

## Oklahoma Chapter Newsletter January 2024

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**HAPPY NEW YEAR FROM THE GOVERNOR'S OFFICE!**  
**HIGHLIGHTS FROM OK-ACP 2023 FALL SCIENTIFIC MEETING**  
**ACP INTERNAL MEDICINE MEETING – BOSTON**  
**SAVE THE DATE APRIL 19, 2024 FOR OK-ACP RECEPTION IN BOSTON**  
**ACP LEADERSHIP DAY TO BE HELD MAY 14-15, 2024, IN DC**  
**OK-ACP PHYSICIAN WELLNESS CORNER**  
**SAVE THE DATE FOR OK-ACP CHAPTER 2024 SCIENTIFIC MEETING**  
**HELP YOUR CHAPTER – GET INVOLVED!**

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### Happy New Year from the Governor's Office!

**Rhett Jackson, MD, MACP**  
**OK-ACP Governor**

Hopefully, everyone was able to survive our unusually cold January and stay safe and warm and are enjoying a little Oklahoma Sunshine.

As we transition into the new year, I would like to take a moment to remind everyone of what membership in the ACP offers. With benefits worth over \$3,300, ACP membership is a smart investment for your professional development and satisfaction. Exclusive membership benefits include:



- A community of like-minded professionals to connect with and a new home with their local ACP chapter.
- Educational Activities and Events hosted by your chapter, including our Annual Scientific Meeting and CME/CE/ABIM MOC-certified live webinars on topics of clinical interest.
- Free subscriptions to Annals of Internal Medicine and DynaMedex.
- Hundreds of free CME and MOC opportunities .
- Professional development, career support, and well-being resources.
- Discounts on insurance, physician contract negotiation support, and much more!

As a bonus, a significant portion of your membership dues are tax-deductible (see your dues bill for details).

I know there are a lot of organizations vying for your time and money. However, I do not think any of them come close to the value offered by the American College of Physicians—especially value specifically for the internal medicine specialist and subspecialist.

In addition, the ACP advocates on both the local and national levels for our patients, our practices, and our profession. At a time when medical misinformation runs rife and primary care frequently takes a back seat to the surgical specialties in terms of payment and health system priorities, having a large and experienced advocacy team on our side is invaluable.

Speaking of benefits, the ACP's Annual National Internal Medicine Meeting will be held April 18-20 in Boston, MA (pre-courses are April 16-17) so sign up now to get early bird rates (ending January 31, 2024). I am sure it will be a fun and educational meeting in a wonderful setting.

In closing, I would like to offer my thanks for your continued membership of the ACP and in the Oklahoma Chapter and I urge you to take advantage of all of the wonderful benefits your membership offers.

Sincerely,

***Rhett Jackson, MD, MACP***

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## **Highlights from OK-ACP 2023 Fall Scientific Meeting**

The Oklahoma Chapter Scientific Meeting held in Oklahoma City, September 2023 was a great success and was well attended. A big thank you to our Program Co-Chair, Salar Faiazi, MD, as well as the Oklahoma Chapter Scientific Program Committee for their efforts in putting together an incredible annual meeting. The amount of work that goes into planning the program and coordination is tremendous, and our chapter is incredibly grateful. We would also like to thank the presenters, abstract authors, abstract reviewers, and poster judges. The meeting would not be possible without you.

**Congratulations to the winners of the 2023 Annual Scientific Meeting Awards, Abstract Competition and Doctor's Dilemma.** The Oklahoma Chapter had the opportunity to present two Physician Awards at the 2023 Scientific Meeting.



The winner of the 2024 OK-ACP Laureate Award was Martina Jelley, MD, FACP. The Laureate Award recognizes physicians in Oklahoma excelling in scholarship, teaching, innovation, and service. Dr. Jelley is a Professor of Medicine at the University of Oklahoma School of Community Medicine. She graduated from medical school at the University of Oklahoma and completed her Internal Medicine residency in Tulsa. She joined the faculty at the School of Community Medicine in 1992. She has held multiple leadership positions in Tulsa including Interim Chair of Medicine, Vice Chair of Research for the internal medicine department, and Assistant Dean of Research at the School of Community Medicine. She has received multiple leadership and teaching awards.

