

## Governor's Message

**Abraham Lincoln** once said, *"The dogmas of the quiet past are inadequate to the stormy present. The occasion is piled high with difficulty and we must rise with the occasion. As our case is new, so we must think anew and act anew."*

Those words are applicable today as we draw near to major health care reform in this country, which will have implications for patients, hospitals, insurance companies and physicians. The American College of Physicians (ACP) has played a major role at both the national and state level to advocate policies which would insure access to affordable health care for all U.S. citizens and establish appropriate mechanisms to pay and reward physicians to provide and coordinate high quality, efficient care to patients, i.e. the Patient-Centered Medical Home (PCMH). Because the ACP has invested significant time, energy and resources to develop evidence-based policies on many aspects of health care, our leaders have had the opportunity to represent internists at the Health Care Summit held at the White House this Spring and at the state level with **Governor Rendell's** Chronic Care Commission. On May 20th at ACP's Leadership Day, ACP members from across the country, including 15 individuals from our state chapter, gathered on Capitol Hill in Washington, D.C. to meet with senators and congressional representatives to advocate for several major ACP policy positions. These included universal coverage, access to primary care physicians and specialists, and appropriate payments to physicians utilizing the PCMH. We also sent a strong message about the need to provide better incentives for students and residents to choose primary care careers given the looming crisis caused by the shortage of primary care physicians. The ACP will continue to be a strong voice for internists as the specifics of the new national health care plan are developed. I encourage many of you to contact your U.S senator and congressman and express your opinion on these issues.

**ABIM's Maintenance of Certification/SEP Program.** On March 14, 2009, our chapter sponsored the SEP/MOC at Penn State's College of Medicine. Utilizing the audience-response system, two distinguished faculty internists, **Edward "Ted" Bollard, MD, FACP** and **Marc Shalaby, MD, FACP**, led the audience through the modules, *"Update in Ambulatory Medicine"* and *"Update in Hospital Medicine."* Forty-three internists attended and praised the events. The sessions were highly interactive, evidence-based and emphasized recent relevant medical literature. We plan to sponsor additional MOC/SEP modules in the future.

**Internal Medicine 2009**, ACP's annual educational meeting, took place in Philadelphia April 23-26. As a practicing internist, I always take away new information that I can apply to the care of my patients. I particularly enjoyed the Clinical Pearls, Updates, and Multiple Small Feedings of the Mind. **Martin Samuels, M.D, MACP** gave another outstanding presentation on the approach to the patient with dizziness to a standing-room only audience. After all of these years, I think I finally have a grasp on the structure and function of the semi-circular canals as related to the pathogenesis of benign positional vertigo, which is a frequent problem that I encounter in my practice. On Friday night, the Pennsylvania ACP Chapter co-hosted a reception with the New Jersey and Delaware ACP Chapters at the Vietnamese Palace, just a short walk from the Pennsylvania

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Convention Center. The reception was well-attended and there was a nice mix of fellows, members, residents and student members as well as a few Masters of the College. It was great to see many of our Pennsylvania medical students at the meeting and the reception. I was particularly pleased with the large number of new Pennsylvania Fellows inducted at this year's annual meeting: 65 new Fellows from Pennsylvania marched during the IM 09 Convocation; 28 were from our Eastern Region. If you are interested in becoming a Fellow of the ACP, I encourage you contact me if you have any questions about the process. Next year, Internal Medicine 2010 will be held in Toronto, Canada and I hope to see many of you there.

**Patient-Centered Medical Home.** The Pennsylvania Chapter ACP will co-sponsor a series of four dinner meetings on the Patient-Centered Medical Home, designed to provide up-to-date information about this particular model of health care. They will focus on practical issues of what it really takes for a practice to qualify as a PCMH. Dates and cities include Sept. 15 in Philadelphia, Sept. 17 in Scranton, Sept. 24 in State College, and Oct. 6 in Pittsburgh. Stay tuned for more details. Pennsylvania has several pilot PCMH projects for diabetes management underway in the southeastern, south central and southwestern regions of the state. These are part of **Governor Rendell's** Prescription for Pennsylvania. The real question to be answered is: Does this model of health care provide effective, efficient, timely health care in a cost-effective manner? We all await the answer to this question from the PCMH pilots currently in progress throughout the country.

