LEGISLATIVE UPDATES FROM THE PRESIDENT
by Jason P. Prevelige, MHS, PA-C

I’d like to take a minute to update you all the latest legislative efforts of ConnAPA. As I previously announced, our legislative committee authored an almost 50-page request to the Department of Public Health to consider authorizing a committee to review our scope of practice.

The goals of review our scope included:
- Modernizing the PA practice act with "collaboration" instead of "supervision" to reflect the true nature of our professional relationship with the healthcare team
- Remove ratio restrictions and determine at the practice level how many PAs can collaborate with a physician
- Allow PAs to practice at the fullest extent of their education and training

Unfortunately, the DPH did not select our request to review our scope of practice. They instead chose three others, all of which have tried for several years to have their scopes reviewed. That does not mean that ConnAPA is finished with these efforts for this legislative year. The legislative committee has been hard at work organizing and formulating a proposed bill to be voted on by the legislature.

This is where we will need you! At some point, soon, we will be asking for your support to make history for the PA profession in Connecticut. Our state senators and representatives will not realize how important to us this bill is unless we let them know. So, when the time is right we will call on you to reach out and contact your elected officials. We will let you know how to inform your legislators how this bill will benefit our patients by providing them with the best access to complete care. We will let you know how to inform your legislators how this bill will benefit our patients by providing them with the best access to complete care.

Currently, we really need more input on practice barriers you have faced. We will have little impact at the capitol without a significant volume of this evidence. Please email your examples to ConnAPAsurvey@outlook.com.

The other piece of this is for all of you non-members out there. We NEED your membership. You see what we are doing to improve our ability to practice and provide optimal care to our patients in Connecticut, and what we do, we do for all PAs in Connecticut. Frankly, it just is not fair for you to reap the benefits of what we do if you are not contributing. In addition to the hard work of the legislative committee and our lobbyist, your membership also provides you discounts to the annual Charter Oak Conference, discounts on a variety of services and products, networking opportunities, and much more. The $125 annual dues is a very small sum to protect your career, whether or not your employer covers it. I ask you to please join or renew today!

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As the holiday season is upon us, I wish you all a joyful season. As we spend time with our families, let us keep in mind those less fortunate than us. Take some time to give back to the community around you, you will be glad you did. As always, I am available to you and happy to answer questions, hear concerns and work for you. Do not be shy about reaching out.

Best,

Jason P. Prevelige, MHS, PA
President

FROM THE EXECUTIVE OFFICE
Mark Schuman, Executive Director

On behalf of your Executive Staff, we hope all of our members and families have a happy and healthy new year. 2017 will be a busy one for ConnAPA starting in January when your board has scheduled a strategic planning session. To make this meeting successful, we need your help.

In order for your Board to determine the proper path for CT PA’s, we have emailed all practicing PA members a short anonymous survey via survey monkey. Feedback from our members continues to be a key component in the operations and decision making process for our organization. The survey should take no more than 5 minutes to complete. If you did not receive the email you can take the survey with this link: https://www.surveymonkey.com/r/2Z7K8HH

Please be on the lookout for the email and take the time to complete the survey. With your input, our goal is to focus, identify and anticipate member needs. If you have specific questions or would like to speak with me prior to the strategic planning session, please call me at the Executive office at 860-243-3977.
William (Bill) Kohlhepp, a Past President of ConnAPA has been elected president of the Physician Assistant Education Association (PAEA) board of directors. His term begins Jan. 1, 2017.

Kohlhepp, who is dean of the School of Health Sciences at Quinnipiac University is also a tenured professor in Quinnipiac’s physician assistant studies program. He has been on the PAEA board of directors since 2010. He has served as treasurer/secretary for several years, until the position was split, and then as treasurer. During the past year, he has held the position of president elect.

“Having been on the PAEA board for the past seven years, I am honored to have been given the opportunity to serve as president in 2017,” said Kohlhepp. “PAEA continues to amaze me as it evolves in so many positive ways. And it is particularly exciting to be able to serve as president during the 50th anniversary year of the PA profession.”

Kohlhepp first began taking an active role in the national organizations of the PA profession when he served as national student secretary in 1978. He is a past president of the American Academy of PAs (AAPA), past speaker of the AAPA House of Delegates, and past chair of the AAPA board. He also served on the board of directors of the National Commission on Certification of Physician Assistants (NCCPA), including a stint as chair. He has twice served a ConnAPA President.