Dr. Jelley was elected to the Oklahoma Chapter-American College of Physicians Governing Council in 2018 and is currently serving in her second three-year term. She has served the ACP in many roles, including Program Chair of the Oklahoma Chapter's Annual scientific session and she continues to serve as a member of the Program Planning Committee.



Also congratulations to OK-ACP Award Winner Lyndsey Jones, M.D., who was presented with the Legislative Advocacy Award. Dr. Jones is an Internal Medicine physician at OU Health, with a particular focus on the diagnosis and treatment of patients of all ages. She completed her medical education at the University of Oklahoma Health Sciences Center in Oklahoma City before completing her Internal Medicine residency training also at the University of Oklahoma Health Sciences Center, where she was Chief Resident in her final year.

After completing residency, Dr. Jones joined the Internal Medicine department at OU as an Assistant Professor of Medicine. Dr. Jones was elected to the Oklahoma Chapter-American College of Physicians Governing Council in 2019 and is currently serving in her second three-year term. Dr. Jones has served as Chair of the Legislative & Advocacy Committee for the Oklahoma Chapter since 2021 and has led a small team of physicians and residents to attend ACP's Leadership Day and complete hill visits with the Oklahoma Congressional Delegation.

Residents who gave oral presentations at the 2023 meeting were Dr. Roshni Patel (OU-Tulsa), Dr. Yusra Nasir (OU-OKC), Dr. Neha Bang (OU-Tulsa), and Dr. Christopher Bouvette (OU-OKC).

Oklahoma ACP Poster Competition Winners listed will submit their winning entries at the ACP Internal Medicine Meeting in Boston.

- 1<sup>st</sup> place Clinical Vignette – Hadiqa Memon (OU-OKC) –
- 1<sup>st</sup> place Clinical Research – Yusra Nasir (OU-OKC)
- 1<sup>st</sup> place Quality Improvement – Bibi Maryam (OU-OKC) –
- 1<sup>st</sup> place medical student award winner – Anushka Anushka Mullasseril (OU-OKC)

We also had an incredibly competitive Doctor’s Dilemma competition! The winning Doctor’s Dilemma team was from the **Oklahoma City** campus and included the following residents: Jeteshwar Pannu, MD, David Iruegas, MD, Abbijit Kalale Pannesh and Muhammod Jamil, MD. The team will compete at the ACP Internal Medicine Meeting in Boston in April, and we wish them the best of luck as we cheer them on!

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## ACP Internal Medicine Meeting – Boston



The next Internal Medicine Meeting will be held April 18-20, 2024, in Boston, MA. Every spring, internists from around the world gather for ACP's Internal Medicine Meeting. From scientific sessions to abstract competitions to Convocation, ACP's Internal Medicine Meeting is a dynamic event that is attended by thousands.

**Visit <https://annualmeeting.acponline.org/> to learn more.**

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## Save April 19, 2024 for OK-ACP Reception/Dinner in Boston

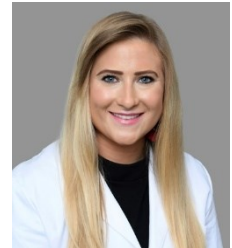
All Oklahoma physicians attending the ACP IM Meeting in Boston are invited to attend the **Oklahoma Chapter Reception/Dinner**. This special private event will be held from **8:00 p.m. to 11:00 p.m.** on **Friday, April 19<sup>th</sup>** at **Row 34 Restaurant, 383 Congress Street, Boston**. The cost per person is \$125.00. Drink tickets will be available at an additional cost. Oklahoma students and residents competing in Boston will be allowed to attend complimentary. Watch for a special chapter e-mail invite or contact OK-ACP Executive Director, [Kathy Musson](#) by e-mail for more information and/or to reserve your spot!

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## ACP Leadership Day to be held May 14-15, 2024, in D.C.

