

NEWSLETTER

IN THIS ISSUE

MESSAGE FROM THE GOVERNOR

TRAINEE CORNER

COMMUNITY COLLABORATION

UPCOMING EVENTS

MESSAGE FROM THE GOVERNOR

Aloha Colleagues,

It is both an honor and a privilege to serve as your Governor for the Hawai'i Chapter of the American College of Physicians. I am deeply grateful for the trust you have placed in me and excited to begin this new chapter of service on behalf of our members and our patients.

The ACP has long stood as the professional home for internal medicine physicians—championing clinical excellence, medical education, professionalism, and advocacy. Here in Hawai'i, we have a uniquely close-knit and diverse medical community, practicing medicine across islands, health systems, and communities that each present distinct challenges and opportunities. One of my goals as Governor is to strengthen the connections among our members and to ensure that every internist, sub-specialist, resident, and student feels supported, heard, and valued.

Over the coming years, our chapter will focus on advancing high-quality patient care, supporting physician wellness, fostering medical education at all stages of training, and advocating for policies that improve both physician practice and the health of our communities. We will continue to highlight the incredible work being done across Hawai'i, expand opportunities for engagement and leadership, and collaborate closely with trainees—the future of internal medicine in our state.

This newsletter is one way we hope to keep you informed, connected, and engaged with chapter activities, educational opportunities, advocacy efforts, and member achievements. I invite you to be an active part of our chapter—whether by attending chapter meetings and educational events, participating in advocacy initiatives, mentoring trainees, serving on a committee, or sharing news and accomplishments from your practice or institution. Your ideas and involvement are essential to shaping the direction and impact of our chapter.

I only have four years as Governor and there is a lot of work to do. We have been busy updating the chapter bylaws, we have collaborated with other state chapters on events, and we were successful in getting TWO of our members elevated to the esteemed level of Master in the American College of Physicians. But the work is far from done and I look forward to representing our chapter on the national level. Thank you for all that you do every day for your patients and for our profession. I look forward to serving you and to working together to advance internal medicine in Hawai'i.

With warm regards and aloha,

Ryon Nakasone, MD, MBA, FACP
Governor, Hawai'i Chapter ACP



ACP HAWAII CHAPTER HAPPY NEW YEAR

MEMBER PROFILE - ELNA NAGASAKO, MD

SUICIDE PREVENTION

The American College of Physicians is guided by a commitment to excellence in patient care, professionalism, lifelong learning, equity, and advocacy for both patients and physicians. In this Member Profile section, we highlight members of the ACP Hawai'i Chapter whose work and leadership reflect these core values. Through these profiles, we aim to recognize meaningful contributions, foster connections across our chapter, and celebrate the diverse ways our members strengthen internal medicine and improve health in Hawai'i.

Q: How did you first get involved with the ACP?

A: I've been a member of the ACP since residency. During training, the attendings I looked up to were all involved in our state ACP chapter, so it was a given that I would become an ACP member. When I was recently asked about engagement of internists in the area of suicide prevention, the Hawai'i ACP was a natural organization to turn to.

Q: So tell us about what you are involved in now.

A: I am currently the Hawai'i State Chapter Co-Lead for Moms Demand Action. My passion is sharing information with community members about ways to prevent gun deaths, including firearm suicide deaths. Our Be SMART educational campaign shares specific tips around secure firearm storage devices, how to talk with others about secure firearm storage, and about the role of firearms in suicide. Building on this foundation, we talk about the continuum of gun access interventions that can help prevent firearm suicide in people at elevated risk.

Firearm suicide deaths are the majority (65%) of gun deaths in Hawai'i. For each incident of firearm homicide, there are approximately two deaths by firearm suicide that occur in our state. (1) And for every person who dies by suicide, it is estimated that 135 people in our communities are affected by that death. (2)

In 2025, we expanded our partnerships with other groups working in Hawai'i on suicide prevention. One of these coalitions is the Hawai'i Governor's Challenge to Prevent Suicide in Service Members, Veterans, and their Families, in particular the lethal means safety workgroup that is focused on how to counsel folks at elevated risk of suicide about temporarily reducing their access to methods of suicide, such as ligatures, firearms, and lethal doses of medications.

Q: What are some of these resources that our readers can further explore?

A: I'll highlight three to start with, but there are so many more out there that I wish we had space to mention. First, VA has excellent [resources on suicide prevention](#), including on counseling patients on reducing access to lethal means. Many physicians see veterans in their practice, whether the patient has identified themselves as a veteran or not. The [Veteran Crisis Line website](#) has important information on how the crisis line works and on other supports and resources for veterans. Second, I already mentioned [Be SMART](#), but I do want to highlight the [printable 1-page handouts](#) on topics such as [secure firearm storage options](#). They are free to download and a quick and easy way to provide information. And finally, we always want to mention [988](#) and the [Hawai'i CARES 988](#) crisis hotline. Again, this is just scratching the surface of what's out there.

Q: What can our members do about this very important issue?

A: We know that internal medicine physicians play an important role in Hawai'i's health—directly as care providers and also as trusted members of the community. We also know that physicians themselves are also at elevated risk of suicide compared to the general public. With that in mind, we are partnering with ACP Hawai'i to provide access to suicide prevention education and resources, both in general and firearm-specific.

