

## GOVERNOR'S NEWSLETTER - MAY 2020

Marianne Parshley, MD, FACP - Governor – Oregon Chapter ACP

### **GOVERNOR'S MESSAGE**

Dear Colleagues,

We live in extraordinary times, as we all know.

For those of us in Oregon, we can see how the [social distancing and precautions put in place](#) mid-March by Governor Kate Brown have helped slow the spread of COVID and spread out the peak surge, perhaps we are past the peak for now, and can look forward, perhaps, to loosening of the current restrictions, but it has been and still is a journey.

This letter is dense as I have a number of resources and updates for you regarding how the College is responding to the pandemic, how it is advocating for us, and most importantly, ACP resources that may help your practice, your day to day interactions with patients and a vision for the future.

How things have changed in the last 6 weeks: at my place of work, as at yours, we have retooled how we deliver healthcare at a speed that is mind bending.

My IM clinic shares the ground floor of a 2-story building with an urgent care clinic, while upstairs we have a very busy Family Medicine clinic. We are located next to a very busy Max station on the east side in an older neighborhood with resource challenges and close neighbors with many of whom live outside or in tents. In just four days, the week of March 9<sup>th</sup>, leadership transformed our clinic into an entirely different place, with a regular clinic upstairs and a combination walk-in and by appointment surge clinic downstairs, splitting IM and FM staff between the regular clinic and the surge clinic, and beginning a rapid transition to video and telephonic visits for most patients who did not need face to face visits. While this has brought greater community to our staff and clinicians, and babies into our IM clinic, logistical issues arise daily. Our lab & X-ray closed except to patients on site. We dug out our medical school scrubs or bought new ones and learned how to conserve our precious PPE, recycling some and reusing others.

Sadly, this month has brought furlough for half our staff, which we are all hoping will be temporary. They are sharing by taking one week off and one week in clinic. It also has brought a tent to our front door, to see those who do not need more in-depth evaluations before testing.

And this week we are beginning to broaden testing according to the [OHA updated guidelines](#) to include groups, some of which are harder hit across the country, and underrepresented in testing groups.

At the same time, starting with very little data, we comb the journals: [Annals](#), [NEJM](#), [JAMA IM](#), [Lancet](#), [BMJ](#) and so forth, as well as waiting for that [OHA daily emails](#) with case counts. Editors of these journals are working hard to get peer review done at an amazingly fast rate, so we can see balanced evidence to guide us. **Christine Laine, MD FACP** of the [Annals of Internal Medicine](#) is one of the most respected of editors in this group. Podcasts contribute as well, especially for bike commuters or when we are exercising in this era of social isolation: [GeriPal](#), [Annals on Call](#), [Core IM](#), [Curbsiders](#), [Explore the Space](#).

[ACPonline.org](#) has daily updated [COVID-19 resources](#) on the website available to members and non-members during the pandemic. These have been accessed more than any other online resource besides the CDC. We can even get CME/MOC credit for this. Yes, I am bragging on ACP, but this is truly a remarkable resource.

There is also an ACP [telehealth module](#) you can use as a reference or complete for 2 hours of CME/MOC. I still look up details of changes since the pandemic shifted our office to telehealth

At the same time as I watched our clinic transform and see internal structural change in our health system, I am hearing story after story from Oregon and around the country of physician practices who are struggling

to keep their doors open, staff paid, PPE supplies coming in. I am aware of internists who are not able to pay themselves salaries yet are keeping their doors open.

I want to share with you an [Oregon Live op-ed](#) written by one of our members, **Dr. Riyad Fares**, in independent practice which eloquently underlines the challenges faced by those on the front line outside the hospital. Resources like [Accelerated and Advanced Medicare Payments from CMS, Paycheck Protection Program and Economic Disaster Impact Loans](#) for small businesses can help mitigate some of the financial crunch. ACP provides guidance on how to navigate your practice through these.

ACP is advocating for us in Congress and with CMS to support those on the front lines, those in smaller independent practices, and those in training. Hopefully, this most recent rendition of COVID pandemic stimulus packages will also include adequate funding for the testing we need to do in order to [safely re-open the economy](#), as well as support for small practices (which are small businesses) rather than large restaurant and hotel chains, and continued support for those working truly on the front lines in hospitals, long term care facilities, EDs, urgent cares, grocery stores, food delivery services, US Postal Service, as first responders, in sanitation services, in shelters and on the street.

ACP's advocacy page posts [news and letters](#) which the College has written alone or even more powerfully, in collaboration with many healthcare professional organizations.

From my patients, many older, frail and living alone, I have learned perspective on pandemics, natural disasters, personal tragedies and how that has built resilience throughout their very full lives. Through goals of care/advance care planning conversations over the phone with long term patients and listening to their wisdom about what it means to be alive 8-10 decades and what they see brings meaning to their lives. I am learning the gift of presence is often the best medicine. From one 96 year who still volunteers with Meals on Wheels as their finance director from home; from an 80 + year old caring for her great grandkids, so their mom, an RN, can go to work on the front lines; from another making masks and Anthony Fauci candles (Patron saint of COVID); to another who says just sitting in her garden and listening to the children in the neighborhood brings her comfort and inspiration, I see life ongoing.

Last week, our [chapter joined other healthcare organizations](#) in supporting a public health campaign to [Prepare for Our Care](#).

I am reminded daily by conversations with patients, family and friends of the hopes, worries and amazing generosity of Oregonians and other across the country. In my practice, I speak spoken with people every day since the pandemic started who are pondering what matters most to them, and "what if I get seriously ill with this", and how to communicate this. For this reason, I am convinced of the importance of this message. Particularly useful for these conversations with patient are the resources on [Center for Advancement of Palliative Care](#) (CAPC) website developed specifically for the pandemic.

