MAINE CHAPTER
American College of Emergency Physicians

Quarterly Newsletter | October 2025

Dear Maine ACEP Members,

If you have **one minute** to read this message, this letter covers:

- September Leadership Summit review.
- Trauma care in Maine: Focus on what we do best.

If you have **five minutes**...

Leadership Summit

On September 22nd, we gathered in Freeport for our annual EM Leadership Summit. I opened the meeting by declaring a "leadership emergency": that is, the current healthcare landscape, crisis of expertise, and technological revolution demand direct guidance from the grown-ups in the room. If you are an EM physician in Maine, you are, by definition, a leader, and we really need you. The rest of the day featured an exciting line-up of speakers with a wide range of backgrounds, which sparked engaging and intimate conversations about how we handle the challenges in front of us. Here are the short-hand notes:

Nirav Shah, MD: Crisis communication for physician leaders.

Take home: If you talk to the media, do not speculate, blame, or look backward. What do we know, and what do people need to do?

Ryan Stanton, MD: Managing our spheres of control.

Take home: In your daily work, you cannot control patient volume, weather, or the hospital census. However, you can control your attitude, appearance, and behavior toward your colleagues.

Andy Perron, MD: Task switching in the ED environment.

Take home: Emergency physicians face constant interruptions, many of which are unnecessary. The evidence shows concerning effects on patient care.

Scott Weingart, MD: Non-violent communication for physicians.

Take home: Non-violent communication is a tool for managing disagreements and challenging personalities. This can be especially powerful in the high-stakes environment of emergency medicine.

Continued on Page 2

Leadership Summit – *Continued*

David Hidolago-Gato, Michael Gillam, MD: AI in medicine, current and future state.

Take home: AI isn't necessarily coming for your job, but it is coming to your job. Be ready and be innovative.

Jennifer Schmitz, RN: Leadership without titles.

Take home: The nursing/physician relationship offers opportunities for collaboration and leadership, OR disengagement and erosion of trust. We can control which side we land on.

