

Maine Chapter American College of Physicians

To foster a community of professionals who pursue excellence and fulfillment in the practice of medicine.

Challenges Facing Internists: From Psychiatry to Distance Technologies

2022 Annual Maine ACP Scientific & Chapter Meeting

September 23 -25, 2022

**Atlantic Oceanside Hotel & Conference Center
119 Eden Street
Bar Harbor, ME**

Special Accommodations: If you have physical or dietary restrictions that may require accommodations in order to fully participate in this activity, please contact Warene Eldridge before August 22, 2022. If you need further information or assistance please contact: Warene Eldridge/ACP -Maine Chapter: Phone: 207-215-7118

Email: mainechapteracp@gmail.com

Educational Sessions Faculty

Frank Chessa, PhD: Dr. Chessa is the Director of Clinical Ethics at Maine Medical Center. Additionally, he serves as the Assistant Professor of Medicine and Associate Course Director of Ethics and Professionalism at Tufts University School of Medicine. He previously worked as an Assistant Professor at both Bates College and the University of Nevada.

Clifford Dacso, MD MPH MBA FACP: His current academic appointments are: Philip J. Carrol Jr, Professional Translational Molecular and Cellular Biology, Baylor College of Medicine (BCM), Senior Member The Hospital Research Institute, Professor of Molecular and Cellular Medicine, BCM and Adj. Professor Electrical and Computer Engineering, Rice University.

Elizabeth Eisenhardt, MD FACP: She is the coordinator of the Resident's Case of the Year presentations. In addition to coordinating the vignette presentations her clinical interest includes Adult Primary Care Medicine, Preventative Medicine, Care of Our Homeless and International Population, Resident and Medical Student Education.

Hilary Eslinger, Executive Director Maine Access Points: Maine Access Points (MAP) is a harm reduction organization, providing syringe access services, overdose prevention education and naloxone distribution, peer support, and advocacy throughout rural Maine. We do this through networks of community distribution and collective organizing.

Stephen Hayes, MD MACP: Is the new Governor of the Maine Chapter. Dr. Hayes sees patients at Maine Medical Partners Westbrook Family Medicine and volunteers at the Portland Free Clinic. In past years Dr. Hayes has been the Coordinator of the Resident Cases of the Year Presentations at the Annual Scientific Meeting.

Christine Hein, MD: Is the Chief Wellness Officer, and the Associate Medical Director for the Department of Emergency Medicine, at Maine Medical Center. She is also an Associate Professor of Emergency Medicine at Tufts University School of Medicine. Dr. Hein enjoys the wide variety of patients in the practice of emergency medicine and is passionate about educating the next generation of physicians through her work with residents and students. She was honored to be selected as a 2009 American College of Emergency Physicians National Teacher of the Year.

Hani Jarawan, MD FACP: Is an Adult Hospital Physician at Maine Medical Center. Dr. Jarawan is the Chair of the Health and Public Policy Committee of the Maine Chapter. As the HPPC Chair he participates in the ACP Leadership Day event held annually in Washington, DC.

Andrea Lai, PharmD: (MaineHealth Senior Director of Ambulatory Pharmacy Services) she is a health care leader who leads the MaineHealth ambulatory pharmacy services, including retail, specialty, infusion, primary care and anticoagulation. She has served as President of the Maine Society of Health System Pharmacists Steering Committee Member for the American Society of Health System Pharmacists Specialty Pharmacy in Hospitals and Health Systems Future Directions Summit.

Dora Anne Mills, MD MPH FAAP: Is the chief health improvement officer for MaineHealth, overseeing the nonprofit integrated health system's community population health initiatives, including serving on the leadership team for the system's pandemic and vaccine responses. Previously, she was the vice president for clinical affairs at the University of New England (UNE) for seven years, overseeing their public health programs and interprofessional health education in clinical settings.

Daniel Morin: Is the Director of Communications and Governmental Affairs at the Maine Medical Association. He has a demonstrated history of working with the media and hospital and health care industry.

