



Governor's Corner

Best wishes for the New Year! By the time you receive this newsletter, our **44th President, Barack Obama**, will have been in office for about a month, with great expectations, and a modicum of public patience to right the financial system, reform the health system and confront the major issues confronting the U.S. He will

assume leadership at a time of increased international tensions and flash-points and will face significant domestic challenges. Nevertheless, this is a time for hope and optimism.

As a nation, we are resilient. The economy, though struggling, is basically sound, the judicial foundation is solid, and we have our stable polity. Above all, Americans have a drive to do the right thing. We may have lost track of some core values, as evidenced by the financial betrayals of trust and an apparent focus on superfluities while purchasing beyond our means. However, recognition of this loss creates a basis for change in the status quo.

To move forward, we need to look to our values and re-think our system. We must account for the needs of an aging population, acknowledge that there is a large segment of the population at risk for health related bankruptcy, and redesign a health care system which is currently over extended and overly enthused with technology and specialization. We can and will do better, but it will be with all our collective efforts, working from within the system.

Your college is going in the right direction. It is remarkable and encouraging to see how consonant ACP analysis and policy is with the new Administration's directions.

Please read President of the College, **Jeffrey Harris's** letter to **Tom Daschle**, Secretary-designee, Department of Health and Human Services, about where the problems lie and their potential solutions. Then consider ways that you can lend your voice to this effort.

http://www.acponline.org/advocacy/where_we_stand/workforce/stimulus.pdf

Please take the time to read The Advocacy Page found on the ACPOnline website, <http://www.acponline.org/advocacy/newsletter/?hp>, edited by **Robert Doherty, Senior Vice President, Governmental Affairs and Public Policy**. This column lets you see the depth and breadth of the College's activities. Along with his Advocacy Blog, <http://blogs.acponline.org/advocacy/>, you have an opportunity to read his seasoned and reasoned analysis of health care policy. You can share your thoughts and reactions to his assessments and ideas.

In Washington State, the Legislature must work with the Governor to address our current fiscal duress. The budget deficit is approaching 6 billion dollars for the 2009-2011 biennium. It is certain that healthcare, education and the disadvantaged will see significant reductions in support and benefits. The federal fiscal stimulus package is not the answer – too little, too late, and Washington State is too far down the pipeline to see much real money.

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As a result, we will be seeing patients and their families faced with harsh economic realities. Life circumstances can change quickly for those at risk and some families are only one paycheck away from financial straits. It can be easy to take the hard-line position of "keep the account current," but what are you going to do to help them? Do you have a policy in place to deal with a temporary inability of your established patients to pay for needed care? Have you set your benchmark for care of the under- and uninsured in your practice? How will you find the balance of staying in business while honoring the dignity of your patients in these hard times?

You are invited to participate in ACP Leadership Day 2009, May 19-20, at L'Enfant Plaza Hotel, in Washington, DC. The Chapter will be sending representatives from your Council or you may choose to go on an individual basis. Let us know if you are interested in participating in order to explore the levels of support that are available. National and State ACP staff can help you meet with your elected representatives, while coordinating our efforts to present the ACP position on primary care reform, the Patient Centered Medical Home and increasing access to care.

Change and hope are in the air, tempered by recognition of the challenges we face. What an opportunity we have to make things better in this upcoming New Year.

WHM

Dr. Carrie Horwitch Elected Governor-Elect



We had two outstanding candidates for Washington chapter governor, **Drs. Bruce C. Smith** and **Carrie A. Horwitch**. Congratulations to **Carrie A. Horwitch, MD, MPH, FACP** who was selected to be your next Governor. We thank both these individuals for their enthusiasm and their work on behalf of the Washington chapter over the years. We also thank our membership who voted in this election.

Dr. Horwitch will be considered the Governor-elect Designee and will start her four year term as Governor in the Spring of 2010. As Governor, **Dr. Horwitch** serves as the official representative of the College for the Washington Chapter, providing a link between members at the local level and leadership at the national level. The Governor has a variety of responsibilities at both levels.

Washington Chapter Executive Council Election Results

Congratulations to **Sandeep Sachdeva, MBBS, FACP** and **Michael J. Geist, MD, FACP**, newly elected members to the Washington Chapter-ACP Executive Council.

