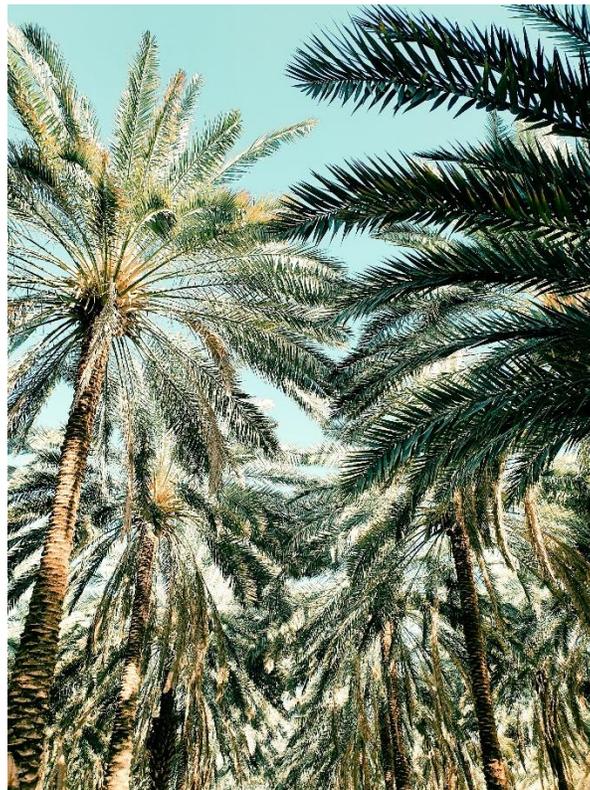


ACP Saudi Arabia Chapter

Governor's Newsletter

January 2022



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Governor's Message:

Dear Colleagues,

It would be a cliché to say as 2022 starts we are looking forward to a new year. In fact, due to the COVID-19 pandemic the physicians and hospitals have been at the forefront of the battle. Not only are the internists and their subspecialties at the frontlines in treating the patients, but we are also dealing with the effects of COVID-19 on other chronic diseases. In the second half of 2021 the country emerged from the lockdown not only in terms of daily life but in restart of medical education activities. We were confined to virtual meetings, and I would like to specifically thank Dr. Mrivat Alasnag FACP, Dr. Hanan Balkhy the Assistant Director General of the World Health Organization, and Dr. Omar Javed Baqal for taking the lead in the online webinars over the past year. We are looking forward to continuing the chapter's collaboration with the Saudi Society for Internal Medicine beyond co-sponsorship of online events. We are hoping to see combined live meetings. We need to build strategic partnerships with the internal medicine subspecialty societies to develop educational programs.

We are happy that the Chapter's membership has increased by 10% and we have added 132 members. In this respect we are inviting candidates to apply to serve on the Membership Committee of the Saudi Arabia Chapter. As Governor, I would like to sincerely thank the members who served on the Governor's council from 2020 to 2022. We are asking for interested members to apply to serve the 2-year term on the Governor's council.

Sincerely,

Waqar H. Ahmed, MD FACP

ACP Governor of Saudi Arabia Chapter

Congratulations to our new Governor-elect Designee, Faisal A. Abbaalkhail, MBBS, MM, FACP



It is a great pleasure and honor to announce that Dr. Faisal A. Abbaalkhail has been elected by the members of the Saudi Arabia Chapter to serve as Governor-elect Designee. Dr. Faisal A. Abbaalkhail will start his term as Governor-elect after the Annual Business Meeting on April 30, 2022. Faisal Abbaalkhail will take office as Governor in April of 2023.

To learn more about our new Governor-elect Designee, see his biography at saudiarabiachapter.acponline.org.

Please join us in congratulating Dr. Abbaalkhail.

.2022 Internal Medicine Meeting

The ACP Internal Medicine Meeting is the premier scientific meeting in internal medicine. Join us April 28-30, 2022 in Chicago, IL.



Chicago, IL

April 28-30, 2022

Pre-Courses April 26-27



**MASTERING
MEDICINE
TOGETHER™**

Registrants for Internal Medicine Meeting 2022 will enjoy:

- The best national faculty
- A broad array of clinical and practice topics
- Interactive and hands-on sessions

Together, we'll reconvene to update knowledge and skills, discuss timely topics, share ideas, and exchange information alongside our internal medicine colleagues. Expert faculty will present over 200 scientific and practice-related sessions that invite you to discover new ways to improve your own techniques and patient care. And, as always, the annual meeting will help you meet your learning objectives as you earn CME credits and MOC points.

Can't make the live meeting?