Stephanie Nichols, PharmD. BCPS BCPP FCCP: Is an Associate Professor of Pharmacy at the University of New England, Biddeford, ME of Pharmacy, Adjunct Clinical Assistant Professor of Psychiatry at the Tufts University School of Medicine, and a Psychiatric and Substance Use Disorder (SUD) Pharmacist at Maine Medical Center in Portland.

Gina Quinn Skillings, MD FACEP: Currently leads the MaineHealth Physician Leadership Development Fellowship and is Senior Medical Director for the MaineHealth Center for Health Improvement. Prior to her position at MaineHealth, she served Southern Maine Health Care as Medical Director and Chief of the Department of Emergency Medicine for 9 years.

Kristen Silvia, MD: After ten years as a family physician, her career is now focused on providing quality care to people dealing with substance use disorders. Like many other chronic illnesses, substance use disorders can be challenging to treat and require the development of a therapeutic doctor-patient relationship. She is Board Certified in both Addiction Medicine and Family Medicine.

Henry Skinner, MD DFAPA: Is the Medical Director of Tri-County Mental Health Services. He also has a Private Practice of Child, Adolescent, and Adult Psychiatry in Brunswick, ME.

Emily Zarookian, MD FACP: Is an adult hospital medicine physician. She provides care at the Maine Medical Center in Portland and also Stephens Memorial Hospital in Norway, ME.

MMC Residents:

Jessica Evans, MD: Is from Van Buren, ME. She completed her undergraduate at Bowdoin College and attended the Tufts School of Medicine: Maine Track. Her medical interest includes hospital medicine, pulmonology/critical care and cardiology.

Katherine Herrick, MD: Is from Centerville, Cape Cod, MA. She completed her undergraduate at Boston College and attended Tufts School of Medicine in Boston, MA. Her medical interest includes clinical reasoning, hospital medicine and infectious disease.

Rachel Heuer, MD: Is from Minnesota. She completed her undergraduate at the University of Minnesota - Twin Cities. She graduated from medical school from University of Minnesota – Duluth campus. Her medical interest are rural primary care, procedures, women's health, public health and advocacy.

Kimberly Toomire, DO: Is from Portsmouth, New Hampshire. She completed her undergraduate at Northeastern University and graduated medical school from the University of New England, Osteopathic Medicine. Her interests include hospital medicine, adult congenital cardiology.

Friday, September 23rd

11:00 am	Registration Opens
12:50 – 1:00 pm	Opening Remarks: Stephen Hayes, MD MACP, ME Chapter Governor & Douglas Couper, MD MACP, Program Chair
1:00 - 1:30	Leadership Day Update: Hani Jarawan, MD FACP, HPPC Chair
1:30 – 2:00	Legislative Update: Dan Morin, Maine Medical Association
2:00 – 3:00	Psychiatry for Internist: Pearls Every Internist Should Know: Henry Skinner, MD DFAPA
3:00 – 3:30	Break
3:30 – 4:00	Suboxone Basics: Emily Zarookian, MD FACP
4:00 - 4:30	Buprenorphine Induction Strategies in the Age of Fentanyl: Kristen Silvia, MD
4:30 – 5:00	Wellness Isn't for the Faint of Heart – Making the Business Case for Professional Satisfaction in the Practice of Medicine: Christine Hein, MD
5:00 – 5:15	Poster Session Introductions: Emily Zarookian, MD FACP Poster Coordinator
5:15 – 7:00	Poster Viewing and Reception
6:30	Medical Students, Residents & Early Career Physicians Event

Saturday, September 24th

7:00 - 8:00 am	Resident/Student/Faculty/GAC breakfast (all others - breakfast is in hotel main bldg)
8:00 – 9:30	Case Vignettes: Fascinating Case Presentations by Internal Medicine Residents Jessica Evans, MD, Katherine Herrick, MD, Rachel Heuer, MD and Kimberly Toomire, DO
9:30 – 10:00	Break
10:00 – 11:00	Ethical Dilemmas in Medicine: Frank Chessa, PhD
11:00 – 11:30	Psychopharmacology in Treatment Resistant Depression: Stephanie Nichols, PharmD, BCPS BCPP FCCP
11:30 – 12:00 pm	Harm Reduction 101_ A Movement Based in the Dignity & Respect of People Who Use Drugs: Hilary Eslinger, Executive Director Maine Access Points
12:00 – 6:00	Free time for personal enjoyment and Mount Desert Island
6:00 – 7:00	Reception
7:00	Banquet & Chapter Award Presentations
8:00 – 9:00	“Leonard M. Keilson, MD, FACP Memorial Presentation”: “Wabanaki: Our Land Our Healing: Lisa Sockabasin, CEO WPHW

