



# July 2021 Newsletter

## **I. Message from the President**

*By: Ashlyn Smith, PA-C*



Summertime brings memories of freedom, adventure, and fun. Most of us remember the anticipation as a child as the school year began to wrap up and the exhilaration as the season started and summer break began. Summertime meant pool parties, beach vacations, riding our bikes with friends, and enjoying ice cream as the sun warmed our faces. This year is the first time that my 4-year-old daughter has had a summer break, albeit from a twice weekly preschool program. As we began to plan our own family adventures, dance camp, summer camp programs, and camping retreats, I was reminded of those feelings of joy and fun as a young child through her eyes. This highlights what we've all been through recently and represents what we are beginning to feel as the burden and restrictions and unknowns of the last year+ seems to finally be lifting. There seems to be a light at the end of the tunnel. We feel the anticipation of freedom that we have been missing during the pandemic, adventure as we are considering traveling again after a long deprivation, and fun as we reconnect with our friends, family, neighbors, community, and colleagues. After the last year we have experienced, from my family to yours: We hope that you recapture the exhilaration and excitement of summertime as you did as a child!

## **Table of Contents**

I. Message from the President	1
II. HOD Update from AAPA	2
III. ASEPA Brings Benefits to Members	3
IV. Meet the New Committee	5
V. Service/Award Recognition	5
VI. ASEPA in Action	5
VII. MEDS Update	7
VIII. Message from AACE	8
IX. Job Postings	11
X. Upcoming Conferences	11

## **Treasurer's Update**

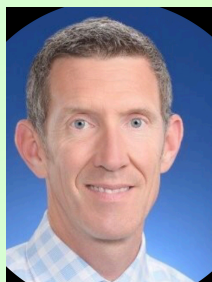
*By Sean Flynn, PA-C*

*Report available upon request by emailing  
asepamembership@gmail.com*



## **II. HOD Update from AAPA**

*By: Stephen Willis, PA-C*



This was my first opportunity to attend AAPA HOD. The 2020 meeting was a very condensed meeting held virtually in the fall. The 2021 meeting was also virtual. It took place on May 21-22. The HOD committee did a fantastic job setting up the meeting with Zoom pre-meeting tests to ensure all attendees were able to participate and vote.

The first day of the meeting was focused on house rules, agenda and new officers. I found the committee reports interesting. There was a theme on the role of Physician Assistants during the COVID-19 pandemic and the importance of self-care.

The bulk of this day was consumed with testimony pro and con the profession name change. The messages for pro and con were somewhat repetitive. Of interest is that some Physician Assistant Programs already refer to the profession as Physician Associates. In the UK and select locations in the EU, comparable healthcare clinicians are now called Physician Associates. The costs associated with the name change are staggering. All affiliated organizations will need name changes and website changes. Training programs and legal contracts will need to be changed. The title Medical Care practitioner had support but many felt it was vague and would not carry the same "PA" title that many are accustomed.

I found that there was a bias for the name change in PAs that were younger and had fewer years in the profession. There was testimony on how the name change may move the profession forward to more independent practice similar to that of Nurse Practitioners. In the end the vote was 198 to 68. This was a clear choice by delegates.

Policy discussions/approvals and rewrites:

- policy supporting and encouraging breastfeeding
- importance of PAs discussing the value of nutrition at all visits if possible
- PAs having the legal ability to own a medical practice (ownership interest in a practice)
- policy on PAs reflecting the race, ethnicity and culture of patients being served. This also lead to discussion on graduate school only practices being a barrier to PAs working the communities where there may be the greatest need.



- policy on the use of force by law enforcement officers on people of color. This generated heated dialogue and in the end the policy aligned with other healthcare organizations.
- policy on graduate school only PA training programs and doctorate school only PA programs
- policy on allowing PA student to vote in the HOD. This was almost as strongly debated as the name change of the profession. A policy was written to suggest that PA student members of AAPA should be allowed to vote on policy and leadership. There were many valid arguments, such as increasing membership by students (note membership by students has been increasing). In the end the argument that won was that voting members of AAPA should be PAs who have completed the national certifying exam and those currently working should be the voting body of the organization.

