

NEWSLETTER - SEPTEMBER 2021

Jenny Silberger, MD, FACP - Governor – Oregon Chapter ACP

CONTENTS:

Chapter Scientific Meeting – Save The Date; Story Slam Invite; Join AIMn; Chapter Social Media; Deprescribing Event; Women In Medicine Month; Chapter Member Highlight-Avital O'Glasser, MD, FACP; ABIM Report; TFME Pain Conference; Chapter Treasurer Report; OMA Annual Conference; Black Medical School Experience-Ryan Mire, MD, FACP; Oregon Geriatrics Society Annual Conference; Chapter DEI Policy; DEI Shift Podcast; Keeping You Well & Emotionally Supported; Vaccine Resources; ACP National Annual Report; Upcoming Events Listing.

ANNUAL CHAPTER SCIENTIFIC MEETING

Fostering Excellence In Internal Medicine 2021 ANNUAL SCIENTIFIC MEETING

November 12-13, 2021 / “VIRTUAL” – Two Days

The Oregon Chapter ACP Annual Scientific Meeting is a rich source of knowledge content. Target audience includes general internists, subspecialty internists, hospitalists, family practitioners, residents, medical students, and other health care professionals.

HIGHLIGHTS INCLUDE EDUCATIONAL TOPICS and STORY SLAMS

- A Historical Perspective Of Systemic Racism In Medical Education*** – Ryan Mire, MD, FACP
- Alcohol Use Disorder*** – Ximena Levander, MD, FACP
- Updates On Common Urologic Problems*** – John Gunselman, DO
- Updates Pre & Post Exposure Prophylaxis/Prevent HIV Infection*** – Christopher Terndrup, MD
- Manage Acute COVID-19 Illness & Prolonged Symptoms*** – Ellen Singer, MD, FACP
- Unwinding From COVID – Healing Our Hearts*** – Mark Rosenberg, MD, FACP
- Palliative Care Skills For Primary Care Over Life Trajectory*** – Caroline Hurd, MD
- Update In Hospital Medicine*** – Speaker TBD
- Innovations In Heart Rhythm Management*** – Manish Mehta, MD
- AI/AN – Providing Culturally Competent Care*** – Allison Empey, MD; Philippe Champagne, MD, FACP
Molly Southworth, MD, MACP; Donna Galbreath, MD
- Vaccine Hesitancy In Pandemic Times*** – Gretchen LaSalle, MD, FAAFP
- Just The Facts: Venous Thromboembolic Disease*** – Thomas DeLoughery, MD, MACP, FAWM
- Update In Outpatient Medicine*** – Leonard Mankin, MD, FACP
- Special Saturday Morning Session-***Health Care Systems-Wellness Programs That Work and What Keeps Your Heart In Medicine*** (no CME) -



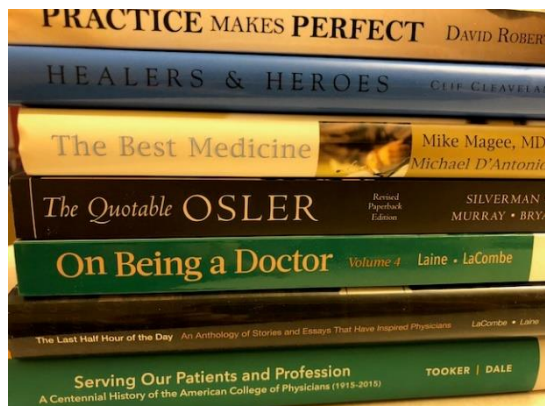
REGISTRATION OPENS SOON

Registration Fee: \$150.00.

**Students, Residents, & Fellows
in-training Fee: \$0.**

Oregon Chapter ACP “STORY SLAM 2021”

November 12-13 @ Chapter Virtual Scientific Meeting



We invite Chapter members to take part in **STORY SLAM 2021**. Story Slam will be short reflections on the meaningful experiences that we share with patients; to promote mindfulness in our profession; or a story about a patient that has had a particular impact on your growth as an Internist in the past.

ELIGIBILITY: Authors must be ACP Oregon members at the time of submission.

AWARDS: The top 4 overall winners will be invited to tell their stories at the Oregon Chapter Annual Chapter Scientific

Meeting, November 12-13, 2021---in virtual format.

OFFICIAL RULES FOR STORY SUBMISSION:

Be able to tell their stories in 5-7 minutes (about 750-1000 words).

De-identify any patients or other providers described in the story.

All stories must be typed in English.

Format: Title; Author; main body of the story (author should include full credentials).

More than one story submission per author is permitted.

Stories that have been previously published elsewhere are not eligible.

TIMELINE: The deadline for submissions is October 20, 2021. Stories should be submitted by email to Mary Olhausen at oregonacp@comcast.net. Qualifying Stories will be invited to read stories as either pre-recorded or live format. Winners will be notified by email, by November 1st.