The chapter also welcomes back the following, reelected to serve an additional two-year term on the Executive Council: **Rebecca Ruud, MD FACP; David Dugdale III, MD FACP**, and **Clark Coler, MD FACP**.

2008 WA CHAPTER ACP SCIENTIFIC MEETING WAS A SUCCESS

By *Melissa (Moe) Hagman, MD FACP*

The Washington State ACP Scientific Meeting held this past November 6-8 in Seattle at the Bell Harbor International Conference Center was a huge success thanks to the hard work of the speakers and the attendance of over 300 care providers. This was the chapter's first meeting without pharmaceutical sponsorship. The planning committee hopes that this made for a more enjoyable environment to learn and to network with others.

ACP Regent Dr. Faith Fitzgerald was the National ACP representative at the meeting. She spoke on "Fostering Excellence in Internal Medicine: 2008" and "How Doctor's Think." **Dr. Fitzgerald** also brilliantly sleuthed through a clinical case out loud in front of the audience in one of her infamous sessions of "The Professor in Action." **Dr. Fitzgerald's** wit and humor were a delightful addition to the meeting. We were lucky to have her join us.

Twenty-five Associate members presented research or clinical vignettes in either oral or poster formats at the meeting. **Dr. Joanna Cole** from Virginia Mason won the oral presentation competition with her presentation "A Case of Confounding CA-125: Remembering the Role of The SAAG in Acute Ascites." **Dr. Cole** reminded

the audience that CA-125 is not a good screening test for malignancy in patients with ascites of unknown origin. **Dr. Peter Morcos** of the University of Washington won the poster presentation competition by describing a young woman with new diagnosis of congenital long QT syndrome after a near drowning episode. Associate teams from each of the four residency programs in the state (Madigan, Spokane, UW, and Virginia Mason) also competed in Medical Jeopardy. For the fifth year in a row the team from Madigan (**Dr. Ramesh Venkataraman, Dr. Shawn Corcoran, Dr. Dustin Little**) won after a good fight from the other teams.

Dr. Ki Shin and I, as the chairs of the 2008 meeting, would like to thank everyone who helped by organizing, speaking, or attending the meeting. We would like to especially thank WA State **ACP Executive Administrator Jan Larsen** for her role in organization.

Drs. Genevieve Pagalilauan (UW) and **Cecily Peterson (Madigan)** are the course chairs for the 2009 meeting. If you have suggestions for this year's meeting to be held November 5-7, 2009, please contact **WA State ACP Executive Administrator Jan Larsen** at jal@wsma.org or 206-956-3643 and she will pass your ideas on to **Drs. Pagalilauan and Peterson**.



2008 Associate Jeopardy Winners
Drs. Corcoran, Venkataraman and Little



2008 Associate Oral Presentation
Winner *Dr. Joanna Cole*

Washington ACP 2008 Award Recipients

Annually the Washington ACP honors internists for their contributions to patient care, community service, and education. The following 2008 awards were presented in November at the Washington ACP Scientific Meeting.

Laureate Award

George Novan MD, FACP - Spokane

The 2008 recipient of the Laureate Award from the Washington Chapter of the ACP is **George Novan, MD, FACP**. He has spent his career focusing on the educational needs of students, residents and colleagues. He epitomizes the essence of a laureate - a member colleague who demonstrates, by their example and conduct, an abiding commitment to excellence in medical care, education, research, and service to their community, chapter and ACP.



From 1990-2001, **Dr. Novan** was the residency program director for Internal Medicine Residency Spokane, the University of Washington affiliated program in Spokane, with services at Sacred Heart Medical Center and Deaconess Medical Center. Since 1990, he has coordinated Spokane's WWAMI internal medicine clerkship. He is the course chair for the Introduction to Clinical Medicine course for first-year medical students now training at WWAMI's newest site on the WSU Spokane Riverpoint campus. He also remains a faculty member in the residency program and is the chair of the Spokane Medicine Center's Graduate Medical Education Committee.

Dr. Novan enjoys his daily teaching sessions with his students and residents especially when observing the moments when things begin to "*click into place.*" Students and residents feel free to ask him about their studies

or to talk with him about their personal struggles. Except when he is in a confidential meeting with a student, patient or colleague, the door to **Dr. Novan's** office is always open.

