Physicians commonly suffer from burnout, so a little more happiness just might be the right prescription for us. My practice is fortunate to have a licensed clinical social worker, Ginny. Recently, she was telling me some of the activities she does with our patients to increase happiness. One such activity is called “Three Good Things”: before bed, write down three good things that occurred during the day. Focus on little joys, like a good parking spot, the beautiful sky, or a nice meal. It can be anything really. Then take a moment to reflect why these things made you feel good. This increases happiness by training our brains to see the positives instead of the negatives.

In the spirit of this activity, I wanted to reflect on three good things about the Oklahoma chapter. The first good thing I want to bring attention to is the leadership of our former governor, Dr. Michael Bronze. He has done a great job and leaves the chapter on extremely firm footing. I am appreciative of him for helping me acclimate as governor-elect. He is a wonderful leader and I am grateful to know him better.

The second good thing is the Oklahoma chapter achieved the Silver Chapter Excellence Award. This is a tremendous achievement and comes as a result of hard work by many. Perhaps at the top of that list is our executive director, Kathy Musson. I have relied heavily on her to help me navigate the transition to governor. I appreciate her hard work and dedication to making this chapter great. I look forward to working with her going forward.
The third good thing is the upcoming chapter meeting. The Oklahoma chapter meeting is coming up on October 4th through 5th at the University of Oklahoma Samis Education Center in Oklahoma City, OK. The theme of this year's meeting is “The Implication of Inflammation in Common Internal Medicine Diseases.” Dr. Matlock Jeffries has put together a truly impressive program. Please try to attend. There will be both CME and MOC credit given for this event. This is also a great time to socialize with our colleagues in internal medicine.

As I end my first installment to the chapter newsletter, I ask you to remember the activity "Three Good Things". We are in a wonderful profession and have the privilege to care for wonderful people. A little gratitude will go a long way. Give it a try tonight!

- Robert B. Hauger, MD, FACP

Speak, call, or write to myself or one of your Oklahoma Chapter council members if you have interest in serving. We are always looking for membership willing to take up the banner in advocacy, membership, communication, and other areas of service. Do you have a new idea or a resolution to take to ACP nationally? We need to hear from you, our membership.

The chapter excellence award recognizes individual chapter's accomplishments and successes. In the past, it was presented by the national ACP chapter to those state chapters that satisfied certain requirements, looking at a chapter’s membership growth, diversity, finances, awards, meeting programs, communications, credentialing, advocacy, and volunteerism. Your OK Chapter has won the Chapter Excellence Award every year beginning in 2003 through 2018.

This year was the first year in which the national ACP Chapter established three metal tiers to the chapter excellence award: Gold, Silver, and Bronze. This year, your Oklahoma Chapter is proud to win the Silver Chapter Excellence Award for 2019. This award will be presented to our Oklahoma Chapter at our Fall 2019 Oklahoma Chapter Scientific Session. We have high ambitions to win the Gold Chapter Excellence Award in 2020!
Registration is open for the fall 2019 Oklahoma Chapter Scientific Meeting! The meeting will be held October 4th through October 5th at the Samis Education Center in Oklahoma City, OK.

The meeting is a great way for you to recharge, rewind, and reflect with your peers, chapter leaders, and great speakers. In addition to the networking and collegiality offered by our meeting, it is also a valuable learning opportunity. For the chapter meeting, the American College of Physicians designates this live activity for a maximum of 7.5 CME credits and 7.5 MOC points.

All registration must be received by September 27, 2019, or a late registration fee of $15 will be added. This includes on-site registration. Save money by registering now! You can view the full meeting brochure or register online. Additional information is available on the Chapter website.

This year’s theme is “Inflammation in Common Internal Medicine Diseases.” Meeting highlights include updates on noninfectious inflammatory lung diseases, anti-cytokine therapy in congestive heart failure, informational update on anti-inflammatory diet, inflammatory bowel disease for the General Internist, evaluation of red eye for the Internist, and Giant Cell Arteritis update.

Of course, we will have our annual Doctor’s Dilemma Competition and Resident/Fellow Presentations.

