Governor’s Message - Robert M. Aaronson, MD, FACP

Happy Holidays and a very Happy New Year to everyone!

What a year it has been, and I have little doubt that there will be more challenges and changes to come. With that, I first thank and applaud every one of you who is engaged in the hard work of patient care, education and medical discovery. I also thank you for your membership and participation in ACP, through which we fight on to maintain and promote excellence in patient care, the interests of our patients, the integrity of our profession, and the satisfaction and well-being of each of our members.

I recognize that, for many, the joy of medicine can get lost in paperwork and the seemingly endless need to feed our computers, providing more data and less care. In my own journey, I’ve found myself needing to stop more and more often to intentionally focus on the pleasures and privileges of medicine, the satisfactions of personal contact, of service, of being entrusted with someone’s life, of balancing hard choices and struggling to do right. In that, I know that this is a commitment and a challenge we all share.

Promoting Physician Wellness will be an ongoing priority of our Chapter efforts in the coming year and beyond, and please know that this has become a national focus of ACP. Our Chapter has a new committee, Well Being and Professional Satisfaction, led by Chelsea Thomsen, MD, ready to face this challenge. You will be hearing from us about resources and activities aimed to help.

I hope you made it to the Annual Scientific Meeting this year, held in November at ASU. By all accounts, it was a great success, with over 250 attendees, 13.5 hours of CME and MOC credit, two SEP modules, encompassing 4 hours of CME, over 125 posters, a variety of collegial, intense and entertaining competitions involving Arizona’s medical schools and internal medicine residencies, and wonderful opportunities to build professional relationships, strengthen old bonds and make new friends. Thank you to our Annual Meeting Program committee and Meeting Chair Mark Zubriski, MD, FACP, for having made this such a wonderful an event. In 2019, we’ll be back in Tucson at the Doubletree by Hilton, October 18 – 20. Put in on your calendar and, if you’re up for a good challenge and even better fun, join us on the planning committee. Let Chapter Leadership know of your interest. The Chair of the Chapter Meeting for 2019 is Bijin Thajudeen, MD, FACP.

Advocacy
- Our Advocacy committee continues vigorously!! Shak Rehman, MD, FACP, is planning an “AZ Chapter ACP “Day” at the State Legislature, coming up on February 6, 2019.
Follow this link to register for ACP AZ’s Day at the Arizona State Legislature, https://www.surveymonkey.com/r/XZNVNC9

Watch for information about “Leadership Days” in Washington DC in 2019, May 14-15, 2019. Your Chapter sends a delegation. There are five stipends available, preference set for medical students and residents. Watch for more information on how to apply. It is an AMAZING experience!!

Another easy way to make your voice heard is by joining AIMn (Advocates for Internal Medicine Network) for updates on legislative issues and opportunities to influence state and national legislators. **Click here to join: https://cqrcengage.com/acplac/app/register?11&m=13815**

**Early-Career Physicians**
- Our Early Career Physicians committee is looking ahead to a new year full of opportunities for all. Watch for announcements!!

**Hospitalist/IMG Physicians –**
- Our Hospitalist/IMG committee teamed up with our Resident/Fellow committee for a "Welcome to Arizona Meet and Greet" in Tucson in June. It was a great success!!

**Resident/Fellow Physicians**
- The Resident/Fellow Council Journal Club series continues. Watch for more details!
- Watch also for the upcoming Transitions edition!!

**Medical Students**
- The Medical Student committee continues with enthusiastic student leadership. They just held a Journal Club on December 12th and are looking forward to a vigorous year ahead!

**Awards**
- Our Awards committee continues to identify and successfully promote Arizona ACP members for recognition both locally and nationally. This year was no exception! Much more info in this Newsletter!!

**Well Being & Professional Satisfaction**
- The brand-new committee will be responding to the call, both locally and nationally, to support physicians and to bring joy back into the practice of medicine. Watch for more!!

Membership remains both our richest resource and an essential challenge, and our Membership committee continues to work to make Arizona ACP a healthier and more engaged Chapter. _We can use your help!_ If you value ACP as a resource for professional growth and a force to promote your values, please reach out to your colleagues and tell them why you are a member, and why they should be. For a reminder of all the benefits, visit this link: [https://www.acponline.org/membership/physician-membership](https://www.acponline.org/membership/physician-membership)

Like any membership organization, ACP Arizona only succeeds if we meet the needs of our members. If we aren’t, please let me know: robert.aaronson@tmcaz.com. **Better yet, email me to join one of our committees, so we can change things together.**
Finally, this is my last Governor’s Newsletter. My nearly five years as your chapter Governor is soon coming to an end, and I thank you for the privilege of serving in this role. The experience has been eye-opening, challenging and deeply satisfying, and I value the many talented, creative and accomplished friends I’ve met during this time. Priya Radhakrishnan MD, FACP, our Governor-Elect, will assume office in April, after the IM Meeting in Philadelphia. Priya is the chief academic officer at HonorHealth, a skilled clinician and teacher, a great leader and a true friend. I’m indebted to her for judgement and energy and have no doubt she will be a superb governor.

