

NKMS Society Rounds

Volume 57, Issue 55

January - March, 2022

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President's Report

I hope everyone had an enjoyable holiday season and are having a great start to your New Year! I was very honored to be installed as the new NKMS president at our Holiday Party a few weeks ago. A brief background on myself, I was born and raised in NKY. I grew up on a farm in southern Campbell County, attended college at Thomas More, went to medical school at University of Louisville, and then returned to NKY for residency at St. Elizabeth Family Medicine at the Edgewood hospital. I now practice Family Medicine at St. Elizabeth Butler Primary care location. I have served on the NKMS board for 5 years and have enjoyed my time serving while trying to help our society make a greater impact on our NKY community.

We are now approaching 2 full years of the COVID19 pandemic. This time last year I remembered feeling the hopefulness of vaccines becoming available and new approved treatments to help patients inside the hospital and to prevent hospitalizations. It seemed like there was a light at the end of this long dark tunnel. Now a year and a few COVID19 variants later, we are still combating the pandemic. Hospitals are still very full, staffing is short, and more people than ever seem to be getting sick. Like most other healthcare providers, I cannot help but feel a little exhausted with it all.

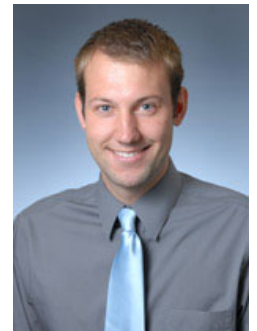
I discussed at the Holiday Party that despite this being a difficult period to practice medicine, it is also a historic one. Much like those born in the Greatest Generation, we are born into a difficult period but one of significant opportunity. History books will remember the COVID19 pandemic, your grandchildren and great grandchildren will learn about this in school. Early on media focused on healthcare workers as heroes, 2 years in it seems like we have fallen into the background of the pandemic. But history will remember healthcare workers and scientists for their work fighting and defeating this pandemic.

Much like the Uncle Sam WWII posters, "We need YOU!" is NKMS's call to arms right now. We need you to continue to help serve and care for our great NKY community. We need you to help support important legislation on a state level by writing your local legislator or attending Physicians' Day at the Capitol. We need you to support each other as we get through this trying period of pandemic medicine, together. You are all an important part of the solution to this pandemic; you are putting your lives and health on the line everyday in the spirit of helping those in need of your care. Thank you for all that you have done and will continue to do for NKY during this difficult time. Your work matters.

President's Podcast Recommendation:

One of my favorite ways to consume new knowledge is listening to podcasts. Whether on my drive to work or as I clean up after my 3 kids at the end of the night, it is a good way to decompress while gaining some useful knowledge. I plan to make a podcast recommendation that is physician oriented with each newsletter. As a disclaimer I am in no way affiliated with these podcasts, I have found them useful in my life and I hope they can be useful to you as well.

"The White Coat Investor" podcast is done by Dr. Jim Dahle who is an emergency medicine physician in Utah. He started a blog on physician personal finance in 2011 and a podcast a few years later. His topics focus mainly on personal finance for physicians in residency, new attendings and physicians approaching retirement. It is everything from tips on student loan management, retirement investing, buying into or selling a practice, and tips on contract negotiations. While most of the topics deal with finance, there is a lot of discussion on how personal finance can affect physician burn out. I started listening to this podcast in residency and it has not only helped me build a written financial plan, but also helped me find balance in my life starting as a new attending while growing a young family with 3 young children.



James Schack, MD
President, NKMS



2022 Events

February 9, KMA
Physicians' Day at the
Capitol

April 19, NKMS
Executive Board
Meeting

July 19, NKMS
Executive Board
Meeting

September 20, NKMS
Executive Board
Meeting

October 6, Meet Your
Legislators

November 15, NKMS
Executive Board
Meeting

December 9,
Holiday Party

Kentucky Physicians
Leadership Institute
(KPLI) 2022 Program

The Personal Side of
Leadership: Friday,
July 15-Saturday,
July 16.

The Business of Lead-
ership: Friday, July
29-Saturday, July 30.

From Leadership to
Advocacy: Friday,
August 12-Saturday,
August 13.

Communication in
Leadership: Saturday,
August 27.

For more information
regarding the KPLI,
please contact the
NKMS office at 859-
496-6567 or via email
at: nkms@nkms.org.

2022 KMA

Physicians' Day at the Capitol

KMA members are encouraged to register and attend the 2022 Physicians' Day at the Capitol (PDAC) on Wednesday, February 9, where members will convene in Frankfort to meet with legislators and advocate for KMA priority issues.

The event will kick off with a virtual Member Briefing, to be held February 2, via Zoom Webinar. Members are also encouraged to download KMA's 2022 Legislative Priorities handout, available at kyma.org/advocacy.

Registration for PDAC is free and available at 2022kmapdac.eventbrite.com.

2022 KMA Physicians' Day at the Capitol Schedule of Events

Virtual Legislative Briefing

Wednesday, Feb. 2, 7 p.m. ET

KMA lobbyists will brief attendees on relevant legislation/issues being discussed in Frankfort followed by a Question and Answer Session.

