

## President's Message

**O**n February 5, 60+ PAs and PA students came to the capital for our second annual legislative day and it was a success! Our bill passed the house on February 15 with a unanimous decision, because of you! The system works and we are not done.



Eileen Ravella  
President

Our bill, HB 2378, went before the Senate Health and Wellness committee on Friday, February 21 and was voted out. The bill was referred to the Rules Committee and will remain there through the end of the week before it's pulled to the Senate Floor for a vote. The Senate will convene on the Floor for voting from March 2 through March 11. The Legislature will adjourn on March 12. Our focus if passed, will be to educate employers of the changes enacted by the bill. This is an uphill climb and will be executed by your president elect Gabe Zecha with the WAPA Legislative Committee, WAPA Board of Directors and you, our membership.

Moving forward, the plan is to inform all constituents of the new bill through social media and prepare the way to educate key players. We need to educate our employers and the Washington State Medical Association on changes that affect you as a physician assistant. This is the first step in

modernizing our practice and leveling the playing field for all PAs. This is not a "done deal," we will meet opposition, and we will prevail. Because of you.

We are hopeful that we can finish this session with a bill we can be proud of. It will ease your way as you continue to practice collaboratively just as we have been for the past 50 years. Contact your Senator and ask them to endorse HB 2378 and please extend your thanks to the sponsors of our bill.

I want to extend my profound gratitude to the legislative chair Linda Dale, the legislative committee and your lobbyist Chelsea Hager who worked tirelessly to parse out every detail to protect the language of our bill and move it through the legislature. The committee members showed up for Saturday meetings, despite inclement weather and gave their expertise to this endeavor. Chelsea was critical in garnering support from key legislators such as Representatives Riccelli, Marci, Harris and Cody who sponsored our bill. It is impossible to start a process like this without a lobbyist. It is money well spent.

We will keep you updated and once again, thank you for all you do for WAPA.

Eileen Ravella PA-C

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Join WAPA This Spring for 28.5 hours of Category I Hours

### Spring CME: April 25–28, 2020 Seattle Airport Marriott Hotel

Join us for great lectures, new topics and new speakers! New topics and updates on: Vascular surgery, Management of Joint Replacements, A special talk on Resilience by the founding director at UW Resilience Lab and more!

We have new dinner programs as well. A Retirement planning program and a new social event: Trivia! And back by popular demand, our Botox injection workshop. Join us this spring.

Brochure and Online registration is available at:  
[www.wapa.com](http://www.wapa.com)

### PA Lobby Day was February 5, 2020

A huge THANK YOU to everyone who showed up on February 5th. We could not have done this without your help. Thank you! Wrap up on PA Lobby Day: <https://youtu.be/b3IEvemG5wQ>

#### More WAPA YouTube Clips

Short Clip on PA Bill 2378 (57 seconds):

[https://m.youtube.com/watch?v=X\\_z2iyA8mFg](https://m.youtube.com/watch?v=X_z2iyA8mFg)

Detailed info on PA Bill 2378 (2 minutes 21 seconds)

<https://m.youtube.com/watch?v=1HidYIDdRp4>

## WAPA's Featured PA: Captain Karl Sembroski PA-C

I was lured into the Marine Corps when the Army recruiters were at lunch following an interest in the medical field during high school yet uncertain to what path to take. My uncle had served in the US Army and this had inspired me. However, I initially served as a military musician for 4yrs while attending Western Carolina University where I studied Clinical Laboratory Sciences. My defining moment came while working at an underprivileged health clinic as their only lab tech and given the opportunity to shadow a PA!



I honestly did not know at this time what a PA was or did, but I knew that I wanted to find out. This led to intense research and I circled around to returning to military service but now with the US Army as my father-in-law had been a recruiter. He shared with me about a program that would pay me to go to school as well as paying for that education. I had serious concerns about acquiring debt and this seemed too good to be true.

Once again, I enlisted as a military musician for the sole purpose of getting into PA school. Each year, the Interservice Physician Assistant Program accepts only three classes of applicants. In the first year I applied I was deployed to Iraq in support of Operation Iraqi Freedom. It would take 2 more tries before I was finally selected and would find myself incredibly intimidated being surrounded by seasoned combat veterans from the ranks of infantry to medics to Apache pilots. The 29 months that ensued would be the most difficult academics I could have ever imagined — I survived.

My first assignment as a newly commissioned Physician Assistant would be at Fort Lewis in Tacoma, Washington. I was given the responsibility to train over 30 medics, as well as being the sole provider for a Battalion of Soldiers. This was a far cry from my French horn playing days in the Marine and Army bands!

There was nothing in any textbook that could have prepared me for that initial duty station. I bounced around a couple units at Fort Lewis before deploying with 16th Combat Aviation Brigade in support of Operation Inherent Resolve. After 17 years of active duty service, I decided that I would finish my last 3 years in the Army Reserves. Currently, I am serving the 7451 Medical Battalion stationed at Fort Lewis.

