

# Southern California Chapters Regions I, II, and III Scientific Meeting 2018



**October 27, 2018**

Hyatt Regency Huntington Beach Resort & Spa  
Huntington Beach, CA

[Register Online Today!](#)

*Healing the Healer: Updates in Internal Medicine and Physician Wellbeing*

This live activity has been designated for up to 9 CME credits.



# Meeting Highlights

- Two SEP modules in General Internal Medicine and Hospital Medicine
- Tilles Memorial Lecture on Global Health
- Workshops in Integrative Health, Joint Injections, and Skin Biopsy
- Career Workshops for Students and Residents
- Separate Attending, Resident, and Student Educational Sessions
- Doctor's Dilemma®

Dear Colleague,

Join us and your colleagues in internal medicine at the upcoming scientific meeting of the Southern California Chapters of the American College of Physicians, being held October 27, 2018 at the Hyatt Regency Huntington Beach Hotel & Spa.



The meeting is a great way for you to recharge, rewind, and reflect with your peers, chapter leaders, and great speakers. Connect with the Southern California Chapters' rich source of knowledge content and networking by attending our premier meeting for general internists, subspecialty internists, hospitalists, allied health practitioners, residents, and medical students.

In addition to earning CME credits, this conference is about making personal contacts and getting involved in your chapter. You'll engage with people who know your challenges and can help you find solutions. The opportunities available at this meeting will help you meet not only your needs as a physician, but also the needs of the patients you serve.

To ensure your place at this invaluable meeting, register now by visiting us online at: [cachapter.acponline.org](http://cachapter.acponline.org).

We look forward to seeing you in Huntington Beach.

Sincerely,

**Mark S. Noah, MD, FACP**  
ACP Governor, Southern California Region I Chapter

**Alpesh N. Amin, MD, MBA, MACP**  
ACP Governor, Southern California Region II Chapter

**Charles J. Hamori, MD, FACP**  
ACP Governor, Southern California Region III Chapter

# Choose Your Track

Medical  
Student

Resident

Attending

SEP

7:00-8:00 AM

Breakfast and Registration

8:00-8:15 AM

Governors' Opening Remarks

8:15-9:00 AM

**PLENARY: GIM Update** – Joel Diamant, MD, FACP

9:00-9:30 AM

Tilles Memorial Lecture: **Global Health Initiative in Primary Immune Deficiency** – Sudhir Gupta, MD, MACP

## Concurrent Sessions

Medical Student Poster Session <b>9:30-11:30AM</b>	Novel Anticoagulants Update Alpesh Amin, MD, MBA, MACP <b>9:30-10:00AM</b>
	Coffee Break/Visit Medical Student Posters <b>10:00-10:30AM</b>
	From Mindfulness to Medication: A Wholehearted Approach to Obesity Adrienne Youdim, MD, FACP <b>10:30-11:00AM</b>
	Updates in Bacterial Resistance & the Hope of Antimicrobial Stewardship Jonathan Grein, MD <b>11:00-11:30AM</b>
<div>How to Write a Case Report Vineet Gupta, MD <b>11:30-12:00PM</b></div> <div>MOC Getting Easier: An Update Maher Roman, MD, MBA, FACP <b>11:30-12:00PM</b></div>	

