



ASEPA Newsletter

July 2022

Message from the President

Ashlyn Smith, PA-C

Hello World



Hello ASEPA members! I am excited to be coming to you fresh off of AAPA 2022 where I was able to see ASEPA members and other PAs from around the country IN 3D! Like most of us, I have been faced with limited virtual contact with friends, family, colleagues, and audiences. This year, many conferences are returning back to in person meetings like the Annual Cardiometabolic Health Congress or hybrid meetings like the Metabolic and Endocrine Disease Summit and Heart in Diabetes Conference. This brings challenges including more time away from clinic and families—a fact my 5-year-old daughter was sure to point out to me, a reassurance that absence makes the heart grow fonder for both of us!

The move to in-person and hybrid events presents opportunities to reconnect with long lost colleagues, build new relationships and partnerships, and feel a sense of normalcy. For some, these connections help support and foster intellectual self-care and relational health, two areas that may have suffered in the isolation of a virtual world. This also provides an opportunity to learn directly in person and for educators and learners to dive deeper and converse in a meaningful and more nuanced way. Ultimately, we as endocrine PAs serve our patients and the endocrine profession best when we are most engaged, up to date, and cared for in our physical and mental health.

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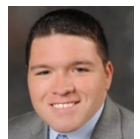
Secretary's Update



Amy Butts, PA-C

Available on request asepamembership@gmail.com

Treasurer's Update



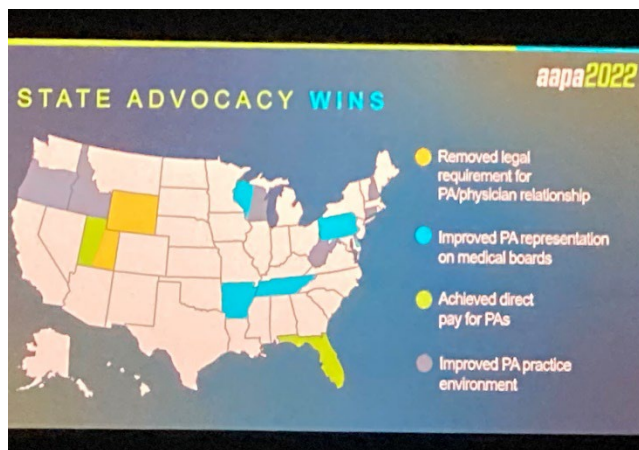
Sean Flynn, PA-C

Available on request asepamembership@gmail.com

HOD Update from AAPA

Stephen Willis, PA-C

This was my first in-person HOD meeting. This meeting was very insightful and motivating. I really enjoyed the passion of the AAPA delegates from all states, territories, and constituent organizations.



The opening session included a National Color Guard and the National Anthem paying homage to the beginnings of our profession. The first day focused on policy and new business. There was an overview of the states which have had huge advocacy wins to move the Physician Associate Profession forward. This speaks to PA's in some states granted the same autonomy as NP's. This was an example of AAPA state chapters and AAPA PAC (political action committee at work).

Fortunately, I was seated next to Jonathon Baker PA and President of the New York Delegation. He guided me through the proceedings and encouraged that I share opinions of Endo PA's when appropriate, more on this later. There was much discussion on the adoption of the name Physician Associate and that we should all embrace this title collaboratively. It was suggested that names of affiliated organizations should reflect the name change.

Within the body of one policy there was reference to "APP's" referring to Physician Associates and Nurse Practitioner's together. The grouping of APP's can include non-prescribing clinicians such as physical therapists and pharmacists. The reference as APP's can lead nonclinical administrators to inappropriately categorize PA's in policy and contracts. We should encourage that APP's not be used and that we should recognize healthcare professionals by their correct title. We need to get behind the Physician Associate name and



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promote our brand and what we bring to the healthcare systems as truly a needed part of the healthcare team.

One policy change which generated much discussion on both sides was a change in policy to allow HOD Student delegates the ability to vote in AAPA elections for officers. The “cons” noted that the students have not completed their training and have not passed their boards, so they should not be allowed a vote. It was also noted that program directors could guide decision making for their student delegates. The “pros” noted that we need to foster leadership and inclusion among student delegates to encourage their engagement in AAPA and develop leadership skills. Of note there were approximately 300 PA delegates and 31 PA Student delegates. The student delegates expressed much passion about the ability to vote for officers as their leaders. Several members had a moment at the microphone and stated, “Let them Vote!”. In the end after about 2 hours of structured debate, the student delegates were granted authority to vote for officers for AAPA. I hope you will join me in welcoming this change to the AAPA and HOD.

