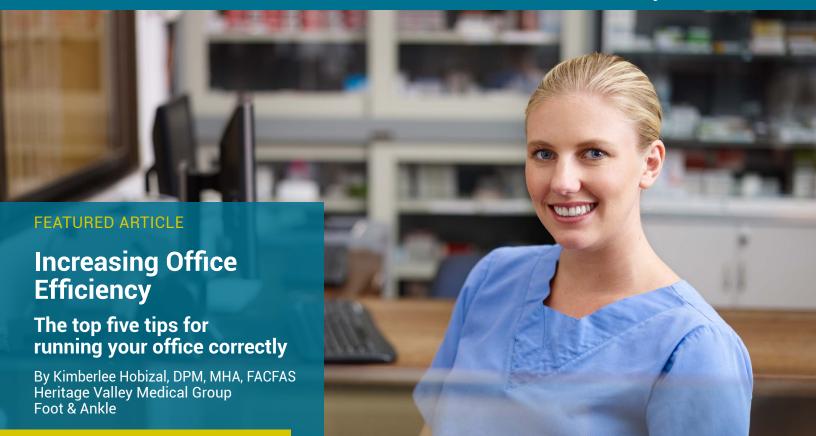
PPMA Update



PENNSYLVANIA PODIATRIC MEDICAL ASSOCIATION

May/June 2022



As a physician, you have many responsibilities, from patient care to business management. A well-run practice provides peace of mind, increased revenue, and happier patients. However, finding that path to a smoothly operating and efficient office is not easy.





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The Podiatric Medical Assurance of Pennsylvania (PMAP) professional liability insurance program utilizes PICA as its underwriting insurer and services policies through The Yurconic Agency.

Benefits and features included within the PMAP program:

- Lowest responsible rates
- Administrative Defense Coverage
- Risk Management discount
- Sexual misconduct defense coverage
- Cyber liability coverage
- Claims-free discount
- Medical waste legal expense coverage

Members of PPMA receive a 15% discount through PMAP

Workers' compensation? We can do that too!

The Yurconic Agency has an exclusive and competitive workers' compensation program for PA Podiatric Practices.

- Potential group dividend opportunity
- Supported by PMAP
- Coverage provided by A+ financially rated insurance*

Additional Insurance Products available through The Yurconic Agency*

- Business owners policy
- Health insurance
- Life and disability insurance
- And more!

*Additional insurance products and workers' compensation are available through The Yurconic Agency and are not underwritten by PICA

877.261.7622 ext. 119 yurconic.com/pmap YUR COVERAGE. YURCONIC.





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PICA
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CELEBRATING 50 YEARS

President's Message

One of the benefits of the interlocking Board memberships at the Pennsylvania Podiatric Medical Association is that, as PPMA President, I sit on both PMAP and the Foundation Boards. In the latest developments with PMAP, we have reinstituted a periodic Peer Review of our Pennsylvania cases.

In my interaction with PICA staff at our Peer Review, we discussed what is becoming a significant portion of our Pennsylvania policies. That is ADC (Administrative Defense Coverage). Administrative Defense Coverage (ADC) has a limit that exceeds all other competitors in our market. We have a \$100,000 limit included in your policy.

ADC provides coverage for non-liability claims, which include, but may not be limited to:

- Meaningful use audits
- Administrative disciplinary actions
- Medicare and Private Insurance Prepayment and post-payment audits
- HIPAA violation investigations
- Hospital de-certification
- Unfair removal from an insurance plan

How does this apply to us?

When you receive an audit request, you should call PICA and let them know the details and source of the request. PICA will provide guidance or representation depending on the demand and its scope. Even absent an issue of liability, the costs involved in responding to the request may be burdensome on your practice.

In another example, if you receive a visit from an investigator from the Licensing Board or any federal or state agency (Medicare, Department of Labor, HIPPA, CDC), be warned that these investigators are well versed in their questioning. Do not feel relaxed by their approach. Again, call PICA and allow their team to guide you through ANY interaction with any

state or federal government representative.

It may seem common sense, but we have had members self-assess the threat level represented by either written requests or persons making verbal requests. That self-assessment has led to cooperation, resulting in administrative sanctions that were neither expected nor deserved in many cases. Delayed notification to PICA could also potentially jeopardize your available coverage, so it is always best to contact them at the earliest opportunity.

At some point in your career, you will be audited. In most instances, the first appeal of an administrative claim will not be successful. But did you know you could be able to appeal a Medicare claim up to five times? Because PICA knows how devastating an ADC claim can be to a podiatrist's practice, we will be there for you at each of the five levels of appeal allowed. *

Other actions may be covered, too.

Please take advantage of this essential feature which protects your practice and livelihood. Check your policy for complete details. If you have any questions, call PICA! When you receive any notice--legal or otherwise--, please contact your PICA Risk Management Department as soon as possible for a confidential consultation at (800) 251-5727.

