

PRESIDENT'S LETTER

I Am The People: A Call to Action

I Am the People, the Mob

BY CARL SANDBURG

I am the people—the mob—the crowd—the mass.

Do you know that all the great work of the world is done through me?

I am the workingman, the inventor, the maker of the world's food and clothes.

I am the audience that witnesses history. The Napoleons come from me and the Lincolns. They die. And then I send forth more Napoleons and Lincolns.

I am the seed ground. I am a prairie that will stand for much plowing. Terrible storms pass over me. I forget. The best of me is sucked out and wasted. I forget. Everything but Death comes to me and makes me work and give up what I have. And I forget.

Sometimes I growl, shake myself and spatter a few red drops for history to remember. Then—I forget.

When I, the People, learn to remember, when I, the People, use the lessons of yesterday and no longer forget who robbed me last year, who played me for a fool—then there will be no speaker in all the world say the name: "The People," with any fleck of a sneer in his voice or any far-off smile of derision.

The mob—the crowd—the mass—will arrive then.

The purpose of this first letter is to encourage all of you to get involved. Carl Sandburg, a native Illinoisan, was an advocate of the working people of Chicago. While I am no poet, I am excited to embark on this next year as your president of ICEP. I am honored to represent our state and our profession and see my role as a means to provide the platform for you to get involved.



Janet Lin,
MD, MPH, FACEP

I would like to take this moment to welcome new members of our Board of Directors: Scott Heinrich, MD, FACEP, Jason Kegg, MD, FACEP, CHSE, Will Sharp, MD, PhD, FACEP, and Michael Logan, MD; and also to recognize the service that our outgoing Board members have provided: Steve Christos, DO, FACEP, FACOEP, Valerie Phillips, MD, FACEP, and Hashim Zaidi, MD. Thank you!

We have a lot of things to be proud of:

- An excellent educational program that encompasses a highly attended Spring Symposium, downstate EM Update, a new EM on Tap podcast, and comprehensive Written and Oral Board review courses
- Prominent leadership representation at the national ACEP level with Becky Parker, MD, FACEP, as the Immediate Past President and Ernie Wang, MD, FACEP, as a

previous Educational Meetings Chair for Scientific Assembly

- Dynamic committees that encompass research, education, and practice management, and advocate continuously on leading issues
- Dedicated Board of Directors who are invested in the continued success of our Chapter.

That said, we also have a responsibility to evolve with our current practice environment. Having just returned from my first ACEP Leadership and Advocacy Conference in Washington, D.C., it was inspiring to see so much enthusiasm and dedication to our specialty around the country and in Illinois! We have a duty to share the successes and challenges we face not only to aspiring EM physicians but to the public and the patients that we care for in order to ultimately improve the health for all of us.

The myriad of issues may seem daunting, from emerging public health crises like the opioid epidemic to shifts in health care policy and expenditures to advances in technology that impact physician education and wellness. However, as emergency physicians, we can be extremely effective change agents. Who else within the health care field is best equipped to embrace, adapt, and innovate?

I see these issues as an opportunity to engage new members as well as invigorate those daily

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frustrations that we face as EM physicians toward action. Be inspired.

One of my main objectives this year is for ICEP to be a voice for all EM practitioners from across our state and to identify the salient issues that will shape the advocacy and educational agenda for the next few years.

We just completed a membership survey intended to hone in on key issues that will allow us to better advocate for our profession. It is not too late for you to let your thoughts be known. I welcome any feedback on issues that affect you personally or professionally at any time. Please do and feel free to reach out. I want to hear your issues. Be engaged.

There is also a groundswell of interest in population health issues that affect our daily EM practice. Professionally, my work has been devoted to finding ways to improve access and provide care in resource-limited settings both urban and global. In recognition of an emerging interest in the interplay between social factors and emergency care, we have started a new committee at ICEP, the Social Emergency Medicine and Population Health Committee. This committee aims to foster awareness of the social determinants of health, emphasizing advocacy and policy change, education, and research. We welcome any member who has an interest in decreasing health disparities in emergency care through systematic interventions that address the social context of patients

in urban, rural and international settings to join this committee. Be heard.

