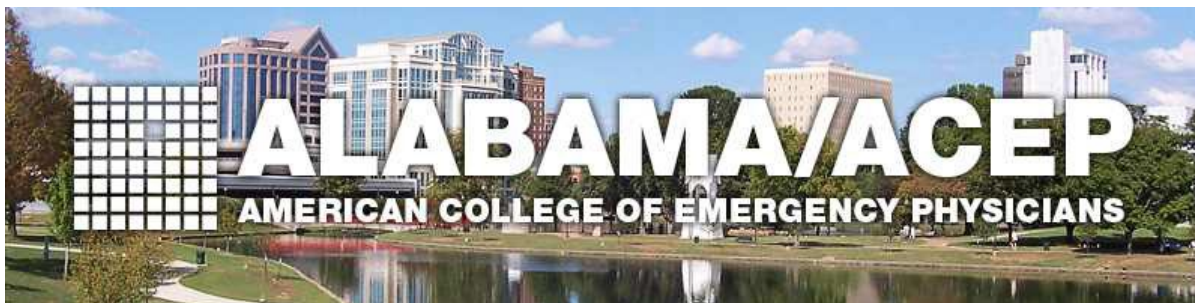


A Newsletter for the Members of the Alabama Chapter - Spring 2024

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**EMerald Coast 2024**



Make plans to join us for EMerald Coast 2024, an educational meeting for all emergency medical service personnel including physicians, PAs, NPs, nurses, EMTs, administrators,

recruiters and corporate suppliers. This four-day meeting provides attendees with the opportunity to earn CME at the beach, along with plenty of free time to relax and reconnect with colleagues.

Elections for chapter leadership will be held at the June meeting

**Monday, June 3 – Thursday, June 6, 2024**

Sandestin Golf and Beach Resort

Destin, Florida

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**Dr. Bryan Balentine Took a Week-Long trip to Ukraine to Treat Displaced Orphans and Vulnerable Children**



New Horizons for Children USA, and Church of the Highlands partnered with New Horizons for Children Ukraine to provide support to displaced orphaned and vulnerable children in Ukraine.

Every few months, the organization takes a group of doctors and nurses to do wellness checks with their staff in Lviv. They provide medical exams and recommendations, deliver charity donations in the form of clothes, shoes and hygiene supplies.

On day two of the week-long trip, the children received a special visit from Dr. Bryan Balentine, aka Batman. The dedicated physicians dressed up as heroes to create a positive and welcoming environment for the children.

The group of physicians treated a total of 61 children from two different locations, providing much-needed medical checkups and support. Throughout the entire week, the physicians treated over 130 children in Ukraine.

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## **Geriatric Emergency Medication Safety Recommendations (GEMS-Rx): Modified Delphi Development of a High-Risk Prescription List for Older Emergency Department Patients**

[Rachel M Skains 1](#), [Jennifer L Koehl 2](#), [Amer Aldeen 3](#), [Christopher R Carpenter 4](#), [Cameron J Gettel 5](#), [Elizabeth M Goldberg 6](#), [Ula Hwang 7](#), [Keith E Kocher 8](#), [Lauren T Southerland 9](#), [Pawan Goyal 10](#), [Carl T Berdahl 11](#), [Arjun K Venkatesh 5](#), [Michelle P Lin 12](#)

- PMID: 38483427
- DOI: [10.1016/j.annemergmed.2024.01.033](https://doi.org/10.1016/j.annemergmed.2024.01.033)

### **Abstract**

**Study objective:** Half of emergency department (ED) patients aged 65 years and older are discharged with new prescriptions. Potentially inappropriate prescriptions contribute to adverse drug events. Our objective was to develop an evidence- and consensus-based list of high-risk prescriptions to avoid among older ED patients.

**Methods:** We performed a modified, 3-round Delphi process that included 10 ED physician experts in geriatrics or quality measurement and 1 pharmacist. Consensus members reviewed all 35 medication categories from the 2019 American Geriatrics Society Beers Criteria and ranked each on a 5-point Likert scale (5=highest) for overall priority for avoidance (Round 1), risk of short-term adverse events and avoidability (Round 2), and reasonable medical indications for high-risk medication use (Round 3).

**Results:** For each round, questionnaire response rates were 91%, 82%, and 64%, respectively. After Round 1, benzodiazepines (mean, 4.60 [SD, 0.70]), skeletal muscle relaxants (4.60 [0.70]), barbiturates (4.30 [1.06]), first-generation antipsychotics (4.20 [0.63]) and first-generation antihistamines (3.70 [1.49]) were prioritized for avoidance. In Rounds 2 and 3, hypnotic "Z" drugs (4.29 [1.11]), metoclopramide (3.89 [0.93]), and sulfonylureas (4.14 [1.07]) were prioritized for avoidability, despite lower concern for short-term adverse events. All 8 medication classes were included in the final list. Reasonable indications for prescribing high-risk medications included seizure disorders, benzodiazepine/ethanol withdrawal, end of life, severe generalized anxiety, allergic reactions, gastroparesis, and prescription refill.

**Conclusion:** We present the first expert consensus-based list of high-risk prescriptions for older ED patients (GEMS-Rx) to improve safety among older ED patients.

[PubMed Disclaimer](#)  
**Grants and funding**

- [R61 AG069822/AG/NIA NIH HHS/United States](#)

**Full Text Sources:** [Elsevier Science](#)

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[Medical Association Unveils 'Your Care is at Our Core,' Emphasizing Personal Connection in Health Care](#)

Posted by [Mallory Camerio](#) on April 3, 2024



**83% of Alabamians Agree: Doctor-Patient Relationship is 'Central' to Health**

A strong bond between doctors and patients leads to better health care, say Alabama doctors. A new awareness campaign launched by the Medical Association of the State of Alabama called “Your Care is at Our Core” reinforces this important message.

