



Governor's Message

It has been four years since you all bestowed your trust in me to represent, serve and lead this Chapter. My tenure came on the heels of the distinguished work done by previous Governors, each one having paved the way for the work done up to this moment. Throughout this time period, with the help of our Council, we have been able to increase consistently the attendance to the Chapter meetings, develop new initiatives within the Chapter throughout the whole island, establish international and national collaborations within the ACP, increase substantially the number of Masters, Fellows of the Chapter, having the Chapter being honored with Excellence and Evergreen awards at a national level, all of these with economic stability during these difficult times.

I really want to thank all the previous Governors for their guide and counseling, the national ACP office, specially **Joy Crist**, our liaison, who always was there when I needed her, all my Scientific Committee Chairs, Competition judges, our treasurer, **doctor Edwin Alicea**, the Chief Residents, Associates and Training Program Directors of ALL the programs in the island, and the pharmaceutical industry. Special thanks to **doctor Esther Torres, MD, MACP** for her support and advice, as well as to my fellow Class Governors with their ideas and support, specially **Guillermo Acuna, Sara Wallach** and **Nuria Tortosa**. Last, but not least, very special thanks to my wife and kids, for always been there.

I urge everyone to help the new Governor, **doctor Carlos Gonzalez-Oppenheimer** in succeeding in his task, there is a lot to do in order to improve the quality of medical education for internists in the island, which will hopefully translate in improvement of the care our sickest ones receive. Team effort will lead to the accomplishment of everyone.

ACP REGIONAL MEETING February 14 to the 16th, 2008

Our regional meeting was held last February 14 to the 16th, 2008 at El San Juan Hotel and Casino, in Isla Verde. The meeting featured speakers in the areas of Gastrointestinal Disease (**Don Rockey, MD**), Rheumatology (**Luis Espinoza, MD**), Bioethics, Bioterrorism (**Heather Cereste, MD**), Diversity in Academic Medicine and Interstitial Lung Disease (**Talmadge King, MD**) and interesting talks regarding a day in Iraq and the Clostridium difficile epidemic, the latter by **doctor Jose Gutierrez** from the VA Caribbean Healthcare System. Skill labs in Peripheral Smear (**William Caceres, MD**), MD and Lung and Heart Sounds (**Salvatore Mangiane, MD**) as well as the College's products in the ACP booth were among the features of the meeting.

In order to attract further constituents and broaden our base, for the first time in the history of the Chapter, a Medical Jeopardy contest was held among the Associates of the accredited Internal Medicine Training Programs. Teams from the Mayaguez Medical Center, the Ponce Damas Hospital, the San Juan City Hospital, the University District Hospital and the Veterans Caribbean Healthcare System participated. The team from the University District Hospital was the eventual winner. Their constituents, who will represent the Chapter at the national meeting in Washington, DC are **Tania C. Gonzalez**, **Alberto Zamot**, **William Borges**, **Onyx Cantres** and **Enrique O. Ortiz**. They will participate at the Doctors' Dilemma competition on behalf of our Chapter.

We will be honored by the attendance of **doctor Virginia Collier, MD, FACP**, who is a member of the Board of Regents of the ACP, as well as Chair of the Department of Medicine of the Christiana Care Health System in Newark, DE. **Doctor Collier** participated in full of the Program, as well as addressed the audience twice, She also had breakfast

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meetings with members of the local Associates, as well as with the Training Program Directors of the local ACGME accredited Training Programs.

The Associates held during the meeting the traditional Research competitions. The winners in the oral category were:

1. **Factors and outcomes in BK virus nephropathy in the PR Kidney Transplant population** from the University District Hospital, by **Doris Perez** and **Jorge Bertran**.
2. **Factors associated with anal cytology abnormalities in HIV-positive men from Puerto Rico** from the University District Hospital, by **Yanira Marrero**.
3. **Survival rates associated to Hepatocellular Carcinoma in a PR population** from the University District Hospital, by **Carlos Romero**.

Last, but not least, through these lines we would like to recognize the outstanding job done by the Chair of the Scientific Committee, **Jorge Bertran**, MD, FACP, the panel of judges and the Organizing Committee, which contributed to make the meeting such a major success not only in attendance, but upon the quality of the speakers. The attendance for this meeting broke records in comparison with the previous one held last year.

