



**CONNAPA NEWS**  
*A Publication of The Connecticut Academy of  
Physician Assistants*

2008 Winter Edition

February 1, 2008

## State Medical Society Welcomes PAs

By Angelo S. Carrabba, MD

I would like to extend a warm welcome to our PA colleagues, who may now become associate members of the Connecticut State Medical Society! Over the past year we have worked with Tricia Marriott and other leaders of your organization to help us expand our membership to include very important and integral members of the health care provider team: you.

CSMS is a professional organization of physicians numbering more than 7,000, covering all specialties of medicine. We are a federation of eight county medical associations. Our mission, as contained in the CSMS Bylaws is as follows:

The purposes of The Society shall be to federate and bring into one organization the medical profession of the State of Connecticut; to unite with similar societies in other states to form the American Medical Association; to extend medical knowledge and



advance medical science; to elevate the standards of medical education; to promote friendly intercourse among physicians; and to enlighten and direct public opinion so that the profession shall become increasingly useful to the public in the prevention and care of disease and in prolonging and adding comfort to life.

Until now, we at CSMS have not included other health care professionals as members. Realizing our increased dependency and collaboration between our members and the Physician Assistants in our community, we in the leadership of CSMS have successfully expanded our

membership to include your professional group.

In today's environment, we as health care providers are faced with tremendous medical/legal, ethical and legislative issues at the state and federal levels. It is our firm belief that we are better positioned to work in these areas in a collaborative and unified manner, not only to protect our respective professions, but also to maintain our position on the standards of good medical care and as advocates for our patients.

I would like to take this opportunity to invite each of you to join CSMS and for you to experience the reality that "together we are stronger."

**Angelo S. Carrabba, MD, is president of the Connecticut State Medical Society. For more information about the benefits of CSMS membership, visit [www.csms.org](http://www.csms.org).**

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## Message From The President

By Tricia Marriott, PA-C, MPAS



Six months into my term as President, I'm really excited about what ConnAPA has accomplished, particularly in regards to the relationships we have established with the physician groups in Connecticut. The Connecticut State Medical Society (CSMS) has recognized the importance of the Physician-PA Team by accepting PAs into its fold as Associate members. In the January 2008 edition of *Connecticut Medicine, The Journal of the Connecticut Medical Society, Vol 7, No. 1*, Dr. Angelo Carrabba, announces the addition of PAs to the CSMS membership. Additionally, ConnAPA was asked to contribute commentary on this new relationship. You'll find our article entitled "The Physician-PA Team" on page 52 of the journal. Dr. Carrabba, aided by CSMS Executive Director Matthew Katz, was a major proponent of PA membership, and has provided his insights for this edition of *ConnAPA News*. Soon, you will find the application for PA membership posted on the CSMS website, [www.csms.org](http://www.csms.org).

CSMS will be sponsoring a booth at COC with details on membership benefits.

I am even more excited about what is yet to come;

-ConnAPA has a jam-packed Charter Oak Conference planned for March 30-April 2, 2008 at the Mystic Marriott Hotel (no relation, but I do get room service pretty quickly...). 25 hours of CME are scheduled.

-Our website is hopping, and loaded with information important to PAs. The ConnAPA job bank at [www.connapa.org](http://www.connapa.org) is the only on-line listing for PA jobs in Connecticut. Important updates are posted immediately, thanks to our outstanding webmaster. PAs can also join and/or renew on-line.

-We have a newly formed subcommittee for Hospital Based PAs. Our first meeting has created a stir in the state, judging by the volume of e-mail I've received.

-ConnAPA continues to produce national leaders. Our AAPA President Elect, Cindy Booth Lord hails from Connecticut, and is a former ConnAPA President. Additionally, Connecticut can boast about nine ConnAPA members who are currently in AAPA elected and/or appointed positions. Connecticut PAs are well-represented at both the state and the national levels.

-ConnAPA's new management team has really improved operations, not only at the Board level, but also with our membership. The Board's efficiency has

skyrocketed, and, I believe, will continue to improve as we learn from each other.

I have lots more to say, but it will have to wait. My closing statement is actually a request. Would you mind spreading the word to those 900 PAs in the state who aren't ConnAPA members? Reasons for not belonging are pretty interesting- "There haven't been any CME dinners in my region." (The PHARMA rules have killed the CME dinner...) "I haven't received an application." (Go to [www.ConnAPA.org](http://www.ConnAPA.org).) "What has ConnAPA done for me lately?" (See above.) We are doing great things with only 36% participation. Can you imagine what we could accomplish with a little more support?

