



# Newsletter January 2019

## **Message from the President**

*Ji Hyun Chun (CJ)*

According to the Asian zodiac, 2019 (or, to be more exact, the lunar calendar year, February 5<sup>th</sup>, 2019- January 24<sup>th</sup>, 2020) will be the year of "Golden Pig." The year of the pig brings abundance and the color gold will further enrich that. It also warns that the tools we use can be double-edged swords and that we should to be extra cautious in the decisions we make.

ASEPA continues to grow and get recognition as the main organization representing endocrinology PAs. Many other entities request collaboration with ASEPA and we've been fortunate to fulfill most of those requests thanks to our wonderful members.

The current board will end its term this June and the new board will take over in July. Having a strong board filled with passionate, visionary leaders is crucial in order for this organization to continue to prosper. I have no doubt that the new officers starting in the middle of the year of the Golden Pig will take us to the next level.



However, the double-edged sword is your support and participation. These are key elements which will allow us to succeed. Please look for the call for board of directors, committee members and volunteer opportunities.

On behalf of all leadership in ASEPA, I sincerely appreciate your membership and dedication to improve endocrine care!

## **Treasurer Update**

*Kristen Scheckel*

Available on request: [kascheckel@gmail.com](mailto:kascheckel@gmail.com)





**Secretary Update**

*Ashlyn Smith*

Thanks to all of you for your continued support and your efforts towards our membership drive earlier this year! ASEPA continues to grow in membership and in its ability to support PAs in endocrinology.

**Annual renewal Reminder**

As you know, ASEPA is dedicated to the education, advancement and placement of PAs in the field of endocrinology. Membership in ASEPA entitles you to participate in all ASEPA meetings, conferences, and activities. You are also entitled to discounted rates to conferences such as American Association of Clinical Endocrinologists (AACE), Metabolic & Endocrine Disease Summit (MEDS), Cardiometabolic Health Congress (CMHC), and the World Congress on Insulin Resistance (WHIR). You will also continue to receive exclusive subscriptions to *Endocrine Today*, *Diabetes Vital*, *Health Monitor* and *Clinical Endocrinology News* magazines as well as a digital subscription of *Clinician Reviews*.

Please renew your membership with ASEPA to ensure that you continue to receive member benefits. Annual dues are free for students and \$45 for fellow, sustaining and physician members.

**Call for nominations**

Want to get more involved? The call for nominations for the 2019-2021 term will be sent after the first of the year! Consider nominating a colleague or yourself for a position on the ASEPA board or committees!

**Call for volunteers**

Thank you to the wonderful members who expressed a desire to volunteer with ASEPA during the needs assessment survey! We are looking to recruit volunteers for projects planned for 2019 and beyond. If you are interested in volunteering, please contact Ashlyn Smith at [ashlyn.smith.pa@gmail.com](mailto:ashlyn.smith.pa@gmail.com).

**ASEPA brings benefits to members!**

Congratulations to Carlos Flores, the recipient of the complimentary registration to the 16<sup>th</sup> Annual World Congress on Insulin Resistance, Diabetes, and Cardiovascular Disease and the 2<sup>nd</sup> Annual Heart in Diabetes Conference!

There were no recipients for the two complimentary registrations to the Cardiometabolic Health Congress valued around \$300 each. Make the most of your membership and submit your name in the next drawing to these valuable educational meetings!

**Scott Urquhart, Named One of Top 10 PA in US**

Congratulations to Scott Urquhart, founding member and past president of ASEPA, who was named one of America's Top 10 PAs! In response, Scott writes, "Thank you so much for the extremely kind and encouraging words that you all sent regarding my award as the America's Top PA Award for 2018. I am humbled by such an award and recognition. I think about how and why I have succeeded in my profession as a PA clinician and educator. Aside from my vision, persistence and dedication, I have been fortunate to be surrounded by excellent colleagues and clinicians that challenge me to be the best, since they challenge themselves to be their best, just as all of you do. Thank you for all you have contributed to my success."

