



Society of Physician Assistants in Otorhinolaryngology-Head & Neck Surgery

THE VANGUARD



President's Message

By Jason Fowler, PA-C, DFAAPA

It seems like every time the Vanguard comes out I find myself scratching my head looking for where the time has gone. I know it probably sounds like a broken record by now. Over the last 10 years technology seems to have an after-burner factor to everyday time and space. As our lives get more complicated and inundated in the "on-demand" era, so does the speed at which everything seems to happen. Along these same lines, it also seems that the wheels of progress have been sufficiently greased when it comes to the professional betterment of our profession. Allow me to explain.

It wasn't that awfully long ago that many ENT physicians held a laissez faire attitude towards PAs and our NP colleagues. This sense of non-involvement by many physicians has rapidly evolved to a very high level of collegiality and cooperation. The most gratifying thing to me is to hear of ENT physicians, who were at one time antagonistic towards PAs, to be in active pursuit of hiring one of us. I have seen this first hand with the Chair at

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http://www.entpa.org/member_application

Clinical Practice Guideline: Adult Sinusitis

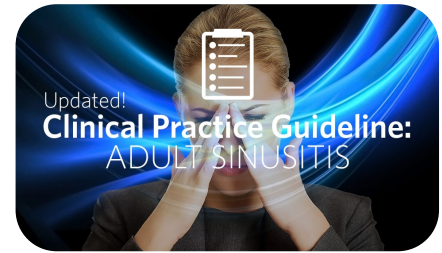
ALEXANDRIA, VA – An updated clinical practice guideline from the American Academy of Otolaryngology – Head and Neck Surgery Foundation published today in *Otolaryngology–Head and Neck Surgery* identifies quality improvement opportunities and explicit actionable recommendations for clinicians managing adult sinusitis, including a greater focus on patient education and patient preference.

“More than ever before, there is a prominent role for shared decision-making between patients and clinicians when managing adult sinusitis – especially in deciding whether to use antibiotics for acute bacterial sinusitis or to instead

try ‘watchful waiting’ to see if a patient can fight the infection on his or her own,” explained Richard M. Rosenfeld, MD, MPH, who chaired both the 2007 guideline and the 2015 update.

“Intuitively clinicians often feel that sicker patients benefit more from antibiotics, but our recommendation is that watchful waiting or antibiotics are both appropriate. This empowers patients and clinicians to use antibiotic judiciously, reserving antibiotics for cases that get worse or don’t improve over time.”

Those shared decisions also are important regarding sinusitis symptom relief options such as pain relievers, topical intranasal steroids, and nasal saline irrigation.



More than ever before, there is a prominent role for shared decision-making between patients and clinicians when managing adult sinusitis.

Other differences between the 2007 guideline and the 2015 update include:

- more explicit details about the role of pain relievers, topical intranasal steroids, and/or nasal saline

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Report from AAPA’s and SPAO’s liaison to AAO-HNS

By Marie Gilbert, PA-C, DFAAPA



I certainly encourage members who have interest in this formal welcoming of SPAO into the Academy to get involved, and have a voice in the process.

This year has been a busy and eventful one! I have represented SPAO and AAPA at the AAO-HNS Spring Board of Governors meeting in February and plan to attend the Fall meeting as well.

Since the initial invitation from Dr. David Nielsen, now-retired EVP/CEO of AAO-HNS, for SPAO to become a formal Section, many conference calls and meetings have been held as well. In January, SPAO President

Jason Fowler, PA-C, and President-Elect Jeffrey Fichera, PA-C joined me in meeting newly appointed EVP/CEO Dr. James Denny at AAO-HNS headquarters in Alexandria, Virginia. We met also the Academy staff responsible for day-to-day contact with SPAO. Since then, more details have been fleshed out, we obtained approval from AAPA, and our general membership voted during the Newport Beach meeting to pursue this opportunity. Dr. Denny has

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SPAO-HNS Donates to David R. Nielsen Endowment

By Jose C. Mercado, PA-C, MMS, DFAAPA

Effective January 15, 2015, the American Academy of Otolaryngology-Head & Neck Surgery Foundation (AAO-HNSF) will welcome a new Executive Vice President and CEO, James C. Denny III, MD. Dr. Denny will be replacing Dr. David R. Nielsen who has long been an active supporter of physician assistants in ENT in general and of SPAO specifically.

