowledge and reignited our



Backpack stuffing at WEBE radio station picturing Daniella Goldenburg, Kalin Bilides, Cynthia Perez, Mike McGowan of WEBE, Cortney Davis, and Danielle Depeau

passion for caring for patients. Students have experienced a wide variety of complaints and have put their critical thinking skills to the test as we were asked to perform our first oral case presentations.

The class of 2015 is staying involved with the community through health screenings and mentoring programs. At our university health fair, we performed glucose and blood pressure screenings as well as provided education on self-breast exams to UB students and the local community. In effort to better serve our community during future events, we have implemented lunchtime medical Spanish classes.



The classes are led by a member of our class of 2015 and native Spanish speaker, Adriana Mora. So far, we have covered basic anatomy and common presenting complaints.

Led by our outreach chair Danielle DePeau, members of our class have begun the Big Brother Big Sister program. They will be dedicating a few hours twice a month to offer their mentees a healthy, safe and fun escape from their normal daily routine. She also led a small group of our colleagues as we teamed up with WEBE radio station to stuff hundreds of backpacks full of school supplies to go to local school children in need.

We were very happy to celebrate PA week with other members of the ConnAPA institution as we joined them at New Haven's Russian Lady to interact with local PAs and other PA students. Also, several members of our class woke up at the crack of dawn to show support for our future profession and our institution as they made the early morning trek to New York

(Continued on page 8)

Ellen Le, Gregory Crosby, Nora Trachtman, Carmela Luzi, Colby Dodd, Robert Brancato, Adriana Mora, Julie Zito, Abigail Krauss, Shahin Shaikh, Kalin Bilides, Alaina Miele, Caitrin Olsen, Colleen Hickey, Kristen Mitchell, Danielle DePeau, Shadin David, Cortney Davis, Jason Cornelio, Alexandra Cotter and Kristen Stride celebrating PA Week at The

UB STUDENT UPDATE (CONTINUED)

City to appear on the Today Show.

One of the hallmarks of the UB PA Program is its ability to interact with medical professionals of such specialties as Naturopathic and Chiropractic medicine. In December, after the culmination of Term III, eleven members of our class will be traveling to Guatemala as part of a medical mission sponsored by Naturopathic Medicine for Global Health (NMGH). During their nine-day stay, they will perform hospital rotations, house calls in the mountains, and physicals at schools and at the national police academy.

The faculty and administrative staff of our program provide us with their unwavering support for both our

academic and personal development. As such, we were saddened to learn of the departure of our Administrative Coordinator Tanial Lowe. Tanial was an essential member during our program's creation and a key element in its accreditation. We wish her the best of luck in all her future endeavors.

As January approaches, we look forward to meeting the incoming class of 2016. We have made contact with our mentees and are offering advice and guidance throughout the process of beginning UB's PA program.



by Ariana Acquarulo, PA-S and Jennifer Platt, PA-S

Quinnipiac Physician Assistant students have had a demanding fall now that our 2013s have graduated! The students of the Class of 2014 are busy succeeding on clinical rotations. Despite their challenging clinical schedule, they continue to take part in a multitude of community service projects. As the largest class Quinnipiac PA program has had to date, the Class of 2015 has been busy making its mark and showing that there is power in numbers. They have begun a number of community service projects during this fall semester.

The class of 2014 is in the midst of their rotations, starting number five this week. While not on rotation these students have been keeping up the strong work with community service and inter-professional activities. The Quinnipiac University Primary Care Progress (PCP) Foot Clinic was established in May 2013 and is held quarterly at the Grand Avenue Men's Shelter in New Haven. The clinic was established to provide podiatric care to the underserved homeless population. It is designed to allow health care students and professionals to utilize their individual skills while working together on an inter-professional team. The last clinic was held on November 8, 2013 and had volunteers representing the Physician Assistant, Nursing, Medicine, Occupational Therapy, and Physical Therapy professions. The foot clinic has turned into a truly inter-professional coalition, proving that our education here at Quinnipiac University teaches us to be part of the ever-expanding health care team.

Two second-year students Meg Brady and Matt Nankin participated in a four week interprofessional simulation with students from the school of health sciences and nursing. A young sim-man boy named Josh experienced a femur fracture on the soccer field, which turned out to be an osteosarcoma. QU students managed Josh's care from EMS in the field to (Continued on page 9)



Colby Dodd shaking hands with Matt Lauer of the Today Show



QU STUDENT UPDATE (CONTINUED)

the simulated emergency department, ICU suite, home care and hospice setting. Students from a multitude of disciplines worked together strengthening their foundations of teamwork



and communication. The first-year students will continue inter-professional simulations during the rest of their year. If an "emergency" arises, students can be called out of class to go to the "Emergency Room" with a group of other students from health sciences and nursing to work on the simulated patient's problem. This teaches the students clinical critical thinking, and again focuses on working with an interprofessional team.

Beginning at the start of the fall semester, the class of 2015 kicked off the University's annual program "Nutrition Detectives" with the ACES school in North Haven. The goal of this program

is to teach children, ranging in ages from five to twelve, the importance of healthy eating and learning how to read nutrition labels. In order to do this, QU PA students use an interactive program to teach the children nutrition in a way that makes it fun for them. Many of the ACES students who have been at the school in prior years remember "Nutrition Detectives" and get excited to share what they remember about nutrition to the rest of their class.