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## KEEP— A Proven Strategy For The Early Identification of Individuals at Risk for Kidney Failure

By Danielle Tabaka, PA



One of the cornerstones of the mission of the National Kidney Foundation of Connecticut is the prevention of kidney disease. Our signature program for achieving this goal is the Kidney Early Evaluation Program (KEEP), an early intervention health screening program of the National Kidney Foundation. When scheduling screenings, we particularly focus on minority communities since they are at the highest risk for kidney disease, and often experience a gap in the delivery of health care. This is a **FREE** health screening.

At the National Kidney Foundation of Connecticut, our goal is to hold 16 KEEP screenings this year. The KEEP screening includes the following tests:

- Blood glucose check (diabetes);
- Hemoglobin (anemia);
- Serum creatinine (kidney disease);
- Microalbuminuria (protein in urine);
- Pyuria (white blood cells in urine);
- Cholesterol
- Hematuria (blood in

urine); and

- Calculated creatinine (kidney function).

A physician, physicians assistant or APRN reviews screening results on site. If an individual's test results are outside the normal range, he/she is encouraged to follow up with a physician. They are given their test results and a letter for their physician. If an individual does not have access to a health care provider, referrals are made to a local public health center or other physicians.

If you are interested in volunteering for one of these screenings please email Marcia Hilditch, Director of Prevention Education, National Kidney Foundation of CT, [mhilditch@kidneyct.org](mailto:mhilditch@kidneyct.org) or Danielle Tabaka, PA, at [danielleg610@comcast.net](mailto:danielleg610@comcast.net)

## ConnAPA To Participate in AAPA Lobbying Event

By Tricia Marriott, PA-C, MPAS

AAPA's *Adventures in Lobbying - A Day on Capitol Hill* conference will be held February 25-26, 2008. ConnAPA will join forces with fellow PAs and PA students in Washington, D.C., for a day on Capitol Hill. The team will have an opportunity to deliver an important message to Congress.

The first portion of the conference will feature briefings on some of the legislative issues of

concern to PAs. In addition to learning about the issues, participants will enjoy a training session that will increase our skills as a "grassroots lobbyist." Experts will guide the group through a mock visit to a congressional office, help refine the message, and give pointers on how to have a meaningful conversation with elected officials and congressional staff members.

ConnAPA's Government Rela-

tions team from The Kowalski Group will assist in obtaining appointments with our Senators and Representatives. Student leaders and professors from the Quinnipiac and Yale programs will be attending, with Government Relations Chair, Tricia Marriott leading the pack. For information on the federal issues that will be addressed, go to the AAPA website at [www.aapa.org](http://www.aapa.org).

## Inaugural Meeting Well-Attended by Hospital PAs

by Tricia Marriott, PA-C, MPAS

Connecticut PAs have lacked a forum to discuss issues facing PAs practicing in hospitals. ConnAPA has recognized the increased utilization of PAs in hospitals, and responded by forming the Hospital Based PA (HBPA) subcommittee. The goal of the subcommittee is to make PAs aware of the laws, regulatory agencies and policies that affect PAs practicing in hospitals. They, in turn, will be able to make their hospitals and fellow PAs aware, encouraging compliance with the regulations.

Twelve PAs attended the first meeting which was held at St. Francis Hospital in Hartford. The meeting was moderated by ConnAPA President, Tricia Marriott. Topics covered included:

1. [Billing for PA Services](#)
2. [Medical Staff Bylaws and Regulations](#)
3. [Joint Commission \(JCAHO\)](#)
4. [ConnAPA and Legislation](#)

The group enthusiastically decided to meet again within one month, as each topic required further discussion. The group also decided to take on one topic at a time,

in order to provide direction and focus to the meetings. Therefore, the next meeting of the HBPA Subcommittee will be held January 23, 2008, at 6pm, at St. Francis Hospital. The topic will be Physician Supervision; statutes, Medicare rules and Medicaid requirements for MD supervision, and protocols will be discussed. Sample protocols and agreements will be shared as well.

