American College of Physicians, Bangladesh Chapter
August, 2024

In This Issue:

- Message from the Governor
- Board of Governors meeting 2024, Boston
- ACP Internal Medicine Meeting 2024, Boston
- Ekutannesa Free Health Camp
- Chapter's Annual ACP Day, ACP Award ceremony, Reception of new fellow
- Active Participation on BSMCON 2024
- Achievement of “Gold Excellence Chapter” Award
- Meeting Minutes of Advisory Council
- List of members in last six months
- List of fellows in last six months
- Conclusion

Message from the Governor

Dear Valued Members of the ACP-Bangladesh Chapter,
As the Governor of the ACP-Bangladesh Chapter, it is both an honor and a responsibility to connect with you through our latest newsletter of August 2024. I trust this message finds you in good health and high spirits, despite the numerous challenges that our nation has faced recently.

Our country has been grappling with devastating floods that have displaced countless families and caused significant destruction. The impact of these floods has been far-reaching, affecting not only the health and safety of our communities but also the infrastructure that supports our daily lives. Additionally, the rise in dengue cases across the country has added to our concerns. Despite these overwhelming circumstances, the spirit of solidarity and cooperation that our country has demonstrated is truly inspiring. The safety and well-being of our healthcare professionals, especially those working on the front lines against dengue and flood-related health issues, remain our top priority. I encourage everyone to take necessary precautions and extend a helping hand to those in need. Amid these struggles, we must also focus on emerging global health threats, such as the resurgence of diseases like Mpox. The ongoing efforts in vaccine development and distribution worldwide are crucial, and we must remain vigilant to protect our population.

I would also like to remind our members about the importance of timely membership dues payment to retain our strong presence and continue our collective mission. We warmly welcome new Fellows of the ACP who have joined our ranks, and we look forward to their contributions.

Lastly, I want to highlight the recent student protests in Bangladesh. These young individuals, who have historically played a significant role in our country's formation, continue to be the voice of the future. Their passion and commitment give us hope that the coming days will be beautiful for Bangladesh.

Let us remain united and committed to our mission of providing high-quality care to our patients, even in the face of adversity. Thank you for your dedication, compassion, and tireless service to the people of Bangladesh.

Warm regards,
Prof. Khan Abul Kalam Azad
Governor, ACP-Bangladesh Chapter

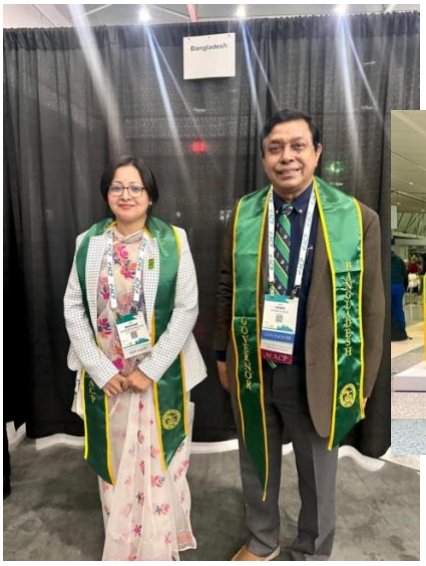
Board of Governors Meeting 2024, Boston

The Board of Governors' meeting of the American College of Physicians (ACP) for 2024 took place in Boston at the beginning of April, preceding the Internal Medicine Meeting (IMM'24). Prof. Khan Abul Kalam Azad, Governor of the ACP Bangladesh Chapter, participated on behalf of the Chapter. The meeting featured several sessions focused on enhancing leadership skills and addressing key challenges faced by ACP chapters. Building on the priorities set in 2023, the ACP Board of Regents continued to emphasize themes such as membership growth and engagement, valued professional identity, diversity and equity inclusion, as well as innovation and strategic alignment. These priorities serve as a guiding framework for the ongoing work and development within the ACP.

ACP Internal Medicine Meeting 2024, Boston

The American College of Physicians (ACP) Internal Medicine Meeting 2024 was held from April 18th to 20th in Boston, Massachusetts, and was a highly anticipated event in the medical community. This three-day conference provided comprehensive education, allowing attendees to stay current with the latest evidence-based clinical medicine and practice-changing information. Standard registration for the event included three-day access to the meeting, as well as 30 additional days of access to session recordings, enabling participants to continue learning.