**Pri-Med Access with ACP.** The ACP has recently developed a relationship with Pri-Med, a leader in providing continuing medical education to internists and other primary care physicians across the country. There will be Pri-Med Access with ACP sponsored programs twice a year in both Philadelphia and Pittsburgh. Two recent programs took place on June 12-13 in Pittsburgh and June 23-24 in Philadelphia. This October 6-7, a new program will be offered in Philadelphia and on Dec. 4-5, 2009, again in Pittsburgh. The content of these programs will be ACP-driven and focus on primary care. I encourage you to attend one of these sessions if you are interested in high quality CME at a very low cost. Our council is considering an annual Pennsylvania ACP meeting in collaboration with one of the Fall Pri-Med Access with ACP meetings in the Fall, 2010. Please stay tuned to further updates about this in subsequent newsletters.

I trust all of you are enjoying the summer and taking some time for rest and relaxation. As I have mentioned previously, I am interested in hearing from you. Specifically, how can our chapter serve you better? Please feel free to contact me at [rsimons@hmc.psu.edu](mailto:rsimons@hmc.psu.edu)

## PENNSYLVANIA LEADERSHIP DAY 2009

A special thank you to our Eastern members **Vance Albaugh, Jen Chambers, Larry Jones, Gela Mchedlishvili, Aditya Sharma, and Jill Steiner** for joining us in Washington, DC for Leadership Day 2009.

ACP members from across the nation visited their senators and representatives requesting support for a number of ACP initiatives that included:

1. Affordable health coverage for all;
2. Enhanced access to primary care physicians and specialists;
3. Legislation to address the crisis in primary care by improving reimbursement, reducing medical student debt, supporting the Patient Centered Medical Home, simplifying paperwork, an addressing tort reform; and
4. Elimination of the Sustainable Growth Rate plan.

## LEGISLATIVE UPDATE



PA-ACP will be working with legislative leaders and health care organizations to preserve key items in the state budget, including chronic care funding and primary care programs, while seeking to get action that will retire the Mcare fund liability as providers' payments increase to \$1 million in coverage. Prospects are dim for an early state budget, with stagnating revenues and a \$3.2 billion budget deficit. Republicans are publicly opposing any new taxes, while the Governor has now formally called for a 16 percent increase in the state personal income tax for three years, which would only cover half of the deficit.

The House is nearing a final vote on HB 1, which would expand adultBasic to provide comprehensive health care coverage for 130,000 Pennsylvanians. The bill adds prescription medications, chronic disease management, preventive and wellness programs to adultBasic benefits. AdultBasic would be open to low-income adults with an income of less than 200 percent of federal poverty levels. However, the bill would transfer \$362 million from the Health Care Provider Retention Account, which was to help pay down the Mcare fund liability to pay for adultBasic expansion. Amendments that would have addressed the Mcare fund retirement were ruled not germane by **Speaker Keith McCall**, and so could not be debated - this despite the fact that the HCPRA is being used to fund the adultBasic expansion in HB 1.

During debate on the bill, **Rep. Josh Shapiro** successfully offered an amendment to expand the primary care student loan repayment provisions in the legislation. PA-ACP contacted all members of the House to support the amendment, which passed the House June 10 by a 187-5 vote.

The Senate has already said they see no reason to move major health reform legislation in Pennsylvania until Congress takes up federal health care reform legislation this summer. Even if HB 1 passes the House, there is little expectation that the Senate will take favorable action on the legislation in the next month or two.