ACP Sponsored Grand Rounds

In view of the superb rate of approval by the lectures on Cardiac Auscultation given by **doctor Salvatore Mangiane**, Professor of Medicine at Jefferson Medical College in Philadelphia we decided to bring him for the new initiative "ACP Sponsored Grand Rounds". **Dr Mangione's** innovative approach to physical diagnosis and cardiac auscultation was clearly welcomed in his two lectures. He presented Grand Rounds for Associates and faculty of the metropolitan San Juan area at the Veterans Caribbean Healthcare System auditorium on April 2 and for those of the Ponce area at the Ponce Damas Hospital auditorium on April 3. For those who applied, the ACP awarded one hour of CME at each activity. A total of 154 physicians attended this activity in the two days it was held !

ACP-ABIM Self Evaluation Program/Module in Internal Medicine and its subspecialties

The above program was offered for third year in a row in our Chapter last April 26th, at the Caribe Hilton hotel. 85 physicians registered for this initiative, a 100% relative increase from last year when two days of ABIM modules were offered. Different from last year, this time we offered a subspecialty module in Rheumatology in conjunction with the Puerto Rico Society of Rheumatology.

We want to express our gratitude to the facilitators of the Internal Medicine Module, **Drs Jeffrey Debuque** and **Mark Shalaby** from Pennsylvania, and those of the Rheumatology module, **Dr John Reveille**, Chief of Rheumatology at University of Texas Health Science Center at Houston and **Dr. Luis Espinoza**, Chief of Rheumatology at Louisiana State University at New Orleans, LA.

ABIM modules are being offered as a joint initiative with the local chapters of the American College of Physicians. They are 60 real ABIM made questions, which are discussed by experts. The audience responses to each question are being collected at the same time. Any physician, not necessarily an ACP member, with interest in updating him/herself can attend. For the physician in the maintenance of certification program, for those in search of CMEs and for those who are to take the certifying examination, they are an advantage.

We are looking forward to promote further joint efforts with other Internal Medicine subspecialty societies in the island to offer this initiative in the near future. This is another way in which membership within the ACP pays!

Internal Medicine 2008, Washington DC, May 15-17, 2008

The National ACP meeting will be held at Washington DC in the above dates. This year, **doctor Doris Perez** and **doctor Arelis Febles** will represent our Chapter at the national research and clinical vignette competitions. In addition, as mentioned above, our Chapter will be represented at the Doctors' Dilemma competition for the first time. This, in addition to a presentation by **doctor Nina Dieguez**, accepted by the national ACP office. Our reception will be held on May 16, 2008 at the Washington Grand Hyatt hotel, look forward to greet each one of you at that time!

Miscellaneous

I will encourage everyone to take another look at the College's completely revamped website. It is more user-friendly than its predecessor and is a great way to keep up to date on what the College is doing on behalf of practicing internists and our patients. Take a look at <http://www.acponline.org/> Lately, many of us have been particularly interested in the ABIM moves to develop "*recognition of focused practice*" first for hospital medicine and more recently for "comprehensive care internal medicine". The ACP has expressed serious reservations about these developments; at the time of this writing the College's position was available at : http://www.acponline.org/clinicalinformation/journals_publications/acp_internist/weekly/2008/1/29/index.html#certification

Please, reserve the date in your calendars for the incoming October 25, 2008 Clinical Vignette competition. The call for abstracts will be coming next July and as in the previous two years, the Chapter website will be the site where you can download your abstracts.

From the Governor Elect

Starting a new enterprise is always a challenge and an opportunity to do things that you always have had in your mind.

First I would like to thanks my ACP colleagues for the honor of being elected Governor of the Puerto Rico Chapter, of one of the best Chapters of the ACP!

During the last months as Governor-Elect I have had a great experience knowing people and resources that the ACP have, being the largest and most prestigious organization of Internist in the whole world. I hope that this experience can help me to do my job in the time ahead.

Practicing Internal Medicine and its Subspecialties in Puerto Rico and the U.S. in the last years has become more and more difficult, the economics of the practice, insensible laws, health insurances organizations, government regulations, and so many other things has made things more and more difficult to do what we are trained to do best, to give excellent and professional care to our patients and serve as good role models for our students and residents.

Let's transform those obstacles in challenges in the next years to come and let the ACP, Puerto Rico Chapter become part of this effort.

During the next months I would like to have your feedback in terms of how the ACP can do for you and your practice no mater if your practice is exclusively on patient care, hospital medicine, academic or administrative medicine, or any other type of practice.