I hope that this is the beginning of an exciting year as we guide the future of health care and shape the landscape of emergency medicine. We cannot accomplish this as any one person, but as a collective voice, we can! I am the people.



— **Janet Lin, MD, MPH, FACEP**
ICEP President

ICEP Welcomes New Board of Directors Members, Officers for 2018-2019 Term

Yanina Purim-Shem-Tov, MD, MS, FACEP, turned over the gavel to incoming President Janet Lin, MD, MPH, FACEP, at the Annual Business Meeting that took place during the Spring Symposium on May 3, 2018 at Northwestern Memorial Hospital.



Christine Babcock, MD, MSc, FACEP, FAAEM



Scott Heinrich, MD, FACEP



Jason A. Kegg, MD, FACEP, FAAEM, CHSE



Henry Pitzele, MD, FACEP



Willard W. Sharp, MD, PhD, FACEP, FAAEM



Michael Logan, MD, Resident Member

Dr. Lin will serve as President for the 2018-2019 term. Dr. Purim-Shem-Tov will serve as Past President.

The results of the Board elections were also announced at the meeting. Re-elected to the Board of Directors were Christine Babcock, MD, MSc, FACEP, FAAEM, and Henry Pitzele, MD, FACEP. Elected to their first terms were Scott Heinrich, MD, FACEP, Jason Kegg, MD, FACEP,

CHSE, and Willard W. Sharp, MD, PhD, FACEP, FAAEM, as well as Michael Logan, MD, as the Board's Resident Member.

The 2018-2018 Officers were also selected. Ernest Wang, MD, FACEP, was elected President-Elect. Dr. Pitzele was elected Secretary-Treasurer. Paul Casey, MD, FACEP was elected Member-at-Large.

At the meeting, outgoing Board members Valerie J. Phillips, MD, FACEP, Steve Christos, DO, FACEP, FACOEP, and Resident Member Hashim Zaidi, MD were recognized for their service to ICEP.

Dr. Purim-Shem-Tov was also presented with a plaque that recognized her for her year of service as ICEP President.



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ICEP, IHA Release ED Opioid Guidelines

Every day, an estimated five people in Illinois die from opioid-related overdoses. With overdoses surging 70 percent from 2013-16 and hospital emergency departments seeing a 66 percent increase in opioid overdose visits last year, ICEP partnered with the Illinois Health and Hospital Association (IHA) to develop Opioid Prescribing Guidelines: For Patients in the Emergency Department and Immediate Care Centers. The guidelines were released earlier this spring.

All emergency physicians are encouraged to discuss these guidelines with their staff and colleagues and incorporate them into daily patient care. The guidelines are meant to assist clinicians in treating patients with acute and chronic pain in the emergency department, bolstering the role of clinicians in tackling Illinois' opioid epidemic.

The guidelines were initiated at the request of

IHA's Medical Executive Forum, a group of about 30 physician leaders across the state, in April 2017. ICEP leaders worked closely with leaders from IHA's Institute for Innovations in Care and Quality to create both long and short versions of the guidelines. Both versions of the guidelines are available at ICEP.org to download.

Both versions refer to three common ED scenarios:

- Prescribing for opioid-naïve individuals with acute injuries;
- Exacerbation of chronic pain in patients receiving long-term opioid therapy; and
- Co-prescribing of naloxone and referral to medication-assisted treatment for patients at risk of overdose or with opioid use disorder.

ICEP and IHA leaders aligned the guidelines with those of the Centers for Disease Control

and Prevention, American College of Emergency Physicians, American Academy of Emergency Medicine and The Joint Commission.

