

AMERICAN COLLEGE OF PHYSICIANS



FOSTERING EXCELLENCE IN INTERNAL MEDICINE

2008

WASHINGTON CHAPTER  
SCIENTIFIC MEETING

NOVEMBER 6–8, 2008

BELL HARBOR INTERNATIONAL CONFERENCE CENTER

SEATTLE, WASHINGTON

ACP<sup>SM</sup>

AMERICAN COLLEGE OF PHYSICIANS  
INTERNAL MEDICINE | *Doctors for Adults*

# GOVERNOR'S LETTER

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## Washington Chapter Meeting Highlights:

- **Precourse sessions:**  
Updates in Endocrinology and Hospitalist Medicine
- **Interest Group Breakfasts**
- **Associates' Activities**
- **Workshops**
- **Fostering Excellence in Internal Medicine: 2008**
- **Governor's Reception**

**The Washington Chapter Scientific meeting has been designated for 14 CME credits.**

**An additional 3.75 CME credits can be earned if you attend the Precourse.**

Dear Colleague,

I invite you to join me and your colleagues in internal medicine at the next scientific meeting of the Washington Chapter of the American College of Physicians, being held November 6–8, 2008, at the Bell Harbor International Conference Center.

*This meeting is not just for ACP members.*

I particularly want to invite nonmembers to join us for this important clinical update and to learn about the benefits of membership at the same time.

In addition to earning a possible 17.75 CME credits, by attending this meeting you will:

- Gain insight into recent medical advances.
- Discuss local and national issues affecting the practice and teaching of internal medicine.
- Greet old friends, meet new friends, and develop a network of colleagues in your area.
- Take some time for yourself or with your family to relax and enjoy the sights around Seattle.

Between scientific sessions, please visit the College table. You will find information on new ACP programs, products, and services. There's always something new at the College table—stop by and see for yourself.

To ensure your place at this invaluable meeting, complete the registration form at the back of this brochure and send it in today. The opportunities available at this meeting will help you meet not only your needs as a physician but also the needs of the patients you serve.

We are happy to announce that this is a pharmaceutical-free meeting. Please consider supporting the chapter in this endeavor by checking the contribution box on the registration page.

I look forward to seeing you in Seattle.

Sincerely,

**W. Hugh Maloney, MD, FACP**  
ACP Governor, Washington Chapter

P.S. Faith Fitzgerald, MD, MACP, a Regent of ACP, will attend this meeting to talk about College activities related to quality improvement on behalf of internists. *This is a good chance to make your voice heard by ACP leadership—register today to reserve your seat.*

# PROGRAM SCHEDULE

## Thursday, November 6, 2008

Bell Harbor International  
Conference Center

*Precourse offerings are optional and require a separate registration fee (see registration form).*

Noon	REGISTRATION
PRECOURSE I	“Doc, It Must Be a Gland Problem”: Updates in Endocrinology
1:00 p.m.	Vitamin D: Bones and Beyond Ken Gross, MD, FACP
1:45	Polycystic Ovarian Syndrome: New Horizons Lorna Marshall, MD
2:30	Break
2:45	Update in Diabetes Management: Clinical Cases Michael Williams, MD
3:30	The Rise and Fall of Mr. T: An Andropause Update Paul Mystkowski, MD
4:15	Thyroid Clinical Exam Workshop Paul Mystkowski, MD
5:00	Adjourn
PRECOURSE II	Hospitalist Medicine
1:00 p.m.	Anticoagulation in Stroke and CAD Jay Erikson, MD David T. Schachter, MD
1:45	Electrolyte Disarray Ronald H. Cooper, MD
2:30	Heart Failure in the Hospital: Danger Profiles Ted Gibbons, MD, FACP
3:15	Break
3:30	Things That Have Changed My Practice of Inpatient Medicine Melissa (Moe) Hagman, MD, FACP
4:15	Update in ID: Old Bugs, New Drugs Robert Rakita, MD, FACP
5:00	Adjourn

## Friday, November 7, 2008

7:00– 8:30 a.m.	Registration and Continental Breakfast
7:15	WORKSHOPS
	1. What’s Next in Health Care Reform? Bruce C. Smith, MD
	2. Career Counseling – Life After Residency Carrie Horwitch, MD, MPH, FACP