In the clerkship and residency, **Dr. Novan** has expanded training experiences in outpatient settings. With other Spokane health professionals, he has created more opportunities for students in the required third-year clerkship to learn in the local community and at charity clinics. He has formed new elective courses in Spokane for fourth-year medical students, and has augmented the continuing education options for Spokane-area doctors.

The Washington Chapter is pleased to honor Dr. George Novan as Laureate Awardee for 2008.

Internist of the Year

Michael R. Kelly MD- Seattle

A Renaissance physician, **Dr. Michael R. Kelly** has been a member of the American College of Physicians since 1975, and a Fellow since 1978. Board certified in Internal medicine in 1972, and recertified in 1980, he attained his board certification in Nephrology in 1974.

He has participated in the education of many students, residents and physicians through his clinical and academic career, attaining Clinical Professorship in 1984 at the UW school of Medicine. In 1990, he completed the Certificate Program in Health Care Ethics at the University of Washington. He has been in full time clinical practice for 33 years at Minor and James Medical, Seattle, Washington. **Dr. Kelly** left his private practice of internal medicine and nephrology in October, 2008 to teach as a Clinical Professor of Medicine at Harborview Medical Center.



He has been honored over his career for his teaching excellence, his leadership, and specialty achievements. His roles have been many and broad, as physician to many, as an Ethicist, as a thought leader, and for the community of Swedish Medical Center, as Chief of Staff, Chief of the Department of Medicine, Chair of Graduate Medical Education, Chair of the Ethics Committee member and chair of Board of Trustees.

He has had leadership and administrative roles at the Northwest Kidney center as Medical Director, Chief of Staff, Member and Chair of the Board of Trustees. A lectureship in medical ethics at Swedish Medical Center has been established in his name in order to permanently recognize his important and lasting contributions to the advancement of knowledge in the arena of medical ethics.

He is well read beyond medicine and his specialty. He has a wonderful sense of humor and great timing. He is a person from whom you want his opinion.

For his contributions to his communities, his passion for patient care, and commitment to ethics and education, he has been chosen by his peers to be designated Washington Chapter, American College of Physicians, Internist of the Year 2008.

Golden Apple of the Year Award

John Y. Peng MD - Lynnwood

John Y Peng, MD is a general internist in practice at Virginia Mason, Lynnwood, Washington. Since entering practice he has enthusiastically volunteered to include internal medicine residents into his community-based practice. He helped pioneer a new model for resident continuity clinic, in which a medical resident is in collaborative practice with a community-based attending. Several of his residents have gone on to careers in primary care internal medicine. His door is always open for residents on block rotations. He has given resident teaching conferences on the doctor-patient communication. Washington ACP is pleased to honor Dr. Peng with the Golden Apple Award for his contributions to medical education.



Mayan Bomsztyk Named Outstanding Student in Internal Medicine 2009

At this year's Annual Meeting, Washington Chapter ACP honored **Mayan Bomsztyk** with the Outstanding Student in Internal Medicine Award for 2009. Mayan grew up on Mercer Island. After graduating high school, she moved to Manhattan to attend Barnard College where she majored in biology. During her time as an undergraduate, she had the opportunity to spend a semester studying tropical ecology in Costa Rica. She returned to Seattle in 2005 to start medical school. Through the International Health Opportunities Program, she spent the summer after her first year studying neonatal morbidity and mortality in Palau, a small island nation in Micronesia. During her third year of medical school, **Mayan** enjoyed participating in the WWAMI program. **Mayan** has enjoyed working and learning with her fellow classmates and is excited for this process to continue. In the future, she hopes to work as an internist and be involved with health advocacy on a community level.

Free Medicare e-Newsletter Available

Our good friends at our Regional CMS office have put together a free quarterly online newsletter that can help you keep up-to-date with Medicare policy changes that effect physicians. It's called "*The Pulse of CMS*" and is sent as a pdf attachment for easy viewing. It's an easy way to keep abreast of the latest policy from CMS. The fall edition is here. To access log onto <http://www.highmarkmedicaresecurities.com/partb/pulse/pdf/pulse-fall2008.pdf>

To subscribe, send an email to: PulseSeattleRO@cms.hhs.gov and indicate you'd like to be added to the mailing list.