12:00-1:00 PM

Lunch: Chapter Awards

1:00-1:30 PM

**PLENARY: Physicians & Future Physicians Wellbeing & Burnout** – Rimal Bera, MD

## Concurrent Sessions

How to write a CV Afshan Baraghoush, MD <b>1:30-2:00PM</b>		<u>Integrative Health Overview:</u> Pearl Zimmerman, MD, MPH <u>Mindfulness:</u> Nicole Wakim, MD <u>Tai Chi demonstration:</u> Shin Lin, MD <u>Transcendental Meditation:</u> Satinder Swaroop, MD <b>1:30-3:15PM</b>		SEP: Update in GIM Debra Craig, MD, MA, FACP Sarkis Arabian, DO, FACOI, FCCP <b>1:30-3:15PM</b>	
Pointers for Residency Interviews, Dan Kim, MD, Corey Garrison, DO, Augustine Hong, MD, Robby Gulati, MD <b>2:00-3:00PM</b>		Resident Poster Session <b>2:00-4:00PM</b>		Coffee Break/Visit the Residents Posters <b>3:15-3:45PM</b>	
Visit Resident Posters <b>3:00-4:00PM</b>				SEP: Update in Hospital Medicine Alina Popa MD, FHM, Gregory Shimizu, MD, MPH, FACP <b>3:45-5:30PM</b>	
Career Options: Outpatient, Inpatient and Fellowship <b>4:00-5:30PM</b>		Fellowship Application Timeline & Tips <b>4:00-5:30PM</b>		Skin Biopsy Workshop Sherif Khalil, MD, FACP <b>4:45-5:30PM</b>	
		Joint & Tender Point Injections Emmanuel Katsaros, DO, FACP, FACR <b>3:45-4:45PM</b>			

5:30-6:15 PM

Poster Awards

6:15-8:00 PM

Reception: **Doctor's Dilemma/Medical Jeopardy** – Raj Dasgupta, MD, FACP, FCCP, Miguel Pena-Ruiz, MD

# Meeting Information

## Faculty

**Alpesh N. Amin, MD, MBA, MACP**, Governor, ACP Southern California Chapter Region II; Chair, Department of Medicine and Executive Director, Hospitalist Program, University of California, Irvine (UCI)

**Sarkis Arabian, DO, FACOI, FCCP**, Director, Pulmonary/Critical Care Fellowship Program. Associate Program Director, Internal Medicine Residency Program. Director, Medical ICU, Arrowhead Regional Medical Center (ARMC)

**Afshan Baraghoush, MD**, Associate Program Director, Internal Medicine Residency and Site Director, Long Beach Memorial Medical Center

**Rimal B. Bera, MD**, Clinical Professor of Psychiatry, Department of Psychiatry & Human Behavior, UCI

**Ashley Busuttill, MD**, Associate Director, UCLA Department of Medicine, Hospital Section, Physician Supervisor, Hospitalist Nurse Practitioner Service UCLA-SM, Director Quality Improvement, Department of Medicine, Hospital Section

**Debra D. Craig, MD, MA, FACP**, Program Director, Internal Medicine Residency Program, ARMC. Assistant Professor of Medicine, Loma Linda University, Loma Linda

**Rajkumar R. Dasgupta, MD, FACP, FCCP, FAASM**, Assistant Professor of Clinical Medicine, Keck School of Medicine of USC, Department of Medicine, Division of Pulmonary, Critical Care and Sleep Medicine

**Joel C. Diamant, MD, FACP**, Director, Internal Medicine Residency Program, Scripps Clinic and Scripps Green Hospital. Executive Vice President, Scripps Clinic Medical Group. Attending Physician, Primary Care & Consultative Practice, Scripps Clinic, La Jolla

**Roger Courtney Garrison, DO, FACP**, Medical Director, Inpatient Services, Riverside County Regional Medical Center, HS Associate Clinical Professor of Internal Medicine, University of California Riverside, California (UCR); Clinical Associate Professor of Internal Medicine, Western University of Health Sciences, Pomona CA; Associate Program Director Internal Medicine Residency Program, UCR

**Johnathan D. Grein, MD**, Director, Hospital Epidemiology, Cedars-Sinai Medical Center; Associate Clinical Professor, UCLA Department of Medicine, Los Angeles



**Rajesh Gulati, MD, FACP**, Vice Chair of Medicine, Internal Medicine Clerkship Director and Program Director, Riverside Community Hospital/UCR

**Sudhir Gupta, MD, MACP**, Chief, Basic & Clinical Immunology, Department of Medicine, Professor of Medicine, UCI

**Vineet Gupta, MD**, Associate Clinical Professor of Medicine, University of California San Diego, Director, Publication and Portfolio Development, Division of Hospital Medicine, UCSD