Virtual access is available for those who can't attend the meeting in person and will provide access to select streamed and recorded sessions, the opportunity to learn from expert faculty, and the opportunity to earn the same amount of CME credits and MOC points.

Visit annualmeeting.acponline.org/rates to learn more and see all registration options.

The 7th King Abdulaziz Rheumatology Update Conference

ACP Saudi Arabia, the Saudi Society of Internal Medicine, and the King Abdulaziz University collaborated to develop the **7th King Abdulaziz Rheumatology Update Conference** on **December 23-25, 2021**.

The conference offered 24 CME hours and catered to Rheumatologists, Rheumatology Residents/Fellows, Family Medicine Physicians, and Internal Medicine Physicians. The conference had 52 speakers and was presented in a hybrid format. We hope those who attended the conference saw the added benefit of collaboration and sharing clinical knowledge across subspecialties and organizations.

Member Benefits

DynaMed: A Benefit of ACP Membership

ACP and EBSCO Health are collaborating to provide ACP members with free access to the most current, evidence-based clinical decision support tool, DynaMed®, as a benefit of ACP membership. ACP continues to offer this great benefit to all members.



DynaMed offers:

- Local-language search capability with 15 available languages
- Clinical content that incorporates the latest guidance from a wide variety of international guideline organizations
- International drug names used for easy searching
- Robust systematic literature surveillance with daily updates
- Clinical expertise that both complements and clarifies the evidence
- Streamlined, single-sign-on capabilities with your ACP member log-on
- On-the-go access via a mobile app

[Access DynaMed for Free Today!](#)

Newly Elected Mastership

Maha M. Abdulaziz Al Saud, MD, MACP advances to Mastership



Congratulations to Dr. Abdulaziz Al Saud, the newest Saudi Arabia Chapter Mastership of the American College of Physicians (MACP). Dr. Abdulaziz Al Saud served as Governor from 2014 to 2019. MACP is one of the most prestigious awards in the college, for those fellows of the college who demonstrate integrity, the utmost professional behaviors, excellence in the practice of medicine, and

significant impact on the profession. MACPs represent a very small percentage of college membership.

MACPs shall be Fellows who have been selected because of “personal character, positions of honor, contributions toward furthering the purposes of the ACP, eminence in practice or in medical research, or other attainments in science or in the art of medicine.” MACPs must be highly accomplished persons. Evidence of their achievements can come from many types of endeavors, such as research, education, health care initiatives, volunteerism, and administrative positions. The MACP must be distinguished by the excellence and significance of his or her contributions to the field of medicine.

Newly Elected Fellow

Ahmed Ayyad, MD FACP advances to ACP Fellowship

Congratulations to Dr. Ayyad, the latest member of our Chapter to become a Fellow of the American College of Physicians. ACP Fellowship is a mark of distinction representing the pinnacle of integrity, professionalism, and scholarship for those who aspire to pursue careers in Internal Medicine.

Fellowship in the College is an honor. Being an FACP® is a distinction earned from colleagues who recognize your accomplishments and achievements over and above the practice of medicine. The most important considerations for ACP Fellowship are excellence and contributions made to both medicine and to the broader community in which the internist lives and practices.

ACP Fellowship is primarily achieved through advancement from ACP Membership. Fellows are authorized to use the letters FACP (Fellow of the American College of Physicians) in connection with their professional activities for as long as their membership remains current. FACP is a federally registered service mark and is defined as providing recognition by way of an honorific. Fellows of the American College of Physicians have the right to vote, hold office, and sponsor applicants for Membership and Fellowship.

Would you like to advance to Fellowship? [Check here if you meet the basic requirements.](#)



Physician Well-being and Professional Fulfillment

Taking care of ourselves and encouraging others to practice self-care sustains our ability to care for those in need.

Here are some tools we can use to help protect our health and well-being:

- Partner with an accountability [buddy](#). Establish formal peer support and use quick check-ins (face-to-face, telephone, text, or e-mail) to provide encouragement and reminders.
- [Fact Sheet](#): Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks
- [Fact Sheet](#): Fight COVID-19 with Better Sleep Health: A Guide for Hospital Workers
- [Self-compassion guided meditations and exercises](#)

Connect with us!

To help you stay informed on what is happening in our area, please visit our chapter's website often, read our chapter newsletter, and follow us on social media. Everyone is encouraged to send contributions in the newsletter on a regular basis, for its success is the collective responsibility of the entire chapter.

In addition to the newsletter, visit, like, and follow the chapter official Twitter page [@KSA_ACP](https://twitter.com/KSA_ACP). You can stay connected by participating in one of our chapter programs or by volunteering for one of our committees. We welcome you to join us. Please let us know your interests or should you require assistance please send an email to waqar@post.harvard.edu.

