



Virginia
Chapter



August 2026

Upcoming Dates

2026 Annual Scientific Meeting

September 25 & 26

Sheraton Norfolk Waterside

[Register Now!](#)

2026 Resident and Student Meetings

September 26

Sheraton Norfolk Waterside

[Register Now!](#)

2027 Annual Scientific Meeting

September 24 & 25

Westin Richmond

Mark Your Calendars!

2027 Resident and Student Meetings

September 25

Westin Richmond

Follow Virginia ACP!



@acp_virginia



@VaChapterACP

Chapter News

MSV 2026 Annual Meeting

October 16-18

Roanoke, VA

[Register here](#)

IMM 2027

April 15 -17

Los Angeles, CA

[Register here](#)

MSV 2027 Annual Meeting

October 15-17

Roanoke, VA

IMM 2028

April 6-8

Washington, DC

IMM 2029

April 26-28

San Diego, CA



2026 Annual Scientific Meeting

Foster Excellence in Internal Medicine

Friday & Saturday, September 25 & 26
Sheraton Norfolk Waterside

11.25 hrs of CME and 11.25 MOC points
Registration & Meeting Hub Coming soon!

Meeting Highlights

Cancer Disparities
SGLT2 & GLP1
Antimicrobial Stewardship
HTN & Lipids
Dementia
Rhinosinusitis

What not to order
EDS
Alpha Gal Syndrome
Best Papers
Postoperative Pain
Medical Malpractice

Registration & Meeting Hub

- Friday full day, Saturday half day
- One day fees available
- Free* for resident/fellow and student members
- Saturday morning networking breakfasts

*\$25 fee refunded upon check in at the meeting



2026 Resident and Student Meetings

September 26, 2026

8am - 4pm

Sheraton Norfolk Waterside

Abstract Competition
Workshops
Doctor's Dilemma

Free* for resident/fellow and student members
Breakfast and lunch included

*\$25 registration fee is refunded upon check in at the meeting



Virginia
Chapter



Registration & Meeting Hub

Wellness Corner

August 2026

Virginia ACP Wellness Committee



Welcome

Welcome to the 2nd edition of

“Wellness Corner.” It will be published routinely in the VA Chapter ACP newsletter. Topics will focus on ways to bring more joy, peace, and gratitude, to your daily grind.

We invite you to submit topics for future editions: what are you reading or listening to? What are your favorite places to frequent in your neighborhood?

Please submit any ideas or contributions to derbercj@odu.edu

Thanks,
Catherine

Wellness Chair, ACP Virginia Chapter

NOTE: *Comments made in this newsletter are do not represent the views of the writer's institution or the American College of Physicians*

Wellness Moments in History

8.12.1865 Joseph Lister performed first surgery using antiseptic techniques, paving the way for reduced post-operative infections

8.25.1916 US National Park Service was created

8.17.1953 First clinical trials supporting benefits of mindfulness with reduced stress

8.20.1947 Nuremberg Code was established to ensure patients had the right to voluntary informed consent when participating in research studies

Did you know...

August is *National Wellness Month*

Developed in 2018 to promote a focus self-care and reducing stress.

Consider celebrating with the following:

- Avoid looking at social media for a day
- Buy or make yourself a fruit smoothie
- Start a new hobby



STAY TUNED

Transition Webinar series

Wellness Committee meeting

“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

-Fred Rogers



Wish you were here ... *Norfolk*

If you were to visit Norfolk, here's
where we would go:

- Read letters at the Armed Forces Memorial in Town Point Park - Waterside
- Visit the outdoor exhibitions at Hermitage Museum & Gardens
- Explore the Norfolk Botanical Gardens
- Shop the stores on Colley Avenue
- Walk along the Elizabeth River Trail
- Grab pizza and a drink at Fellini's
- Get an ice cream cone at Doumar's
- See a glassmaking exhibition at the Chrysler Museum of Art Glass Studio

Wellness in the Arts

Need a break? Consider the
following:

- Watch the San Diego Zoo live cameras
- Read "I Wandered Lonely As a Cloud" by William Wordsworth
- Visit the online "Arts and Wellbeing" exhibit at the Kennedy Center



JOY micro-ritual

End each day with an intentional
reflection of what makes you
feel grateful



Advocacy In Action

ACP August Recess 2026 Grassroots Mobilization Challenge

In August, members of Congress return home to their districts during the congressional recess. During this time, ACP is calling on internal medicine physicians to engage their representatives on two important issues we need Congress to act on:

Strengthening and stabilizing physician Medicare payments through supporting the Patients First Act of 2026, H.R. 9693.



TAKE ACTION Patients First Act of 2026

Protecting physician access to visa programs through supporting the H-1Bs for Physician and the Healthcare Workforce Act, H.R. 7961



TAKE ACTION H-1B Visas

**Stay up to date on all legislation and policies by joining AIMn!
See page 9 for a link to join today.**

What ACP is Doing

ACP has been a strong voice advocating for the need to reduce stigma and help physicians know they are not alone. ACP's efforts include:

Advocating for System Change

- Promotes reducing stigma around physicians seeking mental health care
- Developed Patients Before Paperwork Initiative and Advocacy Toolkit to modernize license/credentialing applications.

National Partnerships

- Joined National Physician Suicide Awareness (NPSA) Day coalition with 150+ partners.
- Expanded efforts into a year-round campaign supporting mental health help-seeking and positive work environments.