On other health care legislation, the Governor has signed four health care related bills, including the expansion of COBRA benefits and increasing the age limit permitted to have parents include a dependent on their health plans.

SB 189 allows uninsured single, adult children up to age 29 to be covered by their parents' health insurance plan. Parents must pay the premiums, and coverage hinges on an employer's willingness to offer the benefit to employees with children. The bill takes effect in six months and coverage will be on a rolling basis after that as contracts are renewed, according to the Governor's Office. Forty percent of the state's total uninsured population, or 383,298 residents, are between the ages of 19 and 29.

HB 109 expands federal COBRA law to Pennsylvania businesses with fewer than 20 employees. The bill allows these employees to continue receiving health insurance at the business' expense for up to nine months. Legislators piggybacked on the federal stimulus plan, which permits employees who lose their jobs and qualify for COBRA to receive a government subsidy of 65% for their care.

The other bills signed by **Rendell** were HB 84, prohibiting health care providers from seeking reimbursements for a serious, preventable medical error, or "never events," and SB 89, reauthorizing the Pennsylvania Health Care Cost Containment Council (PHC4).

**John Nikoloff**

**John Nikoloff & Associates**

### ANNOUNCEMENT

The Eastern Region's Abstract and Medical Jeopardy Competition will be held Saturday, November 14, 2009. Once again, David George is the general chair, and the host facility is The Reading Hospital and Medical Center.

There are three categories for abstract submission: Research, Quality Improvement and Case Report. Abstracts Submissions will be accepted online. Details and the link will be announced electronically to all resident (associate) members of the PA Chapter of the ACP.

## WELCOME ABOARD NEW MEMBERS!

Please welcome these Eastern Region physicians who were elected to ACP Membership since January 2009. We're looking forward to meeting you at Chapter programs and events.

**Lisa Black, MD**, Berwyn  
**David H. Duong, MD**, North Wales  
**Vivek Khandelwal MBBS**, Danville  
**Marie O'Brien, DO**, Macungie

**Michael B. Dabrow, DO**, Paoli  
**Susan A. Glod, MD**, Hummelstown  
**Christopher Albert Lucas, DO**, Chester Springs  
**Adam M. Rubin, MD**, Reading