Check out these resources from PICA on ADC:

ADC 101: The 411 on Administrative Defense Coverage

*An appeal from a final disposition of an administrative action against the covered insured shall be considered part of an administrative disciplinary proceeding, provided that the insured has the right to appeal under any applicable law, statute, or regulation. •



LAURA VIRTUE-DELAYO, DPM

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PPMA Update May/June 2022

Do you know of a podiatrist that needs to pass their boards?

Unique study opportunity exisits visit www.residentpro.org to get a FREE TRIAL!



Are you moving?

We want to support you!
Please contact us to update
your physical and email address
so we can stay in touch!





Do you have something newsworthy to share with us?

Contact us at 717-919-2857



GoldfarbFoundation.org

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Featured Article

Increasing Office Efficiency

CONTINUED

This article will provide tips that I have found helpful and pertinent to a productive office space. These tips include a thoughtful blend of embracing new age technology coupled with reasonable ole bedside manner, quality of care, and improved patient experience.

- 1. Online Scheduling as a mother of three, it is often difficult to have a free minute to make a phone call, much less finagle through work and school schedules to find a mutual time and date while talking to an office team member on the other line. Having online Scheduling is helpful to the patient. It lessens the load on your administrative team, allowing those team members to focus on physically present patients in the office. Of course, patients can still call the office to ask essential questions, but this will decrease calls and scheduling errors.
- 2. Provide online email and text reminders this will drastically reduce the number of missed appointments and no-shows. Further, if a patient needs to cancel, you can easily have a link sent for a reappointment reminder.
- 3. Modernize new patient paperwork and X-ray appointments providing the patient an online platform to complete new patient paperwork or sending this via mail weeks in advance allows the patient to complete these questions at home while reviewing medications, all at their leisure. I have also found it helpful to schedule patients 15 minutes early for an "X-ray" appointment before their appointment time. This strategy allows the physician to remain on schedule as closely as possible.

- 4. Better your break room what keeps the office running? Staff! Workplace burnout is both bad for your employees and your profit margins. Providing a welcoming environment offers your staff a small getaway from patient demands and a relaxing place to eat lunch or unwind. This update can be as minor as a sofa and a single brewer coffee machine. Your staff and their well-being will be an investment in your practice.
- 5. Cross-train employees this proves to be a "well worth it" practice that will pay off long term. It does require an initial investment and learning curves, but a well-trained employee will be able to fill in when a coworker calls off sick, and another is on vacation. Investing in training and development shows your practice values the culture of flexibility and teamwork. Delegating your office manager the task of ensuring each employee cross-train a colleague over time (possibly at slow times like midsummer/Christmas) to cover duties increases appreciation of each important office role that allows the office to run smoothly.

These tips will provide the physician with the path to a more efficient and productive practice coupled with a thriving work environment. Furthermore, including staff in monthly meetings and valuing team feedback is equally successful in encouraging better practice management and better patient care. Remember, anything that is worth chasing takes time and enthusiastic support. Working toward the goal of efficiency will provide stamina to propel forward in this ever-changing field we call health care. •

From Resident to Retirement

by Jeannette Magaro

Time sure does fly! Sometimes it flies by too quickly and podiatrists find themselves selling their practice because they are ready to retire. This happens for several reasons that include loving what you do, caring for patients, financial concerns, and fear of the unknown transition into the retirement stage.

We have three tips to help podiatrists plan for retirement. They include:

- 1. **Financial Planning** Whether you are still paying off student loans or you have finished paying them off but feel like you have worked hard and are looking to enjoy spending it is important for podiatrists to create a financial plan that includes retirement savings. Goals for retirement should include the amount of funds needed to retire, an ideal age of retirement, and amount to contribute regularly.
- 2. **Gather Information Early** Podiatrists that have their own practice should gather all their information including their QuickBooks, their reimbursement contracts, and enlist support from their attorney and accountant to prepare their business for sale. Begin doing these three years prior to retirement.
- 3. **Have non-financial retirement goals** Whether it is sleeping in, fishing, golfing, or being grandparent of the year having goals will allow you to transition into the next phase in life. Not all these goals have to be recreation related. Some podiatrists volunteer their time or provide consultative services putting their skills and knowledge to beneficial use.

Now that you have a few tips to prepare you for retirement, know that PPMA is here for you! We provide opportunities to advertise the sale of your practice at no charge to members as a membership benefit. •

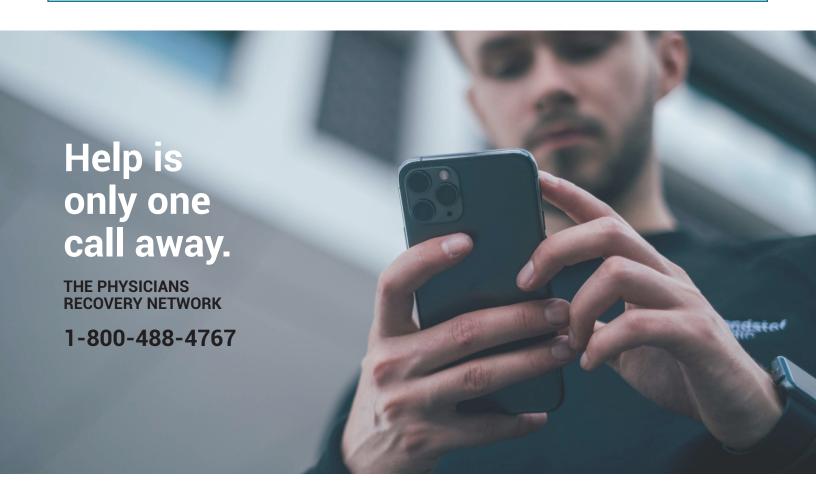
Join PPMAs Step Out Team and Help Fight Diabetes!