	3. The Madigan Army Medical Center Traumatic Brain Injury Screening, Assessment, and Treatment Program Kenneth A. Zych, PhD, ABPP/CN
	4. Managing Patient Care Via E-mail James Ralston, MD, MPH
8:15	Physician Self-Care and Well-Being Michael (Mick) Oreskovich, MD
9:00	Update on Oral Agents for Type 2 Diabetes Irl Hirsch, MD, FACP
9:30	Public Health Update Jeffrey S. Duchin, MD, FACP
10:00	Q&A
10:15	Break
10:30	Associates’ Session: Oral Presentations
11:00	Common Infectious Disease Complaints Paul Pottinger, MD
11:30	Articles That Have Changed My Practice of Outpatient Medicine Paul Sutton, MD, PhD, FACP
Noon	Q & A
12:15– 1:30 p.m.	Lunch Annual Business Meeting Award Presentations W. Hugh Maloney, MD, FACP Fostering Excellence in Internal Medicine: 2008 Faith Fitzgerald, MD, MACP
1:45	Associates’ Session: Oral Presentations
2:15	Evaluation and Treatment of Insomnia Eliza Sutton, MD, FACP
2:45	Break and Associate Poster Session Judging
3:15	Bariatric Surgery: Management of Metabolic Complications Heidi Powell, MD
3:45	What Hospice Is — What Hospice Is Not Wayne McCormick, MD, FACP
4:15	Q&A
4:30	The Professor in Action Faith Fitzgerald, MD, MACP
5:00–6:00	Governor’s Reception

# PROGRAM SCHEDULE

## Saturday, November 8, 2008

- 7:00–  
8:30 a.m. Registration and  
Continental Breakfast
- 7:30–8:15 Interest Group Breakfasts
1. Women in Medicine  
Carrie Horwitch, MD,  
MPH, FACP
  2. How to Obtain ACP Fellowship  
Anne Eacker, MD,  
FACP  
Matt Hollon, MD,  
MPH, FACP
  3. Doctors in Small Outpatient  
Practices  
Y Ki Shin, MD, FACP
  4. A Guide to the Maintaining Your  
Certification:  
Navigating the ABIM Path to  
Success  
Alexander Niven, MD,  
FACP  
Nancy Simon, MD
- 8:30 How Doctors Think  
Faith Fitzgerald, MD,  
MACP
- 9:00 Screening Recommendations  
Anne Eacker, MD, FACP
- 9:30 Outpatient Management of  
Hepatitis C  
Kris V. Kowdley, MD,  
FACP
- 10:00 Q&A
- 10:15 Associates' Session:  
Oral Presentations
- 10:45 Break
- 11:00 WORKSHOPS
1. ECG Pearls  
Robert W. Rho, MD
  2. CXR and Chest CT Cases  
J. David Godwin, MD
  3. Joint Injection and Aspiration  
Gregory Gardner, MD,  
FACP
  4. Skin Biopsy and Closure  
Andy Chien, MD, PhD  
Kim O'Connor, MD,  
FACP
  5. Pulmonary Function Testing and  
Office Spirometry  
Vincent Mysliwiec, MD

- Noon LUNCH
- 1:30 p.m. Associates' Medical Jeopardy  
Melissa (Moe) Hagman,  
MD, FACP
- 1:30 p.m. Outpatient Management of  
Chronic Kidney Disease  
Complications  
Robert M. Perkins, MD,  
FACP
- 2:00 Noninvasive Evaluation of  
Ischemic Heart Disease  
Joseph V. Condon, MD,  
FACC
- 2:30 Multiple Small Feedings of the  
Mind: Updates in Pulmonary  
Medicine  
Alexander Niven, MD,  
FACP
- 3:00 Q&A
- 3:15 Break
- 3:30 Office Management of Sports  
Injuries  
Greg Nakamoto, MD
- 4:00 Evaluation of Paresthesias  
Eric Kraus, MD
- 4:30 Common Primary Care Complaints  
Douglas Paauw, MD,  
FACP
- 5:00 Q&A
- 5:15 Adjourn



# MEETING INFORMATION

## Faculty

**Andy Chien, MD, PhD**, Assistant Professor, University of Washington, Division of Dermatology, Seattle

**Joseph V. Condon MD, FACC**, Cascade Heart Clinic, Bellevue

**Ronald H. Cooper, MD, ACP Member**, Hospitalist, Madigan Army Medical Center, Tacoma

**Jeffrey S. Duchin, MD, FACP, FIDSA**, Chief, Communicable Disease Epidemiology, Public Health, Seattle/King County

**Anne Eacker, MD, FACP**, Assistant Professor, University of Washington, Department of Medicine, Division of General Internal Medicine, Seattle

**Jay Erickson, MD**, Neurologist, Madigan Army Medical Center, Tacoma

**Faith Fitzgerald, MD, MACP**, Member, Board of Regents, ACP; Professor of Medicine, Assistant Dean of Humanities and Bioethics, UC Davis School of Medicine, Sacramento, California