WSMA Interspecialty Advocacy Council Update

By Margaret Adam, MD FACP

At the November 2008 meeting of the Washington State Interspecialty Advocacy Council the main issue for discussion was the Washington State Budget shortfall for 2009. **Christine Hulet** and **Jonathan Seib, Gov. Gregoire's** Policy Advisors on Health, reviewed the current predicted \$5.1 billion deficit. It is expected that Health Care will receive the largest cuts as it has the biggest budget and there is the most discretion. Much of these cuts will come in the form of allowable benefits, eligibility, payments to providers and to hospitals. They are trying to stay true to the 2005 Blue Ribbon 5 point Recommendations (Better Chronic Health Care, Health Information Technology, Evidence Based Medicine, Improved Prevention and Data Transparency to Patients and Providers) as they propose cuts. They do welcome input from individuals or groups as they move ahead.

The second main issue was presented by the orthopedic surgeons and supported by WSMA. Currently there is a lawsuit that the Washington State Orthopaedic Association is involved with that if not settled in their favor could have far reaching implications for all specialties. In essence, the lawsuit is trying to make it illegal for physicians to hire allied health providers to work for them. It may restrict MDs from employing any "non-MD" or "unlike license." The orthopedists are looking for support from the other specialty groups and WSMA has already offered its support.

Women in Medicine Interest Group

By Carrie Horwitch, MD FACP

We had another successful Woman in Medicine meeting at the recent Washington State ACP annual meeting in November. **Dr. Margaret Adam** gave an interesting presentation on how to incorporate women's health education of medical students and residents into your practice. Over 20 women clinicians participated and shared their collective experience.

If you would like to share your stories, experience, words of wisdom with your fellow colleagues, please email me at carrieho@comcast.net. Thank you.

Below we share some pearls of wisdom on improving efficiency in our practices from **Dr. Julie Pattison**-section head of General Internal Medicine downtown at Virginia Mason Medical Center:

1. Access-work to maintain good access-it will prevent re-work, reduce phone calls and second visits

- use AHPs to see routine follow ups which will free up more time for physician level complicated care cases
2. Set up visit expectations and accountability with your office staff (MA, CSR, RN)
 - this is especially important for women physicians who may have more difficulty given improvement feedback to staff
 - use 2-way "check-in" tools to make the routine review of your expectations less threatening and more effective
 - remember maintaining and expecting high standards from your practice and staff will improve care for our patients
 3. Agenda setting skills and scripting-female patients may have more health problems as well as more desire for a conversational style visit. Learn to focus their concerns without setting limits for more effective use of visit time and patient satisfaction. Use quotes such as:
 - "Before we dive into one specific concern, I'd like to review a list of your concerns to help us make the best use of our time together today." (Keep refocusing until list is complete)
 - "Is there anything else I should know?" (Great for finding out the real concern for the visit)
 - "If we can't get to all of your concerns today, perhaps we can start the evaluation and complete it at a future appointment."
 - Never say-"I don't have time to talk about that today".
 4. Visit documentation efficiency
 - Try and complete your note before leaving the room with the patient or immediately thereafter.
 - Between patients try and touch your electronic messages, email, voice mail etc.
 - Learn to touch this other work only once -- manage it now, delete junk mail or drag to a pending file for nonurgent review at another time.
 - On first visit with patients, let them know the appropriate, efficient ways to contact you
 5. Staff support-remember we all work better as a team. Be sure to recognize and support your team for the work they do.

Medical Student Update

By Kristina Bajema

The Osler Club started off another year with a student meeting featuring oral case presentations. **Dr. Moe Hagman** shared her thoughts on the subject followed by a question and answer session with several University of Washington residents in attendance. The discussion was particularly helpful for second year medical students who are just learning how to deliver an OCP. We look forward to hosting further student gatherings in the upcoming quarters.