PPMA has formed a team in support of the American Diabetes Association's #STEPOUTWALK on October, 15, 2022 at the Navy Yard - Marine Parade in Philadelphia. Members and their friends and family are invited to join our team!



2022 Scholarship Update

Thank you to members that have taken advantage of your membership benefits by encouraging family members to apply for the annual PPMA Scholarship. We have received applications and are reviewing them. We will be announcing the winners soon. If you have a family member that could benefit from the PPMA scholarship please apply for the next round of scholarship nominations in the Spring of 2023!





DR. GERALD GRONBORG

Dr. Gerald E. Gronborg, DPM, CWS, FACFAS, FACCWS

Gerald Gronborg, DPM (Jerry) lives in Bedford with his wife of 33 years, Leigh Anne. Leigh Anne and Jerry have three grown children, Kai, Kara, Conner, and a lovely daughter-in-law, Sydni.

Education

He is a 1989 graduate of OCPM. He did his residency at UPMC Bedford. Jerry has been in practice in South Central PA since finishing his residency in 1992.

He was first introduced to podiatry when attending high school. He got a job working for a podiatrist doing yard maintenance. Jerry worked for him for several years. It was a joy and gave him an excellent introduction to the field. During his undergraduate studies at Gannon University, he had the opportunity to shadow several podiatrists and decided it was the career path for him!

Practicing Podiatry

Over my many years in practice, he has seen his practice evolve from one that was surgery-centered to one that is a wound care center. Jerry enjoys the challenge of taking on problematic wounds and the satisfaction of helping a patient by saving their limb and healing their wounds. Wounds are much more complex than surgery but far more rewarding. He works in a multidisciplinary group practice with interventional cardiologists, making limb salvaging their specialty.

Student Recruitment

Jerry's a massive proponent of the podiatry profession." No one does what we do nearly as well, and we can never stop letting people know that fact," he proudly states.

He has been very active in student recruitment over the years by lecturing to preprofessional student groups at colleges and shadowing many high school and college students in his office. Some have gone on to become podiatrists and other medical professionals.

PPMA Membership and Benefits

Jerry first became a member of PPMA as a resident and has been a member ever since. He has been active in the organization, starting as a Delegate from the Central Division to the House of Delegates. Jerry was subsequently elected to The Board of PPMA, eventually serving as President-Elect from 2017-to 2018. Jerry continues as an active consultant to the board and is the APMAPAC coordinator for PA. He also serves as President of the Central Division. He's a board-certified wound specialist.

"It is most important to remember that both PPMA and APMA represent us."

Member benefits are numerous, including a discount on CPME conferences and malpractice insurance. "It is most important to remember that both PPMA and APMA represent us," he states. They are the organizations that look after our profession on many different levels. Jerry encourages podiatrists to become members and donate to our PACs to ensure fair and equal treatment by hospitals, insurers, and institutions.

Community Service

Jerry is very involved in his community. He sits on the local Eagle Scout Board of Review. Jerry's also active in his church, serving as a Cantor, choir member, and Deacon. As you can imagine, he has very little free time but if you want something done, ask a busy person. •

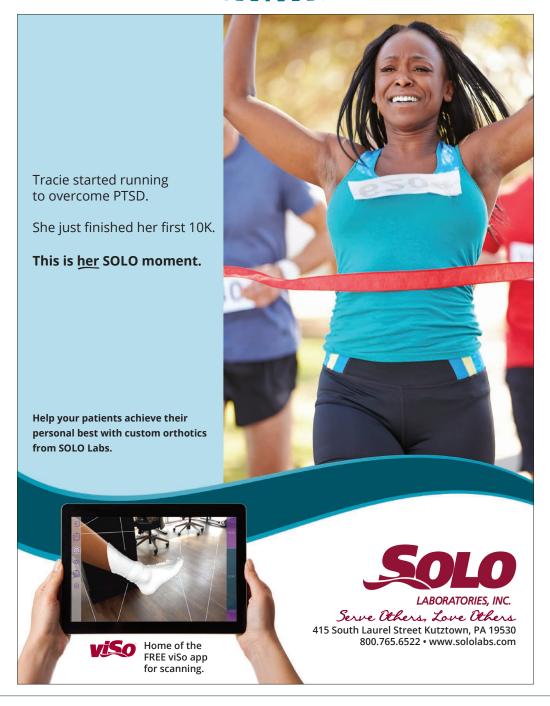
Member Problems LIVE via Zoom!

