



Governor's Corner

This past year has been an eventful year for the Navy Chapter, having just received its seventh consecutive "Chapter Excellence" award. This award recognizes chapters which successfully meet or exceed the standards for managing a chapter. As in the past, this award directly reflects the continued efforts of our

Chapter members in continually staying involved in both Chapter and National ACP activities, recruitment efforts, volunteerism and community service, among other criteria. As in the past, this is complete group effort and I thank all of you for your ongoing contributions.

The semi-annual Board of Governors Meeting was held in September in Minneapolis, Minnesota. One of the more significant issues discussed pertained to ACP membership, both at the national and Chapter level. This was addressed both as a presentation to the entire Board of Governors entitled "Why Do Internists Join the College (Or Not)," in addition to smaller group, roundtable discussions on both recruiting new members and retaining current members. Key points included the following:

- (1) Only about 50% of internists in the United States are members of ACP; this is less than the percentage of Family Practice physicians who are members of AAFP (80%), psychiatrists who are members of APA (77%) or dentists who are members of ADA (66%).
- (2) The top five reasons for joining ACP are as follows:
 - #5: Public policy advocacy.
 - #4: Being part of a professional community.
 - #3: Support for Internal Medicine.
 - #2: Fostering a professional identity.
 - #1: Access to programs, products and services (e.g., MKSAP).
- (3) 82% of non-members belong to other medical societies, while 90% of ACP members belong to other medical societies.

Additional topics discussed at the meeting included presentations on implementing Patient Centered Medical Home projects (from the ACP Governors of the Rhode Island and Tennessee Chapters), and features of high-performing, non-US healthcare systems (from the ACP Governors of Chile, Japan and Quebec Chapters).

Additionally, as action items from the Navy Chapter Governor's Council Meeting (held during the recent Navy Chapter ACP Scientific Meeting), the following two items are forwarded for your consideration:

- (1) The Chapter Volunteerism/Community Service Committee (chaired by CAPT (ret) Angeline Lazarus), is planning to pilot a survey at the National Naval Medical Center (NNMC), Bethesda, Maryland with regards to the types of volunteerism in which internists there are currently engaged, with subsequent surveys at Naval Medical Center San Diego (California), Naval Medical Center Portsmouth (Virginia) and other military treatment facilities (MTFs). Please participate when asked
- (2) There is a chronic need for nominations for the annual Chapter awards, specifically the Volunteerism, Sparks and Laureate awards. The criteria for these awards are being updated and will be re-posted to the Navy Chapter ACP website at http://www.acponline.org/about_acp/chapters/navy/ in the near future. Chapter members are strongly encouraged to nominate those deemed most deserving of these prestigious honors.

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As in the past, I encourage you to forward contributions to our semi-annual Chapter Newsletter to me anytime at Jeffrey.Cole@med.navy.mil for consideration for inclusion in the newsletter.

I am looking forward to seeing you at Internal Medicine 2009 in Philadelphia, Pennsylvania (23 April 2009 through 25 April 2009).

REVIEW: NAVY CHAPTER ACP 2008 SCIENTIFIC MEETING

The Navy Chapter ACP 2008 Scientific Meeting was held at the Horton Grand Hotel in San Diego, California, from Thursday, 9 October 2008 through Saturday, 11 October 2008. The theme was "*Damn the Torpedoes - Full Speed Ahead!*" The number of attendees was increased from the previous year. The attendees experienced an incredibly enthusiastic and engaging program over the 2-1/2 day meeting, as the speakers provided a true "reality check" with regards to the current status of Navy Medicine but also offered a guardedly optimistic and positive outlook for the future. Additionally, a large number of retired Navy medical officers were in attendance, including three past Navy Chapter ACP Governors (**CAPT (ret) Walt Coyle**, **CAPT (ret) Angeline Lazarus** and **CAPT (ret) John Mitas**), in addition to a number of other retired Navy medical officers, including **RADM (ret) Ralph Faucett**, **CAPT (ret) Rich Keating** and **CAPT (ret) Frank Maguire**. As in the past, these individuals provided a historical and worldly perspective, speaking from both their past military and current civilian medical perspectives.

