



Society of Physician Assistants in Otorhinolaryngology-Head & Neck Surgery

# THE VANGUARD



## President's Message

By Jeffrey Fichera, PA-C, DFAAPA

As I sit down at my laptop I find it hard to believe 2015 has come and gone. However, 2016 promises to be an exciting year for SPAO and its members. I assure you our Board members and conference coordinators have been working diligently to ensure another successful ENT for the PAC this year. For the first time SPAO has added a surgical lab as well as a cadaver lab for our members. The future for ENT PAs will demand an increase in surgical skills that are now offered through our meeting. I look forward to seeing you all in Orlando FL at the end of March 2016.

Under the Presidency of Jason Fowler PA-C (2013-2015) and the efforts of Jose Mercado PA-C, Marie Gilbert PA-C and board members, SPAO continued to deliver outstanding conferences in Pittsburgh and Newport Beach CA. Our annual ENT for the PA-C conference continues to

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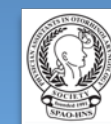
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## "Who Do You Know?"

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](mailto:admin@entpa.org).

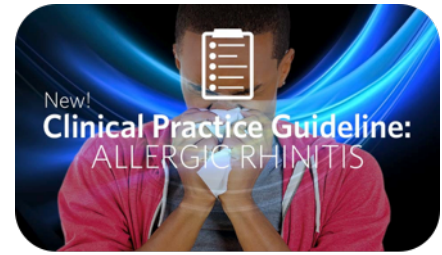
## Clinical Practice Guideline: Allergic Rhinitis

ALEXANDRIA, VA – The American Academy of Otolaryngology–Head and Neck Surgery Foundation addresses quality improvement opportunities in the diagnosis and management of allergic rhinitis in a new multi-disciplinary, evidence-based clinical practice guideline, published today in *Otolaryngology–Head and Neck Surgery*.

“Allergic rhinitis occurs when you inhale something that you’re allergic to, like pet dander or pollen, and then the inside lining of your nose becomes inflamed, resulting in congestion, runny nose, sneezing or itching,” explains Sandra Y. Lin, MD, one of the guideline’s authors. “It has a

major impact in the U.S., affecting about 1 in every 6 Americans and generating an estimated \$2 to \$5 billion in expenditures each year.” As the fifth most common chronic disease in the U.S., there has been considerable variation in the treatments used to manage allergic rhinitis. The guideline’s strongest recommendations are for topical steroids and oral antihistamines. A recommendation is also made on allergy-specific immunotherapy, which modifies how a patient’s immune system responds to allergens, an increasingly popular option given the FDA’s recent approval of under-the-tongue immunotherapy tablets.

“Most importantly, the guideline makes clear what should be and should not be the first lines of treatment for allergic rhinitis,” said



*As the fifth most common chronic disease in the U.S., there has been considerable variation in the treatments used to manage allergic rhinitis.*

Dr. Lin.

The clinical guideline for allergic rhinitis was created by a multi-disciplinary panel of experts in otolaryngology, allergy and immunology, internal medicine, family medicine, pediatrics, sleep

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

By Marie Gilbert, PA-C, DFAAPA



*My term as AAPA Liaison to AAO-HNSF ends in June. AAPA members can self-nominate to the position by contacting the SPAO Board before the end of January.*

This year continues to see slow and steady progress with the Academy. Since my last report, I have represented SPAO and AAPA at the AAO-HNS/F Fall Board of Governors meeting in Dallas.

**Section status:** Although both SPAO and AAO-HNSF leadership voted to pursue Section status for PAs in the Academy, it was discovered that administrative issues would get in the way. SPAO would be the first non-physician group to become a Section, and no existing policy

within the Academy applied to us. Several discussions between SPAO and AAPA, and reviews of some items of the proposed policy, revealed a risk SPAO could lose its Constituent Organization status in AAPA, and certainly would give up its tax ID status as a nonprofit and would be legally and financially absorbed into AAO-HNSF if it became a Section. Given that information, AAO-HNSF withdrew its invitation, not wanting to affect SPAO’s relationship with AAPA. Other

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## A Tribute to Carroll Poppen, PA-C

By Kimberly J. T. Lakhan, DHSc, PA-C, DFAAPA



*Carroll's colleagues continue to be influenced by his vast professional knowledge, great courtesy and accessibility to peers and patients, and his boundless efforts to advance the PA profession.*

The Society of Physician Assistants in Otorhinolaryngology (SPA0) owes much to Carroll Poppen and the work that he did in his work on the board and as past president. He was instrumental in establishing communication and a relationship with AAO leadership as well as helping to write the SPA0 by-laws. He had a true passion for otorhinolaryngology and for the PA profession.