Save the Date for our first Virtual Panel to address Member Problems. Our panel will include experts in the areas of law, coding, and insurance.

Thursday, July 21, at 8:00 pm EST

Zoom Meeting Link:

https://us06web.zoom.us/meeting/register/tZAlfuGrqDktGdDS-vEyFPaPuOW0CD3GMpQ0







LYNN HOMISAK, PRT SOS Healthcare Management Solutions, LLC

www.soshms.com

I am reminded of Robert Fulghum's "All I need to know I learned in Kindergarten," whose core life principles can (and should) be practiced daily. You know, share everything, play fair, do not hit people, put things back where you found them, clean up your mess, do not take things that are not yours, say you are sorry when you hurt somebody.

But life's lessons do not stop there. With knowledge and experience as teachers, we can learn something new every day. Or at least we should! Sometimes the best management lessons are found when we least expect them and in the most specific and unpredictable settings. Simplicity is where the true genius lies. Let me explain.

What I learned from going to my hairdresser: Some people do not belong in the receptionist's chair.

As I sat in my stylist's chair, it was painful to my management consultant's ears to overhear how the receptionist answered her phone. Her welcome opening was hardly welcoming. There was no greeting, no inflection in her voice, and her response to

what I suspected was a request for an appointment became a missed opportunity. "No, there are no openings." Period. No offer to look ahead in the schedule, no recommendation to accommodate this customer, no thank you for calling! Barely a goodbye. Does the owner even know that her "style" is turning customers away? As the assigned receptionist of a beauty salon OR a doctor's office, they are the "Director of First Impressions"; good manners and a pleasant, polite, engaging, helpful personality should be mandatory. Their attitude can make or break a business (or a practice). Some off-hours training is crucial, where role-playing and appropriately overseeing phone calls and turning them into appointments can be taught. Sadly, it is not.

A confident professional can work and talk at the same time.

I have been to some hairstylists who think that they need to stop working to have a conversation with their customers. This standstill approach to hair cutting involves stepping away from the customer's head, poised with scissors and comb in hand, to

CONTINUED ON PAGE 11, BOTTOM

APMA Working for You: 2021 Advocacy Victories

ANOTHER LEGISLATIVE VICTORY FOR DPMS

APMA is pleased to achieve victory on HR 2545, a bill to further clarify the role of doctors of podiatric medicine in the Department of Veterans Affairs. The bill was designed to address an oversight in the MISSION Act passed in 2018. That bill updated the pay authority for DPMs to be the same as that of their MD/DO colleagues but neglected to cover the position of Director of Podiatric Services. With the passage of this bill, the director's title will be changed to Podiatric Medical Director, and the position will be placed in the same pay authority as other medical director positions at the VA Central Office. With the passage of this bill, the VA will fully recognize and treat all DPMs within the Veterans Health Administration as physicians. APMA gratefully acknowledges the support of Rep. Brad Wenstrup, DPM (R-OH), and Rep. Frank Mrvan (D-IN) for their leadership in sponsoring the bill and ushering it through the House of Representatives. Companion bill, S 2787, introduced by Senator Bill Cassidy (R-LA) 9/21/21, was passed by the Senate VA committee on 12/15/21, and is expected to be passed by the full Senate when they return from recess in early February.

PALMETTO TO REIMBURSE DPMS FOR RPM SERVICES

As a result of the efforts of APMA, DME Workgroup, and podiatric CAC representatives for Palmetto Jurisdictions, Palmetto will now reimburse DPMs for performing remote physiological monitoring (RPM) services. In a letter to the Palmetto Medical Directors, APMA reminded Palmetto that these services are well within the scope of practice of podiatric physicians, and arbitrarily restricting podiatric physicians' ability to perform these services limits Medicare beneficiaries' access to services that can help prevent diabetic foot ulcers. Reimbursement for these services to podiatrists is retroactive to January 2020, but podiatrists must resubmit their claims. Members should contact their CAC Representative if they encounter any problems.

PRESIDENT SIGNS MEDICARE FIX LEGISLATION

President Biden signed S. 610 Protecting Medicare and American Farmers from Sequester Cuts Act on Friday, December 10, 2021. This legislation, among other things, prevents the looming fiscal cliff in Medicare reimbursement for physicians. APMA joined AMA and other members of the MD/DO community to support this legislation. The signed bill, which received bipartisan support in Congress, makes the following adjustments to Medicare reimbursement:

 Provides a three-month delay of the Medicare sequestration reductions and a three-month,

- one-percent reduction in Medicare sequestration payment reduction
- Provides a one-year increase in the Medicare physician fee schedule of 3 percent to support physicians and other health professionals in adjusting to changes in the Medicare physician fee schedule during 2022
- Prevents Statutory PAYGO sequestration through 2022, preventing automatic across-the-board cuts to Medicare, farm programs, social services, student loans, and resources for students and individuals with disabilities, among other programs

DPMS MAY ORDER NON-INVASIVE VASCULAR ARTERIAL STUDIES FOR TRICARE PATIENTS

In an April 22 meeting, HeathNet Federal Services (HNFS), the TRICARE administrator for the West Region, agreed to APMA's previous request, and now permits podiatrists to order non-invasive vascular or arterial studies for TRICARE beneficiaries. Prior authorization is not required, but HNFS recommends podiatrists request an authorization through its provider portal to ensure the service will not be denied. In emergency situations, HNFS recommends that podiatrists call HNFS for the authorization.

