

# NKMS Society Rounds

Volume 63, Issue 61

July - September, 2023

## 2023 Board

**President**  
James Schack, MD

**President-Elect**  
**District Trustee**  
Mark Schroer, MD

**Vice President**  
Amanda Evans, DO

**Past President**  
Amy Haney, MD

**Secretary/Treasurer**  
John Eldridge, MD

**Program Chair**  
Susan Bushelman, MD

**NKMSA President**  
Nancy Swikert, MD

**Board Members at Large:**  
Vail Brennan, DO  
Clay Conner, MD  
Michael Gerwe, MD  
Melissa Larson, MD  
Neal Moser, MD  
Aaron Schklar, DO  
**Residents:**  
Cayla Kunstek, MD  
Sarah Parker, MD

**Medical Student**  
Jonah Heidel

**Executive Director**  
Karla Kennedy

### Inside this issue:

**President's Report** 1

**What's New With the NKMS** 2

**Practice Update** 3

**NKMS Alliance Report** 4

## President's Report

Summer is always a nice time to recharge and refresh. The warm weather makes it great to be outside, plant a garden, go to some social events, or play a sport. One of the best things I did last summer, and started back this spring, was playing Wednesday night pick-up basketball at a local park. I'm 6'5" and have a very lanky build, don't worry I don't have Marfans, I checked. I used to play all the time in college. I played maybe once or twice a semester the first couple years of medical school. Then residency came, along with 2 kids, and there was no time for basketball with the long hours at the hospital and trying to soak up those early years of raising kids when I was at home. Then after finishing residency, I thought I would have more time, but COVID canceled most sports.

So last year I texted my group of college buddies/long term fantasy football league and checked in to see if anyone was interested in some pick-up games. I was excited that 4-5 of them were down to start playing. Most of them like myself hadn't played in a while, and none of us were in shape. The first week we only managed 2 games to 12 on a half court before we were gassed.

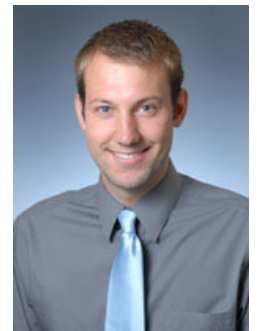
Scoring was to put it kindly, slow and unimpressive. But we had a blast. I had forgotten how much I had loved the game since it had been almost a decade since I played consistently. It was by far the best exercise I was getting every week too. As the weeks went on last summer our scoring got better along with our passing, ball handling etc. I got back in my groove with my old hook shot, and finally added a legitimate jump shot/3 pointer to my game. Other guys felt the same improvement, from the other 6'5" guy nailing his Steph Curry deep 3's on occasion, to our true center making shots outside of the paint.

When we took a break over the winter due to lack of daylight and the cold, we were counting down the days to spring forward so we could gain some daylight to start back up. We picked back up this spring and haven't missed a beat, outside of a few rainouts. I jokingly told some of my family members last week that I'm playing the best basketball of my life at 32 going on 33. But the best part about all this is I found joy again in something I once loved. I have a great outlet that gives me a mental break from my work in medicine and my duties as a father of 3 young kids. I gave up on that joy while I was learning and building a joy for medicine and building a young family which I cherish deeply. But you don't have to sacrifice one source of joy in life for another. Our joke in our group chat is "(basketball emoji) is life", but I truly feel I added a piece of my life back playing basketball again. So, this summer I strongly encourage you to think back on something that brought you joy when you were a kid, in high school or college that got pushed to the side a little during your medical training. Find that thing and start doing it again. It may take some time to shake the rust off, but you will likely be smiling after rekindling that fire.

And in all seriousness, if basketball is your source of joy email me or come to play Wednesday. Talent optional, tip off around 6:30 typically at Riddleview Park in Southgate/Fort Thomas. Ball is life.