For more information contact Elna Nagasako, MD @ nagasakomd@gmail.com

TRAINEE CORNER

The strength and future of internal medicine depend on the physicians we are training today. Trainee Corner is dedicated to highlighting residents and fellows in the ACP Hawai'i Chapter as they develop the skills, values, and leadership that define our profession. This section reflects ACP's commitment to education, professionalism, equity, and advocacy by showcasing trainee experiences, achievements, and perspectives that are shaping the future of patient care in Hawai'i and beyond.

In the inaugural issue we want our readers to get to know the internal medicine training programs here in Hawai'i and the amazing things that are happening there. In the future, we would also like to highlight the current and future subspecialty training programs as well!

University of Hawaii Internal Medicine Residency Program - UHIMRP

The University of Hawai'i Internal Medicine Residency Program (UHIMRP) is a three-year categorical residency training program. Established in 1975, UHIMRP emphasizes exceptional patient care, evidence-based practice, and a supportive ohana-like learning environment characterized by collegiality, professionalism, and mutual respect. Training encompasses a broad spectrum of clinical experiences in both inpatient and ambulatory settings, preparing residents for careers in general internal medicine, sub-specialty fellowships, hospitalist roles, academic medicine, research, and community health. The curriculum includes rotations at various clinical sites such as Queen's Medical Center, Kuakini Medical Center, the VA, and continuity clinics like Queen Emma Clinics, Pearl City Medical Associates, and private practices with opportunities to serve Hawaii's diverse multicultural and under served populations.

UHIMRP's mission is rooted in dedication to community service, quality patient care, and lifelong learning, reflecting Hawai'i's unique cultural context and spirit of aloha. Residents benefit from didactic teaching, scholarly activities, and professional development that equip them to respond to evolving healthcare needs across Hawai'i and beyond. With a long history of producing well-rounded, compassionate internists and subspecialists who match in strong fellowship programs, UHIMRP continues to foster leaders who are committed to excellence in clinical care and community engagement.

Instagram: www.instagram.com/uhimrp

Website:

<https://hawaiiresidency.org/programs/internal-medicine-residency/>

University of Hawaii Primary Care - UHP

The University of Hawai'i Primary Care Internal Medicine Residency Program (UHPC) is a newly accredited ACGME Internal Medicine residency dedicated to training physicians to deliver high-quality, equitable primary care across Hawai'i. Established in 2023, UHPC was developed in response to Hawai'i's critical primary care workforce shortages and builds on the success of a highly retained primary care track within the University of Hawai'i Internal Medicine Residency Program.

UHPC is a distinct, three-year residency with a small cohort model (four residents per class) designed to prioritize outpatient and community-based training. Approximately two-thirds of the curriculum is ambulatory-focused, emphasizing continuity clinic, consultative subspecialty experiences, rural and neighbor island training, and a robust Native Hawaiian health curriculum. Residents gain broad exposure to outpatient-focused specialties while maintaining essential inpatient training alongside categorical internal medicine residents.

A cornerstone of the program is its commitment to continuity of care, community engagement, and rural health. Residents train in underserved communities across O'ahu and the neighbor islands, including Maui, Hawai'i Island, and Moloka'i, fostering both clinical excellence and deep cultural connection. UHPC aims to create a sustainable pipeline of well-prepared general internists who will remain in Hawai'i and strengthen primary care for the state's diverse populations.

Instagram: www.instagram.com/uhpccim

Website: <https://hawaiiresidency.org/programs/primary-care-internal-medicine-residency/>

TRAINEE CORNER - CON'T

Kaiser Permanente Hawaii Residency Program

The mission of the Kaiser Permanente Hawaii Internal Medicine Residency Program is to provide a comprehensive range of educational experiences that equip trainees for diverse careers in medicine, with a particular focus on robust ambulatory primary care training. We strive to nurture highly competent, patient-oriented physicians dedicated to serving the community. We are a small, close-knit program that recognizes the uniqueness of each resident's goals and aspirations, so we take immense pride in our individualized approach to medical education. Our emphasis on high-quality instruction is accompanied by a commitment to fostering abundant opportunities for peer-to-peer and resident-to-faculty connections and mentorship. In our community, residents engage in collaborative learning, imparting knowledge not only to medical students but also to learners from diverse disciplines, including pharmacists and physician assistants.

We are deeply committed to service and making a positive impact in our communities; our program's Annual Day of Service participation is a significant highlight. Sponsored by Hawaii Permanente Medical Group, this event provides hands-on service opportunities across the state while fostering community bonds and promoting cultural health. The longstanding volunteer tradition brings together the people of KP Hawaii to restore traditional land divisions (ahupua'a), learn about Indigenous practices, and enrich our communities.

As the Clinical Director for Health Promotion with Special Olympics Hawaii (SOHI), I am also proud to highlight our involvement in the SOHI Summer Games. We recognize that many individuals with intellectual disabilities face barriers to accessing routine medical care, and our participation in the Games helps bridge that gap toward a healthier, more inclusive community by focusing on primary prevention, nutrition counseling, provider training, and minimizing fear around health care encounters.