In addition, the guidelines align with the State of Illinois Opioid Action Plan regarding:

- Appropriate prescribing in the ED;
- Increased use of the Illinois Prescription Monitoring Program;
- Co-prescribing of naloxone for patients at risk of overdose; and
- Referral to medication-assisted treatment for patients with opioid use disorder.

Before the guidelines were finalized, two external peer reviews involved one-third of emergency department directors from IHA member hospitals. The guidelines were approved and endorsed by the ICEP Board of Directors and IHA's Medical Executive Forum in December 2017.

Highlights of 2018 Spring Symposium

ICEP's 2018 Spring Symposium and Annual Business Meeting boasted one of the largest attendances in recent years, with more than 300 members, non-members, residents, and medical students registered. The Symposium was held May 3 at Northwestern Memorial Hospital in Chicago.

More photos from the Spring Symposium are online at ICEP.org/spring and [Facebook.com/ICEPfan](https://www.facebook.com/ICEPfan).

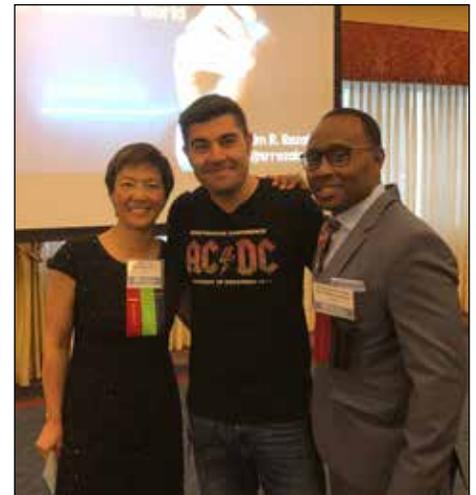
Keynote presenter Salim Rezaie, MD, FACEP, creator and founder of REBEL EM, focused on the concept of "Deep Work" and offered strategies to minimize technology-focused hyper-distraction to be more productive and efficient.

Lightning rounds with expert faculty focused on innovations and hot topics in emergency medicine with targeted, useful take-aways. The topics were well received, including bleeding control for pediatric patients presented by Alisa McQueen, MD, FAAP, FACEP; naloxone and the opioid epidemic presented by Steve Aks, DO, FACMT, FACEP; anti-coagulation reversal presented by Adam Rodos, MD; EMR tips and tricks presented by David Chestek, DO; blunt chest trauma presented by Frederic Starr, MD, FACS; TEG presented by Joseph Palter, MD; and advocacy presented by Yanina Purim-Shem-Tov, MD, MS, FACEP.

The Symposium also included the Statewide Research Showcase. Four abstracts were selected for oral presentation, and 12 posters were on display in the exhibit area. The oral abstracts will be featured in upcoming issues of the EPIC (see page 8 for first article in the series), published with commentary by a member of ICEP's Research Committee. The 2018 eBook of all abstracts from the Symposium is available for download at ICEP.org/spring.

Residents from all of the Illinois residencies competed in the Resident Speaker Forum. Sean Williams, MD, of Presence Resurrection Medical Center, was named the winner for his presentation "Cardiac Arrest: When Not to Call the Code."

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ABOVE: Spring Symposium Co-Chairs Dr. Janet Lin (left) and Dr. Christopher Colbert (right) greet keynote presenter Dr. Salim Rezaie (center).



RIGHT: Incoming President Dr. Janet Lin (2nd from left) and outgoing President Dr. Yanina Purim-Shem-Tov (right) congratulate awards winners Dr. Mark Cichon (left) and Dr. Michael Wahl (2nd from right).

Early Registration Discount for August EM Board Review Intensive Course Ends July 1

For Qualifying or ConCert exam prep, make Emergency Medicine Board Review Intensive your choice.

The course prepares you for initial certification or recertification exams in emergency medicine with a focused 4-day program to help you pass your Boards.

The 2018 course will be held August 14-17 in Downers Grove. Registration is open online now, with Early Registration Rates available through July 1. Don't miss your chance to register early and save up to \$100 on the full 4-day course.