Carroll was known to be an absolute gentleman in everything he did, yet he was never afraid to stand up for the profession and our place in medicine. So many of us have been touched by Carroll's efforts. He was my mentor when I was a new PA student and he the president of Minnesota Academy of Physician Assistants (MAPA). He took me under his wing, precepted me and opened my eyes to the nearly endless possibilities of a an ENT PA. He was instrumental in helping me to become the PA that I am today.

### **A tribute to Carroll Poppen by his colleagues at Mayo Clinic**

Carroll Poppen was a "founding father" of the PA profession in the Midwest. A 1972 graduate of the PA program at Duke University, Carroll was hired at Mayo Clinic in Rochester upon graduation by the department of Otorhinolaryngology ("ENT"), only the second physician assistant to be employed at a Mayo practice. With the exception of a brief time in Oklahoma from 1983-1985, he practiced at Mayo Clinic for 38 years. He was an inspiration to hundreds of physician assistants at Mayo and throughout the Midwest.

Carroll started his health care career serving as a Navy corpsman from 1965-1969. Upon his honorable discharge from service, he entered the PA Program at Duke University under the direction of Dr. Eugene Stead, the founder of the profession. He was in the sixth class to graduate from the program, which started in 1967. Carroll was one of the original PAs to achieve recognition by the National Commission on the Certification of PAs in 1976, and one of the first PAs to be "registered" by the state of Minnesota in the 1990s.

**Continued on next page . . .**

## A Tribute to Carroll Poppen, PA-C (Continued)

### Through his career, Carroll was active in many professional societies:

- Minnesota Academy of Physician Assistants President - 1975 and 1995, Legislative Committee Chair, Continuing Medical Education Committee Chair, Course Director of 13th Annual meeting held at Mayo Clinic in 1988, Course Director of 19th Annual fall meeting held in Rochester in 1994, and Corporate Affairs Liaison from 1990 - 2012.
- American Academy of Physician Assistants
- Society of Physician Assistants-Otorhinolaryngology-Head and Neck Surgery Secretary from 1992-1994 and President from 1994-1996.
- American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS)

Carroll was a renowned educator of PAs, physicians, and nursing staff at Mayo Clinic, reaching academic appointment in the Mayo Medical School in 1990 and elevation to Assistant Professor of Otorhinolaryngology since 1996. He served as clinical faculty at Augsburg College and the University of Wisconsin -- La Crosse. Carroll was a frequent lecturer at state and national conferences, including his home state of South Dakota. He had given more than 50 invited presentations and published at least 20 journal articles.

His caring attitude toward patients and his accessibility to colleagues lead to staff recognition with the Mayo Clinic Karis Award in 2009. He was active in his community in Rochester through youth and adult sports at his church. In his free time he enjoyed boating, fishing, gardening, hunting, softball, volleyball, and bowling. He made regular trips to South Dakota during his time in Rochester to visit family and hunt birds. He returned there upon his retirement from Mayo in 2012.

Carroll passed away peacefully on December 21, 2015, surrounded by his family. His colleagues continue to be influenced by his vast professional knowledge, great courtesy and accessibility to peers and patients, and his boundless efforts to advance the PA profession.



*Carroll with Marti Felder during the 2009 ENT for the PA-C in Atlanta.*



## SPAO-HNS Membership

### Time to Renew!

You should have received your SPAO Membership Renewal reminder email by now. Don't forget to renew by January 1!

#### Membership Benefits

Subscription to the Vanguard Newsletter.