Our program values not only the growth of our residents but also that of the broader medical community; as such, we actively invest in the education of our faculty and other medical educators across the state of Hawaii. We are one of a few sites worldwide offering the Accreditation Council for Graduate Medical Education Hub Course, which helps Hawaii's educators stay on top of innovations in medical education, specifically in developing faculty competencies in assessment and feedback. Our residents also participate in this course.

Instagram: www.instagram.com/kphawaiiresidency/

Website: <https://residency.kp-hawaii.org>



TRAINEE CORNER - CON'T

Tripler Army Medical Center – Internal Medicine Residency

The Tripler Army Medical Center Internal Medicine Residency is an ACGME-accredited program dedicated to training both active duty military and Veteran's Affairs-sponsored civilian physicians. The TAMC IM Residency is only one of two Military Health Systems IM residency programs that trains both military and civilian residents. Currently, TAMC has 36 trainees split 50/50 between military and civilians.

The primary focus of TAMC's IM program is to train competent, resilient, clinicians who are capable of delivering high-quality care in a variety of clinical settings: from outpatient primary care, to acute inpatient hospitalizations, and even care in resource-limited settings. Throughout the three years of training, the program places a strong emphasis on teamwork, leadership development, and professional growth. The rotational curriculum includes a mix of critical care, inpatient, outpatient and consultative electives at TAMC, as well as some at Queen's Medical Center to provide a well-rounded experience. Military trainees additionally engage in military-unique curriculum and military medicine rotations at Schofield Barracks, Tactical Combat Casualty Care in San Antonio, TX, and a culminating capstone exercise in their third year of training with military residents from TAMC's other training programs. VA-sponsored residents have the opportunity to participate in rural medicine through primary care rotations with the VA on neighboring Hawaiian islands or in Guam or American Samoa.

Instagram: <https://www.instagram.com/tamcimresidency/>

Unofficial Website: <https://triplerim.wordpress.com>

Program Website: <https://health.mil/Military-Health-Topics/Education-and-Training/DHA-GME/Institutions/Tripler/Programs/im>



ACP HAWAII CHAPTER MEMBER SURVEY

We want to hear from you as we plan upcoming events and activities for our Hawaii ACP Chapter, your input is valuable. Please take a moment to let us know what matters to you.

<https://acphawaii.wufoo.com/forms/m80s7ai0wol2he/>



2026 CHAPTER MEETING

Date: February 28, 2026

Location: Honolulu Country Club

Mark your calendars and save the date - the Chapter meeting is returning to the Honolulu Country Club! The Chapter meeting Planning Committee is preparing for a great time together for CME, MOC points, networking, and celebration. If you have any questions check out the Chapter Website: <https://www.acponline.org/about-acp/chapters-regions/united-states/hawaii-chapter/news-meetings#2026>

UPCOMING EVENTS

- February 28 - HI Scientific Meeting
- March 20 - Match Day Medical Students
- April 16-18 - National Meeting - San Francisco, CA
- May 12-13 - Leadership Day - Washington, DC

2026 INTERNAL MEDICINE MEETING



San Francisco, CA

April 16-18, 2026

For an unmatched educational experience, attend ACP's premier internal medicine meeting in San Francisco, CA, April 16th to 18th, or virtually from anywhere.

The three-day meeting includes session recordings.

2026 Internal Medicine Meeting

April 16th - 18th, 2026

San Francisco, CA

[Check out the Annual Meeting Website](#)

DONATE TO HAWAII ACP!

Hawaii ACP is a 501c3 non-profit organization - and any donations made to the chapter are tax deductible. Contributions can help support student and resident expenses chapter operations, and advocacy efforts. Please consider contributing!

DONATE TODAY!



ACP STATEMENT ON IMMIGRATION ENFORCEMENT ACTIONS

As governor of the Hawaii Chapter, I hope all internal medicine physicians applaud the ACP's condemnation of any immigration enforcement actions that undermine access to, and the provision of, healthcare in our communities.

Ryon Nakasone, MD, ACP

ACP condemns immigration enforcement actions that are negatively impacting public health, and the ability of physicians to safely care for patients, and patients to safely seek care.

 ACP American College of Physicians®
Leading Internal Medicine. Improving Lives.

ACP affirms health as a human right grounded in the dignity and equality of all patients. Immigration policy should not impede clinicians' ethical duty to care for the sick or foster discrimination against a class or category of patients in health care.

 ACP American College of Physicians®
Leading Internal Medicine. Improving Lives.

ACP stands in opposition to policies and actions that promote violence of any kind, harm patients, limit access to care, interfere with medically appropriate treatment, or undermine the patient-physician relationship, thereby jeopardizing patient safety and ethical medical practice.

 ACP American College of Physicians®
Leading Internal Medicine. Improving Lives.

ACP stands in support of physicians and health care professionals as they continue to prioritize patient care and patient safety and uphold professional ethics and integrity.

Visit our website to learn more about ACP's related policies, advocacy, and resources.

 ACP American College of Physicians®
Leading Internal Medicine. Improving Lives.