## Congratulations to those selected as America's Top PAs for 2018!



Cynthia Trickett  
PA-C, MPAS



Lula Mitchell  
PA-C



Scott Urquhart  
PA-C, DFAAPA



Joshua Leslie  
MPAS, PA-C



Leslie Ware  
PA-C, M.Ed



Sarah Scantamburlo  
MSW, MS, PA-C



DJ Ballingham  
PA-C



Gina Devine  
PA



Heather Smith  
PA-C, MMSc



Ryan Baldeo  
PA-C

[www.americastoppa.com/#/home](http://www.americastoppa.com/#/home)

### ***AACE, ASEPA and other endocrine organizations collaborate on the IDEA project***

Landmark Project Spearheaded by American Association of Clinical Endocrinologists (AACE) to Advance Universal Awareness and Understanding of Continuous Glucose Monitoring

What began in 2014 as a series of American Association of Clinical Endocrinologists (AACE)-initiated public consensus conferences to examine the growing body of evidence supporting glucose monitoring benefits and develop strategies for overcoming barriers to continuous glucose monitoring (CGM) use has grown into a full-blown, far-reaching program that aims to change the course of optimal diabetes care for patients. Known as IDEA (**I**nnovating **D**ecisions and **E**mpowering **A**ction in Diabetes), the program's work began in early 2018 after assembling an unprecedented collaborative of organizations in the diabetes health care space.

Program participants include AACE, the American Association of Diabetes Educators (AADE), the American College of Clinical Pharmacy (ACCP), the American Diabetes Association (ADA), the American Society of Endocrine Physician Assistants (ASEPA), the College Diabetes Network (CDN), the Diabetes Patient Advocacy Coalition, the Endocrine Society, the Juvenile Diabetes Research Foundation (JDRF), The Leona M. and Harry B. Helmsley Charitable Trust, the International Diabetes Center (IDC), T1D Exchange and Close Concerns/The diaTribe Foundation.

The IDEA project's mission is to ensure all health care professionals and patients have the information and tools they need to make the most informed clinical decisions possible about CGM use. The IDEA project will achieve this goal through the creation and delivery of comprehensive, easy-to-understand, user-appropriate educational and awareness materials for distribution to stakeholders throughout the diabetes care ecosystem.

"These materials will provide the uniformity necessary for CGM use to reach its full potential," notes AACE President Daniel Hurley, MD, FACE. "Key to advancement of the project was buy-in and agreement from each CGM device manufacturer to develop a unified report that could be used for educational purposes by all parties, from endocrinologists to primary care physicians to diabetes educators and so forth, so that the patient could be properly educated and caregivers could define what comes next in that patient's treatment routine," adds George Grunberger, MD, FACP, FACE, primary architect of the AACE consensus conferences and chair of the IDEA steering

committee. Despite the proprietary nature of CGM technology, all of the companies in the arena agreed to the proposition.

Another vital development was the International Diabetes Center (IDC) agreeing to be a part of the effort, as the organization owns the copyright to the Ambulatory Glucose Profile, the report forming the backbone for the IDEA unified CGM report.

“Right now, there’s a lot of work being done,” Dr. Grunberger adds. “We are finally organizing all these pieces and gathering content for the learning program launch, which is planned in late 2018.”

**Physician – PA team**

*Rachel Garcetti and Hal Joseph*

*The Barbara Davis Center for Diabetes, Denver, CO*

The Barbara Davis Center for Diabetes (BDC) specializes in research and providing clinical care to children and adults with type 1 diabetes (T1D). It is one of the largest diabetes institutes in the world. The Center is part of the University of Colorado School of Medicine. Research is focused on improving the lives of those living with T1D. Finding the most effective T1D treatments, preventing T1D, and ultimately finding a cure is the mission of the Center. There is a Pediatric clinic, Adult clinic, and Women’s Health and Pregnancy clinic housed within the center. The BDC cares for approximately 4,000 children and 3,000 adults with diabetes from primarily the Western US. The BDC takes a team approach to providing the best possible care to its patients. In the Adult Clinic, there are clinical diabetes educators, dietitians, nurses, and even a social worker on staff. When a patient comes to the Adult Clinic for an appointment, it is not uncommon for them to see multiple members of the clinical team. An integral part of the clinical team are Physicians and Advanced Practice Providers. The Adult and Women’s Health clinics currently have two PAs on the Faculty. The PAs function independently caring for patients at the BDC under the mentorship of their physician associates.



Adult team: From left to right - Halis Akturk MD, Hal Joseph PA, Nicole Schneider NP, Staish Garg MD (Director)

Hal Joseph, PA-C, has been a Physician Assistant since 1979 and a certified diabetes educator since 1994. He graduated from Brooklyn College in 1974. He attended the USPHS Physician Assistant Program in Staten Is, NY. He worked in Emergency Medicine for his first five years of practice and then in Internal Medicine for the next 12 years. He then worked in Family Medicine in Colorado and Idaho from 1997-2015, formulating and leading the diabetes care programs in the two different hospitals where he worked. He has had T1D since the age of 12, so for the past 53 years. He joined the BDC Adult Clinic Faculty in 2016. He was chosen PA of the year in 2010 for the work he did in a rural community for diabetes care. He feels the technological advances and newer medications have made diabetes more manageable for patients and their providers at the BDC. He personally focuses on utilizing technologies to teach patients pattern recognition.