The Navy Chapter was most fortunate to have **Dr. Robert Luke (Regent, ACP)** as the College Representative at the meeting. He provided several presentations, including both the ACP "College Update" and a presentation on "*Diuretics Do's and Don't's*." Additionally, along with **Dr. Angeline Lazarus** and **Dr. John Mitas**, he participated in a very interactive "*Town Hall Meeting*." His presence, interactions, guidance and feedback throughout the meeting, as well as during the Welcome Reception and Associates' Luncheon, were most appreciated.

Highlights of the meeting were many. The following is a summary of some of the more significant events:

- (1) Once again, the "*Doctors' Dilemma*" competition was won by the team from National Naval Medical Center (NNMC). This year's team (**LT Evan May**, **LT Greg Fuhrer** and **LT Aaron Flanders**) triumphed over the teams from Naval Medical Center San Diego (NMCSO) and Naval Medical Center Portsmouth (NMCP).
- (2) The Friday Associates' Luncheon featured a single speaker - this year, the speaker was **CAPT (ret) John Bestoso**, the ex-Internal Medicine Program Director at NMCSO.
- (3) The Poster Competition, held at the end of the day on both Thursday and Friday, featured 59 posters (a mix of research and clinical vignettes) and was extremely well attended with presentations by the associates from NNMC, NMCSO and NMCP.
- (4) The Podium Presentations, held during the afternoons of Thursday and Friday, featured 8 presentations (4 research and 4 clinical vignettes), were enthusiastically received and generated a number of questions for discussion.
- (5) The meeting presentations covered a variety of topics, including operational opportunities for Navy internists, updates on a number of clinical topics (such as rheumatoid arthritis and pulmonary embolism diagnosis) and a two-hour presentation with panel discussion entitled "*Navy Internal Medicine: The Business of Providing Excellent Care*," presented by **RADM Christine Hunter (Commander, NMCSO)**, **RDML Matthew Nathan (Commander, NNMC)** and **CAPT Christopher Culp (Deputy Chief, Medical Corps)**.

The Awards Dinner, held aboard the historic USS MIDWAY (CV-41), culminated the meeting's activities. In addition to an excellent dinner, a number of awards were presented:

- Poster Presentations: Clinical Vignettes.

- o 1st: **LT Eric Yeung (NMCP)**.
- o 2nd: **LT Russell Miller (NMCSO)**.
- o 3rd: **LT Amanda Self (NNMC)**.

- Poster Presentations: Research.

- o 1st: **LT Evan May (NNMC)**.
- o 2nd: **LT Lynn Byars (NNMC)**.
- o 3rd: **LT Marc Sabatino (NNMC)**.



Robert Luke, MD -- ACP Regent and College Representative

- Podium Presentations: Clinical Vignettes.

- o 1st: LT Richard Hedelius (NMCP).
- o 2nd: LT Nehkonti Adams (NMCSO).

- Podium Presentations: Research.

- o 1st: LT Rahim Remtulla (NNMC).
- o 2nd: LT Eric Morrell (NNMC).

- Resident Teachers of the Year.

- o NNMC: LT Elexis McBee.
- o NMCSO: LT Ian Lang.
- o NMCP: LT Jon McDivitt and LT Eric Yeung (co-winners).

- Master Teachers of the Year.

- o NNMC: CDR William Shimeall (2nd year in a row).
- o NMCSO: CAPT (ret) Joel Lees.
- o NMCP: CAPT Jeff Cole.

- Sparks Award (In recognition of the outstanding staff internist at a non-internal medicine teaching hospital): **CDR Mark Dick** (Naval Hospital, Bremerton, Washington).

- Laureate Award (In recognition of outstanding achievement by a College Fellow or Master who has demonstrated a long-term commitment to excellence in medical care, education and research, and has provided service to his/her community): **CAPT (ret) Walt Coyle** (Immediate Past Governor, Navy Chapter ACP).

Additionally, **LT Dan Lawson**, a recently graduated resident from NMCP and now staff Internist at NMCSO, was presented the Navy and Marine Corps Commendation Medal in recognition of his work developing and implementing an electronic inpatient medical data base while during his residency at NMCP. In all, the 16th Annual Navy Chapter ACP Scientific Meeting was a rousing success. Next year's Chapter Meeting is scheduled for Bethesda, Maryland from Thursday, 8 October 2009 through Saturday, 10 October 2009. The Program Chair is **LCDR David Brett-Major** - e-mail address David.Brett-Major@med.navy.mil. In the near future, please refer to Navy Chapter ACP home page at <http://www.acponline.org/chapters/navy/> for information about this upcoming meeting. Start planning now to attend this annual event - I am looking forward to seeing you at the next Chapter meeting.