APMA still takes issue with the policy manual exclusion and is again reaching out to the Defense Health Agency to remove the exclusion altogether from the TRICARE program.

NEW GUIDANCE ON SURGICAL TREATMENT OF NAILS FOR THOSE WHO SERVE NOVITAS AND FIRST COAST BENEFICIARIES

Medicare Contractors Novitas and First Coast Services released identical policies that take effect January 30, 2022. The policies state:

- Providers must document which nail borders are addressed when surgical treatment of nails is performed.
- When surgical procedures (CPT 11730, 11732, 11750, 11765) are performed on the medial and lateral borders of the same toenail, a separate code should not be submitted for each border.
- A repeat nail avulsion on the same toe less than eight months following a previous avulsion is allowed if the ingrown nail affects the opposite border of the one recently treated or there is new, significant pathology affecting the same border recently treated.
- A repeat nail excision (CPT 11750) of the same toe is allowed if the procedure involves the opposite border

Secrets of Success (Continued)

of the one already excised or there is new, significant pathology affecting the same border already treated.

VICTORY! ANTHEM TO FIX AT-RISK FOOT CARE AND -59 MODIFIER CODING POLICY

Anthem has agreed with APMA's recommendation to fix its At-Risk Foot Care and -59 Modifier Coding Policy. In a recent meeting, Anthem representatives stated the new policy permits paring of calluses (CPT 11055-11057) and debridement of a toenail (CPT 11720/11721) when performed on the same toe if the pared callus was unrelated to and not contiguous with the debrided nail and

the callus paring and nail debridement were distinct, unrelated procedures, even when performed on the same toe. This policy became effective on July 25, 2021 and the change affects commercial plans, Medicaid, and Medicare Advantage Plans.

APMA thanks Anthem for listening to our members' concerns and collaborating with APMA on this important and necessary change.

APMA also reached out to Centene and Humana about this issue, and will continue to advocate for our members. •

Life Experiences Leads to Management Opportunities

CONTINUED

tell (or listen to) a story. Being a good listener is one thing, but, *no joke*, it turns a one-hour appointment into two. Similar complaints have been made against podiatrists who wield a scalpel or nail clipper until they finish their conversation. Little wonder that patient schedules sometimes run behind.

What I learned from going to my dentist:

A patient's fear and trepidation can be minimized, and adherence optimized.

Introducing scary needles and instruments or not fully understanding WHY a procedure is necessary can be a frightening experience for a patient. However, the dentist (or doctor) who takes the time to explain what will be done thoroughly communicates what one can expect to feel during and after the procedure can put the patient more at ease. What is more, patients seem more willing to adhere to associated recommendations when they understand the consequences of non-compliance.

What I learned from going with my mother to her doctor: **Doctors need to manage their time with their patients.**

Patients love when doctors take an interest in them and engage in personal stories and conversations. Patients DO NOT love when they become prisoners of these personal stories and discussions for over an hour. OMG, in this case, TWO hours! Many patients will walk out if they are kept waiting due to mismanaged time. Building customer relations does not mean talking incessantly. It means mutual respect and knowing how and when to draw the line between enjoyable conversation and long-winded rambling. Oh yes and staying on schedule is a big plus.

What I learned from going to a restaurant:

Hiring people who love what they do pays off.

A restaurant experience has so much to do with the served

food. It is also about the people who serve the food—employees who love what they do exceptionally reflect strongly on the business. Excellent, efficient service combined with good-natured personalities are substantiated reasons for customers to return and refer friends and family.

What I learned from being a management consultant: If you do not change anything, nothing will change. I applaud doctors who want their practice and staff to be more efficient, productive, and consistent in their standard protocols. They acknowledge that a pair of outside eyes can offer new perspectives and ideas, help create an on-board team mentality, and often recognize what is working well. Yet, when it comes to implementing recommended changes, there exists a reluctance. Usually, the desire for immediate outcomes dominates the recommendation to slowly eat the elephant, one bite at a time, turning efficient changes into a time-consuming and overwhelming project and landing them right back to where they started. Elephants aside, Dr. Albert Einstein responds: "If you always do what you always did, you'll always get what you always got." •





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It's more important than ever to stay connected to your Union and its valuable resources.

The OPEIU App is a great way to access helpful COVID-19 resources, learn more about your membership benefits, find links to OPEIU's social media networks and much more.

