

Veterans Caucus

An Affiliated Constituent Organization of the American Academy of Physician Assistants



Early Fall 2021

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2021 Topics in the Tropics Cancun Mexico

December 8-11, 2021

*Classroom Style Lectures in
Primary Care Topics
Lectures from 0700 to 1300
each day*

*Remainder of your day to enjoy
the beach, pools, recreational
facilities and RELAX*

The Veterans Caucus Is Made Up of People who Care

The purpose of this newsletter is to provide up-to-date information to the members of the Veterans Caucus. The Board of Directors strive to ensure that the members are well informed and to foster a greater sense of community, and to build morale.

Please consider helping not only the Caucus, your fellow members but also the profession as a whole by considering volunteering in some capacity within the organization.

If interested, please contact Pam Lucas, President, plucas@veteranscaucus.org

Message from the President

September 2021

I hope everyone had a healthy and safe summer and that you were able to get out and enjoy some of the sunshine. As we head into fall, we are seeing the covid numbers rising again and several groups of people refusing to wear masks and follow the CDC recommendations. As we continue to educate people on the virus and vaccine and treat those who need help, I urge you to stay safe and healthy.

As a group we worked hard last year to rewrite our Bylaws. Our membership category is one area of change. Along with our fellow, affiliate, and student memberships we have added an associate member category. An associate member is any person who is/is not a veteran and is interested in veteran affairs or the physician assistant profession.

Our Bylaws can be found on our Caucus website by scrolling over ABOUT, then Caucus History, then Bylaws. Our membership remains one of the most reasonable around. Please consider joining us. We only have two meetings a year, during the AAPA conference in May and at Topics in the Tropics in December.

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*"If a man hasn't discovered something that he will die for, he isn't fit to live."
Martin Luther King Jr.*

CME Question 1

What is the empiric prophylactic antimicrobial regimen for chlamydia, gonorrhea, and trichomonas for adolescent and adult female sexual assault survivors?

See Answers on last page



*Cancun Mexico
"Lectures till ONE; then Fun in the Sun"*

CME Question 2

Pulmonary embolism can have ECG findings suggestive of acute RV strain, such as deep T-wave inversions in leads V1, V2 and V3, RBBB, or S1Q3T3. PE can also present with ST-segment elevation mimicking anterior wall MI. What is the mechanism for the ECG changes?

See Answers on last page

Message from the President-Cont

We are still planning on Topics in December. This year will be in Cancun, Mexico. It will be our 30th Anniversary of Topics and look forward to celebrating with old friends and new friends. The resort is beautiful, as seen below and we all need some relaxation. Information for the conference can be found on our website home page.

In the meantime, stay healthy and we will see you in December.

Pam Lucas, PA-C, Lt Col USAF (Ret)
President 2021-2022

Blast From the Past

Reprinted from the Veterans Caucus 20th Anniversary Commemorative Journal

Ken Harbert, PA-C

In 1965, Eugene Stead began the PA profession, when he began training four former US Navy Corpsmen at Duke University, to become PAs. Due to America's significant involvement in the Vietnam War in the 60s and 70s, there were many former military corpsmen available for and interested in obtaining this education. Consequently, the vast majority of the original PAs were former corpsmen. In 1968, the Duke PA graduates and students founded a national organization to represent the interests of this new professional, the American Academy of Physician Assistants (AAPA), whose founding president was a former US Army medic, Bill Stanhope. The first AAPA meeting held away from the mother institution, Duke, took place on a rural Texas Air Force Base. Despite the significant heritage veterans gave birth of our profession, no reflection was to veterans during the annual AAPA meetings.

In 1966 and 1967, while the initial PA students were doing their clinical clerkships on the Duke wards, a US Navy corpsman, Kenneth Harbert was applying his corps school training in service with USMC Forced Recon in Vietnam. Ken, a native of Pittsburg, had camped and hunted in rural Pennsylvania and had spent summers working with his father in the Allegheny Mountains. Consequently, he was used to working in rural areas, although the terrain in Vietnam was certainly different than any he had encountered in Pennsylvania! Ken states that he never knew "fear," until arriving in Nam. In Nam, Ken said that "like I spent only four months at Phu Bai, literally got blown up in a firefight and all I remember is being extracted in a daze from what seemed like a year in a coma and later had rhinoplasty and submucosal resection done on my face." While Ken thought that this might earn him an early trip back to "the world," he was sorely mistaken.

