



Spring 2019 Heart of the Matter



Andrew Waxler, MD, FACC: As my wife likes to say, “many hands make light work”; both as an individual as well as a member of the PaACC leadership, it appears to me that this motto certainly applies to the current state of cardiovascular affairs in Pennsylvania.

All of us - cardiologists, cardiovascular associates, and patients - find ourselves in a very interesting time in medicine. Progressive consolidation has led to individual physicians (and associates) becoming smaller and smaller pieces of a larger organization. Sometimes we feel as though we are powerless, just a spoke on the wheel, a bottle floating in the ocean, an assembly line worker. Burnout is on the rise.

While we as members of PaACC certainly have many challenges (I would strongly encourage you to read the [advocacy article](#) that is also included in this edition), nonetheless, we have recently had some important victories.

Unpopular changes announced by ABIM regarding maintenance of certification (MoC) led to a revolt that started in Pennsylvania and subsequently spread nationally. On our behalf, the ACC has negotiated with ABIM to give us multiple options by which to maintain our certification. This was a victory. You can view ACC's new MOC Assessment [here](#).

A few days before Christmas 2018, a small but powerful committee of the Pennsylvania Supreme Court attempted to reverse the “venue shifting” law, and we in conjunction with PAMED were able to rally enough support to deflect this for one year. While this is only a temporary fix, for now this was a victory.

Act 112 is the “law of the land”, unfortunately, but at least we have convinced the Pennsylvania Dept of Health to delay implementing sanctions for non-compliance for at least one year. This was a partial victory.

Just a few months ago, my co-governor, Katie Berlacher, successfully organized and hosted “She looks like a cardiologist”, an innovative program to encourage and engage Pittsburgh area high school girls who are interested in Medicine. We hope to bring a similar program, as well as other ideas, to the eastern part of the state and then perhaps to the rest of the country.

Through the outstanding work on our FIT representatives, we’ve launched “[Humans of Cardiology](#)”, a wonderful forum for individuals to share personal stories by writing essays. This simple but brilliant way of

humanizing ourselves is an important step in fighting burnout. I would encourage you all to read – and perhaps write – one of the monthly HoC essays.

These are just a few of our accomplishments over the past few months. However, there is much more that needs to be done.

The key message here is that we CAN get things accomplished if we work together. There is power in numbers and by collaborating, we can successfully advocate for ourselves and our patients. We at PaACC will try our best to keep you informed. Over the last few years the ACC has increased Twitter communication; I would suggest following these Twitter handles to get rapid/current information:

[@arwaxler](#)

[@KBerlacher](#)

[@PaChapterACC](#)

[@PAMEDSociety](#)

[@Cardiology](#)

It is truly an honor to be able to serve you in this capacity, and I pledge that my colleagues and I will do our best to represent you well. In return, we ask that you stay active and engaged, give us your ideas and feedback, and let us know how you want to become more involved.

Andrew R Waxler MD FACC
President, PaACC
ACC Governor, Eastern PA

Welcome to our new Executive Council Members!



Srinath Adusumalli, MD, FACC, Early Career Representative for Eastern PA is an Assistant Professor of Clinical Medicine at the Perelman School of Medicine and is a general cardiologist, echocardiographer, and assistant cardiovascular disease fellowship program director with the Division of Cardiovascular Medicine at the Hospital of the University of Pennsylvania. He also serves as a faculty member and innovation manager with the Nudge Unit and the Acceleration Lab at the Penn Medicine Center for Health Care Innovation. He previously served the PaACC as a Fellow-in-Training Representative, is currently a member of the ACC's Leadership Academy, and directs the annual Scientific Sessions Fellow-in-Training Jeopardy competition.

Srinath spends the majority of his time caring for patients with cardiovascular disease in the clinic, inpatient wards, and cardiac intensive care unit. Outside of his clinical commitments, his interests and work focus on the utilization of health information technology and behavioral science to advance to evaluate and accelerate the adoption of evidence-based healthcare in a manner that is

safe for patients and easy for clinicians. His recent projects include studying a behavioral economics-based intervention to increase physical activity in patients with cardiovascular disease, developing an opt-out default pathway for cardiac rehabilitation referral, deploying active choice interventions directed at statin prescription within the electronic health record, designing and evaluating methods for clinicians to easily refer advanced heart failure patients for home care programs, and designing new evidence-based electronic reporting systems for cardiovascular procedures.

