

INTERNAL MEDICINE 2007
(formerly Annual Session)

Mark your calendar for April 19-21, 2007 to attend Internal Medicine conference in San Diego, CA. Choose from more than 260 CME educational courses and workshops. Update your knowledge on essential topics relevant to both generalists and sub-specialists. Learn "hands on" at the Learning Center and Clinical Skills Workshops. As well, plenty of opportunities for social and networking opportunities. Register today at www.acponline.org/cme/as/2007/index/html.

Please plan to join the NW Chapters (Oregon, Washington, Montana, Idaho, & Alaska), for the Northwest Regional Reception, Friday, April 20, 6:00-8:00pm, Manchester Grand Hyatt Hotel. Enjoy hors d'oeuvres and wine - greet and meet your colleagues. Please RSVP to **Kory Diemert** at kad@wsma.org. See you there!!!



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Governor's Corner



Since our last newsletter, a lot has happened in our Chapter. One of my goals is to increase the involvement of Chapter members. As part of that effort, I've started to make some visits around the state. Last fall I visited Coos Bay and had the opportunity to give Grand Rounds and conduct a Town Hall meeting. I was able to have a discussion on topics ranging from recertification to ACP efforts in strengthening primary care practice. I'd like to thank **Basil Pittenger, MD** for helping organize this event. I will visit Bend for a similar event. If anyone would like to help me organize an event in their community, please E-Mail me at Robert.gluckman@providence.org.

Reforming Chapter Leadership is another part of the effort to engage more Chapter members. I would like to welcome **Mike Bonazzola, MD**, **Ryan Petersen, MD**, and **Ron Sinclair, MD** as new members of the Local Council. Thank you to **Martin Jones, MD**, **Art Hayward, MD**, and **Robin Miller, MD** for their past service. The Chapter formed a Young Physician's Committee and Women's Subcommittee. These committees will help the Chapter design programs specifically tailored to the needs of our younger members.

The Chapter had another successful scientific session. We awarded **Jim Reuler, MD, MACP** with our Laureate award for his years of out-

standing contributions to the internal medicine community. The Howard P. Lewis Award for Service was presented to **Dan Gilden, MD** and the Teaching Award was presented to **Ed Murphy, MD**. I would like to thank **Claudia Leonard, MD, FACP** for many years serving as Chair of the Program Planning Committee. **Sima Desai, MD, FACP** has kindly agreed to assume this important Chapter responsibility.

On the national level, ACP continues to strongly advocate for the needs of internists and our patients. As many of you know, the Medicare 2007 fee schedule included substantial increases in the work relative value units for evaluation and management codes. Whereas these increases are currently limited to Medicare, the new fee schedule will have much greater impact on your practices if adopted by commercial insurers. You should keep a close eye in this as you renew your contracts with insurance companies.

The interest in the patient-centered home model is also picking up steam. ACP advocacy resulted in legislation funding demonstration projects for practices able to provide medical home services including enhanced care coordination, clinical information systems, electronic health records and secure E-Mail for patient access. Reimbursement reform would include a monthly care coordination fee, in addition to fee for service payments for visits. ACP recognizes small practices may have difficulty adopting all features of a

OREGON MEDICAL ADVISORY GROUP

Stephen R. Jones, MD, FACP

During its third meeting in January 2007, the Oregon Medical Advisory Group (MAG) began to wrestle with the uncomfortable topics of rationing of medical supplies and changing the standards of medical care in an emergency. While events that would trigger such responses, including an influenza pandemic or a large explosion at a chemical plant, are uncommon, they would have significant impact on the healthcare system. The Emergency Departments of all local hospitals would be full and respiratory therapy equipment would be in short supply during a pandemic, for example. Healthcare policy makers in the private sector as well as those in the public sector need to be prepared for such possibilities. Dr. **Susan Allan**, Director of the Oregon State Public Health Division, is working with partners from both sectors who comprise the MAG to better elucidate the roles and responsibilities of all parties during emergencies. This meeting addressed ethical considerations in addressing complex topics like rationing and alternate standards of care.