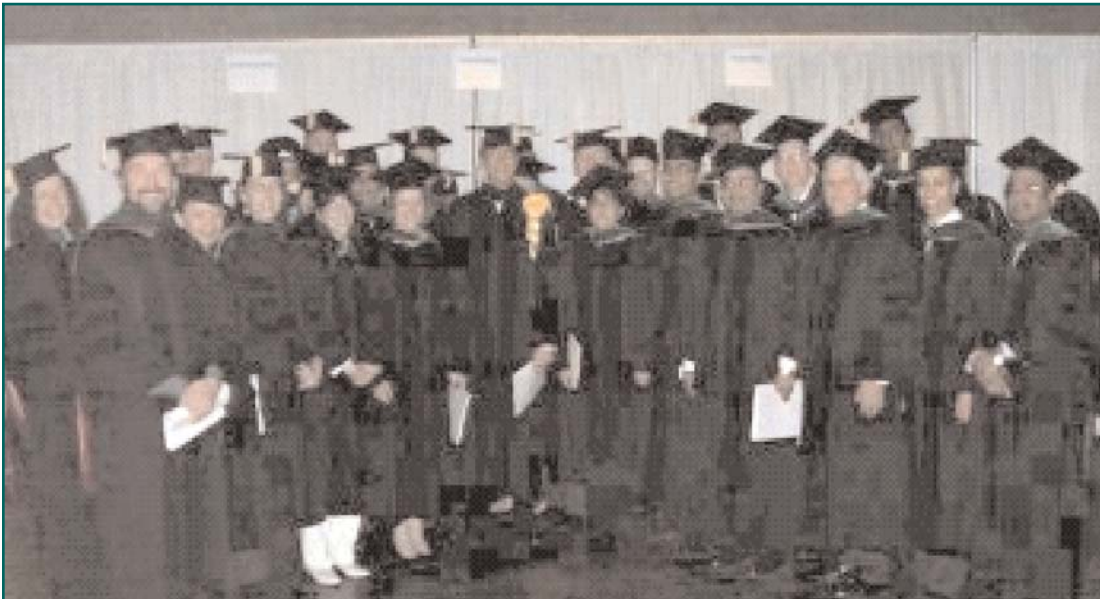
## CONGRATULATIONS

### 2009 ACP Award Winners

**Peter C. Nowell**, Media, PA  
*American College of Physicians Award for Outstanding Work in Science as Related to Medicine*

**Dwight L. Evans**, Haverford, PA  
*William C. Menninger Memorial Award for Distinguished Contributions to the Science of Mental Health*

## CONGRATULATIONS NEW FELLOWS!



*Congratulations! The Chapter recognizes all Pennsylvania Eastern Region physicians elected to Fellowship in the College since January 2009. We saw a large number of new Fellows from the Eastern Region at the Convocation.*

**Richard L. Alweis, MD, FACP**, Sinking Spring  
**Bankim A. Bhatt, MD, FACP**, Center Valley  
**William G. Combs, MD, FACP**, Orefield  
**Mary C. Davies, MD, FACP**, Camp Hill  
**Eric J. Fels, DO, FACP**, Allentown  
**Jennifer P. Goldstein, MD, FACP**, Hummelstown  
**Yasser K. Khalil, MD, FACP**, Allentown  
**Cheryl S. Lipson, MD, FACP**, Orefield

**Karen S. Bell, MD, FACP**, Hershey  
**L. Eamonn Boyle, MBBCh, BAO, FACP**, York  
**Andrew J. Dancha, DO, FACP**, Allentown  
**Paul F. Dende, DO, FACP**, Hanover  
**Michael J. Gehman, DO, FACP**, Sayre  
**Bruce A. Goodman, MD, FACP**, Newtown  
**Theodore J. Kowalyshyn, MD, FACP**, Stroudsburg  
**Sean K. McVeigh, MD, FACP**, Honesdale

**Alan C. Moses, MD, FACP**, New Hope  
**Rajesh R. Panchwagh, DO, FACP**, York  
**John P. Pettine, MD, FACP**, Allentown  
**Gerald E. Pytlewski, DO, FACP**, Macungie  
**Arjinder Sethi, MD, FACP**, Clarks Summit  
**Stacey J. Smith, MD, FACP**, Allentown  
**Paul W. Weibel, Jr., MD, FACP**, Quakertown  
**Najamuz Zaman, MBBS, FACP**, Lancaster

**Lisa M. Motz, MD, FACP**, Reading  
**Robert I. Pargament, MD, FACP**, York  
**Brian M. Pollak, MD, FACP**, York  
**William B. Reeves, MD, FACP**, Hershey  
**Igor Sister, MD, FACP**, Lansdale  
**Uzma Z. Vaince, MBBS, FACP**, Macungie  
**Daniel D. Yun, MD, FACP**, Lansdale

## ACP HONORS PENNSYLVANIA CHAPTER WITH EVERGREEN AWARD

Pennsylvania Southeastern Region was awarded an Evergreen in the Associates/Young Physicians Category for Leadership Development Geared towards Young Physicians.



At this year's Internal Medicine Meeting, the ACP presented Evergreen Awards to ten Chapters. The Evergreen Program provides recognition and visibility to those chapters that have been successful in implementing programs that increase membership, improve communication, increase member involvement, enhance diversity, foster careers in internal medicine, and improve management of the chapter.

The Southeastern Region is recognized for developing a multi-year program which allows interested young physician members to learn how to more effectively use their leadership skills. Components of the program include a series of dinner meetings on leadership development, encouraging young physicians to participate in national and chapter leadership activities, and the establishment of an on-line newsletter with topics focusing on leadership.