In summary, I found my first experience to HOD to be very interesting. If able to represent ASEPA for the next term, I suggest that we bring forth policy that affects Endocrine care, such as:

- policy supporting organizations such as ADA on the use of technology CGM/ insulin pumps for patients with diabetes
- policy on the treatment of trans-gender patients
- policy on the treatment of obesity

As this was my first HOD, I was not versed on the value of reading proposed policy and then sharing this with ASEPA members prior to the HOD to gain insight from members on our support of proposed policy. Thank you for the opportunity to experience this aspect of our legislative career.

### **III. ASEPA Brings Benefits to Members**

*By: Ashlyn Smith, PA-C*

Fellow members continue to benefit from ASEPA membership including complimentary and discounted access to quality endocrine CME detailed below. For more information on how to make the most of these benefits, please visit <https://www.endocrine-pa.com/> or contact **Secretary Staci K. Wise** at [stacikwpa@gmail.com](mailto:stacikwpa@gmail.com)!

#### **Benefits to partner events 2021:**

##### **MEDS Summer**

Complimentary registration

July 28-30, 2021 - virtual conference

<https://na.eventscloud.com/website/23454/home/>

##### **The Endocrine Society**

Complimentary registration to one 2021 virtual meeting

1. *Past Event* Endo 2021 (spring conference) March 20-23, 2021- virtual conference  
[www.endocrine.org/meetings-and-events/endo2021](http://www.endocrine.org/meetings-and-events/endo2021)
2. Clinical Endocrinology Update (CEU) September 10-12, 2021 – virtual conference <https://www.endocrine.org/ceu2021>

### **Past Event CHMC Spring**

Complimentary registration

April 16-18, 2021 - virtual conference

[www.cardiometabolichealth.org/cmhc-spring-2021-venue.html](http://www.cardiometabolichealth.org/cmhc-spring-2021-venue.html)

### **CMHC Masterclass**

The Intersection of Cardiometabolic Health and Sleep Disorders

May 22, 2021 - virtual program

<https://www.cardiometabolichealth.org/cardiometabolic-health-and-sleep-disorders.html>

### **Benefits to ASEPA events 2021:**

The following are live CME webinars created, led, and attended by fellow ASEPA members! If you can't attend an event live, you and your colleagues can access the webinar online and claim CME credit for up to one year past webinar date by visiting <https://www.endocrine-pa.com/webinars>. If you are interested in leading a CME program for your fellow members, we would love to hear from you! Please contact [asepawebinars@gmail.com](mailto:asepawebinars@gmail.com).

**UPCOMING CME:** Overview of Acromegaly; July 15, 2021 at 8 PM EST

### **ENDURING CME:**

#### **Cushing's Syndrome**

ASEPA member Alison Gracom, PA-C

#### **Primary and Secondary Fracture Prevention- A Cased Based Review**

ASEPA members Robert E. McKenna, MPH, PA-C and Patrick Cacchio, PA-C, CCD

#### **The Physician Assistant's Role in Clinical Research**

ASEPA member David Doriguzzi, PA-C

#### **What's New in CGM Therapy**

ASEPA member Jenna Brothers PA-C

Don't forget about [DANatech.org](http://DANatech.org), powered by ADCES, a free web-based resource about all things related to diabetes technology.



#### **IV. Meet the New Committee: Social Media**

*By: Shannon Bauer, PA-S*

The Social Media committee has been busy creating a private Facebook group for ASEPA members to network, discuss cases, learn from each other, and hear about upcoming events & educational opportunities relevant to Endocrine practice. If you have not already joined the group and are interested in joining, search American Society of Endocrine Physician Assistants on Facebook or type in the URL below. The Social Media committee is also working on creating an Instagram page to create more awareness and promote PAs working in Endocrinology, as well as provide education on Endocrine medicine. If you are ever interested in joining the Social Media committee, reach out to any of the board members for more information.

Facebook group URL: [www.facebook.com/groups/639214720287669/](https://www.facebook.com/groups/639214720287669/)

#### **V. Award/Service Recognition**

*By: Maria Argoud, PA-C*

Congratulations to our Immediate Past President CJ Chun, PA-C for being awarded MSL of the Year at Corcept Therapeutics... well done, CJ!

