



South Dakota Chapter



ACP Blessings - Thanks for letting me drive

Robert. L. Allison, MD MACP

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As 2023 begins I enter the final few months of my term as your Governor of the South Dakota Chapter of the ACP. I was well prepared for the administrative burdens by **Matt Bien MD MACP** who kindly showed me the ropes. My partner-in-crime, our Executive Director **Kris Rahm**, met with me weekly over the past 4 years and we shared many a panicked email over cancelled hotel rooms, committee chairperson turnover, texts on scope of practice and how to fix poorly made stoneware mugs. Finally, over the last two years I've been supported by our incoming Governor-Elect **Eric Larson, MD MACP** with energy and resources galore. Eric, you recharged my batteries many a day. To the three of you I am deeply indebted for the help you have given.

The last 4 years we have had a myriad of highs and lows. To ignore the reality of COVID on my experience as Governor would be an understatement. As Governors we participate in Board of Governor meetings around the county. Mine unfortunately was limited 3 times out of 8 on face-to-face meetings, missing chances to bond with other amazing ACP leaders. But I did become my Class of 2023's representative for one year and was able to voice our unique small chapter values and opinions to our ACP National leaders. I saw behind the curtain and met like-minded souls who really value our membership and what the ACP can do for each practicing member.

INSIDE THIS ISSUE:

Governor's Message

Governor-Elect's
Message

Residency Program
Update

Health & Public Policy

Early Career Physicians

Membership/DEI

Wellness Champion

Upcoming Events

Governor's Message (continued)

It truly has been an honor for me to have been at the lead of our talented South Dakota Chapter ACP Board. Four years ago, we had a strategic planning meeting just prior to my term as Governor and that meeting defined our chapters goals and gave me focus. We have accomplished so much in the last 4 years. We had National ACP award winners (**Rick Holm, MD MACP** in Voluntarism and Community Service and **Mary Nettleman MD MACP** as the Blackwell Award winner for Outstanding Contributions to Advance the Careers of Women in Medicine). We celebrated new Masters in the college from South Dakota four times. We maintained the highest GOLD chapter award status for 4 years. Our residents and medical students won with their posters and presentations at our national meetings.

We continued to meet as a chapter virtually during COVID, proving that our values of education, collegiality, and giving back to the next generation would still define us as the “best chapter in the country”. And as we continue to evolve as a chapter, we seek ways to improve membership numbers, show our members value in the ACP, and to keep our identity as “Internists” in a world that only wishes to minimize our unique skill sets and talents.

I hope you are considering coming to San Diego for the IM 2023 meeting (April 27-29). If you haven't been in a while, it's time to go. During convocation we will celebrate two of our best, both new Masters in the College - **Dr. Tim Ridgeway** and **Dr. Eric Larson** and I'll be there for my last meeting as Governor.

As I sign off on this my last Governors newsletter, realize it's not bittersweet. I'm not going anywhere. You will still see a lot of me in the chapter meetings and events to come, I just get to sit back now and enjoy the show. It has been a wonderful ride and opportunity. Thanks for letting me drive! Rob



From our Governor-Elect

Eric Larson, MD MACP

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I am looking forward to serving you as your Governor starting in April. I am grateful to our current Governor Rob Allison for his help and ongoing guidance.

Currently, our Chapter is busy advocating for our patients, and medicine in Pierre led by **Kelly Evans-Hullinger** who is the Chair of our Health and Public Policy Committee. We are also currently arranging events for medical students interested in careers in IM and will be hosting “A Day in the Life of an Internist” again this year. This is a panel discussion with robust Q and A, which includes internists, hospitalists, and sub-specialists that the students have requested.

The Internal Medicine Interest Group (IMIG) at USD SSOM is active again this year and is supported by the SDACP for varied activities and talks that are provided ad hoc at the request of the students.

Hopefully, I will have a chance to speak to some of you at the meeting this spring in San Diego and mark-your-calendar for the October meeting in Deadwood!