**Charles J. Hamori, MD, FACP**, Governor, ACP Southern California Chapter Region III; Partner, Southern California Permanente Medical Group, La Mesa

**Augustine Hong, MD**, Internal Medicine Resident, Case Western Reserve Metro Health Medical Center, Cleveland, Ohio

**Danny G. Kahn, MD**, UCLA Supervising Clinician, Partners in Hope Medical Center, Health Sciences Assistant Clinical Professor, UCLA Hospitalist Service, Associate Program Director, Internal Medicine Global Health Pathway

**Robert Kaplan, MD**, Chief, Infectious Disease Section, VA Long Beach Healthcare System Long Beach, CA, Program Director, Preliminary Medicine Residency, UCI School of Medicine, Chair, Medicine Residency Competence Committee, UCI School of Med, Assistant Chief for Education, Medical Health Care Group, VA Long Beach Healthcare System, Long Beach, CA, Health Sciences Clinical Professor of Medicine, UC Irvine School of Medicine, Senior Associate Program Director, Medicine Residency, UCI School of Medicine



# Meeting Information

**Emmanuel P. Katsaros, DO, FACP, FACP**, Associate Professor of Medicine, Chair, Department of Internal Medicine, Western University of Health Sciences College of Osteopathic Medicine of the Pacific, Pomona

**Sherif F. Khalil, MD, FACP**, Chief of Staff, San Geronio Memorial Hospital. Internal Medicine Attending, Beaver Medical Group

**Daniel S. Kim, MD, MBA, FACP**, Vice Chair, Department of Medicine, Director, Internal Medicine Residency Program, UCR

**Karen Lamp, MD**, Associate Medical Director, Venice Family Clinic, Special projects: PCMH, Addiction Service Integration, Volunteer Services

**Shin Lin, PhD**, Laboratory for Mind/Body Signaling and Energy Research, University of California, Irvine, Faculty member, Susan Samueli Center for Integrative Medicine, UCI, Professor Emeritus of Developmental and Cell Biology, UCI, Visiting Professor, Shanghai University of Traditional Chinese Medicine

**Dawn Lombardo, DO**, Health Sciences Clinical Professor, UCI, Medical Director, Advanced Heart Failure Program, Cardiovascular Fellowship Program Director, Director Cardiology-Oncology Clinical Program, Transplant Cardiology Consultant, UCI Pancreas & Kidney Transplant

**Shaun Miller, MD, MBA**, Associate Chief Medical Information Officer, Cedars-Sinai Health System, Physician Hospitalists, Inpatient Specialty Program (ISP)

**Mark S. Noah, MD, FACP**, Governor, ACP Southern California Chapter Region I; The Melvin Brody, MD Endowed Chair in Medical Education, Associate Dean of Medical Education, Professor of Medicine, Cedars-Sinai Medical Center, Health Sciences Clinical Professor, David Geffen School of Medicine at UCLA Cedars-Sinai Medical Center, Los Angeles

**Ramdas G Pai, MD, FACC, FRCP (Edin)**, Professor and Chair of Medicine, Director Cardiovascular Fellowship Program, Chair of Clinical Sciences, UCR School of Medicine

**Nimisha Parekh, MD**, HS Clinical Professor of Medicine, Division of Gastroenterology, Department of Medicine, Director of Inflammatory Bowel Disease Program, H.H. Chao Comprehensive Digestive Diseases Center, Fellowship Program Director, Division of Gastroenterology, UCI

**Miguel Pena-Ruiz, MD**, Attending Internist, Southern California Kaiser Permanente Medical Group

**Alina S. Popa, MD, FHM**, Health Sciences Associate Clinical Professor, University of California Riverside School of Medicine. Associate Program Director, RCH/UCR-SOM Internal Medicine Residency Program