The conference featured a rich program of educational sessions, workshops, and keynote presentations, where renowned speakers shared insights on cutting-edge research, innovative treatment approaches, and patient-centered care strategies. The event was not only a platform for knowledge exchange but also for networking and collaboration among medical professionals from various specialties. The 2024 meeting continued the tradition of excellence established in previous years, serving as a crucial opportunity for physicians to enhance their clinical practice and contribute to the advancement of internal medicine.



Ekutannesa Free Health Camp: A Noble Initiative by ACP Bangladesh Chapter in Mymensingh

On February 2nd, 2024, ACP Bangladesh Chapter organized the "Ekutannesa Free Health Camp" in Mymensingh, aiming to provide essential medical services to underprivileged villagers. This remarkable event witnessed the presence of the ACP Bangladesh Governor, along with past governors, and a team of dedicated medicine specialists. Their collective effort ensured that quality healthcare reached those who need it the most.

The camp was a testament to the chapter's ongoing commitment to community welfare. A wide range of medical services was offered, including general check-ups, specialist consultations, and essential treatments. The attending physicians worked tirelessly, addressing various health concerns with compassion and expertise.

Chapter's Annual ACP Day, ACP Award ceremony, Reception of new fellow

ACP-Bangladesh Chapter hosted its annual day, award ceremony and reception of new fellows on 16 February 2024 at Dhaka Club Ltd., Dhaka, Bangladesh.

Dr. Mahbub Mayukh Rishad welcomed attendees to the program, followed by a reception for the newly inducted fellows of 2023, moderated by Dr. Sarmistha Biswas. The highlight of the event was the award ceremony, recognizing outstanding contributions to the field. Prof. Rubina Yasmin presided over the ceremony, where following awardees received mementos for their exceptional achievements.

1. **Distinguished Internist**: Prof. H A M Nazmul Ahasan
2. **Mentor Award**: Prof. MD. Titu Miah
3. **National Award**: Prof. Quazi Tarikul Islam
4. **Community Service Award (Community-Based Teacher Award)**: Prof. Md. Mahbubul Islam Mojumder
5. **Chapter Advocacy Award**: Prof. Md. Mujibur Rahman
6. **Laureate Award**: Prof. Khawja Nazimuddin
7. **Chapter Leader Award**: Prof. Md. Asadul Kabir
8. **Master Teacher Award**: Prof. Md. Azizul Kahhar
9. **Women Physician of the Year**: Dr. Aparna Das
10. **Chapter Service Award**: Dr. Mahbub Mayukh Rishad
11. **Volunteer Faculty Award**: Prof. M. A. Hasan Chowdhury
12. **Early Career Physician Award**: Dr. Muhammad Faizur Rahman (Fahim)
13. **Governor's Award**: Dr. Syed Ghulam Mogni Mowla
14. **Excellence Award**: Dr. Sudip Ranjan Deb
15. **Resident Award**: Dr. Abtahir Rahim Taha
16. **Medical Student Award**: Dr. Shafeen Seheli Khan
17. **Clinical Practice Award**: Prof. Mahfuzer Rahman
18. **Diversity Award**: Prof. Md. Zahir Uddin
19. **Educator Award**: Prof. Robed Amin
20. **Hospitalist Award**: Prof. Firoz Ahmed Quraishi
21. **Innovation Award**: Prof. Abdul Wadud Chowdhury
22. **Internist Award**: Prof. Ahmedul Kabir
23. **Researcher Award**: Dr. Fazle Rabbi Chowdhury
24. **Teacher of the Year Award**: Prof. Md. Abul Kalam Azad
25. **Volunteerism and Community Service Award**: Professor Mohammad Rafiqul Islam
26. **Wellness Award**: Dr. Sabrina Yesmin

To foster camaraderie, a family fun program was organized, facilitated by Dr. Shahnoor Sarmin. Esteemed speakers, including Prof. Khan Abul Kalam Azad, Prof. HAM Nazmul Ahasan, Prof. Quazi Tarikul Islam, Prof. Md. Mujibur Rahman, and Prof. M A Jalil Chowdury, shared their insights and experiences in concluding session. Dr. Sarmistha Biswas moderated this session. The event concluded with a vote of thanks delivered by Prof. Md. Asadul Kabir, Head, Dept. of Medicine, Dhaka Medical College and Mr. M Mosaddek Hossain, Chairman & Managing Director of UniMed UniHealth Pharmaceuticals.