CAPT JEFFREY B. COLE, MC, USN, FACP
GOVERNOR, NAVY CHAPTER ACP

ASSOCIATES' UPDATE: NNMC

The NNMC residency program is off to a successful start this year! We are proud to report yet another year of 100% passage of the Internal Medicine Certification Boards. We are also proud that the National Naval Medical Center (NNMC) was well represented by numerous internal medicine residents at the Navy ACP Chapter meeting. In total there were 22 residents present, 12 of whom were our interns. Ensuring all 22 residents and 9 staff made it to San Diego was challenging in light of multiple flight delays and cancellations, leaving many NNMC residents sleeping on benches in the airport and arriving at the conference just in time for their poster presentations. The Jeopardy team - comprised of **LT Evan May**, **LT Greg Fuhrer** and **LT Aaron Flanders** - performed very well, winning the competition and earning the right to represent the Navy at Internal Medicine 2009 in Philadelphia. Currently, we are preparing for several conferences in November: the DC ACP Chapter meeting, the AMA resident meeting (at which **LT Tinika Montgomery** will present her clinical vignette poster), and also the Army Chapter ACP meeting, where **LT Lynn Byars** will discuss her research in a podium presentation.

LT Kate Love continues the NNMC tradition of clinical rotations overseas. These rotations allow residents to experience diverse cultural, research and clinical opportunities. She will complete a month-long research rotation in enteric infections in Lima, Peru. The Internal Medicine Residency Program continues to diversify its curriculum at home, with this July marking the full-time incorporation of a new research track option for residents. The track provides mentoring and statistical support as well as education in the design of clinical research. The ultimate goal is to allow our house staff to develop, conduct, and publish hypothesis-driven research.



LT Schauna O'Sullivan (NMCSO) -- Participant, Clinical Vignette Podium Presentation

Two residents involved in this track are **LT Justin Harder** and **LT Aaron Flanders**. Additionally, we continue our community service rotation at Holy Cross Health Center where residents focus on continuity care and hospital follow-up of uninsured D.C. residents.

Since the start of the academic year, several of our residents have been published in various journals. **LT Amanda Self**, **LT Andy Philip**, **LT Rahim Remtulla** and **LT Greg Fuhrer** have all been recognized for publications ranging from letters to the editor to broad review articles on clinical disease processes.

The residents at NNMC have also been quite active outside of work. **LT Jeff Levine** found time to train for and run the Marine Corps marathon. He is also awaiting the birth of his first child. **LT Kevin Winegar** will also soon be a proud father, for the second time. **LT Andy Philip** recently enjoyed a wedding and honeymoon, while **LT Kim Broom**, on the delayed-honeymoon program, was finally able to get away after several years of wedded bliss ... better late than never!

As you can see the residents at NNMC are active in their community, in competition, and in medical education at all levels. They have shown remarkable focus and poise in spite of the surrounding new construction (for the merging of NNMC and Walter Reed Army Medical Center) that offers new challenges on a daily basis.

LT CHRISTINA MALEKIANI, MC, USN, ACP ASSOCIATE
CHIEF OF RESIDENTS, NNMC

ASSOCIATES' UPDATE: NMCS D

The San Diego house staff officers have been busy settling into their new roles at the hospital and staying involved outside the hospital. We were very happy to host the Navy ACP Chapter meeting, and enjoyed seeing so many familiar faces mixed in with some new ones.

Several residents have received prestigious national attention. **LT Nehkonti Adams** received the Young Achiever of the Year: Liberian Image Award, a national award given to an individual of Liberian heritage who has demonstrated excellence in education and community service. Furthermore, her Hepatitis E podium presentation at the Navy Chapter ACP meeting has recently been accepted for future publication by the Annals of Internal Medicine. **LT Matthew Gaffigan**, not to be outdone by an intern classmate, had a poster accepted at the Transcatheter Cardiovascular Therapeutics (TCT) Conference in Washington, DC. **LT Carrie Beaty** and **LT Russell Miller** brought home poster awards from the Southern California Chapter ACP meeting as well.

On an international front, several of our residents had the opportunity to deploy on the recent humanitarian mission with USNS MERCY (T-AH 19). **LCDR Len Philo**, **LT Travis Harrell** and **LT James Clifford** each returned with a new understanding of health-care in third-world nations and insight into some of the future opportunities for Navy Medicine.