Finally, though it seems forever ago, that the College's New Vision Policy Papers published in January (cowritten by our past Governor **Tom Cooney, MD MACP**) when COVID was just on the horizon, were prescient in proposing a better way forward, we see even more clearly through the gaps now evident in our US healthcare system. As we move beyond the first surge of the pandemic, we will have this guidance on how to move forward to heal and reconstruct the system where we now deliver care in an ethical, evidence based, professional way: [Better is Possible!](#) Please take another look and see what you think!

PS: See this newsletter for a report from **Adam Obley, MD FACP**, Chair of our Health & Public Policy Committee on the many ways we are impacting healthcare in Oregon through our advocacy. <https://www.oregon.gov/oha/ERD/Pages/OHA-revises-COVID-19-testing-guidelines.aspx>

<https://annals.org/aim/fullarticle/2764737/diagnostic-testing-severe-acute-respiratory-syndrome-related-coronavirus-2-narrative>

<https://www.acponline.org/advocacy/where-we-stand/coronavirus-disease-2019>

<https://www.oregonlive.com/opinion/2020/04/opinion-pandemics-economic-punch-pummeling-health-care-providers-too.html>

<https://www.acponline.org/practice-resources/covid-19-practice-management-resources/covid-19-practice-financial-management-issues>

[http://r.mail.acpmembership.org/mk/cl/f/hSC4Vgnq1Lejsq3b58vAjfnbXqWE-tZ6yW1Ckk8rzCNb6B8cDp2ju8kmrqBi1k5cyVgEN1sCnRZw0xZSH71acfOn74UxaliIhzDccc2ZV-0pmPcNdxm9jsqr1pZYmvQ2D0lhRNzFJy3BhkCuc010huJYmWe4k8ciAob2oC-eN5OzVkdIq42oYpMhIEWkhmA7wOdN6ZEjWald\\_TNnn5ujjTS](http://r.mail.acpmembership.org/mk/cl/f/hSC4Vgnq1Lejsq3b58vAjfnbXqWE-tZ6yW1Ckk8rzCNb6B8cDp2ju8kmrqBi1k5cyVgEN1sCnRZw0xZSH71acfOn74UxaliIhzDccc2ZV-0pmPcNdxm9jsqr1pZYmvQ2D0lhRNzFJy3BhkCuc010huJYmWe4k8ciAob2oC-eN5OzVkdIq42oYpMhIEWkhmA7wOdN6ZEjWald_TNnn5ujjTS)

<https://prepareforyourcare.org/covid-19>

<https://annals.org/aim/issue/938337>

### **Marianne Parshley, MD FACP**

Governor- Oregon Chapter of American College of Physicians

PS: if you have not received the email from the College or seen the Annals, here is the link to the new papers:

<https://annals.org/aim/fullarticle/2759528/envisioning-better-u-s-health-care-system-all-call-action>

## **ACP CALLS FOR COMPREHENSIVE REFORM OF U.S. HEALTH IN A SERIES OF PAPERS OFFERING A NEW VISION OF HEALTH CARE**

ACP has released a comprehensive series of policy papers that outline ACP's vision of a better health care system for all, published as a supplement in *Annals of Internal Medicine*. "[Better is Possible: The American College of Physicians Vision for the U.S. Health Care System](#)" issues a bold call to action, challenging the U.S. to implement systematic reform of the health care system, and provides an ambitious new vision for better health care for all and expansive policy recommendations for how to achieve it.

ACP's "Envisioning a Better Health Care System for All" series of policy papers addresses issues related to [coverage and cost of care](#), [health care delivery and payment system reform](#), and [reducing barriers to care and social determinants of health](#). They offer specific recommendations supported by evidence about ways the U.S. can change the status quo and improve the health care system for all.

ACP developed the papers based on examination and analysis of the strengths and weaknesses of the current U.S. health care system and ACP's analysis of the major problems with American health care. Using the best available data and evidence and a comprehensive review of the literature and recommendations as their foundation, potential solutions outlined in the papers build on ACP's day-to-day advocacy to support the daily practice and well-being of its members and health of patients.

ACP invites all members to join the conversation:

- Engage on social media by using #ACPVision4HealthCare.
- E-mail your thoughts, questions, and suggestions to us at [newvision@acponline.org](mailto:newvision@acponline.org)

**MEDICAL STUDENTS – RESILIENT AND RESOURCEFUL !!!!!**  
**Oregon Health & Science University – Portland, OR**  
**COMP-NW – Lebanon, OR**

Medical Students have been excused from school, but as you can guess----they are oh so creative and with boundless energy to help, connect, and serve where needed. Read on about their many efforts for taking care of health care workers and themselves.

**AND---please donate where you can!!**

**Healthcare Worker Support – Read Here If You Need Help With Errands**

Contact this group for your needs with childcare, pet sitting/walking, errands, grocery shopping/delivery, etc. They are fundraising to reimburse money for student time/expenses.

Donate: On Venmo, we are @pdxcovidhealth. Cash and checks can be sent to Emily, where they will be deposited into a new checking account opened specifically for this purpose. This group is led by medical students **Emily Lane, Audrey Tran, and Curtis Grauly**.

Contact: **Emily Lane**, 1350 SW Custer Drive, Portland, OR 97219 [laneem@ohsu.edu](mailto:laneem@ohsu.edu)

OHSU employees can send texts to Grauly's and Lane's pagers to get the form. Twitter users can send a direct message to Lane at [@EmilyCALane](https://twitter.com/EmilyCALane). There's also a program hotline: 503-383-9776.



