

Newsletter

It has been a great several months since the last time I wrote a newsletter. ACP members are doing some great work throughout our state. As always, the NHACP chapter is here for you. Please do reach out to us if you have any suggestions, questions, local issues that need attention of national ACP, or just to let us know how you are doing.

Advocacy



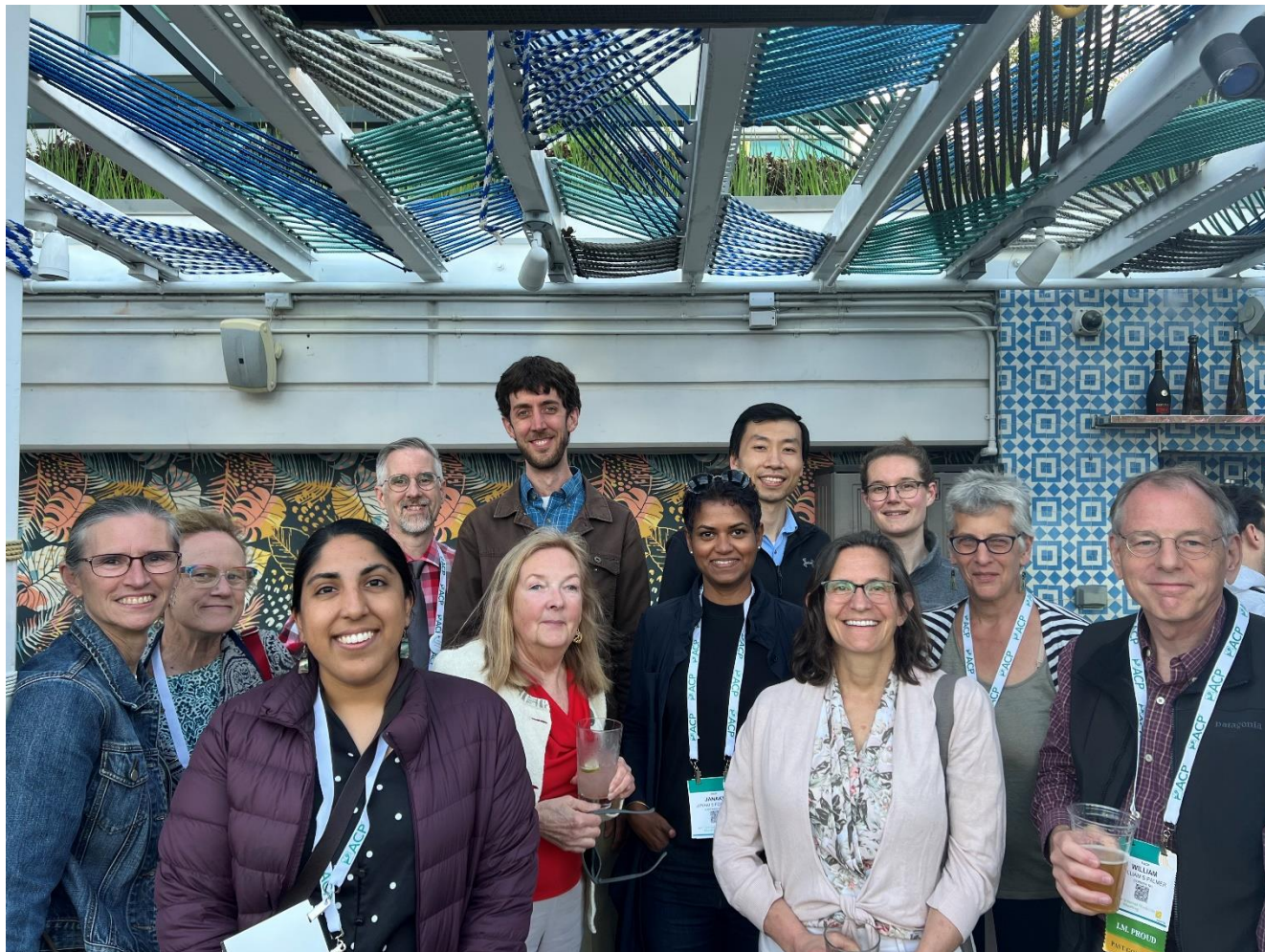
The chapter has been active advocating on both the national and state level regarding various important topics impacting our patients and internal medicine physicians. Multiple letters have been written to the state legislators, our governor, and our federal legislators regarding pending legislation including protecting reproductive healthcare, transgender care, physician Medicare reimbursements, lowering prescription drug

costs, etc. just to name a few. Above is a picture of Drs. Heather Conway, Simrun Bal, and Bret Wankel as they testified before the NH house regarding transgender healthcare.