QUESTIONS: Questions about **STORY SLAM 2021** should be directed to Mary Olhausen, Chapter Executive Director, at oregonacp@comcast.net

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>

You only need to enroll via this AIMn enroll form <https://cqrcengage.com/acplac/app/register?1&m=13815>.

CHAPTER SOCIAL MEDIA – TWITTER

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



OREGON SOCIETY FOR POST-ACUTE & LONG-TERM CARE
OREGON CHAPTER AMERICAN COLLEGE OF PHYSICIANS / OREGON GERIATRICS SOCIETY

SAVE-THE-DATES

TACKLING PRESCRIPTION OVERLOAD

A 4-part Series To Help You Design A Plan For Deprescribing

Join us for four evenings in Virtual format - September 30 – October 6 – October 13 – October 21

TARGET AUDIENCE:

Physician, Medical Director, Nursing, Pharmacy, PA, Fellows, Residents, & Medical Students

SPEAKERS / TOPICS:

Week 1: ACUTE CARE HOSPITAL SETTING SEPTEMBER 30, 2021 (Thurs / 6:30-8:30pm)

MODERATOR: Shannon Jackson, MD (Prov Portland-Geriatrics)

PANEL: Maggie George, MD (Legacy-Geriatrics)

PANEL: Craig Williams, PharmD, FNLA, BCPS (OHSU-Pharmacy/Family Medicine)

Week 2: POST-ACUTE CARE SNF SETTING OCTOBER 6, 2021 (Wed / 6:30-8:30pm)

MODERATOR: Preston Peterson, MD, FACP, MBA, CPPS (Kaiser Permanente-Geriatrics)

PANEL: Laura Byerly, MD (OHSU-Geriatrics)

PANEL: Kate Edstrom, AGNP-C (OHSU-Geriatrics)

Week 3: AMBULATORY OUTPATIENT SETTING OCTOBER 13, 2021 (Wed / 6:30-8:30pm)

MODERATOR: Sarah Rahkola, MD, FACP (Prov Med Group-Newberg-Geriatrics)

PANEL: TBD

PANEL: Elizabeth Haney, MD, FACP (OHSU-Int Med/Primary Care)

Week 4: LONG-TERM CARE SETTING OCTOBER 21, 2021 (Thurs / 6:30-8:30pm)

MODERATOR: Harry Krulewitch, MD, MPH (OHSU-Family Medicine)

PANEL: Barbara Messenger-Rapport, MD, PhD, CMD, FACP (Ohio VAMC-Geriatrics)

PANEL: James Silvius, MD, FRCPC (Univ Calgary-Geriatrics)

PANEL: William Simonson, PharmD, FASCP (Oregon State Univ-Pharmacy)



Learners Will Be Able To --- Learn which classes of medications present with the highest ADE in the hospital setting and how to apply evidence-based algorithms and protocols for deprescribing in the acute care setting; Describe the complexity and problems created by transitions of care with both the process of the transfer of orders and risks of medication errors; --Describe strategies to use when communicating about medication changes with the nursing team, pharmacist, patients, families, and

outpatient providers for discharge planning/follow up; Identify risks and benefits to select potentially inappropriate medications (PIM) and adverse drug events (ADE) in the outpatient setting; Learn what evidence-based tools there are for the outpatient setting; Understand what classes of medications are high-risk in this group and how to select a class of medication to reduce tapering and stopping a specific high-risk class; Understand the basic principles of deprescribing, including drug cascades, drug syndromes, adverse drug events (ADE), potentially inappropriate medications (PIM) as well as guidelines including STOPP and BEERS; Understand the role of the pharmacist in the deprescribing process, including QAPI and scenarios to help achieve best outcomes for patients with multiple prescribing providers.

INFORMATION: Mary Olhausen, Executive Director: 503-880-7383 / oregonacp@comcast.net

SEPTEMBER 2021----WOMEN IN MEDICINE MONTH **CELEBRATE WITH OREGON CHAPTER ACP**

Oregon ACP - Fourth Annual Women In Medicine Social Media Blitz – September 2021
Watch for postings to Chapter TWITTER & INSTAGRAM. Dr. Avi O'Glasser and our Women In Medicine Committee, Drs. Annie Weinsoft and Angel Platas have put together an amazing line up of snapshots of women who have served in Medicine in outstanding roles and activities.

The College provides numerous resources for Women In Medicine – please visit the website for more information <https://www.acponline.org/advocacy/where-we-stand/women-in-medicine>
Promoting gender equity and eliminating the inequities in compensation and career advancement that physicians can face is a longstanding goal of ACP. As an organization, we are committed to addressing the unique challenges female physicians confront over the course of their careers in order to foster an inclusive environment that promotes growth and development for female physicians. ACP believes that addressing the barriers that women in medicine face is essential for the internal medicine community to benefit from the full potential of women physicians in the workforce.