“Dr. Kohlhepp is one of the most respected figures in the physician assistant community,” said fellow PAEA board member Stephane VanderMeulen. “He has held multiple leadership roles in the profession, giving him a unique, well-rounded perspective on topics involving PAs. His thoughts are compelling, and he frequently challenges the way we think about health care.”

PAEA is the only national organization representing physician assistant educational programs in the United States. Currently, all of the accredited programs in the country are members of the Association. PAEA provides services for faculty at its member programs, as well as to applicants, students, and other stakeholders.

LEGISLATIVE UPDATE
by Linda Kowalski, The Kowalski Group, LLC

Much of the attention in recent weeks has related to politics and the November election. The state Senate is tied at 18 Republicans and 18 Democrats. A disagreement has erupted over whether this means there will be joint control of the chamber. Sen. Looney, president pro tempore, is stating that it will not because the Lt. Gov. can break all tie votes. This could be a prescription of extreme partisan ship and gridlock. Meanwhile, the House Democrats have selected their leadership. As expected, Rep. Joe Aresimowicz will become Speaker and Rep. Matt Ritter will become majority leader. As a result, Ritter will leave the Public Health Committee and there will be a new House chair. We will keep you posted of what we hear on this critical appointment.

ConnAPA will have representation on the scope of practice review committees over the Definition of Surgery and Athletic Trainers. We believe the most important on is the former, the definition of surgery. We can send a representative to the Athletic Trainer scope committee, although ConnAPA’s interest is a fairly specific issue of being named as one of the professions that give guidance and direction of Athletic Trainers.

While ConnAPA’s scope of practice request was not selected, ConnAPA will be meeting with the CT State Medical Society and other stakeholders to move our proposal forward. We will keep the membership updated.

The state’s budget situation continues to deteriorate. Revenue projections for the current fiscal year are being shown to be inflated. The new projections of $50 million is less revenue will have ramifications for the budget the next General Assembly will need to enact next session. Some observers believe the two-year budget (fiscal 2018 and 2019) could have a deficit of $1 billion each year. The concern is, obviously, that legislators will look for new revenue and that one option could be a medical provider tax paid by practitioners.
PA WEEK CELEBRATION AT LYMAN ORCHARDS A SUCCESS

On Saturday, October 8th, over 75 PAs, PA students and their families celebrated PA week at Lyman Orchards in Middlefield, CT. Despite the rainy weather, everyone enjoyed the All American BBQ, apple picking, pony rides, corn maze and networking. Thanks to the ConnAPA Membership committee for organizing such a successful event and special thanks to New England Urgent Care for their sponsorship.

It’s News to Us...

Do you have an article you’d like to submit? Are you or one of your colleagues doing something amazing? Professional news, activities, new procedures, stories of experience, medical missions, member spotlight or editorial...send it to us! We are now accepting article submissions for our Fall and Winter editions. All submissions can be sent to Amanda Campbell, Editor at connapa@ssmgt.com for review. Having your article published is a great way to add to your CV!
2017 CHARTER OAK CONFERENCE UPDATE
by Sarah Clark, MHS, PA-C and Deanna Zimkus, MHS, PA-C, Co-Chairs

The Education Committee has been hard at work planning for 2017’s COC and we will be returning to the Mystic Marriott next year. We plan to commemorate the 30th Anniversary of the COC and the 50th Anniversary of the PA profession with several special events. On Sunday, a dinner celebration with two guest speakers: the first is William Stanhope, the first AAPA president and also Kevin Hickman, Director of PA Services at Saint Francis Hospital in Hartford, CT.

We are happy to announce that AAPA President, Josanne Pagel, PA-C will be our Keynote speaker for the Annual Business Luncheon on Tuesday, April 4th.

The Committee is actively seeking donation items for the raffle to be held during the Exhibit Hall on Monday, if you have an item you’d like to donate, please contact the ConnAPA Executive office at connapa@ssmgt.com or by calling (860) 243-3977.