Future meetings will be held at locations around the state to encourage member involvement. Remember to keep your membership current so that you can take advantage of these valuable meetings.

Meeting reminders, and the minutes of the last meeting are posted on the ConnAPA website at [www.connapa.org](http://www.connapa.org).



*To register, go to  
[www.aapa.org](http://www.aapa.org)*

### 2007-2008 Board of Directors

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#### **DEADLINES FOR SPRING 2008 ISSUE**

April 14, 2008

Please email editorial submissions to:

**Alison Hall, Editor**  
[alicatpa@yahoo.com](mailto:alicatpa@yahoo.com)





## Legislative Report

By Tricia Marriott, PA-C, MPAS

The planning for this year's legislative agenda is underway. ConnAPA has retained the services of Linda Kowalski's team at The Kowalski Group for another two years. Since ConnAPA's initial decision to utilize a Government Relations Team (aka lobbying firm), PAs in the state have benefited significantly, as ConnAPA continues to enjoy legislative victories.

Linda and her team have been able to represent PAs for ConnAPA with key legislators and state agency staff. They are present at meeting that address healthcare in general. The team is

in contact with the ConnAPA Chairman constantly by phone and e-mail—our Treos are sometimes in overdrive. It is impossible for PAs to be at the Legislative Office Building 365 days a year, since we are all in the business of taking care of patients. Rest assured however, that we have an ear to the ground and constant monitoring in place at the capitol.

While I would love to be able to tell you definitively what our legislative agenda is, right now, it is still taking shape. At this early stage, we are still "sussing out" the lay of the land. We are in

communication with the Connecticut State Medical Society's Government Relations staff, and already have a collegial working relationship with their leadership. We have been doing our homework since the close of the last session, and will be ready when the 2008 session opens in February.

Check out the latest Government Relations Board Report for issues that are currently brewing. The Report is posted on ConnAPA's website, [www.connapa.org](http://www.connapa.org), in the Members Only section.



## A Few Good Men

By Jennifer R. Madonia-Barr, MS, PA-C

We are looking for a few good men. In truth we are not very different than the armed services. Our white coat and stethoscope are our uniform, we are bound by our own code of conduct, we have a duty to honor and serve our patients and the community, and a moral obligation to promote the interests of the profession. The officers of the ConnAPA Board of Directors continue to represent the membership as well as all Physician Assistants in the state. The Academy remains committed to making CT the best state for PAs to practice in. It is because of ConnAPA that we are able to practice (with off-site supervision), prescribe controlled substances, and have



stronger bonds with our physician colleague societies. I could give you that speech about your *duty to serve* your colleagues and your state organization. Instead, I'll encourage you to

give service some consideration and perhaps make a delayed New Year's resolution. Without our dedicated volunteers, we wouldn't be a strong professional organization. The election for the 2008-2009 year will take place in April. Elected Officers and Directors assume office on July 1, 2008. Please refer to Article V (Elections) of the ConnAPA Bylaws and Constitution for additional information about the elections process. <http://www.connapa.org/about/constitution.shtml> The open positions include: President, Vice-President, Treasurer, Regional Directorship I, II and IV. If you are interested please feel free to contact me at [pa904@comcast.net](mailto:pa904@comcast.net)



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## ConnAPA Logo Apparel

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Please contact Justin Champagne at  
[Justin\\_champagne@hotmail.com](mailto:Justin_champagne@hotmail.com) for more information.

## News From Yale

By Lauren Swisher, PA-S & Nicholas Bonomo, PA-S

The Class of 2009 participated in many local charitable events throughout the holiday season. The season kicked-off in an exciting way with the Yale-New Haven Children's Hospital Halloween 5K Fun Run. Yale PA Students ran as a team to raise money for the Yale-New Haven Children's Hospital. Everyone's inner child was on display as folks ran in creative costumes with smiles on their faces. Perhaps the most celebrated charitable event of the semester was the 14<sup>th</sup> annual Hunger and Homelessness Auction. Students from the Yale PA Program, in conjunction with other health professional schools, collected donations from local businesses and Yale faculty and students for a week-long silent auction and Friday night live auction. Many students also volunteered the night of the event by setting up items, collecting admission tickets, and serving food and beverages to attendees. The event was

once again a resounding success, with over \$30,000 collected to benefit selected local non-profit organizations.