Article from OregonLive (3-31-20)

Doctors, nurses and other health care professionals in the Portland area have a new option for childcare and other assistance while they work amid the coronavirus outbreak. Medical and dentistry students at Oregon Health & Science University and nursing students at the University of Portland are offering to watch children, run errands and go grocery shopping, free of charge, while their classes are suspended. The assistance program is open to all health care workers in the Portland area.

A week after its creation, the program has initiated 64 childcare support pairings and has hundreds of would-be volunteers throughout the city of Portland and in suburban areas such as Gresham, Vancouver, and Wilsonville. The program was the brainchild of **Emily Lane, a third-year medical student at OHSU** who said Saturday that she's been an advocate for childcare for both staff and students. "When classes (at public schools) were canceled, the first thing I thought of was, all these people have children and who's going to watch them," she said.

She decided to create a Google Form for requests and offers of assistance and, with the help of doctors, began spreading the word via Twitter. The Oregon Medical Association and the **Oregon Chapter of the American College of Physicians** helped distribute the form as well. Two classmates who also had been involved in on-campus advocacy, **Chris Grauly and Audrey Tran**, quickly joined Lane's efforts.

Grauly was doing a rotation in pediatric emergency medicine when coronavirus began spreading in Oregon. "There was all this panic and stress in the ER, from nurses and doctors who were starting to have trouble getting childcare," he said. "It caused this dilemma where healthcare workers were having to choose between coming in to care for patients and caring for their children." "I was worrying about that when the rotation got canceled, and suddenly we were at home doing nothing." Then he saw Lane's calling for volunteers. Tran said, "There's a part in all medical students: We feel like we just want to help." She said it's been inspiring to see the outpouring of support for the assistance program. Grauly said the program is trying to make childcare and other support as accessible as possible. "If you are an essential healthcare worker who has to keep working because of this crisis, sign up for the form," he said.

"We're trying to build up a good infrastructure where it can adapt to whatever may come," Lane said. The program is also accepting donations to help student volunteers with limited finances, such as by reimbursing them for gas. Graulty said of working on the program, "It's been challenging, and it's actually turned out to be a really good educational experience." Tran said the program has shown that one person can make a difference. "Don't be paralyzed by a sense of helplessness. (Ask) what else are other people doing, and maybe I can join? How can I meet the need?"

**Oregon Substance Use Disorder Resource Collaborative:** Founded by **Kelsey Priest, Rachel Lockard, Amanda Graveson, and Patrick Brown.** <https://www.orsudresources.org/> Funding for several SUD organizations.

**Oregon Student Service Corps** <https://orssc.org/>: Interprofessional colleagues have created the Oregon Student Service Corps. This is a space to centralize student and faculty efforts to fill emerging public health needs in our community in the name of scholarship and service. While we have made strides, this work is still in its infancy. If you know of any ongoing COVID efforts or would like to be more involved please reach out to [orstudentscovidresponse@gmail.com](mailto:orstudentscovidresponse@gmail.com)

**Wellness Resource Concierge Service:** This is a call-in line for any OHSU workforce member, staff, faculty, trainee or student to be directed to tailored wellness and mental health resources. It is run by medical students "resource navigators" from 7am-7pm every day. To reach the navigators, one can be connected directly through the OHSU Operator by calling 503-494-8800. The calls are confidential and callers can share as much or as little information as they wish. During our conversation, students direct callers to the most relevant internal OHSU and external wellness resources for them. These resources include information and connection to mental health providers, financial wellness, stress reduction, crisis support, family and childcare resources, food access, interpersonal violence, substance use, housing and tenant information, to name a few. We have gathered information from many different wellness programs across OHSU and nationally to provide you with information and connections to best suit your needs. We aim to lessen the burden of accessing wellness on our OHSU family during this time by having it available for you in one call. This phone line is part of a larger COVID-19 Wellness Task Force initiative that OHSU prioritized and funded as part of the Emergency Operating Command model to protect the health and wellbeing of the community during this crisis. Student leaders supporting this program include **Sarah Newhall** (Med21), **Kate Rosen** (Med22), and **Nicole Santucci** (Med22) working collaboratively with **Dr. Megan Furnari**, a COVID-19 Wellness Task Force Leader and Director of Medical Student Wellness & Leadership Development. Students staffing the line are not only helping our community but also getting elective credit thanks to the efforts of the medical school to engage students in relevant and important COVID-19 initiatives during this pandemic to deepen their perspectives and learning as future physicians.

**Social Connection Project:** OHSU medical students, including **Brett Lewis**, Richmond Clinic Family Physician **Dr. Brian Park**, and local community organization Metropolitan Alliance for Common Good, started the Social Connection Project. A volunteer-led effort to increase social connection for people experiencing isolation as a result of the COVID-19 physical distancing through regular phone conversations between students and their paired patient or community member. Nearly one quarter of Americans aged 65 and older are socially isolated, with few social relationships or infrequent social contact. Social isolation and loneliness have been shown to directly affect health and quality of life, particularly among low-income, underserved, and vulnerable subpopulations. Through this project, we first hope to foster health and well-being by building social connection for isolated and/or otherwise vulnerable patients during a particularly vulnerable time. Second, we hope to re-center health care around human connection. We are led by core values such as trauma-informed principles, anti-oppression, and a community focus. In addition to calling patients, student volunteers also participate in weekly small group debriefs and talks lead by volunteers and/or community experts. We currently have 40 trained student volunteers and about 50 patient participants, both groups growing daily. More information can be reached by emailing our group at [thesocialconnectionproject@gmail.com](mailto:thesocialconnectionproject@gmail.com) or calling our referral line at 503-893-2065.