30th Annual Charter Oak Faculty and Topics Announced

Sarah Adams, PA-C - Neck Pain in the General Population
Lisa Barratt, PA-C - Sepsis
Brad Biskup, PA-C - Managing Diabetes with Lifestyle Medicine
David Boisoneau, MD - Mysteries of the Eustachian Tube
Diane Bruessow, PA-C - Medical Management of Transgender & Gender Diverse Patients
Joselyn Depathy, PA-C - Surgical Management of Melanoma
Marjorie Golden, MD - Update on HIV Care
Lisa Gould, MD - Wound Care 201: Because We Know You’ve Got the Basics
David Hass, MD - The Utility of Capsule Endoscopy
Kevin Hickman, PA-C - PA Leadership: Why Is It Needed?
Erik Hyson, MD - Imaging in the Emergency Department
Peter Jacoby, MD - So You Want to be A Leader or Advocate
Kent Kilbourn, PA-C - Gliomas: A Brain Tumor We Can Treat
Richard Kershen, MD - Erectile Dysfunction
Dean Mariano, MD - Current & Cutting Edge Interventional Treatments for Pain
Jamie Marotto, AVD - Hearing Loss: What We Know About Conductive & Sensorineural Loss
Kurt Myers, MD - Pediatric Injections
Craig Newton, MSW - Opioid Epidemic
Guy Nicasio, MD - Examining the Acute Abdomen
Adam Olsen, PA-C - Atrial Fibrillation: Is There a Cure Yet?
Adam Perrin, MD - Pulmonology
Elizabeth Roessler, PA-C - The Primary Care Approach to Pre-Operative Clearance
Mike Russo, PA-C - Evaluation and Treatment of Varicose Veins
Kenneth Schwartz, MD - Surgical Options for Gastroesophageal Reflux Disease
Jeffrey Sumner, MD - Tibia: Top to Bottom
Cristina Tamasdan, MD - Acute Treatment Modalities Available for Inpatient Pain
Greg Thomas, PA-C - Update from NCCPA
Corri Wolf, PA-C - Obesity Leadership Edge

Watch your mail and email for preliminary program, registration and hotel information.

We hope to see you in Groton in April 2017!
AFFINITY PARTNER HIGHLIGHTS
MEMBERS: TAKE ADVANTAGE OF THESE MEMBERSHIP BENEFITS...

GoodWorks Insurance

Now, for members and associate members of the Connecticut Academy of Physician Assistants (Conn APA), a New Insurance Program through GoodWorks Insurance. Coverage for your Auto and Home and all of your family’s other coverage needs. GoodWorks Insurance believes business should have a Purpose Beyond Profit.

20% of the revenue from policies you purchase will be placed in a Special Fund earmarked for the Connecticut Physician Assistant Foundation. And if you refer personal or business customers to the program, that revenue will count too! So, when you buy an auto or home policy, you will be contributing to scholarships for deserving PA students. When your policy renews, 20% of that revenue will go back to the Foundation making the Fund self-sustaining.

Find out how you can save money while at the same time helping your local community. Sign up today!

For more information, contact Mary Lynn Milazzo at 800-588-8330 [101] or mmilazzo@goodworksinsurance.com
www.GoodWorksInsurance.com

ConnAPA Members
Refinance your undergraduate and PA school loans!

DRB borrowers will save $20,200+ over the life of their loans on average.

ConnAPA members will receive $100 bonus upon closing their loan with DRB.

For more information visit us at http://student.drbank.com/connapa
The Connecticut PA Foundation hosted its 4th Annual Wine & Tapas Fundraiser for PA student scholarships on Sunday, November 6th. It was a great night for socializing, networking, and talking about the impact of rising costs of PA education and increasing student loan debt. The CT PA Foundation is hopeful that, with more fundraising events like this, we will be able to support more PA students in Connecticut in the future.

The Foundation also looks forward to welcoming student and faculty representatives from Sacred Heart University and the University of Saint Joseph, and appreciates the opportunity to expand our scholarship applications to students from all five PA programs in the state. The 2017 PA Foundation Scholarship application will be posted on the ConnAPA website in December.

Stay tuned for the CT PAF BOWLARAMA
March/April 2017

Johnson’s Lanes Hamden, CT
Friday night at TGIF 5-7 PM
Followed by 7-9 PM bowling at Johnson’s Lanes
For PAs, PA students, families with children, PA program professors and program directors.

Watch the ConnAPA.org website for dates.

$20/PA students and guests of students
$50 for grad PAs, guests, special family prices.

Join us in providing scholarships for PAs students in CT
The Class of 2016 is seeing the light at the end of the tunnel and are concluding their last clinical rotations, while making their final touches on their thesis projects. However, they are not out of the woods quite yet, as they are beginning preparations for the PANCE examination and pursuing their unique career prospects. The culmination of their time at Yale will be the Commencement Ceremony, which will be held on December 12, 2016. The entire program is wishing them the best as they begin their journey into the professional world.