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Annual ACP Day, AC
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ACP Award Ceremony

Active Participation on BSMCON 2024

The 23rd International Congress & Scientific Seminar, hosted by the Bangladesh Society of Medicine in Dhaka from March 1st to 3rd, 2024, was a landmark event that brought together medical professionals from across the globe. The event featured dynamic discussions on the latest advancements in medicine, fostering a spirit of collaboration to enhance patient care.

A notable highlight was the active participation of members from the American College of Physicians (ACP). The presence was marked by a dedicated stall, showcasing their contributions to medical education, research, and patient care, offering attendees invaluable insights into the latest industry trends.

A key moment during the congress was a session led by Jack Ende, former ACP President, who delivered a compelling presentation titled “Teaching at the Bedside.” Ende emphasized the importance of bedside teaching as a fundamental practice in internal medicine, highlighting its role in developing clinical expertise and professionalism. He also addressed the growing concern that bedside teaching is becoming less common, offering practical techniques to reinvigorate this essential practice. His activities during the congress included the stall inauguration, serving as a judge for poster presentations, participating in a panel of experts, and engaging with other international faculty and the Executive Committee of the Bangladesh Society of Medicine.

The BSMCON 2024 underscored the dedication of organizations like ACP to advancing medical knowledge and patient care. As the congress concluded, attendees were inspired to continue their efforts in addressing the evolving challenges in global healthcare.

Achievement of “Gold Excellence Chapter” Award

It’s a matter of immense pleasure to inform you that ACP-Bangladesh Chapter has won Chapter Excellence award this year and for the 8th time in a row. Our chapter had been awarded in Bronze category last year. But for the second time, we have achieved Gold category award this year. This award has brought great prestige for our chapter, community as well as our country, which became possible through everyone’s continued support and devotion to our chapter and active participation in our chapter activities.

Meeting Minutes of Advisory Council

ACP Meeting Minutes
Date: June 29, 2024

Executive Vice President Appreciation

- The meeting began with a vote of thanks to the Executive Vice President for the well-written review.

BOG Chair Appreciation

- Dr. Angela Johnson, the BOG Chair, was commended for her insightful and inspirational guidance.

ACP Presidency

- Jason M Goldman was officially recognized as the ACP President Elect, set to assume the role in April 2025.

Membership Dues and Communication

- A reminder was sent to members about unpaid dues on June 17th, followed by Eid greetings.
- An ACP Advisory Council meeting will be scheduled through the chapter portal.
- The updated news portal communication was announced.
- A $1150 incentive was approved for retaining and increasing membership dues payments.
- A school was approved for the IMIG sponsorship program, with a target of increasing membership by December 31st.
- Strategies for increasing membership dues include SMS, email, and phone calls. A focus on member engagement,improved orientation, and academic excellence was emphasized.
- A dedicated person will be assigned to each medical college for membership retention, with an office bearer overseeing this responsibility.
- Regular monthly communication was mandated.

Research Capacity Development

- Planning for the next year's research capacity development project was initiated.

- The theme will focus on CMEs, student, and resident involvement.

Outline of Programs:

- Prof. HAM Nazmul Ahasan, immediate past governor, appreciated current governor for promoting diversity in ACP Bangladesh chapter.
- Unimed was thanked for providing office space.
- The appointment of permanent office staff, preferably a doctor, was discussed.
- The IMIG program was deemed helpful.
- Six-month meeting plans were outlined.
- Seminars will be organized.
- Prof. Khan Abul Kalam Azad, governor of ACP Bangladesh chapter and Prof. Mohammad Rafiq will hire a regular office staff.
- IMIG meetings with new members will be held with the Governor within 1month.
- CME Programs will be conducted at Dhaka Medical College Rangpur, and Bagura.
- Guidelines for the theme "Treat Your Dyslipidemia and Remove Your Name from Cardiovascular Disease" will be formulated by Prof. Mohammad Rafiq, Prof. Golam Mawla Mogni, Prof. Md. Mujibur Rahman and Mr. Rezwan.
- The BOG meeting in Boston will be attended by one fellow.
- The Gold Excellence Award will be declared at Regional prog that will be held in Bogura.
- Trainees will receive hands-on training from our professors in Bogura (Prof. Quazi Tarikul Islam, Prof. HAM Nazmul Ahasan, Prof. MA Jalil Chowdhury, Prof. Md. Titu Mia, Prof. Syed Atiqul Huq)
- IMIG programs will be held in Rangpur (September), DMC (January), and Mymensingh (November end)