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EM Board Review Intensive maximizes your study time with supplemental question sessions:

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- Study Pearls for EM Board Review Audio CDs with 6 hours of audio-book-style questions and answers (more than 550 total)

Evening Question Review

If your schedule is too packed for our full 4-day review, consider the Evening Question Review standalone option — perfect for ICEP members within driving distance of Downers Grove. Join us after dinner on Tuesday, Wednesday and Thursday, August 14, 15 & 16 for a 3-hour “rapid-fire” question session with question experts. The fast-paced, interactive format will keep you on your toes as you maximize your study time. The full 3-day Evening Question Review program is \$199 for ACEP members, or you can register for individual evenings for \$99 per evening.

Last Chance for EM Physician Feedback on Research Study

A survey research study of emergency medicine physicians in Illinois is being conducted out of Northwestern University. The survey should take 10 minutes or less and can be completed entirely online. The brief survey can be completed anonymously, or interested participants may provide their email address to be entered into a drawing for a \$100 Amazon gift card to be drawn June 15, 2018.

Questions will include information about training, experience, and current clinical practice setting.

All emergency physicians practicing clinically are encouraged to participate by going to <http://bit.do/EMsurvey> to complete the survey, which is available now.

PI: Dr. Zachary Pittsenbarger. Northwestern University Feinberg School of Medicine IRB study number: STU00202932.





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Dr. Christopher Kang to Present Keynote at Resident Career Day on August 30

ACEP Board of Directors member Christopher Kang, MD, FACEP, will present the keynote presentation on personal finance for EM resident physicians at ICEP's Resident Career Day.

The half-day program will be presented Thursday, August 30 at Northwestern Memorial Hospital in Chicago. Registration is open online at ICEP.org and is free for all ICEP members.

Dr. Kang's presentation will demonstrate the impact of financial well-being on residents' professional and personal lives, exploring best practices for personal finance with recommendations for future planning.

The program will also include a point-counterpoint discussion of the different clinical practice environments available to EM physicians and the implications for negotiating a contract in each setting. The interactive format will feature Christina Long, MD, FACEP, and Bill Sullivan, DO, JD, FACEP, to answer the audience's questions with a practical application of information and personal experience.

The "Speed Dating" Career Fair will be expanded in 2018 to include educational mini-presentations on resume key points, continuing education opportunities, financial planning options, medical malpractice, disability insur-

ance, benefits packages, maternity and paternity leave, partner tracking, social media, workplace culture, and more. Participants will network with top recruiters in a round-table format to discover career opportunities and make connections with potential employers while picking up information relevant to the job search.

First-year residents and medical students who don't wish to participate in the Career Fair can attend an open forum discussion with ICEP and ACEP leadership. Participants will sit down with Dr. Kang and ICEP President Janet Lin, MD, MPH, FACEP, to focus on current issues that impact those just starting out in the field.

'Total Tox Course' for Emergency Providers Features ICEP Physicians

The possibility of a chemical terrorism event or other hazmat event is a daily reality. Drug overdose has surpassed trauma to become the leading cause of death from injury in the U.S. With these facts in mind, it's clear that emergency physicians need to stay up-to-date in toxicology.

The American College of Medical Toxicology decided to fill this continuing education need and tapped ICEP member Christina Hantsch, MD, FACEP, FAACT, FACMT, Professor of Emergency Medicine and Director of the Division of Toxicology at Loyola University Chicago, to lead the development and organization of the ACMT's Total Tox Course. For nearly 20 years, Dr. Hantsch has been teaching residents and students on the inpatient toxicology clinical service which she established at Loyola. In addition, she is a regular organizer and contributor to local, regional, and national/international continuing education programs.

The course will be held September 5-7, 2018, at the Wyndham Grand Chicago Riverfront. The early registration deadline is July 25.

ACMT's Total Tox Course is a comprehensive



review of the scope of emergency toxicology and will include cutting-edge interventions and management options for poisoned patients. Prominent experts in medical toxicology and emergency medicine will lead the course.