### **COVID Relief Run – Supporting Veteran’s Home, Lebanon, OR**

Fourth-year COMP-Northwest student, **Kristina Van Nuys**, independently organized a **COVID Relief Run** as a fundraiser for PPE for staff at the local Lebanon, OR Veterans' Home. Here is the link to the GoFundMe page she created: <https://www.gofundme.com/f/covid-relief-run>



#### **Fundraiser by Kristina Van Nuys : Covid Relief Run**

Our local Veteran's home has been hit hard with Covid-19 and they are running out of PPEs. We have ... Kristina Van Nuys needs your support for COVID Relief Run

[www.gofundme.com](https://www.gofundme.com)

Every Dollar Makes A Difference!

Our local Veteran's home has been hit hard with COVID-19 and they are running out of PPEs. We have developed prototypes and found proper protective materials to sew reusable gowns and masks. In an effort to help keep the community in good cardiovascular and mental health, while also social distancing, and helping out the medical community, I've created this project. 100% of the proceeds will go directly to the purchase of supplies to make these PPEs. I personally commit to 26.2 on 04/26/20. Wanna join my socially distant running team? Want to help me buy PPE supplies? Below is what YOU can do! **Please help by:**

Running for the cause: Create your own running goal and share this to ask for support!

Sharing this link: It only takes a few seconds to share on your social media!

Donating: Every dollar makes a difference!

### **MEDICAL STUDENT SHARE THOUGHTS DURING COVID-19 – Read on-----**

*We are experiencing disruptions to our daily lives, personally and professionally, like many of our community members. We have been removed from rotations to conserve our scarce supplies of PPE and to protect us and the medical community by limiting unnecessary exposure. While it is hard to not be performing the clinical work we love and helping our mentors, it was definitely the right decision for our community. In the meantime medical students have been making an impact in other ways such as helping fill childcare needs, collecting PPE from the community, reducing social isolation through organization, creating hotlines to support worker wellness, and advocating for folks with substance use disorders and finding appropriate resources for them. Medical students will never be sidelined!*

**Erynn Beeson** - Medical Student | MD Candidate | Class of 2021 | Oregon Health & Science University

*The significance of COVID-19 to the world and healthcare is a common topic in the news as of late and medical students are not immune to its impact. As a leader within my medical school, I have seen first-hand how it is changing the medical education landscape. Students within the didactic years have completely switched to remote learning, utilizing pre-recorded lectures, video conferencing, and virtual clinical experiences. Students in the clinical phase, like myself, have had to adapt to a non-clinical life. As we cannot work within the hospital for the safety of patients, to preserve PPE, and for our own wellbeing, we are facing uncertainty regarding our education. As a third year, I am unfortunately (and understandably in terms of health and safety) missing out on instructional time within the hospital/clinic. As I plan to apply to residency this upcoming cycle, I am concerned about maintaining the strength of my application and, most importantly, strengthening my knowledge and skills, ensuring my personal preparedness to be an internal medicine intern in a little over a year. This is a national concern among all students and COVID-19 is sure to change the process with which we apply and interview for residencies, but the uncertainty and constant change remains stressful and anxiety producing for most students. On a brighter note, there has been an amazing show of support and community among our peers and educators.*

*Faculty and staff have been working tirelessly to ensure the smoothest transition possible into this new way of learning and providing as many options as they can for keeping us involved, educated, and up to date. Students are reaching out to each other, checking-in with friends, and creating ways to interact remotely (like online games, emails showcasing all the good things that are happening, video happy hours, etc.). As much as this is an unpredictable situation in many ways, I feel an endless amount of encouragement, support, and love from those around me (at a safe distance, of course).*

**Jessica Blank** – Medical Student | MD Candidate | Class of 2021 | Oregon Health & Science University | Class President of Med21

*If you are feeling overwhelmed or in need of assistance, please reach out to your Oregon health professions students! There's a whole team of us who spend our days working to make your lives easier, and for me, at least, it gives my days some shape, purpose, and positivity. Even if you're not sure that we can help, give us a call or shoot us an email and we would be proud to listen to you and brainstorm how to make things easier. We've done drop-off pet sitting, picked up prescriptions, delivered groceries, tutored children, and provided childcare to over 200 essential healthcare worker families. Thank you for all that you do.*

**Emily Lane** – Medical Student | MD Candidate | Class of 2021 | Oregon Health & Science University

*For many students at OHSU and across the nation, COVID-19 will continue to have a ripple effect throughout our training. In March, MD students were pulled from clinical rotations and will continue remote learning until at least June 30<sup>th</sup>. While my colleagues are concerned about residency applications, meeting graduation competencies, and the glaring uncertainty of the future, I am both proud and inspired by student initiatives to meet the needs of our community. For example, interprofessional colleagues have created the Oregon Student Service Corps- <https://orssc.org/>. This is a space to centralize student and faculty efforts to fill emerging public health needs in our community in the name of scholarship and service. While we have made strides, this work is still in its infancy. If you know of any ongoing COVID efforts or would like to be more involved please reach out to [orstudentscovidresponse@gmail.com](mailto:orstudentscovidresponse@gmail.com)*

**Taylor Vega** – Medical Student | MD/MCR Candidate | Class of 2022 | All-Hill Student Council President | Oregon Health & Science University

## **NEW FELLOWS OF THE COLLEGE**

Congratulations to our new Fellows of the College - elected for their contributions to internal medicine and their service to community and patients.

