



South Dakota  
Chapter

# Governor's Message

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2021 has been a very tough year for me to keep focused. Like every one of you, I have been pulled in several different directions. COVID continues to be intimately intertwined with everything we do as physicians and in our day-to-day private lives. We still struggle with family and friends about the importance of vaccinations despite the huge numbers of Americans that have passed away from this viral menace.

Everyone is now looking for normality. We want to get back to being who we are. Even as I write this Governor's report, I'm watching the Olympics that are on my computer screen. They remind me of the need for us all to move on, and get back to being 'more normal' if that can ever happen again. As restaurants and venues open up, I encourage you all to be role models with continued use of masks and hand washing when seen in your communities.

The work of running the South Dakota Chapter has always been a blessing and a challenge. My executive team is amazing, but we will be reaching out to our membership now more than ever to help do the day-to-day business. A year apart from each other threatens to divide us. We are ramping up for our October 2021 Annual Scientific meeting in Deadwood, SD as the focus of returning to being the best chapter in the nation, by hosting the 'Best Meeting of the Year.' Early registration numbers are good but I'm hoping to break even our best historic numbers. We are a "Gold chapter" for a reason, let's see it in October.

This year we will focus more on our members being recognized as Fellows in the ACP. We have many amazing members who have achieved fantastic things. We highlight these members to the ACP national awards committee who validates what we already know. It's time to honor them with Fellowship. It was amazing to see the FACP behind my name many years ago and it has always been a bit of pride I've had that South Dakota is at the top of the top of the nation on its percentage of members being honored. Please contact Membership Committee Chair **Jennifer Williamson MD, FACP** with any questions your application.

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Diversity Policy

# Governor's Message (continued)

Diversity, Equity, and Inclusion (DEI) are the buzz words for 2021. We include these thoughts into every decision we make as a chapter, be it committee chairs, projects for our members, or the honors we award our members. We want to be more inclusive and encourage members to reach out if they see opportunities for growth as a chapter. We need chapter involvement at all committee levels. Please be willing to drop your name to me or **Kris Rahm**, or answer the phone when we call for help.

Our Health and Public Policy Committee, under the capable hands of **Kelly Evans-Hullinger MD FACP**, was amazing in early 2021. Scope of practice issues with physician assistants was the main focus of our resources. Our HPPC 'Gladiators' worked in conjunction with our physician partners in the SDSMA to educate our legislators on the importance of being adequately trained for the care of the complex medical patient, and also shared the value of our medical students, residents and physician members. We anticipate this coming back in 2022 and will need the relationships you have with your local legislators to further educate them. We continue to support ACP National agenda items as well. Please check out Kelly's report on these topics.

We continue to recognize the value of our Early Career Physicians. They are the lifeblood of our chapter. **Eric Chow, MD FACP**, leads this committee and is always looking for new ideas for socialization and volunteerism. His report will highlight social media projects, Zoom webinars, and YouTube topics that are pertinent to today's young physician. We have allocated resources for this group in our budget, all we need is the ideas to flow freely now.

There is more to come in the articles that follow. Take the time to reach out to me personally if you have concerns or ideas. It is your chapter that I have been blessed to govern. My time as your Governor will end sooner than I had realized. I hope to ever move us forward as a chapter with your help.

**REGISTER NOW - <https://vaminc.regfox.com/2021-sd-acp-annual-meeting>**

**70TH ANNIVERSARY ANNUAL MEETING  
SEPTEMBER 29 - OCTOBER 1, 2021  
DEADWOOD, SD**



# Physician Wellness

**Clarissa Barnes, MD FACP**

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I don't know about you, but I am tired. As we approach the beginning of another school year, we're once again starting to see COVID numbers increase. Discussions about vaccinations and masks are once again at the forefront in the news and the hospitals and clinics are as busy as ever. So, if it feels like déjà vu, you're not alone.

All these things together contribute to additional pressure on an already stressed healthcare system and us, as physicians. Some of us are experiencing higher than average stress. Some of us are suffering from burnout, depression/anxiety, or suicidal thoughts.

As the ACP Wellness Champion for South Dakota, I do not have all the answers. However, what I can tell you is that no matter how terrible things may seem, there is always a way forward.

