



Spring 2020 – Volume 1

Chapter Chatter

A biannual update of the Mississippi Chapter of the
ACP

Message from the Governor
S. Calvin Thigpen

The last month has been a challenging time for everyone, but also a time of great opportunity. I would guess that many of us have become much more adept at utilizing telemedicine than we ever thought we would be by mid-April. Additionally, when away from work, we have probably been able to spend more time around our immediate families than we could have possibly imagined when February was ending. National and regional meetings have been canceled, as have many local meetings related to our practices (at least those intended to be in-person) as well as all extracurricular activities for our children or grandchildren. All in all, this can be a good time to pause and reflect on our priorities in our lives, both personally and professionally.

There has, I'm sure, been some personal heartache for some of our members. Our thoughts are certainly with all of those who have family members who have been ill lately, whether here in Mississippi or elsewhere. We also are thinking about those whose lives have been turned upside down by the suspension of normal business. When we begin to re-engage in a more routine way, we will have a new set of challenges in front of us; and our chapter will be looking for ways that we can assist everyone in meeting those. In the meantime, please continue to follow us (@ms_acp) and national ACP (@ACPinternists) on Twitter, and be attentive to emails that will contain lots of important information on the almost daily changing practice landscape.

Thank you for being a part of our chapter, and please reach out to me at sthigpen@umc.edu if there is a need that the chapter can help you or your practice meet.

Mark your Calendars with these Upcoming Dates

April 23-25, 2020 – IM2020, Los Angeles, CA – **CANCELED**

June 5-7, 2020 – AL/MS Chapters Scientific and Educational Meeting, Birmingham, AL - **CANCELED**

October 29, 2020 – Abstract Day, Jackson, MS

April 29 – May 1, 2021 – IM2021, Orlando, FL

June 10 -13, 2021 – AL/MS Chapters Scientific and Educational Meeting, Meridian, MS

Advocacy

L. Wesley Aldred

The Advocacy Committee for the Mississippi Chapter of the ACP has been busy in the New Year. Our advocacy committee consists of Drs. Day Lennep, Lance Majors, Kia Tamboli, Bob Brahan, Dan Edney, and myself. First, I would like to thank everyone who participated in our survey, so that we could better learn how to serve the chapter. With the results of this survey, we began the year by creating our chapter's first legislative action plan. In this document, we have outlined the issues on which we will collaborate with the Mississippi State Medical Association in their advocacy efforts. These issues include promoting primary care, increasing access to care, increasing funding for graduate medical education, opposing increased scope of practice, decreasing administrative burden for physicians, and a variety of public health issues. Through our efforts in collaboration with the Mississippi State Medical Association, all scope of practice expansion bills were defeated in committee, so far.

Please be watching for information coming about opportunities for us to get involved at the State Capitol. We would love for you to get involved, and I welcome any comments, questions, or concerns. You can contact me via email at WLALDRED@gmail.com. Thank you for all that y'all do every day in your communities.

Wellness

Richard M. Wardrop, III

Wellbeing in this time of difficulty – a message of hope and support

There is no doubt that these are unprecedented times. Feelings of uncertainty and fear can certainly creep in during many moments in the day, even when amongst your peers and colleagues.

In our collective experience, we have all gone through difficult times as individuals. Many of us have not, however, faced anything like what we are experiencing as part of the COVID-19 outbreak. Whether you are providing direct care to patients, providing necessary support to the health care system, or supporting loved ones who do any of these, it is perfectly normal to experience uncertainty, fear, and loneliness. The American College of Physicians is here to support all of us, and there are a variety of resources to support you in place.

Leadership in the American College of Physicians has compiled a large pool of resources found here:

https://docs.google.com/spreadsheets/d/13F2BYJg85qOH5Q3fgphYh7_QgOAGGObhBYa6KwifyhA/htmlview

Also see the ACP Wellbeing Website for more up-to-date resources.

<https://www.acponline.org/practice-resources/physician-well-being-and-professional-fulfillment>

Many of these resources may seem trivial at first, but please do know that you are not alone, that there is support and help around every corner, and that collectively we are stronger together than we are alone. While we cannot exercise or “yoga” our way out of this situation, living each day in the present, avoiding catastrophic worry, and through taking care of yourself, will make each of us better and more effective in the tasks at hand.

My favorite practice recently has been to practice gratitude. It may seem too simple to work, but studies have shown in several medical care settings that regular gratitude practice is associated with less emotional exhaustion and a general feeling of well-being. In fact, there are several apps for smart phones that can remind you day by day to practice the construction of a gratitude list. See “3 Good Things” in the app store.