In addition to the above events, Yale PA students "adopted" a local family affected by AIDS for the holiday season. Students purchased toys, games, clothing, and other necessities for three children ages 6-9. The children were surprised with a delivery of their gifts just before Christmas. The Class of 2009 continues to volunteer at the HAVEN Free Clinic on Saturdays, covering a wide range of services provided by local health care professionals. As part of the primary care division, our students have been performing physical exams and health screenings in conjunction with physicians and third-year medical students. In addition to these primary care services, we have helped to solicit and coordinate free specialty care referrals with partnering physicians and diagnostic centers. Other impor-

tant HAVEN assistance has included education on wellness and nutrition and on-site dispensing of free or low-cost prescription medications. Yale students will continue to assist HAVEN throughout the spring semester.

## GRADUATES

BE SURE TO  
TELL  
CONNAPA  
YOUR NEW  
CONTACT INFO



## Quinnipiac University Report

By Emily Pally, PA-S

The Quinnipiac University Physician Assistant class of 2009 finished the Fall semester by celebrating the holiday spirit. With the help of the class of 2008 and the undergrad ELMPA students participated in Operation Christmas Child, making over 40 boxes filled with toiletry items, small toys, and books for children in need around the globe in conjunction with Samaritan's Purse.

The Quinnipiac University Physician Assistant Class of 2009, with the help from the Class of 2008 and the Undergraduate Entry Level Master Physician Assistants (ELMPAs), spread holiday cheer with a toy drive for the children at St. Raphael's hospital this holiday season. After collecting over 180 toys, the Quinnipiac students dressed up as elves and a Santa Claus delivering beautifully wrapped gifts to the children in the pediatric clinic on Friday,

December 14th, 2007. "Pictures with Santa" were a huge hit giving the children, their families, and the students something extra special to be thankful for at this time of year. With every child happy with a gift, there were even toys left over for the clinic to give to other children over the rest of the week. After such a successful turnout, the students are looking forward to gathering even more for next year.

On December 8th members of the class helped Santa give out presents at a Holiday Party at Yale New Haven Hospital for child dialysis and transplant patients and their families.

The class also volunteered our time at The Annual Christmas dinner, which is given for the men at the shelter on Grand Street in New Haven shortly before Christmas. A ziti and meatball dinner along with cake is served to the men. All of the men

at the shelter are always very appreciative of having a hot meal.

Looking forward to a New Year and a new semester, The Quinnipiac University Physician Assistant Student Society has begun planning their Tenth Annual 5K Road Race and Cow Chip Bingo which aims to raise money for the AAPA Host City Prevention Campaign benefitting the San Antonio Children's Shelter to promote childhood literacy. This year's historic events are set for April 12, 2008. As the QU Student Society's largest project and fundraiser, this year's lofty goal is set at \$10,000. If you are interested in running the race, buying a cow chip plot (ticket), or supporting the organization with a donation, please contact our student society's president Andrew Turczak (Andrew.Turczak@quinnipiac.edu) for more information.



### PA Needed...

To join busy orthopedic spine practice. Experience preferred; clinical interest in spine essential. Responsibilities include first assisting, inpatient care, office hours and occasional call. Fax resume to (203) 744-9702.

### Advertise Here!

Each issue of ConnAPA News is mailed to nearly 600 members.

**2008 Advertising deadlines  
are as follows:**

Publication Date	Deadline	Type of Publication
May	April 14th	Spring 2008 Edition
August	July 15th	Summer 2008 Edition
November	October 15th	Fall 2008 Edition
February	January 15th	Winter 2009 Edition



## The 21st Annual Connecticut Academy of Physician Assistants Charter Oak Conference

March  
30th–April  
2nd, 2008



Mystic  
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### Lecture Topics Include:

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- The Latest on NCCPA and PA Certification
- Women & Heart Disease—An Update on Risk Factors & Management
- Advances in Cardiovascular Prevention & Treatment—Opportunities & Challenges
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- New Guidelines for ICH ManagementHA in Women
- New Trends in Antibiotic Resistance
- Parkinson's Disease
- Fibromyalgia

**Make Your Hotel Reservations Now at The Mystic Marriott. The Charter Oak Conference Room  
Rate is \$125/night.**

**Visit [www.connapa.org](http://www.connapa.org) for details and up to the minute information. Contact the ConnAPA  
Executive Office for information on how to register.**