The 3-day course will focus on medical toxicology topics of interest to emergency providers, including toxicological issues of current clinical and public health importance. Attendees will be presented with state-of-the-art updates on the evaluation and initial management of poisoning and exposure to medications, drugs of abuse, chemical terrorism, and environmental toxins.

The course includes all topics in the 2016 Model

of the Clinical Practice of Emergency Medicine Category 17, Toxicologic Disorders, as well as items from other categories with toxicologic overlap.

In addition to Dr. Hantsch's involvement as a conference organizer, she will present a lecture on "Disaster Preparedness #2: Organophosphates and Nerve Agents."

The course will also feature several ICEP physicians presenting lectures on a wide range of topics. Members presenting are:

- Jerrold Leikin, MD, FACMT, FACEP, FAACT, FACOEM, FACP, presenting "Ethanol Withdrawal: When the Good Times End" and "Heavy Metals in the ED: Lead, Arsenic and Mercury"
- Neeraj Chhabra, MD, presenting "Antimicrobials and Antivirals: When the Cure Becomes Toxic"
- Mark Mycyk, MD, FACMT, FACEP, presenting "A Lick, A Taste, A Swallow #1: Dangers In Your Garage"
- Steve Aks, DO, FACMT, FACEP, moderating a round-table discussion on complex

■ CONTINUED ON PAGE 8

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Statewide Research Showcase Abstract Roundup with ICEP Research Committee

The Statewide Research Showcase Abstract Round-Up is back. Each issue of EPIC will feature one of the abstracts that were selected for oral presentation at the Statewide Research Showcase at the 2018 Spring Symposium, with brief commentary provided by a member of the Research Committee. This month's commentary is provided by Committee Member Wesley Eilbert, MD, FACEP.

Impact of a Novel Audit and Feedback Program on Discharge Opioid Prescribing

Quentin R. Reuter, MD, Jonathan W. Andereck, MD, MBA, Aaron R. Quarles, MD, MPP, Sina Ansari, Katherine C. Allen, PharmD, Sean B. Connolly, MD, Ravi K. Kesari, MD, Howard S. Kim, MD, MS; McGaw Medical Center of Northwestern University, Chicago, IL

Background:

Opioid prescribing in the United States has nearly tripled from 1999-2014, and with it, opioid-related deaths have increased by 200%. Emergency Departments (EDs) may play a pivotal role in the opioid epidemic as they are often the setting for first-time opioid exposures. Many ED providers are not aware of their relative opioid prescribing rates compared to their peers, as demonstrated by wide variability in prescribing practices.

Objective:

We sought to evaluate the impact of a quality improvement initiative intended to provide ED prescribers with individual- and departmental-

wide opioid prescribing feedback as measured by volume of discharge prescriptions before and after the initiative.

Design/Methods:

We conducted a quality improvement initiative at a large urban academic medical center in downtown Chicago, Illinois (annual census > 88,000). We collected discharge opioid prescribing data from all 117 ED providers (48 attending physicians, 60 residents, 9 advanced practice providers) and provided each individual prescriber with their monthly prescribing rate relative to their de-identified peers, excluding providers not discharging at least 20 patients in a month. We compared the aggregate percentage of patients discharged with an opioid prescription before and after the implementation of this initiative using Welch's t-test.

Results:

All 117 ED providers were included in the study population. Baseline data were captured for all groups, with a mean aggregate opioid prescribing rate of 8.3% (range 4.8 – 16.3%; standard deviation 4.3%). In the first four months following implementation of the feedback program, the mean aggregate opioid prescribing rate fell to 6.2% (range 3.3 -13.8%; standard deviation 3.0%) representing a 2.1% absolute and 25% relative decline in discharge opioid prescriptions

($p < 0.0001$).