During the meeting, **John Tuohy** from the Providence Center for Ethics introduced the topic, providing background about the use of ethics in decision making. The group then began debating the use of different ethical principles in making difficult community or hospital-wide decisions. Currently, most hospital ethics decisions are focused on individual patients. In the setting of a widespread medical emergency, however, a more community-wide approach will be needed. Although medical ethicists are still debating among themselves exactly which principles should be included in such community-wide discussions, John Tuohy illustrated that the concepts of "social good", "justice", and "competency" (using rigorous, unbiased measures) were all essential.

Over the course of the afternoon the group used the outlines of community medical ethics principles to begin addressing four topics generated from a severe influenza pandemic scenario:

Defining priorities among population groups to receive a scarce vaccine

Allocating scarce ventilators among the ill

Altering the standards of medical care when the system is past capacity

Using voluntary quarantine of exposed individuals as a method to limit spread of disease

The purpose of those discussions was to test the use of the ethical principles in making tough decisions. It is clear that additional work will be needed to both define an ethical framework that will support healthcare decision-making during widespread crises, and to test its utility under

conditions where rapid decision-making is essential.

In up-coming meetings, the topics of allocation of scarce resources more generally and altered standards of medical care will be the focus of discussion with the goal of producing usable, easily modified, state-wide guidance on these difficult topics.

ANNUAL OREGON CHAPTER SCIENTIFIC MEETING - RECAP

Claudia Leonard, MD, FACP

The annual Chapter Scientific Meeting last November was well attended. Thanks to all of you for your enthusiasm and participation. The Geriatric workshop was great, and we hope to keep offering this break-out session so all those interested will have the chance to attend. Dr. Levine was a vibrant College Representative with a clear talk regarding national ACP advocacy for internists. All the speakers were excellent, and we thank them for their work. Once again the poster and oral presentations were outstanding! New this year, were poster presentations from medical students - we'll continue to include these in future meetings.

I greatly appreciate the work of the Planning Committee, and special thanks are given to those of you who filled out the evaluation forms; the feedback is invaluable to helping plan future meetings. For practical reasons, the Planning Committee members have always been from Portland. However, we do a fair amount of work by e-mail; so if there's an interested, non-Portland member who would like to help with the Planning Committee, please contact **Mary Olhausen**. I'm pleased to announce that Dr. **Sima Desai** will Chair the Planning Committee for the coming year. She is a favored teacher with the creativity to put together a superb program.

Hopefully everyone found time to reconnect with old friends and colleagues, as this is one of the most important aspects of the annual meeting.

Please mark your calendars for next year. We will be in Eugene, November 15-17, and look forward to seeing you then.

SUPPORT YOUR CHAPTER WITH DUES

Chapter dues are the backbone of local activities and vital to the success of the Oregon Chapter. Your dues support local educational meetings, programs for medical students, annual abstract competitions, advocacy efforts, etc. When you receive your dues notice, please remember to include the Chapter Dues (\$50) with your payment.

patient-centered medical home and is also advocating for separate payments for services currently un-reimbursed, such as phone calls and E-Mail. For full details, I suggest you review ACP's 2007 State of the Nation's Health Care at www.acponline.org.

At the state level, there are a number of efforts to increase health care access for all Oregonians. Chapter members continue to be active in **Governor Kitzhaber's Archimedes Movement**. **David Shute**, MD has agreed to Chair the Public Policy Committee and the committee will lend its voice to these important efforts.

I wish you all a good 2007. Please feel free to send me your suggestions and concerns.

