



South Dakota Chapter



Governor's Message

Eric Larson, MD MACP

eric.larson@sanfordhealth.org

Dear South Dakota ACP friends and colleagues,

I am very pleased to be writing my first message as the Governor of the SD Chapter of the American College of Physicians. I am grateful to our past **Governor Rob Allison, MD MACP** for his insightful guidance as I assume the role of Governor. I plan to leverage the knowledge of Rob and **Past Governor Matt Bien, MD MACP** as I navigate my term. Rob did a wonderful job guiding the organization through the tumultuous COVID years where meetings were cancelled and changed to a virtual format and internal medicine physicians were uniquely pressured.

I was incredibly impressed by the robust SD Delegation that attended Leadership Day in Washington, DC. Led for many years by **Kelly Evans-Hullinger, MD FACP** we lobbied **Senator John Thune, Senator Mike Rounds** and **Congressman Dusty Johnson** on behalf of medicine and our patients. Leadership Day is the ACP's grassroots lobbying event. Internists from all states attend a Tuesday training session covering the material in the bills (3 this year). On Wednesday the physicians visited Capitol Hill to speak with their Senators and Representatives, or their staff. The legislation chosen was non-partisan in nature and really none of our legislators needed convincing. It was more a matter of encouraging them to prioritize these issues and explain why they are very important. We were fortunate to include a Sanford School of Medicine IM resident and medical student in our delegation this year. For those interested in advocacy the State and National ACP offer many opportunities to get involved and we welcome your participation.

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I am excited to remind everyone about the SDACP annual scientific meeting being held at The Lodge in Deadwood this October 4-6. We are fortunate to have a fantastic line up for the meeting, and I am very confident you will find it interesting and rejuvenating. Understanding the demands on our members' time we are exploring a new format. We will be finishing both days of meetings early to allow time for relaxation and recreation in the beautiful Black Hills of South Dakota. Our get together, as a group, will be at 6pm Wed October 4th where we will have heavy appetizers and present our state awards for the year. Friends and family are welcome to this event and casual attire enjoyed by all. I will be interested to hear of your impression of this new format.

We will be working on advancement to Fellowship throughout the year and please reach out to me or **Kris Rahm** if you are interested in learning about becoming a Fellow at <https://www.acponline.org/membership/physician-membership/acp-fellowship>. The process is not difficult and many of you more than meet the qualifications already.

I look forward to seeing you all in Deadwood in October!

REGISTER FOR ANNUAL SDACP MEETING:
<https://vaminc.regfox.com/2023-sd-acp-annual-meeting-registration>

Health & Public Policy

Kelly Evans-Hullinger, MD FACP

kellyevanshullinger@gmail.com



Thank you to all our ACP of South Dakota members who participated in advocacy at the local, state, and national levels this year!

Our committee continues to partner with the SDSMA on advocacy at the South Dakota State Legislature. Thanks as always to our members who have answered the call to contact your representatives about issues of concern to us as physicians and patient advocates.

In May, **Mamoon Ahmed, MD (resident), Anna Myrmoe (medical student), Dawn Hill, MD, Governor Eric Larson, MD, and I** traveled to Washington DC for ACP Leadership Day. We met with aides for each of South Dakota's elected representatives to advocate on key national issues including undergraduate and graduate medical education and physician workforce, step therapy and administrative burden, and physician payment reform. As always, we are grateful for the Chapter's funding to send our trainees for an invaluable advocacy experience.

To read about ACP advocacy including ACP's numerous position papers, you can always go to acponline.org/advocacy. To stay up-to-date on current advocacy efforts, please enroll in the Advocates for Internal Medicine Network at acponline.org/advocacy/advocates-for-internal-medicine-network.



Membership Committee

Jennifer Williamson, MBBS FACP

jennifer.williamsonmd@gmail.com



It's Time To Move!!! I was recently contemplating a slogan that was used a few years ago by a sister medical association, "Members Move Medicine".

What does this really mean, I mused. As I peeled back the layers of thought, it dawned on me that movement means change. Are we in need of change? Most certainly.

In the January 2023 edition of U.S. Healthcare from a Global Perspective, we read that the U.S. spends nearly 18% of GDP on health care, yet Americans die younger and are less healthy than residents of other high-income countries.

Other sobering findings in the report, include U.S. having the lowest life expectancy at birth among high income countries and the highest death rates for avoidable or treatable conditions.