Dixie Swan, our Executive Director, will be retiring in the next couple of months. We are in the process of identifying and selecting the right candidate for this important position. It is difficult for me to envision our Chapter without Dixie’s friendly, effective and thoughtful direction, but I have no doubt that our Chapter will thrive as a result of all that she has accomplished here for us. On behalf of the entire Arizona ACP chapter, thank you, Dixie, for a job truly well done! You will be sorely missed.

I wish you and your loved ones Happy Holidays and a healthy and happy New Year!

Rob Aaronson, Governor

2018 ACP Arizona Chapter Scientific Meeting

The ACP Arizona Chapter 2018 Annual Meeting and Scientific Sessions meeting, “Fostering Excellence in Internal Medicine”, held in Tempe at Arizona State University’s Memorial Union recently concluded.

There were speakers about so many things and a Panel about Palliative Care, a fascinating keynote, by Parminder Singh, MD, on “Immunotherapy: The Role of the Hospitalist” and even a session on “Controversies: Unusual Cases that Need Answers”!! Carrie Horwitch, MD, MACP, was our ACP speaker. Dr. Horwitch was an entertaining speaker at the Governor’s Dinner as she encouraged “Laughter in Medicine”. She spoke again on Sunday morning with a compelling keynote: The Fourth Aim: Improving How Physicians Thrive at Work” - Doctor’s Dilemma completions, both medical student and resident, provided lots of entertainment and excitement, really! and there was an impressive number of posters presented.

Friday’s program began with Maintenance of Certification ABIM SEP Modules Update in Hospital Medicine, taught by Misty V. Evans, MD and Evan Holdsworth, MD, followed by an Update in Internal Medicine, taught by Nacchl Nachiappan, MD. The Faculty Medical Education Consortium Luncheon, featured a Keynote address by Parminder Singh, MD, Senior Oncologist, Hematologist and Internist at Mayo Clinic. Next, Shakaib Rehman, MD, FACP shared his expertise in Practical Management of Hypertension.

Residency Directors throughout the state gathered to share with medical students and “Beyond Residency” covered the topic of preparing for Fellowship and/or Clinical Practice.
With 120 +/- Posters entered this year, Friday and Saturday afternoon Poster competitions were fierce.

Under the leadership of Avtar Singh, MD, FACP, teams of medical students competed in the Medical Students Doctor’s Dilemma competition. Victorious was the team from Creighton School of Medicine, Jaclyn Lundberg, Armeen Mehrabani & Michael Raffetto!! Congratulations!!

On Saturday, after the Governor’s Council Breakfast and the Governor’s Welcome, Chapter was happy to welcome Guy L. Reed, III, MD, MS, Dean of the University of Arizona College of Medicine – Phoenix, whose topic, “Patient’s Needs, Translational Science and the Road to New Treatments: A Personal Journey” was informative and compelling. After that, Priya Radhakrishnan, MD, FACP, addressed the timely issue of “Patients Over Paperwork: Advocating for Physician Well-being”.

Not missing a step, the next area of Chapter Meeting focus was on Palliative Care. Hamed Abbaaszadegan, MD, FACP, moderated a panel highlighting various concerns and featuring Masood A. Kinsana, MD, FACP and Paul E. Stander, MD, MBA, FACP.

On Saturday afternoon, Dr. Aaronson stepped up again with a Panel on “Challenges and Solutions”. The Challenges are supplied by the work physicians do, but the Solutions were supplied by Michele Young, MD, speaking on “Promises and Challenges for GI in 21st Century” followed by Prabir Roy-Chaudhury, MD, PhD, speaking on “Patient-Centered Innovation for Kidney Disease”.

Poster judges then assembled again, and dozens of carefully prepared posters were presented. After that, Rodger S. Kessler, PhD, ABPP presented information about some Mental Health and Primary Care concerns, and Hugh L. Mackechnie, MD, FACP, spoke about Anaphylaxis...a full afternoon!!!
The last event of the day was the exciting preliminary round of Residents Doctor’s Dilemma™ Competition. The audience was eager!

There were three rounds with three contestant teams each – what a day!