#### **VI. ASEPA in Action**

*By: Ashlyn Smith, PA-C and CJ Chun, PA-C*

##### **ASEPA representation at AAPA 2021:**

**Joy Dugan-Moverley**, DHSc, MPH, PA-C: Dia-BEAT-it: How to Safely Get Your Patients with Diabetes Moving

**Courtney Bennett Wilke**, MPAS, PA-C: How Do I Manage Diabetes in the Hospitalized Patient

**Amy Butts**, PA-C, BC-ADM, CDCES:

- a. How to Initiate and Intensify Insulin Therapy
- b. What to do After Metformin? A Review of Pharmacologic Approaches to Glycemic Treatment in Type 2 Diabetes

**Melissa Murfin**, PharmD, BCACP, PA-C: Thyroid Nodules and Thyroid Cancer: What to Do When You Find Them

**Ashlyn Smith**, PA-C: Full Hearts: Treating Dyslipidemia in the Current Age of Medicine



Comments from speakers:

*"I have presented for the last 3 years at AAPA. I am an educator by trade and honored to lecture my colleagues." - **Joy***

*"This was my first presentation at an AAPA conference. My experience in inpatient endocrinology has shown me the many challenges of glycemic management in the hospital, so when I saw the call for proposals from AAPA for presentation ideas, it seemed a natural topic to share with others. It has been a great experience and I highly recommend it!" - **Courtney***

*"This is my fourth time speaking at AAPA. I chose these topics because it is very important for PAs to understand individualized diabetes management and how to intensify therapy due to the higher demand of PAs to manage DM in primary care and endocrine practices." - **Amy***

*"I have presented annually for the last 5 years at AAPA. I always enjoy presenting as it offers me the opportunity to interact with PAs from all over and hear what they're doing in clinical practice." - **Melissa***

*"I was pleased to be able to present on the topic of hyperlipidemia to my fellow PAs at the AAPA 2021 virtual conference. This educational experience sought to provide insights and clinical pearls that would benefit PAs and their patients as well as reaffirm current practices as applicable.*

*I would encourage those fellow endocrine PAs who are interested to consider standing as leaders in endocrine by speaking at AAPA to support fellow PAs and our national organization as well as provide insights to our primary care colleagues. It is a great opportunity to showcase the value of endocrine PAs! The AAPA conference can also serve as an entry platform for those who are considering speaking of a national level. I am always happy to discuss this further with any interested ASEPA members." - **Ashlyn***

**ASEPA representation at summer MEDS:**

**Ashlyn Smith, PA-C** is Co-Chair/Co-Presenter on July 28 (Day 1). She will participate in 2 live Q&A discussions, present on the topics Pituitary Adenomas and Insufficiency and Adrenal Insufficiency, and do a live expert commentary.

**Scott Urquhart, PA-C** is Co-Chair of MEDS. He is presenting on the topics Hypercalcemia and Parathyroid Disease - Case-Based as well as Cushing's Syndrome, participate in 3 live Q&A discussions, and do a live expert commentary.

**Stephen Willis, PA-C** will present on the topic Adrenal Incidentalomas and participate in a live Q&A discussion.

**Amy Butts, PA-C** will co-present on the topic Diabetes Technology, co-present Comprehensive Patient Cases, and participate in a live Q&A discussion.

**David Doriguzzi, PA-C** will co-present Comprehensive Patient Cases with **Amy** and participate in a live Q&A discussion.

### **ASEPA representation at ADCES:**

**CJ Chun, PA-C** will be speaking on "Secondary Diabetes: not the typical diagnosis" which will expand clinicians' differential diagnosis for patients presenting with hyperglycemia.

