

A Newsletter for the Members of the New Mexico Chapter - Winter 2024



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President's Corner

Tony Salazar, MD, FACEP
NM ACEP President

I hope our quarterly newsletter reaches you at a good time. By now, most of us have recovered from the Holidays and our clinical practice is beginning to recover from the busy winter respiratory season.

There was a great turn out at our recent quarterly meeting on January 20 at Savoy with approximately two dozen members present! We enjoyed the company of members from Albuquerque, Las Cruces and Raton and heard about many important issues affecting emergency medical care throughout the state.

We addressed many important issues, including a review of the NM Board of Nursing's update on nurse's ability to administer ketamine. This is a very important issue that NMACEP tackled in 2013 and is again affecting many of our practices. We plan to work with various organizations, including the Board of Nursing, the NM Medical Society and NM Hospital Association to address this critical issue.

Our members also discussed a request from an outside organization, the Alcohol Harms Alleviation Coalition, to support an endorsement regarding a legislative effort to increase alcohol excise taxes in NM. While we all may agree that alcohol impacts many of our patients, we ultimately decided it was best to review the legislative bill ahead of agreeing, or declining, to endorse such legislation. It was very refreshing to participate in this potentially contentious topic with our members in such a collegial manner.

Those present also selected members to represent us at the 2024 ACEP Leadership and Advocacy Conference in Washington, DC. Drs. Scott Mueller (President-elect), Andrew Bivin, Caitlin Bonney and up to two ACEP NM Medical Student Council members will represent us this year.

Thank you to the NM ACEP members that signed up to serve as mentors for our ACEP NM Medical Student Council members. We are still in need of additional mentors for our NM medical students interested in pursuing a career in emergency medicine. If you would like to sign up to serve as a mentor, please email me.

It is that time of year for us to nominate members to lead our chapter for 2024-2025. If you have any interest in an officer position, please reach out to any of our current chapter leaders. In addition to chapter officers, we are also looking for an additional ACEP PAC board of directors member.

Lastly, mark your calendar for our 2024 Annual Meeting, which will take place Saturday, May 11, 2024 at 5pm in Albuquerque. The location will be announced in an upcoming invitation from our executive director, Jennifer Valenti.

Respectfully,
Tony

Oh, the People You Will Meet

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I started off this piece writing about anger. One of my patients recently showed so much anger and explosivity towards me, I wondered if he would shoot me as I tried to leave the hospital. I made an ordeal of finding a less conspicuous way to leave work and get to my car safely. I spent days thinking about how he had been driven to irrationality by his pain. It was the most scared I have felt about the career I have chosen, the state of healthcare, and how much I am willing to risk for this profession.

But the more I wrote about it, the more I let my own frustration pour out, I realized, the last piece I write for this newsletter will not be dictated by fear.

I have four months and nine days left of residency and I already miss it. I want time to stop so I can savor the bubble of safety and protection that the academic nest has offered me the last three years and I simultaneously want to be a grown-up doctor, eager to test myself as the physician I've been working so hard to become. I have learned an unquantifiable amount of medical information and yet it feels like a small fraction of all the medical knowledge that exists today. I have done countless question banks, attended Grand Rounds discussions, read journal articles, and listened to innumerable podcasts on my endeavor to be a better doctor. But reflecting now, I realize that no learning resource has ever taught me as much as the people I have met in the last three years.

Michelle, Joselyn, Jen and Victoria: our trauma resuscitation nurses who show up every day, ready to hustle for their patients for 12 hours straight, facing cardiac arrest after trauma arrest after sepsis codes without ever losing their cool, never letting another patient suffer no matter how distorted our nurse: patient ratios are for the day. Whether they have one patient or six patients, they are thorough and thoughtful. They teach me and shape me with their questions, their suggestions, and their constant feedback. I see them as my offensive coach, defensive coach and play coordinator. They have taught me more about the heart of patient care and resuscitation than four years of medical school, numerous attendings and countless test questions could ever teach me. Every shift they show me grace, forgiveness, kindness, and mentorship. When I think about who I want to emulate, who I want to carry in my mind as my guides, it is the nurses who cared enough to make me better.

Taylor, Josh, and Jen: the pharmacists who rightfully tease me for my questionable understanding of pharmacology and chemistry but never hesitate to teach me

how to titrate medications appropriately, how to critically evaluate my antibiotic selection, and always remind me to provide analgesia and anesthetic to my patients. They are by far the smartest people in our department but approach our fragile egos with patience and respect.