If you're stressed, consider asking yourself what brings you the most joy. Maybe it's a hobby or time with a friend or loved one. When is the last time you did that activity? As I reflect on myself, I know that running helps my mental state, though I also admit it's been over a week since I last laced up my shoes because of a high workload lately.

If you are feeling that job stress has progressed to burnout or moral injury, you may be considering a job or even career change. Remember that unless you identify what truly fulfills you, burnout is likely to follow you. If you're making a change, you want to run towards something great and not just away from your current situation. If you're not sure what aspect of your job makes you happy, coaching might be a good fit for you. Working with a coach can help you identify core values and work functions that help you find a job you love.

If you're experiencing depression, anxiety, or suicidal thoughts, please reach out for help. Statistics have shown us time and time again that physicians are the least likely to reach out even though they have the highest suicide rates. Please don't suffer alone.

For additional support, please consider the following options:

- Your personal physician or established mental health professional
- National Suicide Prevention Hotline- 1-800-273-8255
- Physician Support Line - <https://www.physiciansupportline.com/> 1-888-409-0141

As always, if I can help in anyway, please reach out.



# Health & Public Policy

**Kelly Evans-Hullinger, MD FACP**

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Greetings, Internists!

After being cancelled in 2020, ACP Leadership Day occurred virtually in May 2021. A handful of us were able to attend the virtual workshop and then meet with our D.C. representatives' staffs in regards to a handful of priorities and talking points by the ACP. Specifically, we advocated for the following issues and active legislation related to them:

- Support the value of primary and comprehensive care
- Train and support frontline physicians
- Expand access to tele-health
- Improve access to prescription drugs
- Support funding for the CDC and NIH

While we missed being together and seeing our nation's capital, we were glad to be able to safely participate in this advocacy this year. As always, our national office remains very active in health care advocacy; you can learn more about The ACP's positions and activity at [ACP Advocacy | Health Policy Issues and Health Care Reform \(acponline.org\)](https://www.acponline.org/advocacy). I would encourage you to sign up for the Advocates in Internal Medicine network (AIMn) on this page to stay up to date on all things related to health policy and how you can help effect change.

Locally, our chapter is working on strengthening and building new relationships with other groups advocating for health care issues in South Dakota including immunization policy, scope of practice, and other relevant issues on which we expect to need strong grassroots advocacy during the South Dakota legislative session. If you would like to be added to our list of advocacy gladiators, please reach out to **Kris Rahm**.

I hope to see many of you in Deadwood this fall! Thanks, as always, for all you do on behalf of advocating for our patients day in and day out. Take care.







# Internal Medicine Residency Update

**Randall Lamfers, MD FACP**

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On May 20<sup>th</sup> we celebrated our IM residency graduation and annual awards. The residents selected **Dr. Kwabena Kwakye** for the faculty teaching award. We had 13 residents receive the annual academic achievement award which is given to the residents scoring 90<sup>th</sup> percentile or higher on the annual in-training service exam. **Dr. Oberoi** received the Dr. John L. Boice Scholarship for leadership, interest research, and interest in academic medicine. **Dr. Arshad** received the humanism award. As we said good-bye to our graduating residents we had the opportunity to welcome the new class of categorical interns and prelim residents at the end of June. I think we all can remember our first months as a new intern. Looking ahead we have the residents preparing their posters for the State ACP meeting, 4 of our residents will be interviewing for fellowships, and not too far off we will begin to interview for our next class of residents. Thanks to all our great faculty and the SDACP for their investment in the IM residency program.

## IMIG

**Lane Blasius, MS3**

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The Internal Medicine Interest Group at the SSOM will continue the annual EKG night again this year in September. The EKG night is an event that we have put on for several years now. It is an educational night for SSOM students to come and enhance their knowledge of EKGs and how to properly read them. Each year a Sanford Cardiology Fellow volunteers his or her time to come and walk us through this process. They typically will have a PowerPoint beginning with educational topics and conclude with examples we attempt to interpret. This event is scheduled each year in September, which is just after the MS2 students have finished their cardiology block. We have had a great turnout in years past and hope to continue that trend this fall.