Update In Internal Medicine Course, Spokane

February 27-28, 2009 – Spokane Society of Internal Medicine's 60th Annual Scientific Meeting: "UPDATE IN INTERNAL MEDICINE" Ten (10) hours of Category I AMA CME. Spokane Convention Center. Cost: Physicians/Non-SSIM member \$175; Physician/SSIM member \$150; Allied Health Professionals & Nurses \$150; Residents \$25. Fees increase \$25 after February 6. Jointly sponsored by Spokane County Medical Society. Brochures are available online at SPCMS events calendar: http://spcms.org/attachments/SSIM_Update_09_brochure.pdf or contact spokanesim@gmail.com.

Congratulations on Advancement to Fellowship

Richard W. Arnold, MD FACP - Seattle
Robert B. Ellis DO FACP - Vancouver
George R Merriam, MD FACP –Tacoma
George Novan, MD FACP – Spokane
Linda E. Pinsky, MD FACP - Seattle
Stephan A. Tiles, MD FACP - Seattle

Kathleen K. Davis, MD FACP - Vashon
Gary C. Forbes, MD FACP – Port Townsend
Mary M. Noble, MD FACP – Spokane
Patricia J. Peterson, MD FACP - Longview
Michael Puruckherr, MD FACP - Spokane
Thomas M. Tocher, MD FACP - Seattle

Welcome New Members

Rigoberto Acosta, MD – Vancouver
Mohamed G. Ahmed, MBBS – Vancouver
Arinola F. Dada, MBBS – Bellevue
Joshua J. Filner, MD MPH – Longview
Philip Gibbs, MBChB – Aberdeen
Ellen M. Kim, MD – Monroe
Jason P. Linefsky, MD – Seattle
Eric C. Mueller, MD – Spokane
Suresh K. Piryani, MBBS – Richland
Emily P. Rix – Seattle
Salona Shrestha, MBBS – Camas
Minori Yoshioka, MD – Seattle
Angelina M. Zappie, MD - Seattle

Katherine J. Adler, MD – Seattle
Marco Orlando L. Cruz, MD – Gig Harbor
Kenneth D. Favour, MD – Vancouver
Jacob Riley Fleet, MD – Seattle
Ahmed Kheiter, MD – Vancouver
Anthony Marc Krajcer, MD – Seattle
Troy M. Martin, MD – Seattle
Thuan Ong, MD – Seattle
Arti Rajvanshi, MBBS – Seattle
Paula M. Shaw, MD – Tacoma
Pragati Singh, MBBS – Yakima
Margaret K. Yu, MD – Seattle

Chapter Members Serving on National Committees

The Washington Chapter is well represented on national ACP committees. For the 2008-2009 year, the Washington Chapter members below are serving on these bodies. Please communicate directly with them if you have issues that should be brought before a committee.

Compensation Committee

David C. Dale, Seattle, WA dcdale@u.washington.edu

Education Committee

Roger W. Bush, Seattle, WA roger.bush@vmmc.org

Clinical Skills Subcommittee

Roger W. Bush, Seattle, WA roger.bush@vmmc.org

Carrie A. Horwitch, Seattle, WA gimc1h@vmmc.org

Ethics, Professionalism and Human Rights Committee

Thomas H. Gallagher, Seattle, WA thomasg@u.washington.edu

CAPT Mehdi C. Shelhamer, Tacoma, WA mcshelhamer@mac.com

Marketing and Communications Committee

Hugh W. Maloney, Richland, WA (Governor) whmaloney@comcast.net

Medical Service Committee

Stephan D. Fihn, Seattle, WA (206) 764-2651

Nominations Committee

David C. Dale, Seattle, WA dcdale@u.washington.edu

Mark Your Calendar! 2009 Calendar of Events

Feb. 27 & 28	Update on Internal Medicine 2009	Spokane
April 15	Washington ACP Executive Council	Seattle
April 23-25	ACP Internal Medicine 2009	Philadelphia
April 24	Northwest Regional Reception	Philadelphia
May 15 & 16	WSMA Leadership Conference	Chelan
May 19 & 20	ACP Leadership Day	Washington D.C.
Sept. 18 & 19	What's New in Medicine Meeting	Kennewick
Sept. 23	Washington ACP Executive Council	Seattle
Oct. 2-4	WSMA Annual Meeting	Spokane
Nov. 5-7	Washington ACP Annual Meeting	Seattle