Become a member of the American Medical Women's Association through [ACP's affiliate program](#)!

Join the conversation in our Women in Medicine forum [Discuss with your peers](#)



AVITAL Y. O'GLASSER, MD, FACP, FHM **DETAILS HER LOVE OF BEING A HOSPITALIST**

From National ACP – Website Home Page “Member Profile” (Jul 2021)

Associate Professor of Medicine in the Department of Medicine and
Department of Anesthesiology and Perioperative Medicine,
Oregon Health & Science University
Preoperative Medicine Clinic Medical Director
Assistant Program Director for Social Media and Scholarship,

Oregon Health & Science University internal medicine residency program

ACP Council of Early Career Physicians

Medical School: Jefferson Medical College

Internal Medicine Residency: Oregon Health & Science University

Why did you choose to become a physician? I actually didn't see myself becoming a physician when I started college! I entered college pursuing a lifelong dream of becoming a paleontologist. However, between fantastic biology plus humanities professors in college, as well as work and volunteer experiences, I realized that my true passions lay in applying the sciences to directly caring for and helping people as a physician.

What field of internal medicine did you select and why? I currently specialize in perioperative medicine as a hospitalist, so I say that I'm an outpatient hospitalist! A lot of serendipity and well-timed mentorship led to this career pathway. When I finished residency, I was applying for hepatology fellowship and about to take a gap year as an academic hospitalist. I didn't match for fellowship, but I discovered my passion for academic hospital medicine. I also worked part time in preop clinic that year to help fill in, and I was immediately hooked! For me, perioperative medicine has let me take care of very complex patients at pivotal crossroads in their lives along with a multidisciplinary team of surgeons and anesthesiologists. I love the types of connections and relationships this niche within internal medicine has let me develop over the years.

Please describe a typical day in your practice. I see patients in preop clinic just over half my time. When I'm in clinic, I see a full day's worth of preoperative consult visits. During the last year and a half, I have been either in clinic or campus or completing telehealth visits by telecommuting from home. As I'm our preop clinic's medical director, I also work closely and make myself available for questions from our team members (other physicians, NPs, RNs, MAs).

When I'm not seeing patients, I'm attending meetings or working on projects for our clinic (especially with all the new innovations and pathways we've had to develop during the COVID-19 pandemic) or the internal medicine residency program. I also make time for creative projects, such as research, writing, and creating lectures about perioperative medicine or other topics.

What are some of your special interests professionally? I am passionate about perioperative medicine, and I have spent a lot of time in the last year studying how to safely care for COVID-19 survivors who need surgery. Outside of this clinical interest area, I am very interested in analyzing and teaching effective use of social media (particularly Twitter) for health professionals. I am passionate about promoting clinician-led advocacy. I am also very interested in helping clinicians and trainees capture the value and impact of their “nontraditional” work such as digital scholarship and advocacy, through “traditional” communication means like CVs and applications.

What are your interests and hobbies outside of medicine? I love spending time with my family, including two young sons and our labradoodle Matilda. As a family, we've explored hiking, gardening, and cooking, especially during the pandemic. I am an amateur genealogy buff (the internist in me comes out when I'm in detective mode!), knitting, and reading.

What advice would you like to share with medical students, or what do you wish someone would have told you while you were in medical school? I wish I had been more aware of the challenges gender inequity and other forms of inequity and discrimination during my training—I want any trainee (or anyone in practice) to know that there are people out there advocating for change and mentors/sponsors out there who want to help them navigate these challenges so they can excel.

If you could change one thing about yourself, what would it be? I wish I was less afraid of failure. I feel like I've come a long way in this regard over the years, but I think there are times I might have taken more chances in life or done something more daring if fear of failure or fear of disappointing others wasn't holding me back.

What is your most treasured possession? I still have the teddy bear I've had since I was 1-year old!

What historical figure do you most identify with? Not that I necessarily identify with her, but I'm fascinated by the life and work of Mary Anning. She was a fossil hunter in Britain in the early 1800s who made major discoveries but was excluded from the scientific community. She's the basis for the rhyme “She sells seashells by the seashore.”

What is your motto? It's okay to say, “I don't know.” Being able to find and foster safe spaces and relationships to admit uncertainty in life and medicine is a crucial step towards cultivating growth mindset.

AMERICAN BOARD OF INTERNAL MEDICINE (ABIM)

The American College of Physicians (ACP) is pleased that the American Board of Internal Medicine (ABIM) will extend deadlines for all Maintenance of Certification (MOC) requirements through 2022. ACP has assured ABIM leadership understands the significant impact of the global COVID-19 pandemic on internists and has advocated for extending certificate deadlines to help alleviate exam-related stress. Extending certification will allow ABIM diplomates the options to join the new longitudinal assessment that is planned to launch in 2022 or sit for a long-form secure exam at a testing center when the current public health crisis has been stabilized. ACP is committed to supporting your professional development and lifelong learning and to representing your needs. We will continue to advocate for a constructive approach for internists to demonstrate their professional knowledge and skills. The College recognizes that many internists have been working nonstop throughout the past year in the midst of a global pandemic and may feel overwhelmed, stressed or depressed. The [I.M. Emotional Support Hub](#) provides resources and information to help protect your health and well-being and sustain your ability to care for those in need.