The Society of Physician Assistants in Otorhinolaryngology-Head & Neck Surgery (SPAO-HNS) is eternally grateful to Dr. David Nielsen for his many years of support and encouragement. The Board of Directors wants SPAO-HNS' members to know more about this extraordinary leader.

Dr. Nielsen grew up in Utah as one of 11 children. He admits he "...just picked ENT out of a hat" and "...fell in love with it," (Brown, 2014). He went on to complete an otology fellowship and enjoyed a solo otology practice from 1984 to 1997 in Phoenix, Arizona. He then joined the Mayo Clinic in Scottsdale where he worked with Physician Assistants Roy Durio and John Stroh, who were among some of the colleagues he thanked for providing "one of the most exemplary clinical experiences imaginable," (Nielsen, 2015). He



Dr. Nielsen addressing attendees during ENT for the PA-C meeting in Washington D.C., 2012.

joined the Academy leadership in 2002.

Over the last 13 years as EVP and CEO of AAO-HNSF, he has advocated for quality care and evidence based medicine at the national level. He has "grown its member services, most notably in the area of quality improvement and patient safety, and maintained its worldwide leadership in education and its Annual Meeting & OTO EXPO all while controlling operating costs and effectively integrating member services, clinical and health services research support, education and health policy advocacy," (AAO- HNSF, 2014).

He has been proactive in addressing the physician workforce shortage by reaching out to groups like SPAO to find solutions. The workforce shortage was first formally addressed at the 2009 AAO- HNSF Annual Meeting & OTO EXPO.

The "severe physician workforce shortage that will only worsen as health insurance coverage is expanded to millions of Americans and the baby boomers continue to reach retirement age. Overall, by the year 2025, the shortage will approximate 130,600 physicians - 64,800 specialists (including surgeons) and 65,800 primary care physicians -reflecting an equal shortage of specialists and primary care physicians," (Institute of Medicine, 2014).

He knew that PAs were not here to replace physicians but to work in collaboration with them to meet the demands. He recognized early on the significant contribution physician assistants bring to the field of otolaryngology and both encouraged and supported the Society of Physician Assistants in Otorhinolaryngology - Head & Neck Surgery (SPAO-HNS). He strengthened the ties previously established by Carroll Poppen in 1992 by helping creating an official liaison between PAs and Physicians through the American Academy of Physician Assistants (AAPA). Marie Gilbert, AAPA

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SPAO Endowment Donation (Continued)

Liaison, was able to build a strong relationship that has been mutually beneficial to both organizations.

Dr. Nielsen has been a strong advocate of PA training by encouraging AAO-HNS to co-sponsor our Annual *ENT for the PA-C* CME meetings since 2010. He took time to address SPAO-HNS during its Annual Membership meeting held in conjunction with *Annual Meeting & OTO EXPO* in Orlando, Florida 2003.

The David R. Nielsen, MD Endowment has been established to honor the significant contributions made by Dr. Nielsen during his 13 years as Executive Vice President and CEO of the American Academy of Otolaryngology – Head and Neck Surgery and its Foundation. At Dr. Nielsen's request, the funds will be used where needed most.

Through his vision, passion and dedication, Dr. Nielsen has helped position the American Academy of Otolaryngology – Head and Neck Surgery for continued excellence in serving members and patients.

