

Delaware Chapter Newsletter

Governor's Update

I am writing this in March 2022. Pretty cool to see. Stability. Simplicity. Consistency. Those sound like pretty good characteristics to embody as an individual, and as a Chapter!



Stability – It has been a quick few years as Governor, but one of the things I hoped to do was establish a stable platform for our Chapter. The GAC has stepped up to own that work of the Chapter, and we have benefitted from the support we receive from Lutine Management. This foundation of structure and function are clear as we moved from Bronze to Silver and now to Gold for our Chapter Excellence Award! These foundations will serve us well as we begin to think about the next phase of our Chapter. I am pleased to again announce that Selvam Mascarenhas MD was elected our next Governor! He will officially begin his year as Governor-Elect at the Annual Meeting. He will spend that year learning more about the College and our Chapter and will be well-prepared to take the Chapter further forward.

Simplicity – We focused on continuing a couple of core activities as a Chapter for this year and establishing some others that we plan to continue. We wanted to make sure that each member of our Chapter had some activities that they could enjoy and that would be relevant to them. We have several remaining events for the rest of this year, and please see the rest of this newsletter and make a decision to join a group/meeting and get involved!

Consistency – At the heart of our Chapter has always been the Annual Meeting. I am so grateful for Melissa Morgan-Gouveia's leadership AGAIN this year. She had the foresight and decisiveness to commit to a virtual path, and she was most certainly correct! Bhavin Dave was an active and excellent Co-Chair and will be ready for our (hopefully in-person!!) Annual Meeting next year. I know he would welcome you to join the Program Planning Committee – so please let us know if you are interested.

Please take a look at the rest of the Newsletter for highlights of previous and upcoming activities. Please be sure to take advantage of the ACP National Meeting as well – I hope to have strong Chapter representation in person, but of course, urge you to take advantage of the Virtual content if needed.

Thanks for all you do and don't hesitate to reach out with ideas, suggestions, or questions!

Thanks,

*Daniel J. Elliott, MD, FACP
ACP Governor, Delaware Chapter*

Virtual Annual Chapter Meeting Update



The Delaware ACP Chapter's 2022 Annual Scientific Meeting was held virtually on February 5, 2022. We had a very successful meeting with 85 registered attendees and 25 posters presented in the virtual poster session.

We had great speakers for this year's virtual meeting! Dr. Stuart Prenner gave an overview of Heart Failure with Preserved Ejection Fraction. Dr. David Chen discussed Delaware's Social Determinants of Health. We held a Multiple Small Feedings of the Mind session this year with Dr. Rishi Sawhney from Oncology, Dr. Amy Wachter from Endocrinology, and Dr. Ramesh Vemulapalli from Infectious Disease. Dr. William Fox presented "Why are physicians paid what they are paid? A view from the RUC" and an update from ACP national. Dr. Katie Drago gave the literature update. Medical student Nichol Kushner and resident Dr. Rina Joshi gave oral abstract presentations. We are grateful to all our speakers for their excellent presentations.

The Chapter's 2022 Award winners included:



Laureate Award
LeRoi Hicks, MD, FACP



Lang Award
Tony Bianchetto, MD, FACP



Hospitalist Award
Tea Ramishvili, MD, FACP

2022 Student Poster Winners

1st Place: Michelle Raabe OMS IV, PCOM

Ceftriaxone-induced hemolytic anemia presenting as stroke

2nd Place: Alexander Morris MSIV, NYIT

Considering Relapsing Polychondritis with Recurrent Auricular Perichondritis

2022 Resident Poster Winners

1st Place: Danial Khan, DO PGY2

Dystonia - A Rare Post-Infectious COVID 19 Disease Manifestation

2nd Place – Tie!

Rina Joshi, DO

A Case of Anti-Melanoma Differentiation Associated Gene 5 Dermatomyositis

Nicholas Jennelly, MD

Not Just a Simple Rash: Sezary Syndrome Presentation Status Post COVID-19 Vaccination

Congratulations to the award winners and many thanks to the planning committee for a great virtual meeting!

Melissa D. Morgan-Gouveia, MD, FACP

Chair, 2021 and 2022 Annual Chapter Meeting

Committee Spotlight – Women in Medicine

Our Most recent Women in Medicine seminar focused on negotiation strategies as a woman in medicine. The conversation was led by a well-known leader in Delaware, Amy Stengel formerly the director of the Women's Leadership Institute at the University of Delaware and now Head of Learning and Development at BestEgg. She spoke about 3 main areas when thinking about negotiations. The importance of preparation, practice, and the actual proposal are key steps when planning a conversation around negotiation. The group discussed key resources to use to understand fair market value and comparable salaries for the position you are applying for and identifying non-financial ideas for compensation including time, stipend, CME funds, academic titles, etc. She also discussed having a mentor or sponsor to help navigate these conversations and practicing the ask with these individuals. In the Practice section, she spoke about the importance of believing in yourself, not allowing doubt or aspects of self-worth to impede the confidence which is critical to making a strong ask. Lastly, the group highlighted the method of making the proposal for negotiation and focused on "The ASK and then THE PAUSE". Often women continue to elaborate or attempt to justify without just asking confidently and respectfully, and then pausing, the pause is critical, for the response. We thank our participants and our speaker as well as the support from our DE ACP chapter in being upstanders for women in medicine.

Himani R. Divatia, DO, FACP

Chair, ACP Delaware Chapter Women in Medicine Committee

Upcoming Events

Road to Residency VIRTUAL Networking Event

March 29, 2022

6:00 PM – 7:30 PM

[REGISTER HERE!](#)

Calling all Medical Students! Join this annual event that brings medical students of all years together with residents to ask questions about clinical rotations and the residency application process, including navigating the world of virtual rotations and interviews. Door Dash gift cards will be distributed to the first 50 registrants!

Chapter Community Service Day: Talley Day Park Cleanup

April 23, 2022

1:00 pm – 3:00 pm

[REGISTER HERE!](#)

Join your fellow Delaware ACP members and our co-host, the First Unitarian Church of Wilmington for this educational day of service! We will be joined by a master gardener who will discuss invasive species and why they are harmful. Our volunteers will then help to remove those invasive species and clean up trash around the park. Family and friends are welcome!

ACP National 2022 BOG and Internal Medicine Meeting

April 26 – 30, 2022

[REGISTER HERE!](#)

This year's Internal Medicine Meeting will take place in Chicago at the McCormick Place Convention Center. We look forward to your participation! Please see the Preliminary Schedule for an outline of the key events for the week.

Delaware Chapter QI Symposium

Christiana Care

May 26, 2022

3:00 pm – 6:00 pm

Delaware's residents and fellows are doing phenomenal and innovative QI work around important issues including healthcare disparities, patient engagement, blood pressure management, preventive screenings, vaccination practices, and other pressing national and system-wide issues. Save the date for this competition event to showcase and recognize their efforts!