

# The Lantern

## ACP 2023 Meeting Highlights

The ACP-Arizona Chapter was well represented at this year's national meeting. 160 ACP-Arizona members traveled to San Diego to meet up with friends and colleagues and learn the latest advances and information in Internal Medicine. Some of the highlights of this year's meeting included:

11 New ACP-Arizona members getting inducted into Fellowship at the Convocation Ceremony and taking the ACP Fellowship Pledge in front of family, friends, and colleagues.

ACP-Arizona Governor Dr. Priya Radhakrishnan taking on her new role as Chair of the ACP Board of Governors. Dr. Allan Markus presenting the work of our AZ LEAD-IM committee (Drs. Nick Paslidis, Pooja Bharwadha, and Umesh Sharma) at the Chapter Leadership Workshop.



Our New ACP-AZ Fellows



[Eladio Pereira, M.D.](#) is one of three panelists chosen nationally to discuss the Arizona Medical Board physician registration initiative he championed with the ACP-Arizona chapter at the Saturday Plenary Session "Beyond the Yoga Mat, System-Level Well-Being Success Stories"

Joseph Mikhael MD Med FACP Presented a Meet the Professor session on MGUS, CCUS, and Monoclonal B-Cell Lymphocytosis: Not Enough of a Bad Thing. Shradha Gupta MD presented a wellness

The ACP-Arizona Chapter received the Gold Level of the Chapter Excellence Award for 2022-23 at the Annual Board of Governors and Board of Regents Awards Luncheon.

Our Arizona Champion Doctor's Dilemma Team from HonorHealth played a valiant game in their opener leading most of the way but fell just short of the second round.

For those who attended, remember you can access any of the three-day sessions via the web for free for 30 days and get CME credit. Remember to get online to submit your full credit before the hard 30-day deadline unless you have purchased the premium 1-year access.



## Dr. Shakaib Rehman MD MACP Awarded the 2023 Richard Neubauer Advocate Award

Join me in congratulating Dr. Shakaib "Shak" Rehman for receiving the 2023 National ACP Richard Neubauer Award. As our chair of the ACP-Arizona Advocacy/Health Policy Committee and a member of the Governor's Advisory Council, Dr. Rehman has mentored many of our members in learning about the key aspects of advocacy. He has served on the national ACP Health and Public Policy Committee and was a founding member of the ACP Council of Young Physicians (currently the Council of Early Career Physicians). In addition, Dr. Rehman has been a lecturer for our LEAD-IM program on Negotiation Skills and a regular lecturer at our ACP-AZ Annual Meetings. Dr. Rehman will be leading our delegation to the upcoming Annual Leadership Day in Washington DC where he will receive the award in May.



**SAVE THE DATE- OCTOBER 27-28 ACP-ARIZONA ANNUAL SCIENTIFIC MEETING AT MIDWESTERN UNIVERSITY IN GLENDALE AZ- DETAILS TO FOLLOW**

## GOVERNOR'S MESSAGE

The practice of medicine is an art, not a trade; a calling, not a business; a calling in which your heart will be exercised equally with your head-  
**Sir William Osler**

Optimism is a choice that I believe we have the ability to make when it comes to the future of medicine. There are surely lots of recent events for which we could be drawn into pessimism, however, we will be more effective and able to serve our patients and each other as colleagues if we do not give into that outlook. However, pure optimism without concerted action on our part will also likely be folly. My recent return from the ACP National Meeting in San Diego was a great reminder for me of the value of membership in ACP and the "fellowship" that is alive and well in our organization. That gives me optimism for our future.



New ACP Governors at IMM 2023

If you have not attended a recent state or national meeting, you may not have experienced the excitement of being able to be back in person with our colleagues. The ability to get together with one another, learning, grabbing a meal with an old colleague from medical school, talking with national experts in various aspects of medicine, feeling the passion/idealism that our students and residents are still bringing to our meetings was something I truly missed during the recent COVID Pandemic.

Our Arizona physicians are making a difference. Thanks to the work of Dr. Eladio Pereira and recent Governor Dr. Priya Radhakrishnan who joined with other societies to advocate for changes in the AZ medical licensing application so that our colleagues no longer have to disclose if they have had a mental health diagnosis unless it would affect the physician's ability to practice medicine. This will allow physicians to feel comfortable getting treatment without worrying about loss of licensure. If one person with a vision can make this happen, YOU can too.

As I take on the role of Governor of YOUR ACP-Arizona chapter, I recognize that I have big shoes to fill. I have had the privilege to work with Priya Radhakrishnan MD, our past Governor since she came to Arizona and who skillfully navigated the AZ Chapter through the Pandemic and the Gold Level of Chapter achievement.

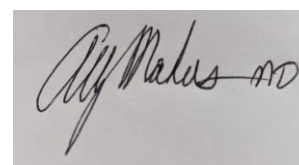
I think that our next "chapter" in our history needs to be how can we grow and innovate to meet the needs of our members in a challenging and ever-changing environment. **This will take our ACP-Arizona**

**members to take an active role in our future.** I am personally asking you all to get involved whether it is joining a committee, being a poster judge at a meeting, talking to our residents and students to mentor them to get involved in advocacy in ACP, or simply talking to your colleagues in joining (or rejoining) ACP-Arizona so that we have a stronger voice when talking with those making decisions at the AZ Capitol and Washington.

