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Greetings to ACP members in Downstate Illinois:

ACP ILS Chapter honors Laureate Award winners

On February 17, 2021, the ACP Illinois Southern Chapter honored the 2020 Laureate Award winners in an online celebration. The Laureate is the highest award bestowed by the ACP Chapter. Laureate Award recipients are ACP Chapter members who have demonstrated, by their example and conduct, an abiding commitment to excellence in medical care, education, or research and in service to their community, their Chapter, and the American College of Physicians.

The Laureate Award winners for 2020 are Dr. Emily Horvath, MD, and Dr. James Kumar, MD FACP.



Dr. Emily Horvath completed her Internal Medicine Residency at the University of Illinois College of Medicine in Peoria (UICOMP). After graduation, Dr. Horvath joined the UICOMP faculty where she is an assistant professor and Assistant Program Director. Dr. Horvath is an ACP Well-Being Champion and Co-Chair of the ILS Chapter Women-In-Medicine Committee. Dr. Horvath was the head of the ILS Resident and Medical Student Competitions for many years. We are honored to present the Laureate award to Dr. Horvath.



Dr. James Kumar completed medical school at Chennai (Madras) Medical College and Residency at University of Illinois College of Medicine in Urbana-Champaign. Dr. Kumar is Clinical Faculty, Professor, and Hospital Medicine Specialist at Carle Foundation Hospital. Dr. Kumar also serves as the program director at the Carle Internal Medicine Residency Program. Dr. Kumar has presented at multiple ACP Educational Sessions throughout the years and has been an advocate for ACP in his residency program and beyond. Congratulations, Dr. Kumar, for being an ACP Laureate!

History of ACP: Edith Irby Jones, MD, MACP

Edith Irby Jones, MD, MACP: A Pioneering Primary Care Internist, Educator, and Activist

This historical vignette focuses on Edith Irby Jones, a sharecropper's daughter who became a renowned internal medicine physician and who never wavered in her commitment to treating underserved communities in the U.S. and abroad.

Edith Mae Irby was born in Faulkner County, Arkansas on December 23, 1927, the third of four children born to Robert Irby, a sharecropper, and homemaker Mattie Buice Irby. When Edith was six, her father died in a riding accident, requiring a then-pregnant Mattie Irby to move her family in with her elderly father. In the months that

followed, Edith's younger brother, Louis was born, her grandfather died, and her older siblings, Juanita and Robert Jr. contracted typhoid fever. While Robert eventually recovered, Juanita died at age 12. Edith believed her sister received substandard care because their family was poor; she would later describe these events as her impetus to become a physician, with the goal of helping impoverished and underserved communities.

Shortly after her sister's death, Edith contracted rheumatic fever with joint pain so intense she could not walk or attend school for over a year. Eventually, Mattie relocated the family to Hot Springs, Arkansas, where she was able to get work as a domestic and cook. While Edith was unable to attend school during her illness, her mother, who only had an eighth-grade education, taught her from her older brother's schoolbooks. She learned to read and write at home and when she finally was able to attend school, she was placed in the same grade as her older brother and eventually skipped an additional two grade levels.

Edith graduated with honors from Langston Secondary School, then received a scholarship to attend Knoxville College, a historically black liberal arts school in Tennessee. She studied chemistry, biology, and physics receiving her B.S. degree in 1948 (and remaining a steadfast supporter of her alma mater throughout her life). Edith went on to become the first African American accepted at the University of Arkansas for Medical Sciences (UAMS) and the first African American accepted at an all-white medical school in the South. Irby Jones received financial support from her high school's alumni, neighbors and the Arkansas State-Press, a Black-owned local newspaper which started a fundraising campaign to help with tuition and living expenses.

Although she had been accepted to attend classes, UAMS was still a segregated institution, so Irby Jones was not allowed to use the same dining, lodging, or bathroom facilities as her fellow students. Defying the racist regulations, many of her classmates chose to eat and study with her at her apartment. During her second year at UAMS, she married Dr. James B. Jones, with whom she would eventually have three children. She became the UAMS's first African American graduate in 1952. She then opened a general practice in Hot Springs, Arkansas, eventually moving her family to Houston, Texas, in 1959, where she became the first Black woman to intern at Baylor College of Medicine Affiliated Hospital. Unfortunately, the segregated hospital limited her contact with staff and patients. In the end she was forced to complete the last three months of her residency at Freedman's Hospital in Washington DC.

In 1962, she opened her private practice in the inner city "third ward" of Houston, to provide medical services for those without access to healthcare. That same year, she became the chief of cardiology at St. Elizabeth's Hospital in Houston, later becoming an associate chief of medicine at Houston's Riverside General Hospital and Clinical Assistant Professor at Baylor College of Medicine. In time, she accumulated staff privileges at nine Houston-area hospitals, while always maintaining her practice as a primary care internist in Houston's "third ward." Dr. Irby Jones was also a civil rights activist, and the only female and physician to be a member (along with attorneys Floyd Davis, Bob Booker, and Harold Flowers) of the "Freedom Four." The group spoke across the South in homes and churches encouraging people to join the civil rights movement.