In addition to "Nutrition Detectives," our annual "Big Read and Fitness Fair" at ACES was held October 4. The morning began with a reading session to classrooms, and concluded with a fitness fair featuring yoga, running races, ZUMBA, basketball, an obstacle course, and more! The kids had a great time and told us that they look forward to QU PA students coming back year after year. The entire class of 2015 will continue to go to ACES and read to and with students every Wednesday and Friday for the remainder of the school year, while also

reminding them on the importance of nutrition.

During National Primary Care Week, October 20-26, a group of Urban Service Track students collaborated with UConn's Health Sciences Campus to organize four Lunch and Learn events. The four programs aimed at teaching QU PA students more about specific population needs and strategies for moving forward on a national level to improve



the field of primary care for both healthcare providers and patients. Topics included were, "Interprofessional Health Care Team in Action: Roles of Health Care Providers in a Medical Home," "The Journey of Being a Primary Care Provider," "Service Members and Their Mental Health Needs," and "Personalized Medicine: Patients Using Tracking Tools to Impact Health Care Outcomes." In addition to the webinars, the entire class of 2015 participated in a Day of

(Continued on page 10)

QU STUDENT UPDATE (CONTINUED)

Giving on October 23. During this day, students volunteered at 10 sites throughout Connecticut including health fairs, food banks, and flu clinics.

This upcoming January, six 2015s will be taking a weeklong trip to the Dominican Republic to participate in a Medical Service Trip with Health Horizons International (HHI). They will be serving the people of Puerto Plata in one of HHI's medical clinics alongside family physicians. We are excited for



these students to embark on this trip and wish them luck in their endeavors.

YALE UNIVERSITY PA PROGRAM UPDATE

by Samantha Werner, PA-S, and Mark Volpe, PA-S

The Yale Physician Associate program is pleased to welcome Jim Van Rhee, M.S., PA-C, as our new Program Director this year. Mr. Van Rhee has extensive experience as a PA, an educator, and a leader to other programs and organizations. We are excited to work with him and the rest of our wonderful program staff to make our experience here even more valuable.

In addition to classes and rotations, students of all three classes have been busy this fall taking part in a variety of volunteering programs for the community. HAVEN Free Clinic continues to be a popular community service organization and much of our first year class have already been accepted as volunteers. This student-run clinic takes place every Saturday and includes PA, medical, nursing, and public health students. It is a rewarding way to give back to the community and practice clinical skills, but also learn to work as a team with other medical professionals. HAVEN offers a wide range of services and has recently expanded to offer mental health services to the local immigrant community.

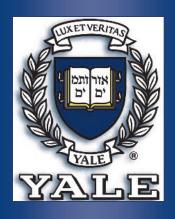


Students are also spending their Saturdays volunteering for the Neighborhood Health Project, a program that runs alongside the Loaves and Fishes Food Pantry and provides education and screening services to the community for hypertension and diabetes. They also held a flu clinic this fall. This project is run by students of all medical disciplines and many of our second and third year classmates have taken on coordinator positions to have a more active role.

New Haven is home to many Spanish

speakers who attend these clinics, so a Medical Spanish elective is offered to assist the student volunteers. This has been a great opportunity for students of all levels of Spanish to learn conversational phrases and vocabulary related to interacting with patients in a medical environment.

The National Health Service Corps scholarships were awarded this fall and Samantha Werner





in the class of 2015 has been named a NHSC Scholar. The Yale PA program now has a scholar in each class, with Tamara Houston representing the class of 2013 and Lindsay Leech-Novak of the class of 2014. Financial support is provided to scholars in return for a commitment following graduation to provide healthcare in an underserved area.

The class of 2013 is finishing up with their rotations, with some members returning from international clinical rotations in Madrid and Peru! They are all very much looking forward to graduating in early December!

The class of 2014 did a wonderful job running PA week this fall. Some highlights of their hard work include raising money for the Neighborhood Health Project and organizing a clothing drive for Big Brothers/Big Sisters. It was an impressive week, especially since they are already several weeks into their rotations with some members of their class away in Kentucky and New Mexico. Before their rotations began, they participated in a series of workshops to teach them key clinical skills. Such skills included splinting and casting, suturing, and OR procedures and protocol.

The class of 2015 has been up to so much that it is hard to believe they started just a few months ago! Aside from a busy schedule of classes, the newly elected class officers and many other willing volunteers have been preparing for the Hunger and Homelessness Auction, an event that takes place annually to raise money to educate and address issues such as affordable housing and food security in the New Haven area. Their bake sales have been a huge hit for fundraising and they are hoping, once again, to bid on one of their anatomy professor's (Dr. William Stewart) famous bowties! They are also beginning to collaborate with the medical students to plan the Anatomy Service of Gratitude, an event held every year to express thanks to the donors and their families who have given an incredible gift to benefit our anatomy education. An impressive number of these first year students have already begun volunteering their Saturdays at the Neighborhood Health Project, the HAVEN Free clinic, and the Loaves and Fishes food pantry. There has been time for fun, too! The class of 2015 has been continuing to bond with apple picking, intramural softball and volleyball, and dressing up as Orange is the New Black characters for Halloween!

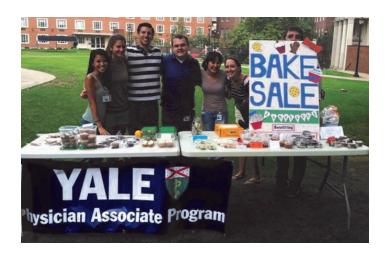


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