Pregnancy team: From left to right – Lisa Meyers, Social Worker, Rachel Garcetti PA, Sarit Polsky MD (Director)

Rachel Garcetti, PA-C, MS, graduated from the University of Colorado’s Physician Assistant Program in 2006.

During her studies there, she developed a strong interest in Endocrinology. After graduation, she worked as a Physician Assistant at an Adult Endocrinology practice for 5 years. She then joined the Adult Clinic faculty at the BDC in 2013. Her special clinical interests include using technology to improve outcomes in patients with T1D during pregnancy, and improving glucose control using closed loop systems. She is also involved in T1D research at the BDC, serving as a sub-investigator for numerous ongoing research studies.

Dr. Satish Garg is the director and founder of the Adult Clinic. He joined the BDC faculty in 1992. He has led the clinic in patient care and research over his 25+ years of service. He has always chosen to incorporate Physician Assistants and Nurse Practitioners into the clinic’s drive towards excellence. He is actively involved in providing educational opportunities for the faculty and staff at the center. He organizes and directs the “Practical Ways to Achieve Targets in Diabetes Care (ATDC)” conference annually in Keystone, CO, to provide clinicians with the knowledge they need to keep up in this ever-changing world of diabetes management.

Dr. Sarit Polsky is the director of the Women’s Health and Pregnancy Clinic at the BDC. Ms. Garcetti works very closely with Dr. Polsky caring for pregnant women with T1D to ensure optimal maternal and fetal outcomes. Pregnant patients are seen in the clinic every 2-4 weeks for visits, with interim glucose management remotely on a weekly basis. Patients will usually alternate visits between Dr. Polsky and Ms. Garcetti for the duration of the pregnancy. It is because of this collaborative effort that they are able to provide care for around 70-80 pregnant patients with T1D each year.

With respect to clinical care, Mr. Joseph comments, “Mostly we smile and laugh and teach patients the art of balance in this world of continually changing slopes.” As PAs working in diabetes care, our jobs can be very busy and challenging at times. However, we feel blessed to be a part of the BDC and are continually learning from our amazing physician mentors and our patients.





**Meet your fellow ASEPA Member**

*Stephen Willis, PA-C*

*From National Park Service EMT to Rockwood Clinic Endocrine Department Chair*

My career in medicine started as an EMT in Glacier National Park in 1990. I worked for the National Park Service for 16 years and worked in Yosemite, Grand Canyon and Glacier National Parks. In the Grand Canyon and Yosemite, I was frequently a “flight medic” for the National Park Service. These were primarily helicopter flights, which involved dramatic rescues and very remote medical calls in rural communities.

My volunteer work in hospital ERs opened my eyes to the role of the physician assistant and went back to school to get my PA degree at University of Washington, MEDEX. During my didactic year, the endocrine courses were so well taught by Dr. Tim Evans; I found that the science and investigative work of endocrine cases were fascinating. My interest in endocrinology bloomed when I got to shadow Dr Carol Wysham, endocrinologist.

Well, Dr Wysham and I hit it off. We were runners, foodies and loved world travel. I became very impressed with her bedside manner and ability to rattle off research data, guidelines and work an intense schedule. I then joined her practice, Rockwood Clinic, upon being certified as PA.

Dr Wysham is a great teacher, always has time to review a case and allows for autonomy in the clinic to carry my own panel. Together we have worked on approximately 35 clinic trials in diabetes, men’s health and osteoporosis. Rockwood Clinic was acquired in 2014 by a large conglomerate from out of state. This company made many changes and staff turnover really affected moral. At that time Lilly asked me to work as a Medical Science Liaison in Diabetes and Cardiovascular Medicine. This was a nice chance to break away from direct patient care and dive deeper into the science and learn how to really understand research and meet people responsible for writing many of the guidelines we use to practice medicine. While I was preparing many presentations to health care providers in a 6-state region, I missed direct patient care.

Rockwood Clinic got bought again in late 2017 by a local healthcare delivery system. This organization is a non-profit and fits the mission I find most suitable to healthcare.

I rejoined Rockwood Clinic in June 2018 and was asked to serve as the Endocrine Department Chair (currently, the only nonphysician Department Chair in the hospital). I now find myself rebuilding a general endocrine clinical practice, working with clinical trials and clinic operations. The administrative roles in medicine for PAs can be fulfilling. Our clinic is developing Physician Leaders to work in a “Dyad” with administrators. This model strives to address Physician and APP engagement, prevent burnout, and to develop operational teams to improve quality and the patient experience.