**Amy Butts, PA-C** will be speaking on "Overcoming Barriers to Insulin Initiation and Intensification."

### Comments from speakers:

*"Two-three years ago, the President of ADCES (AADE at that time) attended my presentation at AAPA and expressed interest in more collaboration between ASEPA and ADCES. Since then, we have had an excellent relationship with ADCES. One of our collaborative efforts was to encourage PA presence at their conference. They wanted some PA speakers and we sent out a call for speakers among ASEPA members to speak at ADCES. Amy and I submitted lecture proposals and both were selected. We hope to continue our collaborative effort with ADCES and the next project could be a multidisciplinary panel discussion (that includes PAs) at their future meetings." - CJ*

## **VII. MEDS Update**

*By: Scott Urquhart, PA-C*



We are having a summer and a fall virtual MEDS with different content for each brought to you by MedscapeLive! As with all previous years, it is my distinct privilege to bring to you our 11<sup>th</sup> year and 21<sup>st</sup> and 22<sup>nd</sup> summits. We're excited to have you participate in this cutting-edge educational program.

For summer MEDS we've planned 3 sessions over 3 days that will be broadcast live from July 28-30. During each of these sessions, a panel of leading experts will discuss a range of important Metabolic & Endocrine topics to be followed by live Q&A panel discussions where you, the attendee, can interact directly with faculty presenters. Our 3 day sessions will focus on Endocrine, Diabetes, and cardiovascular risk reduction.

During the conference, be sure to visit the virtual exhibit hall. Interact with your colleagues in the Networking Forum. Participate in the MedChallenge which allows you to go head-to-head against your peers in a series of medical questions.



We'll conclude the week with our innovative Back Stage Pass, known to our previous live MEDS attendees as Curbside Consultants. This is an opportunity for you to discuss interesting cases and ask practice-related questions. If you miss or would like to re-watch any of the sessions, they will be available on the website, after the conference, for "on demand" viewing.

Finally, it is my pleasure to remind our attendees that we have partnered with 2 organizations on this conference: The Association of Diabetes Care & Education Specialists (ADCES) and Taking Control Of Your Diabetes (TCOYD). Your registration fees are being generously donated to these non-profit advocacy groups that aim to improve the lives of those affected by diabetes.

Wonderful news!!! There is no charge for registration for our ASEPA members. **Use code ASEPA for complimentary registration.** To register for MEDS, visit <http://www.medsummit-cecme.org/> I am looking forward to seeing you at our virtual event!

### **VIII. Message from AACE**

*By: Felice A. Caldarella, MD, FACP, CDCES, FACE, AACE  
President*

Greetings ASEPA Members,

It is with great pleasure as I introduce myself as the new President of the American Association of Clinical Endocrinology (AACE). On May 29, 2021, the former president of AACE, Howard Lando, MD, FACP, FACE, passed the leadership torch to me, and I am incredibly honored to lead and serve the endocrine community. I'd like to take this opportunity to share AACE updates with ASEPA members and new initiatives available for PA's.



AACE was formed 30 years ago in 1991, and as the world's largest clinical endocrinology organization, we welcome all members of the endocrinology care team to join our community. As the vital hub of clinical knowledge and experience in endocrinology, AACE provides professional development, educational opportunities, networking events, mentor relationships, publications, and the latest clinical guidelines for endocrine related diseases. AACE has also worked hard to shift our focus to strategic priorities that our community has told us they care about. These priorities include knowledge & education, publications & guidelines, community engagement, and patient & public awareness. Learn how our strategic priorities support the PA community:



## Knowledge and Education

AACE is your connection to educational opportunities that optimize your patient care. We offer a variety of methods to meet your learning needs, from conferences to online courses, to hands-on and procedural training. Our comprehensive [disease state resource center](#) is comprised of educational assets that cover the broad spectrum of patient care, from the latest breaking news covering clinical research outcomes, to gold-standard clinical practice guidelines and treatment recommendations. These programs help you stay current with critical and relevant endocrine patient treatment issues and are an excellent source for earning CME.