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- OPEIU Scholarships for OEPIU member children

Benefits:

Under the Union Privilege Program, OPEIU provides additional benefits to its members. One of the programs is a Mastercard available only to union members and associate members. Another is a union-member-only Mortgage and Real Estate program that offers competitive rates, down payments as low as 5%, strike protection and financial assistance, a first-time buyers program and more.

We also participate in a legal services program, term-life insurance plan, health needs service, loan program and union family savers program. We continue to investigate other benefits we might offer in the future.

FOR MORE INFORMATION ABOUT THESE BENEFITS:

Call 1-877-737-1086 or go to http://opeiu.org | Reference Guide for Members: http://tinyurl.com/y3ck6987



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KSUCPM

www.kent.edu/cpm 216-916-9459

Temple University School of Podiatric Medicine

http://podiatry.temple.edu 215-625-5248

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Imaging Services, Inc.

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Penn Radiology

www.pennmedicine.org/radiology 215-662-3000

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OsteoMed

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www.paragon28.com

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www.smith-nephew.com 800-876-1261

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www.reboundmedicalllc.com 203-456-3931

MARKETING

Doctor Multimedia

www.doctormultimedia.com 800-679-3309

Podiatry Content Connection

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Web Power Advantage

www.webpoweradvantage.com 732-996-0619

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DocShop Pro LLC

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PediFix Medical Footcare

www.pedifix.com 800-424-5561

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https://www.8sole.com

Advent Medical Systems

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Dia-Foot

www.dia-foot.com 877-405-3668

Dr. Comfort

www.drcomfort.com 800-556-5572

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Ormones

www.fdmotion.com 800-301-5835

PPMA Update May/June 2022

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Frankford Leather Co., Inc.

www.frankfordleather.com 800-245-5555

Orthofeet, Inc.

www.orthofeet.com 800-524-2845

PediFix Medical Footcare

www.pedifix.com 800-424-5561

Powerstep

www.powersteps.com 888-237-3668

Precision Orthotic Lab

www.precisionorthotic.com 856-848-6226

Redi-Thotics ***

www.redi-thotics.com 877-740-3668

Richey Lab

434-978-1788

SOLO Laboratories, Inc. ***

www.sololabs.com 800-765-6522

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Weave

www.getweave.com 888-579-5668

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www.primusrx.com 480-483-1410

Sebela Pharmaceuticals Inc.

www.sebelapharma.com

SteriWeb Medical, LLC

www.syzmed.com 618-567-9014

The Podiatree Company

www.thepodiatreecompany.com 855-763-8733

The Tetra Corporation

www.thetetracorp.com 800-826-0479

Transdermal Therapeutics, Inc.

www.transdermalinc.com 877-581-5444

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Bianco Brothers Instruments www.biancobrothers.com 718-680-4492

Delta Surgical Instruments

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gSource

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Medix Instruments

www.medixinstruments.com 201-714-7003

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HOW TO RESERVE

- Visit www.goldfarbfoundation.org/GCCexhibits to review the exhibitor details
- Click on "Reserve Booth" to purchase your booth.
- Secure your booth with a 50% deposit or full payment. Failure to submit balance on or before September 9, 2022, will be cause for cancellation of exhibit space. Exhibitors can make their final payment in their exhibitor portal account. Companies registering after September 9, must remit full payment online.

Exhibit Booth Fees				
EARLY BIRD FEE	Until May 31	\$900 -		
REGULAR FEE	June 1-August 31	\$950		
LATE FEE	September 1 & After	\$1,000		

Booth space is considered confirmed when your application and payment have been accepted, processed, and you receive a confirmation email.

Navigating the First Year of Residency



NICK CRONIN TUSPM '22

by Nick Cronin

The beginning of residency is full of excitement. There are many highs and even more lows. School is finally over, and I am looking forward to starting professional life. The first year is when there is a feeling of imposter syndrome initially. Nobody tells you how to find a balance in your life—becoming efficient needs to be figured out many times. The first year is not easy, but plenty of strategies will make it manageable. After initially learning your responsibilities and managing the whirlwind of changes that come with it, the first step is finding stability in your work life.

Getting paid a salary for the first time takes some getting used to after years of being a student.

After getting paid, you buy that cafeteria lunch, or eating may seem more tempting than ever. Packing a lunch can provide stability to your intern year in both a financial and routine sense, as attractive as buying or even skipping lunch.

Returning to previous routines or creating new practices help provide that stability.

Finding some small recreational activity outside of the hospital is a great way to maintain mental health during a stressful intern year. Sometimes it will seem like there is no time for anything but work. Getting to the gym, playing a pick-up

game of basketball or whatever sport you like, or picking up an old hobby or new one are great ways to break up the pressure of a busy week.

Relationships are a crucial part of the first year.

Depending on your program, you may get to know internal medicine residents that start with you. Those connections are things not to take for granted, as those people can blossom into friends and people you have in your corner. It certainly helps when you have patients in common with those residents with who you've formed relationships. Having a support system is integral in dealing with the inevitable stress of the first year, and it can be easy to feel isolated. It's essential to have a more senior resident to talk to. They can often help you deal with that stress and specific situations at work, teaching you some tricks to become more efficient.