In May NH ACP sent a contingent to the Hill for ACP Leadership Day to advocate on the federal level. Above pictured Drs. Simrun Bal, Jan Fonseca, Bill Palmer, and myself with Representative Pappas. We had very productive meetings with the offices of all our Congressional leaders where we discussed multiple bills including *the safe step act of 2023* (require health plans to provide exception process for any medication), *resident education deferred interest act* (all borrowers to qualify for interest-free deferment while in residency), *resident physician shortage reduction act* (gradually increase GME positions over the next 7 years), *strengthening Medicare for patients and providers act* (annual inflation update equal to Medicare Economic Index for Medicare physician payment), *kid's access to primary care act* (aligns Medicaid reimbursement rate with Medicare payments for primary care services).

2023 ACP Internal Medicine Meeting



In April NH ACP had a strong showing at the National Internal Medicine meeting in San Diego. A lot of great networking and fantastic educational opportunities were had by all. It was great catching up with everyone during our reception while in San Diego.



Congratulations to council member Dr Bal who was one of 6 chief residents from across the country chosen for the Herbert S. Waxman Chief Resident Teaching Scholarship where she was able to teach joint injections at workshops for attendees of the meeting.



I had the opportunity to attend convocation with a couple of our new Fellows Dr Elaine Silverman and Dr Joseph Bautista and our Laureate Award Winner Joan Zinkawich. It was a great time. Congratulations to all!

Please consider joining us for the National ACP meeting April 18th-20th, 2024 in Boston, MA.

Also don't forget to join us for our NH ACP Scientific Meeting being held on Oct 27th 2023. Place it on your calendars now. We have some great speakers lined up already!

ACP NH DEIB Corner

Every June, we celebrate Pride Month to commemorate the June 1969 Stonewall Uprising, which many recognize as a cornerstone of the LGBTQIA+ rights movement. We celebrate the tireless work towards equal rights, acceptance, and inclusion. This Pride Month, you might be wondering:



Sources:
Medina C, Mahowald L. 2023. Discrimination and barriers to well-being: the state of the LGBTQIA+ community in 2022. American Progress. <https://www.americanprogress.org/article/discrimination-and-barriers-to-well-being-the-state-of-the-lgbtqia-community-in-2022/>
Henning-Smith, C, et al. "Rural LGBTQIA+ Americans Face Health Disparities, But Communities Revealed Strengths". Health Affairs Forefront, October 26, 2022. DOI: 10.1377/forefront.2022.02.1.273708

- **What does LGBTQIA+ stand for?** The established "LGBT" abbreviation now has a few more letters that represent an evolution toward greater inclusion related to sexual orientation and gender identities. L – lesbian, G – gay, B – bisexual, T-transgender, Q-queer or questioning, I – intersex, A – asexual, and + denotes everything on the gender/sexuality spectrum that letters and words cannot yet describe.
- **What disparities are faced by the LGBTQIA+ community?**
 - More than 1 in 5 LGBTQIA+ adults postponed or avoided medical care in the past year due to disrespect or discrimination by providers (Medina and Mahowald, 2023).
 - Rural LGBTQIA+ adults had low levels of having their social and emotional needs met (Henning-Smith, 2022).
 - Increased risk of substance use, mental health concerns, and suicide among the LGBTQIA+ population (U.S. Dept of Health and Human Services, 2013)
- **What is going on in the news about LGBTQIA+ rights?** In 2022, about 250 anti-LGBTQ bills were introduced across numerous states, with several being enacted into law. These bills challenge LGBTQ rights and access to healthcare. All six New England states had at least one of these bills on their legislative agenda. In New Hampshire, earlier this year, there were bills put forth to restrict gender-affirming care and to classify such care as child abuse (HB 619, for example). These bills had public hearings earlier this year and are still in committee.
- **What can you do as a physician and advocate?** PRIDE Month is a time of celebration but also is a time to refocus and renew our commitment to supporting greater acceptance of LGBTQIA+ people. You can provide written testimony in support or against a bill, write an op-ed, and practice using gender-inclusive language (ask for preferred pronouns). To learn more, there are a variety of Pride Month events around NH – Lebanon Pride Picnic (6/16), Manchester Pride Festival (6/17), and Nashua Pride Festival (6/24). This link from Planned Parenthood has more events through September: [Planned Parenthood NH Pride Guide](#)
- **Practical Pearl: How does one ask for a patient's preferred pronouns?** When you first meet a patient, it's easiest to begin a discussion about pronouns by first offering one's own. For



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<https://store.acponline.org/ebiz/acp-pay-dues/paymentcode/MR24LN23>

Committees

With all that in mind, would you like to have a larger voice? Would you like to help the chapter thrive and grow? We have several committees that represent several aspects of medicine and are open to all members. Each committee is chaired by a member of the Governor's Council with the plan to work with members of the committee to drive change, host events, advocate, etc. Please reach out to myself or our Executive Director Catrina Watson if you have any interest in serving on a committee. Our current committees open to members:

- Health & Public Policy: (legislation)
- Membership
- Women in Medicine
- Education
- Young Physician/Early Career
- Resident/Fellow
- Communications
- Diversity
- Hospitalist

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Thank you for everything you do for NH patients and thank you for allowing me to represent you with the American College of Physicians. We look forward to hearing from you.

Kent Powell MD, FACP

Governor, NHACP