Associates & Medical Students Competition Winners

Patrick Archie, MD-Providence Portland Medical Ctr.
1st Place Oral Competition

Sarah Lipton, MD-Oregon Health & Science University
2nd Place Oral Competition

Tarek Eid, MD-Legacy Health System
3rd Place Oral Competition

Adam Blomberg, MD-Providence Portland Medical Ctr.
1st Place Research Poster

Corie, Coe, MD-Providence Portland Medical Ctr.
1st Place Clinical Vignette

Dawn Baker, MD-Providence Portland Medical Ctr.
2nd Place Clinical Vignette

Christian Powell, MD-Providence Portland Medical Ctr.
3rd Place Clinical Vignette

Evagelia Baros, DO-Providence St. Vincent Medical Ctr.
3rd Place Clinical Vignette

Karli Edholm, Student-Oregon Health & Science Univ.
1st Place Research Poster

Lori Tam, Student-Oregon Health & Science University
1st Place Clinical Vignette

ASSOCIATES' ACTIVITIES

Stephanie Halvorson, MD

It has been a delight to take over the reins as Associates' Council Chair this year! Though my predecessors, **Tim Thunder**, MD and **Sima Desai**, MD, made this role look easy, I assure you there has been a lot to learn! We have a dynamic group of Associates' Council representatives! They are comprised of residents from all three years of training, and represent each of the four residency programs in Portland. They worked together to pull off a wonderful Associates' Competition at the Chapter meet-

ing in Eugene. We had thirty four clinical vignette posters and two research posters, as well as 6 really dynamite oral presentations! Thanks to our own Mark Sands, MD of the Legacy program for emceeding the event! In addition, for the first time this year, we also invited medical students to present. They did a marvelous job! We had five clinical and two research posters. Our many thanks to the Judges who worked arduously to evaluate both the resident and student posters thoroughly, fairly (and quickly!). Our upcoming events include Career Nights that will focus on giving residents from all programs tips about practice opportunities in Internal Medicine, CVs & interviewing, and negotiating the contract maze. I look forward to continuing to work with the Associates' Council to foster camaraderie, leadership skills and enthusiasm for active membership in the ACP!

OREGON CHAPTER COUNCIL OF YOUNG PHYSICIANS

Basil Pittenger, MD

As defined by the College, "a Young Physician is defined as a physician member of ACP who is within 16 years of graduating medical school." The newly formed Oregon Chapter Council of Young Physicians (OCCYP) is seeking young physicians who are committed to excellence in clinical practice, education, and community service. Our primary goals are to foster interest in internal medicine and ACP statewide, to positively impact the formation of health policy in Oregon, to promote educational and community service opportunities, and to fight the growing crisis of primary care. Our current members include:

Sima Desai, MD, FACP

Elizabeth Liles, MD

David Nagata, MD

Basil Pittenger, MD

Jenny Silberger, MD

Stephanie Halvorson, MD

Andrea Matsumura, MD

Ryan Petersen, MD

Rajesh Ravuri, MD

Mohammed Taher, MD, FACP

The newly formed Oregon Chapter Council of Young Physicians (CYP) met on Nov 3rd. We set some guidelines/limits of term for officers and agreed to increase the membership of the committee to encompass all areas of the state. We will continue with the same mission statement as the national level of CYP, but strive to re-define it to fit the Oregon Chapter. It reads: To enhance the professional development and quality of life for young physicians, fostering their involvement in College activities, and ensuring their needs are being met. . Please feel free to contact me about joining the Oregon Chapter CYP, I can be reached at dr.pittenger@nbmconline.com

WOMEN'S COMMITTEE

A "Women's Breakfast" at the Regional Meeting in November, 2006. The meeting was quite well-attended and generated a tremendous amount of dynamic discussion.

I presented data on physician burnout and the evidence for differences between the practices of male and female physicians. There was tremendous interest in the factors that lead to the increased risk of burnout for women which was reported in the Physician Work Life Study in 2000. "Burnout," originally a colloquial term, is now defined for purposes of research as a syndrome of emotional exhaustion, depersonalization, and a sense of low personal accomplishment that leads to decreased effectiveness at work. It occurs most frequently in the human service professions such as medicine, nursing, teaching, and social work, where the work requires an intense involvement with people.