So what are our top priorities as we go forward:

- 1) **Increase membership involvement** in committees and leadership. There are open positions on some of our committees. Many of these do not take a large time commitment but are key to our success for our members. Please send our Executive Director Debbie Webber or myself an email if you are willing to serve ACP Arizona. [amarkus@acpazchapter.org](mailto:amarkus@acpazchapter.org) or [dwebber@azmed.org](mailto:dwebber@azmed.org)
- 2) **Update our current bylaws** to increase opportunities for members to have leadership positions in ACP-Arizona and also develop succession plans. The new bylaws create Vice-Chairs of our committees including a Lieutenant Governor and Vice-Treasurer. It also restarts the process of voting for at-large and executive positions.
- 3) **Concentration on ACP Priorities while Respecting the Diversity of our Membership.** We need to try to find the areas we can all agree upon, advocating for our patients, educating our colleagues, and supporting/listening to each other even when we disagree.
- 4) **Offer Unique Educational Opportunities that our Members including Residents/Students** need in this changing environment. We will be inviting the "AZ House of Internal Medicine" to help guide us on what is needed by our members. This will include partnering with other chapters to share resources. I am so excited about the upcoming Annual Meeting at Midwestern University in October that will feature a new half day pre course on POCUS ultrasound and focuses on Physician Sustainability.
- 5) **Recognition of the Achievements of our Members** with assisting members to achieve Fellowship or Mastership in the College or national awards.
- 6) **Increasing our Membership and Finding other Innovative Ways** to support our finances so that we can serve more of our members for educational and advocacy efforts.

I look forward to working with all of you for the next four years. If you have any suggestions on what we can do together, I am here to listen. [amarkus@acpazchapter.org](mailto:amarkus@acpazchapter.org)



## WHAT DID I LEARN OR ENJOY ABOUT IMM 2023 IN SAN DIEGO?

I asked our members who attended IMM 2023 to let us know what they learned or took away from IMM 2023 and send us some of their pics.

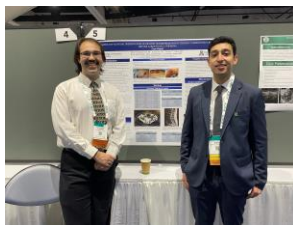
[Eladio Pereira, M.D.](#) - Obtain a TSH in patients with HTN-reminder, Reminder about TMP/Sulfa and MTX and hyperkalemia, Suboxone has a lot of advantages for OUD therapy

1) Paria Pourmalek MD



2) Lieutenant Commander Vinita Puri MD FACP -Hepatitis B reactivation can present as polyarthritis (one of the Thieve's Market cases), Timing of specific antibiotics can improve mortality in patients with sepsis (ie give cephalosporins before vancomycin).

3) Thomas C Varkey MD- I enjoyed the conference and being able to present posters with my colleagues and friends. I learned more about some of the newer orexin antagonists and agonists and their roles in sleep and some of the research behind CGMs and their roles in improving patients' blood glucose levels.



4) Pedro Rodriguez MD- enjoyed my medical family as I always do, and cemented the conviction that it is up to us to guide how the Practice of Medicine will be in the very near future, and how crucial it is to inspire, enroll and boost our young internists. The picture to the left is me with the Paraguayan ACP Delegation and the one to my right is my picture with the former Governor Dr. [Priya Radhakrishnan MD.](#)





Melanie Cloonan-Schulte MD FACP- Over the years I have learned that about 80% of what I get from the lectures is the reinforcement of how I already do things but perhaps with some better data to quote or ways to approach discussing it with patients. About 20% is something either new or that will change my practice and then there is always one thing that actually blows my mind and is a sea-change in how I do or view something. My takeaways: despite all the specialty drugs for osteoporosis, bisphosphonates remain the preferred treatment except for very high risk patients. Cystatin-C is better than creatinine to assess CKD particularly in the 45-60 range, VVA has been renamed to Genitourinary Syndrome of Menopause. In GSM estrogen improves vaginal dryness and urinary symptoms but increased sexual activity also makes symptoms better. When involved in difficult conversations with patients, lead with empathy, often giving more scientific facts or making points more forcefully will worsen the interaction.



