

Newsletter

It has been such a rewarding experience during this first year serving as your Governor and I am so proud of all the amazing work being 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.

2022 Scientific Meeting



On October 21st 2022 NHACP had a fantastic scientific meeting. The planning committee chaired by Dr. Phil Palmer put together an incredible group of speakers covering a range of important topics for internists. ACP's current Chair of the Board of Directors, Dr. Elisa Choi gave an impressive talk entitled: JEDI Advocacy for Addressing Racial/Ethnic Health Disparities and Achieving Health Equity. Dr. Clay block kept us all entertained

and educated about What's New in Glomerulonephritis? Our Keynote Speaker of the day and ACP's CEO and Executive Vice President Dr. Darilyn Moyer inspired us all with her talk, Negotiating with Confidence And As If Your Life Depended On It... And Getting Over Imposter Phenomenon! With what has become a yearly tradition Dr. Kelly Kieffer kept us all on top of our clinical game with a great case during M&M. Dr. Marie Ramas helped us consider how to care for some of our most vulnerable patients during her talk, Primary Care Considerations for Refugee and New American Patients. Of course we can't forget Dr. Jeffrey Parsonnet who gave us some insight into a new disease entity for us, Post-Acute COVID Syndrome.



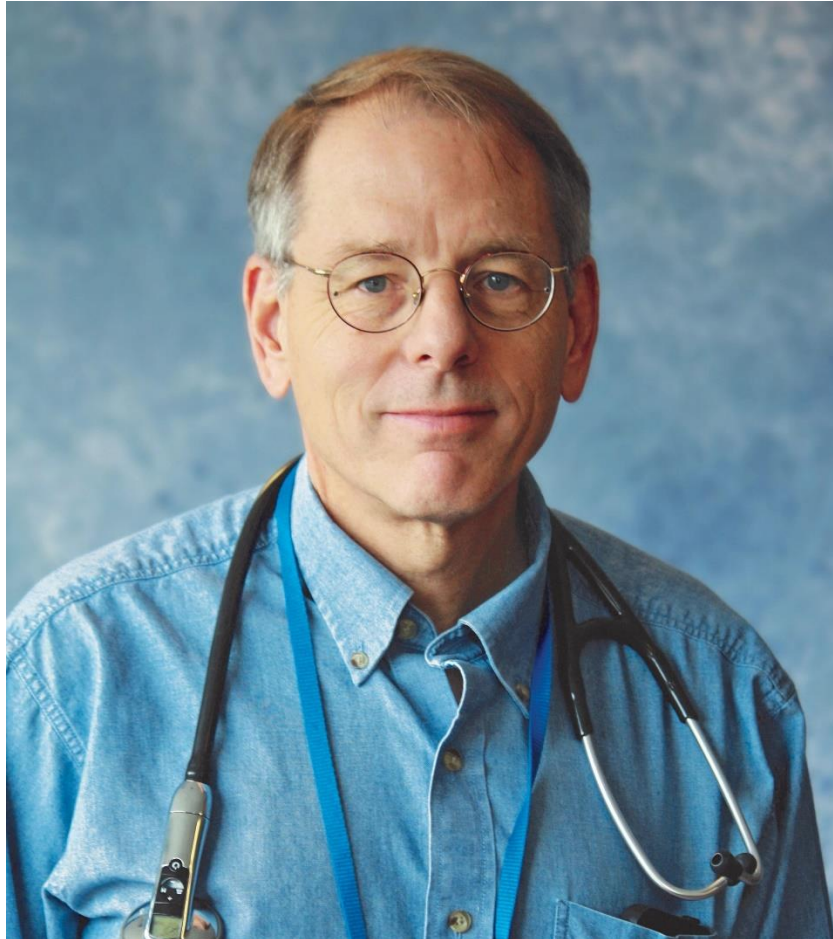
A huge thank you to everyone who competed in our resident and student poster competition. The judges had tough decisions this year, choosing the top three, but congratulations to 1st place: Dr. JooEun Kwin (who will be presenting her work at the national meeting in San Diego in April), 2nd place: Dr. Bryan Savage, and 3rd place: Dr. Yuanzhen Cao



Thank you to everyone who joined me after the meeting for our Governor's dinner. Great food, conversation, and more than a few laughs.

Please join us at next year's meeting to be held on Oct 27th 2023.

Congratulations!



Congratulations to NH chapter's immediate past Governor Dr. William Palmer who was elected to the New Hampshire State House of Representatives. I'm sure he will be a strong voice for his constituents.

JEDI Corner

Our DEI committee chaired by Dr. Jan Fonseka has been doing some fantastic work putting together education sessions for the council and will have a standing section in future newsletters "JEDI Corner" to help educate NH Chapter Members in these important topics. The DEI committee is also working closely with our Health and Public Policy committee as we advocate on both the state and federal level on these issues.



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 Persp 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

With all that in mind, would you like to have a larger voice? Would you like to help the chapter thrive and grow? We have several committees that represent several aspects of medicine and are open to all 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)
- Membership
- Women in Medicine
- Education
- Young Physician/Early Career
- Resident/Fellow
- Communications
- Diversity
- Hospitalist

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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