The serious consequences of burnout include absenteeism, turnover in personnel, cynicism, decreased job satisfaction, suboptimal patient care, spill-over into personal life, depression, anxiety, and broken relationships. Women now make up approximately 50% of medical school classes and are expected to make up 30% of the physician workforce by 2010. A higher percentage of female physicians choose primary care specialties. Female physicians practice medicine differently than men in measurable ways. Female physicians devote 36% more time to preventive services even when controlling for patient gender and health status. They discuss family and social information more and exhibit a more patient-centered approach to medical care from as early as the first year of medical school. There is evidence in the literature that female providers have a higher rate of patient satisfaction even when controlling for patient gender, health status, and satisfaction with the health care system. Patient-centered care is associated with greater patient satisfaction, better adherence to regimens, and a lower likelihood of law suits for malpractice. Additionally, there are significant differences between the practices of male and female physicians which may account for the higher risk of burnout for the women. In 2000, there was an average income decrement of \$22,347 for female physicians when controlled for age, minority status, specialty, practice type, time in current practice, uninsured status of patients, regional salary variations, number of hours worked per week, etc. Female physicians reported more time pressure in the care of their patients. They had a greater number of female patients and more patients with complex psychosocial problems. While caring for comparable numbers of medically complex patients, female physicians had more patients described as "frustrating." Options for preventing burnout seem obvious, and reflect the ongoing struggle between career and outside life. Physicians,

male and female alike, should be directed to maintain balance and personal relationships, cultivate outside interests, minimize work-home interference. Having children actually decreases the risk of burnout for physicians. Physician practices should allow greater control for female providers in their work situations. The Oregon Chapter of the ACP has made a commitment this year to provide opportunities for female physicians to meet and share their special struggles and successes. If you are interested in getting involved, contact **Mary Olhausen**.

LAUREATE AWARD 2006

(The full article can be found on the chapter website)

It is with distinct pleasure that this year, the Oregon Chapter presents the Laureate Award to **James B. Reuler, MD, MACP**. He is a long-standing and loyal supporter of the College, has rendered distinguished service to the Chapter, and has upheld the high ideals and professional standards for which the College is known.



Dr. James "Jim" B. Reuler, MD, MACP, was born in Decatur, Illinois in 1947. He received a Bachelor of Science degree in Zoology at the University of Illinois in 1969 and spent one year at the University's College of Veterinary Medicine. Following this he attended the University of Chicago Pritzker School of Medicine where he graduated in 1973. After medical school he served as an intern and junior resident in the Department of Medicine at the University of Chicago hospital and clinics. In 1975 he came to Oregon as a senior resident in the Department of Medicine at Oregon Health & Science University where he stayed as a faculty member. In 1979 he became Chief of the Section of General Medicine at the Portland Veteran's Affairs Medical Center where he has practiced and taught to this day.

He has been a popular in-patient and out-patient attending among residents and medical students. He has the rare gift of being able to make any patient-related topic interesting and shares his knowledge and curiosity enthusiastically. In addition to being a wonderful teacher, he is a respected and popular speaker, he has been the recipient of multiple teaching awards. He also has been honored on several occasions by receiving local and national awards recognizing his leadership and humanism.

Dr. Reuler has been a leader in the ACP serving as Governor-elect and Governor of the Oregon Chapter from 1996 through 2001. In 1987 he was awarded the ACP Alfred Stengel Traveling Scholar Award. The Oregon Chapter awarded Dr. Reuler the Howard P. Lewis Distinguished Service Award in 2003. He became a

WELCOME NEW MEMBERS

Nathan Bachtell, MD	Portland	Sharon Flynn, MD	Eugene
Patrick Gillette, MD	Portland	June Greene, MD	Portland
Jessica Gregg, MD	Portland	Elroy Jan, MD	Portland
Randy McCoy, MD	Lebanon	Charlotte Ott, MD	Portland
Ronald Pausig, MD	Hillsboro	Kerry Philbeck, MD	Portland
Jeanne Phillips, MD	Portland	James Profitt, MD	Salem
Shari Sanders, MD	Wilsonville	Wendy Schilling, MD	Ashland
Maulin Shah, MD	Beaverton	Geraldine Somera, MD	Coos Bay
Christopher Thomas, MD	Portland	Zuzanna Wieckowska, MD	Dorina
Arqam Zia, MBBS	Ontario		

KUDOS

Dr. **Edward Murphy** for being this year's recipient of the HP Lewis Distinguished Teaching Award.