List of new members in last six months

A K M Shamim Azad, MBBS MD
ABUL BASHAR MD MAHBUBUL HAQUE, MBBS
Ahmed Tareq Shams Chowdhury, MBBS
Alamgir Hossan
Amal Kumar Ghose, MBBS
AMANUR RASUL MD FAISAL, MBBS
Anal Chandra Das, MBBS MD
Anirudha Sardar, MBBS
Arifin Islam Lita, MBBS
Arun Chandra Basak, MBBS
ASHISH KUMAR MAZUMDER, MBBS
ATONU DAS, MBBS
Debashish Sarkar, MBBS MD
DHRUBA JYOTI SINHA, FCPS MBBS
DR MD JIAUR RAHMAN, MBBS MD
DR MOSA. HURE JANNAT, MBBS MD
Dr Nayeb Ali, MBBS
Dr Nurmahal Rubaiya, MBBS
Dr Sumanta Kumer Saha, MBBS MD
Dr. Abdullah Al Quayyum, MBBS MD
DR. AKRAM HOSSAIN KHAN, MBBS
Dr. Anusen Das Gupta, MBBS MD
DR. ASM Shafiujjaman, MBBS
DR. DEBASISH SARKAR, MBBS MD
Dr. Farah Al Mahdi, MBBS
Dr. Haripada Sarkar, MBBS

FARUK AHOMMED, MBBS
FM ATIQUR RAHMAN, MBBS
Haripada Roy, MBBS MD
IMTIAZ UR RAHMAN, MBBS
JOBYER AHMMED, MBBS
Joyontha Kumar Roy, MBBS MD
Kaiser Jahan, MBBS
LUBNA KHONDKER, MBBS
M A GAFFAR, MBBS
M M Mafizur Rahman, MD
Mahmud Hossain Ibrahim, MBBS
Maruf Haider Haider, MBBS
MD ABDUR ROB RAYHAN, MBBS MD
MD Abdur Rob, MBBS MD
MD ALAUDDIN, MBBS
Md Anwar Hossain, MBBS
MD ANWAR JAHAN, MBBS
MD Ferdous, MBBS MD
MD JUBER ALAM, MBBS
MD MAHFUZUR RAHMAN, MBBS
Md Mamun Newaz, MBBS MD
MD NAFIS AREEFIN, MBBS MD
MD NAJMUL KARIM, MBBS
MD NURUL ISLAM, MBBS
MD RAFIQUL ISLAM, MBBS
MD RASHADUL KABIR, MBBS MD
Md Saidul Alam, MBBS MD
Md Shamshul Alom, MBBS

DR. K. M. SHAKIR AHMED, MBBS MD
DR. MD. ABDUL MATIN, MBBS
Dr. Md. Firoz Mondol, MBBS MD
Dr. Md. Hasan Sharif, MBBS
Dr. Md. Kamal Hossain, MBBS
DR. MD. MAHFUJ UL ANWAR, MBBS
DR. MD. MAHMUDUL HASAN, MBBS
Dr. Md. Shahadut Hossain, MBBS MD
Dr. Md. Tousifur Rahman, MBBS MD
Dr. Mst. Mousumi Marjiara Begum, MBBS MD
Dr. Narayan Chandra Sarkar, MBBS
Dr. Nur Hussain Banna, MBBS
Dr. Sayed Md Rijvee, MBBS MD
Dr. Sujon Sarker, MBBS MD
Dr. Suraiya Akhter, MD
Dr. Syed Ahmad Refaie, MBBS MD
DR. TANMAY MANDAL, MBBS
Dr.Ashique Ahmed Bhuiyan, MBBS
Farhana Ahmed, MBBS