**Maher A. Roman, MD, MBA, FACP**, Past President, California Chapter, ACP services; Health Sciences Associate Clinical Professor, University of California Riverside School of Medicine

**Gregory H. Shimizu, MD, MPH, FACP**, Health Sciences Assistant Clinical Professor of Medicine, University of California Riverside School of Medicine. RCH/UCR-SOM Internal Medicine Residency Program Attending

**Andrew Siskind MD**, Teaching Hospitalist Long Beach Veterans Administration Hospital, Full Clinical Professor UCI

**Satinder Swaroop, MD**, President, Swaroop Medicine Corporation; Cardiologist, Internal Medicine and Cardiology Attending, Swaroop Medical Corporation, Orange

**Nicole Wakim, MD**, Anesthesiologist, Integrative Pain Management; Mindfulness-Based Stress Reduction Teacher, Susan Samueli Center, University of California, Irvine

**Tisha Wang, MD**, Associate Professor of Clinical Medicine, Division of Pulmonary and Critical Care Medicine, David Geffen School of Medicine at UCLA

**James Jen-Chi Yeh, MD**, Program Director, Fellowship Program in Medical Oncology and Hematology, and Clinic Medical Director, Division of Medical Oncology and Hematology, Harbor-UCLA Medical Center

**Adrienne Youdim, MD, FACP**, Associate Clinical Professor of Medicine, David Geffen School of Medicine at UCLA, Cedars-Sinai Medical Center, Los Angeles

**Pearl Zimmerman, MD, MPH**, Attending Physician, University of California Irvine Susan Samueli Integrative Health Institute, Costa Mesa; Assistant Professor, Preventive Medicine, Loma Linda University, Loma Linda

# Meeting Information

## Resident/Fellow Members' and Medical Students' Activities

Clinical vignettes and posters prepared by Resident/Fellow Members and Medical Students will be presented at the meeting. Winners will be eligible for entrance into the national competition held during ACP Internal Medicine Meeting 2019. Contact Mercedes Weston at [mweston@uci.edu](mailto:mweston@uci.edu) for information about entering the Abstract Competitions. Deadline for submissions is September 7, 2018.

## Learning Objectives

At the conclusion of this activity, the participant will be able to:

- Apply updated knowledge of internal medicine to clinical practice.
- Improve clinical practice by incorporating major new developments in subspecialty medicine.
- Understand recent advances in internal medicine.
- Increase confidence in performing clinical skills.
- Increase confidence in medical computing.
- Understand political advocacy and reform.
- Increase confidence in medical computing
- Understand political advocacy and reform.

## Who should attend?

- General internists
- Subspecialty internists
- Fellows in subspecialty training
- Hospitalists
- Allied health practitioners
- Residents
- Medical students interested in internal medicine

## CME Accreditation

The American College of Physicians (ACP) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American College of Physicians designates this live activity for a maximum of 9 **AMA PRA Category 1 credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## SEP Note

The Southern California Chapter Region II will provide you with a learner's copy of the ABIM module(s) at the meeting. If you are enrolled in the ABIM's Maintenance of Certification program, you must also order the module\* directly from the ABIM by visiting [www.abim.org/online](http://www.abim.org/online). After the Learning Session, submit your answers online to the ABIM for Maintenance of Certification credit. For more information about the ABIM's Maintenance of Certification program, visit [www.abim.org/moc](http://www.abim.org/moc) or call ABIM at 800-441-ABIM (2246).

\*If you are already enrolled in the ABIM Maintenance of Certification program, there is no additional fee for this official version of the module. If you are not enrolled, you may attend the Learning Session; however, you must enroll before receiving Maintenance of Certification points for the knowledge module. To enroll, visit [www.abim.org/online](http://www.abim.org/online).