**Gregory Gardner, MD, FACP**, Professor, University of Washington, Department of Medicine, Division of Rheumatology, Seattle

**Ted Gibbons, MD, FACP**, Director, Heart Institute, Virginia Mason Medical Center, Seattle

**J. David Godwin, MD**, Professor, University of Washington, Department of Radiology, Seattle

**Ken Gross, MD, FACP**, Endocrinologist, The Polyclinic; Clinical Professor, University of Washington, Department of Medicine, Division of Metabolism and Endocrinology, Seattle

**Melissa (Moe) Hagman, MD, FACP**, Associate Program Director, Internal Medicine; Assistant Professor, University of Washington, Department of Medicine, Division of General Internal Medicine, Seattle

**Irl Hirsch, MD, FACP**, Professor, Department of Medicine, Division of Metabolism and Endocrinology, Seattle

**Matthew Hollon, MD, MPH, FACP**, Clinical Assistant Professor, University of Washington, Department of Medicine, Division of General Internal Medicine, Seattle

**Carrie Horwitch, MD, MPH, FACP**, Associate Program Director, Internal Medicine, Virginia Mason Medical Center, Seattle

**Kris V. Kowdley, MD, FACP**, Director, Center for Liver Disease, Virginia Mason Medical Center, Seattle

**Eric Kraus, MD**, Associate Professor, University of Washington, Department of Neurology, Seattle

**W. Hugh Maloney, MD, FACP**, Governor, ACP Washington Chapter; Assistant Professor, University of Washington, Department of Medicine, Division of General Internal Medicine, President, Kadlec Clinic, Richland

**Lorna Marshall, MD**, Medical Director, Pacific Northwest Fertility and IVF Specialists; Associate Clinical Professor, University of Washington, Department of OB/GYN, Seattle

**Wayne McCormick, MD, FACP**, Professor/Section Chief, Harborview Medical Center, Department of Medicine, Division of Gerontology and Geriatric Medicine, Seattle

**Vincent Mysliwicz, MD**, Chief, Sleep Medicine Service, Madigan Army Medical Center, Tacoma

**Paul Mystkowski, MD**, Endocrinologist, Overlake Internal Medicine Associates; Clinical Instructor, University of Washington, Department of Medicine, Division of Metabolism and Endocrinology, Seattle

**Greg Nakamoto, MD, ACP Member**, Physician, Virginia Mason Medical Center, Department of Orthopedics; Clinical Instructor, University of Washington, Department of Orthopedics, Seattle

# MEETING INFORMATION

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**Alexander Niven, MD, FACP,** Associate Program Director, Internal Medicine, Madigan Army Medical Center; Clinical Assistant Professor, University of Washington, Department of Medicine, Division of Pulmonary and Critical Care, Tacoma

**Michael (Mick) Oreskovich, MD,** Medical Director and CEO, Washington Physicians Health Program; Diplomate General and Addition Psychiatry, Clinical Associate Professor, University of Washington, Department of Psychiatry, Seattle

**Kim O'Connor, MD, FACP,** Assistant Professor, University of Washington, Department of Medicine, Division of General Internal Medicine, Seattle

**Douglas Paauw, MD, FACP,** Professor/Section Head, University of Washington, Department of Medicine, Division of General Internal Medicine, Seattle

**Robert M. Perkins, MD, FACP,** Assistant Chief, Nephrology Service, Madigan Army Medical Center, Tacoma

**Paul Pottinger, MD, ACP Member,** Assistant Professor, Director, Antimicrobial Stewardship Program, University of Washington, Department of Medicine, Division of Allergy and Infectious Diseases, Seattle

**Heidi Powell, MD, ACP Member,** Associate Professor, University of Washington, Department of Medicine, Division of General Internal Medicine, Seattle

**Robert Rakita, MD, FACP,** Physician, Infectious Diseases, Virginia Mason Medical Center, Seattle

**James Ralston, MD, MPH, ACP Member,** Assistant Investigator, The Center for Health Studies, Group Health Cooperative, Seattle

**Robert W. Rho, MD,** Associate Professor, Director, Cardiac Electrophysiology, Ablation Program, University of Washington, Department of Medicine, Division of Cardiology, Seattle

**David T. Schachter, MD,** Interventional Cardiologist, Madigan Army Medical Center, Tacoma

**Y Ki Shin, MD, FACP,** Physician, Montesano Internal Medicine Clinic, Montesano; Site Coordinator and Assistant Professor, University of Washington, Department of Medicine, Seattle

**Nancy Simon, MD, ACP Member,** Assistant Professor, University of Washington, Department of Internal Medicine, Division of General Internal Medicine, Seattle