Dr. **Daniel Gilden** for being the this year's recipient of the HP Lewis Distinguished Service Award.

Dr. **D. Lynn Loriaux** for being accepted to the ACP Board of Regents

FELLOWSHIPS/MASTERSHIPS

Fellows and Masters were recommended by the Credentials Subcommittee and approved for election by the Board of Regents.

Lenore Fines, MD, FACP

Steve Beeson, MD, FACP

Linda Lester, MD, FACP

Mohammad Taher, MD, FACP

Edward Tackey, MD, FACP

Jill Miller, MD, FACP

Dr. **Peter O. Kohler**, Portland, was recently advanced to Master.

Advancement to Fellowship is an important step for all ACP members. There are several pathways designed for the multitude of careers in internal medicine: practice, research, education. To obtain further information about advancement to Fellowship and to download an application form, please consult the Membership section of ACP website (www.acponline.org) or contact **Mary Olhausen** in the Chapter office (omary52@comcast.net).

ACP HOSPITALIST

ACP Hospitalist a new publication for physicians in hospital medicine, is now available online at <http://www.acponline.org/hospitalist/?hp>

Fellow of the ACP in 1980 and a Master in 2004 in recognition of his long service to the ACP and the field of internal medicine. Dr Reuler has been a role model to his students and colleagues for his devotion to family and his thoughtful attention to blending work and family life. He has been a community leader and recognized for his tireless efforts to bring healthcare to the homeless and disadvantaged. This work led to the formation of the Wallace Medical Concern in Portland, a clinic providing on-site health services for the homeless. In 2002 Dr. Reuler was awarded the Oscar E. Edwards Memorial Award for Volunteerism & Community Service from the ACP for his work with the Wallace Medical Concern. In addition, he has been active in Physician's for Social Responsibility and a strong professional and community advocate for a national health care system in the United States. In recent years he has served as a mentor in the YWCA LearnLinks Educational Support Program for the homeless. In 2006, Dr. Reuler was rated by his peers as one of the "top doctors" and one of the "most admired healers" in the state of Oregon. In recognition of his community volunteer work, he has received numerous community service awards.

More recently his presentations have been of a more philosophical nature and reflect his deep devotion to humankind. Some notable titles include: "Kindness", "Doctoring, Citizenship, Communities: Forging the Bonds", "Mentoring", and "Caring for the Underserved", to name a few. These titles reflect on the person and teacher Jim is and has been. He has truly made a difference in the lives of many in the community, has been a leader and role model for his colleagues and trainees and has trained nearly two generations of young physicians while living what he taught. His contributions to the field of internal medicine and community life in Oregon are inspirational and will be enduring.

***Photo of James B. Reuler, MD, MACP, courtesy of Stuart Mullenberg.**

Awards, honors, volunteer work, article published?? We want to hear from you and about you--please email **Mary Olhausen**, omary52@comcast.net, with items of interest.

