



# PULASKI COUNTY MEDICAL SOCIETY News

April 2020

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### Pulaski County Medical Society

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## 2020 BOARD OF DIRECTORS

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### Pulaski County Medical Society

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When you think professional, ethical, quality healthcare,  
think physicians of Pulaski County Medical Society.



Laurie Barber MD, Chair | Steve Magie MD | Tracy Baltz MD  
Safe Surgery Arkansas, PO Box 56170, Little Rock, AR 72215 | [SafeSurgery2020.com](http://SafeSurgery2020.com)

The value of medical school and residency is under attack legislatively. Every year, most states have scope of practice legislation that threatens patient safety and devalues medical school and residency training.

### Now is the time to change the course of all scope legislative fights.

**Safe Surgery Arkansas** is a coalition of patients and physicians formed in response to the passage of Act 579 by the 2019 Arkansas General Assembly. The act allows optometrists to perform certain surgical procedures on the eye and eyelids. SSA secured 64,027 valid signatures to place a referendum on the November 2020 ballot.

**This is the first time EVER where voters are being given the opportunity to vote on a scope of practice expansion.**

If you believe, as we do, in the importance and value of medical school and residency in providing the safest, highest quality care to your patients, then join us in overturning Act 579 of 2019. **Together we can change the endless legislative pursuit by non-physicians and maintain patient safety in all medical fields!**

During the successful effort to get this referendum on the November ballot, Arkansas Ophthalmologists donated an average of \$10,000.00 each. **Can we count on you to donate \$1,000, \$5,000, \$10,000 or \$25,000 to Safe Surgery Arkansas?** Donations can be made to payable to **Safe Surgery Arkansas**, PO Box 56170, Little Rock, AR 72215 or made online at [safesurgery2020.com](http://safesurgery2020.com).

Your contribution will help us buy television time across the state of Arkansas, billboards on all of our highways, radio ads to play in every car, and targeted letters for thousands of mailboxes.

This fight is important, and there isn't a household, neighborhood or individual we will miss. Our goal is to stop all scope legislative fights going forward.

### Will you help us do it?

Sincerely,

Safe Surgery AR Committee

**Paid for by Safe Surgery Arkansas.**



# Foresight in 2020.

We believe that your malpractice insurance team should be ready and available when you need them most. SVMIC is built on this kind of reliable and dedicated relationship, so you can focus on your practice and we can focus on protecting it.

Move forward with us at  
[www.svmic.com](http://www.svmic.com)



## Ninety-Six Percent of UAMS Medical Students Find Residency Placement at Match Day

Ninety-six percent of the College of Medicine graduating medical students who participated March 20 in the National Resident Matching Program (NRMP) at the University of Arkansas for Medical Sciences (UAMS) were placed into residency programs, where they will continue their specialty medical training for the next three to seven years.

Forty-three percent are staying in Arkansas for their training, where studies show they are likely to remain to practice medicine. Forty-five percent are going into primary care fields such as family medicine, internal medicine, pediatrics and obstetrics and gynecology.

Match Day is an annual event in which fourth-year medical students across the nation simultaneously open envelopes revealing their “match” — or where they have been accepted to continue their training in a specialty residency. Usually a big celebration with friends, family and faculty, this year’s celebration was held virtually. In-person classes at UAMS were suspended March 12 and events have been canceled in an effort to stop the spread of the highly contagious novel COVID-19 respiratory illness.

“I suspect that this will be more memorable than any other Match Day,” Christopher T. Westfall, M.D., UAMS executive vice chancellor and College of Medicine dean, said to the students.



“I’d also like to thank you because of the adjustments we’re making as we look at COVID-19. I have seen a tremendous response, and not only from our faculty and our residents, but the students have really stepped up to the plate with acts of volunteerism. I urge you over the next few months to learn everything you can about this virus and how to take care of these patients, because

you’re going to be the front line. I have every confidence that this will be yours and our finest hour.”

In the College of Medicine Class of 2020, 161 students participated in the match, 155 matched into a residency and six were left unmatched. They have the option to participate in subsequent attempts to match students with any remaining residency slots. Sixty-six are remaining in Arkansas. Seventy are

going into primary care. General surgery (14), psychiatry (13) and anesthesiology (10) were also popular specialties. In addition to the UAMS seniors who participated in NRMP, 11 received residencies in early matches (military, ophthalmology and urology).

“I think we need to pause to reflect on the fact that it’s never been more clear the difference you’ll be able to make for the people of your community and the people of this state and nation,” said James Graham, M.D., executive associate dean for academic affairs. “It is very obvious that the field you’ve chosen can really, really make a difference in the coming days and months.”

# With many employees working from home—thrust into close quarters with relatives and distanced from coworkers and friends—an expert says it is important to practice self-care.