34th ANNUAL CHRONIC PAIN MANAGEMENT CONFERENCE

The Foundation For Medical Excellence



In cooperation with The College of Physicians and Surgeons of British Columbia, join us for this one-day, virtual, interactive learning experience. Friday, September 17, 2021. Earn 7.5 CME. Register: www.TFME.org

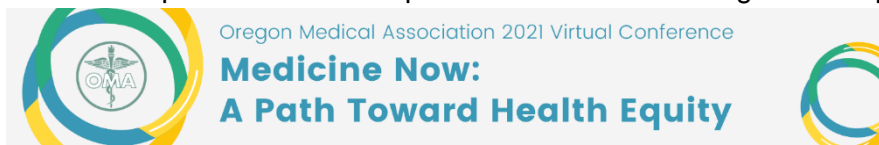
CHAPTER TREASURY REPORT

Finance Committee Report - ACP Oregon – September 2021: Greetings from the Finance Committee! Our committee is pleased to report that as of fiscal year end 20-21, the Chapter was continuing in strong financial position. Five of the last six years have shown a positive variance to our budget, and we currently have just shy of two years of operating reserves. Our total income was \$84,993, against expenses of \$48,707. Our Chapter dues income, which constitutes the majority of our total income, remains at budget in the prior fiscal year despite the uncertainty brought on by the pandemic. Our Committee meets approximately quarterly and provides recommendations to our Governor's Advisory Council. I'd like to extend my thanks to my fellow committee members: Michael Bower (Chapter Treasurer), Mark Backus, Jenny Silberger, Marianne Parshley, and Mary Olhausen. We are always interested in your questions, ideas, or interest in serving on our committee. Feel free to contact me at any time at rahkola.sarah@gmail.com.
In service, Sarah Rahkola, MD, FACP - Finance Chair, Oregon Chapter ACP

OMA (Virtual) ANNUAL CONFERENCE

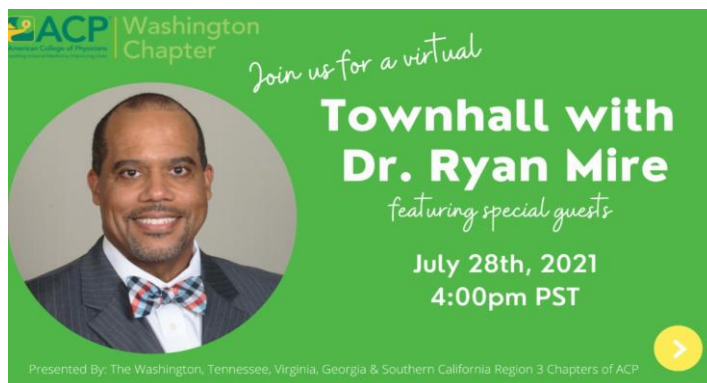
SATURDAY, OCTOBER 9, 2021 / 7:30am - 12:00pm / Registration FREE

This year's conference features amazing keynote speakers, including **Dr. Anthony Iton** and **Dr. Alisha Moreland-Capuia** who will speak to the role of public health in addressing health equity and systemic racism and care conference breakout trauma-informed respectively. The will also feature sessions



addressing various areas of health equity such as housing, LGBTQ+ health, elder care, and more. Stay tuned for a full agenda! Learn more about this year's conference, including award nominations and story-telling opportunities, at www.theOMA.org/conference.

THE BLACK MEDICAL EXPERIENCE: THE HIDDEN CURRICULUM FROM MEDICAL SCHOOL TO ATTENDING-HOOD



Did you miss the Town Hall with Dr. Ryan Mire (President-Elect, National ACP)?? Please follow this link below to watch the video—a 20-minute keynote from Dr. Mire.

The the video can be downloaded here:
<https://aminc1->

my.sharepoint.com/:v/g/person/liz_aminc_org/EefBfRegSsNCtOsDNd6H0iUB98I5H1muHHzf1s_2ERh dhA?e=g9KJm9

This video is also on Washington Chapter website: <https://washingtonacp.org/townhall-with-dr-ryan-mire/>

OREGON GERIATRICS SOCIETY 22nd ANNUAL CONFERENCE

October 1-2, 2021 / "VIRTUAL"



REGISTRATION IS OPEN

Two (2) Days - Educational Sessions For Care of The Older Adult

REGISTRATION OPEN – Follow This Link For Full Program,

CME / MOC / AMDA Accredit Information, and to Register:

<https://www.ohsu.edu/school-of-medicine/cpd/22nd-annual-oregon-geriatrics-society-conference>



TARGET AUDIENCE: The OGS Annual Conference is an outstanding educational opportunity for all healthcare professionals for care of the older adult. Audience includes: Physician, Medical Director, Nursing, Pharmacy, Physician Assistant, Administrator, and those in-training: Fellows, Residents, and Medical Students.