The SPAO-HNS board of directors recognized his support of physician assistants and our organization by nominating him for Honorary Membership in SPAO-HN. His nomination was accepted unanimously by the general membership. Additionally, SPAO-HNS donated \$500.00 to The David R. Nielsen, MD Endowment. SPAO Board members, in grateful appreciation, matched the donation for a total donation of \$700.00 towards his endowment.

References:

Eden, J., Berwick, D., & Wilensky, G. (Eds.). (2014). *The Future of Graduate Medical Education*. Institute of Medicine. The National Academies Press: Washington, D.C. From http://books.nap.edu/openbook.php?record_id=18754

AAO-HNSF. (2014). *The David R. Nielsen, MD Endowment*. From <http://www.entnet.org/content/david-r-nielsen-md-endowment>

Brown, M. S. (2014, November). The Making of a Physician, a Surgeon, and an EVP/CEO: David R. Nielsen, MD. *Bulletin AAO-HNS*, 33(11), pp. 6-9.

Nielsen, D. (2014, December/2015, January). Saying "Thank You." *Bulletin AAO-HNS*, 33(12), pp. 3-4!

U.S. Department of Health and Human Services Health Resources and Services Administration Bureau of Health Professions. (2006, October). *Physician Supply and Demand: Projections to 2020*. From <http://bhpr.hrsa.gov/healthworkforce/supplydemand/medicine/physician2020projections.pdf>

Adult Sinusitis Guidelines (Continued)

irrigation for symptomatic relief of acute bacterial sinusitis;

- a recommendation of amoxicillin with or without clavulanate when antibiotics are prescribed, while the prior guideline recommended amoxicillin alone;
- several statements about chronic sinusitis, the management of which was not discussed in the 2007 guideline.
- This evidence-based clinical guideline for adult sinusitis was updated by a multi-disciplinary panel of experts in otolaryngology-head and neck surgery, infectious disease, family medicine, allergy and immunology, advanced practice nursing, and a consumer advocate.

Reference:

Rosenfeld, R. M, Piccirillo, J. F., Chandrasekhar, S. S., Brook, I., Kumar, K. A., Kramper, M., Orlandi, R. R., . . . & Corrigan, M. D. *Clinical Practice Guideline: Adult Sinusitis*. *Otolaryngol Head Neck Surg*, 152(2), S1-S39. doi: 10.1177/0194599815572097 From http://oto.sagepub.com/content/152/2_suppl/S1.full.pdf+html



**DON'T
GET
DENIED**

New CPT for ENT Article Available!

The Academy has created a new CPT for ENT article based on recent Medicare edits for performing lingual tonsillectomy and adenoidectomy on the same date of service. CPT for ENTs are Academy articles that address common coding questions, outline common ENT coding scenarios, and clarify coding changes for services frequently reported by our specialty.

View the new CPT for ENT and more than 40 others by visiting the Coding Corner on the AAO website:
<http://www.entnet.org/content/coding-corner>.

Report from AAPA's and SPAO's liaison to AAO-HNS (Continued)

brought the issue to the Executive Committee of the Board of Directors, who voted their approval May 12. In September when the full BOD meets in Dallas, they will formally consider the Executive Committee's recommendation.

SPAO members will have the opportunity to do the same, once a formal policy is crafted. Since the Academy has never before invited non-physicians to become a Section, this is uncharted territory. The policy will be developed by Academy and SPAO staff. It should be finalized in time for SPAO membership to decide whether to approve, and for the BOD's September vote, in order to be included in the Academy's strategic plan for 2016.

Currently, a Section in the Academy is a Board-approved group that started out as a committee, then was raised to Section status and given access to additional Academy services and functions. Sections hold seats on the Board of Governors, committees, and are offered mini-seminars at the annual national meeting.

The current Sections of the Academy are:

- The Section for Residents and Fellows-in-Training (**SRF**) created in 2000 to get residents involved in Academy initiatives.
- The **Young Physicians** Section, composed of young professionals who are under 40 or within eight years of finishing their residency and/or fellowship training.
- The Section of Women in Otolaryngology (**WIO**) is dedicated to assisting the career development of women otolaryngologists and those considering careers in otolaryngology - head and neck surgery. All female AAO-HNSF members are automatically considered members of WIO.