**Lyndsey Jones, MD**  
**Chair, OK-ACP Legislative Advocacy Committee**

This year ACP Leadership Day will be held on May 14th and 15th. Leadership Day is an annual conference held in Washington D.C. that “provides an opportunity for ACP and our members to increase our presence in Washington D.C. and bring visibility to issues of common concern.”



Last year a group from OK-ACP attended the conference and were able to engage with Oklahoma representatives on the hill regarding issues that directly affect our patients, medical students, residents, and attending physicians. I was joined by two resident physicians, Shana Usiukiewicz, MD, and Brandon Quinn, DO. We hope to again have resident representation from both the OKC and Tulsa campuses as well as potentially including medical students in this important work. From a chapter perspective, it is our goal to create a legislative action agenda this year. We encourage you to join more than 15,000 colleagues in the Advocates for Internal Medicine Network (AIMn) in advocating for the interests of internal medicine in Washington, D.C. The AIMn program is for ACP members interested in participating in federal advocacy. It is designed to help members engage with their federal lawmakers on policy issues important to ACP and internal medicine.

[Click Here to Enroll in AIMn](#)

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## OK-ACP Physician Wellness Corner

**Ajay P. Nadig, MD, FACP**  
**Oklahoma ACP Well-Being Champion**

As we move beyond the heights of the pandemic, physician wellness remains a concept that requires continued focus. Certainly, this issue was brought to the forefront of the public view through the challenges posed by COVID-19 but as we all acknowledge, maintaining physician well-being is an integral component to optimizing the care provided to patients.



A major part of continuing to lead a fulfilling professional life relies on finding methods to enhance your personal wellness. Wellness is often hard to define as it carries different meanings to each individual. However, it is clear that enhancing well-being and preventing burnout occurs through some common pillars – factors within your personal life, the environment & culture of your practice or organization, financial stability, and the personal sense of being able to enact change. Through the ACP Physician Well-being and Professional Fulfillment page at: <https://www.acponline.org/practice-resources/physician-well-being-and-professional-fulfillment>, there are several resources available to help you understand the multiple facets of well-being while developing skills to help sustain your own personal well-being as well as promote this within your practice. While there are ongoing challenges expected within our demanding profession, finding the tools to navigate these obstacles, and understanding you are not alone is of utmost importance.

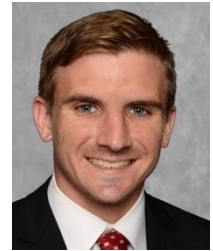
If you or someone you know needs help right now, the ACP has a great emotional support hub here: <https://www.acponline.org/practice-resources/physician-well-being-and-professional-fulfillment/im-emotional-support-hub>. Wherever you are in your journey or career, I encourage you to review this valuable resource. It has practical tips for mitigating burnout and promoting well-being whether you are a student, resident, fellow, or attending. There are also tools to help colleagues who may be struggling with grief and/or emotional exhaustion.

The positive impact you make on patients' lives every single day can only occur if you invest the same dedication and effort to fostering your well-being.

# Save the Date for OK-ACP Chapter 2024 Scientific Meeting

Ryan Yarnall, MD  
Chair, 2024 Program Committee

Please mark your calendar for the **2024 Fall Scientific Session**, being held **September 27<sup>th</sup> and 28<sup>th</sup>** at the **OU-Tulsa Schusterman Educational Center**. Every year, new and seasoned physicians meet at the Fall Scientific Session to recharge, rewind, reflect, and reconnect with their peers, chapter leaders, and great speakers. In addition to earning CME credits, the conference is about making personal connections and getting involved in your chapter.



Dr. Ryan Yarnall is serving as the Program Chair and is working with the Oklahoma Chapter Scientific Program Committee to develop a conference highlighting geriatric medicine. Watch for further details as the conference plans develop!

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## Help Your Chapter – Get Involved!

The Oklahoma Chapter is always looking for physician members to get involved in our Council and Committees. Whether you are interested in membership, legislative advocacy, early career or physician wellness, we welcome your participation! For additional information on becoming involved, contact the OK-ACP Executive Director [Kathy Musson](#).

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