**Sincere thanks to all! An exciting event!**

**Sunday**, the Keynote speaker, **Carrie A. Horwitch, MS, MACP**, entertained and challenged us all to Improve How Physicians Thrive at Work!! Entertaining and LOTS to take-away!!
Following that, the **Oral Vignettes were presented.**

Mayo Clinic Arizona – Curtis R. Lacy, Jr. MD  
Creighton/St. Joe’s–Brett Hughes, MD  
Creighton/Maricopa - Kinnari Shah, MBBS  
UACOM-South – Sarah Tariq, MD **First Place**  
HonorHealth – Evan Hundley, MD **Third Place**  
Canyon Vista MD – Samantha Morgan, DO  
UACOM @ University Campus – Rilwan Balogun, MD  
Verde Valley MD – Sonia Hasbun, MD  
UACOM – Phoenix IM Res – Allison Bigeh, DO **Second Place**  

Sarah Tariq, MD will be going to Philadelphia, ACP National IM in April, representing the Arizona Chapter.

After a short break, it was time for the **Doctor’s Dilemma finals!!** The UACOM-P IM Residents competed against Mayo Clinic Arizona, and UACOM-South. **After a breathtaking competition, the UA-COM-P Residents were successful!!**

Pictured here is Cheryl O’Malley, MD, FACP, Residency Director; Mark Zubriski, MD, FACP, Chapter Meeting Chair and the UACOM-P team: Waseem Albasha, MD, Maria Martin, MD, Cris J. Molina, MD, along with Avtar Singh, MD, FACP – the energy behind all the excitement of this competition!!

The Chapter awards soon followed:  
Chapter Laureate: Cheryl O’Malley, MD, FACP  
Leader of the Year: Hamed Abbaszadegan, MD, FACP  
Volunteerism & Community Service: J. C. Nwobodo, MD

*(Chapter Awards continue on next page...)*
Early Career Physician: Christina Bergin, MD

Educator of the Year: Carol Wolfe, MD

Internist of the Year: Shakaib Rehman, MD, FACP

Researcher of the Year: Michael Fallon, MD, FACP

Hospitalist of the Year: Carlo Guerrero

Resident of the Year: Andrew Tseng, MD Mayo Clinic AZ

The Medical Student award was shared – between Leslie Appleton, UACOM-P and Adam Roussas, UA COM-T.

The last activity of the Chapter Meeting is the awarding of the “golden stethoscope to 2019 Chapter Meeting Chair Bijin Thajudeen, MD, FACP pictured here with outgoing Chair Dr. Zubriski.

Thank you Dr. Zubriski for an energetic, entertaining and informative Chapter Meeting!

Acknowledgements

And the following for their donation or loan of goods and services:

- University of Arizona Telemedicine Program, for the generous loan of AV items
- Janet Major, for her technical expertise, photographic talents and all around good work!!

We want to also express our gratitude to poster judges and oral vignette judges who patiently and carefully observed and evaluated the posters, the presentations and the presenters.

To you - all committee members and Chapter Meeting participants – we extend hearty Thanks!!!
See you all in Tucson, at the DoubleTree, by Hilton!

October 18-20, 2019

2018 ACP Arizona Chapter Medical Student & Resident/Fellow Competitions

Oral Clinical Vignettes

First Place: Sarah Tariq, MD, UACOM- South
Second Place: Allison Bigeh, DO, UACOM-P, IM Residency
Third Place: Evan Hundley, MD Honor Health

Poster Presentation Winners

Medical Student Winners

First Place: Jennifer Neibling, Midwestern, “Balancing risks of bleeding & stent thrombosis - patient w/ traumatic subdural hematoma”

Second Place: Jaclyn Lundberg, Creighton University, “When the Cough is Not Pneumonia: Diagnostic & Therapeutic Challenges - Jacobsen Syndrome”

Third Place: Ray Moussa, Midwestern, “Pervasive Hypoglycemia in the Unconventional Face of Ovarian Cancer”
PGY-1 Poster Winners

First Place: Tae Chang, MD, UACOM-P IM Residents, “SCAD is not a scam!!”

Second Place: Nicholas Blackstone, MD, UACOM – South, “Preventing Intubation, One Drip at a Time.”

Third Place: Samer Hasson, MD, “Esophageal Lymphangioma: A rare cause of Dysphagia”

Research Poster Winners

First Place: Caleb Scheckel, DO, Mayo Clinic Phoenix, “How Trainees Finance Their Medical Education”

Second Place: Ralph Davis, MD, Mayo Clinic Phoenix, “Preference of Care: An Outpatient Study”

Third Place: None Awarded

Case Report Poster Winners


Second Place: Sidra Raoof, MD, UACOM – South, “Peri-operative Risk Assessment & Management of Patients w/Pulmonary Hypertension undergoing Non-cardiac Surgery”

Third Place: Victor Karikari, DO, UACOM - Phoenix IM Residents, “Pericardial Gossypiboma Discovered after Twenty Years in Hiding”

Patient Safety/Quality Improvement Poster Winners

First Place: Audrey Lee, MD, UACOM – IM Residents, “Let Me Eat!”