Around the medical center, **LT Ian Lang** and **LT Theresa Clark** remain very busy running the Diabetes Clinic, which continues to significantly lower the average hemoglobin A1c of the participants. Many residents also volunteer their time at the weekly physician run Tobacco Cessation Clinic.

Outside the hospital, our residents are busy volunteering their free time. **LT Jessica Hameed** is involved in the St. Vincent de Paul Clinic for the homeless. **LCDR Len Philo** coaches his son's competitive 6th grade basketball team, several members of which may be recruited for the IM-Orthopedics basketball challenge. Many residents also spent a weekend providing medical coverage at the recent Miramar Air Show.

Even with all of these endeavors, many residents here are excited about the best part of the changing season - great surfing! The excitement continues as the GMESB approaches to determine the next phase for many of the house staff. More exciting news to come!

LT MARK TSCHANZ, MC, USN, ACP ASSOCIATE
CHIEF OF RESIDENTS, NMCS D

ASSOCIATES' UPDATE: NMCS P

As we approach the half-way point of the academic year, the Navy's "*First and Finest*" have much to be proud of to date and look forward to the continued excitement of the coming months.

Our five junior residents selected to go straight through have settled into their new responsibilities, and have welcomed five additional classmates that have recently returned from operational billets. We welcome **LCDR Austin Parker**, **LT Javier Agraz**, **LT Brad**

Davis, LT Dawn Mandeville and **LT Nisha Shah** to the Portsmouth Internal Medicine family, and look forward to working with them for years to come. They have already proven to be a strong addition to the team, and continue to serve the Navy proudly in their new roles as medical residents.

Speaking of family - several Portsmouth residents have been busy at home as well with the additional responsibilities of taking care of new babies! We congratulate **LT Kristin Conley, LT Rolf Graning, LT Justin Lafreniere, LT Nisha Shah** and **LT Brad Davis** on the expansion of their families in the recent months, and send warmest wishes to their spouses as their loved ones trudge forward balancing the continued responsibilities of medical training, professional advancement and family life. Fortunately for each of them, they have a very sympathetic Program Director that is busy with twins of her own at home, as well as a number of resident colleagues with large families who can serve as advisors.

Despite all of the above transition, NMCP remains strong in our goals of commitment to community, altruism and academics. Our program continues to participate in the Chesapeake Free Care Clinic, coordinated by **LT Nieka Harris**, successfully providing needed care to those less fortunate than our active duty, dependent and retired populations. Our program has also had the pleasure of participating in the recent Humanitarian Mission to South America, Central America, and the Caribbean. **LT Josh Dettmer, LT Nieka Harris, LT Jimmy Suvatne** and **LT Eric Yeung** all had the opportunity to sail aboard USNS COMFORT (T-AH 20), providing support to the above mission. Each returned safely with memories and a sense of fulfillment that will not soon be forgotten. Our future plans include manning additional humanitarian missions as soon as spring 2009.

Another memorable trip was our movement across country to San Diego for the recent Navy Chapter ACP meeting. We want to thank NMCS D for their hospitality and for showing us a great time. During our stay, several of our staff and residents were recognized for their accomplishments. First place awards were presented to **LT. R. David Hedelius** for his podium presentation of a case involving a PFO in a Navy Diver, and **LT Eric Yeung** for his poster presentation of a patient with Devic's Syndrome. **LT Erik Yeung** also proudly headed our Jeopardy team; along with **LT Alicia Warnock** and **LT Daniel Bowers**, the NMCP team finished strongly in second place. We look forward to participating in future academic competitions and recognition at the upcoming Virginia Chapter and National ACP meetings. Additionally, **LT Jonathan McDivitt** and **LT Eric Yeung** were both recognized as NMCP Resident Teachers of the Year, and **CAPT Jeff Cole** was honored as ACP Master Teacher. **LT Robert Daniel Lawson** was presented with a Navy Commendation Medal for his work in developing an inpatient database at NMCP that was recognized as a Joint Commission "Best Practice." We were sad to see Dan move to the west coast, but know that he will flourish as a staff Internist at NMCS D.