The first year of residency teaches you many lessons about becoming a podiatric surgeon and growing you as a working professional.

New experiences, people, and responsibilities tend to upset the balance in life initially. The important thing is to focus and get that balance back through a good routine, support system, and work ethic. •

PPMA extends a special thanks to Samantha Cooney, TUSPM '24, for these student interviews!

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SAMANTHA COONEY
TUSPM '24



APMAPAC Contributions

The APMA Political Action Committee (APMAPAC) is a nonprofit, bipartisan fundraising committee through which member podiatrists and students support federal candidates who champion podiatric medicine's issues before the US Congress.



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Please note: Due to the delays in posting APMA contributor reports, it may take until the next issue to see your contribution.

MY COMMITMENT TO APMAPAC - 2022						
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Mail your contribution to: APMAPAC, 9312 Old Georgetown Road, Bethesda, MD, 20814						

PRACTICES/EQUIPMENT FOR SALE

CONTENTS OF PODIATRIC PRACTICE IN LANSDALE, PA FOR SALE

The podiatric and office equipment is old but in good shape. Much less expensive to buy this than new equipment. It is a fully equipped office.

The equipment that is for sale is is:

- Multi-filing cabinets. (low and high)
- · Waiting room chairs (blue)
- · Podiatry desktop cabinets for use in treatment rooms
- 2 boyd chairs that tilt in 3 directions base, tilt -both foot and head
- Stools that match the chairs(maroon)
- · Chairs in treatment room (maroon)
- Office desk (oversized in private office) with high swivel chair and 2 club chairs
- · Wood credenza and a wood 3 piece wall unit.
- · Refrigerator and microwave

Seller suggests that buyer come look at equipment first. Reasonable offers accepted. Buyer is to be responsible to remove equipment.

Call Rick at 215-813-2585 or e-mail rlsdpm83@msn.com

EQUIPMENT FOR SALE INCLUDING RITTER AND BOYD POWER CHAIRS

Podiatrist is RETIRING and selling equipment. Everything must go at almost any price! Some items for sale include:

- RITTER and BOYD power chairs in great condition
- · Wall mounted cabinets
- · Adjustable stools
- Autoclave
- X-ray view boxes
- · Office furniture
- 4 large file cabinets
- Waiting room desk
- Hand instruments, and more

Contact John at 610-368-8215 or email drjef4224@aol.com

SUBURBAN PHILADELPHIA PRACTICE FOR SALE

Very successful, well established practice with great referrals. Grosses well into six figures on 3.5 days/week.

Terrific opportunity for new practitioner or an established practitioner looking to expand their base.

- · No Medicaid patients.
- Fully equipped with 3 treatment rooms, digital X-rays, and more.

- Very diversified patient mix both surgically and medically.
- · Hospital privileges available.

The practice can grow further if you are dedicated and aggressive. Available for transition. Priced for quick sale.

Send me your contact information and goals to docjob1@ yahoo.com for a quick response!

CENTER CITY PHILADELPHIA PODIATRY PRACTICE FOR SALE

Upscale Rittenhouse Square Podiatry Practice in Center City Philadelphia

- Practice is approximately 85 years in existence.
- Non-surgical 4 days a week grossing over \$378,000 for 2021.
- · Beautiful office setting with three treatment rooms.
- · Mostly fee for service.
- Doctor can stay for transition.
- Serious inquiries only, a cream puff practice such as this is a rare find Dr Z (215) 715-1570 wallstreetdr@ hotmail.com

SOUTHEASTERN PENNSYLVANIA EASTERN MAIN LINE SUBURBS

Well established private and multiple nursing- home affiliated non-surgical practice started in 1955.

Opportunity exists for the sale of practice, or sale of practice and office building with a second- floor apartment. Perfect for a highly motivated podiatrist who values owning their own practice or wants to expand their patient volume in a very desirable location near multiple hospitals.

Please send serious inquiries to: douglasdpm694@comcast.net

HIRING

FULL-TIME OR PART-TIME PODIATRIST WANTED IN PITTSBURGH

Pioneer Foot Care in Arnold, PA is seeking a Part-Time or Full-Time Podiatrist

Surgical or non-surgical welcome All aspects practiced Contact 724-337-4433 or email Kelly for more info!



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The PPMA Update is a digital publication of the Pennsylvania Podiatric Medical Association and the next issue will be <u>July/August 2022</u>. Advertising rates can be found on www.ppma.org.

PA-PPAC Contributions

With every \$100 Contribution to the PA-PPAC your name will be entered in a raffle at the end of the year to win a \$500 Gift Card!



PA Podiatrists contributing to a Political Action Campaign increases the voice for all podiatrists in the state of PA to be heard and have a say in legislation that impacts their job daily.

Please consider contributing today so that your needs can continue to have a voice.

