

Final Governor's Message



Governor - Laura Davisson, MD, FACP

As I prepare to pass on the role of WV ACP Governor to Dr. Chillag at the ACP meeting in April, I would like to express my gratitude to Sheri Campbell for her exceptional commitment as Executive Director during my term. She did an outstanding job of keeping the chapter organized and moving forward, even during the most challenging times. I am thrilled that Karen Saad, an experienced leader, will be taking over. She will undoubtedly excel in the position she previously held for years.

Reflecting on my time as Governor, I am reminded of the significant life milestones that have occurred during my tenure. When I decided to run, my oldest child was in middle school. Now she is in college. Similarly, my youngest child was in elementary school, and is now in high school. Thus, I served as

Governor throughout my daughter's entire high school experience and my son's entire middle school experience. Despite facing several losses and the added stress of the pandemic, serving as the ACP Governor has been an integral part of my life, providing invaluable opportunities for personal growth.

My awareness of the wide range of ACP's various initiatives increased significantly during my term. This experience has left me more impressed with ACP than ever before, and I encourage everyone to consider getting involved in professional organizations like ACP at the national level. Such participation not only leads to meeting people from around the world but can also lead to amazing opportunities. I am struck by the fact that a group of Governors from all over the world who composed my "class" fit in so well. It reminds me of the common love for internal medicine shared by internists everywhere and the similarities that bind us together, regardless of where we are from.

My growing obesity medicine practice during my time as Governor has taken me in a slightly different direction clinically. However, both internal medicine and obesity medicine aim to improve chronic diseases. Learning about and getting involved in the resolutions process opened my eyes to the power of a professional medical organization to influence policy. My hope for the future is to continue to be involved in advocating for improvement in the health care system, particularly in areas related to obesity treatment. This can be accomplished through clinical care, educational initiatives, and policy changes.

I would like to recognize and thank all the leaders who held important positions working for WV ACP. You are the future of this chapter and of internal medicine. Your voices are crucial, and I encourage you to use them to effect positive change.

2022 West Virginia Chapter Officers, Planning Committee and Council Members

Governor	Conference Planning Committee	Advisory Council Chairs	
Laura Davisson, MD, FACP Morgantown, WV ldavisson@hsc.wvu.edu	Chris Dionne, MD - Chair Shawn Chillag, MD, FACP Laura Davisson, MD, MPH, FACP Michael Iannetti, MD Sarah Sofka, MD, FACP Kristen Helmick, MD, FACP Stephen Roy, MD Michael Cheshire, DO, FACOI, FACP Sheri Campbell - Executive Director	Scientific Program Chair Scientific Program Vice-Chair Health & Public Policy Membership Awards & Nominating Women in Medicine Service & Volunteerism Early Career Physicians Physician Well-being & Physician Satisfaction Resident Council Student Council	Chris Dionne, MD Stephen Roy, MD Brad Henry, MD, FACP Charles Mupamombe, MD Rashida Khakoo, MD, MACP Josephine Reece, MD, FACP Ashley Zawodniak, DO, FACP Brooke Shannon, DO Amna Anees, MD, FACP Jane Tuttle, MD Megan Cavrak
Governor-Elect Shawn Chillag, MD, FACP Charleston, WV schillag@hsc.wvu.edu		Advisory Council Members	
Treasurer & Chair- Nominations Committee Karen Clark, MD, FACP Morgantown, WV kclark@hsc.wvu.edu	Saba Altarawneh, MD Sonikpreet Aulakh, MD James Campbell, MD, FACP Michael Cheshire, DO, FACOI, FACP Karen Clark, MD, FACP Tom Dorsey, MD, FACP Elise Estrada, DO Kristen Helmick, MD, FACP	Michael Iannetti, MD Saadia Iqbal, MD Murad Kheetan, MD Andrea Labus, MD Nate Lorfald, MD, FACP Nnenna Onwumere, MD Eva Patton-Tackett, MD, FACP Ankit Sakhuja, MD, FACP	Lauren Searls, MD Ayesha Shameem, MD Sarah Sofka, MD, FACP Sam Teka, MD, FACP Jess Thayer, MD Abe Titus, MD Venkat Vaddamani, MD Sarah Wescott, DO, FACP
Executive Director Sheri Campbell Morgantown, WV scampbell@hsc.wvu.edu			

Hope to See You at the National Meeting!