We are, of course, looking forward to the upcoming GME selection board with great anticipation for the selection of our future interns as well as the announcement of those continuing on in training as residents. Recently, our program has announced my successor. I want to congratulate **LT Eric Yeung** on his selection as NMCP Chief of Residents for Academic Year 2009. The future looks bright for our continued successes under his leadership and guidance.

Many thanks to all of those at NMCP and beyond who support our GME and training program's efforts. I look forward to working with each of you in the months and years to come.

**LT TOD MORRIS, MC, USN, ACP ASSOCIATE
CHIEF OF RESIDENTS, NMCP**

PREVIEW: INTERNAL MEDICINE 2009

Internal Medicine 2009, the National ACP scientific meeting, will be held at the Pennsylvania Convention Center in Philadelphia, PA from Thursday, 23 April 2009 through Saturday, 25 April 2009, preceded by a two-day pre-course. Please go to the ACP website at https://www.acponline.org/meetings/internal_medicine/2009/attendees for all the information that you need for:

- Registration (general meeting and pre-course).
- Travel (air, train (Amtrak), car rentals and hotels).
- Course listings (titles, dates and times).
- Special activities (opening ceremony, convocation ceremony, Henry S. Waxman Learning Center and special events).
- Sessions and activities especially for medical students, associates and young physicians.
- Guest programs (tours, Camp ACP Child Care Program).

Military uniform for active duty Navy attendees at Internal Medicine 2009 will be Summer Whites (with Service Dress Blues as

an always appropriate alternative uniform option). It is expected that any active duty member involved in any special ceremony (e.g., opening ceremony, convocation ceremony), or any associate selected to make a research or clinical vignette podium or poster presentation will be in the uniform of the day. However, it is strongly encouraged that all active duty members, while in attendance, be in the uniform of the day - show your Navy pride and demonstrate your support for your fellow service members. As has been noted in past OOMC newsletters from BUMED, officers attending conferences while on orders are expected to wear the appropriate Navy uniform throughout the conference.

CAPT JEFFREY B. COLE, MC, USN, FACP
GOVERNOR, NAVY CHAPTER ACP

CLINICAL INNOVATIONS IN TODAY'S PRACTICE ENVIRONMENT

I have long been a staunch advocate of sharing best practices. It is something that we can always do better in Navy Medicine. I was thrilled to see "*Clinical Innovations in Today's Practice Environment*" moderated by **CDR Mark Dick** (Naval Hospital, Bremerton) on the Navy Chapter ACP Scientific Meeting agenda.

In this column I will summarize some of those best practices that were submitted or presented.

- (1) Naval Hospital Bremerton has created a Preventive Health Review database which the medical assistants (MAs) can easily search during chart preparation for clinic. This notifies the clinician when a preventative health measure is needed.
- (2) Naval Medical Center, San Diego (NMCSDD) has a Cancer Survivorship Clinic that has ongoing education of patients and clinicians regarding surveillance for cancer recurrence and focused preventive health care measures in light of their cancer.
- (3) Naval Hospital Pensacola has deployed Dragon Naturally Speaking voice recognition software with a savings of \$1200 a month, leading to AHLTA note closure in less than 24 hours, improvement of medication reconciliation from 35% to 90% and savings of 90 minutes of clinic time each day.
- (4) NMCSDD has a multidisciplinary Heart Failure Clinic based on a group visit model, which has led to maximizing management in collaboration with the Pediatrics, Pediatric Cardiology and Adult Cardiology Departments.
- (5) **LCDR Gautam Nayak** (NNMC) and **CAPT Dan Shmorhun** (Pediatric Cardiology, NNMC) run an Adult Congenital Heart Disease Clinic that was started as collaboration between adult and pediatric cardiology where they are able to care for complex congenital heart patients. It is specifically dedicated to patients who are identified and treated at a young age and are in transition to adult cardiology. The results have been better establishment of long-term care for these patients and improvement in the GME residency and fellowship programs in the National Capitol Region.
- (6) **LCDR Christopher Stafford** (NMCSDD) highlighted that a physician-led, weekly, group medical clinic can be a low budget option to increase access to tobacco cessation. The weekly, 1-hour class features a 15 minute educational topic by a physician, 30 minutes of open discussion, and closes with short, focused individual meetings with a physician. No appointment or consult is necessary to attend.
- (7) **CDR Joseph McQuade** (Family Practice, Naval Hospital, Jacksonville) has created a desktop Clinical Portal that delivers access to decision making tools, educational resources, formulary lists and calculators at the point of care in the exam room. Three other military treatment facilities (MTFs) have similar solutions.
- (8) **LT James Prahl** (NMCSDD) presented the "*Group Diabetes Clinic*" as a clinic model that is a viable option for seeing large amount of patients in shorter period of time. This clinic has found high doctor and patient satisfaction, and has optimized the multidisciplinary team approach for diabetes care needs.
- (9) **CDR Kevin Dorrance** and **LCDR Sunny Ramchandani** (both NNMC) presented the "*NNMC Medical Home*," their version of the Patient Centered Medical Home. The goals of the "NNMC Medical Home" are to:
 - a. Refocus on primary care.
 - b. Transform office practice to a team approach to healthcare.
 - c. Leverage technology to improve patient communication and coordination of care as well as to provide active patient registry functions to proactively manage populations.
 - d. Provide an integrated care model with point-of-care ancillary services.