I look forward to seeing you in OKC!
Chapter Scientific Meeting 2019

Schedule at a Glance:

Friday, October 4, 2019

12:45 p.m.
Registration

1:00
Welcome
Robert B. Hauger, MD, FACP
Governor, ACP Oklahoma Chapter

1:15
Keynote Address: ACP College Update, The Medical Note in the Era of CMS Changes
Heather Gantzer, MD, FACP

2:00
Noninfectious Inflammatory Lung Diseases
Jad Kebbe, MD

2:45
Break

3:05
Anticytokine Therapy in Congestive Heart Failure
Stavros Stavrakis, MD, PhD

3:50
Anti-inflammatory Diet
Lori Whelan, MD

4:35
Welcome Reception (open to all attendees)

Saturday, October 5, 2019

7:30 a.m.
Continental Breakfast

8:15
Inflammatory Bowel Disease for the General Internist
Hussein Bitar, MD

9:00
Nephritis
Josephy Ghata, MD

9:45
Break and Visit Exhibit Booths

10:15
Evaluation of the Red Eye for the Internist
Anne Moreau, MD

11:00
Giant Cell Arteritis Update
Mary Beth Humphrey, MD, PhD, FACP

11:45
Visit Exhibit Booths

Noon
Lunch and Town Hall Meeting

12:25 p.m.
Putting Physician Wellness into Practice
Brian F. Lich, MD

1:00 p.m.
Resident Oral Presentations

2:00
Resident Poster Presentations

3:00
Doctor’s Dilemma®
Rhett L. Jackson, MD, FACP

4:00
Resident Awards Presentations

4:30
Adjourn

How to Register:

You can easily register online, by phone, or by completing the registration page in the meeting brochure (included below). Please contact Kathy Musson at 405-850-8334 or kmussonokc@gmail.com with any questions.
Resident and Fellows: Online Abstract Submission

Clinical vignettes, posters and research papers prepared by our Resident/Fellow Members will be presented at the chapter meeting in October. Winners will receive cash awards and recognition and one winner from each campus will receive up to $1,000 toward expenses for the 2020 Internal Medicine meeting in Los Angeles, CA and be eligible for entrance into the national competition during Internal Medicine 2020.

Deadline for Abstract Submissions is September 20th

Click Here To Submit Your Abstract Online

You can create and edit your abstract in a separate document, then copy/paste the information into the Google Doc Submission page: https://forms.gle/uEtX8Sd717H2ZsRs5

Contact Dr. Matlock Jeffries at Matlock-Jeffries@ouhsc.edu for more information.
Chapter Scientific Meeting 2019

Oklahoma City, Oklahoma • October 4–5, 2019

RM2021

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 Oklahoma Chapter 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, attendance at the Friday welcome reception, all scientific sessions and materials, and CME documentation.

<table>
<thead>
<tr>
<th>Categories</th>
<th>Register by September 27, 2019</th>
<th>After September 27, 2019</th>
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</thead>
<tbody>
<tr>
<td>☐ ACP Member</td>
<td>$150</td>
<td>$165</td>
</tr>
<tr>
<td>☐ ACP Resident/Fellow Member</td>
<td>No Fee</td>
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<tr>
<td>☐ ACP Medical Student Member</td>
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<tr>
<td>☐ Nonmember Allied Health Professional</td>
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Please indicate your attendance at the following:

☐ REC1—Reception—Friday, 4:35–6:30 p.m.

☐ BR1—Breakfast—Saturday, 7:30–8:15 a.m.

☐ LO1—Lunch—Saturday, Noon–1:00 p.m.

☐ I will serve as a judge for the abstract competition.

Please select one of the below if you have a food restriction:

☐ Vegetarian ☐ Vegan ☐ Gluten free

Guest name: ____________________________

Payment Options

☐ Check enclosed.

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

☐ Charge to: ☐ VISA ☐ MasterCard ☐ AMEX ☐ DISC ☐ DISC

Card #: ____________________________

Exp. Date __/___ Security Code __________

Signature: ____________________________

Grand Total $ __________________
The Oklahoma Chapter is well-known for planning fun and unique chapter receptions during the annual Internal Medicine Meeting. In 2013, we cruised along the San Francisco Bay. In 2015, we set sail through Boston Harbor. In 2016, we had a perfect spot overlooking the National Mall and U.S. Capitol in Washington D.C. In 2017, we took a yacht on the San Diego Bay. In 2018, we took a Jazz-Dinner Cruise on the Mississippi River.