The [ACP National Meeting](#) is next month, April 27-29 in San Diego, California. Come and support **Joseph Simmons, Ahmed Hmidat and Ihab Tahboub** from the Marshall Doctor's Dilemma Team on **April 27, 2:30p-6:30p** for the first round of the competition and **Dr. Josephine Reece** who will be presenting **Volunteering-Personal Satisfaction and Professional Growth** on **April 28, 11a-12p**. Several medical student, resident and fellow chapter members will be presenting posters during the conference as well.

The Chapter is also hosting a "bar takeover" at [Amplified Ale Works and Beer Garden in the East Village](#). The event is **Thursday, April 28 starting after convocation at 8p**. The location is about an 18-minute walk from the Marriott.

Mark your calendars!

We have exciting plans for our annual chapter meeting this fall. The meeting will be held at the Stonewall Resort in Roanoke, WV on **November 9-11, 2023**. Our program planning committee is led by our Planning Committee Chair, **Dr. Stephen Roy** from Marshall. Check our [chapter website](#) for updates.

Leadership Day 2023

Online registration is now open for [Leadership Day 2023](#). The event will include educational briefings, lively Q&A, and an opportunity to meet with your members of Congress. A \$50 registration fee will be charged to attendees at the time of registration, with the exception of medical student and resident/fellows in-training members, who are exempt. Space is limited, so please register as soon as possible. ***The deadline to register is Thursday, April 20.***

A room block is available for Leadership Day attendees at the [Salamander Hotel](#) (formerly the Mandarin Oriental Hotel) in Washington, D.C. at the discounted rate of \$415 per night. Hotel reservations can be made online at: [ACP Leadership Day 2023](#). Please ask for “ACP’s Leadership Day” event if you are phoning in your reservation. ***The deadline to make hotel reservations at the discounted rate is Thursday, April 20.*** If you are unable to acquire a room in our block, or for more information about the Leadership Day 2023, please contact Shuan Tomlinson via [email](#) or at 800-338-2746, x4547.

Congratulations! Chapter Fellows Announced

Fellowship in the American College of Physicians is a peer-reviewed and peer-supported credential that is a public reflection of excellence within the internal medicine profession. FACP signifies an ongoing dedication to the profession of internal medicine, the patients we care for, and the communities we serve. The following WV Chapter members have granted this prestigious title.

Ankush Asija, MD, FACP	Morgantown	Nicholas Mains, DO, FACP	Morgantown
Ziad Dimachkie, MD, FACP	Morgantown	Charles Mupamombe, MD, FACP	Morgantown
Sarah Hadique, MD, FACP	Morgantown	Andrea Stark DO, FACP	Charleston
Michael Iannetti, MD, FACP	Williamstown	Sarah Wescott DO, FACP	Parkersburg
Jack Kinder, MD, FACP	Hurricane		

ACP Launches a New Identity Campaign: I.M. an #IMPhysician

ACP has launched a new multi-year identity campaign designed to educate about the breadth, depth, and diversity of the Internal Medicine profession, and underscore the vital role of Internal Medicine physicians and the value they bring to health care.

This new initiative was informed by research conducted through surveys, focus groups and in-depth interviews with internal medicine physicians, other health care leaders, and consumers. It will emphasize that internal medicine physicians are:

- Experts in complexity
- Brilliant connectors for our patients and health care systems using our knowledge and expertise
- The foundation of adult clinical care
- Vital to both patients and other medical professionals
- Leaders in design and structure of the evolution of health care across the globe

Click [here](#) to read more about the initiative.