A doctor-patient relationship based on mutual trust allows doctors to help patients navigate what can be complex health challenges. It is a responsibility doctors say they don't take lightly.

“From the moment that you begin training to become a doctor, it's made very clear and apparent to you that people are going to place their trust in you. They're placing their lives in your hands so you have to take that very seriously,” said Dr. Hernando Carter, a doctor of internal medicine in Birmingham. “It has to be the most important thing to you.”

**Building Trust**

Trust is essential because patients are more inclined to share crucial information about their health concerns and personal circumstances when they feel a genuine connection with their doctor.

This honest exchange of information enables doctors to make informed decisions, tailor treatment plans and provide care that aligns with each patient's unique needs and preferences.

#### A Collaborative Approach to Wellness

Moreover, a strong doctor-patient relationship fosters a supportive environment where patients feel empowered and engaged in their healthcare journey. When patients feel heard and valued, they are more likely to adhere to treatment regimens, follow medical advice and actively participate in the shared decision-making process.

"I tell my patients all the time that I can't make you well on my own. It's a team effort, something that we have to work together on and I think that resonates well with patients," said Dr. Brittney Anderson, a family physician in Demopolis.

#### 'Be a Good Listener'

Physicians recognize that effective communication and empathy are vital in fostering positive patient outcomes. By building rapport and understanding their patients' concerns, doctors deliver patient-centered care and uphold the sanctity of the doctor-patient relationship as a cornerstone of healthcare excellence.

"One of the most important things when I train medical students and residents is I teach them to sit down with the patient," said Dr. William Admire, a doctor of internal medicine in Mobile. "The most important thing about being a doctor is to be a good listener, show respect, show empathy, compassion."

#### Statewide Consensus

According to a statewide survey conducted in March on behalf of the Medical Association, 83 percent of Alabamians agree "the doctor-patient relationship is central to health care." The poll also showed that 83 percent agree with the statement: "It is crucial for physicians to be involved in my care so that I have the best outcomes."

To watch a video of Alabama physicians discussing why they view the doctor-patient relationship as sacred, [click here](#).

To view the "Your Care is at Our Core" video message, [click here](#)

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If you have a recent case study that you would like to submit to our quarterly newsletter for publication email Meghan at [mmartin@alamedical.org](mailto:mmartin@alamedical.org).

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**FROM NATIONAL ACEP**



## ACEP Resources & Latest News

### **ACEP-Developed Due Process Legislation Introduced by Congress:**

The bipartisan "Physician and Patient Safety Act" was introduced this week. This ACEP-developed legislation would ensure emergency physicians have a fair process before any termination, restriction, or reduction of professional activity. Urging Congress to support this legislation was one of ACEP's top priorities at the 2024 Leadership and Advocacy Conference (LAC). [Read more.](#)  
[Read the press release](#) | [Hear from ACEP President Dr. Aisha Terry](#)

### **ACEP's New State Legislative Dashboard Highlights Chapter Advocacy**

**Activities:** Use a new one-stop shop to stay current on state-level legislative and regulatory activities with ACEP's new State Legislative Dashboard. The dashboard was announced at ACEP's Leadership and Advocacy Conference earlier this year and covers initiatives such as health care worker safety, legal mandates on clinical practice, mental health and boarding, scope of practice, and others. Issue-specific details are behind a member login. [Read more.](#)

**Save on Fees With New Payment Option for ACEP Membership:** ACH transfers, or electronic checks, are now available for new and renewing ACEP members, allowing a secure bank-to-bank money transfer which eliminates processing fees for you and ACEP. Members on an installment plan or auto-renew can easily update their payment information any time by accessing the "Payment Methods" section of My Account on ACEP's website. [Read more.](#)

**Want To Present a Course at ACEP24 in Las Vegas?** Off-Track Courses are designed for ACEP sections and committees, new speakers, and topics beyond ACCME guidelines. They also have later submission deadlines so there is still time to be considered for ACEP24! Learn more and submit your off-track course proposal by June 30. [Read more.](#)

**EMS Week Marks its 50th Anniversary, May 19-25** ACEP and the National Association of Emergency Medical Technicians (NAEMT) will celebrate EMS Week May 19-25 to honor the dedication, commitment, and sacrifice of emergency medical service professionals around the country. This year marks the 50th anniversary of National EMS Week with the theme, "Honoring Our Past, Forging Our Future." ACEP President Aisha Terry, MD, MPH, FACEP, said, "Emergency physicians are grateful to lead EMS teams and we are proud of our EMS colleagues who ensure life-saving care begins well before patients arrive in the emergency department." [Read more.](#)

Related: [Read the press release from ACEP and NAEMT.](#)



**ACEP understands that expertise and experience are emergency physicians' most powerful tools.** Sharing them with other emergency physicians and hospitals can improve patient outcomes across the country. The College has been working tirelessly to establish an innovative, new **Emergency Medicine Data Institute** that will harness vital metrics from emergency departments nationwide to improve quality of care, transform practice management, and lead public and population health management. Click here to [learn more](#) and be sure [to register for ACEP24](#) and attend the **EM Data Institute panel discussion**; details to be announced soon.

### Upcoming ACEP Events and Deadlines

**"Vegas Baby!"** [Registration is now open for ACEP24.](#) Take advantage of ACEP23 pricing — limited time only!

**May 20:** [Pressure Ulcers and Bunk Beds: Protecting Patient Safety During Times of ED Crowding and Boarding](#)

**May 30:** [Vector Borne Disease Resources for the Emergency Physician](#)

**June 6:** [Everything You Always Wanted to Know About Being a SANE Medical Director but Were Afraid to Ask](#)

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