COST: \$185.00: All Attendee Categories /

FREE: Students, Residents, & Fellows in-training

OBJECTIVES: Critically appraise a selection of the latest evidence regarding care for older adults; Learn the unique needs and complexities in aging and accessing services of LGBT+ older adults, as well as understand service provider best practices; Describe and learn the utility of new diagnostic and treatment modalities in Neurology which are relevant to treating older adults; Learn the challenges associated with homelessness for the older adult; Understand multimorbidity and the shifting paradigm from single disease-centered to patient-centered care; Learn about age-friendly health systems in context of care in outpatient, inpatient, and long-term care; Understand COVID-19 in facilities – the past and the future.

SPEAKERS / TOPICS:

Geriatric Literature Update-The Latest Evidence In Care Older Adults --- Kathleen Drago, MD, FACP

Heart To Heart: Cardiology & Nephrology Heart Failure Best Practices --- Alicia Ross, MD & Claire Kassakian, MD

Toward An Age-Friendly City: Creating Good Places To Grow Up & Grow Old --- Alan DeLaTorre, PhD

Age-Friendly Health Systems/Outpatient --- Marian Hodges, MD, MPH, FACP & Colleen Casey, PhD, ANP-BC, CNS

Age-Friendly Health Systems/Inpatient --- Alaina Ena, MN, RN Gero-BC, CMSRN & Kathleen Drago, MD, FACP

Age-Friendly Health Systems/Long-Term Care --- Katherine Edstrom, AGNP-C

Implementing Age-Friendly Care In Rural Primary Care Setting – Subhechcha Shah, MD

Aging With HIV --- Christopher Evans, MD, MPH, AAHIVS

Understanding The Unique Needs Of LGBT+ Older Adults --- Max Micozzi

Beyond The Devastation: Bringing Quality & Financial Viability To LTC --- Michael Wasserman, MD, CMD

Geriatric Table Topics --- Moderators TBA

What's New In Neurology? --- Joseph Quinn, MD

50 Is The New 70: Aging/Homelessness --- Sharon Meieran, MD, JD, FACEP & Laura Golino de Lovato

Multimorbidity Measurement, Burden, & Health Related Consequences --- Ana Quinones, PhD, MS

Supplements For Older Adults – Aletha Fleming, ND

Additional accreditation information: Attending *AMA PRA Category 1 Credits™* meetings is widely accepted by licensing boards such as Nursing, Pharmacy, PA's, Osteopathic, Family Medicine, and Oregon Long-Term Admin Board, Oregon Community-Based Care Admin Board, and Washington NHA.

Meeting Info: www.oregongeriatricsociety.org / 503-880-7383. oregongeriatrics@comcast.net

OREGON CHAPTER

DIVERSITY-EQUITY-INCLUSION POLICY / 2020-2021

The Membership/DEI committee of the chapter recently updated the DEI policy which was approved by the Advisory Committee and sent on to National.

INTRODUCTION:

Diversity and inclusion within an organization promotes new ways of thinking and a diversity of ideas, while fostering the ability to connect and build relationships. This encourages respect, empathy, and understanding between colleagues and patients and improves organizational engagement, innovation, productivity, and growth. The Oregon Chapter ACP membership comprises a diverse population of internists and subspecialists of internal medicine, and medical students. The Oregon Chapter ACP values diversity and views it as one of its greatest strengths. The Chapter welcomes prospective members without regard to race, color, religion, gender, sexual orientation, age, national origin, disability, genetic information, veteran status or any other protected status; geographic location; or professional setting. The Chapter works to ensure members from diverse groups participate in all activities, decision-making, and positions of leadership. The Chapter recognizes the history of racism in both the profession of medicine as well as in the state of Oregon and work towards eliminating racism within our profession and in the broader community.

POLICY:

The Oregon Chapter ACP strives to encourage internists and subspecialists of internal medicine, and medical students from diverse groups to join the ACP, participate in Chapter activities, and seek to attain positions of leadership. The Chapter believes that a commitment to diversity strengthens the organization's capacity to respond to the needs of its members and their patients, i.e., to recognize that diversity is an important aspect of infrastructure that enhances relevance and effectiveness.