**Paavani Atluir, MD, FACP**

**Jennifer Kearsley, MD, FACP**

**Jonathan Thorp, MD, FACP**

## **CHAPTER COUNCIL OF EARLY CAREER PHYSICIANS**

By **Laura Holton, MD** and **Courtland Childers, MD, FACP**

As we move forward in the coming weeks and months, we face uncertainty in so many aspects of our practice and our lives. From addressing complex social situations and advanced disease to financial challenges and system changes, we need to support each other during this strange time. We will be re-sending a survey directed at early career physicians to assess how we can best address your needs. This was sent originally in February, however given the turmoil since that time the landscape, and thus our needs, have changed dramatically. Please take a few moments to fill this out to help us strategize how best to support you throughout this time.



## OREGON ACP ADVOCACY DAY 2020

### RECAP

By Joel Burnett, MD

On February 27, 2020, the Oregon Chapter ACP held its inaugural state legislative advocacy day in Salem. "Oregon ACP Advocacy Day 2020" drew more than 60 members, including more than 40 resident and student members, for a day of advocacy skills training and legislative action. The Oregon ACP Health and Public Policy (HPP) Committee sponsored the event.

Participants were greeted with breakfast followed by a morning of training lectures and workshops led by chapter members **Smitha Chadaga, MD, FACP**, **Tom Cooney, MD, MACP**, **Robert Gluckman, MD, MACP**, and HPP Committee Chair **Adam Obley, MD, FACP**. In addition, **Courtnei Dresser**, Director of Government Relations at the Oregon Medical Association, provided an update on health policy issues in the 2020 Oregon Legislative Session. **Shari Erickson, MPH**, Vice President of ACP Governmental Affairs & Medical Practice in Washington DC also spoke, delivering an overview of "Better is Possible: ACP's Vision for the U.S. Health Care System," the collection of new policy papers from ACP addressing needed health care reforms. In the afternoon, participants converged on the Oregon State Capitol, where chapter members met with more than 20 State Representatives and State Senators to discuss Oregon ACP legislative policy priorities. Chapter members advocated for measures addressing climate change, non-medical exemptions for vaccines, flavored tobacco products, and firearm-related injury. On account of the Senate walkout, no new legislation addressing these policy priorities was passed during the session. Nevertheless, Oregon ACP established new relationships with lawmakers in Salem, setting the stage for ongoing advocacy for years to come on issues that affect the health of Oregonians.

Notably, resident and student members were involved in every aspect of planning the advocacy event. In conjunction with HPP Committee chair **Adam Obley, MD, FACP**, **Joel Burnett, MD** (Resident Member) led the event planning committee. **Erynn Beeson** (Student Member) led the advertising subcommittee. **Kelsi Manley, MD** (Resident Member) and **Logan Jones, MD** (Resident Member) led the programming and policy subcommittees, respectively. Many more resident and student members volunteered on these committees. Oregon ACP leadership is grateful to all who participated in the advocacy event and is especially grateful to the volunteers who worked to make the event a resounding success.



## **CHAPTER HEALTH & PUBLIC POLICY UPDATES**

By **Adam Obley, MD, FACP**

In February, Oregon ACP was pleased to host ACP Vice President for Governmental Affairs and Medical Practice **Shari Erickson, MPH**, for an discussion of the College's [New Vision for American Health Care](#). The evening event included a wide-ranging discussion of ACP's bold prescription for reforming American health care. Ms. Erickson also presented information on ACP policy at the inaugural Oregon Chapter advocacy day in Salem during her visit.

While this was a short legislative session that was further abbreviated by the Republican walkout from the capitol, our chapter was still quite active in supporting legislation related to addressing carbon emissions as a public health issue, commonsense firearm safety requirements, eliminating non-medical vaccine exemptions, and properly regulating vaping devices and formulations. Our work this session culminated in late February with a well-attended advocacy training followed by an afternoon of meeting with state representatives in Salem.

Following the end of the short legislative session, the Oregon chapter pivoted to crucial advocacy work around the COVID-19 pandemic. Our chapter was among the first medical professional societies in the state to urge Governor Brown to implement a Stay at Home order. In addition, our chapter has joined with the OMA and other medical specialty groups to advocate for policies related to ensuring an adequate supply of PPE, expanding telehealth services, limiting liability for physician-volunteers during the pandemic, and shoring up financially distressed medical practices.

What's to come:

- Continued advocacy on issues related to COVID-19
- Supporting the tobacco tax ballot initiative to shore up Medicaid funding
- A renewed push to eliminate the non-medical vaccine exemption in the next legislative session

## **ACP---ADVOCATES FOR INTERNAL MEDICINE NETWORK**

**Advocates for  
Internal Medicine  
Network**



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.

Follow @AdvocatesIM <https://www.acponline.org/advocacy/advocates-for-internal-medicine-network>

## **CHAPTER SOCIAL MEDIA – TWITTER and FACEBOOK**

TWITTER: @OregonACP (<http://twitter.com/OregonACP>)

FACEBOOK: <https://www.facebook.com/OregonACP/>

Twitter for chapter related news, including highlights of policy and advocacy work at the National ACP level, as well as photos of chapter activities and news about chapter members.



## **CHAPTER AWARDS** **OREGON CHAPTER ACP 2020** **AWARDS PROGRAM**

The Oregon Chapter ACP Awards Committee is **soliciting nominations for Chapter Awards**. If you know of ACP members or colleagues deserving of recognition for their excellence and

distinguished contributions, please take a few minutes to recommend them now.

Awards will be presented the Fall. **Please submit nominations by July 1, 2020.**

**Howard P. Lewis Distinguished Teacher Award** – recognizes outstanding achievements in teaching. Nominees have been internists though not necessarily members of ACP.

**Howard P. Lewis Distinguished Service Award** – recognizes outstanding achievement in service. Nominees have been neither internists nor physicians and the service for which they were recognized was not necessarily related to the Chapter or ACP directly.