Second Place: Rangashree Varadarajan, MD, HonorHealth, “Improving Patient Safety through Root Cause Analysis”

Third Place: Harshad Chandari, MD, HonorHealth, “Improving Diabetes Care in Primary Care Setting”
Congratulations to the newest ACP-AZ Fellows

Please take a moment to join us in welcoming to Fellowship the following members of the ACP Arizona Chapter who achieved the distinction of Fellowship in the American College of Physicians in 2018:

KeriLyn Bollmann, MD, FACP  
Norman E. Mendoza, MD, FACP  
Eduardo A. Rodriguez Zarate, MD, FACP  
Pooja Bhardwaja, MD, FACP  
Avtar Singh, MD, FACP  
Huthayfa A. Ateeli, MBBS, FACP  
Kristin M. Lane, DO, FACP  
Shariq Chudhri, DO, FACP  
Randy Horwitz, MD, FACP  
Robert G. Leigh, MD, FACP  
kalyan Prudhvi, MBBS, FACP  
Sandeep Yarlagadda, MBBS, FACP  
Edward Lew, MD, FACP  
Laila I. Abu Zaid, MBBS, FACP  
Mira T. Keddis, MD, FACP  
Perminder S. Sanghera, MD, FACP  
Michael Castro, MD, FACP  
Sreelekha Susarla, MBBS, FACP

When you meet any of these distinguished doctors, remember to congratulate them!

Apply for Fellowship

Fellowship in the College is an honor. Being an FACP is a mark of esteem from colleagues who recognize accomplishments and achievements over and above the practice of medicine. Begin the process of applying for Fellowship today!

Find out more here: http://www.acponline.org/membership/fellowship/

Join ACP Advocates in IM Network - AIMn!

If you don’t speak for Internal Medicine, who will? ACP’s continued success on Capitol Hill greatly depends upon year-round grassroots support from the College’s more than 8,000 participants in the Advocates for Internal Medicine Network (formerly known as the “Key Contact Program”). Advocates e-mail, call and meet with their members of Congress on issues of importance to medical students, internists and their patients; and report the results back to ACP.

Do not be concerned if you do not have an existing relationship with your member of Congress, ACP can give you the tools for that. No matter your membership class, enroll in the Advocates for Internal Medicine Network @ https://cqrcengage.com/acplac/app/register?0&m=13815
Updates on ACP Arizona Chapter Programs

Register NOW! 8th Annual ACP State Legislature Day!!
Wednesday, February 6, 2019
Senate Majority Caucus Room, Senate building
8:30 am - 2:30 pm
Arizona State Capitol
1700 West Washington, Phoenix, AZ 85007

Learn about the Arizona political process first hand!
No Charge!!
To register: https://www.surveymonkey.com/r/XZNVNC9

Updates on National ACP Programs

Internal Medicine Meeting 2019

The most comprehensive meeting in Internal Medicine is taking place April 11-13, 2019 in Philadelphia, PA. Come to the meeting early and take advantage of ACP pre-courses for focused, intense learning on a variety of internal medicine subjects.
https://annualmeeting.acponline.org/

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https://www.acponline.org/clinical-information/clinical-resources-products/dynamed-plus-a-new-benefit-for-acp-members
Make Your Voice Heard: Join ACP and the Physician Movement #ThisIsOurLane Responding to National Rifle Association over Policies

ACP’s updated position paper on reducing firearm-related injury and deaths in the U.S. recently published in *Annals of Internal Medicine* has received major national attention and sparked the physician movement #ThisIsOurLane on social media.

On Nov. 7, the National Rifle Association (NRA) tweeted a link to an article on their website opposing ACP’s recently updated policy on firearms safety, telling physicians, “Someone should tell self-important anti-gun doctors to stay in their lane.” ACP and *Annals* immediately responded directly to the NRA’s tweet, asserting that physicians engaging in advocacy to reduce injuries and deaths from firearms, like any other public health risk, is precisely in their lane. The College followed up with a comprehensive social and earned media effort to get the message out widely to the public and the profession.

Reaction on Twitter was swift and overwhelmingly in support of ACP’s policy, with ACP members and other physicians and healthcare professionals declaring, “This IS my lane.” The hashtag #ThisIsOurLane is being used to tag tweets where physicians call attention to the impact of firearms violence on their patients. The ensuing viral ‘twitterstorm’ has resulted in nearly 1,000 additional physicians signing a pledge on the *Annals of Internal Medicine* website, formally committing to talking to their patients about guns whenever risk factors are present.

**Make Your Voice Heard**

Make your voice heard and help us continue to raise visibility around this issue. Encourage other ACP members and physician colleagues to join the conversation on social media using #ThisIsOurLane, and tag @ACPiinternists and @AnnalsofIM, and sign the pledge on the *Annals of Internal Medicine* website, formally committing to talking to their patients about guns whenever risk factors are present.