President Podcast Recommendation:

"MoneyFitMD Podcast" is hosted by Dr. Latifat Akintade who is a GI physician, mother, and first generation American (emigrated from Nigeria). Her podcast focuses on personal finance, burnout prevention, finding purpose, and leadership. The podcast is specifically geared toward female physicians and the obstacles they uniquely face trying to balance having a thriving career while balancing the role of being a mother/spouse. She also discusses barriers women can face in career advancement and leadership opportunities in medicine, and ways to overcome them.



James Schack, MD  
President, NKMS



### 2023 Events

August 25-27, KMA Annual Meeting

September 19, NKMS Executive Board Meeting

October 5, Meet Your Legislators

November 14, NKMS Executive Board Meeting

December 8, Holiday Party

KMA's new "CME Guarantee" program allows member physicians to receive access to at least 30 hours of Category I Continuing Medical Education credit each three-year cycle at no cost. Members will be able to see the latest course offerings, upcoming sessions, and those that may be expiring soon in this new recurring section of *Kentucky Health eNews*. For more information on the CME Guarantee program, contact Miranda Mosley, [mosley@kyma.org](mailto:mosley@kyma.org).

KMA QR Code

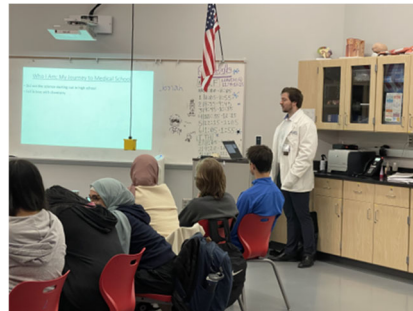


## What's New With The NKMS

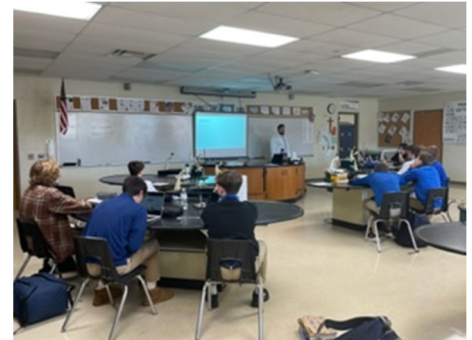
For a second year, Jonah Heidel gave presentations, as an introduction to the careers in medicine, to junior/senior high school students. This year Jonah presented at Covington Catholic High School and Ignite Institute. The presentation focused on careers in medicine, nursing, and pharmacy. The presentation highlighted educational requirements for the programs, length of time of the programs, common expectations within the programs relating to coursework, and expectations in the professional setting upon conclusion of the programs. The responses from the students were very positive, with many students being interested in at least one of the careers being discussed.



Jonah Heidel  
Third-Year Medical Student, UKCOM-NKY  
Board Member at Large, NKMS



Featured above:  
Ignite Institute



Featured left and right:  
Covington Catholic High School

## MCAT Reimbursements

To further encourage careers in medicine, the NKMS continued its reimbursement program for its seventh year in a row. The NKMS was pleased to provide a full reimbursement of the MCAT registration fees to Thomas More University and Northern Kentucky University pre-med students. In all, twelve students from NKU and five students from TMU received the reimbursement.



NKU Students



TMU Students

## Practice Update

### St. Elizabeth Family Medicine Residency Spring 2023 Update

St. Elizabeth Healthcare is a dynamic health system committed to leadership in Family Medicine Residency education. Established in 1974, the unopposed 10-10-10 Family Medicine program has provided quality clinical experiences for Family Medicine residents, while addressing community needs throughout the Northern Kentucky region. Our vision is to inspire the most highly skilled Family Medicine specialists to transform healthcare, the practice of medicine, the lives of their patients, and the community they serve.

Our 2023 graduates are excited to begin their new careers in ambulatory practices, mixed inpatient and outpatient offices, and in hospitalist roles. We wish them the very best in their future medical endeavors and thank them for all they have taught us over the past three years!