There was policy debate on the “Terminal Degree” for PA’s. Policy noted that the terminal degree as a Master’s Degree. This generated much debate on the terminal degree being a Doctorate. The “pros” for the Doctorate noted that often this is needed to obtain tenure at certain PA Training Programs affiliated with universities. The “cons” noted that if our policy recommends a Doctorate this could become a barrier to some PA’s obtaining positions as a doctorate noted as the terminal degree could limit opportunities for PA’s. After much debate on this issue, the HOD voted to continue with the terminal degree as the Master’s.

Policy was changed to reflect CDC recommendations for COVID-19 vaccinations based on CDC guidelines for age, recognizing this language needed to be fluid per changes in vaccinations and knowledge of COVID-19 virus/illness.

There was a policy recommendation to encourage PA training programs to provide basic understanding and competence in telemedicine. This was objected to by several PA’s in educational programs as they noted they did not have the time nor bandwidth to understand EMR and intricacies of Telemedicine. I then went to the mic, patiently awaited my turn and spoke to the fact Telemedicine is here to stay. During the Pandemic I moved my clinic to 90% telemedicine to keep patients, clinicians, and staff safe. I noted that very robust and meaningful visits are continuing to take place virtually. I asked the policy to be written in such that AAPA recommends PA Training Programs provide basic competence on Telemedicine requirements and examples of phone and virtual health visits so that this isn’t completely new to the PA graduate. In the end, it was recommended that PA Training Programs should provide basic understanding and competence of telemedicine.

These are just a few examples of what was discussed at AAPA HOD 2022. Now, I ask each of you to try and become involved in your state PA Organization and consider being a member of your state AAPA HOD. Of note, when attending HOD your conference attendance fee is covered (hopefully, this will continue). We need to collectively self-promote the Physician



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Associate Profession. During the Pandemic it has been made very evident the need for nursing. The nurse shortage has been in the headlines many times. The Nursing and NP organizations are capitalizing on this and their ability in many states to practice independently. We need to legislate at our local state levels for PA's and NP's to practice in par. We need to collaborate and gain the support of Physicians and AMA on this issue focusing on our similarities in training and practice model. It is important for ASEPA to have a seat on the HOD to represent the unique and needed role that endocrine PA's fill for patients.

ASEPA Brings Benefits to Members

Ashlyn Smith, PA-C

Congratulations to our members who are the recipients of complimentary admission/registration:

HiD Conference:

- Anna Rosswoods

ADCES Conference: See [Upcoming Conferences](#) section below to learn more.

- Sara Turner
- Amy Dudas
- Candy Chen

Make the most of your membership and submit your name in the next drawing to valuable educational meetings! The HiD Conference, for example, is a complimentary value of \$395.

Don't forget, you still have access to paper publications such as Clinical Endocrinology News, Endocrine Today, and Diabetes Health Monitor. As an ASEPA member, you are eligible for reduced and/or complimentary registration to the AACE Congress, CMHC West, Annual CMHC, World Congress on Insulin Resistance, Heart in Diabetes CME Conference, Cardiometabolic Risk Summit, and Metabolic and Endocrine Disease Summit. For more information on how to make the most of these benefits, please visit <https://www.endocrine-pa.com/> or contact Secretary Amy Butts at aebutts412@gmail.com!

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.

Upcoming CME

- July 12, 2022, at 8 PM EST - Hypercalcemia of Malignancy; to be presented by ASEPA Past President Sondra O'Callahan, PA-C



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Enduring CME

Visit <https://www.endocrine-pa.com/webinars> to access the Enduring CMEs below.

- May 5, 2022 - Central Hypothyroidism
- March 8, 2022 - Gender Affirming Hormone Therapy: The Basics and Beyond - Troubleshooting Complications and Hot Topics.
- November 10, 2021 - Pituitary Tumors Series Part 2: Surgical Management
- October 14, 2021 - Pituitary Tumors Series Part 1: Workup of Sellar Masses- A Case Based Discussion
- August 31, 2021 - Management of Pregnancy in Patients with Type 1 Diabetes

New Member Benefit: Members-Only Directory

Ashlyn Smith, PA-C

Members-only benefit: You asked, we answered! ASEPA is launching an elective, online, and password-protected membership directory to help connect members with each other throughout the country! The information in the directory is for all active ASEPA members. Member information can be accessed to connect with local members in your area, reach out to endocrine PA sub-specialists, locate a potential preceptor, refer a relocating patient to members in a different state, and more.