The Class of 2017 is currently on their clinical rotation and will be dedicating the month of December to their own thesis projects. As they are set to become the elder statesmen and women of the program, they themselves are beginning to investigate opportunities for international rotation, and their career endeavors as third year approaches.

In October, students from the PA program work with Health Professionals Recruitment and Exposure Program (HPREP) to educate local high school students about careers in the health field. The PA students spent the day educating the high school students about a variety of topics, including the process of how to become a physician assistant, and what it is like to be a PA student. However, the most rewarding aspect of the day was being able to teach them portions of the physical exam, including how to measure blood pressure and heart rates.

More recently, the Yale School of Medicine participated in its 21st Annual Hunger and Homelessness auction on November 17th. The Auction fundraises money to support local organizations in New Haven which aid members of the community in need. In keeping with tradition, the PA program was able to procure our anatomy professor, Dr. William Stewart’s coveted bow-tie in competition with the medical students by raising over $4,000 in donations.

Lastly, the Yale PA Program recently welcomed Alison Garb as the new Associate Director for Operations. Ms. Garb replaces Jacqui Comshaw who is accepting a new position as the Associate Program Director of the Physician Assistant Online Program.
It is a busy time for the Quinnipiac University Physician Assistant students. The Class of 2018 is well into the fall semester, while the Class of 2017 is well into their fourth clinical rotation! The Class of 2018 will be starting their pre-clinical rotations, where they will be able to take the vast amount of knowledge learned in the classroom and apply it clinically, while practicing history and physical exam skills.

Not only have we been busy with academic work, but also with various community service activities. Community service is one of our core values and we take pride in serving the community and gaining valuable experiences. QU PA students have been actively involved in activities such as: midnight run, the foot clinic at the men’s homeless shelter in New Haven, participating in clinics by the National Kidney Foundation, volunteering at National Kidney Foundation and American Liver Foundation walks, ACES literacy program, Nutrition Detectives, and our Big Read and Fitness Fair for Mill Road school students. These have all been great opportunities for us to give back to the community while also getting valuable patient contact.

QU PA students participated in primary care week by teaching preschool children how to brush their teeth properly in addition to educating and spreading awareness of oral health, while other students took part in health fairs in Norwich and New Haven through Urban Service Track to spread awareness on the importance of oral health, along with conducting blood pressure, nutrition, and BMI screenings.

Interviews are well underway for the Quinnipiac University Physician Assistant Class of 2019. The PA faculty and students are enjoying this time to get to know prospective students and their unique backgrounds and are impressed by the enthusiasm they exhibit. We are looking forward to welcoming the Class of 2019!

As for future events, our annual Run For Your Life 5K and Cow Chip Bingo is on April 8th, 2017, which students are diligently planning and hoping for a successful and fun day!

PA's on the Plaza was a wonderful opportunity for PAs and PA students alike to interact in proud celebration of the profession. We were all excited as the sunrise danced off the buildings, illuminating our numerous white coats. After filing into Rockefeller Center, we lined the fence in eager anticipation of the camera time to demonstrate our loyalty to our profession. It was a chance for collaboration, networking and appreciation of the distinctions among programs, while we celebrated our common goals. Programs come from all across New England to represent where they were coming from and demonstrate their pride of where our profession is headed. We were giddy, sleep deprived and embracing the idea of 8 hours of class upon our return...but we loved every second of it! The defining moments of our profession come when we stand up in front of the nation and display our pride in what we do. We are honored to have been part of one of these moments.
The University of Bridgeport welcomed Theresa Horvath, PA-C, MPH, DFAAPA, as their new Program Director on September 1st, 2016. Director Horvath comes to the PAI with 18 years of experience in PA education as a Program Director, serving most recently as the Assistant Dean and Program Director at the The City College of New York School of Medicine Physician Assistant Program. UB has many positive changes in the works and we look forward to the evolution she will continue to bring to our program with the help of our faculty and staff.

The Class of 2017 is on their 6th rotation block and looking forward to finishing their clinical year. We continue to be proud of all the positive feedback we have received about our students from their preceptors through all of their rotations.

