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**Prioritizing Wellness this Holiday Season**

John Pettey Sandifer, M.D.

As the calendar turns from October to November, the holiday season is upon us. From Halloween through New Year's Day, it seems that each week compounds the busyness to a fever pitch. And with this season come the memories of time with friends, family, and other loved ones – along with upcoming excitement for the plans to come. Oftentimes, though, we, as physicians in the field of Emergency Medicine, think of missing out. We think of hectic Halloween nights spent in the ER while the rest of the world is out trick-or-treating. We think of the football games missed, the Macy's Thanksgiving Day Parade, the dressing, the turkey. The Christmas mornings, the celebrations, the togetherness. There's a lot of missing out this time of year when you're an Emergency Medicine physician. We all say that it's part of the gig, par for the course. It doesn't mean it's always easy. What *does* make things easier for us is the togetherness we achieve at our respective workplaces. Wellness has to be part of the gig, too. All too often, our own wellness and resilience are sacrificed for the demands of working in Emergency Medicine. Things *can* change. Membership to ACEP includes access to wellness resources via the ACEP engagED platform. Available resources include health planning management, finance management, spiritual well-being, fitness and physical health, among many other topics. A sensible starting point for taking stock of your wellness is the online publication [Being Well in Emergency Medicine: ACEP's Guide to Investing in Yourself](#). Throughout these upcoming weeks and months, take some time to celebrate your efforts and your passion by prioritizing your wellness so that you are your best self for your patients, coworkers, family, friends, and *you*. And take advantage of the togetherness to which you contribute at your places of work, within your households, and through your membership to ACEP.

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## FROM NATIONAL ACEP



### ACEP Resources & Latest News

#### **ACEP Blunts Medicare Cuts in 2024 Physician Fee Schedule**

CMS recently released the Physician Fee Schedule PFS for calendar year 2024, which includes some wins for you and your patients, thanks to ACEP's involvement. Other provisions are concerning and ACEP continues to fight for favorable solutions. Our goal is to ensure your work is valued appropriately. [Read ACEP's detailed analysis.](#)

#### **ACEP Council Tackles Key Issues During Philadelphia Meeting**

More than 60 resolutions were considered during the ACEP23 Council Meeting in Philadelphia in October, with many of them drawing considerable debate before 44 were ultimately adopted. [Learn more](#)

#### **New Career Resources:**

- You asked for it. ACEP delivered. ACEP's **Open Book** addresses your need for employer transparency. Gain access to information about employer group structure, leadership and more | [openbook.acep.org](https://openbook.acep.org)
- **Practice Essentials of Emergency Medicine** augments your knowledge of several critical business topics: Reimbursement, Contracts and Practice Models, Negotiations, Operations Management, Risk Management and More. It's **FREE** for ACEP members | [acep.org/practiceessentials](https://acep.org/practiceessentials)

**ACEP in Action:** We are committed to listening to, and learning from, the challenges that physicians face on each shift and to being your network of support in this difficult environment. Actions speak louder than words. We are tackling the issues that matter most to you. Our efforts are stronger when we stand united. [Read More.](#)

#### **Fighting for You on Shift**

- ACEP convened health care stakeholders in September to discuss barriers and solutions at our ED Boarding Summit

- We have released poll results about the public's concern about boarding in the ED | [acep.org/boarding](https://acep.org/boarding)
- This [ACEP Now boarding series](#) keeps you updated on the latest boarding news and opinions
- [Contact Congress about the ED Boarding Crisis](#)

### Getting it Done in D.C.

- ACEP has been involved in **NINE recent lawsuits** to protect your autonomy and [ensure fair reimbursement](#)
- We have invested more than \$1 million of member dues dollars to [push back on scope creep](#) at the federal and state levels

**Member Benefit Spotlight:** Map out your spending and investment accounts, retirement projections, and goal projections in one secure online platform with My Financial Coach. [Read more.](#)

## ACEP Advocacy

### Urge Congress to Prevent Workplace Violence in the ED

ACEP is continuing its mission to bring both Congressional and public attention to the growing problem of violence against health care workers. [A recent video article](#) in the *New York Times* highlights the crisis of violence in emergency departments and includes compelling testimonials from emergency physicians and other health care workers about its impact on their ability to provide care to patients.

We urge you to [share the video with your legislators](#) to reinforce the urgency of the problem and the need for Congressional action. Your legislators need to hear from physicians who are experiencing and witnessing this crisis on the frontlines of our health care system so they will prioritize swift action in this Congress.

### Be an Advocate for Emergency Medicine and Patients

Join with your ACEP colleagues to advocate to Congress. As a physician, health care issue expert, and constituent - you have a unique story to share. [Visit the ACEP Advocacy Action Center.](#)

## Upcoming ACEP Events and Deadlines

**Dec 7:** [Hot Off the Presses: Key Reimbursement from the 2024 Medicare Physician Fee Schedule](#)

**Jan 9-10:** [ACEP Advanced EM Ultrasonography \(AEMUS\)](#)

**Jan 29-30:** [ACEP Advanced EM Ultrasonography \(AEMUS\)](#)

**Feb 6-8:** [Independent EM Group Master Class](#)

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