**Laureate Award** – recognizes those who have demonstrated an abiding commitment to excellence over an extended period of time and have served with distinction in some clearly definable manner. Nominees must be a Fellow or Master in ACP.

**Outstanding Early Career Physician Award** – recognizes outstanding clinical skills in internal medicine, highly respected by peers, and role model in the community. Nominees can be no more than 16 years out from medical school graduation and must be either Members or Fellows of ACP.

**Diversity, Equity & Inclusion Award** - Outstanding contributions to fostering diversity, equity, and inclusion in the community. The award recognizes those who have fostered diversity and inclusion with outstanding achievements in mentoring, leadership development, and role modeling of physicians or students from diverse and/or underrepresented populations. Nominees can be ACP members and non-members.

**Please identify nominees for specific awards and include a brief background/biosketch regarding the candidate's qualifications. Please forward your nominations to:**

Anne Hirsch, MD, FACP - Chair, Awards Committee – [amhirsch@comcast.net](mailto:amhirsch@comcast.net)

or Mary Olhausen, Chapter Executive Director – [omary52@comcast.net](mailto:omary52@comcast.net)

## **WELLNESS RESOURCES FOR HEALTH CARE PROFESSIONALS**

**We encourage all health care professionals to take care of themselves. In this time of extra high stress, we provide valuable resources for your mental health and staying healthy.**

**OREGON ACP WELLNESS TOOLKIT RESOURCES** (links, books, etc – for wellness)

[https://www.acponline.org/system/files/documents/about\\_acp/chapters/or/acp-wellnesstoolkit-linksforwellness.pdf](https://www.acponline.org/system/files/documents/about_acp/chapters/or/acp-wellnesstoolkit-linksforwellness.pdf)

**PHYSICIAN WELLNESS PROGRAM**

(503-222-9977)

<https://www.msmp.org/Wellness-Program>

**OPAL PROGRAM**

(503-346-1000)

[www.ohsu.edu/opal](http://www.ohsu.edu/opal)

**OREGON WELLNESS PROGRAM**

(541-242-2805)

[www.oregonwellnessprogram.org](http://www.oregonwellnessprogram.org)

**OREGON MEDICAL ASSOCIATION**

[www.theoma.org](http://www.theoma.org)

**AMA WELLNESS BLOG POST**

<https://www.ama-assn.org/delivering-care/public-health/6-ways-address-physician-stress-during-covid-19-pandemic>

American Foundation for Suicide Prevention | Depression and Bipolar Support Alliance | 800-826-3632

Federation of State Physician Health Programs | 978-347-0603 | Legacy Health's Wellness Resources

Hazelden Treatment Program for Health Care Professionals | 800-257-7800

National Suicide Prevention Lifeline | 800-273-TALK (8255) | Emergency Responders: tips-taking care of yourself

Lane County Medical Society Provider Wellness Program | 541-686-0995

Oregon Health and Science University Resident & Faculty Wellness Program

Oregon Medical Board Wellness Resources | 971-673-2700

PeaceHealth's Wellness Resources | The Foundation for Medical Excellence | 503-222-1960

## **OREGON CHAPTER WINS ACP JOHN TOOKER EVERGREEN AWARD**



Much thanks to **Avi O'Glasser, MD, FACP** – for creating and managing this Chapter project for celebrating Women In Medicine Month in September. Avi's innovation and creativity, demonstrated by novel use of social media for *Women in Medicine Month* to highlight current, past and future Women in Medicine from Oregon and elsewhere. This outreach project was aided by our Co-chairs of the Council of Women Physicians, **Elizabeth Sazie, MD, FACP** and **Annie Weinssoft, MD, FACP**, as well members of our Student Internal Medicine Interest Groups, **Erynn Beeson OHSU**, **Jessica Blank OHSU** and **Allison Schue Comp-NW**. For these efforts, Oregon Chapter is a recipient of the national *ACP John Tooker Evergreen Award* – an awards program recognizing outstanding programs implemented in Chapters. Social media, especially the free open-access platform Twitter, is fostering

physician learning, teaching, mentoring, role modeling, and connectivity in new and novel ways. The ACP has a vibrant social media presence, and many Chapters as well as leaders at the National and Chapter level are active on social media to disseminate information about College advocacy and updates as well as to connect with and amplify colleagues, peers, and mentees. We created our Chapter Twitter account (@OregonACP) in March 2017 at the National ACP meeting in San Diego, and we have steadily expanded its use in the last 2.5 years. We have been excited to use Twitter, as well as our Facebook page, to connect with ACP colleagues locally and internationally, ACP leadership, and other medical professionals and societies. In Summer 2018, we focused social media activities to intersect with September 2018 Women in Medicine month. We created a series of Tweets and Facebook posts highlighting breadth and depth of women in medicine topics - inside and outside of Oregon. We were so thrilled with the impact and reach of the initiative that we repeated the campaign with a new series of posts in September 2019. The goal of this initiative was to use the voice that our social media channels created to highlight and amplify a targeted topic to coincide with a national month of awareness—Women in Medicine Month. We aimed to learn more about historical and contemporaneous women physicians and physicians in training in Oregon as well as to disseminate this information as broadly as possible using Twitter and Facebook to both teach and to build connections.

