

ACP South Carolina Members,

The Annual Meeting of the SC Chapter of the ACP was held on October 27-28 in Greenville. The planning committee and I thank everyone who took the time to participate, engage and make the meeting a success. I want to congratulate the early career physicians, students, and residents along with their advisors who once again showcased a wide range of excellent scholarly activities.

The overall abstract winners were:

Student - Hannah Castles, USCSOM, Columbia

Resident -Yianni Protopapadakis, Prisma Health Upstate

Details about these and the other winners are in the accompanying attachment.

The SC Chapter also give awards to members who make outstanding contributions to the practice of medicine, Chapter, inspire thier colleagues, andn positively inpact their patients lives. This year's awardees are:

Young Physician Award – Amber Stroupe DO, FACP

James McFarland Award – Victor Collier MD, FACP

Laureate Award – Patricia Sadler MD, FACP

Please congratulate all these winners and awardees as you interact with them in their daily activities.

Claim CME. Please claim your CME if you attended the recently concluded SC Chapter meeting and have not yet done so. You can access the CME via the meeting hub at [Log in | ACP Online](#).

I also want to encourage you to:

Download the ACP Connect APP. New mobile membership App. The ACP Connect app offers easy, on-the-go access to college news and information, connecting with internal medicine colleagues, engaging with a variety of communities, and access to ACP tools and

resources. Download from the App Store or Google Play. You'll gain access to the app by logging in using your ACP Online credentials.

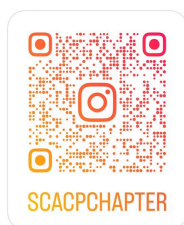
Consider Advancement to Fellowship (FACP). The ACP recently introduced the New Pillars of ACP Fellowship framework with the goal of simplifying the process and making it more accessible to members of the ACP. Four pillars now represent categories of activities that support the College's overall mission of leading internal medicine and improving lives: continuing medical education; community engagement or community service; practice improvement or scholarly activities; and teaching, coaching, mentoring, or leadership.

The ACP Internist article "[Are you ready for Fellowship?](#)" provides a brief overview of the new developments.

Attend Internal Medicine Meeting 2024. This will be held in Boston, MA. April 14-18. Early registration emails have been coming to your inbox. I look forward to seeing many of you there.

[American College of Physicians](#) | [Internal Medicine](#) | [ACP \(acponline.org\)](#) Keep accessing this website to continue enjoying the many membership benefits and resources that will enhance your practice of medicine.

Join us on Instagram at:



Visit our Wellness Corner

The ACP has for a long time focused on physician wellness and resiliency. Our Chapter's wellness champion, Dr. Poornema Ramasamy shares some activities and resources below in the Wellness Corner. We believe that these activities can help us get through our busy and challenging days.

It's great to meet everyone here in the wellness corner. Physician burnout is rising, and we all have felt it at one point or the other in our career. Burnout is a long-term stress reaction marked by emotional exhaustion, depersonalization, and a lack of sense of personal accomplishment. One way to address it is to focus on self-care. We will talk about some of the steps of self-care in each wellness corner.

One way that you can start to use your present surroundings to help bring you out of painful memories or stop you from thinking of anxious future thoughts is **grounding**. Grounding exercises are

designed to help you focus your attention on the present moment and orient you to the here and now. They are helpful whenever you are having an experience that is overwhelming, or that is absorbing all your attention.

Visual Grounding Exercise

- Take a deep breath

Name 5 things you can **see** in the room with you. Name 4 things you can **feel** (chair on my back or feet in my shoes on floor)

Name 3 things you can **hear** right now (fingers tapping on keyboard or the TV)

Name 2 things you can **smell** right now (popcorn popping or dish soap)

Name 1 thing you can **taste** right now (toothpaste) [OBJ]

Another simple step is wellness check-in of our peers. Here is a link that shows how one can do this. We will talk more about it in the next wellness corner. Until then, stay well

<https://www.acponline.org/practice-resources/physician-well-being-and-professional-fulfillment/mini-but-mighty-skills-for-well-being/peer-coaching-to-support-individuals-and-organizations-supporting-a-colleague-in-need>.



In service,

Steve P. Saunders MBBS, FACP

Governor, SC Chapter of the ACP

Attachments:

NOTE: The links below will direct your browser to the location where the documents attached to this email have been posted.

[2023 Award Winners SC ACP Abstract Oral Competition](#)

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