Location: Zoom webinar

Information Pickup

Wednesday, Feb. 9, 8:45 a.m. ET

Attendees will pick up their informational packets containing talking points and other relevant information. KMA lobbyists will be on hand to answer questions about KMA legislative priorities.

Location: Capitol Annex Room 125

Legislator Visits

Wednesday, Feb. 9, 9:30 a.m. ET

Attendees will meet with legislators to promote KMA's position on relevant legislation/issues. Attendees need to call the Legislative Research Commission at (502) 564-8100 to set up their own meetings in advance.

Location: Legislator Offices

Lunch

Wednesday, Feb. 9, 11:15 a.m. ET

Box lunch available for legislators, leadership staff, and KMA attendees. Attendees are encouraged to invite their legislators to lunch.

Location: Capitol Annex Room 113

Legislator Visit Debriefing

Wednesday, Feb. 9, 2 p.m. ET

Attendees will debrief KMA staff and Board members on their meetings with legislators.

Location: Thomas D. Clark Center for Kentucky History - The Brown-Forman Corporation Kentucky Room

Please wear your white coat.

NKMS Alliance Report

I can't believe the 2021 holidays are over and a new year has started. We were all hoping that 2022 would be a year much less threatening from Covid, but looks like we are going to have to live with Covid variants and yearly boosters just like influenza.

We are very grateful to the Pharma companies that worked so hard on the Covid vaccine and boosters. At least now, with my health issues, I am not as worried about dying from Covid. Covid is still very much a presence in our community with disruptions in travel arrangements, cancelled events, etc.

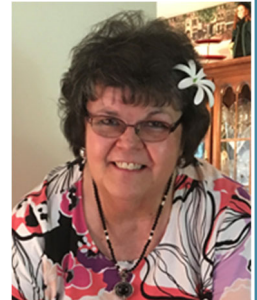
Right now, our KMA organization is planning on having a live Day at the Capitol in Frankfort on Feb 9, 2022. Please check on the NKMS website for details and reservations. Also, check periodically to be sure the KMA Day at the Capitol doesn't change to a virtual meeting of some sort. We all can still contact our legislators by phone, email or text as issues arise if needed. Please touch base with any new legislators early to get to know them before you need their help. One other way of contacting your legislator is by Facebook with a private message. You have to be sure to use the private message though.

The AMA has also opened the State Advocacy Summit in FL Jan 13-15, 2022 but has limited attendance to two people from each state. The AMA National Advocacy Conference (held in Washington, DC) on Feb 14-16, 2022 will also be an "in person" meeting. Both of these meetings require proof of Covid vaccination at registration (and possibly onsite) with signing a liability waiver for attendance.

We will all be watching closely how these events go and pray that all are safe. America needs organized medicine to resume the battle for the rights and health of the public with good scientific data. I was very sorry to miss the NKMS Christmas/Holiday party due to a schedule conflict.

I missed seeing all my friends. Hopefully everyone had a great Christmas/Holiday. I heard that the auction for the Foundation raised over \$5000!

Thank you for all you do for the health of Northern Kentucky. Be Safe!



Nancy Swikert, MD
President, NKMSA



Photos from the 2021
Holiday Party at
Summit Hills Country
Club.

Save the Date!
The 2022 NKMS Holiday
Party will be Friday,
December 9.



Northern Kentucky
Medical Society

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Northern Kentucky's
Physician Network

Address Correction Requested

Physician Esprit de Corps Northern Kentucky Style

Looking for Northern Kentucky Physicians who are interested in gathering with other like-minded physicians. Those who want to do small community-based projects, medical practice focused quality improvements and population-based research.

Northern Kentucky Medical Society is creating a new "club" for physicians.

Practicing physicians strive to improve the lives of their vulnerable patients. However, each patient is also an individual, who belongs to a family, neighborhood, and a community that has a very complex culture. Addressing those other elements of our patients' lives is required if we want to break or even bend the curve of the poor outcomes of the vulnerable patient. Truly that missing ingredient is us. All that is needed is a small number of physicians channeling their old selves. The youth who organized the dances in high school, ran the fundraisers and volunteered on, or even ran suicide prevention helplines. Those were the activities that made us the doctors we have become. Those activities built our career path. They were special. They allowed us to be engaged in our community and act as citizens, and not worry about being perfect, just caring and trying was enough. Perhaps more importantly they helped develop and hone our nascent leadership skills.

Many doctors have official leadership positions in the community and within the medical system that keep the world running. What I am suggesting is more informal; social activities that are not paid, not elected, not measured but come with addressing those things that are neglected hard to define and extremely hard to fix. One example that I was involved in years ago was to help bring Narcan to pharmacies, a medication available since 1971 but mostly unavailable, to the people who needed it most. As my father would say, "actions that make the heart sing."

So, if you are a one of the practicing physicians in Northern Kentucky who would like to join with other like-minded, like hearted people who want to figure out how do the things that improve our community, join us. Reaching and trying to accomplish what is possible not just expected. We will have periodic informal gatherings in the near future.

Over time I will be figuring out how get the message out to the group and to individuals. However, in the meantime, contact me directly the old fashion way, call, text or email.

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