MEDICAL STUDENTS

Mary Olhausen

Medical student, **Melissa Wei**, MS-II, leads the 1st & 2nd year Internal Medicine Interest Group (IMIG) with loads of enthusiasm, along with faculty mentor, **David Kagen**, MD. The year started off with the annual Interest Group Fair where Internal Medicine/ACP had a booth

and distributed brochures about careers in Internal Medicine. Through the year-long IMIG Lunchtime Talks, organized by **James Pate**, MS-II, and sponsored by **D. Lynn Loriaux**, MD, MACP, Chair of Medicine, students have been provided information on What Is Internal Medicine?; Primary Care Future; Hospitalists; Caring For The Uninsured; Sub-Specialty Choices, 3rd Year Medicine Clerkship, Away Rotations and a session about Membership & Benefits of ACP. Ward Walks were popular with Internal Medicine residents at OHSU. Students, again, participated in the Clinical Skills Elective (heart/lung exams, EKG, phlebotomy, physical exam, & social work). Students will finalize an Internal Medicine Subspecialties Booklet. This handy guide would highlight medicine subspecialties' practical information such as definition of the discipline, training requirements, interesting historical facts/stats, procedures performed, professional society information, major publications, and links to URL's. The Mentorship Program is just getting off the ground - we've had a great response rate from faculty at OHSU and lots of interested students. Cover The Uninsured Week is just around the corner and IMIG, along with several other OHSU student groups, are in the planning stages to provide another remarkable on-campus event. The student membership drive (July 2006 to Jan 2007) saw an increase of more than 25% for Oregon Chapter - with that increase, IMIG received funding from the College to assist with their many projects.

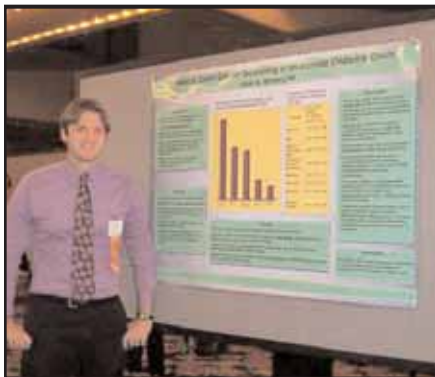
LEADERSHIP DAY

May 15-16, 2007 in Washington DC. This annual event offers opportunities to meet with legislators and staff, as well as receiving top-notch briefings from White House officials and Hill staff and members of Congress who are key health decision-makers. You are provided an in-depth orientation on the College's top legislative priorities and can network with other Chapters. There's also an optional grassroots training module on effective advocacy and use of the news media to gain support for ACP policy positions.

Visit the Chapter Website at

www.acponline.org/chapters/or

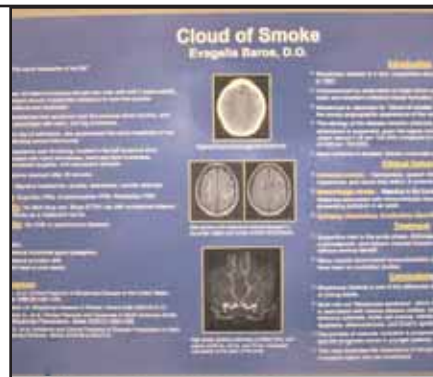
November 2006 Chapter Meeting Photo Gallery



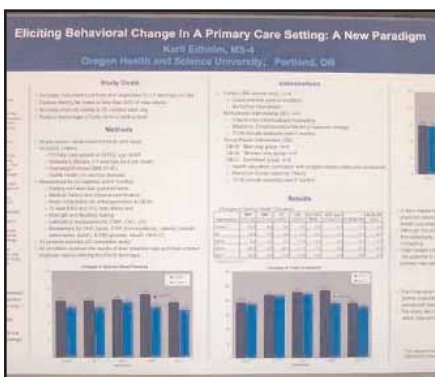
Adam Blomberg, MD-1st Place Research Poster



Oral Competition Winners-Patrick Archie, MD-1st Place, Sarah Lipton, MD-2nd Place-Tarek Eid, MD-3rd Place