Srinath received his medical degree from the Medical College of Virginia and subsequently completed his internal medicine training at the Massachusetts General Hospital in 2014 where he led the program's quality and safety efforts. He then completed his cardiovascular disease fellowship training at the University of Pennsylvania in 2018 during which time he served as chief fellow. Simultaneously, he earned a Master of Science degree in Health Policy Research from the University of Pennsylvania with a focus in healthcare improvement, patient safety, and clinical informatics. He is board certified in internal medicine, cardiovascular disease, and echocardiography.



Amber Johnson, MD, MBA, FACC, Early Career Representative for Western PA was born in Philadelphia and grew up mostly in Pittsburgh. She completed a Bachelor of Science degree in Psychology before returning to Philadelphia for medical school at Jefferson. There she earned an MD and MBA in their joint degree program. She is a graduate of Johns Hopkins Bayview residency program. Her time at Hopkins fostered her interest in cardiology. Living in Baltimore gave her a firsthand awareness of rats and vandalism. So, in 2014 she found herself back in the 'Burgh for cardiology fellowship and stayed on as faculty in 2017. Her professional activities include general cardiology, heart failure outcomes research, and health equity initiatives. Her clinical practice is currently at the VA Pittsburgh Health System and Magee Women's Hospital of UPMC. She enjoys traveling the world and cooking.



Monika Sanghavi, MD, Women in Cardiology Representative for Eastern PA is an assistant professor of medicine in the division of cardiology at the University of Pennsylvania. She has an expertise in women's cardiovascular health and prevention. She is also passionate about professional leadership development for women faculty and fellows, and started the Women in Medicine program at UT Southwestern Medical Center before her move to Philadelphia. She is also on the national AHA WIC committee.



Andrea Elliott, MD, Women in Cardiology Representative for Western PA is an academic cardiologist based out of UPMC Presbyterian Hospital in Pittsburgh. Her undergraduate degrees were in Biochemistry and Genetics at Texas A&M University and then she attended medical school at the University of Texas at Houston. She made the big move to Pennsylvania for residency in the department of Internal Medicine at UPMC and completed a chief year before beginning her training in Cardiology, also at UPMC. Elliott's career in Cardiology has included a T32 fellowship and most recently acting as an attending on the academic teaching services in the cardiac critical care unit, consult service, and inpatient cardiology services. She will be entering an additional year of critical care fellowship training in the future and plans to forge the path for cardiac intensivist. On a personal note, she has the most incredible and supportive husband, Ryan a mechanical engineer and devoted father; two amazing children, Luke (2.5 yrs) and Hazel (2 months) and, of course their dog Rex.

Wellness Update



Aditi Kalla, MD: This year the ACC has added promoting physician wellbeing to the organization's aims after a recent study reported that 46% of cardiologists reported "burnout." PaACC plans to bring this discussion to our members with events throughout the year including talks on incorporating mindfulness into our daily lives and finding creative outlets. These events will be paired with sporting events and curated tours of major art museums. I am excited to kick off this new section and bring our members these educational and social events!

Advocacy Update

Andrew R. Waxler, MD, FACC: At the risk of sounding paranoid, the last 18 months could easily make one think that some powerful people in Pennsylvania really aren't big fans of those of us in the cardiovascular world including doctors, other healthcare providers, and most importantly patients. Needless to say, there are several important ongoing cardiovascular advocacy issues which will negatively impact all of us if we are not careful.

CVT Section Update



Elaine Strohl, PA-C, AACC, Eastern CVT Liaison: **Elaine Strohl, PA-C, AACC:** ACC.19 was held in the exciting city of New Orleans this year. The city was a remarkable backdrop for this large conference filled with opportunities for networking, learning and sharing new ideas for the year ahead. On Friday, March 15th, a joint luncheon and meeting was held for the Board of Governors and CVT State Liaisons. Awards were given to celebrate specific achievements amongst various state chapters. Next, we met to review ACC goals for 2019. The goals of the ACC national mirror the goals of the CVT Strategic Plan. The four goals are outlined below:

Goal 1 – Increase the relevance as the CV professional home through the meaningful engagement of the multidisciplinary CV team.