Karl M. Schmitt, MD  
St Elizabeth Family  
Medicine Residency  
Program Director

### Graduating Residents-Class of 2023

**Pratik Bhade, MD**-In-Patient Medicine-St Elizabeth Physicians-Hospitalist-Northern Kentucky and Indiana locations

**Kory Brinker, DO**-Outpatient Family Medicine-Lexington Clinic-Lexington, Kentucky

**Ian Coker, DO**-In-Patient Medicine-Divine Savior Healthcare-Portage, Wisconsin

**Kelly Coker, DO**-Outpatient Family Medicine with OB-Divine Savior Healthcare-Portage, Wisconsin

**Kevin Feeley, DO**-Outpatient Family Medicine-St Elizabeth Physicians-Taylor Mill, Kentucky

**Luke Hong, MD**-Outpatient and In-Patient Medicine-St Elizabeth Physicians-Covington, Kentucky

**Amanda Jeffries, DO**-Outpatient Family Medicine-Baptist Health Medical Group-Frankfort, Kentucky

**You Wei Lin, MD**-Outpatient and In-Patient Medicine-St Elizabeth Physicians-Covington, Kentucky

**Adam Miller, MD**-In-Patient Medicine-St Elizabeth Physicians-Hospitalist-Northern Kentucky and Indiana locations

**Rahn Simon, MD**-In-Patient Medicine-Bon Secours Mercy Health-Boardman, Ohio

### Incoming Residents

**Logan Hickey, MD**-University of Kentucky COM-Hometown: Georgetown, Kentucky

**Benjamin Hood, MD**-University of Cincinnati COM-Hometown: Hershey, Pennsylvania

**Sarah Johnson, MD**-University of Kentucky COM-Hometown: Louisville, Kentucky

**Joseph McIntyre, MD**-University of Kentucky COM-Hometown: Bowling Green, Kentucky

**Grace Owens, MD**-Wright State University Boonshoft SOM-Hometown: Cincinnati, Ohio

**Virginia Parker, DO**-Lincoln Memorial COM-Hometown: Knoxville, Tennessee

**Connor Smith, MD**-University of Louisville SOM-Hometown: Louisville, Kentucky

**Henry Kenneth Spear, MD**-University of Kentucky COM-Hometown: Somerset, Kentucky

**Robert Caleb Vogel, MD**-University of Kentucky COM-Hometown: Shelbyville, Kentucky

**Dana Wolfer, DO**-Ohio University Heritage COM-Hometown: Cincinnati, Ohio





Northern Kentucky  
Medical Society

P.O. Box 18255  
Erlanger, Kentucky 41018

Contact Information  
Phone: (859) 496-NKMS  
(6567)  
E-mail: nkms@nkms.org  
Web: nkms.org

Northern Kentucky's  
Physician Network

Address Correction Requested

## NKMS Alliance Report

The world is slowly climbing out of its Covid nest to try to find a “new normal” way of life. This month, the AMA meeting in Chicago was almost like the old days. But, one new change was noticed. The AMA Alliance decided to celebrate their annual meeting this year in beautiful Nashville, TN at a different time (June 2-4) from the annual meeting of the AMA. The AMA Alliance meeting was well attended. Jacqueline Nguyen, Esq. (NV) was the outgoing AMA Alliance president, and Racheal Kunesh (NC) was installed as the 2023-2024 AMA Alliance President.



AMA Alliance President, Racheal  
Kunesh (NC)



Outgoing AMA Alliance President,  
Jacqueline Nguyen, Esq. (NV) (blue)

Meanwhile, our KMA Alliance is also planning its first face - face Post Covid meeting in Historic Boone Tavern in Berea, KY in November if available. This year marks the 100th anniversary of the KMA Alliance. More info will be coming as plans develop.

Enjoy this summer as never before. Stay safe.



Nancy Swikert, MD  
President, NKMSA