INSIDE THIS ISSUE:
- Are You Smarter Than A 3rd Year Medical Student? 2
- “Save the Date” Spring Journal Club! 3
- What Does It Mean to be an ACP Associate? 5
- The Associates Committee – Here For You! 5
- Activate Your ACP Online Account 5
- Mobile Resources 5

Check out the ACP Website for Resident & Medical Student Resources!
www.acponline.org/chapters/az

ACP AZ CHAPTER CONTACTS
James V. Felicetta, MD, FACP
Governor, AZ Chapter

Jewel Kling, MD, MPH
Chair, Council of Resident/Fellow Members

Sadia Moinuddin, MD
Editor, Transitions Newsletter
sadia.fatima@gmail.com

Dixie Swan
ACP, AZ Chapter Executive Director
dswan@azmed.org

Upcoming Events

Arizona Chapter 2013 Annual Meeting
November 15-17, 2013
University of Arizona
Tucson, AZ

“The Changing Face of Internal Medicine:
Medicine in Transition”

Register Today:
http://www.acponline.org/about_acp/chapters/az/news_meet.htm

- Clinical updates in Hypertension, Geriatrics, Diuretic Resistance
- Breakout sessions featuring Hospital Medicine (Management of the Patient with Decompensated CHF, Delirium in the Hospitalized Patient – Avoidance, Recognition, and Treatment, & Surviving Sepsis-Review of Guidelines); Meet the Masters (Quality Assurance in Acute Care – Then and Now, Hypermobility Disorders – The True Collagen Diseases & Errors in Clinical Decision Making), Ambulatory Medicine (Building a Multidisciplinary Team, New TOC and Medicare Wellness Visit Codes & Doctor/Patient Communication)
- Associate Track featuring panel discussions related to career path decisions, Medical Students Track featuring career path discussions (Meet the Residency Direct, What is an Internist?)
- Featured Events:
  - Doctor’s Dilemma – First round begins on Saturday, Nov. 16 at 1:45 pm
  - Oral Vignette Presentations – Sunday, Nov. 17 at 10:30 am
  - Resident and Medical Student Poster Sessions – Session 1 begins on Friday, Nov. 15 at 4:30 pm, Session 2 is at 5:50 pm, Saturday, Nov. 16.
  - Governor’s Dinner (separate sign-up required) – Friday, Nov. 15 at 6:30 pm

Are you smarter than a 3rd Year medical student?
Turn the page to find out and enter to win movie tickets!
Are you smarter than a 3rd year medical student??

Medical knowledge competition

The Associates Council has created a medical knowledge quiz to help foster some healthy competition between our residents. Each newsletter will feature an interesting clinical question that you get to answer! The winner will be randomly selected from those who submit the correct answer. **If you are chosen as the winner, you will receive a $25 gift card to Harkins Movie Theatres to see the movie of your choice!**

Questions can be emailed to Jewel Kling at **Kling.juliana@mayo.edu.**

**Are you smarter than a third year medical student?**

A 65 yo African American male presents to his primary care physician with a complaint of shortness of breath that has gotten worse over the last 2 weeks. He denies any cough, fevers or chills. He mostly notices his dyspnea with exertion. The remainder of his review of systems is negative apart from some mild pain in his ankle joints. His medical history is significant for mild cardiomyopathy with an EF of 45%, hypertension, poorly controlled diabetes, peripheral neuropathy and hyperlipidemia. He has a 30 pack year history of smoking and quit 15 years ago.

On exam, his vital signs are normal with a normal pulse oximetry reading. He is in no acute distress. His cardiac exam reveals a normal rate and rhythm with normal S1 and S2 and no S3, S4, murmurs, rubs, gallops or JVD. His lungs are clear to auscultation with no wheezes, rhonchi or rhales. His lower extremity exam reveals no edema, no synovitis and adequate range of motion in his ankle joints with no effusion. He does have a few tender red nodules on his shins.

His CBC, Comprehensive Metabolic Panel, Calcium, Magnesium, and BNP are normal. His PFT’s show a mixed obstructive and restrictive pattern with a decreased DLCO. Chest Xray is shown.

What is the best treatment for his disease?

1. Watchful waiting
2. Oral prednisone at 0.5 mg/kg

Please submit your answer, as well as your name, email address and residency program to Dixie Swan at **dswan@azmed.org** by **Friday, December 6th**.  **Then check the movie listings!!**
Save The Date!
Bi-Annual ACP Residents and Fellows Council

Statewide Journal Club

March 2014

Date/Time/Location/Topic TBA

Please contact Heather Fields @ fields.heather@mayo.edu for details

Want to know what is happening in Health Care?? Become an ADVOCATE!!

