



# ACCP<sup>®</sup>

American College of Physicians  
Leading Internal Medicine, Improving Lives

# Virginia Chapter

## July 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

#### **2027 Annual Scientific Meeting**

September 24 & 25

Westin Richmond

Mark Your Calendars!

#### **2027 Resident and Student Meetings**

September 25

Westin Richmond

## Chapter News

#### **MSV 2026 Annual Meeting**

October 16-18

Roanoke, VA

#### **IMM 2027**

April 15 -17

Los Angeles, CA

#### **MSV 2027 Annual Meeting**

October 15-17

Roanoke, VA

#### **IMM 2028**

April 6-8

Washington, DC

#### **IMM 2029**

April 26-28

San Diego, CA

**Follow Virginia ACP!**



**@acp\_virginia**



**@VaChapterACP**



## 2026 Annual Scientific Meeting

*Foster Excellence in Internal Medicine*

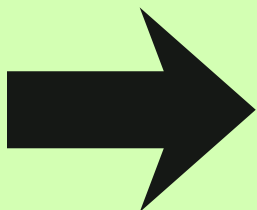
Friday & Saturday, September 25 & 26  
Sheraton Norfolk Waterside

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**

Save the Date

2026 Resident and  
Student Meetings

September 26, 2026

Sheraton Norfolk Waterside



**Abstract review is underway &  
Agenda coming soon!**

# Wellness Corner

July 2026

Virginia ACP Wellness Committee



## Welcome

Welcome to the first edition of “Wellness Corner.” It will be published regularly in the VA Chapter ACP newsletter. Topics will focus on ways to bring more joy, peace, reflection, and gratitude to your daily routine.

We invite you to submit topics for future issues: 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](mailto:derbercj@odu.edu)

Warm regards,  
Catherine

Wellness Chair, ACP Virginia Chapter

DISCLAIMER: *The views and opinions expressed in this newsletter are solely those of the author and do not reflect the official policy or position of the author's employer, the Commonwealth of Virginia, or the American College of Physicians.*

## Wellness Moments in History

7.27.1921

Insulin isolated by medical student Charles Best and Canadian surgeon Frederick Banting at the University of Toronto

7.25.1978

Birth of the Louise Joy Brown, the baby conceived by IVF in England

7.26.1990

Americans with Disabilities Act is signed

July 28<sup>th</sup>: World Hepatitis Day

Welcome new residents and fellows!

Did you know...

## July is *Social Wellness Month*

Created in July 1905, by Dr. Joseph Pratt as a support group to provide patients with tuberculosis with resources for medical care.

Consider celebrating by:

- Host a themed dinner party or game night
- Join a colleague on a 15-minute walk during lunch
- Volunteer to mentor a student interested in a medical career



STAYTUNED

Transition Webinar series

Wellness Committee meeting

**“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”**

-Maya Angelou



## Wish you were here ... *Virginia Beach*

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

- Hiking at False Cape State Park
- Grab dinner at Dockside Restaurant on the Chesapeake Bay
- Whale watching
- Shopping at the Old Beach Farmers Market
- Explore the Eggar Cayce A.R.E Library
- View the monuments along the Virginia Beach Boardwalk
- Travel through time at the Cavalier Hotel and the "Virginia Beach: Along the Oceanfront timeline" on 36<sup>th</sup> St and Pacific Ave

---

## Wellness in the Arts

Need a break? Consider the following:

- Read *Attending* by Dr. Ronald Epstein
- Reflect on Mary Oliver's poem "Wild Geese"
- Create a playlist of the top 10 songs from the year you became a doctor



### **JOY micro-ritual**

Before entering each patient's room, try taking a full, deep breath to re-center yourself before knocking.

---

# 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<sup>SM</sup>, 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**