Goal 2 – Generate and deliver actionable knowledge that supports CV Team member practice.

Goal 3 – Advance quality, equity and value of CV care for the entire multidisciplinary CV Care Team

Goal 4 – Ensure organizational growth and sustainability for the entire CV Team

It is our goal for the Pennsylvania Chapter of the ACC to use what are called “white hat” topics such as public health issues or bills in legislation to unite the various professions of the CVT Team. One of these issues is how E-cigarettes are affecting our patients. Another topic is the issue of who may obtain informed consent for a patient. We hope to use these issues as topics of discussion for various chapter events over the next year.

At the CVT State Liaisons meeting I was able to meet with CVT State Liaisons from our Region 5: North Eastern. It was a wonderful opportunity to learn from other CVT liaisons and hear their stories of success and failure. Together we brainstormed new ideas for 2019. A major topic of discussion was the new ACC Member Hub. This is a way that we can improve communication amongst the CVT members of our large state of Pennsylvania. We encourage you to go to memberhub.acc.org to register for the Member Hub. Please log on to the Member Hub at least once per week to look at discussions that have already been started. If you encounter a billing issue at work or have a question regarding patient management, log onto the CVT section for Pennsylvania and start a new topic. We look forward to hearing from the 200 CVT Members in Pennsylvania!

There are many opportunities for CVT members to get involved at the state and national level. There are currently over 300 CVT leaders in the ACC. A new committee that was started this year is called the ACC Innovation Section. This committee is working to become familiar with technology and how we can incorporate these technological advancements into improving care for our patients. The Apple Heart Study was a landmark model demonstrating how innovation is changing the way we conduct studies and communicate with our patients.

Following ACC.19, Karen Tarolli, the PaACC West CVT liaison, and I devised a strategic plan to further engage current CVT members. Our goal is to create a CVT Council for our state. The Council will be composed of CVT members who want to be more involved in PaACC. We will communicate via conference calls and the Member Hub to plan local events throughout the state. These will be wonderful opportunities for education and networking amongst other professionals in the field of cardiology. Please contact one of us if you are interested in being a member of the CVT Council.

Chapter Diversity & Inclusion Activities



Amber Johnson, MD, MBA, FACC, Early Career Representative for Western PA: On Sunday at ACC.19, I attended a knowledge exchange on Chapter Diversity & Inclusion Activities with our colleagues from across the country. The ACC’s Task Force on Diversity and Inclusion has the goal to engage and promote diversity in the cardiology profession, recognizing that the need for diversity is an issue for quality patient care, not just the cardiology work force. The meeting at ACC.19 was held to provide a forum for members to discuss and exchange ideas for how to implement the ACC

Learning from the Masters Under the Big Sky

Spring 2019 Heart of the Matter

Nosheen Reza, MD: Through the generosity of the Pennsylvania Chapter of the ACC, I had the awesome opportunity to attend the Teaching Tomorrow's Teachers (3T) program at the Big Sky Cardiovascular Update in Big Sky, Montana in February 2019. In its 4th year, the 3T program, led by Michael Cullen, MD, FACC, Craig Alpert, MD, FACC, and Marty Tam, MD, brought 18 fellows from around the country together to spend a week practicing and polishing our medical education skills and learning from the masters of cardiology. The objectives of the program were to:

- 1) Develop skills of future clinician-educators for presenting educational content, speaking effectively, and providing constructive feedback;
- 2) Provide future clinician-educators a forum for mentored case presentations and critical evaluation of themselves and their colleagues;
- 3) Establish a community of future clinician-educators poised for educational leadership within the ACC and at their local institutions.

The 3T course kicked off with a Presenter Boot Camp, a series of foundational sessions targeted toward key clinician-educator skill development. Topics of focus included how to appropriately give and receive feedback and how to effectively teach using oral and visual presentations. At the end of the Boot Camp, we each delivered peer microteaching oral presentations on topics of our choice – talks ranged from how to become an expert crossword puzzle solver to how to brew the perfect cup of coffee. Completing this exercise early in the week cemented a sense of camaraderie among the group. Each fellow's capstone project for the week was the delivery of a 5-minute oral case presentation prior to a faculty member's didactic talk. I was paired with Clyde Yancy, MD, MACC and had an incredible experience working with him to craft my presentation on heart failure with mid-range ejection fraction for this audience.