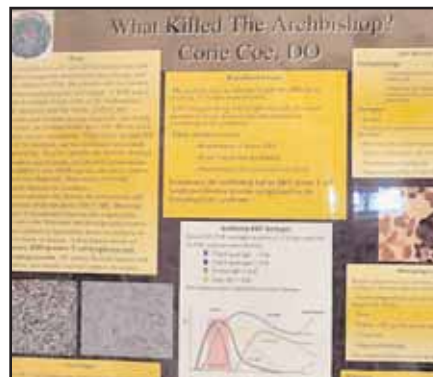
Evagelia Baros, DO-3rd Place Clinical Vignette Poster



Karli Edholm, Medical Student-1st Place Research Poster



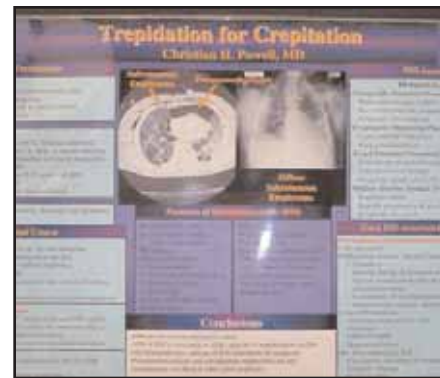
Dawn Baker, MD-2nd Place Clinical Vignette Poster



Carie Coe, MD-1st Place Clinical Vignette Poster



Lori Tam, Medical Student-1st Place Clinical Vignette Poster



Christian Powell, MD-3rd Place Clinical Vignette Poster

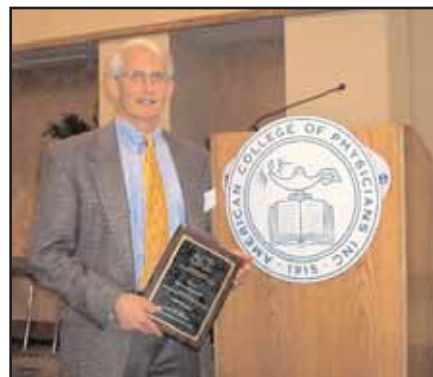


L-R-Robert Gluckman, MD, FACP, Governor, Mary Olhausen, Chapter Exec. Dir., Joel Levine, MD, FACP, College Rep for Meeting, Stephen Jones, MD, FACP, Former Governor, James Reuler, MD, MACP, Former Governor



Governor, Robert Gluckman, MD, FACP congratulates James B. Reuler, MD, MACP on receiving the Chapter Laureate Award.

Daniel Gilden, MD receives the HP Lewis Distinguished Service Award



GOVERNOR NEEDS YOUR EMAIL ADDRESS

We boast nearly 1,200 ACP members in the State of Oregon (Masters, Fellows, Members & Associates). Transporting ACP news from the Governor to you is done most efficiently with email. However we NEED your email address to be able to send news, advocacy requests, meeting announcements and Chapter opportunities. If you have not been receiving emails from the Governor and would like to, please send us your email. Send to our Chapter Executive Director, **Mary Olhausen** at omary52@comcast.net.

UPCOMING DATES

April 19-21, 2007-ACP Internal Medicine, San Diego, CA
April 20, 2007-Northwest Regional Reception, San Diego, CA
May 15-16, 2007-Leadership Day on Capitol Hill, Washington DC
June 8-9, 2007-Medicine-Infectious Diseases CME Conference-Kennewick, WA, ACP of Southeast Washington. www.kadlecmed.org
November 15, 2007-Infectious Diseases Society of Oregon Meeting, Eugene, OR
November 15-17, 2007-Oregon Chapter Scientific Meeting, Eugene, OR
May 15-18, 2008-ACP Internal Medicine, Washington DC

HOW TO REACH US

Robert a. Gluckman, MD, FACP
Providence St. Vincent Medical Center
9205 SW Barnes Road, Suite 2800
Portland, OR 97225
503-216-7451
FAX: 503-216-7488
Email: Robert.gluckman@providence.org

Mary Olhausen
Executive Director, Oregon Chapter
2310 NE 77th Avenue
Vancouver, WA 98664
360-892-1814; FAX: 360-326-1844
Email: omary52@comcast.net