So, for me, today I am grateful for the sun shining on my face, being woken by the birds from sleep at 6:30 AM, and even the pollen that collects on my car, as this is sign of rebirth and renewal.

Finance

Kimberly Harkins, Treasurer

Greetings from the Finance Committee, a small group with only three current members: our Governor, Treasurer, and Executive Director. Our purpose is to manage the day-to-day financial transactions of our Mississippi Chapter, create an annual budget, and plan for our long-term financial health. Sources of income for our chapter are member dues and fundraising, primarily related to our annual chapter meeting and our associates' abstract day. Our most recent chapter meeting (June 2019) was a tremendous success, thanks in large part to the hard work of our Program Planning Committee and our Development Committee. We ended last year on a positive note relative to our budget; with our small surplus we are starting a small reserve fund. Our goal is to grow this fund over time through both investing and regular contributions as part of our annual budget. If you have interest in working with our group, particularly if you have a background in finance or accounting, please reach out to Executive Director, Sarah Wardrop, at mississippi.acp@gmail.com.

IM 2020 News

Unfortunately, due to the COVID-19 pandemic, the IM2020 Meeting in Los Angeles, CA has been canceled. There is updated abstract submission information for the virtual poster competition through this link, [ACP National Abstract Competition](#)

The Board of Governors will review the slate of Spring Resolutions (S20) during the Fall Meeting. Due to the full slate of Spring resolutions, the Board will not be accepting any new resolutions for debate in the Fall. Stay tuned for updates this summer on the time to review and comment on the Resolutions. When that information becomes available, it will be communicated to all Chapter Members through the ACP email system.

COVID-19 Resources

ACP is developing and sharing resources that are meant to assist internists seeking to prepare and manage their response. ACP will continue to update this page with resources developed by ACP and other organizations. Visit the following links and share with your colleagues.

The resources on our [regularly updated webpage](#) include:

Educational resources, including ACP's ["Novel Coronavirus: A Physician's Guide"](#)

Podcasts

Resources on Telehealth including ACP's New Curriculum, [Telemedicine: A Practical Guide for Incorporation into your Practice](#), and ACP's [Telehealth Coding and Billing Practice Management Tips](#)

The collection of [Annals of Internal Medicine content](#)
[Advocacy and Regulatory letters and statements](#)

A link to ACP's Member Forum

Welcome to all of the New Members who Advanced Levels Member & (2019)

Paul Davis
Aayush G Patel
Anna V Gladfelter
David W Riem
Himmat Singh Brar
Jabari Burks
Joanna E Young
Kane E Edwards
Melinda K Solomon
Michelle Denette
Mihaela Missel
Mobin Kheirkhahan
Peyton R Treutel
Samuel Davidson
Stephen Stone
Tahsin S Qarqish
Valencia Monita Oglesby
Victor-Mauricio Ordaz
Allison McNeil
Amy K Krecker
Baylor Obert
Chris W Johnson
Galina Ostrovsky
Jessica Tran
Kailin Blanton
Kelsey M Kunk
Kristen Harvey
Lora Wiggins
Maggie Holmes
McKenzie Denton
Michael A Mahoney II
Robert Tatum
Samit K Patel

Tyler McGee
William Henry
Alexander B Carlisle
Anna Lauren Gathings
Benjamin K Thompson
Brad Clifton
Charles S Adcock
Graham Husband
Joseph R Alef
Joshua M Smith
Kelsey Hillhouse
Kever A Lewis
Lauren R Billington
Marilyn M Collins
Nathan Alexander
Patrick M McDaniel
Robert Stevens Billingsley
Rosemary Moak
Stephen O Amann
Angela Brown
Crystal McNabb
Jasmine McNair
Yassmin Hegazy
Austin F Clark
Charlotte Quinn
Clary Montalvo
Hayes Walker
Hina N Qureshi
Phuong Le
Richard Easterling
Terri L Cook
Maxie Gordon
Mohammed Choudary

Volunteer Opportunities

Doctor of the Day

There is an opportunity through the Mississippi State Medical Association (MSMA) to serve every day during the legislative session, the Capitol Medical Unit is staffed by a full-time nurse and an MSMA volunteer physician who provide basic medical services to legislators and capitol staff. As a Doctor of the Day, you'll see firsthand the everyday operations of the Mississippi Legislature and be recognized on both the Senate and House floors at the opening of each day's session. Volunteers can choose from a half day on Monday or Friday or a full day on Tuesday, Wednesday or Thursday. Visit msmaonline.com under the Advocacy tab to view the schedule and sign up!

Contact info

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