## 2022 ACP Arizona Scientific Meeting Winners at IM 2023

The following Poster and Doctor's Dilemma Winners from the 2022 ACP Arizona Annual Scientific Meeting participated at the San Diego 2023 IM meeting:

### Abstracts – Posters

*Multivessel Disease in a Young Female: A Missed Opportunity for Early Intervention*

Vanessa C. Piscyha, DO – Resident – UA Internal Medicine, Tucson

*Improvement in Screening for Substance Use Disorder (SUD) in the Internal Medicine Resident Clinic*

Robert Bockstruck, MD – Med-Peds Resident – UA College of Medicine-Phoenix

*POCUS Curriculum Implementation with Multi-Disciplinary Approach in an Academic Internal Medicine Residency Program*

Dakota McNierney, DO – Resident – UA Internal Medicine - Phoenix

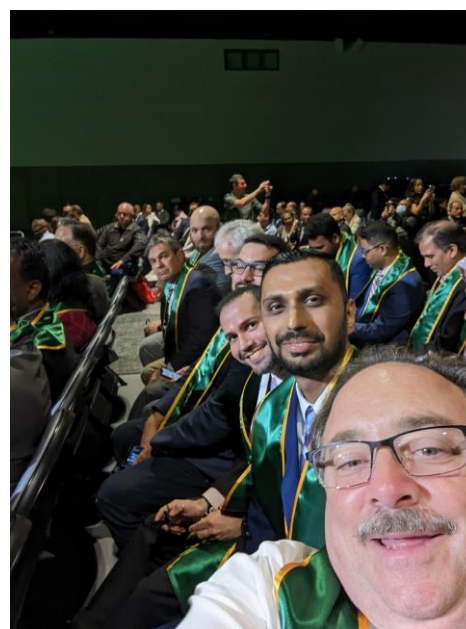
### Doctor's Dilemma Team - HonorHealth

Chand Nandani, DO

Samier Deen, DO

Melissa Kerkelis, MD

**Congratulations!**



## Resident and Early Career Physicians Did You Miss Out on the ACP-Arizona LEAD-IM Program This Year and Want to Join a Nationwide ACP Chapter Collaboration Program led by our ACP-North Carolina Chapter?

Call for participants!

We are seeking ACP Resident/Fellow and Early Career Physicians to participate in a FREE structured professional and leadership development program, hosted by ACP leaders and physician coaches.

What's in it for you?

- A chance to develop leadership skills at an early stage so you will be ready when opportunities come your way!
- Coaching and mentorship related to professional and leadership development from ACP leaders.
- Opportunity to learn from peers across the country and develop relationships for collaboration and support.
- Connection with a community of like-minded physicians

Curriculum:

Five educational sessions, followed by group coaching sessions on the topics.

### **DESIGNING A CAREER PATH THAT SUPPORTS YOUR VALUES AND STRENGTHS (June 2023)**

Determine your "why" and your strengths, identify and protect your priorities (includes boundaries), and learn PERMA

### **HOW TO ASK FOR AND GET WHAT YOU NEED (June 2023)**

Learn to successfully negotiate, manage difficult conversations, and practice nonviolent communication

### **HOW TO PROMOTE YOUR BEST SELF (July 2023)**

Learn skills for interviews and applications, maximize visibility, and incorporate Emotional Intelligence

### **FOSTERING FOR OTHERS AND CREATING FOR YOURSELF A SENSE OF BELONGING ON YOUR TEAMS (August 2023)**

Articulate belonging, explore circles of influence and control, celebrate the value of different skills and perspectives on a team, and determine expectations

### **PLANNING FOR TRANSITIONS AND BEYOND (September 2023)**

Learn strategies to get unstuck, implement reflective self-coaching techniques to set goals and expectations, and learn what supports you in times of change

### **Requirements**

The time commitment is approximately 3 hours/month, and the program will run from May-September 2023.

You will have five educational sessions, followed by group coaching sessions on the topics.

Meeting times will be set prior to the start of the program and will include options to facilitate flexibility with your schedule.

In addition to the time commitment, we request the completion of de-identified surveys prior to the course and upon completion to document the experience of our participants, and to help us to assess the effectiveness of this program and to help us adjust for future programs.

A certificate of completion will be awarded to those who attend at least 9 of the 12 meeting sessions.

You will be encouraged to take what you learn and share it with your community in a structured way.

Interested persons should submit the following information via this Google form: <https://forms.gle/GYJBkimu3TEBaTid7>

- Name, preferred contact email, chapter, and career stage
- What 3 things would you like to get out of a professional development/leadership program geared towards RFM/ECP?
- What 3 things are currently getting in the way of you living your best life?
- Why are you interested in participating in this program now?

Questions? Contact Marion McCrary MD at [mlmmccrary@gmail.com](mailto:mlmmccrary@gmail.com)

## **NEW ACP BENEFITS ALL MEMBERS SHOULD BE**

### **AWARE OF**

- 1) **FREE ACCESS TO DYNAMEDX- A COMBINATION OF DYNAMED AND MICROMEDEX**  
<https://www.acponline.org/clinical-information/clinical-resources-products/dynamedx-a-benefit-of-acp-membership>
- 2) **NEW!! FREE PHYSICIAN COMPENSATION TOOLS AND DISCOUNTS ON ATTORNEYS TO HELP WITH CONTRACT REVIEW AND NEGOTIATION THROUGH RESOLVE**  
<https://www.acponline.org/membership/additional-membership-benefits/physician-compensation-tools>
- 3) **FREE ACCESS TO OPIOID USED DISORDER MODULES FOR ACP MEMBERS TO MEET THE NEW DEA REQUIREMENT FOR DEA RENEWAL**  
<https://www.acponline.org/clinical-information/clinical-resources-products/substance-use-disorder-sud-education-new-dea-requirement>