This year, we cruised and dined on a private chartered yacht along the Delaware River while viewing the Philadelphia skyline on the Spirit of Philadelphia. We had an amazing time with over 30 chapter members attending. You can view and download all of the pictures at the [ACP Oklahoma Chapter Facebook Page](https://www.facebook.com/acpoklahoma/).

Be on the lookout for the details of our next chapter reception in Los Angeles during IM 2020!
ACP Convocation is an annual ceremony whereby the College recognizes and applauds its new Fellows. This year at IM 2019, your Oklahoma Chapter was honored to have Dr. Jabraan Pasha conferred into Fellowship of ACP and representing the Oklahoma Chapter at Convocation. Our new Governor, Dr. Robert Hauger, walked with Dr. Pasha at Convocation. Congratulations to Dr. Pasha!

Fellows of ACP are a distinguished group of doctors dedicated to continuing education in medical practice, teaching, or research. Fellowship is an honorary designation given to recognize ongoing individual service and contributions to the practice of medicine. Fellowship in ACP is a mark of distinction. To learn more about ACP Fellowship and review the requirements for advancing to Fellowship, click here.
Internal Medicine residents across Oklahoma competed in oral and poster presentations during our 2018 Fall Scientific Session. The winners of the competition competed nationally in Philadelphia at IM 2019. They all represented the chapter well! The state-level competition will be held during the 2019 Fall Scientific Session this October in OKC.

**Jake Murray DO**, a OU-Tulsa IM Resident, presented, "Unlocking Implicit Bias: Implementation of an Implicit Bias Workshop to Increase Resident Physician Awareness of Personal Implicit Bias and Its Effect on Patient Care."

**Mohamad Khattab DO**, an OU-OKC IM Resident, presented, "Improving Trends of Appropriate Aspirin Utilization for Primary Prevention of Atherosclerotic Cardiovascular Disease at a Tertiary Care Medicine Resident Clinic."

**Ryan Yarnall MD**, a OU-Tulsa IM Resident, presented, "Improving Recognition and Treatment of Depression in an Academic Internal Medicine Clinic."
Council of Resident/Fellow Members (CRFM)

At IM 2019 in Philadelphia, an alumni meeting was held for the Council of Resident/Fellow Members (CRFM). OU-Tulsa IM resident, Lyle Baker MD, is completing his final term this year on both the CRFM and Medical Practice and Quality Committee (MPQC).

The ACP Council of Resident/Fellow Members is currently seeking resident and fellow leaders to serve as new representatives for terms beginning in April 2020. The national CRFM is charged with responding to requests from the ACP’s Board of Regents, committees and staff for review of programs, products and services, and advising the Board of Regents and Board of Governors.

Applicants with a strong background in leadership, advocacy, and/or education are highly encouraged to apply. Please see the CRFM Call for Nominations for more information. Nomination materials must be submitted via e-mail to acpgovernance@acponline.org no later than November 1, 2019.

Opening Ceremony at ACP IM 2019
New ACP Members and Fellows

Please help us in welcoming our New ACP Members to the Oklahoma Chapter.

New ACP Members

Robert H Scofield, MD
Sunil Agrawal, MD
Blair A Kirkpatrick, MD
Hamid Reza Sima, MD
Kevin B Smith, DO
Ash Bhakta
Serena Mitroo, MD
John C Goetzinger, MD
Lyndsey J Jones, MD
Marcus A Toschi, MD
Jared K Pembroke, MD
Rajesh Samannan, MD
Duy Vu, MD
Miranda A McGhee, MD
Nazir Ahmad
Yuan Ying, MD
Abed Madanieh, MD

Kiran K Kommaraju, MD
Usman A Bhatti, MBBS MD
Huzaifa Jaliwala, MD
Juan A. C. Clatza, MD
Yanming Chen, MD
Muna Gharfeh
Anish Bhakta, DO
Michael Engheta
Caleb Severns
Nathaniel Weber
Rebecca Gupton
Kendall Allmaras
David Rothwell, MD
Bobby Tharayil, MD
Carolina Emanuels, MD
Thomas Schneider, DO

Broken Arrow
Oklahoma City
Oklahoma City
Oklahoma City
Tulsa
Oklahoma City
Oklahoma City
Tulsa
Norman
Oklahoma City
Oklahoma City
Oklahoma City
Edmond
Oklahoma City
Oklahoma City
Oklahoma City

ACP Fellowship is an honor achieved by those recognized by their peers for personal integrity, superior competence in internal medicine, professional accomplishment, and demonstrated scholarship. The Oklahoma Chapter recognizes and congratulates the following physicians who were elected to Fellowship in the College.