Best Wishes, Eric

**Mark Your Calendars
October 4-6, 2023
SDACP Annual Scientific
Meeting
The Lodge at Deadwood, SD**



USD SSOM Residency Program

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The USD SSOM IM Residency Program has had a great 2022-2023 year so far. We are pleased to announce that for the 7th year in a row we have had a 100% board pass rate. Our ACP In-training Exam results for all PGYs put the program at the 97TH percentile.

The PGY3s had an outstanding fellowship match. We have residents going into Rheumatology at University of Kansas, Pulmonary Critical Care at University of Florida and Beaumont Health, and Cardiology at Mayo Clinic and University Nebraska Medical Center. We are equally proud to note that our remaining PGY3s are all staying in Sioux Falls to practice with two going into Hospital Medicine and one into outpatient Primary Care.

The program recently completed its interview season. Interviews were virtual again this year. We would like to thank all faculty who teach, mentor, and support our residents. We would also like to thank the SDACP for their support of the IM residents and the program.



Health & Public Policy

Kelly Evans-Hullinger, MD FACP

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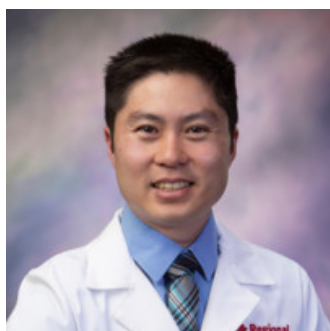
Thank you to all our ACP of South Dakota members who have played a role in advocacy at the local, state, and national levels!

Our committee continues to collaborate with the SDSMA on key issues being debated in Pierre this session. Watch your email, as we may ask for Chapter members to call and email your legislators serving on key committees or as votes come to the chamber floors.

In May, a delegation from our Chapter will return to Washington, D.C. for ACP Leadership Day, where we will learn about advocacy and meet with South Dakota Congressional Delegation staff about issues prioritized by the ACP. As always, we are grateful for the Chapter's funding to send our trainees for an invaluable advocacy experience.

To read about ACP advocacy including ACP's numerous position papers, you can always go to acponline.org/advocacy. To stay up-to-date on current advocacy efforts, please enroll in the Advocates for Internal Medicine Network at acponline.org/advocacy/advocates-for-internal-medicine-network.





Early Career Physicians

Eric Chow, MD FACP

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SDACP sponsored a simultaneous Early Career Physician event in Rapid City and Sioux Falls to kick off the start of fall 2022. The Topic was "Wealth Management and Career Longevity". Our wise mentors, **Dr. John Looby** and **Dr. Chetan Wasekar**, spoke to our early career physicians and imparted their pearls of wisdom and experience. Dr. Wasekar spoke about financial security, investment opportunities for physicians and planning for retirement. Dr. Looby reviewed strategies and tips on how to stay happy in medicine as well as how to advance career and maintain a balance in life. In Rapid City we had a friendly team scramble tournament on the virtual course of Turtlebay, Hawaii. Those who attended voiced how much they enjoyed the time together.



Our vision for the Early Career Physician section is to host high quality events centered around networking with peers and discussing topics relevant to our stage in life. We are planning at least 2-3 social mixer events for this year where we can get together to socialize and network. We want ACP to be that social connection where young physicians can share ideas and practical advice to common issues. ACP is the organization for internists that provides opportunities for networking, leadership, service, and advocacy.

We still need your help with this committee with more committee members needed from Sioux Falls and Sanford Hospital to help coordinate statewide events. **Please contact me if you would like to join the fun.**

Membership/DEI

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The Membership and DEI committee is tasked with recruitment and retention of members to the ACP as well as ensuring that there is diverse and equitable representation of our membership.

The ACP as a body has pledged its commitment to improving Diversity, Equity, and Inclusion among its membership. Some of these initiatives are:

- 1) Removal of biased language and potential barriers to nomination for awards.
- 2) Establishment of an International Medical Graduate Task Force to better understand the needs of global membership.
- 3) Increased publication of DEI related articles and research in the Annals of Internal Medicine
- 4) Supporting gender equity in compensation and career advancement.
- 5) Supporting efforts to increase diversity in medical selection and education processes

To build on these initiatives, we need to increase our active membership. As the slogan says, "Members Move Medicine".