Advocates for Internal Medicine Network - AIMn

ACP's continued success on Capitol Hill greatly depends upon year-round grassroots support from the College's more than 8,000 participants in the Advocates for Internal Medicine Network (formerly known as the “Key Contact Program”), Advocates e-mail, call and meet with their members of Congress on issues of importance to medical students, internists and their patients, and report the results back to ACP.

To enroll as an Advocate, ACP members are not required to have existing relationships with their members of Congress. ACP gives them the tools necessary to develop and maintain relationships. The program is open to all membership categories.

Enroll in the Advocates for Internal Medicine Network at http://capwiz.com/acponline/mlm/signu
The CATCH (Clients Aligned through Community and Hospital) pilot is developed by the St. Joseph’s residency program in Phoenix to help improve the post discharge transition period. It is focused on avoidable emergency room and clinic visits for chronic care patients in the Internal Medicine clinic. Patients are referred by residents to the CATCH program if they meet the following criteria: have multiple co-morbidities, are underinsured or uninsured, and have uncontrolled disease metrics.

A resident management team is responsible for overseeing the process of enrolling patients, meeting with social workers, visiting patients’ homes, and identifying the active issues at patients’ homes that lead to multiple ED visits and lack of disease control. Residents conduct home visits to determine the root cause for their behavior leading to lack of disease control, and to find social needs that impact their health.

The effects CATCH home visits have had on resident’s perception of patients and social health are profound. One resident commented prior to their first home visit “will it be safe to visit the patient’s house?” After their visit, they concluded that “Health is complicated by so many different aspects of life, so I decided not to label my patients as non-compliant.” Another resident stated, “Most importantly, I feel like I know my patients better now”. Responses from residents conducting home visits are only positive. Upon their first home visit, a resident reflected, “It helped me appreciate the challenges that my patient faces and added a new depth to our professional relationship”.

We hope CATCH will provide residents with a better understanding of the underlying social confounders that affects their patients’ health, as well as develop a new level of empathy.
What does it mean to be part of the ACP as a Resident or Fellow?

By Jewel Kling, MD MPH

Arizona ACP Resident and Fellows Council Chair

The American College of Physicians has always engaged Residents and Fellows in their activities and view us as a crucial part of the organization.

ACP provides many opportunities for us to develop our presentation and critical thinking skills, such as through the poster and oral presentations at the Chapter Meeting. In addition, the ACP Doctor’s Dilemma contest is held annually at the Chapter Meeting. The winners represent Arizona at the national ACP meeting and have the opportunity to participate in the national competition.

Locally, the Resident and Fellows Council organizes statewide journal clubs, webinars and procedure based simulation courses for our residents.

For those interested in legislative activism, “American College of Physicians, Arizona Chapter, Day at the State Legislature” scheduled for February 5th 2014 at the AZ State Capital is a great way to learn about the activities of the legislature that affect us and our patients, as well as to voice the opinions of students, residents and fellows on matters such as GME funding.

Additional resources available for residents and fellows include MKSAP for internal medicine board review, the Annals of Internal Medicine and the “In the Clinic” series, as well as other features included on the website.

All associates are encouraged to visit the chapter website for more details:

http://www.acponline.org/membership/benefits/residents/

________________________________________

The Resident and Fellows Association – Here for you!

The ACP Residents and Fellows Council includes members from all residency programs in Arizona, with the goal to represent all resident and fellow members within the state chapter.

We bi-annually publish a resident’s newsletter entitled “Transitions” that allows our council to communicate the activities of the Chapter that residents can participate in and the various benefits available to residents. We also organize events such as journal clubs & webinars to provide Internal Medicine educational opportunities across the state.

Please contact our current representatives with any suggestions you may have to better our councils’ work.

Council is Chair Jewel Kling, MD MPH (kling.juliana@mayo.edu)

And members: Hamed Abbaszadegan, MD; Benjamin Johansen, MD; Spencer Lee, MD; Hossein Ghofrani, MD; Aaron Fernandes, MD; Gina Wu, DO; Joseph Hanna, MD; Pete Zervogiannis, MD; Alex Hu, MD; Salma Patel, MD; Natalya Azedah, MBChB; Kathryn Williams, MD; Anju Nair, MD; Nithya Menon, MBBS; Tanway Patwa, MD; Sabyasachi Roy, MBBS; Heather Fields, MD; Jeff Schenk, DO; Umema Burney, DO; Sadia Moinuddin, MD; Pratik Shah, MBBS; Mohamad Lazkani, MD; Maheen Sheikh, MD; Ryan Van Woerkom, MD; Christopher Chen, MD, MBA; Preethi William, MD.