## **MAKE A DIFFERENCE TODAY!! Oregon Needs Your Help During COVID-19**

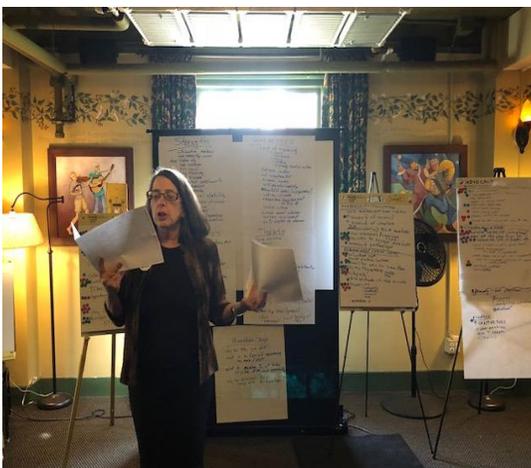
Want to help out for COVID-19?? Here are some ways to volunteer your time and efforts!! [VOLUNTEER NOW State Emergency Registry of Volunteers in Oregon \(SERV-OR\)](#). Oregon is facing a public health care crisis due to COVID-19. SERV-OR is Oregon's roster of licensed physicians, nurses, pharmacists, Emergency Medical Technicians (EMTs), behavioral health providers, respiratory therapists and others who have registered to volunteer in response to local, state, and/or federal emergencies. Right now, health care resources are strained and we need more health professionals to volunteer. [Register with SERV-OR](#) today to support your fellow health professionals and communities in this time of crisis due to COVID-19. **It's easy to register with SERV-OR:**

- Visit [the Registration Page](#) Set up an account. Fill out the form (approx 15-20 minutes). Use this helpful [step-by-step registration guide](#) if you have questions. Licensed out of state? You can still help in Oregon. **If licensed in another state, see the following links for information on how to volunteer in Oregon:**
- [Oregon Medical Board COVID-19 page](#) [Oregon State Board of Nursing Emergency Authorization](#)
- Are you a previously licensed healthcare professional? You can still [register with SERV-OR](#). Additional training and a background check are required, prior to activation. Learn More: [Watch a short video about our program](#)
- [Questions about SERV-OR? We answer them here.](#) [See our upcoming volunteer trainings](#)
- [Get started with this step-by-step registration guide!](#) Questions: [serv.or@state.or.us](mailto:serv.or@state.or.us) 877-343-5767.

## **OREGON CHAPTER OF EXCELLENCE RETREAT**

By **Marianne Parshley, MD, FACP**

As I hope most of you are aware, thanks to our excellent Executive Director, Mary Olhausen, and a generation of Governors, our Oregon ACP Chapter has been awarded the Chapter Excellence Award for over 23 years in a row by demonstrating excellence in chapter management, advocacy, outreach and providing high quality educational opportunities. This year, the Chapter Excellence award was modified to three levels- Bronze, Silver and Gold tiers. As Mary would say, it takes a tribe to maintain Chapter Excellence!! With her help and that of our entire Governor's Advisory Council and all our committee & council members, we were awarded a Gold tier Chapter Excellence Award for 2019. Wanting to build on these successes and looking forward a few years, I asked our Chapter leadership to meet for a **Chapter of Excellence Retreat** in February to create a strategic 3-5 year plan for the Chapter. We were fortunate to have **Carrie Horwitch, MD, MACP**, and former Regent and Governor of the Washington Chapter as our facilitator. At the retreat, we considered the strengths of the Chapter, as well as opportunities and challenges in the next 3-5 years and are in the process of writing a strategic plan based on that work and adapting it to the current and post-pandemic era. Stay tuned for more information as we emerge from the COVID surge times and begin to put the plan into effect.



## **NATIONAL HEALTH CARE LEADERS URGE EVERYONE TO 'BE PREPARED: TAKE CONTROL' in COVID-19 CRISIS**

Oregon Chapter ACP, along with several other supporters signed on to promote “Be Prepared: Take Control”, urging all to prepare a hospital Go Bag, choose a medical decision maker, share wishes, and encourage loved ones to prepare. Other organizational support includes Providence, Cambia Health Foundation, Prepare For Your Care, The Conversation Project, Oregon Society For Post-Acute and Long-Term Care, Oregon Geriatrics Society, Oregon Thoracic Society, and UCSF. Thanks to **Jennifer Neahring, MD, FACP**, Oregon Chapter ACP member, for orchestrating this campaign with all the supporters. Please share with colleagues, patients, and friends.



- Coalition of patients' rights advocates and health care professionals urges people to have "Hospital Go Bags", designate personal medical decision makers, and talk to loved ones about what matters most – **SAN FRANCISCO, BEND, Ore., and BOSTON (April 14, 2020)** – A coalition of national and state health care leaders today launched a public health awareness campaign to inspire people to talk to their families

about their health care wishes and to designate a medical decision maker. The coalition is led by the University of California, San Francisco-based **PREPARE for Your Care** program, which provides free online resources to help people make these plans. “During this pandemic, many hospitalized people may not be able to speak for themselves, and sadly, family and friends cannot visit. Our frontline health care providers are desperate for any information about their patients’ medical wishes. One of the most time-consuming challenges health care workers are facing right now is finding their patients’ health care proxy,” said **Rebecca Sudore, MD, FAAHPM**, founder and director of PREPARE for Your Care, an easy-to-use website with video stories and free advance directives.

“People are pitching in and giving back in so many ways right now, and it is inspiring,” Dr. Sudore added. “Getting prepared for a possible hospital stay is another way to give back to our family, friends, communities and frontline medical providers. Everyone can do their part by choosing a medical decision maker, sharing their wishes and having a Hospital Go Bag ready.”