To achieve diversity, inclusion and equity, the Chapter will strive to:

- Ensure diversity in membership, and actively work to provide equity and inclusion of all Chapter members.
- Seek ways to expand diversity among annual award recipients by proactively soliciting nominations of distinguished persons from underrepresented groups within the Chapter membership and from professional organizations and community.
- Improve member understanding of strategies to acknowledge and respect diversity among patients and colleagues and to deliver patient-centered, culturally-responsive health care.
- Foster interest in health care careers in general, and internal medicine in particular amongst high school and college students.
- Support recruitment, coaching, mentorship, and sponsorship of Chapter members from diverse groups to attain decision-making and leadership positions within the College at all levels and to diversify the physician workforce in Oregon.
- Integrate awareness of equity issues into all aspects of Chapter proceedings.

About the American College of Physicians

The [American College of Physicians](#) is the largest medical specialty organization in the United States with members in more than 145 countries worldwide. ACP membership includes 163,000 internal medicine physicians (internists), related subspecialists, and medical students. Internal medicine physicians are specialists who apply scientific knowledge and clinical expertise to the diagnosis, treatment, and compassionate care of adults across the spectrum from health to complex illness. Follow ACP on [Twitter](#) and [Instagram](#) and [Facebook](#).

For more information, visit the Oregon Chapter ACP website at www.acponline.org/chapters.

Approved by Oregon Chapter ACP Governor's Advisory Council: 4-21-2021

ACP PARTNERS WITH THE DEI SHIFT PODCAST ON CME-ACCREDITED SERIES – TO PROMOTE DIVERSITY, EQUITY, & INCLUSION

ACP is partnering with [The DEI Shift](#), a podcast hosted by internists that focuses on diversity, equity and inclusion in medicine. ACP members can claim continuing medical education (CME) credits and maintenance of certification (MOC) points for each episode by logging into ACP's [Online Learning Center](#).

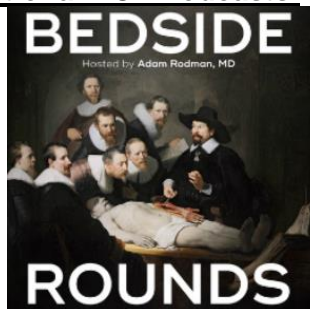


Promotion of diversity, equity and inclusion is a [strategic priority](#) for ACP, and partnering with The DEI Shift reflects ACP's commitment to confronting and eliminating racism, racial disparities, discrimination, bias and inequities in health and health care. The DEI Shift discusses topics such as women in medicine, Asian Americans in medicine, inclusive health-care environments for LGBTQ patients and doctors, and underrepresented minorities in medicine. Listeners gain useful information to improve their practices and environments, to gain empathy, cultural competency, and humility, and to learn more about emerging DEI concepts. The DEI Shift podcast team includes diverse members across career stages from undergraduate students to advanced career physicians and represent a wide variety of backgrounds and experiences. The DEI Shift podcast (@TheDEIShift) is

available on iTunes, Buzzsprout and other podcast platforms.

ACP members who listen to the podcast can claim #CME.

Additional ACP Podcasts:



ACP members can earn free CME and MOC points by listening to [any podcast episode from our library](#) of programming, and episodes are also accessible through the [Online Learning Center podcast collection](#):

Bedside Rounds: Host Adam Rodman, MD, FACP, focuses on historic stories of clinical medicine and how they relate to today's society and culture.

Annals on Call: Host Robert Centor, MD, MACP, and guests debate and discuss recent articles from *Annals of Internal Medicine*.

Core IM: Host Shreya Trivedi, MD, and her team present clinically relevant internal medicine-specific topics for physicians. Core IM also offers a series of podcast episodes addressing interprofessional team care.

The DEI Shift: ACP's newest podcasting partner, focuses on diversity, equity, and inclusion in medicine. Hosted by Tammy Lin, MD, MPH, FACP; Tiffany I. Leung, MD, MPH, FACP, FAMIA; and Pooja Jaeel, MD, The DEI Shift podcast team includes diverse members across career stages—from undergraduate students to advanced career physicians—and represents a wide variety of backgrounds and experiences.

KEEPING YOU WELL AND EMOTIONALLY SUPPORTED

Oregon Chapter Wellness Committee brings you these Wellness & Emotional Support resources!
From National ACP and Oregon Medical Association

I.M. Emotional Support
Free Confidential Physician Resources, including:

- Peer support through the Physician Support Line - 1-888-409-0141
- Confidential counseling through The Emotional PPE Project and Therapy Aid Coalition
- Support resources for individuals and organizations

#IMEotionalSupport



ACP
American College of Physicians
Leading Internal Medicine, Improving Lives

I.M. Emotional Support Hub

It's common right now to feel overwhelmed, stressed, or depressed. Taking care of ourselves and encouraging others to practice self-care sustains our ability to care for those in need. Protect your health and well-being by connecting with easily-accessible peer support through the [Physician Support Line](#),

and affordable, confidential counseling is available through [The Emotional PPE Project](#) and [The Therapy Aid Coalition](#). If you or someone you know is in crisis, **help is available 24/7**. Text 741741 or call the National Suicide Prevention Lifeline ([1-800-273-8255](#)) or Disaster Distress Hotline ([1-800-985-5990](#)).