The Covid 19 pandemic certainly placed a damper on our recruitment, but we are ready to bolster our efforts again and we need you to make this happen.

Emails and phone calls are useful tools of communication, but nothing trumps the personal pitch of meeting a colleague face-to-face and extending an invitation to our meeting. **Can you commit to recruiting even one physician to attending our chapter meeting?**

Physicians are busy professionals who can ill afford to waste time. "Why would anyone want to join the ACP?"? Here are a few of the benefits:

A. Cultivation of Community - The annual chapter meeting as well as the national one, provides an excellent opportunity for networking and for finding solutions to common challenges.

Membership/DEI (continued)

B. Continued Education - ACP members have free access to reliable learning resources such as Annals of Internal Medicine, ACP Journal Club and ACP Observer. In addition there are free online opportunities to obtain points towards Maintenance of Certification (MOC).

C. Practice Tools - ACP's Practice Management Center offers online and personal assistance with all aspect of practice management.

D. Power of Advocacy - The ACP advocates for you on policy changes that will make a difference in your daily work, professional development, and your patients' health.

E. Paving the Path - The ACP has national and state initiatives for medical students to help foster interest in a career in Internal medicine. This includes free membership to the ACP as well as mentorship programs in research and political advocacy.

These are but a few of the benefits of being a member of the ACP.

We invite you to invite a colleague to join ACP by clicking this link - <https://www.acponline.org/membership>

If you are an existing member, please consider joining the Membership/DEI Committee by contacting Kris Rahm at krisrahm@me.com.

We need more hands-on deck as we sail into a brighter future- WE NEED YOU!!!





Wellness Champion

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Physician Burnout and the Dearth of Data in South Dakota.

Physician burnout is an occupational syndrome characterized by emotional exhaustion, depersonalization, and lack of professional accomplishment, per the World Health Organization (WHO). With an estimated prevalence rate of more than 50%, physician burnout represents a threat not only to the physical and mental wellbeing of physicians but also to the quality of patient care. Physician burnout is associated with higher rates of self-reported medical errors, high physician turnover, malpractice claims and lower productivity with the attributable cost of burnout estimated to be \$4.6 billion/year, per one study. Chronic stress has a known correlation with depression, and suicide rates in physicians are reported to be markedly higher compared to general population with an odds ratio of 1.41 in males and 2.27 in females. The Lorna Breen Act, that supports mental health and resilience in physicians in the form of grants, is a milestone in acknowledgement of this major health crisis, yet a lot still must be done at organizational level to see a meaningful improvement in the physician-health landscape.

Burnout Studies in South Dakota:

A literature review was conducted to identify all research articles related to physician wellbeing or physician burnout in South Dakota (SD). Two studies were found that were exclusively done on the physicians of SD.

The first study, published in 2018, comprised of state-wide surveys sent through SDSMA (South Dakota State Medical Association) to assess burnout amongst the physicians in SD. Although, the study did find that both male and female physicians were satisfied with their choice of profession and specialty, there was a statistically significant need expressed by the female physicians of more time for administrative tasks, flexible hours, and daycare facility at work. The second study was conducted to compare burnout rates in family physicians working in rural setting versus metropolitan areas.

Wellness Champion (continued)

The family physicians that were surveyed were graduates of a SD family medicine residency program. The study published in 2019 found that although the burnout rate in family medicine physicians in SD was similar to the national rates, rural practice (25%) was associated with statistically significant lower burnout rates compared to urban practice (51.4%).

We were unable to find any study regarding the prevalence of mental illness in SD physicians, data on wellbeing-directed institutional surveys or interventions. With the growth of healthcare systems in SD and increasing need of physicians, it is essential to understand the wellbeing demographics of our state, as burnout continues to be an eminent threat to physician wellbeing, recruitment, and retention.



April 11	7:00 pm (Central) - Council Zoom
April 18	7:00 pm (Central) - A Day in the Life of an Internist Zoom
April 25-26	Board of Governors, San Diego
April 27-29	IM2023 Meeting, San Diego
May 23-24	Leadership Day, Washington, DC
October 4-6	SDACP Annual Scientific Meeting The Lodge in Deadwood, SD