



CAPT Michael P. Keith, MC USN FACP, Governor

Chapter Newsletter

January 29, 2018

*Special thanks to our chapter meeting planning committee:*

- LCDR Anthony Choi
- LCDR Michael Powers
- LCDR Daniel Bowers
- LCDR Mike Fangerow
- LT Danielle Briden
- LT Shira Paul
- LT Brian Tran

\*Don't Forget to Claim your [CME Credit](#)

Use CME activity code 9169

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## Chapter Meeting 2017-2018: Navy Internal Medicine Faces the Future

The Naval Medical Center San Diego hosted the 2017-2018 chapter meeting, themed "Face the Future." The meeting was very well attended, with over 110 members registered and present for the meeting. In addition to a welcome taste of spring in January, the meeting offered a wide array of CME topics, mentorship opportunities, resident poster and podium presentations, and updates on where we may be headed in the wake of NDAA 17.

The chapter continues to enjoy the support of senior members of the Navy Internal Medicine community who attended the meeting. **RADM Colin Chinn** provided an overview of



San Diego Skyline viewed from NB Point Loma

the Joint Staff Surgeon position and commentary on the direction of Navy Medicine. **CAPT Tim Quast**, IM Specialty Leader, provided an overview of Navy IM, featuring deployments, promotions, and an overview of senior leaders in Navy

Medicine who belong to our community, including **CAPT Chris Culp**, Commanding Officer of NMCP, who was present for the meeting. Additionally, senior leaders from the Department of Medicine at Uniformed Services University were in attendance including **Louis Pangaro, MD MACP**, Chairman and **Paul Hemmer, MD FACP**, Vice Chair for Educational Programs.

Congratulations to our planners, faculty, and resident presenters! You made it a highly successful chapter meeting.

## Chapter Names Awards Winners

The chapter has a cherished tradition of recognizing outstanding Navy internists in the form of annual awards.

Chapter level awards include the Laureate

award, the Sparks award, the VADM Nathan Young Leader Award, and the Master Teacher Award. Each program also names an outstanding resident and faculty teacher each academic year. We were

fortunate to have **RDML Paul Pearigen**, Commander NAVMEDWEST and Chief of the Medical Corps, present awards to our 2017-2018 winners. (continued next page)

# Awards Winners (continued from page 1)

Congratulations to our 2017-2018 Awardees!

Chapter Laureate: CAPT Patricia Pepper

Master Teacher: CDR Todd Gleeson

Sparks Award: LCDR Laura Gilbert

VADM Nathan Young Leader Award:  
LT Ben Vipler

NMCP Resident of the Year:  
LT Bobby Trentacosta

NMSCD Resident of the Year:  
LT Brian Tran

WRNMMC Resident of the Year:  
LT Matthew Biscotti

NMCP Faculty Teacher of the Year:  
LT Ashley Fang

NMSCD Faculty Teacher of the Year:  
LT Joanne So

WRNMMC Faculty Teacher of the Year:  
LCDR Joseph Lopreiato



Chapter Laureate **Patti Pepper**



Master Teacher **Todd Gleeson**

## Chapter Dues Rate Unchanged for 2018-2019

For the upcoming fiscal year, chapter dues will remain at \$35.00. The chapter is in good financial standing thanks in large part to its dues paying members. As a chapter we are ahead of the average for the college and for similar sized chapters. Over the past year 74% of chapter members paid their dues compared to 69% for other small to medium sized chapters and 67%

across the college. If you are current with your dues – thank you! Your contributions help the chapter put on annual meetings and ensure our chapter winners and Doctor's dilemma team can attend the annual Internal Medicine

meeting to represent the best of Navy Internal Medicine.

*The Chapter dues rate will remain \$35.00 for the next fiscal year.*

Don't get dropped in February! If you are not current with your dues, there is still time. To renew, contact customer service at: **800-523-1546**.

## Membership Update

Over the last 6 months, the Chapter has seen an increase in membership by 5%. Ten members were elected to fellowship, 52 medical student members were added to the chapter, and 32 resident and fellow members joined our chapter and 27 big 'M' members were added. Thank you especially to our program directors

as students and resident/fellow members made up the largest portion of the membership increase.

Attention all FACPs: An important function of being a fellow is to assist the governor in identifying candidates for fellowship and providing a letter of sponsorship to the candi-

date fellow.

If you know of a member who should be advanced, please contact me at **michaelpkeith@gmail.com**.

## ACP Takes on Physician Well-being and Professional Satisfaction in New Initiative

A new ACP initiative on Physician Wellbeing and Professional Satisfaction aims to address the goal of creating a culture of wellness, improving practice efficiencies, enhancing individual physician well-being, and reducing administrative burdens.