Peer Support

- Call the Physician Support Line ([1-888-409-0141](#)) for free and confidential just-in-time peer support. Visit their [resource page](#) for tips to maintain and enhance your well-being.
- Partner with an accountability [buddy](#). Establish formal peer support and use quick check-ins (face-to-face, telephone, text, or e-mail) to provide encouragement and reminders.

Counseling

Protect your mental health and well-being by connecting with affordable, confidential counseling for health care workers through:

- [The Emotional PPE Project](#)
- [Therapy Aid Coalition](#)
- [Psychology Today](#)

Additional Support Resources

For Individuals

ACP Webinars with CME

- [Mini but Mighty Skills for Well-being – Self-care](#)
 - [Professional Health and Wellness Mini-Portfolio](#): This portfolio features four 10-minute micro skills that promote self-care and professional health and wellness.
- [Positive Psychology in Times of Crisis](#)
- [Summarized Resources](#)

American Psychological Association (APA)

5 Science-based Tips for Managing Your Stress (posters and videos)

- [Calm Yourself](#)
- [Ground Yourself](#)
- [Relax Yourself](#)
- [Focus Yourself](#)
- [Celebrate Yourself](#)

Duke Health Well-being Tools

This [list of tools](#) is evidence-based, interactive, and specifically designed for busy healthcare workers. Interventions are 2-20 mins. each and can be completed between 3-15 days. Participants will receive prompts for the tools via email or text message.

Center for Study of Traumatic Stress Resources

- [Fact Sheet](#): Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks
- [Fact Sheet](#): Notifying Families after a COVID-19 Death
- [Fact Sheet](#): Fight COVID-19 with Better Sleep Health: A Guide for Hospital Workers

Self-compassion Resources

- [Self-compassion guided meditations and exercises](#)
- [Test your level of self-compassion](#)

American Federation for Suicide Prevention Resource

- [Find support for yourself or those who may be at risk](#)

Free and Confidential Mental Health Guardian Mobile Application

- [Heroes Health](#) is a free and confidential mental health mobile application that empowers healthcare workers to safeguard their mental health through consistent check-ins.

Connect Through the Arts

- Twitter #DocsWhoRock
- [Expressions of Clinician Well-being Online Art Exhibit](#)

For Organizations and Leadership

ACP Webinars with CME

- [Addressing and Supporting Physician Mental Health during Challenging Times](#)

Peer Support

- [Peer Support for Clinicians: A Programmatic Approach](#) (has full scope, limitations, and process)
- Executive Summary from [Minnesota Resilience Action Plan \(MinnRAP\)](#)
- Peer-support [OSHU video](#) (dramatization)

American Psychiatric Association Resource

- [Guidance Document](#): Actions and Activities that a Healthcare Organization Can Take to Support Its Physician Workforce Well-Being During COVID-19 and Beyond
- [Employer Resources](#): E-learning and concise downloadable guides to help organizations support employee mental health and well-being.

Center for Study of Traumatic Stress Resources

- [Fact Sheet](#): Managing the Stress of Returning to Work after COVID-19: A Guide for Supervisors
- [Fact Sheet](#): Supporting Healthcare Professionals in Times of Disaster: Reflections on “At-Risk Employees”
- [Fact Sheet](#): Grief Leadership During COVID-19

American Federation for Suicide Prevention Resource

- [Steps for When Someone is at Risk](#)

Mental Health Guardian Mobile Application

- [Heroes Health](#) is a free and confidential mental health mobile application that empowers healthcare organizations to safeguard their healthcare workers’ mental health through consistent check-ins.
mobile application that empowers healthcare organizations to safeguard their healthcare workers’ mental health through consistent check-ins.

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 Wellness Program](#)

[OPAL-C COVID-19 Clinician Stress Peer Support](#)

[AMA's Seven Ways to Address Physicians' Pandemic Stress](#)

[AMA's Five Wellness Task Force Tactics for Physician Health](#)

[AMA: Virtual resilience rounds help physicians navigate moral distress](#)

[AMA Mental Health Resources to Help Physicians](#)

[AMA Guidance to Help Protect Resident and Fellow Physicians](#)

[AMA: Caring for our Caregivers During COVID-19](#)

[Physician Support Line](#)

[OMA Wellness Resources](#)

[Oregon ACP Wellness Toolkit Resources](#)

ACP VACCINE RESOURCES FOR PATIENTS

Do you know that ACP has a collection of [Vaccine Resources](#), particularly the "[Information for Patients](#)". These COVID-19 vaccination resources reflect ACP's guidance in the realms of clinical, public, and ethical policy, as well as educational materials and recent developments concerning COVID-19 vaccines and their distribution. We are sharing this reminder with the goal of doing what you can to increase vaccine confidence and motivate vaccination in your areas.