New ACP Physician Affiliate

Mikhail A Lomize Oklahoma City

New ACP Fellows (FACP)

Judith A James, MD FACP Oklahoma City
Richard C Greyson, MD FACP Edmond
Luz Tono, AHP MD FACP Edmond

Please help us congratulate these newest Fellows to the Chapter! If you are a long time member of ACP, we hope that you will strive to professionally move toward Fellowship. For some, this will require work. It may require your involvement with the college and/or the local chapter. Have you been to the national or state meeting? For those already active in the college, you need to apply now. You have done the work and it is time to be recognized. FACP is a standard of professional excellence that your peers recognize.
Leadership Day in Washington D.C.

In May 2019, Dr. Jacob Murray, Dr. Lyndsey Jones, myself, and our Advocacy Chair, Dr. Matlock Jeffries, traveled to Washington, D.C. to participate in the annual ACP Leadership Day on Capitol Hill. Leadership Day is a two-day program, this year held from May 14th through 15th, of panel discussions and lectures on a variety of health topics which culminate with visits to the offices of our congress members. During these visits, we discussed ACP’s annual legislative agenda and asked for their support.

National ACP had eight key health priorities that they pushed for this year, including:

1. The High Cost of Prescription Drugs
2. The Epidemic of Firearms-Related Injury and Death
3. Funding Federal Workforce, Medical & Health Services Research, Public Health Initiatives
4. Physician Payment Under Medicare
5. Expanding Coverage and Stabilizing the Insurance Market
6. Reducing Unnecessary Administrative Tasks on Physicians and Patients
7. Health Women and Families
8. Medical Education Training and Debt

This year, our congress members were very busy, so much of our discussions took place with their legislative assistants and staff. We visited the offices of Sen. James Inhofe, Sen. James Lankford, Rep. Frank Lucas, Rep. Tom Cole, Rep. Kevin Hern, and Rep. Markwayne Mullin. Each discussion was limited to 15 minutes, so our “asks” had to be laser focused. We concentrated our discussions on 4 main priorities that we felt best reflected our state’s priorities and those of our OK ACP chapter members.

Dr. Jones led the discussion on lowering prescription drug costs for our patients. Our “asks” on this topic included passing and introducing companion versions of The REMEDY Act (S. 1209) to aid in the approval of more generic drug applications by the FDA, Prescription Drug STAR Act (H.R. 2113) to promote drug pricing transparency by requiring “big pharmacy” to justify and explain price spikes on their drugs, The Medicare Prescription Drug Price Negotiation Act (H.R. 275/S. 62) to allow the federal government to negotiate lower drug prices on behalf of Medicare beneficiaries, and The Creates Act (H.R. 965/S. 340) to prevent egregious practices by manufacturers that keep generic drugs from coming to the market. We all have experienced the frustration of high prescription drug costs that limit our patients’ access to basic medications like insulin in our diabetics. These pieces of legislation would increase transparency and accountability in prescription drug pricing and improve access to lower-cost generic medications.

Dr. Murray led our discussion on reducing unnecessary administrative tasks on physicians and patients. Administrative burden on clinicians is a significant contributor to physician burnout. We all have experienced the frustration of medications being denied by insurance companies and all the hoops we have to jump through via prior-authorizations and step therapy protocols in order to get our patients the medications they need. Dr. Murray asked our congress members to introduce legislation that would standardize prior-auth reporting requirements across the entirety of the Medicare Program while also working with all stakeholders to adopt the same standardizations. Other “asks” on this topic included passing and introducing companion versions of The Safe Step Act (H.R. 2279) which would require health insurers to provide an exceptions process for any medication step therapy protocol based on clinical
Leadership Day (continued)

decision-making, medical necessity, and other patient needs.

Dr. Jeffries advocated for continued, uninterrupted funding to several existing public health initiatives and federal health programs that currently support primary care and ensure an adequate physician workforce. Some of these I am sure you will be familiar with, including the CDC (Centers for Disease Control), NIH (National Institutes of Health), and VHA (Veterans Health Administration). Others you may not be as familiar with but are very important including the PCTE and NHSC. Particularly important to Dr. Jeffries, given his research in rheumatology at the Oklahoma Medical Research Foundation (OMRF), was continued funding of AHRQ (Agency for Healthcare Research and Quality) and PCORI (Patient-Centered Outcomes Research Institute).