### **Be Prepared: Take Control—Three Things Everyone Can Do Now #PrepareforCare**

The **Be Prepared: Take Control** medical planning public health awareness campaign features an infographic and asks people to take three steps:

- **Have a Hospital Go Bag.** If someone has to go to the hospital right now for any reason, they should consider preparing a bag with essential items that will be crucial for the medical team to care for them.
- **Choose a Medical Decision Maker.** Select a person who will speak for you if you cannot speak for yourself. Also known as a health care proxy, this person can make sure doctors know about the care you want. Use an advance directive or official form naming your health care decision maker.
- **Share Wishes + Encourage Loved Ones to Prepare.** Think about what is most important in your life and for your medical care, and share this now with your family, friends, and medical providers.

PLEASE see attached for full story and helpful links for preparing – such as easy-to-read Advance Directives for all 50 states and Discussion Guide.

## **I.M. PROUD – CAMPAIGN**



“I’m proud to be an internist because I’m an advocate for my patients and can make a difference in their lives. I have a longitudinal relationship with my patients, know the complexity of their lives, and can help walk them through the health care process from the time I meet them until the end of their life.”

–Marianne Parshley, MD, FACP



American College of Physicians  
Leading Internal Medicine. Improving Lives.

[acponline.org/IMProud](http://acponline.org/IMProud)

During the November 2019 Oregon Chapter ACP Annual Scientific Meeting, we displayed a “I AM PROUD” banner for meeting attendees to share their thoughts about what actually makes them PROUD to practice Medicine. Herewith are a few of those comments--

*\*Using my brain AND heart – in combination to care for patients.*

*\*Patients!!! 😊*

*\*Helping my patients and their families navigate our complex system.*

*\*All the caring people I work with.*

*\*Easing people’s suffering.*

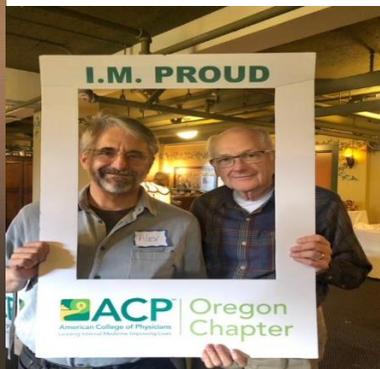
*\*My patients and my colleagues.*

*\*Making a difference.*

*\*Taking part in solving people’s real problems.*

*\*A hug from a patient when you make a difference in their lives.*

*\*All the wonderful people I get to work with!!*



## **UPCOMING EVENTS / MEETINGS / CONFERENCES**

*All Conferences & Meetings Subject to Last-Minute Adjustments.*

### **OHSU – Travel Free CME Series**

Through month of May 2020. [www.ohsu.edu/cme](http://www.ohsu.edu/cme)

### **OHSU – Managing Autism And Other Developmental Disabilities: An Update For Primary Care**

June 19, 2020. Lane Community College – Eugene, OR. [www.ohsu.edu/cme](http://www.ohsu.edu/cme)

### **OHSU – Ashland Endocrine Conference**

June 25-27, 2020. Ashland Hills Hotel & Suites – Ashland, OR. [www.ohsu.edu/cme](http://www.ohsu.edu/cme)

### **BOOST OREGON – 5-Year Birthday Bash/Fundraiser**

September 12, 2020. Location TBD. [www.boostoregon.org](http://www.boostoregon.org)

### **OHF – Oregon Health Forum – Annual Dinner Event**

September 17, 2020. Multnomah Athletic Club – Portland, OR. [www.oregonhealthforum.org](http://www.oregonhealthforum.org)

### **OHSU – When Things Go Wrong In The Outdoors**

September 18, 2020. Hood River Inn – Hood River, OR. [www.ohsu.edu/cme](http://www.ohsu.edu/cme)

### **OHSU – 15<sup>th</sup> Annual NW Regional Hospital Medicine Conference**

September 24-25, 2020. Sentinel Hotel – Portland, OR. [www.ohsu.edu/cme](http://www.ohsu.edu/cme)

### **OMA – Annual Meeting**

September 26, 2020. Hilton Hotel Downtown Portland – Portland, OR. [www.theoma.org](http://www.theoma.org)

### **OGS – 21<sup>st</sup> Annual Oregon Geriatrics Society Conference**

October 2-4, 2020. Sunriver Resort – Sunriver, OR. [www.oregongeriatricsociety.org](http://www.oregongeriatricsociety.org)

### **OHSU – Oregon Rural Health Conference**

October 7-9, 2020. Riverhouse on The Deschutes – Bend, OR. [www.ohsu.edu](http://www.ohsu.edu)

### **OHSU – 44<sup>th</sup> Annual Pacific NW Update OB/Gyn & Women’s Health**

October 15-16, 2020. Sentinel Hotel – Portland, OR [www.ohsu.edu/cme](http://www.ohsu.edu/cme)

### **Attorney General Rosenblum’s Elder Abuse Conference**

October 26-28, 2020. Riverhouse Hotel – Bend, OR. [www.elderabuse@doj.state.or.us](mailto:www.elderabuse@doj.state.or.us)

### **OHSU – Musculoskeletal Update For Primary Care: Approaches To Understand/Manage Pain**

October 30, 2020. Location TBD. [www.ohsu.edu/cme](http://www.ohsu.edu/cme)

### **ACP - Oregon ACP – Oregon Chapter American College of Physicians – Annual Scientific Meeting November 5-7, 2020. Salem Convention Center – Salem, OR. [www.acponline.org/chapters](http://www.acponline.org/chapters)**

### **OHSU – Pediatric GI For Primary Care**

November 13, 2020. Lane Comm College – Eugene, OR. [www.ohsu.edu/cme](http://www.ohsu.edu/cme)

### **Managing Autism And Other Developmental Disabilities**

December 11, 2020. Lane Comm College – Eugene, OR. [www.ohsu.edu/cme](http://www.ohsu.edu/cme)