- e. Provide for a multidisciplinary healthcare approach, including nutritionists, health educators, behavioral health specialists, clinical pharmacists, and social workers.
- f. Ensure a patient-centered approach by removing barriers to care with improved access, PCM continuity and enhanced communication.

(10) **LT Dan Lawson** (NMCS D) presented the "Development of a Low-Cost Inpatient Electronic Medical Record at NMCP," an electronic inpatient medical data base. Take-away points from his presentation were:

- a. Microsoft Access can be used to develop an inexpensive, yet powerful, electronic medical record (EMR) software package for medical installations throughout the Navy that would like to enjoy the benefits of an EMR but do not have the funds to purchase commercial products.
- b. The benefits of using this approach include the easy availability of Microsoft Access, its ease of learning, and the very low capital investment required to develop the software: \$50 was used to develop an inpatient EMR at Naval Medical Center Portsmouth (NMCP) that has successfully managed the medical information of over 10,000 hospitalized Internal Medicine inpatients over a 3 year period.
- c. The software can be tailored to the specific needs of the ship, clinic or hospital.
- d. The data can be exported to other applications as needed.

The importance of these projects is that they show a spirit of enthusiastic, creative and innovative concepts that benefit each of us and most importantly benefit our patients. These solutions can all be shared. These innovators are doing the work of Navy Medicine each day and are an email or phone call away.

Please feel free to contact me for further information or so that I can get you in touch with some of our Navy Medicine Innovators.

**LCDR BRIAN BOWES, MC, USN, ACP MEMBER
NAVAL HOSPITAL, JACKSONVILLE**

Update/Correction from last newsletter: Government discounts on Microsoft products <https://epp.microsoft.com/> Type in "Program Code": 9DEC6EA72E, Microsoft Office Home Use Program. Free full Office Suite (shipping \$19.95) <https://hup.microsoft.com> Type in "Program Code": B152F91098

More Photos



*LT Brian Pecoraro (NNMC)
Participant, Clinical Vignette
Podium Presentation*



*LT Richard Hedelius
(NMCP) -- 1st
Place awardee, Clinical
Vignette Podium Presentation*



*LT Nihkonti Adams
(NNMC) -- 2nd
Place awardee, Clinical
Vignette Podium Presentation*



*LT Dustin Lorentz
(NMCS D) --
Participant, Clinical
Research Podium
Presentation*

Photos, continued from page 7

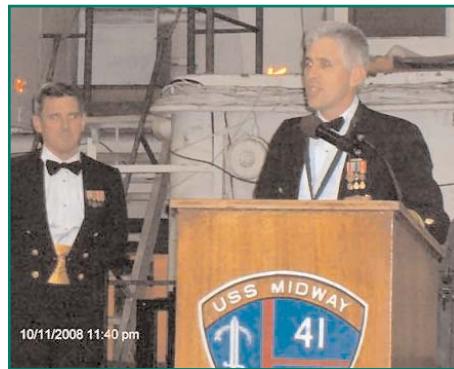


LT Rahim Remtulla (NNMC) -- 1st Place awardee, Clinical Research Podium Presentation



LT Jessica Schwartz (NNMC) -- Participant, Clinical Research Podium Presentation

LT Eric Morrell (NNMC) -- 2nd Place awardee, Clinical Research Podium Presentation



CAPT (ret) Walt Coyle, MD -- Recipient of the 2008 Navy Chapter ACP Laureate Award