To participate in and have access to the directory, ASEPA membership must be up to date. Be sure to renew your membership today at <https://www.endocrine-pa.com/membership>. If you are unsure about your membership status, please contact Membership Committee member Sarah Logan at slogan0813@gmail.com.

Stay tuned for directions on joining and accessing this exclusive benefit!

ASEPA Leadership Updates

Ashlyn Smith, PA-C

2022 has led to many exciting developments within ASEPA and we want to tell you all about it! Due to recent changes, the ASEPA Board developed vacancies in the Vice President and First Year Student Representative positions. To maintain a strong ASEPA leadership, we are happy to announce that the members below will transition to the following roles effective the end of July 2022:

- Amy Butts - Vice President
- Sonia Bahroo - Secretary
- Charlie Woods - First Year Student Representative
- Karina Miranda - Web Committee Chair
- Noelle Lalonde - Web Committee member



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- Maria Argoud - Newsletter Committee Chair
- Megan O'Neill - Newsletter Committee member

If you are interested getting involved in ASEPA leadership, we would love to hear from you! Please contact asepaemail@gmail.com.

ASEPA in Action

AACE Annual Meeting 2022

- **Member: Jesse Lyon**
 - Poster presentation: A Novel Screening Approach for Cushing's Syndrome

ASEPA Speakers at AAPA 2022

- **Member: Heidi Webb**
 - Advancements and Management in Lipid Therapy
 - The SGLT-2 Inhibitor: Its Indication in Glycemic, Cardiovascular, and Renal Disease
- **Member: Jonathan Weber:**
 - Type 1 Diabetes: Out of the Shadows
 - Prediabetes: Exposing a Simmering Menace
 - Diabetes Technologies: Integrating Guidance, Gadgets and Gizmos
- **HOD Delegate: Stephen Willis | Kristen Stephens**
 - Represented ASEPA on the AAPA House of Delegates
- **President: Ashlyn Smith, PA-C**
 - Program Chair satellite symposium: The Rationale and Real-World Evidence for Initiating and Maintaining Sensor-Based CGM to Optimize Care of Persons Across the Spectrum of Diabetes

Metabolic and Endocrine Disease Summit West

- **Social Media Committee member: David Doriguzzi**
 - Thyroiditis: Postpartum and Others
 - Type 2 Diabetes-Harmonizing Glucose Control with Cardiovascular Disease, Heart Failure and Chronic Kidney Disease Risk Reduction: Case Presentations
- **Education Committee member: Justine Herndon**
 - Pituitary Adenomas and Incidentalomas
 - Adrenal Adenomas and Incidentalomas
- **Secretary: Amy Butts**
 - Initiating Insulin: Why, When, and Which Types
 - Addressing the Costs of Diabetes Treatments
- **President: Ashlyn Smith**
 - The What When How and Why of Adrenal Insufficiency
 - Hot Topics in Hyperthyroidism
- **Past President: Scott Urquhart**



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- Meeting Chair
- Cushing Syndrome / Disease
- Thyroid Nodules

ENDO 2022 Annual Conference

- **Education Committee member: Justine Herndon**
 - Poster presentation: Radiation for Bilateral Adrenal Metastasis: Should Patients be Monitored for Primary Adrenal Insufficiency?

PCE Webinar

- **Newsletter Committee Chair: Maria Argoud**
 - Tailor-Made: Individualizing Type 2 Diabetes Management with GLP-1 Receptor Agonists.

AAPA Clinical Conversations Web Series

- **Secretary: Amy Butts | Liaison Committee member: Joy Moverley | Member: Ellen Mendel**
 - Overcoming Therapeutic Inertia in Type 2 Diabetes: Avoiding the Trap

2022 Georgia Association of PAs Summer Conference

- **President: Ashlyn Smith**
 - Optimizing the Benefits of GLP-1 Receptor Agonists in Type 2 Diabetes Mellitus



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MEDS Update

Scott Urquhart, PA-C

Excited to be returning LIVE! With a virtual option. Here is an update on the upcoming 2022 Metabolic & Endocrine Disease Summit (MEDS). We are having a summer (West) and a fall (East) "live" MEDS. We're excited for the return to in person summits and to have you participate in our outstanding educational programs. This hybrid conference addresses the most relevant topics in metabolic and endocrine diseases to improve clinical development and patient outcomes. We are providing 19.5 hours of CME at each summit.



MEDS West

Newport Beach California July 13-16th, 2022

MEDS East

Lake Buena Vista Florida October 12-15th, 2022

Please visit the website for the registration, agenda, and faculty. <http://ms.spr.ly/6014wSR4G>

ASEPA Members receive 30% off with code ASEPA

All the best and a very Happy 2022 to you all.

