



Governor's Message

Hello Colleagues,

What a great time we live in. Despite a recession, a slump in the housing market, and military conflict in the Middle East, health system reform has stayed on our national agenda as a major priority. For physicians nothing in our professional lives is more important. All of us share a common goal of achieving major improvements in the delivery of health care.

The American College of Physicians (ACP) has an important role at both the national and state levels in promoting new health policy that will (1) improve access, (2) lower costs, and (3) result in healthier outcomes. The Patient-Centered Medical Home (PCMH) may be the key practice change that allows us to achieve these three goals. Because the ACP has invested significant resources in developing evidence-based policies on health care, our leaders had the opportunity to represent internists at the Health Care Summit held at the White House this spring. At the state level, our Chapter continues to function as an important advocate and contributor to Governor Rendell's Chronic Care Commission.

On May 20, 2009, at ACP's Leadership Day, members from across the country, including 15 internists from our state chapter, gathered on Capitol Hill in Washington, D.C. to meet with senators and congressional representatives and to advocate for several major ACP policy positions. These included universal coverage, improved access to primary care physicians and specialists, and appropriate payments to physicians utilizing the PCMH. We shared with our national representatives the need to provide better incentives for medical students and residents to choose primary care careers. Without changes in financing of medical education, the looming crisis in the shortage of primary care physicians will multiply exponentially. The ACP will continue to be a strong voice for internists as the specifics of a new national health care plan are developed. I encourage you to contact your U.S senator and congressman/woman and express your opinion on these issues.

On March 14, 2009, our chapter sponsored the ABIM's Maintenance of Certification/SEP program at Penn State's College of Medicine. Utilizing the audience-response system, two distinguished faculty internists, **Edward "Ted" Bollard, M.D., FACP** and **Marc Shalaby, M.D., FACP**, led the audience through the two 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 took place in Philadelphia this past April. The Pennsylvania Chapter co-hosted a reception with the New Jersey and Delaware Chapters as well as Temple University School of Medicine. The reception was well attended and there was a nice mix of fellows, members, residents, and students. This year the College accepted the largest number of new Fellows in its history. Each was honored at the Fellowship Convocation. Next year, Internal Medicine 2010 will be held in Toronto, Canada. I hope to see you there.

This fall our Chapter will co-sponsor five regional dinner meetings on the Patient-Centered Medical Home, designed to provide up-to-date information about this particular model of health care delivery. These educational sessions will focus on practical issues to setup and qualify as a PCMH. Dates and locations will be announced soon.

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Pennsylvania has several pilot PCMH projects 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 efficient and timely health care in a cost-effective manner?" We all await the answer.

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 programs twice a year in Philadelphia and Pittsburgh. The next Pri-med program is October 1-2 in Philadelphia. The content will be ACP-driven. I encourage you to attend. This is an opportunity to experience high quality CME at a very low cost.

I hope you enjoy the summer. Please contact me cutler@doctorsoffice.org if our Chapter can better serve you.



Darilyn Moyer, MD, FACP Named Gov-Elect of the Southeastern Region

Congratulations to the Pennsylvania Southeastern Region Governor-Elect, Darilyn V. Moyer, MD, FACP. Dr. Moyer will start her four-year term as Governor in the spring of 2010. As Governor, she will serve as the official representative of the College for the Pennsylvania Southeastern Region, providing a link between members at the local level and leadership at the national level.

The Southeast region has 3,139 members. Currently, Dr. Moyer is Internal Medicine Residency Program Director, Vice Chair for Education, Department of Medicine, Temple University Hospital and School of Medicine.

Educational Notes from the Governor-Elect

I would like to update you on important initiatives on the educational front. Effective July 2009, there will be several changes and new requirements instituted by the ACGME (Accreditation Council for Graduate Medical Education) for Internal Medicine Residencies:

1. One of the most interesting new requirements is for the residency and its sponsoring institution to demonstrate a commitment to a culture of patient safety, continuous quality improvement with measurable outcomes and tracking of faculty and resident's in their cost-effectiveness of test ordering.
2. Increases in the number of continuity practice sessions from the current 108 over 3 years to 130 over 30 months. The preceptor to resident ratio has been reduced from 1:5 to 1:4. There will now be a flexibility to block continuity sessions and to allow programs to avoid competing agendas when residents are on rigorous inpatient rotations.
3. A longitudinal resident advising system will need to be put into place. The ACGME wants programs to develop a culture of longitudinal advising. Most programs plan to meet this requirement by assigning the resident's continuity practice preceptor as the formal resident advisor. Obviously, residents will identify other advisors and mentors as their career plans evolve.
4. New guidelines that give specific numbers of Associate Residency Program Directors and Core Faculty based on program size with a requirement that the core faculty be instructed in assessment of the six ACGME core competencies (Medical Knowledge, Clinical Skills, Interpersonal and Communication, Professionalism, Practice-Based Learning and Improvement, and Systems-Based Practice).

The broad interpretation of the changes in the continuity practice requirements is that the ACGME recognizes the challenges internal medicine residencies face in creating a positive continuity experience. By increasing continuity exposure and giving flexibility to block continuity time, a likely benefit will be a more rewarding continuity experience. Many programs are still grappling with how to meet these and other new program requirements.

