

Newsletter

It has been another fantastic and rewarding year serving as your Governor and I am still amazed and proud of all the incredible work done by Internal Medicine Physicians throughout our state. The NHACP chapter is here for you. Please do reach out to us if you have any suggestions, questions, local issues that need attention of national ACP, or just to let us know how you are doing.

2023 Scientific Meeting





On October 27th 2023 NHACP had an engaging scientific meeting. The planning committee chaired by Dr. Phil Palmer put together another incredible group of speakers covering a range of important topics for internal medicine physicians. Dr. Mary Drinane kicked off the meeting discussing MASH (Metabolic dysfunction-associated steatohepatitis, formally known as NASH). Dr. Clay Block returned this year to expand on last year's discussion on glomerulonephritis to lead us on a safari regarding nephrosis? Our Keynote Speaker of the day and ACP's Immediate Past President Dr. Ryan Myer inspired us all to do better with his talk Health Equity: The Haves and the Have Nots. Dr. Kelly Kieffer once again challenged us to stretch our clinical thinking with another riveting and touching case during M&M. Dr. Max Vergo kept it going, teaching us practical tips on how to have difficult conversations with our patients with his talk on Serious Illness Conversations. We finished the scientific talks with Dr. Ugis Gruntmanis who reminded us of the importance of recognizing and treating osteoporosis with some very practical advice on how to manage these patients. We finished the day hearing from our top three poster winners who presented their great work and then with a town hall meeting where we learned about some of the great resources offered by ACP. We hope to see you all there in Oct 2024 for what I'm sure will be another education and networking filled day.





A huge thank you to everyone who competed in our resident and student poster competition. I do not envy the judges, as all the posters were fantastic. Their decisions were very difficult and the numbers were close this year, but they were able to narrow it down to the top three. Congratulations to 1st place: Dr. Peter Leonard (who will be presenting his work at the national meeting in Boston in April), 2nd place: Dr. Sharon Thomson, and 3rd place: Dr. Claire Beamish.



A big shout out to the residents from Portsmouth Regional Hospital Internal Medicine Program. They put together some great posters and added a lot to the meeting overall.



A special Thank You to Melissa Grenier who was present from the Alzheimer's Association to give out information for attendees about resources available to clinicians and patients. Melissa wanted us to remind you all: "They could reach out to our 24/7 Helpline (800-272-3900), of course, or contact me directly at Melissa Grenier, mgrenier@alz.org, and I can connect them with the resources they're looking for within our organization." Please reach out if you have any patients who can benefit from their resources.



Thank you for everyone who stayed into the evening for the Governor's dinner. The food was great but the conversations were even better. I think all our faces were a bit sore that night from all the laughter.

Please join us at next year's meeting held in Oct 2024. Be on the lookout for a hold the date email once the final date is confirmed.

JEDI Corner

Unfortunately, for us but not for her our DEI committee chair Dr. Jan Fonseca has moved to Massachusetts. A big loss for us but a gain for the Massachusetts's Chapter. We will be confirming a new chair of the committee shortly. Due to the leadership change I do not have a new "JEDI Corner" for this newsletter but the below is such an important topic I felt it was reasonable to repeat it again in this newsletter. Stay tuned for the next newsletter with a new JEDI Corner.



Image: Jerrod Maruyama

JEDI Corner: Justice, Equity, Diversity, and Inclusion in Medicine *This Issue's Topic: What are Subtle Acts of Exclusion (Microaggressions) and Why Do They Matter?*

"Where are you really from?"

"Are you the nurse?"

"You're too pretty to be a doctor."

- What is a subtle act of exclusion? These acts (also known as **microaggressions**) are brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional that communicate hostile, derogatory, or negative slights and insults (Pierce, 1974).
- While working in healthcare, have you ever noticed subtle acts of exclusion like these either directed at you or a colleague? How do you handle them? Do you respond? Laugh them off? Swallow hard and carry on as if nothing has happened? Chalk them up to ignorance?
- In this corner, we hope to shine a light on what we've all been taught to ignore and to open our eyes to how these seemingly innocuous statements can be detrimental to the Physician-Patient relationship as well as to the relationship between colleagues.
- In addition, multiple studies have demonstrated the effects of experiencing microaggressions on various aspects of health, where experiencing these acts is associated with higher levels of depression, anxiety, PTSD, impaired psychological well-being, and decreased self-esteem (Williams, et al, *J Pers Psych Science*, 9/2021).
- We hope to provide you with encouragement to speak up as well as ways of doing so that are clear and professional and will help improve these relationships.
- We WELCOME examples of subtle acts of exclusion (microaggressions) that you may have noticed in your professional life. Please jot them down and send them, along with any comments, to our amazing administrative assistant, Catrina Watson, at Catrina.Watson@nhms.org.
- **In subsequent issues, we'll continue to discuss this topic, as well as other important JEDI topics.**

"Your people must be so proud of you!"

"You speak English so well!"

"You would look so much prettier if you smiled more!"

Committees

We need your help! Want to make a difference? We have several committees that represent different aspects of medicine. These committee are open to all members including resident and students members. Each committee is chaired by a member of the Governor's Council with the plan to work with members of the committee to drive change, host events, advocate, etc. Please reach out to myself or our Executive Director Catrina Watson if you have any interest in serving on a committee. Our current committees open to members:

- **Health & Public Policy: (legislation)**
 7 N State St. Concord, NH, 03301 603-224-1909 * 603-226-2432 catrina.watson@nhms.org

- Membership
- Women in Medicine
- Education
- Young Physician/Early Career
- Resident/Fellow
- Communications
- Diversity, Equity, and Inclusion
- Hospitalist

Follow us on X (formerly twitter): @ACP_NH

More information on our website: www.acponline.org/about-acp/chapters-regions/united-states/new-hampshire-chapter

Thank you for everything you do for NH patients and thank you for allowing me to represent you with the American College of Physicians. We look forward to hearing from you.

Kent Powell MD, FACP

Governor, NHACP