Thank you to our members that have participated in our medical marijuana survey!

MY COMMITMENT TO PENNSYLVANIA PPAC

To maintain and strengthen podiatry's involvement on the state health care scene, I pledge my support to Campaign. My voluntary political contribution of \$ is enclosed.	PA-PPAC's 2022			
Name				
Address				
City/St/Zip				
Make check payable to PA PPAC. PERSONAL FUND CHECKS ONLY Contributions are not deductible for income tax purposes. You may contribute any amount or no amount without concern of being favored or disadvantaged.				
Send to: PA PPAC, 757 Poplar Church Road, Camp Hill, PA, 17011-2383.				



During this **SPECIAL VOLUNTARY ENROLLMENT** period you can prepare for the unpredictable with guaranteed issue, employee-owned, **whole life, disability, critical illness, and accident insurance** policies for both doctors and employees.

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- Ensure financial protection
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Contact Don Friedman at 877.261.7622 ext.109 or email: dfriedman@yurconic.com



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We also provide health insurance to qualified members of PPMA CALL FOR A FREE QUOTE ON:

Fully insured plans • PPO plans • Qualified HSAs • Electronic enrollment & billing

*This program is currently offered to practices located in Pennsylvania.

Contact Don Friedman at 877.261.7622 ext.109 or email: dfriedman@yurconic.com

Residents are eligible for a

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Visit our website and apply today and begin reaping benefits!

NOTICE: Based upon the requirement to comply with the OPEIU Constitution, Guild dues were increased \$30.00 (from \$123.00 to \$153.00.) This increase was voted upon by the PPMA House of Delegates in June 2021. Please take advantage of all Guild benefits, from healthcare plans to travel benefits. Visit OPEIU.org and review member benefits. Healthcare plans and prices are shown at PPMA.org.

MEDICARE PARTICIPATION PHYSICIANS/SUPPLIERS DIRECTORY

Beneficiaries can use Medicare.gov or contact 1-800-MEDICARE for assistance in locating a participating provider/supplier near their home.

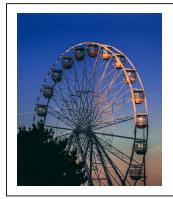
IL MEDPARD includes:

- Delaware
- New Jersey
- Pennsylvania
- Maryland
- DC Metro

To access the directory, use the arrow drop-down windows to select a specific state, county and specialty. Click "Submit" and the provider/supplier choices will display in alphabetical order.

Access the directory **HERE**.

*As in the past, there will be no hardcopy distributions.



Visit our website to access discounted entertainment options including theme park tickets!



Foot and Ankle patients in PA need your help!

Patients need treatment of the foot and ankle. Our patients are receiving the best care. We are seeing a decline in the number of students entering podiatry school, which will ultimately mean that patients will not be able to seek treatment in a timely fashion and a reduction in healthcare for our residents. We want patients to continue to have access to the best care for their feet and ankle.

PPMA is spearheading a grassroots effort in which our board has signed up to speak to students about podiatry to increase brand awareness in podiatry and increase the number of students being accepted into podiatry schools.

This recruitment effort is available to PPMA members interested in getting involved.

PPMA is increasing its content on our new Recruitment section of the website. Visit us online today at www.ppma.org.

If you are interested in speaking with students, please contact our office at 717-763-7665.

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FOLLOW US ON SOCIAL MEDIA | Like, share, and comment on our posts to help build awareness of PPMA and recognize our members!





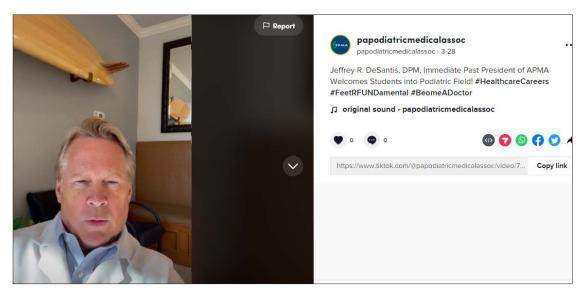












PPMA Update May/June 2022

Upcoming Events

17th Annual Montana Meeting

SEPTEMBER 7-10, 2022

Doubletree Missoula-Edgewater, Missoula, MT (12 CECH)

50th Annual Clinical Conference

NOVEMBER 3-6, 2022

Valley Forge Casino Resort, King of Prussia, PA (26.75 CECH)

Annapolis Meeting

DECEMBER 2-4. 2022 Historic Inns of Annapolis, Annapolis, MD (12 CECH)

Winter Virtual Meeting

WINTER, 2023 (12 CECH)

Upcoming PPMA Meetings

PPMA HOUSE OF DELEGATES 2022June 10th thru the 12th in State College, PA

MEMBER PROBLEMS LIVE

July 21st via Zoom

INAUGURAL DINNER FOR DOUG HUTSON, DPM

November 5th at the Valley Forge Casino Resort

PPMA BOARD MEETINGS

Wednesday, March 2 Wednesday, September 14

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