## *Upcoming Events*

**Sept. TBD**

**Sept. 2**

**Sept. 29**

**Sept. 30-Oct. 1**

**IMIG EKG Night**

**Vermillion Student Membership Drive**

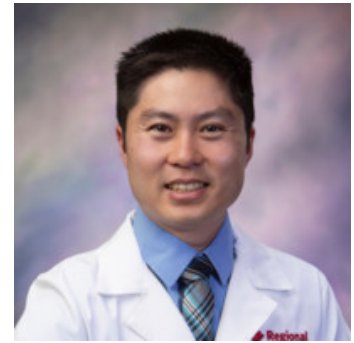
**SDACP Council Meeting - Deadwood**

**Annual Scientific Meeting - Deadwood**

# Early Career Physicians Update

**Eric Chow, MD FACP**

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I hope everyone is having a great summer so far. We are nearing the start of our annual South Dakota ACP Scientific Meeting in Deadwood. During this meeting we will be having our special community service event for #IMProud. We are teaming up with East River Foster Parent Network to help provide our foster care community with wonderful welcome bags for foster children. During our annual meeting we will be filling the welcome bags.

**A message from Holly Christensen, East River Foster Parent Network Clothing Closet President -**  
***"Thank you for helping make a lasting impact on a child's life during a very challenging time in their lives. A majority of the time when a child enters care, they come with what they had on that day. By being able to provide them with a welcome bag it gives them something to call their own. Just this past week we were able to help 6 siblings get clothes, a welcome bag, and a new pair of shoes. Getting new shoes brought all 3 teens to tears because they walked in the door with no shoes. We would not be able to provide this opportunity with our help of amazing organizations like yours!"***

On another note, I am looking for early career physicians located east river to be the co-chair for this committee. I would greatly appreciate extra help. Please reach out to **Kris Rahm** or myself if you are interested and joining the Early Career Physician Committee.



50th Chapter Anniversary - 2001 - Huron, SD

## We Are Here!!!

If we've learned nothing else over the last 18 months of social distancing, we have learned that, especially during trying and challenging times, we often need the support of our family, friends and our SDACP community. That said, there are often wonderful times in our lives that you might want to share with that same group of supporters.

**We want you to know that we are HERE.** If you want to share any news....good or bad....with just me, our Council, or our entire membership, please reach out to either me or **Kris Rahm** anytime. Be well, Rob

Check out our new chapter website - <https://www.acponline.org/about-acp/chapters-regions/united-states/south-dakota-chapter>

# South Dakota ACP DEI Policy

Council Approved – March 16, 2021

The South Dakota American College of Physicians' membership comprises a diverse population of internal medicine professionals and trainees and welcomes all prospective members inclusive of diverse individual and group characteristics. Additionally, SDACP welcomes diversity of opinion, and respects, values and considers all opinions when formulating policy.

SDACP works to ensure members from diverse groups participate in all activities, decision-making and positions of leadership. The SDACP believes that a commitment to diversity, inclusion and equity strengthens the organization's capacity to respond to the needs of its members, patients, the profession and the public.

When engaging and recognizing expertise and accomplishments in a wide variety of areas, including the practice of medicine, teaching, research, public service, and volunteer service, SDACP will implement strategies to engage, recognize and award people from diverse groups.

SDACP recognizes the importance of cultural humility and competency in the delivery of health care to diverse groups of patients. SDACP will seek ways to promote and develop these values and skills in its members.

**To achieve diversity, inclusion and equity, SDACP will strive to:**

- Increase diversity across SDACP by focusing on strategies that foster inclusion and create accountability.**
- Enhance inclusion and engagement of members from diverse backgrounds in all chapter activities.**
- Enhance coaching, mentorship and sponsorship of members from diverse groups to attain decision-making and leadership positions within SDACP at all levels.**
- Increase SDACP awards and recognition to members of diverse groups.**
- Encourage, incentivize, support, and reward members that pursue and recognize diversity and inclusion.**
- Implement training in diversity, inclusion, and equity across SDACP.**
- Encourage collaboration within and outside SDACP of diverse stakeholders.**