Md Sharif Uddin, MBBS
Md Shazzad Hossain, MBBS MD
MD SHIRAJUL ISLAM KHAN, MBBS
Md Sonaullah, MBBS
Md Tanimul Haque Rijvy, MBBS MD
Md Wali Uddin Masud, MBBS
Md. Abdul Mamun
Md. Abdullah A Muzahid, MBBS MD
MD. ADNANUL ALAM, MBBS
Md. Aminul Haq, MBBS MD
MD. AMINUR RAHMAN, MBBS
Md. Anowar Hossain, MBBS
MD. ARIFUR RAHMAN, MBBS MD
Md. Azizur Rahaman, MBBS
Md. Khandoker Ataur Rahman, MBBS
MD. MUAG BIN JABAL, MBBS
Md. Mubdiur Rahman, MBBS
Md. Oliur Rahman, MBBS
Md. Saef Uddin

RAJIB DHAR, MBBS
Rajiv Dey, DNB
Ramendra Nath Sarker, MBBS
Ratan Krishna Shaha, MBBS MD
RAZU AHMED, MBBS
Ripa Kundu, MBBS
S M Eqbal Hossain, MBBS
S.M. Ruhul Amin, MBBS
SABYASACHI TALUKDAR, MBBS
Sagor Kumar Roy, MBBS MD PhD
Sanjoy Kumar Ray, MBBS
Shah Mohammad Faisal, MBBS
SHAMIM ARA, MBBS
Shaoun Barua, MBBS
Soumitra Roy, MBBS
SUMAN PAUL, MBBS
Sumon Dhar, MBBS
SUNJIDUL ISLAM SIDDIQUE, MBBS

Md. Sanaullah Khan, MBBS
Md. Sazzadur Rahman, MBBS
Md. Shahabul Huda Chowdhury, MBBS
Md. Shariful Islam Mondol, MBBS
Md. Shoriful Islam, MBBS
Md. Sohel Uddin, MBBS
Md. Zakir Hossain, MBBS
MD. ZILLUR RAHMAN, MBBS
MD.REZAUL KARIM, MBBS
Minhazul Alam, MBBS
MIRZA NURUL KARIM, MBBS
Mohammad Anisur Rahman, MD
Mohammad Arifur Rahman, MBBS
Mohammad Didarul Islam Khan, MBBS
Mohammad Maidul Islam, MBBS
Mohammad Moin Uddin, MBBS
Mohammad Rawshan Jamil, MBBS
Mohammad Rezaul Hossain, MBBS
MOHAMMAD SHAHIDUL ISLAM, MBBS MD
MOHAMMAD ULLAH SIKDER, MBBS
MOHAMMED HUMAYUN KABIR, MBBS
Mostofa Showkat Imran, MBBS
MUSTAFA AOLAD HOSSAIN, MBBS
Naylla Islam
Palash Kumar Podder, MBBS
Palash Tarafder, MBBS
Partha Sarker, MBBS
Prince Ahmed Tapu, MBBS
Rafiqul Islam, MBBS

List of new fellows in last six months

Madhabi Karmaker, MD FACP
Md Abu Zahid, MBBS FACP
Md Ashikur Rahman, MBBS MD FACP
Md Jubaidul Islam, MBBS FACP
Md Kutub Uddin Mollick, MBBS FACP
Md M Hoque, MBBS FACP
Md Mamun-Ur Rashid, FACP MBBS MD
Muhammad Jamal Uddin, MBBS MD FACP
Nazmul Hoque Munna, MD FACP
Shamsun Nahar, MBBS FACP
Sk Abdullah Al Mamun, MBBS FACP

Mpox: A Recent Concern

Prof. Mohammad Rafiqul Islam
Professor of Medicine
Shaheed Suhrawardy Medical College

MPOX is a viral infection that spreads through close contact. It was first identified at the Statens Serum Institut in Copenhagen in 1958, when scientists noticed outbreaks of a “pox-like” disease in monkeys being kept for research. The first human case was not confirmed until 1970, when a nine-year-old boy living in the DRC developed a nasty rash that reminded doctors of smallpox. On 13 August 2024, Africa CDC officially declared Mpox a Public Health Emergency of Continental Security (PHECS). On August 14, 2024, WHO declared the Mpox outbreak a Public Health Emergency of International Concern (PHEIC). They are declared when diseases are spreading in new or unusual ways, and are aimed at galvanizing international co-operation and funding to tackle an outbreak. MPXV is a double stranded, enveloped, brick shaped DNA virus. There are two strains of Monkeypox virus: clade I and clade II. Clade I cause more severe illness and deaths. Some outbreaks have killed up to 10% of the people who get sick, although more recent outbreaks have had lower death rates. Clade I is endemic to Central Africa. Clade II is the type that caused the global outbreak that began in 2022. Infections from clade II mpox are less severe. More than 99.9% of people survive. Clade II is endemic to West Africa. Two strains are 90 per cent similar.