SPAO has proposed it keeps its own name, bylaws, and policies to keep its AAPA Constituent Organization status intact. Discussions are underway to allow for a single membership fee for both AAO-HNS and SPAO. Other details are coming soon.

I certainly encourage members who have interest in this formal welcoming of SPAO into the Academy to get involved, and have a voice in the process. We would love to hear your ideas and opinions.

"Who Do You Know?"

In an effort to secure sponsors and donors to aid in SPAO-HNS' mission we would like to request any contact information you might have to support this effort.

Please send all contact information to Executive Administrator, April Rodgers at admin@entpa.org.

Treatments for Ankyloglossia and Ankyloglossia With Concomitant Lip-Tie

The AHRQ recently released a report on “Treatments for Ankyloglossia and Ankyloglossia With Concomitant Lip-Tie,” (Francis et al, 2014). They concluded that the small body of evidence that exists “suggests that frenotomy may be associated with improvements in breastfeeding as reported by mothers, and potentially in nipple pain, but . . . strength of the evidence is low to insufficient,” thus preventing them from being able to draw any definite conclusions (p. 50). They found that research is wanting regarding nonsurgical interventions and on other outcomes such as speech and dental outcomes. They also cited a lack of evidence regarding significant long-term positive

effects and health outcomes measurements. They determined that harms of frenotomy are negligible and infrequent; the one harm that was most commonly reported was bleeding post-procedure, which was self-limited. They concluded that future, standardized research is



Frenotomy may be associated with improvements in breastfeeding as reported by mothers, and potentially in nipple pain . . .

needed on those issues cited above, as well as on the prevalence and incidence of ankyloglossia and its associated.

Reference:

Francis D. O., Chinnadurai S., Morad A., Epstein R. A., Kohanim S., Krishnaswami S., Sathe N. A., McPheeters M. L.. *Treatments for Ankyloglossia and Ankyloglossia With Concomitant Lip-Tie*. Comparative Effectiveness Review No. 149. (Prepared by the Vanderbilt Evidence-based Practice Center under Contract No. 290-2012-00009-I.) AHRQ Publication No. 15-EHC011-EF. Rockville, MD: Agency for Healthcare Research and Quality; May 2015. www.effectivehealthcare.ahrq.gov/vv/reports/final.cfm.

President's Message (Continued)

one of the top ENT departments in the country. The transformation from “I would never hire a PA” to “we would like to develop a model where we staff outlying ENT clinics with PAs” is indicative of what we have accomplished as a profession and specialty. Through advocacy and education we have made remarkable strides this past year alone. Aside from another extremely successful and well-attended national meeting, we have some other great news to report.

Some of you may already

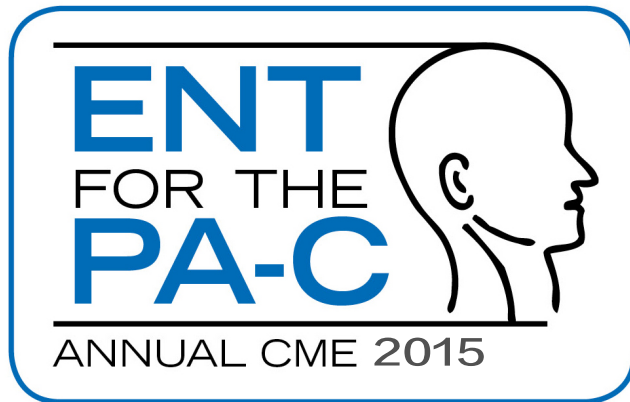
know that SPAO is in negotiations with the American Academy of Otolaryngology to allow us to become the first non-physician section of the Academy. While there are still many details to be worked out, this is an unprecedented step by the AAO-HNS and indicative of how far we have come. Any decision on AAO section status will not be taken until the membership has been fully informed and we have taken a formal vote of all fellow members. Look for communications in the upcoming months that further

outline this process and our progress.