Support for Physicians

- Goal: ensure physicians know they're not alone; seeking help = strength.
- Published policy paper on Physician Suicide Prevention and the Ethics and Role of a Healing Community.
- ACP offers a CME case study on physician suicide prevention and the ethics and role of the physician colleague and the healing community

Educational Resources

- Micro-learnings, covering topics such as:
 - Building support networks
 - Promoting psychological safety
 - Fostering belonging in communities
 - Peer coaching to support colleagues in need

Efforts to decrease burnout and prevent physician suicide are built into these ACP products and services, yet there is always an opportunity to find ways to highlight and better articulate those connections to ACP members. ACP has and will continue to advocate for healthy workplace conditions for physicians and their teams to reduce burnout, prevent suicidal behaviors and ideations, and increase overall physician well-being and professional fulfillment.

For more resources please visit the
[IM Emotional Support Hub](#)

Visit The New One-Stop Collection of ACP's Recent Advocacy Efforts

ACP advocates for you on policy changes that will make a difference in your daily work, your professional development, and your patients' health. For the latest advocacy efforts from ACP, visit the [new one-stop collection](#) featuring articles, statements, and ways you can take action on various campaigns.

Latest ACP Advocacy Updates:

- ACP shared its priorities with the presidential transition team, ahead of President Trump being sworn into office, and congressional leadership.
- ACP has also sent a letter to RFK Jr
- ACP has issued the following public statements:
 - Reiterated the importance of vaccines and evidence-based public health policies
 - Issued a joint statement with 5 other medical societies to protest the U.S. withdrawing from the World Health Organization
 - Reaffirmed our commitment to advancing equity
 - Issued a joint statement about the removal of data and guidance from federal websites
 - Issued a joint statement about protecting Medicaid

ACP has signed on to the following amicus briefs:

State of Nebraska, et al., v. U.S. Environmental Protection Agency, et al.; Alliance of Nurses for Healthy Environments, et al. This case challenges the EPA's authority to reduce emissions by accelerating the adoption of electric trucks. The amicus brief that ACP signed onto in the case argues that the rule will achieve significant emissions reductions that are expected to benefit human health.

The below briefs are still to be filed:

PFLAG, Inc., et al., v. Donald J. Trump, in his official capacity as President of the United States. This case was filed by PFLAG, GLMA, and a number of adolescents and their parents against the executive order that President Trump signed seeking to functionally ban gender affirming care for individuals under the age of 19. The amicus brief that ACP signed onto in the case argues that the widely accepted guidelines for treating gender dysphoria were developed through a robust and transparent process and provide for gender-affirming medical care when indicated.

ACP is also in the process of signing onto another brief in a separate case also against the executive order on gender affirming care.

ACP is implementing several grassroots advocacy campaigns via the ACP's Advocates for Internal Medicine network that address protecting access to care for Medicaid enrollees, supporting the Medicare Patient Access and Practice Stabilization Act; and supporting funding for the NHSC and THCGME Programs.

ACP has reminded members that they have access to the following clinical resources:

- Adult Immunization Resource Hub
- Sex and Gender Health Learning Hub
- In the Clinic from Annals of Internal Medicine
- DynaMedex®

Annals of Internal Medicine published "Potential Clinical and Economic Impacts of Cutbacks in the President's Emergency Plan for AIDS Relief Program in South Africa: A Modeling Analysis" (2/11/25)

Lastly, there are two additional external items that may be of interest to you. There is a Stand Up for Science 2025 rally scheduled for March 7, 2025, in Washington, D.C., and in cities across the country. Second, physicians who are concerned about patients who are immigrants could consider sharing the "Know Your Rights" resource from the National Immigration Law Center.

ACP's Strong Advocacy Efforts Addressing ACIP and Vaccine-Related Issues



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.

Enroll Now - after clicking the link, scroll down to the right where it says: Enroll in the Advocates for Internal Medicine Network and enter your information to join.

ACP Resource Hubs

2026 ACP Advocacy Priorities

I.M. Emotional Support Hub

Financial Well-being

Telehealth Resources

Integrating Behavioral and Mental Health into Primary Care

Practice Resources

Clinical Information Resources

Substance Use Disorder Education

AI Resource Hub

ACP offers educational webinars for ACP members on a variety of topics relevant to internal medicine.

These webinars provide an opportunity to learn, pose questions, and share ideas with others. Register for an upcoming webinar today. Can't make it to the live webinar? Access webinar recordings in the On-Demand Library.

ACP Online Upcoming Webinars

ACT NOW!
Renew your ACP membership today.



UNPAID DUES?

Act now and renew your ACP membership today!

If you haven't already, renew your ACP membership today to regain access to your member-exclusive educational and clinical benefits, valued at over \$6,000! As a valued member of ACP, your success is important to the internal medicine community.

Stay connected with the internal medicine community. Get free subscriptions to *Annals of Internal Medicine*® and *DynaMedex*®. You'll also get discounts on *ACP MKSAP*™, Board Review courses, the annual Internal Medicine Meeting, and more. [If applicable, insert info about an upcoming chapter activity]

Don't let these valuable opportunities slip away—renew now and thrive with us!

Renew your membership today to explore all your member-exclusive benefits.

2025 Annual Meeting

CLAIM CME*

***expires 9/27/26**

Meeting Hub - Slides are available