[COVID-19: An ACP Physician's Guide - Vaccinations](#)

[Racial and Ethnic Disparities in Adult Immunization](#) - A Video by ACP featuring Sandra Adamson Fryhofer, MD, MACP

Information for Patients:

[Talking to Patients about COVID-19 Vaccines](#)

[Understanding Viral Vector COVID-19 Vaccines](#)

[Understanding mRNA COVID-19 Vaccines](#)

[Answering Patient Questions](#)

Resources for [vulnerable](#) and [limited English](#) populations



Social Media

Post 1: ACP's collection of Vaccine Resources includes information for patients. Help increase vaccine confidence and motivate vaccinations in your area. Click here to learn more: <https://tinyurl.com/3m4yabd9>

Post 2: Your patients have questions about COVID-19 vaccines. @ACPinternists has the answers. Visit the Vaccine Resources page including information for patients. Help increase vaccine confidence and motivate vaccinations in your area. <https://tinyurl.com/3m4yabd9>

SERV-OR / VACCINE VOLUNTEERS NEEDED

As more COVID-19 vaccine doses arrive, and as more individuals become eligible to receive the vaccine, there is a need for additional health care providers to help administer the vaccine.

SERV-OR is Oregon's roster of licensed physicians, nurses, pharmacists, and other health care providers who are registered to volunteer in response to local, state, and federal emergencies. If you are interested in volunteering to help administer COVID-19 vaccines in Oregon, please [register with SERV-OR today](#).

Temporary changes have been made to allow providers who have been licensed in the past 10 years to administer COVID-19 vaccines on a voluntary basis with SERV-OR without going through the volunteer training. For questions, contact serv.or@state.or.us.

BOOST OREGON – TOGETHER WE PROTECT-FREE VIRTUAL EVENT – SEPTEMBER 26, 2021 – 4:00PM

Join us **Sunday, September 26 at 4:00pm PST** for a virtual gathering with live music by the incredible [Versie Jean](#). Attendance is FREE. You will learn about our work, our people, and the latest information about the COVID-19 pandemic. Register:

www.boostoregon.org/together



Together We Protect

Enjoy live music and learn what's ahead in post-pandemic Oregon.

Free Virtual Event
Sep 26, 2021 | 4:00 PM

Register at:
www.boostoregon.org/together

Thank you, sponsors!

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PacificSource
HEALTH PLANS

KAISER
PERMANENTE

PROVIDENCE
Health & Services

AMERICAN COLLEGE OF PHYSICIANS - ANNUAL REPORT 2020-2021

ACP Announces its 2020-2021 Annual Report of the Executive Vice President



Be sure to look through ACP's latest Annual Report of the Executive Vice President and CEO, www.acponline.org/annualreport, which highlights ACP news and activities over the past year, working both with and for our members on behalf of internal medicine. ACP made significant progress on strategic initiatives and important goals that help support internists and advance the profession of internal medicine.

https://assets.acponline.org/about_acp/who_we_are/annual_report/2020-2021/?_ga=2.214066719.940198164.1630602667-1715824232.1603222803

UPCOMING EVENTS / MEETINGS / CONFERENCES

All Events, Meetings, & Conferences - Subject to Last-Minute Adjustments.

TFME – The Foundation For Medical Excellence –

34th Annual Chronic Pain Management Conference

September 17, 2021. VIRTUAL. www.tfme.org

OHSU – NW Regional Hospital Medicine Conference-16th Annual

September 23-24, 2021. VIRTUAL. www.ohsu.edu/cme

Oregon ACP – Oregon Geriatrics Society – Oregon Society For Post-Acute & Long-Term Care Deprescribing: Tackling Prescription Overload – a 4-Part Series

Sep 30; Oct 6; Oct 13; Oct 21—2021. VIRTUAL.

OGS – Oregon Geriatrics Society Annual Conference

October 1-3, 2021. VIRTUAL. www.oregongeriatricssociety.org

OMA – Annual Meeting

October 9, 2021. VIRTUAL. www.theoma.org

Oregon Rural Health – 38th Annual Conference

October 27-29, 2021. Riverhouse On Deschutes Hotel – Bend, OR.

OHSU – Musculoskeletal Update For Primary Care

November 5, 2021. VIRTUAL. www.ohsu.edu/cme

ACP – Oregon Chapter American College of Physicians Annual Scientific Meeting

November 12-13, 2021. VIRTUAL. www.acponline.org/chapters

OHSU – Annual Primary Care Review – 53rd Annual

February __, 2022. HYBRID. www.ohsu.edu/cme

ACP – National Internal Medicine Meeting 2022

April 28-30, 2022. Chicago, IL. In-Person.

ACP – National Internal Medicine Meeting 2023

April 27-29, 2023. San Diego, CA. In-Person.