Katie, Melina, Jason, Wanda, and every tech who has gotten us those lifesaving 18-gauge access points. Trauma yells about access, we yell about access, no resuscitation can happen without access. And yet we expect access to just happen, with so little respect for the expert hands that adeptly manipulate veins, flailing arms, and curses being thrown at them while they patiently ply their trade. They are the jack of all trades of our department, the invisible, underappreciated minions who make our cerebral thinking and remote orders become a reality, an intervention that works. I can never begin to give them the recognition they deserve.

Emily, Don, Bruno, Tijana, Liz, Jo, Gabe, Nizar, Fran, Juan, Hallie: my co-residents. We have worked through wave after wave of Covid-19, medication shortages and patient surges, waiting room medicine and conference room medicine. We have been there when puppies broke their legs and ducks passed away and babies were born. I loved every late-night conversation in the resident room, and looking up from a resuscitation and seeing you managing the next page that was coming in through the doors. We may be “the dud’s” but I am proud of all we have been through and the doctors you are all becoming.

And lastly, the patients. My patients are the greatest gift. They teach me everything the textbooks never could encapsulate: how to listen, how to be an advocate, how to treat people with respect, how to be patient. On the days they yell at me, they remind me what it must feel to sit in a waiting room for 10 hours before being seen. On the days they are kind to me, they remind me to share kindness more. On the days they come in beaten and stabbed, they remind me to be grateful for the health and safety I take for granted. Most of all, they have taught me that the gap between me and them, the defining difference between doctor and patient, is really not so big at all. Someday I will be a patient, and I hope my doctor will treat me with dignity and humanity.

FROM NATIONAL ACEP



ACEP Resources & Latest News

ACEP President spoke at a Congressional briefing Tuesday to discuss violence in the ED and advocate for legislative solutions to protect health care workers. Aisha Terry, MD, FACEP, detailed the urgent need for accountability and stronger protections, saying, “We can’t be the safety net without feeling safe ourselves.” [Read more.](#)

Amplify your voice at ACEP's Leadership & Advocacy Conference, April 14-16. Together, we will advocate in person to policymakers for a better environment for EM and your patients. [Register today!](#)

Emergency medicine continues to move beyond traditional routes. With multiple meetings in one location within the same week, ACEP Accelerate offers different tracks to forge ahead and rise to your career goals. Get some of the best features of a large conference experience while retaining the targeted education of a focused meeting - all at a brand new resort in the exciting entertainment capital of Texas! [Read more.](#)

ACEP Advocacy: Act now to reverse Medicare physician pay cuts. Beginning Jan. 1, Medicare physician reimbursements were cut 3.4%. Legislators need to hear directly from you to reverse these harmful cuts as soon as possible. [Read more.](#)

Dive into Unionization: ACEP invites you into the hard conversations about emergency physician unionization as we collectively wrestle with how to protect EPs now and in the future. [Take a quick survey about your interest level in physician unionization.](#)

- [Watch two courses from ACEP23](#) about unions and employer models. [Listen to a recent Frontline podcast](#) about physician unions. Then commit to more discussions about next steps for EM.

ICYMI: PEER's gone mobile! All PEERprep and PEERCert+ subscribers can download and log in to use the study tool with its new mobile app today. Available for both Apple and Android users. Also, don't miss out on the

ACEP Mobile App, which provides easy, offline access to clinical policies, point of care tools, reimbursement FAQs, news, advocacy alerts and more! Download both today. [Read more.](#)

ACEP Awards: ACEP's Leadership Awards Program recognizes members in all career stages and environments for their professional contributions and service to the College. The nomination deadline is March 12. [Read more.](#)

Upcoming ACEP Events and Deadlines

Feb. 26: [Introducing Emergency Medicine Residents to Democratic Group Practice](#)

Feb. 28: [Develop a Plan to Tackle Your Student Loans](#)

Feb 29: [Becoming a Forensic Medicine Expert Witness](#)

Feb. 29: [Ruptured Abdominal Aortic Aneurysm](#)

March 7: [Nuts and Bolts of Physician Reimbursement](#)

March 9-15: [ACEP Accelerate, Arlington, TX](#), Featuring -

- Advanced Pediatric EM Assembly – **March 11-13**
- ED Directors' Academy – **March 11-15**
- Reimbursement & Coding – **March 11-13**
- Teaching Fellowship – **March 9-14**

March 11: [Board of Directors Nominations Deadline](#)

March 12: [ACEP Award Nominations Deadline](#)

April 14-16: [ACEP Leadership & Advocacy Conference, Washington, DC](#)

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