Wellness Webinar | RSVP Required

Have you seen the news lately? Stress and burnout are real. The Chapter will host a one-hour virtual talk on **May 11 at 7:00p** with guest speaker **Dr. Nicole Perrotte**. Dr. Perrotte is a member of the Georgia ACP Chapter who is board certified in Internal Medicine and a Certified Wellness Coach. She has had personal struggles with burnout and stress in her career, and through coaching she found the tools to move from barely surviving to thrive. She helps women physicians who are stressed, languishing, and burned out from dealing with the quakes of life both professional and personal to find their voice and reclaim their lives. Click [here](#) to read more about Dr. Perrotte.

Spots are limited. If interested in joining the webinar please contact [Dr. Amna Anees](#) by May 8.

Winner Announced! Healing by Sharing Narrative Writing Competition

Thank you to everyone who submitted for the Healing by Sharing competition. We received many excellently written pieces.

Congratulations to **Lynsey Soule** from WVU SOM Charleston Division. She received a \$100 monetary prize, a certificate, and a chance to share the story on [ResetMD](#) podcast.

Thank you to **Dr. Scott Morehead** for reading all the narrative pieces and helping us choose a winner. All submissions were judged blindly without any name or program identification. And a huge thank you to **Dr. Amna Anees** for spearheading this interesting initiative that fits in well with the Chapter's emphasis on wellness.

Below is the winning narrative piece that was submitted by Lynsey Soule

The first time I rode on a passenger train, I thought it was fascinating to watch the various landscapes fly by my window seat. For brief moments, I was able to view snippets of people living their daily lives- dropping kids off at school, biking to the train station, enjoying a nice walk. I felt like I was within a snapshot of peoples' lives for the shortest of moments before being whisked away to the next scene. Medical students live within snapshots. We are transient characters in a patient's medical journey. For a single encounter, we are privy to the patient's biggest worries and loftiest hopes. We witness life-altering diagnoses and revelations, sometimes never to see the full resolution before our rotations end. Did the patient on my GI rotation finally find an apartment so they could receive Hep C treatment? Did the patient who miscarried after her 5th IVF try again? Did the patient with CHF make it home in time to make her Thanksgiving turkey? There are many story endings I have come to terms with not knowing. There are many people that have changed my life that do not remember my name or my face. I carry their stories with me, our brief encounters etched into my mind. One summer morning, I again found myself in one of those moments. I found myself attending a wedding, a hospice wedding to be exact, in the sunroom of a late-stage cancer patient. The bride and groom sat on the couch and the 3 audience members on various kitchen and dining room chairs off to the side. The sun lazily filtered in, washing the room in a golden glow, and glinting off the various treasures the couple had collected during their travels. The groom's face was hollowed and pale, but a small smile played upon his features as he

looked at his bride. Many tears were shed, and vows were exchanged, the couple sharing small secret grins as the groom placed the ring on the bride's finger. The groom's face was overtaken by a full grin when the chaplain pronounced them husband and wife and he seemed more than happy to kiss the bride. I willed time to stop just for a second. I wanted the train to slow down so I could fully capture the magic in this moment. I wanted to take in the newlyweds' tearful smiles, the tight grip the wife had on her husband's hands, the gentle applause from the social worker and hospice nurse. We seemed to be in a little protected bubble filled with sunshine and cheers. The scene ended when the groom stood and vomited milk all over the coffee table. Everyone rushed to help, and a vomit bag was quickly located. He'd only been able to tolerate milk for the last week as his colon cancer rapidly progressed. His prognosis had recently changed from several months to several days. After helping the patient become comfortable, I found myself in the passenger seat of the social worker's car whizzing down country roads to the next home visit. Different scenes began to pass us- a man cutting his lawn, a mom rounding up her kids into a minivan, kids jumping through a sprinkler in a front lawn. Each scene slipping into the next until everything became a blur as we pulled onto the interstate.