Access to the Work-Benefits Survey results – a compilation of key financial and clinical information pertaining to compensation and scope of practice as compared to participating society members nationwide.

The opportunity to network with other PAs that share similar interests.

Reduced registration fees to SPAO-provided CME meetings

Ability to be represented by SPAO leaders to AAO-HNSF via our AAO-HNSF Liaison.

Opportunity for scholarships for PA students enrolled in accredited PA programs with an interest in ENT.

A complimentary 2016 AAO-HNSF membership for PAs - registration link to be announced in January.

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

avenues of official recognition of PAs are being considered.

**Dual membership:** Plans are being finalized to allow for a single membership fee for both AAO-HNS and SPAO. PA members of SPAO will be given a free 2016 membership to AAO-HNSF, with full benefits of both organizations. SPAO will send the link to enroll in January. This offer will apply only to those who are not already members of both organizations, so I encourage those of us who belong to AAO-HNSF now, to go ahead and renew your membership anyway, as the free 2016 will not apply to us.

**Task Force:** AAO-HNSF President Sujana Chandrasekhar is forming a task force focused on improving Otolaryngology education for PAs. She has recruited physicians and PAs to work on training and professional development.

**AAO-HNSF committees:** Remember too that PAs who are members of AAO-HNSF are also welcome to apply to become Academy committee members. It's a wonderful way to learn more about the Academy, to get involved and to help yourself and your colleagues.

**Liaison position:** My term as AAPA Liaison to AAO-HNSF ends in June. AAPA members can self-nominate to the position by contacting the SPAO Board before the end of January. I certainly encourage SPAO members who have interest in this formal AAPA position to get involved.

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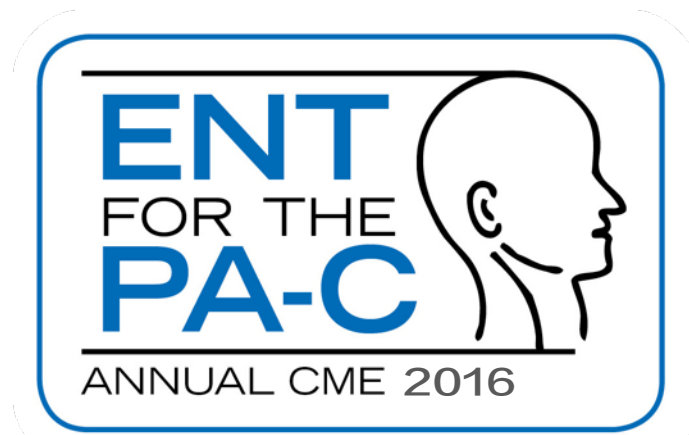
## Allergic Rhinitis Guidelines (Continued)

medicine, advanced pediatric nursing, and complementary and integrative medicine.

The guideline authors are: Michael D. Seidman, MD, Richard K. Gurgel, MD, Sandra Y. Lin, MD, Seth R. Schwartz, MD, MPH, Fuad M. Barood, MD, James R. Bonner, MD, Douglas E. Dawson, MD, Mark S. Dykewicz, MD, Jesse M. Hackell, MD, Joseph K. Han, MD, Stacey L. Ishman, MD, MPH, Helene J. Krouse, PhD, ANP-BC, CORLN, Sonya Malekzadeh, MD, James (Whit) W. Mims, MD, Folashade S. Omole, MD, William D. Reddy, L.Ac., Dipl.Ac., Dana V. Wallace, MD, Sandra A. Walsh, BS (Mdt), Barbara E. Warren, PsyD, MEd, Meghan N. Wilson, MD, and Lorraine C. Nnacheta, MPH

The guideline can be found at:

<http://www.entnet.org/content/clinical-practice-guideline-allergic-rhinitis>



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

Your SPAO-HNS Board of Directors are very excited to announce some of the new innovations for the 2016 ENT for the PA-C that will be held March 30<sup>th</sup>-April 3<sup>rd</sup>. This meeting is jointly presented by the American Academy of Otolaryngology - Head & Neck Surgery Foundation and the Society of Physician Assistants in ORL-HNS, and graciously hosted by The Ear, Nose, Throat and Plastic Surgery Associates and Winter Park Memorial Hospital, a Florida Hospital.