I reside in Olympia, Washington with my beautiful wife and our six children. I will soon be going back to my roots and working as a Family Medicine PA at Fort Lewis, as well as having the opportunity to serve America's finest and their

families. Even though I won't be wearing the uniform much longer, the friends and colleagues I have met along the way in my time of service will last forever. The bond that is forged between brothers and sisters in arms that have defended this country is impenetrable. I encourage every person aspiring to consider becoming a PA to go for it! When they think that they don't have what it takes, I tell them my story. ■



### 401(k) Questions? Let Us be Your Guiding Light!

The demands of daily life often keep people from pursuing what really matters to them. Northern

Capital Management will help you figure out your priorities and goals and build a financial plan to help you get there. No matter who you are or how much money you have, we can help you take the next step in your financial journey. At Northern Capital, we've been providing sound investment advice since 1992.

We can help you with...

- Setting goals
- Retirement planning
- Planning for college
- Creating investment & withdrawal strategies
- Estate planning
- Cash flow plans
- Reviewing investments & investing assets
- Insurance review
- Budgeting principles

We look forward to seeing you all at the WAPA Spring Conference April 2020! We will be hosting a dinner lecture on Sunday, April 27th from 6:00 pm– 8:00 pm

If you would like more information, please call our office at (800) 826-9803 or email us at [invest@northernwelcome.com](mailto:invest@northernwelcome.com). You may also visit our website at: <https://northern-welcome.com/> to schedule an appointment.

## Aloha! MEDEX NW

MEDEX Northwest Physician Assistant Program announces an expansion of MEDEX Northwest to Hawaii. The 27-month program is slated to begin on September 14, 2020 with an initial 15-20 selected candidates.

MEDEX Northwest is the University of Washington's (UW) physician assistant (PA) program is recognized as one of the nation's first PA programs. Operational since 1969 with its ongoing mission of expanding access to healthcare and improving medical care for the underserved.

MEDEX Kailua-Kona is specifically seeking candidates with strong connections to Hawaii, particularly those native to the state and thus far has been met with an applicant pool of over 100 with a focused goal of 40 full time students in the near future. By focusing on long-term residents of the Hawaiian Islands, the program hopes to ensure that Hawaii is able to retain the best possible and most stable healthcare workforce. Currently, there are approximately 350 practicing PAs among the islands. Hawaii has faced an exodus of approximately 5% of the 3,000 full-time physicians who work on the islands, leaving a facing critical shortage of available healthcare to islanders as reported by the [Hawaii Physician Workforce Assessment](#).

Spearheading the support for MEDEX Kailua-Kona has been Hawaii's own Lt. Governor is Dr. Josh Green, a former ER physician who is all too aware of the expanding needs, as well as Dr. Scott Miscovich, a local physician and owner of Premier Medical group on the islands. Academic support is provided MEDEX program director Terry Scott PA-C, Misbah Keen MD-vice dean for medical student education at the UW Department of Family Medicine and Betty Stewart PA-C, who has been designated as director of the Hawaii campus and international development for MEDEX.

To inquire for more information about MEDEX in Kailua-Kona, Hawaii: contact Betty Stewart PA-C at (206) 473-2369 or email: [mxhawaii@uw.edu](mailto:mxhawaii@uw.edu) ■

Visit us online at: [www.WAPA.com](http://www.WAPA.com)

## Call for Candidates

The WAPA Board of Directors will have 2 vacant positions on July 1, 2020. We will be looking to fill our executive committee Secretary position and our Region 5 Director position. (SW WA and covers the following counties: Lewis, Pacific, Cowlitz, Wahkiakum, Clark and Skamania)

We are also looking for co-directors for regions 1 and 2. Region 1 covers the counties of: Chelan, Douglas, Okanogan, Ferry, Stevens, Lincoln, Pend Oreille and Spokane. Region 2 covers the counties of: Kittitas, Grant, Adams, Whitman, Garfield, Asotin, Columbia, Walla Walla, Franklin, Benton, Yakima and Klickitat.

If you are interested in serving on the WAPA board and would like to view a job description, please contact the WAPA office at: 206-956-3624 or email: [LMK@wsma.org](mailto:LMK@wsma.org) ■

### SAVE THE DATE

**Fall CME: October 29–31, 2020**  
**Suncadia Resort, Cle Elum, WA**

WAPA's annual Fall Conference will be at Suncadia Resort. Bring guests and your family for some Halloween fun. More details to come! Save this date and plan to join us. Approximately 18 hours of category I CME will be available for this meeting. ■

## WAPA on Social Media

**Twitter:** [@wapa\\_pa](https://twitter.com/wapa_pa)

**Instagram:** [@wapa\\_pa](https://www.instagram.com/wapa_pa)

**Facebook:** <https://www.facebook.com/WAPAPAC/>

**YouTube:** <https://www.youtube.com/watch?v=6meyAIm-jnaM&feature=youtu.be>

WAPA is on YouTube! Follow us and subscribe: WNN (WAPA News Network is our channel) Look for the WNN letters with a green and black slash. Our most recent video is on PA Supervision:

<https://www.youtube.com/watch?v=k9l-HW3fUMo> ■