In keeping with her commitment to provide care to underserved populations, Dr. Irby Jones taught, consulted, and provided healthcare in Haiti, Mexico, Cuba, China, Russia, and Africa, while maintaining her "third ward" Houston practice. She provided support for two international healthcare locations that bear her name: the Dr. Edith Irby Jones Clinic in Vaudreuil, Haiti (which she helped to build), and the Dr. Edith Irby Jones Emergency Clinic in Veracruz, Mexico. She was one of the founders of Mercy Hospital in Houston and one of twelve physician owners and developers of the Park Plaza Hospital.

Throughout her career, Dr. Irby Jones received numerous awards and recognition for her contributions to medicine as well as the civil rights and women's movement. She was the first woman to become President of the National Medical Association (NMA), was a charter member of the group Physicians for Human Rights, was an active board member of Planned Parenthood and was the only female founding member of the Association of Black Cardiologists. She became a member of the American College of Physicians in 1998, an ACP Fellow in 2001, (the same year she received the Oscar E. Edwards Memorial Award for Volunteerism and Community Service) and was awarded ACP Mastership in 2007. Dr. Edith Irby Jones died July 15, 2019 at the age of 91 at her home in Houston, TX, leaving a legacy of true excellence, achievement, and compassion.

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Photos:

- Butterfield, S. (2008, June 01). Pioneering internist is still outworking peers at age 80. Retrieved October 06, 2020, from <https://acpinternist.org/archives/2008/06/thirteen.htm>;

Photos courtesy of the UAMS Library Historical Research Center

Internal Medicine Meeting 2021: Virtual Experience

Register for ACP's premier internal medicine meeting on April 29-May 1, 2021. ACP will offer a virtual experience that continues our tradition of excellence, delivering scientific content from expert faculty to keep you current across the spectrum of internal medicine.

VALUABLE, TIMELY LEARNING FROM EXPERT FACULTY

While times have changed during the last 102 years, ACP's Internal Medicine Meeting has kept attendees in step with the very latest evidence-based clinical medicine.

Internal Medicine Meeting 2021: Virtual Experience will present timely topics and the latest evidence-based clinical and practice information—all from the world-class faculty that you've come to rely on from ACP. You'll find multiple concurrent sessions with opportunities for live Q & A with faculty, along with networking, daily plenary sessions, virtual Exhibit Hall events, and more.

To learn more about this session, or register now for ACP's Internal Medicine Meeting 2021 <https://annualmeeting.acponline.org>. #IM2021 #MasteringMedicineTogether

New—ACP's Virtual POCUS Mentorship Training Program

Continue your point-of-care learning and hone your skills with personalized, longitudinal training through ACP's new POCUS Mentorship Program. Beginning in May 2021, this live, virtual course builds on previous foundational POCUS course training with ongoing live instruction and mentored scanning sessions over the course of six months. Plus, enjoy the benefit of learning with a partner! ACP's POCUS Mentorship Program provides expert mentorship to two learners in the same location.

The Program offers:

- Live instruction covering content personalized to your needs across five key POCUS skill areas
- Hands-on remote and mentored scanning sessions - each dyad receives 2 hours of virtual mentoring per month
- Directly observed feedback, skill demonstrations, and cognitive framework from internists expert in POCUS
- Two 1-hour group image review sessions led by course directors
- Loaned ultrasound equipment is provided for the course duration that enables participants to share a live ultrasound stream with a remote mentor via computer or tablet

Successful course completion will be recognized with a course certificate. Plus, you'll earn CME credit and MOC points.

Register with a local learning partner to continue your training in a dyad format. Sign up with a colleague or find a [local qualifying ACP member](#) by April 8. Remember, ACP members receive the best rate.

[Learn more and register today.](#)

ACP for Women in Medicine

The Women in Medicine committee of ACP ILS co-hosts a series of webinars on “Gender Equity.” Please join the [“Gender Equity” webinar](#) on 21 APR 2021 at 7:00 PM.

The ACP ILS thanks the co-chairs of the Women in Medicine Committee, Dr. Jennie Hsu-Lumetta and Dr. Emily Horvath, as well as the leadership from Dr. Vidya Sundareshan, Dr. Sue Hingle, and Dr. Vidhya Prakash.

ACP for Early Career Physicians

The ACP ILS Early Career Physician Committee, chaired by Dr. Waqas Azhar, hosts a series of webinars. The February 2021 webinar gave updates on COVID-19. Thank you to the speakers and the attendees.

Did you miss one of the previous webinars? Don't worry, the recordings are available on our [chapter website](#).

Advancing to ACP Fellowship

ACP invites members to apply for advancement to ACP Fellowship (FACP). FACP is a mark of honor and distinction within the internal medicine community. Each year, ACP Fellows are celebrated and inducted at ACP's annual Internal Medicine Meeting during the Convocation Ceremony.

For more information about ACP Fellowship and to access application materials, visit www.acponline.org/facp.