The Bottom Line

The "elephant in the room" is the diminishing interest of medical students and internal medicine residents in careers in primary care. This is a multi-factorial challenge with mentorship, income, career satisfaction, educational indebtedness, and lifestyle as the major drivers of career choice. The lack of interest in primary care, coupled with Pennsylvania's ability to recruit and retain primary care physicians, is particularly germane as our population is the second most aged in the U.S.! One of our state legislators (**Rep. Josh Shapiro**) recently labeled Pennsylvania's concerning situation in the primary care arena as "lacking a farm team". While important legislation addressing the crisis in primary care such as House Bill

2350 (introduced by **Rep. Allyson Schwartz**, D-13th District of Pennsylvania) works its way through Congress, it is vitally important that all primary care internists do what they can do to influence positively career choices of medical students and medical residents they encounter!

Darilyn Moyer, MD, FACP
Temple University Hospital and School of Medicine

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 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 piggy-backed 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

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**

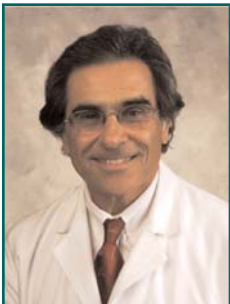
WELCOME NEW MEMBERS

Pennsylvania Southeastern Region

David J. Becker, MD, Flourtown
Arthur M. Brewer, MD, Philadelphia
Samara L. Jarosh, MD, Havertown
Amrita Kochhar, MBBS, Secane
Karel Joseph Paul, MBBS, Bensalem
Edwin Rock, MD, Strafford
Kevin Trieu, MD, Philadelphia

Andrew G. Bongiovanni, DO, Ardmore
Abraham S. Dubb, MD, Philadelphia
Ami Sharad Joshi, DO, Philadelphia
Linda M. Mundy, MD, Bryn Mawr
Ruth Earlene Perry, MD, Croydon
Dawn M. Thornton, DO, Media

Congratulations, Jack Ende



The Pennsylvania Chapter congratulates **Jack Ende, MD, MACP** who was inducted at the ACP IM 2009 Convocation Ceremony.

Dr. Ende is Professor of Medicine and Chief of Medicine, Penn Presbyterian Medical Center. He was recognized in Philadelphia Magazine's May 2002, 2005, 2006 Top Docs Issue and by Best Doctors in America 2003-2004, 2005-2006, 2007-2008

Candidates who are considered for Mastership must have made a notable contribution to medicine. This includes but is not limited to teaching, outstanding work in clinical medicine (research or practice), contributions to preventive medicine, improvements in the delivery of health care, or contributions to medical literature.

ACP Honors Pennsylvania Chapter Southeast Region with Evergreen Award



Our Pennsylvania Southeastern Region received an Evergreen Award during IM 09. We were recognized in the Associates/Young Physicians Category for Leadership Development Geared Towards Young Physicians.

We were recognized for developing a multi-year program, which allows interested young physician members to learn how to use their leadership skills more effectively. 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.

At this year's Internal Medicine Meeting, 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.

Thirty-Two SE Members Elected to Fellowship



Congratulations! The Chapter recognizes and congratulates Pennsylvania Southeast Region physicians elected to Fellowship in the College since January 2009. Twenty-three new Fellows from the Southeastern Region attended Convocation this year.

Aba Y. Barden-Maja, MD, FACP, Philadelphia

Mark J. Capkin, MD, FACP, Wynnewood

Andrew E. Chapman, DO, FACP, Lafayette Hill

Lan X. Chen, MD, PhD, FACP, Philadelphia

John M. Colombo, Jr., MD, FACP, Boothwyn

Giuliana I. DeFrancesch, MD, FACP, Ambler

David L. Fischman, MD, FACP, Philadelphia

Janet H. Fitzpatrick, MD, FACP, Lafayette Hill

David A. Katzka, MD, FACP, Wynnewood

Susan Krekun, MD, FACP, Philadelphia

Nancy L. Lewis, MD, Glenside

Nathalie S. May, MD, FACP, Narberth

Frank M. O'Connell, MD, FACP, Yardley

Anuradha S. Paranjape, MD, FACP, Philadelphia

Evan J. Pollack, MD, FACP, Bryn Mawr

AKM Harunur Rashid, MBBS, FACP, Wallingford

Karen M. Schoelles, MD, FACP, Ambler

William D. Surkis, MD, FACP, Wynnewood

Sarah G. Thompson, MD, FACP, Drexel Hill

Donna M. Williams, MD, FACP, Philadelphia

Douglas L. Keagle, DO, FACP, Newtown Square

Anita Lee, MD, FACP, Philadelphia

Judith A. Long, MD, FACP, Philadelphia

Esther J. Nash, MD, FACP, Philadelphia

Ngozi Victoria Onuoha, MBBS, FACP, Philadelphia

Michael S. Parmacek, MD, FACP, Bryn Mawr

Amir Qaseem, MD, FACP, Philadelphia

Jessica Salt, MD, FACP, Philadelphia

Meena R. Sharma, MD, FACP, Philadelphia

David A. Targan, DO, FACP, Philadelphia

Rachel M. Werner, MD, FACP, Philadelphia

Allison N. Zibelli, MD, FACP, Philadelphia

Southeast Chapter Hosts Second Chief Residents Forum



*Charles Cutler, MD, FACP, Governor, Southeast region presented **Mohammed Sharif, MD** the Governor's Award for meritorious service to the Chapter during the Chief Residents Forum held May 6 at the ACP Offices.*

Jessica Salt, MD, FACP and Donna Williams, MD, FACP were also presented the Governor's Award for meritorious service to the Chapter.



