



2022

From the Board Chair

Jay Rothkopf, MD

The news of the world has been extremely depressing and adding the looming threat of a triple threat of COVID, flu, and RSV just adds to the stress of it all. While the holidays are a time to give thanks for all the good in life, it can be difficult to maintain a positive attitude. During a conversation, a colleague stated that rather than focus on all the negative things happening around us, we should instead look at the positive things that are happening around us. In other words, we should practice gratitude. Professor and author Robert Emmons says gratitude is an affirmation of the goodness in our lives. While gratitude does not come naturally, it can be learned and cultivated as part of daily life, making it a habit that can increase happiness and change the tone of our lives. So, during the holiday – and actually, every day - say thank you for the good things in your life. I wish you the happiest of holidays.

2022 PAMED House of Delegates

Thirteen members of MCMS represented Montgomery County at the Pennsylvania Medical Society's 2022 House of Delegates, held this past October.



Attention, Early Career Physicians...



This Invitation Is Not For You... *Unless ...*

You are passionate about caring for your patients
Supported by colleagues
In your professional home

Make this invitation for you!

Come to the
**Montgomery County Medical Society
Early Career Physician Event and get comfortable**

Normandy Farms | 1401 Morris Road | Blue Bell, PA
January 18, 2023,
5:30 pm – 7:00 pm

RSVP Here



2022 Montgomery County Medical Society—William W. Lander, MD Medical Student Scholarship

Congratulations to Elizabeth Andrews, a first-year student at the Sidney Kimmel Medical College at Thomas Jefferson University, and Shuait Nair, a first-year student at the Johns Hopkins University School of Medicine. Both students were awarded the William W. Lander, MD, Medical Student Scholarship.

This scholarship is awarded to a resident of Montgomery County in memory of Dr. William Lander, Dr. Lander was an experienced and revered member of the organized medicine community, serving in a number of leadership roles that spanned several decades within Bryn Mawr Hospital, Montgomery County Medical Society (MCMC), the Pennsylvania Medical Society (PAMED) and the American Medical Association (AMA).

Pyfer Fund Scholarship

The Pyfer Fund was established in 1915 under a Trust established by Howard F. Pyfer, MD. The Trust was established to help young physicians with the cost of their continuing medical education. If you are a member of the Montgomery County Medical Society and are under the age of 45, you are eligible for reimbursement for your CME activities up to \$500.

[Click here](#) to learn more and apply. Reimbursement must be claimed before December 15, 2022, and must have occurred in the 2022 calendar year.

In Case You Missed It...

News from the Pennsylvania Medical Society “The Dose”

CDC Releases Updated Clinical Practice Guidelines for Prescribing Opioids for Pain

Last week, the CDC released updated Clinical Practice Guidelines for Prescribing Opioids for Pain. The new guidelines address:

1. Determining whether to initiate opioids for pain
2. Selecting opioids and determining opioid dosages
3. Deciding the duration of the initial opioid prescription and conducting follow-up, and
4. Assessing risk and addressing potential harms of opioid use.

For more information go to <https://www.pamedsoc.org/list/articles/cdc-releases-updated-clinical-practice-guidelines-for-prescribing-opioids-for-pain>

PAMED Encourages Members to Take Action on Medicare Cuts

PAMED is asking members to take action with AMA's Physician Grassroots Network, urging Congress to develop long-term solutions to the systemic problems with the Medicare physician payment system and preserve patient access to care. For more information go to <https://physiciansgrassrootsnetwork.org/medicare-payments>.

Bucks County Medical Society Event

On December 7, 2022, the Bucks County Medical Society will host a webinar entitled 2023 Evaluation and Management Guidelines Update from 7:00 PM to 8:30 PM. The event is free; however you must register. To register go to <https://form.jotform.com/223064150099048>

Bucks County Medical Society Presents:

"How to Sustain Your Practice in Today's Turbulent Times."

Part one of a virtual webinar series.

SAVE THE DATE!

December 7, 2022 7:00 PM- 8:30 PM

2023 Evaluation and Management Guidelines Update
Presented by:
Leslie Prellwitz, MBA, CCS, CCS-P, American Medical Association

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Policies for Office Practices
Presented by:
Heather King, MHA, Director of Healthcare Operations
at the Pennsylvania Medical Society

Register Now!

Registration is FREE to all! Registration is Required.



SCAN TO REGISTER

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Pennsylvania Medical Society and Bucks County Medical Society.
The Pennsylvania Medical Society is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
The Pennsylvania Medical Society designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credit(s)™. Physician should only claim credit commensurate with the extent of their participation in the educational activity.



Pennsylvania
MEDICAL SOCIETY
ADVOCATE. EDUCATE. NAVIGATE.

Have something you would like to see in PULSE?

Send ideas, comments, and questions to Executive Director, Theresa Barrett, PhD, CMP, CAE at tbarrett@montmedsoc.com



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