Continued on Page 3

Blast From the Past

(Cont)

However, Ken eventually did return to "the world," and following his Honorable Discharge from the USN, he continued his college education at the the University of the State of New York (SUNY) at Stony Brook. Although Ken initially took nursing courses there, he immediately changed his professional perspective. After graduation from SUNY, Ken worked in psychiatry, occupational medicine, internal medicine, trauma, and then family medicine. While working at the University of Pittsburg he had the opportunity to join a Vietnam project started by Dr. John Wilson called the "Forgotten Warrior Project".

This involvement made Ken realize how Vietnam affected all veterans. Subsequently, Ken moved to Washington, DC, where he worked with a clinical psychologist, who asked Ken and other veterans to speak to medical students about their war experiences and the "stress" that these experiences had injected into their lives. From this, Ken and Dr. Jay began a Vietnam veterans group, "Back in the World," where Vietnam veterans met and talked about their experiences in Nam and their "ghosts." In the 70s, Ken and Dr. Jay presented testimony to the US Congress about the impact this closed therapy had on veterans, and the press coined the term "Post Vietnam Syndrome (PVS)." At this time, veterans hospitalized in Veterans Administration Hospitals, with "ghosts" from previous wars, were being treated for "nerves." However, a new definition of "nerves" and "post Vietnam syndrome" was coined. "Post Traumatic Stress Disorder," which still exists to cover emotional "ghosts" individuals acquire from traumatic situation.

Possibly due to Ken's involvement in working Vietnam veterans with "PVS," and the success group therapy had in assisting war veterans in dealing with their "ghosts," Ken was amazed that despite the PA's military history, the AAPA had never recognized their military heritage.

In 1980, Ken began bringing veteran paraphernalia to AAPA meetings and began social gatherings of Vietnam veterans attending the meetings. These were the humble beginnings and by 1985, the AAPA recognized the Veterans Caucus as an official AAPA Caucus.

Since then, Ken has been actively involved in Caucus activities, from his role as the founding president to today, when he serves as the executive director. While his professional career has literally taken him around the country. (his current position is chair for a Master of Science Physician Assistant program that is a partnership of excellence between the University of Sciences in Philadelphia and Philadelphia College of Osteopathic Medicine), his "home" has been the AAPA Veterans Caucus. While as a PA and PA educator, Ken continued his formal education by obtaining his master's degree and then his doctorate, all the time being actively involved in all functions of the Veterans Caucus. Ken has been an active presence as the Caucus welcomed new combat veterans from diverse locations such as Grenada, Somalia, Kuwait, and Iraq.

This year, following the 20th consecutive Veterans Caucus Memorial Day Ceremony, Ken is retiring from his position as executive director. While Ken may retire from his active Caucus leadership responsibilities, his spirit shall drive the Caucus for sempiternity.

CME Question 3

A Second fracture is an avulsion fracture of the knee that involves the lateral aspect of the tibial plateau. What is the significance of this avulsion that mandates an MRI in all cases?

See Answers on last page

"Never give in, never give in, never, never, never, never—in nothing, great or small, large or petty—never give in except to convictions of honor and good sense."

Winston Churchill

"Whoever said the pen is mightier than the sword obviously never encountered automatic weapons."

Douglas MacArthur



Board of Directors

Pam Lucas
President (21-22)



TJ Bonjour
Past-President (21-22)
President Elect (21-22)



Mike Milner
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Johnnie Gilpen
Director-at-Large (20-22)



Dallas Lipscomb
Director-at-Large (20-22)



William Eisenburg
Student Representative
(21-22)



James Cannon
Director-at-Large (21-23)



Important Dates

Patriot Day	Sept. 11
POW/MIA Recognition Day	Sept. 17
U.S. Air Force Birthday	Sept. 18
Gold Star Mother's/Family's Day	Sept. 26
VFW Established	Sept. 29
U.S. Navy Established	Oct. 13
Navy Day	Oct. 27

Did you know that the Veterans Caucus sells several items in the Caucus Web Store??

All proceeds benefit the Veteran Caucus Scholarship Program

Veterans Caucus Coin \$19.00



God Loves the Grunt \$52.00



Veterans Caucus Lapel Pin \$10.00



CME QUESTION ANSWERS

#1. Ceftriaxone 500 mg IM in a single dose plus doxycycline 100 mg BID PO for 7 days plus Metronidazole 500 mg BID PO for 7 days (for persons weighing at least 150 kg, 1 gm of ceftriaxone should be administered.)

MMWR July 23, 2021; www.emedhome.com QAD, 30 Jul 2021

#2. This is likely due to acute RV strain and poor left ventricular filling resulting in decreased blood flow to the coronaries.