Last but not least I would like to thanks **Dr. Carmen Cortes**, FACP, for being such a formidable "*competitor*", it was an honor for me to run against **Carmen** and I hope to integrate **Dr Cortes** to my Council. I would also thanks **Dr. William Rodriguez** and **Dr. Edwin Alicea** for doing a great job as Governor and Treasurer. I hope that William will get a nice "*rest*" for him and his family, after all these years as Governor. **Dr. Alicea** have agreed to continue at least one more year as Treasurer, and we would like to thanks him again for this.

Please feel free to contact me for any communication, suggestions, ect. My e-mail is cagonzalez@rcm.upr.edu , my phones are. 787-751-6034, 787-759-8252 ,787-757-6900.

Willing to hear from you soon,

Carlos A. González-Oppenheimer, MD FACP
Governor Elect

ACP Awards and Masterships: Nominate Your Heroes, Mentors and Colleagues

The Awards Committee of the American College of Physicians invites you to help in recognizing the accomplishments of distinguished individuals and organizations through the College's Awards and Masterships. Nominations are now open for the 2008-2009 awards cycle, which will end with the College's bestowing eighteen awards and approximately 40 Masterships during the Convocation ceremony at Internal Medicine 2009. These awards recognize outstanding contributions in the practice of medicine, research, public service, leadership and medical volunteerism.

The updated Awards and Mastership Booklet contains criteria for the College's honors plus instructions for writing nominations and supporting letters. Please, note that a minimum of five detailed supporting letters and a curriculum vitae (or equivalent) with full bibliography are required for nominations to be considered. The deadline from materials is July 1, 2008. In keeping with ACP's Diversity Policy, the Awards Committee requests that nominators consider a wide array of outstanding candidates including women, underserved minorities, other ethnic groups and international members and colleagues.

Please, note that only ACP Fellows may be nominated for Mastership, and that Masterships as well as awards are competitive—that is, the most outstanding are selected by comparison. Both Mastership and awards nominations should be handled confidentially, and individuals should not self-nominate.

For questions and for information about the status of nominations submitted previously, please contact the staff liaison to the Awards Committee, **Martha Cornog**, at mcornog@acponline.org, 800-523-1546, ext 2696, or direct at 215-351-2696. For printed copies of the Awards and Masterships Booklet, please contact **Meghann Williams**, Coordinator, Awards-Convocations and Diversity, at mewilliams@acponline.org, ext 2714, or direct at 215-351-2714.

Are You Happy ?

Dean Drooby, MD, FACP

We hear a lot about doctors' dissatisfaction with their professional lives. Is it also true about Internists? Apparently, many Internists struggle with negative feelings about their work environment, their choice of career path, and their unrealized expected rewards.

I have been collecting articles on doctor dissatisfaction and stress management for at least 16 years. This exercise started while preparing a lecture I gave on Stress Management for Internists, at our 1991 annual State Chapter meeting. Many of these articles came from the Annals of Internal Medicine and others from the ACP Observer. Rather than turn this Governor's column into an anthology on the subject, let me distill some of my reading into usable pearls. These will come in handy when you are feeling down and out ;

First , ask yourself why you chose to go into Medicine ? If it was for altruistic reasons, then your opportunities to (truly) be of service are innumerable: our field is crying out for dedicated true professionals (defined as people who place the interest of their patients/students/clients first). If, on the other hand, you went into medicine to please your folks, or to make lots of money , then you need what is known in Oklahoma as " attitude adjustment", and maybe a career change...

Second, ask yourself why you chose Internal Medicine: if it was for the opportunity to think thru a diagnostic challenge or deliver a treatment based on evidenced based knowledge, then you should be in Hog Heaven in either General Internal Medicine or any of all its Sub-Specialties: not a day passes without new information about a disease you treat coming to light either in the literature or at a meeting you attend or an encounter you have with any of your colleagues.

Third, whether you chose a career in GIM or went into a sub-specialty, think of the challenges in that field and how you approached them in your Residency or your Fellowship: You displayed wonder, curiosity, eagerness to learn and to apply your knowledge in the treatment of patients afflicted with illnesses you were becoming an expert in. Then remember the sense of exhilaration as the patient responded to your expert treatment and the increased sense of self-confidence that resulted from these early victories.

Fourth, if you chose Academic Medicine, think of the greatest title of them all: Teacher. After all, Doctor in Latin means Teacher: Can you think of any legacy more lasting than your influence to instill accurate medical knowledge mixed with a respect for the dignity of the patient in young keen-to-learn sharp minds of today's medical students?