The Class of 2018 is experiencing the whirlwind that is Term 3! With only 4 months left until the start of our clinical year we are working hard and in high anticipation of starting rotations in April of 2017. This term we have completed our Clinical Medicine modules for GU, Pediatrics, Hematology, and Endocrinology. We are in the process of working through our Musculoskeletal and Neurology modules as we complete the term. We have had wonderful opportunities for hands on education this term with faculty shadowing opportunities, sensitive exam skills lab at The University of Connecticut Medical Center, and a splinting and casting lab earlier this month.

We were able to celebrate our Donor Ceremony on October 17th. It was a wonderful time to celebrate our donors, their families, and the gift we had been given as part of our PA education. We were so glad to have the opportunity to reflect and share a few things we enjoyed, learned, or were forced to think differently about because of our Anatomy Lab experience.

We also established a Student Committee for Curriculum Change and are in the process of meeting with Director Horvath and the faculty to make changes to our curriculum for the incoming class.

Preparation for the February 18th, 2017, Gala Scholarship Fundraiser is also in full swing with fundraising efforts, vendor organization, and invitations going out later this month. The Class of 2018 will be hosting our Fifth Annual Scholarship Gala, which through the Bruce C. Fichandler Student Society will benefit the Class of 2017.

We are continuing the preparation for the Medical Mission the Guatemala in January 2017. Many of our students are organizing fundraising events throughout the state of Connecticut to be able to send a group of 17 students from both the Class of 2017 and Class of 2018 along with faculty and resources for the communities they plan to serve.

We are still in the process of interviewing and finalizing the Class of 2019. It has been an interesting and rewarding experience for students from the Class of 2018 to be involved in the interview process and aid in selecting candidates. We are very much looking forward to welcoming them come January 2017!

Class of 2017 Donor Ceremony

Class of 2018 Guatemala Mission Team
For the 2015-2016 Flu Season, the CDC recently reported that an estimated 24.5 million people were infected with influenza, resulting in over 11 million medical visits and a hospitalization rate of 95.9 per 100,000 people. Though estimates vary widely, approximately 22,000 people died as a result of flu complications in the US last year. As that time of the season will shortly come in to full swing, here is a quick review (adapted from the CDC):

**Signs and Symptoms:**
Can include fever, cough, nasal congestion, myalgias, fatigue, sore throat, headaches, and more often in children than adults vomiting and diarrhea can be seen.

**Onset:**
From exposure to first presentation of symptoms is typically 1-4 days (average of 2).

**Contagious Period:**
From 1 day before presentation of symptoms, to 5-7 days after development of symptoms.

**Complications:**
Can include pneumonia, sinusitis, otitis media, dehydration, exacerbations of asthma, CHF, and diabetes mellitus.

**Diagnosis:**
Difficult to distinguish from the “common cold” clinically, but test kits are available if it is necessary to know for the high-risk populations.

**High Risk Populations:** Elderly, young children, immunocompromised, pregnant women.

**Treatment:**
There are three approved medications for treatment of influenza: oseltamivir (pill or liquid), zanamivir (inhaled powder), and peramivir (intravenous). These medications may lessen the severity of symptoms, shorten the course by a day or two and help to prevent complications. The medication should be started within 48 hours of symptoms onset. Oseltamivir has been shown to be safe in all stages of pregnancy; and is recommended by the CDC and American Academy of Pediatrics for children over two weeks of age. Most people who are otherwise healthy do not need antiviral treatment, it should be reserved for the severely ill, those at higher risk of developing complications and the hospitalized patient. Otherwise treatment is symptomatic using medications/therapies such as bronchodilators, decongestants, antipyretics, hydration, etc.

**Prevention:** Good handwashing and precautionary measures such as masks, etc., will help in preventing spread of the virus. The flu shot has been shown to be effective and is increasingly required for hospital employment. The most vaccinated population during the 2015-2016 year was the 6 months to 4-year age group (70%) with an effectiveness of 57%; the second most vaccinated group was the over 65 year population (63%) with an effectiveness of 41%. It is estimated that last year’s vaccination prevented 5.1 million cases of the flu and averted 71,000 hospitalizations. For this flu season, the nasal spray formulation is not recommended.
From all of us at ConnAPA we wish you a Happy, Healthy and Safe Holiday Season!

2016-17 Board Meeting Dates

Wednesday, February 1, 2017
Wednesday, May 3, 2017

Times and locations of each Board meeting will be posted on our website.