In the upcoming months we will also be transitioning to our new board. I have had the pleasure of working closely with incoming president, Jeff Fichera, and I have nothing but the utmost confidence that he will serve SPAO well. It has been a pleasure serving as your president over the past two years and I look forward to helping our specialty in any way possible. I hope everyone has a safe and prosperous summer.

Sincerely,

Jason C Fowler, PA-C



By Marie Gilbert, PA-C, DFAAPA

NEWPORT BEACH, CA - The 5th Annual ENT for the PA-C Conference, provided by SPAO-HNS and AAO-HNS, was held at the Fairmont Hotel in Newport Beach California in March. We were hosted by the Department of Otolaryngology / Head & Neck Surgery at the University of California at Irvine. We are very grateful to Medical Director Sunil Verma, MD, for inviting us after participating as a speaker at our Pittsburgh meeting.

We had many new meeting volunteers and applaud their participation! Special thanks to our proctors: Nabilah Ali, Jennifer Brooks, Andrew Clark, Colby Clark, Adam Gardner, Kristi Gidley, Kim Lakhan, Amanda Lawrence, Suzanne Lee, Erin Reynolds, Kathy Shelly, Laurena Simonds, Linda Smith, and Michael Watts. Workshop leaders included Marti Felder, SPAO President-Elect Jeff Fichera, Ryan Marovich, Workshop Director Jose Mercado, Grant Needham,

and Mike Valdez.

We had 16 exhibitors and twelve companies who supported our workshops with equipment loans and supplies. Please see our meeting site to review the contributors. <http://entpa.org/2014contributors>

We had beautiful weather for our 217 attendees in total, a group of 169 PAs, 46 NPs, and 3 PA students. The meeting format offered a long day of 8 different workshops to choose from, a full day of lectures, and 2 half-days of lectures to allow for some down-time and activities. Attendees earned up to 28 hours of Category I CME, with up to 10 in workshops and 18 in lectures. We also had some free time to hold a general SPAO membership meeting, and a Board of Directors meeting to update our Bylaws.

The meeting earned nearly \$18,000, which will go toward improving workshop mannequins and materials and other future meeting expenses,

AAO-HNSF ANNUAL MEETING & OTO EXPO

September 27-30, 2015
Dallas, TX

Don't forget to register for the 119th AAO-HNSF Annual Meeting & EXPO! The meeting now features all day cutting-edge education programming, dynamic evening events, and draws more than 5,500 otolaryngology, medical experts, and professionals from around the world. Instruction Courses will be included in the regular registration fee giving you access to more than 500 hours of education content presented by otolaryngology experts at no additional cost.

The SPAO EXPO Booth in Dallas is #1557.

We need volunteers to staff the booth. Even if you can only spare an hour or two, it would be most welcome!!!!

Email Marie Gilbert at mgilbertpa@gmail.com to volunteer.

Booth/EXPO hours this year are:

Sunday	9/27	10-5
Monday	9/28	10-5
Tuesday	9/29	9-3

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ENT for the PA-C 2015 (Continued)

and to stabilize our general fund.

Reviews of the speakers, workshops, lectures, and venue were overwhelmingly positive. Attendees gave great suggestions on future topics and venues. Several of the lectures were recorded and will be offered by AAO-HNS/F and AAPA online education web sites later this year. Any PA, including attendees, will be allowed to participate to earn additional AAPA credits.

Moving forward, we are looking at Chicago and Orlando as future sites. Our meeting staff is looking to the SPAO members for its next leaders in this exciting and rewarding work for our profession. Levels of involvement from small projects up to leadership roles and training are available. Please contact any of the SPAO Board or our administrator for more information, or to get involved.

Thanks to everyone for another successful meeting!



THE VANGUARD

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