**Bruce C. Smith, MD,** Chief, Nursing Home Services, Group Health Permanente, Seattle

**Eliza Sutton, MD, FACP,** Assistant Professor, University of Washington, Department of Medicine, Division of General Internal Medicine, Seattle

**Paul Sutton, MD, PhD, FACP,** Associate Program Director, Internal Medicine; Associate Professor, University of Washington, Department of Medicine, Division of General Internal Medicine, Seattle

**Michael Williams, MD,** Endocrinologist, Virginia Mason Medical Center, Seattle

**Kenneth A. Zych, PhD, ABPP/CN,** Neuropsychology Consulting, Madigan Army Medical Center, Tacoma

## Program Planning Committee

W. Hugh Maloney, MD, MHA, FACP, Governor

Melissa (Moe) Hagman, MD, FACP, Co-Chair

Y Ki Shin, MD, FACP, Co-Chair

Anne M. Eacker, MD, FACP

Thomas Gunby, MD, FACP

Carrie A. Horwitch, MD, FACP

Chris L. Knight, MD, FACP

Alexander S. Niven, MD, FACP

Douglas S. Paauw, MD, FACP

Anne Rossignol, MD

Rebecca T. Rudd, MD, FACP

Patricia Short, MD

Eliza L. Sutton, MD, FACP

Cathrine J. Wheeler, MD

Mark Beiter, DO (Associate)

# MEETING INFORMATION

## Associates' Activities

Oral Presentations: Clinical vignettes and research papers prepared by Associates will be presented orally at the meeting. The first-place winner will receive paid travel expenses to Internal Medicine 2009. Oral presentations are not designated for CME credit.

Poster Competition: Associate clinical vignettes and research papers will be presented for poster competition. The first-place winner will receive paid travel expenses to attend Alaska's Annual Chapter Meeting.

Jeopardy Competition: Associate teams from the four residency programs in Washington will compete in a Medical Jeopardy competition at lunch on Saturday, November 8, in the Harbor Dining Room. The winning team members receive paid travel expenses to Internal Medicine 2009.

Workshop: Career Counseling—Life After Residency presented by Dr. Horwitch on Friday, November 7, from 7:15–8:15. Room TBA.

## Chapter Excellence Award Winner

We are pleased to announce that our Chapter is the recipient of a 2007 Chapter Excellence Award. The Chapter Excellence Award recognizes those chapters that excel in reaching the standards for managing a chapter, such as communicating to members, instituting Medical Students' and Associates' activities, and advancing and recruiting members. A Chapter Excellence certificate will be awarded to the Chapter at the meeting by the College Representative.

## Who Should Attend

- General internists
- Subspecialty internists
- Family practitioners
- Fellows in subspecialty training
- Allied health practitioners
- Residents (internists in training)
- Medical students interested in internal medicine

## Learning Objectives

At the conclusion of this activity, the participant will be able to:

- Apply updated knowledge of internal medicine to clinical practice.
- Improve clinical practice by incorporating major new developments in subspecialty medicine.
- Understand recent advances in internal medicine.
- Increase confidence in performing clinical skills.

## CME Accreditation

The American College of Physicians is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American College of Physicians designates this educational activity for a maximum of **14 AMA PRACategory 1 Credit(s)<sup>TM</sup>** for the scientific meeting portion and **3.75 AMA PRA Category 1 Credit(s)<sup>TM</sup>** for the Precourse meeting portion. Physicians should only claim credit commensurate with the extent of their participation in the activity.

If you are interested in becoming a member of the College, please contact the Customer Service Department at 800-523-1546, ext. 2600, or 215-351-2600 (M–F, 9 a.m.–5 p.m. ET).

Attendance at chapter meetings can help all ACP members meet the qualifications for advancement to Fellowship. It is especially important for those applying under the pathway that calls for 5 years of activity as a Member.

# MEETING INFORMATION

## Hotel Accommodations

We have reserved a block of rooms at the following rates until **October 7, 2008**. When making your reservation, be sure to mention that you will be attending the Washington Chapter of American College of Physicians (ACP) meeting.

Single/Double: \$196

Seattle Marriott Waterfront  
2100 Alaskan Way  
Seattle, WA 98121

The rooms are available on a first-come, first-served basis, so make your reservation as early as possible by **calling the hotel directly at 1-800-455-8254**.