By Rasheeda Childress

After federal health officials recommended people socially distance themselves to reduce the spread of the COVID19 coronavirus, many schools closed and numerous associations asked their employees to work from home. This sudden change of workspace, coupled with additional childcare responsibilities in some cases, can create stress for employees, said Nabil El-Ghoroury, Ph.D., CAE, executive director of the California Association of Marriage and Family Therapists (CAMFT).

"It effects your work tremendously if you aren't coming into the office," El-Ghoroury said. "The ability to be productive is changed, particularly for working parents. Also, social contacts—we are social people. Being isolated is pretty challenging, particularly for extroverts."

He added, "This is definitely going to test people's relationships, even your relationship with your kids. This poses some unique challenges."

To help association professionals deal with those challenges, El-Ghoroury offered eight tips.

**Practice self-compassion.** Realize that in this time when meetings are being canceled, travel is stopped, and supplies are limited, things are not going to all go as planned. "You have to forgive yourself," El-Ghoroury said. "Let's just get through this for the time being."

**Reassess expectations.** "This also relates to self-compassion," El-Ghoroury said. "It's going to be hard to hit targets on the strategic plan or for revenue." He advised reassessing what you can do within the lens of the current environment.

**Assemble your team.** El-Ghoroury said to make sure you have the right people on the team to help you do your job in this quickly changing environment.

**Make a plan.** Determine what will work best for your office environment, which may or may not be everyone working from home. CAMFT chose optional work from home, so people can go in if they prefer. El-Ghoroury said an association colleague told him they are rotating different teams into the office, so sometimes a team works from home and other times that team works at the office in a socially distant manner.

**Stay connected.** It's important to connect with people in your office, as well as colleagues. "We have to be intentional about staying in communication," El-Ghoroury said. "You can't just walk with your coffee cup three doors down and see people. We have to plan FaceTime or Zoom. Also, reach out to your association colleagues. You can get great ideas from other folks."

**Limit your news consumption.** While certain details are important to know for public safety, El-Ghoroury said, beyond that, it can raise anxiety. "Turning it off can really help with your stress," he said.

**Take a break.** When people work from home, work can easily bleed into home-life, but El-Ghoroury contends separation is important. "Take breaks and consciously stop working at a certain time," he said. "We can't sprint a marathon. You have to pace yourself."

**Practice healthy habits.** El-Ghoroury said it's important to move healthily through your day at home, including eating right, taking walks, and exercising.

El-Ghoroury said right now people are still in the early stages of this crisis mode and things will become "more stable" as we get further along. He added one bonus tip: "Laugh," he said. "Laughing really relieves stress, and there is only so much you can do."

*This article originally appeared on AssociationsNow.com. Reprinted with permission. Copyright ASAE: The Center for Association Leadership (March 2020), Washington, DC.*



# Member News

## PCMS members assume leadership in Society of Hospital Medicine of Arkansas

The Society of Hospital Medicine (Arkansas chapter) held its inaugural meeting on 02/22/20. The chapter will potentially have over 300 members throughout the state.

Dr. Chandra Lingisetty, Co-founder and President of the chapter and his office bearers are committed to work with all hospital medicine physicians, nurse practitioners, administrators, pharmacists and other players in the hospital medicine ecosystem in bringing superior value to patients cared for in the hospital setting. SHM Arkansas functions as a collaborative platform for connecting, networking, career advancement and realizing a shared goal of high-quality patient care in Arkansas.

SHM is a national organization representing the interests of about 80,000 Hospital Medicine Providers including 70,000 Hospitalists, Advanced Practice Providers, Physician Assistants, and other Specialty



*Left to right: Dr. Allen Lewis (President-Elect), Dr. Franklin John Gray (Secretary), Dr. E. Gowen (Guest Speaker), Dr. Rachel Thompson (National SHM Board Member, Guest speaker), Dr. Chandra Lingisetty (President), Dr. Thirumal Dubbaka (Treasurer).*

Hospitalists practicing in the United States (Over 30,000 active members in SHM). Hospitalist's impact over 70% of hospital based medical care.

## UAMS Surgeon First in U.S. to Perform New Hysterectomy Surgery

Alexander Burnett, M.D., a gynecologic surgeon at the University of Arkansas for Medical Sciences (UAMS), is one of only a handful of surgeons worldwide and the first in the United States at the cutting edge of a new scarless and almost painless technique for hysterectomy.

The method is called Total Vaginal Natural Orifice Transluminal Endoscopic Surgery (V-NOTES)

hysterectomy. Burnett trained directly with Jan Baekelandt, M.D., a surgeon in Belgium who invented the approach and has completed over 1,000 cases. Burnett has completed over 100 V-NOTES procedures to date and all have been successful.

"The biggest advantage for the patient is that there are no scars, and pain and downtime are minimal," Burnett

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## UAMS Surgeon First in U.S. to Perform New Hysterectomy Surgery

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said. "For the health care system as a whole, there are also benefits: no patient hospital stay and no need for dangerous opioid pain medications."