I spoke with our congress members on Graduate Medical Education (GME) funding and medical student debt. GME funding has been an ongoing priority of ACP ever since I last attended Leadership Day in 2016. Because of the aging “Baby Boomer” generation, a 2019 report from the AAMC estimates a shortage of 21,000-55,000 primary care physicians by 2032. Every year, thousands of medical students go un-matched after receiving their medical degrees, preventing them from obtaining a state medical license and receiving further specialized training in residency. Both of these are essential in order to practice independently. Yet, the number of Medicare-funded GME positions has remained capped at the same levels since 1996. I asked our legislators to pass The Resident Physician Shortage Reduction Act (S. 348, H.R. 1763) which would increase the number of residency spots by 3,000 per year over 5 years with focuses in primary care like internal medicine. I also asked our legislators to pass and introduce companion versions of the Resident Education Deferred Interest Act (H.R. 1554) which would save physicians in residency programs thousands of dollars by enabling students to qualify for interest-free deferment on their loans while serving in a medical internship or residency.

As internal medicine residents, Dr. Murray, Dr. Jones, and I were all honored to represent our OU-Tulsa and OU-OKC programs at Leadership Day 2019! We are always advocating for our patients within clinic and hospital settings, but the experience and knowledge we gained advocating for them on Capitol Hill was invaluable. Later that week, I had another meeting in D.C. for ACP’s Medical Practice and Quality Committee (MPQC) where we discussed (and debated) ACP’s vision of our country’s future healthcare system. We anticipate this will be released to the public this November.
ACP Chapter Eternal
Bartis Milton Kent, MD, FACP

We extend our condolences to the family and friends of Dr. Bartis Milton “Bart” Kent.

Dr. Kent was a U.S. Air Force Captain who served in the Korean War. He was a flight surgeon with the 319th Fighter Interceptor Squadron, Fifth Air Force, during the Korean War. Dr. Kent served as flight surgeon in the U.S. Air Force from 1951 to 1953. Dr. Kent served as an internist in Muskogee, Oklahoma, for over 40 years.

National Physician Suicide Awareness (NPSA) Forum

ACP is hosting a National Physician Suicide Awareness (NPSA) Day discussion in an online public forum beginning Monday, September 9, through Thursday, September 12. Well-being and Professional Fulfillment task force members and experts in the field will facilitate and add to the conversation. You can join the conversation, help spread awareness, and strengthen your community by logging on to remember loved ones, share stories, and offer best practices. Join the forum here.

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: 741-741
Oklahoma Chapter Officers & Council Members

**Governor**
Robert B. Hauger, MD, FACP
Tulsa, Oklahoma
rbhauger@saintfrancis.com

**Immediate Past Governor**
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**ACP National Office**
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**Department of Medicine Representatives**
Michael Weisz, MD, MACP
Bernadette Miller, MD, FACP

**Committee Chairs**
Matlock Jeffries, MD, FACP, FACR
Michael A. Weisz, MD, MACP
Andria Medina, MD, PhD
Matlock Jeffries, MD, FACP, FACR
To Be Announced
James H. Baker, MD, MACP
Lyle W. Baker, MD
Brian Lich, MD

**Council Members**
Richard Matthew Atkins, MD
Shouvik Chakrabarty, MD
Alisha Jones, MD
Scott Shepherd, DO, FACP
Steve Egwuonwu, MD, FACP
Deepak Jaiswal, MD
Matlock Jeffries, MD, FACP, FACR
Pranay Kathuria, MBBS, FACP
Martina J. Jelley, MD, FACP
Dorothy Rhoades, MD
Chittur Sivaram, MD, FACP
Kersey Winfree, MD
Brent W. Beasley, MD, FACP
Rajesh K. Singh, MD, FACP
Sudip Tripathy, MD, FACP

**Resident Representatives**
Addison McGinn, MD (OU-Tulsa)
Amanda Moyer, MD (OU-OKC)

**Student Representatives**
To Be Announced (OU-Tulsa)
Andrea Fernandez, MS4 (OU-OKC)