Message from AAPA

Heidi Webb, PA-C

What a wonderful time that was had in Indy this year! I think to give a nod to everyone's first thought: yes, it was absolutely wonderful to be back at a conference in person! This was my first in person conference since the COVID pandemic. I had done some virtual options, but there's definitely something different about that tangential feeling of being at a conference in person. My favorite part of AAPA (as always) is the networking. Meeting new people and making connections is always at the top of my list for the AAPA conference. From the chance to meet and engage with esteemed colleagues, to mentoring students, to building a connection with fellow PA's; our most recent conference in Indy not only filled but exceeded my expectations. I'm always utterly humbled by the amazing things we do as PAs, and AAPA certainly gave us a chance to celebrate! Looking back on my time in Indy, one of the things that stands out to me the most is how unexpectedly busy my schedule was - and what a



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testament that is to AAPA and my PA colleagues! I'm already looking forward to filling up my schedule next year and joining you all when AAPA takes on Nashville.

Message from AACE

Jesse Lyon, PA-C

The American Association of Clinical Endocrinologist (AACE) was held in sunny San Diego California this year directly across the bay from Coronado Island. The conference held a great variety of lectures and discussions that were both informative and thought provoking in regard to some of the latest developments in the field of endocrinology. Invited speakers are leaders in the field of their respective specialties with fantastic pearls to offer and interesting points of view to hear during the question-and-answer sessions after each lecture. The conference also offered board review sessions which are open to all participants are a great way to test your knowledge in the field of endocrinology no matter what experience level you are. As a practicing endocrinology PA this event is a great way to stay current with practice guidelines and to network with colleagues from around the country.

Message from the Endocrine Society

Justine Herndon, PA-C

Endocrine Society returned to a LIVE conference early June in Atlanta, GA, after having cancelled in 2020 due to COVID and being livestream only in 2021. The four-day conference was filled with many interesting lectures from endocrinologists all over the world and multiple plenary sessions and debates on hot-topics such as evolution of type 1 diabetes treatment, treatment of adrenal nodules, drivers of the "PCOS" bus, and transgender/intersex athletes.

As my personal interest is in pituitary/adrenal disease and transgender health, most lectures I attended were on those topics. My favorites were on dilemmas in management of pituitary tumors, management of recurrent non-functioning pituitary adenomas, multiple highlights of how we need to be better about screening for primary hyperaldosteronism, and the transgender health talks. Although my inpatient diabetes provider time is ending soon as I transition to part-time faculty at the Mayo PA Program, I also greatly enjoyed the lecture on management of Type 2 Diabetes in folks with CKD, as the data is overwhelmingly positive. Hopefully when I have time (haha!), I will watch a few of the lectures I missed online.

Endo also shared, from the authors themselves, their newly updated guidelines for Management of Hyperglycemia in Hospitalized Patients, which can be found here:

<https://academic.oup.com/jcem/advance-article/doi/10.1210/clinem/dgac278/6605637?login=true>

It was exciting, as a first-time attendee, not only to be able to attend these interesting lectures from endocrinologists who I have heard of but never seen/met, but more importantly (finally!)



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meet many endocrine PA's in person - CJ, John, Staci, Lisa and I had a fun conversation filled evening on Monday. Looking forward to seeing you all at a future conference!

Message from ADA

CJ Chun, PA-C



Left to right: CJ Chun, PA-C and Dan Einhorn, MD (past president of AACE)

American Diabetes Association (ADA)'s 82nd Scientific Sessions were held June 3-7, 2022, in New Orleans, LA, at New Orleans Ernest N. Morial Convention Center. The convention center was filled with excitement as it was the first in-person meeting since the pandemic with ~5,000 people in attendance. Virtual option was also available which also had large number of registrants (On-demand sessions are still available to purchase).

Among numerous topics of interest, the new GIP/GLP-1 receptor agonist (Tirzepatide) and sessions related to diabetes technology were the two that attracted most interest and excitement.

Next year's meeting will be in San Diego, CA, June 23-27, 2023

Job Postings

See website for the latest job opportunities: <https://www.endocrine-pa.com/jobs>

Upcoming Conferences

ADCES22

- In Person: Friday, August 12 - Monday, August 15 in Baltimore, MD.
- On-demand access: Monday, August 22 - Monday, October 24, 2022.

MEDS

- MEDS West - Newport Beach California July 13-16th, 2022
- MEDS East - Lake Buena Vista Florida October 12-15th, 2022

ASEPA Online