ACP Leadership Day 2009

Leaders from the Pennsylvania Chapter assembled in Washington, DC to meet with their legislators during Leadership Day 2009. Standing (L to R) are **Donna Raziano, MD**; **Evan Pollack, MD**; **Congresswoman Allyson Schwartz**, 13th District of Pennsylvania; **Larry Ward, MD**; **Darilyn Moyer, MD**, Governor Elect SE Region and **John Derrickson**, chapter executive.



Brooke Worster, MD, Talks about Leadership Day and Her Recent Election to ACP Council of Associates

After years of preparation, it feels great to enter residency, start helping patients, and find your way in residency. Positively affecting peoples' health is the main reason I chose to go into medicine, specifically, internal medicine. I am currently training at Temple University Hospital in north Philadelphia. Constantly providing care to under and un-insured patients has been an eye opening experience. A good portion of my day, whether a ward service or in my continuity clinic, is spent trying to figure out which Medicaid insurance will cover specific drugs or how to best help an uninsured patient be able to attain coverage. The main lesson at the end of the day is that our medical system is broken. Recent statistics show that almost 50 million Americans are uninsured and another 25 million are under-insured.

After spending day after day confronted with the challenges of our current health care system, I have become passionate on the subject of health reform. To this end, I arranged coverage and attended the ACP's 2009 Leadership Day in Washington, D.C.

Although I cannot pretend to be an expert in either the political process or effective lobbying, I realized that I am an "expert" in some sense. We, as medical students, residents, and fellows, are on "the front lines," experiencing the frustrations of trying to care for patients in a system that makes it increasingly hard to do so effectively.

The ACP does a phenomenal job in organizing and educating physicians and medical students on how to advocate effectively. First, we had a day of educational lectures regarding health care reform and political lobbying. After that, we had an opportunity to meet with and share our expertise with our state representatives and senators.

The elected officials and aides that we had an opportunity to meet with were very knowledgeable and excited about the pace set forward by the Obama Administration concerning meaningful healthcare reform. The most impressive aspect that I learned during this experience is that WE are the experts. Our thoughts matter to our elected officials about what will and will not make sense in working toward restructuring our healthcare system. Our passion, knowledge, and dedication to medicine and patients are great strengths.

As a newly elected member of the ACP's Council of Associates, I continue to be involved in ACP's policymaking and dedication to healthcare reform. There are 13 members on the council, both residents and fellows, who represent the interests those of us in training. By getting actively involved, whether locally or at a national level such as the ACP Leadership Day, you can make a difference in the lives of your patients.

Brooke Worster, MD
Temple University Hospital

New Chapter Council of Young Physicians Formed in Southeast Region

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.



Brandon Oberweis, Maddie Gregorits, and Levi Benson (L to R) enjoy a recent networking event. They are medical students at Penn State's Medical College of Medicine

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, or the Pennsylvania chapter at pcim.hq@verizon.net

Congratulations to Larry Ward, MD, MPH, FACP Recipient of the LEAD Certificate during IM 2009

To better prepare young physicians for roles as future leaders of the medical profession, the ACP has developed a program called LEAD (Leadership Enhancement and Development) to recognize those who have taken additional steps to develop leadership skills.

LEAD strives to provide early career internists with the skills, knowledge, and experiences necessary for effective leadership in medical settings and the community at large.

The Leadership Enhancement and Development (LEAD) Program targets internists early in their careers and offers a variety of activities designed to provide participants with the skills, resources, and experiences necessary to become effective leaders in any setting.

A LEAD certificate is awarded to any member who has completed at least five out of seven of the leadership development activities within a three-year period.

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?*

Dr. Daisy Rodriguez, FACP, who practices general internal medicine in Philadelphia, won the special drawing at the Pri-Med Access with ACP held in Philadelphia



ANNOUNCEMENT
SE Abstract and Medical Jeopardy
Competition
Saturday, October 10, 2009

The Southeast Pennsylvania Region will hold the 2009 Abstract and Medical Jeopardy Competition at Temple University School of Medicine on Saturday, October 10, 2009.

Darilyn Moyer, MD, Internal Medicine Program Director at Temple University School of Medicine is serving as Meeting Chair and Larry Ward, MD and Bizath Taqui, MD are the Abstract Committee Co-Chairs. Rafik Samuel, MD and Brett Laurence, MD are Co-Chairs of the Medical Jeopardy Committee.

Now 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.

Many of these activities are coordinated by unpaid volunteer leaders in our chapter. 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 pesky dues reminders.