We started each morning with a breakfast session with esteemed Big Sky faculty members including Kim Eagle, MD, MACC, Patrick O'Gara, MD, MACC, Clyde Yancy, MD, MACC, N.A. Mark Estes, MD, FACC. We learned about the career trajectories of this diverse group of faculty and how they came to identify themselves as clinician-educators before formalized training in this area was offered. We also gained insight into their perspectives on how FITs can integrate their interests in medical education into their clinical and research scholarship portfolios. One of the new additions to this year's 3T program was an informal career advice session with our course leaders. In this session, we discussed the challenges and rewards of pursuing careers in medical education and how to find opportunities to become involved in medical education at our own institutions.

As part of the 3T mission, FITs who attend the program are expected to "pay-it-forward" and contribute to our state chapters' educational and FIT-engagement efforts. I am excited to serve as a peer resource to advance this mission and to help disseminate my newly acquired knowledge on medical education and

presentation delivery to my Pennsylvania FIT colleagues. The Teaching Tomorrow's Teachers program is a unique and effective model to train the next generation of clinician-educators in cardiovascular medicine, and I am deeply grateful to the Pennsylvania ACC for sponsoring this experience.

Upcoming Events



Pittsburgh Pirates Game

Early Career and FIT Western Members: Join us June 1 at PNC Park for a discussion on *Managing a Positive Career Trajectory During the Transition From Fellow to Faculty*. Join other Early Career cardiologists and Fellows in Training for a relaxed and informal discussion about navigating career development and other and other challenges junior cardiologists face. A casual meal and seats in a luxury suite round out the afternoon as the Pirates take on the Milwaukee Brewers. The game starts at 4:05 p.m.

[Click here](#) for more information and to register for the event!



PaACC Jeopardy & Educational Event

Save the Date!

PaACC Jeopardy & Educational Event

Networking	Education	Jeopardy	and more!
\$100	\$100	\$100	\$100
\$200	\$200	\$200	\$200
\$300	\$300	\$300	

October 5, 2019 | Hotel Hershey

Don't miss these upcoming PaACC Partnered Events

Information will be sent out and posted to [the website](#) as it becomes available.

5/2/2019

CVI's 14th Annual Update in Nuclear Cardiology

Presented by: Cardiovascular Institute of Philadelphia

Hilton Philadelphia at Penn's Landing, Philadelphia, PA

[Registration](#)

[Information](#)

5/17/2019

5th Annual Current Issues in Coronary and Structural Heart Disease: A Multidisciplinary Approach

Presented by: Sidney Kimmel Medical College at Thomas Jefferson University

Dorrance H Hamilton Building; Jefferson Center City Campus, Philadelphia, PA

[Registration](#)

[Program Brochure](#)

5/18/2019

Lebanon Valley Cardiovascular Symposium

Presented by: WellSpan Good Samaritan Hospital

HACC Lebanon campus, Lebanon, PA

[Program Brochure](#)

To register, email Geogranna Ledgerwood, MLIS, LMT, CME Coordinator at gledgerwood@wellspan.org or call 717-270-7924

5/31/2019

Cardiovascular Medicine Update

Presented by: Allegheny General Hospital

Bedford, PA

PET Workshop

5/4 - 5/5 & 11/9 - 11/10

American Society of Nuclear Cardiology (ASNC) PET Workshops

These 1.5-day case-based PET workshops by the American Society of Nuclear Cardiology (ASNC) will focus on how to perform, interpret, and report PET myocardial perfusion studies with and without myocardial blood flow. The workshops will also include a discussion of emerging applications of cardiac PET. Each workshop is limited to the first 75 participants so save your seat now. [Learn more and register.](#)

Physician Resiliency Summit

June 5, 2019

Eden Resort

222 Eden Road

Lancaster, PA 17601

Now, more than ever, the medical community realizes that in order to provide world-class care for patients, health care professionals must take care of themselves. Issues of burnout and wellness are critically important. This event will explore concerns affecting physicians at all stages of life – from medical students to late-career professionals. We will provide tools and information for building resilience at both the individual and systems level. [Learn more and Register.](#)