## Directions and Parking

**To Bell Harbor International Conference Center from north of Seattle on I-5 South:**

- Take Exit 167 (West Mercer Street/Fairview Avenue)
- Turn right onto Fairview Avenue
- Take the first left onto Valley Street
- Stay left; Valley Street merges into Broad Street
- Continue on Broad Street to Elliott Avenue, and turn left
- Once you pass the Wall Street intersection, park in the Art Institute of Seattle parking garage on your immediate right

**To Bell Harbor International Conference Center from south of Seattle on I-5 North (coming from Sea-Tac Airport):**

- Take the Madison Street exit (also called Convention Place exit)
- Turn left onto Madison Street
- Stay on Madison Street until you come to the waterfront
- Turn right on Alaskan Way

- You will pass Pier 66 on your left; the next street after the sky bridge is Wall Street
- Turn right on Wall Street
- Turn right on Elliott Avenue
- Park in the Art Institute of Seattle parking garage on your immediate right

**\*\*\*Please note the two parking garage entrances, Elliott Avenue and Wall Street. Take the skybridge to the Bell Harbor Conference Center.\*\*\***

2211 Alaskan Way, Pier 66  
Seattle, WA 98121  
Tel: 206-441-6666

## Area Interests

There is much for family and friends to see and do in the Seattle area, including:

- Shopping at Pike Place Market, Pacific Place, or Westlake Center
- Visiting the Space Needle, Pacific Science Center, and the Experience Music Project
- Touring the Seattle Aquarium and Seattle Waterfront
- Visiting the Seattle Art Museum, the Asian Art Museum, and Pioneer Square

# REGISTRATION FORM

CMB

American College of Physicians  
Washington Chapter Scientific Meeting  
November 6–8, 2008

RM0921

This form may be photocopied.

ACP # (found on mailing label) \_\_\_\_\_

Name \_\_\_\_\_  MD  DO

Address \_\_\_\_\_  
\_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Fax \_\_\_\_\_

E-Mail \_\_\_\_\_

- Please check here to indicate a permanent change to your preferred address for all College mailings.  
 Yes, I do wish to receive information from the meeting exhibitors.

## Payment:

Please make your check payable to WC-ACP and mail to:

WC-ACP  
2033 Sixth Ave Suite 1100  
Seattle, WA 98121

Credit Card Payment (Visa or Master Card only)

Visa  MasterCard


Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_  
MM/YY

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

**Questions? Please call Jan at 206-956-3643.**

  We encourage participation by all individuals. Check here if you are disabled and require assistance. Advance notification is essential in order for us to serve you better. Please notify the Washington Chapter at least 30 days before your course. We'll be glad to help.

## Registration Fees:

Check one category that best applies. Registration fee includes Friday and Saturday continental breakfasts, lunches, all scientific sessions and materials (14 CME credit hours), a CME certificate, and the reception. Register separately below for optional Pre-Course offerings on Thursday.

## ACP Categories

- Master  Fellow  Member .....\$295
- Retired Member .....\$185
- Associate (Resident Members).....No Fee
- Medical Student Member .....No Fee
- Affiliate Member (Allied Health Professional) .....\$220

## Nonmember Categories

- Nonmember Physician.....\$395
- Nonmember Resident .....No Fee
- Nonmember Medical Student .....No Fee
- Nonmember Allied Health Professional .....\$220

## Pre-course Session

(3.75 CME Credit Hours) .....\$150

- Choose One:  Updates in Endocrinology  Hospitalist Medicine
- Contribution for a Pharmaceutical-Free Meeting and to support Resident and Student Education .....\$100  
(Thank you for helping us host a pharmaceutical support-free meeting.)

**GRAND TOTAL** \$ \_\_\_\_\_

Please indicate your interest in the following concurrent activities:

(Circle One)

- Friday Workshop                                    1 2 3 4
- Saturday Interest Groups                      1 2 3 4
- Saturday Workshops                            1 2 3 4 5

# HOW TO REGISTER

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- If you need more information on the meeting, please contact Jan Larsen at 206-956-3643.
- For information on College-related issues, contact the Washington Chapter Governor, W. Hugh Maloney, MD, FACP, by telephone at 509-308-9584 or e-mail to malonh@kadlecmed.org.
- To register for the meeting, complete the attached registration form and return it with your check made payable to:  
WC-ACP  
2033 Sixth Ave Suite 1100  
Seattle, WA 98121
- There is an additional \$25 fee for registering on site at the meeting—save money by registering now.
- To access our online meeting information or to print another registration form for a friend or colleague, go to [www.acponline.org/meetings/chapter](http://www.acponline.org/meetings/chapter).
- To take advantage of the reduced rate for hotel accommodations and to reserve your hotel room, call the hotel directly at the number listed above.



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**2008 Washington Chapter  
Scientific Meeting**

**November 6–8, 2008  
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