Trauma Care in Maine

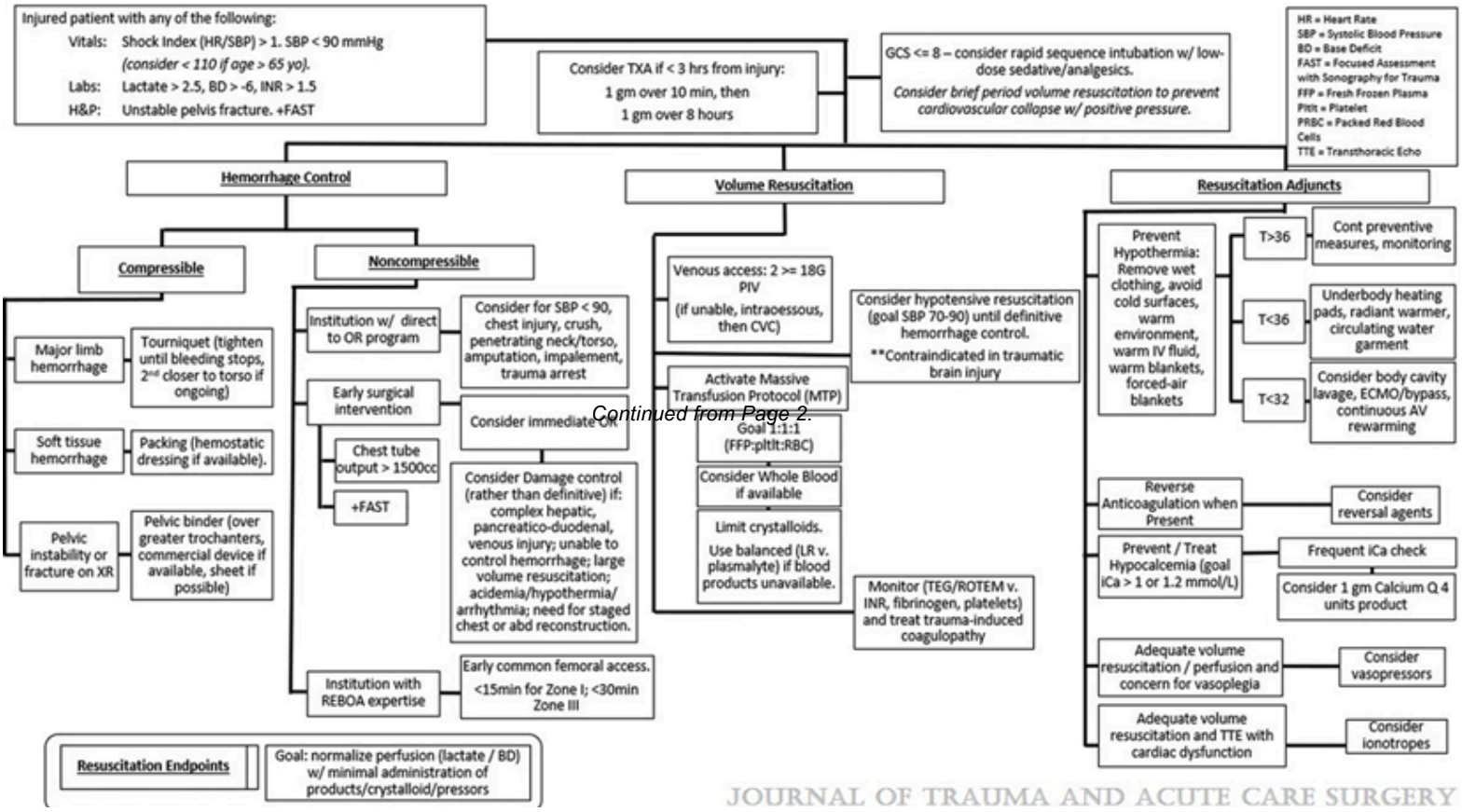
Central Maine Medical Center announced earlier this month that it would not seek reverification as an ACS Level III Trauma Center. Though CMMC will continue to provide trauma care in the local Lewiston-Auburn community, this is the time for all Maine EM physicians to reorient their practice to a state with two trauma centers.

A large, rural state with extreme weather and rugged terrain demands expert trauma care from its emergency medicine network. In general, we do an excellent job of meeting the needs of our patients. From a systems perspective, please keep the following in mind:

1. **Resuscitation:** Trauma care is a shining example of emergency medicine's unique skill set: simultaneous stabilization of altered physiology and rapid diagnosis with risk stratification. Once you identify a severely injured patient, focus on initiating temporizing care and rapid transfer.

   Pearls:

   - Severely Injured = High likelihood of needing damage-control resuscitation and operative management.



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Trauma Care in Maine – *Continued*

2. **Transport:** For severe trauma, you can arrange transport BEFORE you identify an accepting facility. This often means calling for helicopter transport while the initial resuscitation is ongoing.

   Pearls:
   - Stat-Launch Lifeflight of Maine through the state-wide dispatch center.
   - Consider the total time to the trauma center: Local, ground EMS may be the best answer.

3. **Ancillary testing:** Do not obtain advanced imaging in the severely injured patient. Even while awaiting a pending transfer, a trip to the CT scanner may cause the resuscitation to lose momentum and inadvertently cause a transport delay.

   Pearls:
   - Focus ED testing on action-oriented clinical questions you can answer in the resuscitation bay. Avoid testing that will distract the team from the task at hand.

Have a wonderful fall in Maine. We hope to see you in December.

Sincerely,

Sheldon H. Stevenson, DO, FACEP
President, Maine Chapter, American College of Emergency Physicians

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Join Us for the MEACEP Holiday Meeting!

We warmly invite you to attend the Maine ACEP Holiday Meeting on:

📅 Wednesday, December 11, 2025

📍 Portland Regency Hotel & Spa, Portland, ME

Holiday Meeting Registration

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