Sunday, September 25th

7:00 – 7:30 am	Women in Medicine Breakfast: Rebecca Hemphill, MD FACP Coordinator
7:30 – 8:30	College Update & Town Meeting: Stephen Hayes, MD MACP ME Governor
8:30 – 8:45	Review, Discuss Resolutions: Stephen Hayes, MD MACP ME Governor
8:45 – 10:45	Multiple Small Feedings of the Mind
• 8:45 – 9:15	From Bench to Bedside: Clifford Dacso, MD MPH MBA FACP
• 9:15 – 9:45	The Rising Cost of Medications: Andrea Lai, PharmD
• 9:45 – 10:15	Hospital at Home: Gina Quinn-Skillings, MD FACEP
• 10:15 - 10:45	Telehealth and Rural Medicine in Maine Clifford Dacso, MD MPH MBA FACP
10:45-11:15	Break
11:15-12:00 pm	Post Pandemic Look at Health Care System Reform - Where Does It Stand, Where is it Going: Dora Anne Mills, MD MPH FAAP
12:00 – 12:15	Q & A: All Faculty

2022 Maine ACP Annual Scientific and Chapter Meeting

Atlantic Oceanside 119 Eden St, Bar Harbor, ME
September 23 – 25, 2022

Name: _____

ACP #: _____ MD _____ DO _____ Other _____

Address: _____

City, State, ZIP: _____

Day Phone: _____ E-mail: _____



☐ Check here if you are disabled and require assistance. Please notify the Maine Chapter in writing before your course. We'll be glad to help.

Registration Fees include: Breaks, receptions, Saturday banquet (1 guest) and CME and/or MOC accreditation

Breakfasts are included in your lodging fee and are served in the hotel main building.

Category	Fee
<input type="checkbox"/> ACP Member	\$390.00
<input type="checkbox"/> ACP Resident/Fellow Member	No fee
<input type="checkbox"/> ACP Affiliate Member	\$250.00
<input type="checkbox"/> ACP Medical Student Member	No fee
<input type="checkbox"/> Nonmember physician	\$490.00
<input type="checkbox"/> Nonmember Resident*	No Fee
<input type="checkbox"/> Non Member Medical Student*	No Fee
<input type="checkbox"/> Nonmember Allied Health Professional	\$275.00
Subtotal	
Banquet	
Attendee _____ check if attending	0.00
1 Guest _____ check if attending	0.00
Additional guests # _____ attending @ \$45.00 each	
Total amount due	

Name of guest (as to be printed on name badge): _____

To register on-line: <https://www.mhesevents.org/d/rkq6gr>

Please indicate your attendance at the following:

	Session	Check if Attending
12:50 – 5:15 pm	Friday Educational Presentations Leadership Day Legislative Update Psychiatry for Internist: Pearls Every Internist Should Know Suboxone Update An Update in Addiction Medicine Wellness Isn't for the Faint of Heart – Making The Business Case for Professional Satisfaction in the Practice of Medicine Poster Introductions	
5:15 – 7:00 pm	Reception & Poster Viewing	
6:30 – 9:00 pm	Reception for Medical Students, Residents, Early Career Physicians & Guests	
	Saturday Presentations	
7:00-8:00 am	Medical Students, Residents, Faculty and GAC Members breakfast (Private Event)	
8:00am – 12:00pm	Saturday Educational Presentations Cases of the Year Multimorbidity in Geriatric Patients Driving and Older Adults	
6:00-7:00	Reception	
7:00	Awards Banquet	
7:30	Leonard M. Keilson, MD FACP Memorial Lecture: The Young at Heart & The Young in Body: Intergenerational Learning & Its Impact on Healthcare	
	Sunday Presentations	
8:45 – 10:45 am	Sunday Educational Presentations Women in Medicine Breakfast College Update & Town Meeting Review, Discuss, Create Resolutions Multiple Small Feedings of the Mind <ul style="list-style-type: none"> • From Bench to Bedside • The Rising Cost of Medications • Hospital at Home • Telehealth and Rural Medicine in Maine Post Pandemic Look at Health Care System Reform - Where Does it Stand, Where is it Going? Q & A	