ACP has convened a Physician Wellbeing and Professional Satisfaction Task Force to help focus efforts to address this complex problem. This month's ACP Internist President's Column features a [guest column](#) on the issue by Susan Thompson Hingle, MD, MACP, Chair of ACP's Board of Regents and chair of the Task Force.

As part of the initiative, ACP established its Wellbeing Champion program and continues to expand it, by training Champions to be deployed through their chapters to assist local and regional chapter members, practices, and organizations in combatting burnout and promoting wellbeing and professional satisfaction.

ACP Practice Advisor recently launched a related module, "[Making the Case to Address Clinician Burnout](#)," geared to help users recognize clinician burnout within their practices/programs (registration required). ACP is also collaborating with other organizations that are

addressing physician wellbeing issues.

Visit [ACPOne](#) for a comprehensive collection of resources around this issue.



## Patient Resources for the New Year

Help your patients with their health management goals this year. Co-developed with Consumer Reports, ACP's "Take Control of Your Health" guide helps to facilitate effective patient-physician communication about maintaining healthy blood sugar and blood pressure levels, needed vaccines, screenings and medicines, and choosing a healthy lifestyle.

Browse ACP's Patient Education Center for hundreds of other patient-centered education materials. The Center contains free guidebooks, fact sheets, videos, and other materials that promote understanding and self-management of common health conditions. All resources are written at or below a 6th grade reading level, and most are available in both English and Spanish.

For Patient Education Materials:

<https://www.acponline.org/practice-resources/patient-education-resources-and-tools>

## Team WRNMMC Captures the Admiral's Cup in Doctor's Dilemma

The chapter held its annual jeopardy-style resident knowledge competition on January 13, 2018 featuring teams from NMCP, NMCSO, and WRNMMC. Special thanks to **LT Blaine Moore** for hosting the program and channeling his inner Alex



**Jeffery Gray, Michael Roth, and Greg Czaja compete in Doctor's Dilemma.**

Trebek. For the second year in a row the Admiral's Cup returns to Walter Reed. The winning team

of **LT Jeffery Gray, LT Michael Roth, and LT Greg Czaja** will represent the Navy chapter at the national competition in at IM 2018.

Enjoy Doctor's Dilemma? Consider joining the National ACP's [Question Development Committee](#). The deadline is February 16, 2018.



Governor:  
CAPT Michael P. Keith, MC USN, FACP  
michaelpkeith@gmail.com

Governor-Elect Designee:  
CDR Mark Tschanz, MC USN, FACP  
mark.p.tschanz.mil@mail.mil

We're on the Web: [navychapter.acponline.org](http://navychapter.acponline.org)

## Upcoming Events

Student Steps to Success Meeting  
March 31, 2018  
MedStar Harbor Hospital  
Baltimore, MD

IM 2018 Morial Convention Center  
New Orleans, LA  
April 19-21, 2018

Ohio/Air Force/Army/ Navy Combined  
Chapters Reception  
Friday April 20, 2018: 1800-1930  
La Galerie 3, New Orleans Marriott

## Abstract Competition Winners

Outstanding Clinical Vignette Podium:  
LT Aaron Tallant, WRNMMC

Outstanding Research Podium:  
LT Dawn Quigley, WRNMMC

Clinical Vignette Posters  
1st place: LT Sheldon Edwards, NMCSD  
2nd place: LT Laura Barba, WRNMMC  
3rd place: LT Daniel Rausa, NMCP

Research Poster Winner  
LT Sara Robinson, WRNMMC

Medical Student Poster Winners  
Clinical Vignette: ENS Melanie Wiseman, MC, USN, MS4  
Indiana University-Purdue University, Indianapolis

Research Vignette: ENS Alexa Bianchi, MC, USN, MS2  
University of South Carolina, School of Medicine

## Thanks to FACP Sponsors for the Past 6 Months

Angeline Lazarus, MD MACP  
CAPT Patricia Pepper, MC USN FACP  
CAPT David Connito, MC USN FACP  
CAPT Steven Escobar, MC USN FACP  
CAPT William Shimeall, MC USN FACP  
CAPT Daniel Seidensticker, MC USN FACP  
CDR Todd Gleeson, MC USN FACP  
CDR Justin Lafreniere, MC US FACP  
CDR Mark Tschanz, MC USN FACP  
CDR Mary Andrews, MC USN FACP  
LCDR Alicia Warnock, MC USN FACP  
LCDR Elexis McBee, MC USN FACP  
LCDR James Clifford, MC USN FACP  
Daryl Fick, MD FACP  
Tiffany Cartner, DO FACP  
Megan McGavern, DO FACP



**Program directors and fellowship sponsors Mark Tschanz, Justin Lafreniere, and Bill Shimeall at the awards banquet.**