What do we do in response to these "frightening" statistics? Do we shake our heads and sigh? No, we move. We agitate for change. We fight for quality healthcare. We hold firmly to the banner that prevention is better than cure, and we fight.

ACP members belong to the most respected educational and advocacy organization in American medicine. Our organization is respected because it places the health needs of the population above the personal gains of its members, while not neglecting the wellbeing of its membership.

Issues at the forefront of our recent advocacy movement:

- Improving Medicare
- Medicaid reform
- Access to Care
- Patients Before Paperwork (reducing administrative burdens)

Membership Committee (continued)

When non-members question the value of joining the College, review with them the work that is being done by the ACP to shape the future of American Medicine. Most importantly share with them your personal ACP journey and your reasons for College Membership.

Yes, there are many reasons including its outstanding educational offerings, tools to improve your practice, cost-effective insurance programs, and the likelihood of becoming a Fellow, but nothing trumps the strength in numbers. Members Move Medicine.

Membership in the ACP is more important than ever for us to move forward together for the betterment of our profession and improved patient care.

I challenge you as members to challenge those who are not. Find out what their barriers are to membership. Invite them to our upcoming meeting. Help them complete their application form. **Make a Move Today!!!**

Upcoming 2023-24 SDACP Events

2023:

October 4-6	SDACP Annual Scientific Meeting The Lodge in Deadwood, SD
October 12-14	Board of Governors Meeting Orlando, FL

2024:

October 9 - 11	SDACP Annual Scientific Meeting Holiday Inn in Spearfish, SD
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Wellness/DEI Committee

Mahum Shahid, MD

mahum.shahid@usd.edu

The Power of One!!!! I stumbled upon two articles recently. First was a survey report, published by Harvard Business Review, that found out that physicians and lawyers are the loneliest workers in the United States¹.

The second article was about the tragic death of a New York oncologist who was possibly suffering from post-partum depression and was perceived by her neighbors as a very private person. Research, today, shows that loneliness increases one's risk of heart disease, stroke, and type-2 diabetes and it has the same effect on our health as smoking 15 cigarettes a day². And, although, the serious consequences of being lonely are backed up by strong medical evidence, the fix is relatively simple and anchored in social sciences.

ACP has launched its "Power of Connectivity Initiative" to promote social connection and build authentic relationships within our workplaces. Improving "Social Connection" is also one of the current public health priorities of the US Surgeon General. And the "simple fix" here is not a drug or a procedure but some small acts of kindness and thoughtfulness. Checking in with a colleague who is displaying a change in usual behavior. Creating a psychologically safe place to have an authentic exchange of thoughts and to provide support. Introducing yourself to a new colleague at work. Putting down the phone for active listening and staying present in the physical environment. And, most importantly, seeking help when we feel overwhelmed ourselves.

"The Power of One" theory emphasizes that one individual is enough to impact one life, or many. One small act creates a ripple effect in building a cohesive community at a workplace which acts as a safety net when one member goes through turmoil. Today, we live in the world of "social" media which was created to increase connectivity and yet we have growing evidence proving that the use of social media itself further increases loneliness³, depression and anxiety. Thus, it is crucial to revert to the traditional ways of meeting and greeting to build meaningful relationships that would translate into a resilient social atmosphere and overall wellbeing of its members.

Wellness/DEI (continued)

References:

1. Achor S, Kellerman GR, Reece A, Robichaux A. America's loneliest workers, according to research. *Harvard Business Review*. [Accessed August 9, 2023]. Available at: <https://hbr.org/2018/03/americas-loneliest-workers-according-to-research>.
2. Holt-Lunstad J, Smith TB, Baker M, Harris T, Stephenson D. Loneliness and social isolation as risk factors for mortality: a meta-analytic review. *Perspect Psychol Sci*. 2015 Mar;10(2):227-37. doi: 10.1177/1745691614568352. PMID: 25910392.
3. Bonsaksen T, Ruffolo M, Price D, Leung J, Thygesen H, Lamph G, Kabelenga I, Geirdal A. Associations between social media use and loneliness in a cross-national population: do motives for social media use matter? *Health Psychol Behav Med*. 2023 Jan 1;11(1):2158089. doi: 10.1080/21642850.2022.2158089. PMID: 36618890; PMCID: PMC9817115.

Membership Moments