General Information

Breakfast is included in your lodging fee, please plan to have your breakfast in the main lodge of Atlantic Oceanside.

Objectives: At the conclusion of this activity, the participant will:

1. Understand political advocacy/reform and policy related to Internal Medicine at national and state level.
2. Apply updated knowledge of addiction medicine.
3. Apply updated knowledge of medicine resistance depression.
4. Understand recent development in health care system reform and the ethical dilemmas attached to reform.

Resident Activities: MMC residents will present their case of the year on Saturday morning. One night lodging for the vignette presenters will be reimbursed at 100%, submit receipts to Warene Eldridge, <mailto:mainechapteracp@gmail.com>. The vignette winner will be reimbursed up to \$1,800 for travel and other related expenses to IM 2023 and will be eligible for entrance into the national competition held during Internal Medicine 2023.

Poster Session: Students, residents, practicing physicians and related organizations may present a poster. Posters may be presented in the following categories: MMC Resident Clinical Vignettes, research in progress, quality improvement, or educational innovations. Please submit an abstract of 500 or fewer words to Dr. Emily Zarookian, <mailto:mainechapteracp@gmail.com>. The deadline to submit an abstract for the poster session is **September 7, 2022**.

A breakfast for Residents & Medical Students with Faculty and GAC members will be held on Saturday at 7:00 am in the conference center.

Lodging Reimbursement: Maine Chapter Residents and Medical Student members who attend the scheduled activities of the Maine ACP Scientific & Chapter Meeting are eligible to be reimbursed for ½ of the Atlantic Oceanside basic lodging rate for up to two (2) nights. For questions contact Warene (207-215-7118); submit receipts to: Warene Eldridge mainechapteracp@gmail.com.

Handouts: Copies of faculty presentations will not be provided at the chapter meeting. All received presentations will be posted on the Chapter's website as received for downloading and printing:
<https://www.acponline.org/about-acp/chapters-regions/united-states/maine-chapter/news-and-meetings>

Laureate Award: It is with distinct pleasure that the Maine Chapter will present a Laureate Award. The award will be presented during the awards presentation on Saturday evening September 24th.

Who Should Attend: General Internists, Subspecialty Internists, Family Practitioners, Hospitalists, Fellows in subspecialty training, Allied Health practitioners, Residents, Medical Students interested in internal medicine.



Atlantic Oceanside Hotel and Conference Center

Experience the scenic beauty of Bar Harbor, Maine at Atlantic Oceanside Hotel & Conference Center. Situated on the shores of Frenchman Bay, Atlantic Oceanside offers 12 acres of prime oceanfront access. All of our quality accommodations feature private balconies overlooking the ocean. Atlantic Oceanside Hotel & Conference Center is also located within close proximity to local attractions. Downtown Bar Harbor is just one mile away, while Acadia National Park is nearby.

ON-Line: To make a reservation from the room block please go to the website:
www.AOBarHarbor.com, click on “Book Now” and enter the **Group ID # 105496**.

OR

Or call to make a reservation by phone 1- 800-336-2463

Identify the Group ID: 105496 to receive the lodging discount.

Rates cannot be changed upon check-in or check-out. To receive the special lodging fee reservations must be made by **August 21, 2022**

After 8/21/22 lodging will be available on a first come first serve basis and may not qualify for the discounted rate.

Hotel:

Atlantic Oceanside Hotel & Conference Center
119 Eden Street
Bar Harbor, ME 04609
Reservations: 800-336-2463
Telephone: 207-288-5801 Fax: 207-288-8402
Website: <http://www.aobarharbor.com/>