Healthier, Happier, *Connected*: ACP Wellness 2021

Join us for our ongoing Wellness series! The series includes Wellbeing experts and ACP Champions from around the country. Multiple local chapters are participating in the series, and we hope to learn and grow together.

[REGISTER HERE](#)

o May 27, 2021: Organizational Culture Change

o July 29, 2021: Self Care

o August 26th, 2021: Organizational Small Wins

ACP's New I.M. Emotional Support Hub Offers Resources to Safeguard Physician Health and Well-being

As part of ACP's Well-Being and Professional Fulfillment initiative, ACP has launched a collection of resources aimed at helping members improve their emotional well-being. As a recognition of the unprecedented stresses caused by the COVID-19 pandemic to internists and internists-in-training, ACP created the [I.M. Emotional Support Hub](#) to offer curated resources and information to protect physicians' emotional health and sustain ACP members' ability to care for those in need.

Resources include easily-accessible peer-support through the [Physician Support Line](#) and free and affordable, confidential counseling through [The Emotional PPE Project](#) and [The Therapy Aid Coalition](#). Check out the hub for additional well-being tools and resources for individuals and organizations and to view all of [ACP's Physician Well-being](#) activities. For more information and questions, please contact acpwellbeing@acpprograms.org.

ACP Resident of the Year award winners

Your ACP Illinois Southern Chapter bestowed awards to outstanding resident physicians in an online ceremony on February 17, 2021. Winners of the "Resident of the Year" demonstrated qualities that exemplify the ACP's mission "to enhance the quality and effectiveness of healthcare by fostering excellence and professionalism in the practice of medicine." Nominees had outstanding achievements in any of a wide variety of areas, including leadership, medical practice, research, teaching, publications, advocacy, and volunteerism.

We congratulate the following for winning the ACP Resident of the Year:

Dr. Kailash Pant, Internal Medicine, from Carle-Illinois Internal Medicine Residency Program
Dr. Asra Rab, Medicine-Pediatrics, from University of Illinois College of Medicine at Peoria
Dr. Laura Raheb, Internal Medicine, from Southern Illinois University School of Medicine
Dr. Daniel Saca, Internal Medicine, from University of Illinois College of Medicine at Peoria

ACP Resident & Student Day online poster competition for 2021

Do you have an interesting case report, research project, or quality improvement project? Share your results with your ACP colleagues and compete for prizes during the **ACP Resident & Student Day online poster competition for 2021**. For details about how to submit your abstract, watch your email for the "Call for Abstracts."

ACP honors Medical Student of the Year

Each year your ACP Chapter recognizes outstanding medical students.

The "Medical Student of the Year" award goes to a senior student from each of the medical schools located within our ILS chapter. The student is nominated by the Internal Medicine Clerkship Director at his/her respective institution. The criteria for selection include the following: demonstrated commitment to a career in Internal Medicine and demonstrated qualities that exemplify the ACP's mission.

In an online ceremony on February 17, 2021, we honored the following "Medical Students of the Year"

Jennifer Hou, from University of Illinois College of Medicine at Urbana-Champaign
George Tsourdinis, from University of Illinois College of Medicine at Peoria
Rukmini Roy, from Southern Illinois University School of Medicine

ACP for Medical Students, call for committee members

The downstate Illinois ACP Chapter is looking for new students to join its student committee beginning in the Fall of the 2021-2022 Academic year! If you're looking for leadership experience in a professional organization, this is a great opportunity. The role of the committee is to advise the chapter on how it can best support medical students. The time requirement is just 2 conference calls per year, about one hour per call. There is also an opportunity to serve as committee chair and on the chapter's membership committee. If you're interested in joining the committee, please email the current committee chair-elect, Asad Rauf (AsadR2@illinois.edu) with your CV and 2-3 sentences about why you're interested in serving on the committee by May 31, 2021. Sincerely,

ACP article/book club, "Anti-Racism and Medicine"

The ACP ILS Student Committee hosts an online series of book club meetings on the topic of racism and medicine. The date of the next online article/book club is April 22, 2021. The Student Committee invites students to join the online discussion with your ACP colleagues and an expert facilitator. For more information, Click [HERE](#).

Call for news items

Do you have good news about your recent award, promotion, or volunteer experience? Please share your stories with your colleagues in the ACP Illinois Southern Chapter. Send your news items to me so I can include them in the Downstate Dialogue: jfgraumlichuicomp@gmail.com

Save-the-Date

- Every Tuesday at 8:00 PM Central Time: Webinar [MKSAP Live Online Study Hall](#)
- 21 APR 2021 at 7:00 PM, "[Gender Equity](#)" webinar
- 22 APR 2021, "Anti-Racism in Medicine" online article/book club
- 29 APR 2021 to 1 MAY 2021: [ACP's Internal Medicine Meeting 2021: Virtual Experience](#)
- October 15th, 2021 ACP Virtual Illinois Internal Medicine 2021

Sincerely,
Jim

James F. Graumlich, MD, FACP
Governor, Illinois Southern Chapter
American College of Physicians

*ACP mission:
"To enhance the quality and effectiveness of health care
by fostering excellence and professionalism in the practice of medicine."*

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