Conclusion:

Implementation of a novel audit and feedback program of discharge opioid prescribing data was associated with a significant reduction in opioids prescribed from the ED. As this quality improvement initiative may be limited by unmeasured confounders, future studies should explore the impact of similar programs in a randomized and controlled setting.

Impact:

The results of this study suggest that similar audit and feedback interventions might

be useful for curbing opioid prescribing in other EDs.

RESEARCH COMMITTEE COMMENTARY:

As emergency physicians, we are the doctors most adept at treating acutely painful conditions. Unfortunately our efforts to provide short-term pain relief may start some patients down the path of opioid addiction. Just as it is good for us to know how we compare with our colleagues in other clinical parameters (RVUs, patients seen per hour, etc.), seeing our opioid prescribing habits as compared with our partners' provides a useful point of reference. This well-done study shows that a little feedback can go a long way in decreasing the amount of opioids some of us prescribe.

— Wesley Eilbert, MD, FACEP

Want more?
Download the 2018 Statewide Research Showcase eBook for all research submitted to Spring Symposium:
ICEP.org/spring

'Total Tox Course' Features ICEP Physicians

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acetaminophen cases featuring Illinois emergency physicians Andrea Carlson, MD, Sean Bryant, MD, FACMT, and Former ICEP member Timothy Erickson, MD, FACMT, FACEP, FAACT

Other sessions presented by Illinois emergency physicians include:

- Dr. Carlson, presenting "Over-the-Counter Poisons #2: NSAIDs and ASA" and "The Blue Patient: Methemoglobinemia"
- Dr. Bryant, presenting "Carbon Monoxide Poisoning: High Flow Oxygen or the Hy-

perbaric Chamber?"; "The Ins and Outs of Ups and Downs #1: Tricyclic Antidepressants and Antipsychotics"; and "Local Anesthetic Toxicity: When To Be Concerned"

- Jenny Lu, MD, MS, presenting "A Lick, A Taste, A Swallow #2: Dangers In Your Cabinet"
- Dr. Erickson, presenting "From Toxidromes to Activated Charcoal: A Rational Approach for Managing the Poisoned Patient" and "Ethanol Intoxication: Too Much of a Good Thing"

The target audience for ACMT's Total Tox

Course is physicians, physician assistants, nurse practitioners, clinical pharmacists, operational/tactical specialized practice medics, residents and students. Illinois Department of Public Health site code approved for 21 hours of continuing education. Continuing Medical Education credits will also be available. All CE credits are included in the registration fee.

Find more details online at: ACMT.net/Total_Tox_Course.html. Registration offers options for 1 day, 2 days, or all 3 days. Early registration rates expire July 25. Follow hashtag #ACMTsTotalTox on social media for more updates and highlights.





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Highlights of 2018 Spring Symposium

from Page 3

ICEP Education Committee members Christopher Colbert, DO, FACOEP, and Daniel Robinson, MD, announced the winners of the ICEP EM on Tap podcast competition. Jessica Zahn, DO, was awarded 1st place for her submission, “Doctor, We’re All Out! An Old But New Approach to Alcohol Withdrawal in Our World of Shortages.” The 2nd place winner featured Stephen Cooper, MD, and RJ Sontag, MD, and was titled “Emerging: Post-Shift Conversations by New Emergency Physicians - Episode 1: Why Wellness.” The new EM on Tap episode featuring these submissions will be released later this month.

At the Annual Business Meeting, the recipients of ICEP’s annual awards were recognized. Michael Wahl, MD, FACEP was presented with the Bill B. Smiley Meritorious Service Award, ICEP’s highest honor. Mark E. Cichon, DO, FACEP, FACOEP was recognized with the ICEP Meritorious Service Award. See ICEP.org for full story and photos.

The Symposium concluded with a lunch-and-learn seminar on the challenges of treating DVT and PE in the hospital and after discharge, presented with the support of BMS/Pfizer Global Partnership.

ICEP would like to thank all of its supporters who make the Spring Symposium possible:

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More photos online
at ICEP.org/spring!