I hope that through some of the events of ASEPA and future conferences I will get to know Endocrine PAs.

When I am not working, I spend time with my partner and our Border Collie on our farm near Spokane, WA or our house near Glacier National Park, skiing, hiking, backpacking and entertaining friends and family.



**Diabetes Awareness Month Toolkit: ASEPA**

*Ashley Brooks, MPH*

*Health Communication Specialist*

I lead the adult and maternal vaccine communication programs at the Centers for Disease Control and Prevention (CDC). For National Diabetes Month, CDC is promoting an interactive infographic designed to inform adults living with diabetes about the importance of getting vaccinated and steps to keep healthy. Click [here](#) for a preview of the interactive infographic, which takes adult diabetes patients on an engaging journey to encourage healthy living

As an important partner and leader in educating adults living with diabetes, we are asking for your support and help promoting the infographic this month and beyond. To assist you in sharing this resource with your members, I have attached a toolkit with suggestions for how your members can promote the infographic with their staff and patients, sample website copy, newsletter copy, social media content, internal email copy and graphics.

If you have any questions about the toolkit, infographic, or other information, please feel free to reach out to me. Thank you for all the ASEPA does to ensure people living with diabetes are healthy and empowered to make positive choices for their health.

**Clinician Reviews**

Starting 1/2019, Clinician Reviews will be moving to digital copies only (no further print issue unless you elect to purchase this). To ensure you stay informed about new offerings—and can continue to find the Content—register on the Clinician Reviews website. Scan the QR code below to download a free pocket guide, “PURLs in Primary Care.” Bookmark [ClinicianReviews.com](http://ClinicianReviews.com) so that you can easily access continually updated content. Clinician Reviews welcomes your input and feedback.



**Job Postings**

11/5/2018

**Cardiovascular Metabolic Clinical Science Liaison (CSL), AstraZeneca**

MN/ND/SD/western I. For details, please see

<https://docs.google.com/document/d/19QaN7XUbdWUGw25IGNT1mLtRasxJtr9Ipozrb7ampws/edit?pli=1>

10/20/2018

**Endocrinology PA, Chula Vista, CA**

Prefer Spanish speaker but, not necessary. This is a very rewarding practice managing patients from teenagers to nonagenarians, from a spectrum of ethnic groups and socioeconomic levels. It is also rewarding due to the opportunity for consultations as well as fostering a relationship with many of the patients who continue with the practice for years. Salary is competitive and commensurate with experience with benefits including Health (Kasier), dental, vision, 6 days PTO per year, major holidays and the opportunity to participate in a Simple IRA retirement plan. Please send resume and references to [g@sd-endo.com](mailto:g@sd-endo.com) or call 6519-606-3046.

**Upcoming Conferences**

**55th Clinical Diabetes & Endocrinology Institute Annual CME Conference**

Snowmass, Colorado

January 12-15, 2019

**Endocrine Nurse Society (ENS) Regional Endocrine Symposium**

Chandler, AZ

February 2, 2019

**Endocrine Society Annual Meeting**

New Orleans, LA

March 23-26, 2019

**AACE Annual Congress**

Los Angeles, CA

April 24 – 28, 2019

**Cardiometabolic Health Congress- West**

Phoenix, AZ

May 3-5 2019

**Interdisciplinary Symposium on Osteoporosis**

La Jolla, CA

May 15-18, 2019

**American Academy of Physician Assistants Annual Conference**

Denver, CO

May 18-22, 2019

**American Diabetes Association 79th Scientific Sessions**

San Francisco, CA

June 7-11, 2019

**Practical Ways to Achieve Targets in Diabetes Care**

University of Colorado Barbara Davis Center

Keystone, Colorado

July 11-14, 2019



**3rd Annual Heart in Diabetes (HiD)**

Philadelphia, PA

July 12-14, 2019

<https://www.heartindiabetes.com/>

**Metabolic& Endocrine Disease Summit 2019 West**

San Diego, CA

July 31-August 3, 2019

**American Association of Diabetes Educators Conference**

Houston, TX

August 9-12, 2019

**Metabolic& Endocrine Disease Summit 2019 East**

Orlando, FL

October 2-5, 2019

**Cardiometabolic Health Congress 14th Annual Conference**

Boston, MA

October 10-13, 2019

<https://www.cardiometabolichealth.org/>

**17th Annual World Congress on Insulin Resistance Diabetes & Cardiovascular Disease (WCIRDC)**

Los Angeles, CA

December 5-7, 2019

<https://www.wcir.org/>

Don't forget to check out the ASEPA website at <http://endocrine-pa.com/>