The strain driving the current outbreak is known as clade 1b, which has a higher mortality rate than the strain which prompted the first emergency in 2022 – thought to be as high as five per cent in adults and 10 per cent in children.

After exposure, it may take several days to a few weeks before developing symptoms. Signs of mpox include, fever, rash, swollen Lymph-nodes, chills, headache, muscle aches and fatigue. The rash starts as flat, red bumps, which can be painful. Those bumps turn into blisters, which fill with pus. Eventually, the blisters crust over and fall off. The whole process can last two to four weeks. There may be sores in mouth, face, hands, feet, penis, vagina or anus. Not everyone with mpox develops all the symptoms. Different ways you might experience symptoms include. Only a rash (no other symptoms), or other symptoms developing later. Flu-like symptoms, then a rash. Some people don’t get a rash at all. A rash can be widespread, but some people only a have few bumps or blisters. You can have mpox and not know it. Even if you don’t show many signs of infection, it’s possible that you can spread still spread it to others through prolonged close contact. It spreads from animal to animal, social contact, intimate contact and by vertical transmission.

The laboratory diagnosis of mpox is predominantly based on the direct demonstration of the Orthopoxvirus monkeypox (MPXV) in a clinical specimen. Real-time polymerase chain reaction (real-time PCR) on skin lesion materials (e.g. swabs, exudate, or lesion crusts) are used most frequently. There are four vaccines which protect against mpox – MVA-BN (made by Bavarian Nordic), LC16 (made by KM Biologics), OrthopoxVac (which is licensed in Russia) and ACAM2000 vaccine is licensed to prevent smallpox and recommended by the ACIP(Advisory

Committee on Immunization Practices) for certain people at risk for exposure to orthopoxvirus infections. Individuals exposed to MPXV should be monitored for 21 days checking mpox symptoms, and those with suspected or confirmed mpox cases should be isolated to avoid infecting others.

Treatment for most people with mpox is aimed at relieving symptoms. Care may include managing skin damage and pain management. Treatment of mpox with some antiviral drugs used to treat smallpox, such as tecovirimat (TPOXX) or brincidofovir (Tembexa). Cidofovir is a commercially available antiviral that has the same mechanism of action as brincidofovir and could also be considered. Mpox has some severe complication like myocarditis, pericarditis, corneal ulcer, blindness, encephalitis, arthritis, sepsis and death.

High degree of clinical suspicion is required for the diagnosis of Mpox. Infection prevention and control (IPC) protocol is required for patient care activities in health care facility.

Conclusion

As we conclude this newsletter, I would like to extend my heartfelt gratitude to all the members and fellows of the ACP-Bangladesh Chapter for your unwavering support and active participation in our chapter's activities. Over the past year, we have faced numerous challenges, but our collective resilience and commitment to the field of internal medicine have helped us overcome these obstacles.

I am particularly thankful to the previous governors, Prof. Quazi Tarikul Islam and Prof. H. A. M. Nazmul Ahasan, for their exceptional leadership and contributions, which have paved the way for our chapter's growth. Their legacy continues to inspire us as we move forward. Looking ahead, we are excited to strengthen our collaboration with regional ACP Chapters, including those in India, Japan. Our focus remains on enhancing the professional development of our internists and building a strong network among our Masters, Fellows, and Members.

I encourage all of you to stay engaged, participate actively in our upcoming events, and continue contributing to the success of our chapter. Together, we can achieve great things and advance the practice of internal medicine in Bangladesh and beyond.

Thank you for your dedication and commitment to our shared mission.

Warm regards,
Prof. Khan Abul Kalam Azad
FCPS, MD, MACP, FRCP (Edin)
Governor, ACP Bangladesh Chapter