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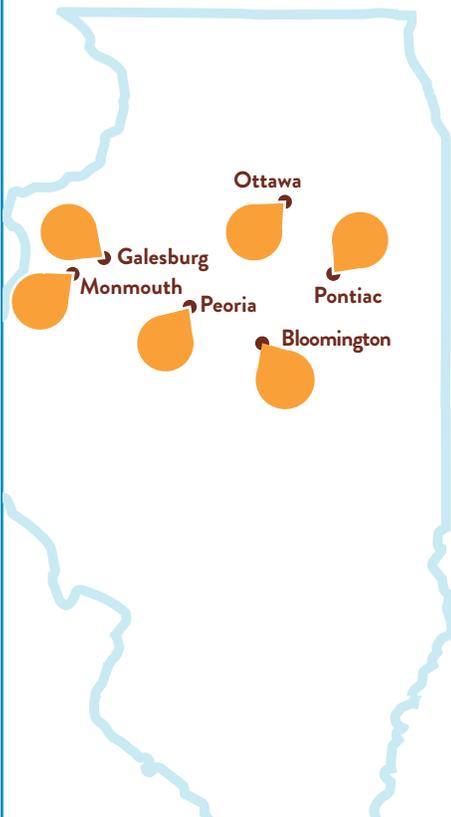
TOP: Spring Symposium faculty (from left): Drs. Janet Lin, Adam Rodos, David Chestek, Steve Aks, Joe Palter, Frederic Starr, Yanina Purim-Shem-Tov, Salim Rezaie, and Chris Colbert. CENTER LEFT: Outgoing President Dr. Yanina Purim-Shem-Tov congratulates incoming President Dr. Janet Lin. CENTER RIGHT: Dr. Salim Rezaie explains the concept of “Deep Work” and eliminating distraction. BOTTOM LEFT: Dr. Chris Colbert welcomes the audience to the Spring Symposium. BOTTOM RIGHT: Participants visit the busy exhibit hall to have raffle cards signed to win prizes.





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ICEP Calendar *of* Events 2018

June 7, 2018

EMS Committee Meeting

11:00 AM - 1:00 PM
ICEP Board Room
Downers Grove

June 7, 2018

EMS Forum

1:15 PM - 3:00 PM
ICEP Conference Center
Downers Grove

June 18, 2018

**Educational Meetings
Committee Meeting**

11:00 AM - 1:00 PM
ICEP Board Room
Downers Grove

July 4, 2018

4th of July Holiday
ICEP Office Closed

August 14-17, 2018

**Emergency Medicine Board
Review Intensive Course**

ICEP Conference Center
Downers Grove

August 27, 2018

**Educational Meetings
Committee Meeting**

11:00 AM - 1:00 PM
ICEP Board Room
Downers Grove

August 30, 2018

Resident Career Day

Northwestern Memorial Hospital
Chicago

September 3, 2018

Labor Day Holiday
ICEP Office Closed

September 6, 2018

EMS Committee Meeting

11:00 AM - 1:00 PM
ICEP Board Room
Downers Grove

September 6, 2018

EMS Forum

1:15 PM - 3:00 PM
ICEP Conference Center
Downers Grove

September 13-14, 2018

Oral Board Review Courses

Chicago O'Hare Marriott
Chicago

September 17, 2018

Finance Committee Meeting

9:30 AM - 10:30 AM
ICEP Board Room
Downers Grove

September 17, 2018

Board of Directors Meeting

10:30 AM - 2:30 PM
ICEP Board Room
Downers Grove

September 21, 2018

**Emergent Procedures
Simulation Skills Lab**

Grainger Center for
Simulation and Innovation
Evanston Hospital
Evanston

November 15, 2018

**EM4LIFE 2018 LLSA Article
Review Course**

ICEP Conference Center
Downers Grove

November 22-23, 2018

Thanksgiving Holiday

ICEP Office Closed

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