Traditionally, hysterectomies are performed via an incision to the abdomen, which requires a hospital stay of at least one or two days and a recovery period of a full six weeks before the patient can resume normal activities and physical exertion. Plus, the surgery leaves a scar.

To avoid these issues, surgeons have long sought alternative methods. Hysterectomy can be performed laparoscopically, using small incisions in the abdomen

and lighted cameras. Burnett said the V-NOTES approach takes that idea a step further.

"With V-NOTES, the surgery is actually performed through the vaginal canal, so there are no incisions to the outside of the body that are visible after the surgery," Burnett said. "I use a device called a laparoscopic port that covers the vagina. I am able to inflate the abdominal cavity with air, then place my surgical instruments and a lighted camera through the port. Once that's in place, I am able to see and do everything I would normally be able to do with a laparoscopic hysterectomy."

V-NOTES can also be used to remove the fallopian tubes and ovaries, if necessary. Burnett has even had cases where he discovered issues with a patient's appendix during the hysterectomy and was able to remove it as well.

## Baptist Health Now Offering FDA-Approved Automated Breast Ultrasound System for Screening Women with Dense Breasts

Baptist Health is now offering Invenia ABUS 2.0 (Automated Breast Ultrasound System), approved by the FDA for breast cancer screening, to be used in addition to mammography for women with dense breast tissue and an average lifetime risk of breast cancer.

"We are pleased to add automated whole breast ultrasound to our breast cancer screening program," said Dr. Amanda Ferrell, medical director of Baptist Health Breast Center. "By using mammography – the gold standard for breast cancer detection – and automated whole breast ultrasound in women with dense tissue, we will be able to find more breast cancers. The cancers found by ABUS tend to be the invasive or spreading tumors."

Dense breast tissue is normal, seen in 40-50 percent of women and is a risk factor for breast cancer. Automated whole breast ultrasound can see through dense tissue and find small cancers that may not be seen on mammography because they are hidden by normal, dense breast tissue.



The Invenia ABUS 2.0 System is designed to enhance the consistency, reproducibility, and sensitivity of breast ultrasound, demonstrating a 35.7 percent improvement in cancer detection in women with dense breasts without prior breast intervention.



# Calendar of Events

## Workplace Violence



*Melony Hilton*

**Wednesday,  
May 20, 2020**  
1:45 am – 12:30 pm  
Suite 802 of the  
Doctor's Building,  
500 S. University Avenue

Speaker  
**Melony Hilton, SVMIC**

This session addresses the growing concern over workplace violence including the potential warning signs and appropriate responses to bomb threats and active shooters

## Medical Office Cybersecurity for Business People



*Justin Huffaker*

**Wednesday,  
June 17, 2020**  
11:45 am – 12:30 pm  
Suite 802 of the  
Doctor's Building,  
500 S. University Avenue

Speaker  
**Justin Huffaker, Vice President of Strategic Technology**

In the wake of the Equifax security breach, approximately half of all Americans have had personal identity and financial credit data stolen. And, the Equifax breach is not an isolated incident. It seems that on a daily basis news headlines are trumpeting yet another high-profile company who has had defenses compromised and data stolen. As business people, it is a mistake to see these breaches as expressly "IT problems" when many cybercrimes are the result of con artists, simple trickery, and ignorance on the part of office workers. These so-called "socially-engineered attacks" are a highly effective threat vector and require specific defensive actions in order to be mitigated. A well-conceived business security strategy should not only involve deep technical tools but should also include employee education and technology usage best practices.

This presentation is geared for a business audience and provides insight into steps that can be taken at an individual level to increase information security.

## Lunch & Learn Topics

Do you have a topic you would like to have an industry expert speak about?  
If so, please call Derek at 501-687-0039, or email him at [derek@pulaskicms.org](mailto:derek@pulaskicms.org), with your topic suggestion.

Please check the PCMS website at [pulaskicms.org](http://pulaskicms.org) for updated event information.



Pulaski County Medical Society  
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Little Rock, AR 72205

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**Mission:**  
Promote medical care,  
professional growth, and  
public health.

**Vision:**  
To be a catalyst for change  
in how healthcare is  
viewed and implemented  
in Central Arkansas

## Strategic Plan 2018 – 2021

1

### Practice and Professional Viability

Maintain and enhance services,  
professional staff and communications  
to effectively implement the mission.

2

### Community Voice and Outreach

Create and participate in events to  
promote health; monitor and propose  
government initiatives that affect public  
health and safety; become the trusted  
resource in the community for overseeing  
the influencing of public health policy.

3

### Leadership

Growing the number of active members  
involved in the society's community  
outreach and service, and take care of  
the mental health of its members through  
the foundation.

**If you would like to be involved in the  
committee to help implement the  
Strategic Plan please call 501-687-0039.**