Featured PA Educational Opportunities Include:

- [AACE Innovation in Cardiometabolic Clinical Practice](#) – Join us this October for a virtual conference focus on translational medicine and the latest clinical practice guidelines on cardiometabolic disease, including Type 2 diabetes and cardiovascular risk/heart failure, obesity and chronic kidney disease. [Click here to learn more.](#)
- [Endocrine University® \(EU\)](#) – Endocrine University® provides continuing education for endocrine-focused health care professionals (including PAs) to help enhance their curriculum, particularly in new technology, which has become essential to the practice of endocrinology. Every year, we host two unique EU events created especially for Year 1 or Year 2 Fellows, so that the content can be more applicable to their time in training. Our 2021 Endocrine University® curriculum is available on-demand and features skills and technology in diabetes, thyroid ultrasound, and bone. [Click here to learn more.](#)
- [AACE Self-Assessment Program \(ASAP\)](#) – ASAP is a comprehensive self-assessment program mapped to the ABIM Blueprint, which makes it a valuable tool for Board Review Study and continuing education. ASAP comprehensively covers the content laid out by the Endocrinology, Diabetes and Metabolism Certification Examination Blueprint from the American Board of Internal Medicine and provides 80 CME credits. [Click here to learn more.](#)
- [2021 Annual Meeting On-Demand Sessions](#) – Learn about the latest advancements in the management of endocrine disease by purchasing the on-demand access to our 2021 Annual Meeting. Features include 150+ expert presenters covering six endocrine disease state topics tracts with 130+ sessions, and 86+ CME. All of which can be watch at your convenience. [Purchase your on-demand access by clicking here.](#)

We welcome you to browse our easily accessible online learning center at any time to find courses that suit your needs: [Click here.](#)

## Publications and Guidelines

Stay up to date with leading-edge treatment options for patients with endocrine diseases by reading [Endocrine Practice](#), our Journal for Clinical

Endocrinology. *Endocrine Practice* is peer-reviewed, published twelve times a year, and contains original articles, review articles, commentaries, and editorials written by experts in the field. Clinical endocrinology professionals worldwide rely on *Endocrine Practice*.

The latest June 2021 issue features the newly released clinical practice guideline: *Use of Advanced Technology in Management of Persons with Diabetes Mellitus*. AACE Co-Chairs, guideline task force experts, George Grunberger, MD, FACP, MACE, and Jennifer Sherr, MD, PhD, explain the newly released clinical practice guideline on [AACE podcasts here](#).

Additional publications including a new thyroid ultrasound position statement will be published later this year along with a variety of evidence-based best practices. To learn more about *Endocrine Practice*, [click here](#).

## **Community Engagement**

For our members, we offer an inclusive community that shares and disseminates our collective knowledge, experience, ideas and ideals, giving each member a voice. We welcome ASEPA members to follow and join our social media conversation on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#). We also welcome new and returning members to join our growing community using our [engagement structure](#) which offers distinct tiers for engagement benefits at affordable prices. As a global community, together we are elevating the practice of clinical endocrinology to benefit each individual patient and the health of our society. To learn more about our membership opportunities and benefits, [click here](#).

## **Patient and Public Awareness**

We understand the challenge of translating the complex science of some of the world's most serious, endemic, and fast-growing diseases to your patients in order to optimize their care. The AACE website offers resources for your patients to learn about endocrine disease, conditions, symptoms, diagnoses, and treatment options. We are committed to providing you with patient friendly resources and encourage you to [visit our website](#) to learn more.

## **Diversity, Equity, and Inclusion**

We at AACE are committed to embracing diversity. We believe that inclusion, representation, and access to opportunities for all make our global community stronger and better. We will ensure a culture of diversity, equity, and inclusion across AACE's membership, leadership, governance, and educational activities, as well as the community at large. We are working to foster a welcoming environment that allows everyone in the AACE community to contribute, innovate, and thrive.



## Looking Ahead

It is a true honor to serve as the new AACE president and I look forward to the continued partnership between our organizations. For further information about AACE's upcoming educational programming for PAs and to stay up to date on AACE and ASEPA collaborations, visit our website at [AACE.com](http://AACE.com), subscribe to our e-newsletters, and/or follow us on social media via @theaace.

## IX. Job Postings

See website for the latest job opportunities:

<https://www.endocrine-pa.com/jobs>

## X. Upcoming Conferences

See website for the most up to date information on conferences:

<https://www.endocrine-pa.com/conferences-events>

.....

