



Governor's Message

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Seems like it has been a long time since we have talked as a chapter. Everyone is busy and COVID has only complicated matters. But your chapter leaders have been busy since we postponed our October 2021 live meeting in Deadwood. I hope everyone can take the time to participate in our upcoming March 3-4, 2022 virtual South Dakota Annual Scientific Meeting (<https://vaminc.regfox.com/2021-sd-acp-annual-meeting>). Technically this is our rescheduled 2021 meeting, and it will feature the same excellent program and speakers. It will be a time to celebrate each other and the amazing physicians, residents, students, and national speakers of the ACP. Right around the corner will be the face-to-face September 2022 Annual Scientific meeting in Pierre. Please come to my hometown and celebrate life on the river and an escape from COVID and your practice responsibilities.

I do have a request for my chapter: please become more active in your organization. This is not a criticism of character. Each of us has been pulled to the limits. I admit to having experienced burnout with cynicism and practice fatigue like a lot of you have. Family and personal health should remain priority number one. But our small chapter is dependent on our members for its energy and guidance. Our members also drive our strategic planning. We need to know what services are important to you. We have had to shift committee chairs several times because of lack of participation so there are opportunities for involvement. If you see changes that are frustrating, please reach out to me at robert.allison5276@gmail.com.

We have had to make administrative decisions on the work we can get done. Three years ago, we reached the lofty accolade of 'GOLD' status, something rare for small chapters and of which we were very proud, and something that also helped the financial stability of our chapter. ACP National is ever evolving chapter excellence requirements and the work has made us make choices. We are still striving to provide excellent programming, but you may see changes that will allow us to streamline the work of our small chapter. Recently however, ACP National did confirm our GOLD status for a fourth straight year, in part due to the recognition of how COVID has impacted its chapters.

Governor's Message (continued)

We are swinging into advocacy season in Pierre. Our Gladiators, under the capable leadership of **Kelly Evans-Hullinger**, will be monitoring state and national policy issues. **Eric Chow**, will be developing programs for our Early Career Physicians. We need to hear more from the hospitalist side of our organization. Reach out to us if you have a passion to join our committee. And look for an expansion from our new Wellness Champions - **Mahum Shahid and Maryam Sheikh**.

Stay safe, take care of yourselves and your families, and we hope to see you in March.



SAVE-THE-DATE
2022 ANNUAL
SCIENTIFIC MEETING
SEPT. 22-23
PIERRE, SD

Upcoming Events

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|---------------|---|
| March 3-4 | Rescheduled 2021 Annual Scientific Meeting via Zoom |
| April 26 - 30 | BOG and IM2022 - Chicago, IL |
| May 17-18 | Leadership Day - Washington, DC |
| Sept 22-23 | 2022 Annual Scientific Meeting
Pierre, SD |
| Sept 29-Oct 1 | BOG - Savannah, GA |



Physician Wellness

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Physician Wellness? Are we chasing a distant utopia?

Recently, I virtually connected with my fellow ACP Wellbeing Champions and someone said, “I am tired, I am exhausted, and I am supposed to have this golden lifestyle of being a Wellbeing Champion but these days I am struggling to find just ten minutes for myself.” And, not surprisingly, soon our break-out room was filled with “me-too” and “I hear you”. After that fifteen-minute exercise of “sharing vulnerability”, everybody expressed how they felt: heard, validated, supported and “not alone”.

So, maybe the power to fight back does lie within us. Maybe we have not fully explored our greatest strengths in this war to prevent burnout. Our ability to actively listen, care and empathize. But this time, the focus could be our fellow physicians.

“Appreciative Inquiry” is a concept that is seldom utilized by institutional leadership during an organizational level change. The main idea is to focus on the strengths, to dream and evolve together. I call it, the “Power of Gratitude”. The core concept is to be appreciative of the strengths you already have to overcome the weaknesses and limitations. Valuing them helps you explore the potential of these opportunities to the fullest, as you work alongside to achieve what is missing. It relieves stress and makes us more optimistic towards transformations in our lives and professions.

COVID-19 pandemic has impacted and changed our healthcare systems and our lives dramatically. But as we move through this, we have grown stronger together as a healthcare community. We have been able to explore our resources and capabilities to the maximum, and the bond we share today is unprecedented.

So, let’s shift the focus to our own selves. Our qualities and our achievements. Let’s rediscover the available tools to prevent and fight back burnout. These tools could be podcasts, meditation, coaching/counseling sessions or even talking to friends and family. And sometimes, these tools could also look like catching up on sleep or taking a break to recharge. We all have individual needs, and, at times, we have to put ourselves first. As they say on a turbulent flight, “Please put on your oxygen mask before helping your fellow passenger”.