## NEW CHAPTER COUNCIL OF YOUNG PHYSICIANS FORMED IN PA CHAPTER

**Lawrence Ward, MD, MPH**, Assistant Professor of Medicine and Associate Program Director of Temple's internal medicine residency program, recently joined forces with **Charles Cutler, MD**, Governor of the Southeast Pennsylvania Chapter of the American College of Physicians (ACP), to create a new local chapter of the ACP Council of Young Physicians. Their aim is to enrich the local ACP resources and encourage physicians who have been out of medical school for 16 years or less to join the ACP.

The Council of Young Physicians organizes seminars, networking events, and invites prominent speakers in an effort to reach out to local physicians and better meet their needs as young professionals.

Young physicians interested in joining us for **HAPPY HOUR on July 23 at Standard Tap, 2nd and Poplar, Philadelphia from 6 to 8 pm** should contact **Dr. Larry Ward** at [lawrenceward@tuhs.temple.edu](mailto:lawrenceward@tuhs.temple.edu), or the Pennsylvania chapter at [pcim.hq@verizon.net](mailto:pcim.hq@verizon.net)

## TWENTY-FIVE FROM EASTERN REGION PRESENTED POSTERS AT IM 2009

We are honored that the following Chapter members from the Eastern Region represented our Chapter at the National Abstract Competitions held during Internal Medicine 2009: Congratulations to all. Well Done!

### Associate Clinical Vignette Poster

**Daniel Assefa, MD**, Allentown  
**Nutan Bhaskar, MD**, Willow Grove  
**Hooman Hajian, MD**, Hershey  
**Jayakrishnan A. Krishnakurup, MBBS**, Easton  
**Fareed N. Mardani, MBBS**, Sayre  
**Anay D. Pradhan, MD, PhD**, Hershey

**Nevin Baker, DO**, Danville  
**Deepakraj Gajanana, MBBS**, Bethlehem  
**Antony G. Kaliyadan, MD**, Wyomissing  
**Yadana Kyaw, MBBS**, Sayre  
**Syed A. Gilani, MD**, Harrisburg  
**Saritha Ravella, MD**, Harrisburg

**Syed M. Rizvi, MD**, Hershey  
**Kishore Vipperla, MD**, Bethlehem

**Krista M. Todoric, MD**, Hummelstown  
**Pradeep K. Yadav, MD**, Hershey,



*Brandon Oberweis, Maddie Gregorits and Levi Benson (left to right) enjoy a recent networking event. They are medical students at Penn State College of Medicine and sit on the PA Chapter's Council*

#### **Associate Research Poster**

**Ashok Chaudhary, MBBS**, Wyomissing  
**Lawand A. Saadulla, MD**, Hershey

**Jayakrishnan A. Krishnakurup, MBBS**, Easton  
**Kishore Vipperla, MBBS**, Bethlehem

#### **Associate Oral Presentation**

**Rajendra P. Palepu, MBBS**, Scranton

#### **Medical Student Clinical Vignette Poster**

**Seper Dezfoli**, Hummelstown

#### **Medical Student Research Poster**

**Vinod K. Nookala**, Harrisburg  
**Carah Santos**, Hershey

#### **Medical Student Oral Presentation**

**Amanda L. Cattoi**, Hershey

## **PA CHAPTER PROUDLY ANNOUNCES SEVEN WINNERS IN ACP ABSTRACT COMPETITION AT IM 2009**

### **Resident Paper Winners - Research**

**Shweta Gupta, MBBS**

Albert Einstein Medical Center Program, Philadelphia, PA  
*Can Lipophilic Statins Affect Her2/neu Expression in Breast Cancer?*

**Rajendra P. Palepu, MBBS**

Scranton-Temple Residency Program, Scranton, PA  
*Suboptimal Diagnosis of Obesity in Morbidly Obese Patients.*