Registration is now open. Everyone is encouraged to register and make travel arrangements as soon as possible. We are anticipating one of our largest conferences to date. This continuing medical education activity is specifically designed for PAs, nurse practitioners and medical professionals working in ENT, or those interested in learning more about otolaryngology in primary care, urgent care, pediatric, and emergency room settings. Students are also welcome.

The course is organized to provide attendees with an excellent and practical educational opportunity. There will be basic and advanced tracks in a broad range of ENT topics. Hands-on workshops are to be held on Thursday and lectures on Friday through Sunday. Workshops are designed to maximize hands-on learning with concise content and small group settings. This is also the ideal setting to meet, network and socialize with like-minded professionals from across the country.

The *Operating Room Sessions* are new this year and

will be held in the Nicholson Center (<http://entpa.org/OR-Workshop>). The basic session is a two hour session that will prepare attendees to learn/practice basic techniques such as scrubbing, gowning and gloving, as well as focus on things like safety and timeout protocols, and ENT surgical instruments. There will be an opportunity to practice proper positioning, draping and passing instruments for various ENT surgical procedures. This is ideal for anyone new to the operating room or wishing to return to OR.

The advanced session is scheduled for four hours and will include review of surgical anatomy, pearls for assisting in various head & neck procedures, such as ligation, drain placement, flap elevation, and closure using **human cadavers**. A DaVinci robotics case will be set up and demonstrated.

Additionally, there will be a two hour hands on videostroboscopy session. Attendees will learn to perform and record videostroboscopy. Training includes equipment familiarization as well as normal anatomy, normal variants and abnormal findings visible via videostroboscopy.

The current costs of the courses are \$200 for the *Introduction to the ENT O.R.*, \$100 for the *videostroboscopy* course. The current cost of the *Advanced ENT O.R.* session is \$800. You have until February 24<sup>th</sup> to register for these courses.

We look forward to seeing everyone in Orlando and making this our biggest year so far.

## SPAO Scholarship

By Ryan Marovich, MPAS, PA-C

SPAO offers at least one scholarship every year to a motivated PA student who is enrolled in a PA or post-graduate program and displays a strong interest in ENT. Since initiating the scholarship program in 2005, several scholarship recipients have chosen ENT as their career path. The number of scholarships and amount of financial award granted may vary from year to year. At minimum, at least one \$500 scholarship is awarded annually. **The deadline for all applications is May 1!**

This is an excellent opportunity for students to be recognized, and receive financial assistance for their hard work and dedication to the field.

To qualify, the PA student must:

- Be enrolled in either an accredited PA Program or post-graduate program.
- Demonstrate a financial need (copy of financial aid award letter).
- Be in good academic standing (copy of unofficial transcripts).
- Be a student member of SPAO in good standing.
- Submit a letter from their PA program verifying student status, rotation selection and academic standing.
- Submit a letter of recommendation from PA program faculty, instructor or preceptor.
- Prepare a short (500 word) narrative explaining their desire to practice in ENT and personal career goals.

Recipients will be announced at the Annual Board Meeting held in conjunction with the American Academy of Physician Assistants Conference each year.

Please visit <http://entpa.org/scholarship> for more information.

Interested students should contact:

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[Rmarovich@gmail.com](mailto:Rmarovich@gmail.com)

## President's Message (Continued)

improve every year as recognized by our attending members and guests.

As a result of the hard work of our board and SPAO members we have seen an increased interest in our members to be part of AAO-HNS committees. Our members have and currently sit on guideline development and education panels developed by AAO-HNS.

Behind the scenes our board members have been busy with the day-to-day operations of our organization and will continue to do so to ensure our members have a voice in advancement of Physician Assistants in Otolaryngology.

I would like to take this opportunity to thank Past President Jason Fowler and our board members for making my transition to President effortless. I will work tirelessly to continue to represent SPAO in the professional manner expected by our members.

Regards,

Jeffrey S. Fichera MS PA-C  
President/SPAO



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