# Additional Information

## Hotel Accommodations

We have reserved a block of rooms at the following rate until September 27, 2018. When making your reservation, be sure to mention that you will be attending the ACP Southern California Chapters meeting. The rooms are available on a first-come, first-served basis, so make your reservation as early as possible by **calling the hotel directly at 714-845-4886 or booking [online](#).**

Single/Double: \$269

Hyatt Regency Huntington Beach Resort & Spa  
21500 Pacific Coast Highway  
Huntington Beach, CA 92648

Visit us [online](#) for details on hotel reservations, directions, parking, and areas of interest.



## Going Green

To help us go “green,” we are making our presentations available online only on the Chapter Web site.

## Satisfaction Guarantee

The College offers a satisfaction guarantee for all of its courses. If meeting attendees are not satisfied with their experience at a chapter meeting, they may write and request a refund of their registration fee.

# Southern California Chapters Registration Form CMB

Hyatt Huntington Beach Resort & Spa, Huntington Beach, CA • October 27, 2018

RM1932

ACP # (found on mailing label)

Name

☐ MD ☐ DO ☐ OTHER

Address

City

State

ZIP

Daytime Phone

Fax

E-mail

- ☐ Please check here to indicate a permanent change to your preferred address for all College mailings.
- ☐ Please exclude me from receiving mailings from the meeting exhibitors.

- ☐ Check here if you are disabled and require assistance. Please notify the Southern California Chapter Region II in writing before your course. We'll be glad to help.

## Registration Fees

Check one category that best applies. Registration fee includes continental breakfast, lunch, reception, all scientific sessions and materials, and CME documentation.

Categories	Registration Fee
<input type="checkbox"/> ACP Member	\$175
<input type="checkbox"/> ACP Resident/Fellow Member	\$60
<input type="checkbox"/> ACP Medical Student Member	\$30
<input type="checkbox"/> Nonmember Physician	\$350
<input type="checkbox"/> Nonmember Resident*	\$225
<input type="checkbox"/> Nonmember Medical Student**	\$125
<input type="checkbox"/> Nonmember Allied Health Professional	\$175

\***Nonmember Residents** cannot register online and must register by contacting Customer Service at 800-523-1546, ext. 2600 in order to get the correct registration rate.

\*\***Nonmember Students:** This meeting registration is only \$30 for ACP Medical Student Members. [Join Now for Free!](#)

**Please note:** Members whose dues were not paid by July 1 for the current fiscal year will receive the nonmember registration rate.

## Payment Options



### BY INTERNET

(Credit Card only)

Visit us on the Web

[www.acponline.org/chapters](http://www.acponline.org/chapters)



### BY MAIL

Make Check or money order payable to ACP

AC002

American College of Physicians

190 N. Independence Mall West

Philadelphia, PA 19106-1572



### BY FAX

(Credit Cards only)

215-351-2799



### BY PHONE

Call 800-ACP-1915

or 215-351-2600

(M-F, 9 AM – 5 PM ET)



# Southern California Chapters Registration Form CMB

Please indicate your attendance at the following:

- ☐ BR01—Breakfast  
7:00–8:00AM
- ☐ LUN—Awards Lunch  
Noon–1:00PM
- ☐ REC—Reception  
6:15–8:00PM
- ☐ SEP1—SEP Module, Update in Internal Medicine  
1:30–3:15PM
- ☐ SEP2—SEP Module, Update in Hospital Medicine  
3:45–5:30PM
- ☐ WKSHP1—Integrative Health Workshop  
1:30–3:15PM
- ☐ WKSHP2—Joint and Tender Points Workshop  
3:45–4:45PM
- ☐ WKSHP3—Skin Biopsy Workshop  
4:45–5:30PM

## Payment Options

☐ Check enclosed.  
(Payable to **ACP**. Must remit in U.S. funds drawn on a U.S. bank.)

☐ Charge to:



Card # \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_ Security Code \_\_\_\_\_  
MM YY 3 or 4 digits on front or back of card

Signature \_\_\_\_\_

Grand Total \$ \_\_\_\_\_

Please select your food restriction for the Awards Lunch if applicable:

- ☐ Vegetarian
- ☐ Vegan
- ☐ Gluten Free