### **Clinical Vignette Poster**

**Jude O. Ediae, MD**

Abington Memorial Hospital Program, Abington, PA  
*Sunitinib Induced Reversible Posterior Leucoencephalopathy Syndrome.*

**Muhammad R. Sardar, MBBS**

*Lankenau Hospital, Wynnewood, PA*

*Recurrent Takotsubo Syndrome in a Postmenopausal Woman with Neurologic Disorders.*

**Medical Student Paper Winners – Research**

**Amanda L. Cattoi**

*Pennsylvania State University, Hershey, PA*

*Longitudinal Association of Intimate Partner Violence and Depressive Symptoms in the Central Pennsylvania Women's Health Study.*

**Adaobi Nwaneshiudu**

*Temple University, Philadelphia, PA*

*Gamma-delta (gd) TCR+ T-cells in the Pathogenesis of Systemic Sclerosis.*

**Rachel Lynn Orlor**

*University of Pittsburgh, Pittsburgh, PA*

*Which Physician Characteristics are Associated with Higher Quality of Care?*

## **NEW MODEL OF CARE**

### **Primary Care Practices Celebrate Huge Improvement in Patient Care**

The primary care practices in the first learning collaborative of the Pennsylvania Chronic Care Initiative celebrated a 1-year anniversary yesterday with an "Outcomes Congress," where they learned that they had significantly improved certain clinical measures for diabetes and asthma care.

Examples:

- The number of patients with self-management goals increased 195%.
- The number of patients getting eye exams increased 71%.
- The number of patients getting foot exams increased 142%.
- The number of patients with cholesterol below 130 increased 43%.
- The number of patients with blood pressure below 140/90 increased by 25%.
- The number of children with asthma with action plans doubled.

These outstanding results impressed **Governor Ed Rendell**, health plan medical directors and other policy makers. Governor Rendell praised the practices during the celebration for having bought into the initiative "heart and soul."

*"I'm so impressed with what you have done, and I'll get this to the President,"* said Rendell.

The Governor's Office of Health Care Reform is leading the PA Chronic Care Initiative, which is rolling out regionally across Pennsylvania this year, with the support of the PA Improving Performance in Practice (IPIP) program, led in Pennsylvania by the PAFP and the PA Chapters of the American College of Physicians and the American Academy of Pediatrics.

The SE PA Outcomes Congress included a full day of sessions for the 32 practices - all based in southeast PA - during which they shared successes with each other. Highlighted practice changes included new approaches to patient education and self-management support, implementation of patient registries, EMRs systems and templates, expanding the role of medical assistants and other office and clinical staff, and the introduction of practice-based case management. The outstanding success of the past year is great motivation for these practices as they enter year two of their three-year commitment and for practices in other regional learning collaboratives that are new or will start sometime this year.

A full story on Pennsylvania's Chronic Care Initiative is available in the latest issue of Keystone Physician magazine, available now at [www.nxtbook.com/nxtbooks/pafp/keystonephysician\\_2009spring](http://www.nxtbook.com/nxtbooks/pafp/keystonephysician_2009spring).

**IT'S MORE IMPORTANT THAN EVER,  
PLEASE SUPPORT YOUR CHAPTER**

Your financial support allows us to continue offering local meetings, fund mentoring programs for Pennsylvania's internal medicine residents and medical students, and aggressively advocate on behalf of you and your patients.

Your concerns are heard! We meet regularly with state legislators and our Congressional delegation. Annually, we send a delegation to participate in the ACP Leadership Day on Capitol Hill.

Unpaid volunteer leaders in our chapter coordinate many of these activities. However, local staff support is critical to help manage the day-to-day operation of the chapter, special activities, meetings and advocacy initiatives. Your membership in the ACP and our Pennsylvania Chapter are vital!

If you have not already paid your ACP dues for this new year, please do so now and help reduce those annoying dues reminders.