Fifth, if you went into Research, remember your joy when presenting the findings of your first study at a meeting of

similarly minded scholarly colleagues. Then, think about how you listened with awe to other presentations and marveled at other researchers' ability to think out of the box, or elegantly outline mechanisms of disease, or suggest new treatment approaches to age old illnesses.

Sixth, if you became an Academic Medical Leader, whether a section Chief, a program Director, a department Chair, a medical school Dean, think of your ability to transcend one-on-one medicine, and to move into directing other doctors' skills into better serving the medical needs of large numbers of patients. This required "people skills", leadership qualities, intelligence, breadth of knowledge and wisdom that is not given to everybody.

Seventh, if you went into Clinical Practice, whether as a General Internist or a Sub-Specialist, think of how you built your reputation : one patient at a time, slowly but surely, distinguished by your attention to detail, your compassion, your amiability, your availability, your accountability and your ability. Think of the respect that your colleagues, nurses, patients and other co-workers hold for you, especially when you return to the hospital in the middle of the night to admit a sick patient surrounded by an anxious family, or when you do evening "tuck in rounds", just to make sure " that everything will be alright, tonight ".

Eighth, if you went into solo practice, the proverbial "*lone wolf*", think of your highly envied independence (which translates into freedom Not to sign managed care contracts !!), your totally dedicated-to-you hand picked staff, your ability to quickly adapt to your practice environment, and thus survive ,if not thrive , in a potential minefield of threats to your practice.

Ninth, if you went into a small group practice, think of the collegiality of having similarly motivated colleagues , and draw comfort that somebody is taking care of your patients and "minding the Store " in your absence while also helping with your overhead.

Finally, tenth, if you are in a large (>3 MDs !!) practice , whether single specialty or multi-specialty, remember your multiplied strength in numbers whether dealing with third party payors, the new name for these dreadful managed care companies and insurance companies (hint, hint^) or when buying diagnostic or therapeutic medical equipment to serve your patients more efficiently than at the nearby or distant hospital.

ACP has invested a lot of time, energy and resources in revitalizing Internal Medicine. Rather than list all these activities and programs, let me give you a few tips to rekindle your love affair with our wonderful specialty

For starters, I urge you to read "*On being a Doctor*" and "*On being a Patient*" in the Annals of Internal Medicine : I NEVER miss these inspiring doctor written essays : they ALWAYS remind me of the joy of being an Internist. Incidentally, JAMA also publishes a "*Piece of my Mind*" which also makes for very inspirational reading. Our own Oklahoman **Mike Pontious** , the deliciously irreverent Editor of the *OSMA Journal*, weighs in monthly on the subject of doctor satisfaction ,or the lack thereof.

Then, I urge you to read the ACP President's column in the monthly ACP observer to keep up to date on the College's activities and programs to revitalize Internal Medicine .

Third, visit the ACP website, at www.acponline.org and our own Chapter's webpage, on a regular basis, and learn about medical student teaching and mentoring, ACP's Regional Meetings (ours is next month, in OKC) and our National simply out-standing Internal Medicine ACP annual meeting (previously known as Annual session) : next year, we meet in Washington DC. By getting involved in the College's activities, you will draw immeasurable satisfaction that you are surrounded by the finest minds in American Medicine.

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Visit the chapter website at

http://www.acponline.org/about_acp/chapters/pr/

Photo Gallery



The Medical Jeopardy competition at the Regional meeting



The winning team of the Medical Jeopardy competition



Dr. Salvatore Mangione at the ACP Grand Rounds at the Ponce Damas Hospital



Dr. Jeffrey Debuque at the ACP-ABIM Internal Medicine Module



Dr. Doris Perez, first place winner of the Associates Research Competition



Dr. William Rodriguez and Dr. Virginia Collier, the ACP College Representative

In closing, I want to leave you with 10 dictums for professional happiness;

- 1) Change is constant, so learn to adapt.
- 2) To stay competent, you must continue to learn.
- 3) To stay in practice, you must manage it.
- 4) To effect change, you must get (politically) involved and you must lead.
- 5) To implement change, you must serve on the right committee.
- 6) Be proud of what you do and of who you are: Apply for Fellowship in ACP.
- 7) Be nice to your patients, Staff, Colleagues, Students, House-staff and co-workers.
- 8) Communicate your knowledge and experience to Students, Interns, Residents, Internists, other doctors of all stripes, as well as nurses and patients.
- 9) Learn to relax, rest, re-charge, re-focus, re-prioritize, and re-organize.
- 10) Life is good, and it will get better if you do all of the above regularly

Now go out there and practice your skill with compassion, dignity and humility.