Clin Pract Cases EM. Vol. 4:660; www.emedhome.com, QAD, 16 Aug 2021

#3. Segond fractures have essentially a 100% positive predictive value for an ACL tear. Do not assume a Segond fracture is old (i.e., from the initial ACL tear) in a patient with prior ACL reconstruction; compare with prior studies.

Emerg Radiol. Vol. 26:683; 2021; www.emedhome.com, QAD, 7 Aug 2021



SPEAKERS AND TOPICS

Friday, December 10, 2021

- 6:00pm - 8:00pm
- Veterans Caucus Topics in the Tropics 30th Anniversary Celebration Dinner

Saturday December 11, 2021

- 7:00am - 12:00pm
- Kevin Hickman, PA-C - Who Can Bill For That? Navigating Regulatory Complexities Of The MD/PAINP Team
 - Stephen Redmond, D.C. - Chiropractic care and how to integrate into my practice. A new algorithmic approach.
 - Greg Thomas, PA-C - NCCPA Update
 - Kenneth Moritsugu, MD RADM, USPHS (Ret): Former United States Surgeon General - Organ Donation & Transplantation: "The Human Aspects."
 - Jay Armién, PA-C - Cardiac Complications of COVID: the long haulers
 - Mark McKinnon, PA-C - Osteoporosis In The Veteran Population

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Program pending approval for 18 Category I CME credits

Please join us for the Caucus' 30th Anniversary Dinner Friday night!



SPEAKERS AND TOPICS

Wednesday, December 8, 2021

- 8:00am - 12:00pm
- Veterans Caucus Board of Directors Meeting - Conference Center – Open to All

- 6:00pm – 8:00pm
- Welcome Reception at the MAIN POOL!

Thursday, December 9, 2021

- 7:00am - 1:00pm
- Maria Kobylinski, MD - Fad Diets
 - Jeanine Gargiulo, PA-C - Joint Replacement Surgery – The Journey after Discharge
 - Michelle Olsen, MD – Irritable Bowel Syndrome
 - Kathleen Marinelli, MD - Medications and the Breastfeeding Patient
 - Cathy Bond, NP – Palliative Medicine Tips & Tricks for Care Goals-Conversations w/Patients & Family ()
 - Kevin Hickman, PA-C - There's a Hole in my Heart; Congenital Heart Defects

Friday, December 10, 2021

- 7:00am - 1:00pm
- Michael Milner, PA-C – Military Occupational History
 - Robert Dunne, PA-C – Diabetic Wound Care
 - Cathy Bond, NP - Improving Quality Of Life With Symptom Management
 - Randy Danielson, PA-C - "Malpractice cases: You be the Judge"
 - Jeanine Gargiulo, PA-C – What the Orthopedist Wants You to Know
 - Robin Hunter-Buskey, PA-C - Women in Leadership

VETERANS CAUCUS

30th Annual Topics in the Tropics Conference

December 8-11, 2021

Paradise Cancún, Cancún, Mexico



BOOKING INFO

Hotel Info:
<https://bit.ly/3akByEs>

Airport Info:
 Cancún International Airport (CUN)
www.cancun-airport.net

Shuttle Info:
 (Shuttle Fees R/T & pp to airport/resort)

- \$50 (13y/o and up)
- \$25 (5-12y/o)

(must book w/registration)

Registration and CME Chair:
 Pam Lucas, 210-204-5472,
plucas@veteranscaucus.org



REGISTRATION

MEMBER	CHECK CREDIT CARD
Before Aug 1	\$325 \$335
Aug 1 - Sept 30	\$375 \$386
Oct 1 - Oct 31	\$425 \$440
After Nov 1	\$500 \$525
NON-MEMBER	CHECK/CREDIT CARD
Before Aug 1	\$375 \$386
Aug 1 - Sept 30	\$425 \$438
Oct 1 - Oct 31	\$475 \$490
After Nov 1	\$550 \$575

Topics in the Tropics T-shirts
 \$20 – pre-orders delivered to your home prior the conference

vs
 \$25 in Cancún & limited supply

S / M / L / XL / XXL



CONFERENCE OBJECTIVES

- Summarize state-of-the-art management of common medical conditions in clinical practice
- Describe the latest evidence regarding diagnosis and evaluation of medical conditions commonly seen by the primary care healthcare team
- Employ new strategies to enact behavior change in patients
- Special Note: We will conduct our annual toy and school supplies drive for a local charity. Please consider bringing a few items to donate.....it is a tax deductible expense associated with the conference. Thank you for your support making lives better!

LIFESAVERS Then, CAREGIVERS Now!