Dear ACP colleagues and friends,
Summer greetings to you all! Wishing you all the opportunity to enjoy warm sunny days and time with family and friends.

I enjoyed an outing to Salem with members of the Council of Women in Medicine (CWIM) to join other volunteers at a “Friends of Trees” event. We tromped around in marshy ground, cutting back weeds around recent plantings and mulching to encourage their growth. It was a fun time, not too hot and not too wet, and a perfect way to get away from computers and paperwork. I enjoyed getting out of Portland and feeling good about making a contribution to the community. It was also a terrific way to be outdoors with family (CWIM plans to have a repeat event in the fall when “Friends of Trees” resumes its work).

My husband, teenage son, and I recently got out of Portland also to enjoy a return to the Oregon Shakespeare Festival (OSF) after a long pandemic hiatus. It was great to return to Southern Oregon and see the OSF flag raised over the stage of the Elizabethan Theater. We were able to experience both the persistence of this incredible Oregon arts treasure and the excellence of changes introduced by OSF’s new artistic director, Nataki Garrett. We hope to return again to catch a few more plays, but the summer is already filling up with other plans so it may be a stretch.
While in Ashland, I took the opportunity (in my ACP Women in Medicine t-shirt) to collect signatures for LEVO’s IP17. (More about that below.) It was very interesting to hear the reactions of people to the idea of an initiative petition for gun safety. Given the spate of shootings nationally around that time, there were people expressing relief at the idea that they could do something so simple to make a difference. I also heard gratitude that this was being done and surprise that a physician would participate in this kind of voluntaryism and activism. It was great to hear that many people had already signed the petition! Someone was at work already in the community collecting signatures - maybe some of you! Other signers shared their hopes and fears. A teacher shared with me the careful thinking she did every workday about where to place her body to try to protect her students from a shooter if one intruded into her classroom. Another, a gun-owner, talked about the importance of safe use and storage while signing the petition. Thank you to all who added energy and signatures to this grass-roots effort this spring and summer!

In the rest of this newsletter, I’d like to highlight some of the Chapter and College activity of the past few months for you and provide resources that may enrich your lives and practice. Take a look below for more updates and help from the College.

BE WELL.

Jenny

Jenny R. Silberger, MD FACP (she/her) - Governor, Oregon Chapter ACP

**Influencing Change in Medicine**

Oregon kicked off the annual national advocacy effort with an inspiring multi-chapter event May 14, “Influencing Change in Medicine: Leadership Through Equity”. This 90-minute virtual event started with a keynote by Dr. David Hilden, Governor of the Minnesota Chapter, followed by an impressive panel of physician advocates, expertly moderated by Dr. Omar Atiq, President-elect of ACP. Dr. Hilden shared his experience leading his Chapter during the time around George Floyd’s murder which occurred blocks from his workplace and hospital.

His description of events as they unfolded was gripping, told from the perspective of a physician who found himself unexpectedly at the eye of the storm. The riots that followed were in his neighborhood. He drove past the site of the murder on his way to work every day. Multiple colleagues were called to testify in the trial. The local community was moved by grief and rage, echoed on a world stage.

He posed the question, “How do we respond when something happens to rip the blinders off the public’s (and our own) eyes?”
This virtual event also included the stories and experiences of multiple other inspiring physician advocates, including Dr. Moru Salifu (NY), Dr. Susan Hingle (IL), Dr. Cynthia Jumper (TX), Dr. Daniel Anderson (CA), and Oregon’s own Dr. Kelsi Manley. Dr. Manley shared her powerful personal reflections on advocacy and the intersection of her advocacy with equity issues.

For those who missed this live event, a recording is available on this link: https://youtu.be/3FZgNwIhqt0

Listen for Dr. Manley’s comments on the “voices in the room” and the “voices outside.” It’s worth your time to go back and watch this one!

Bittersweet Farewell to Bob Doherty
Leadership Day (LD22) this year marked the transition to retirement of Bob Doherty, Senior Vice President of Governmental Affairs and Public Policy for the American College of Physicians. Over a 43-year career in advocacy for internal medicine, he has developed the powerful voice of ACP in Washington DC. You have all probably read his award-winning ACP Advocacy Blog or his column in the monthly ACP Internist publication. He is author of numerous ACP public policy papers published in the Annals of Internal Medicine.
A graduate of American University, he set down roots in Washington DC, learning the landscape (landmines and all) and guiding ACP staff in their efforts on topics ranging from health reform, workforce, and payment and delivery system reforms. Shari Erickson, MPH, stepped into the role of new Chief Advocacy Officer and Senior Vice-President of Governmental Affairs and Public Policy in March, and Bob is not gone yet as he continues as an advisor this year while transitioning into retirement.

During LD22, Bob shared some wisdom gleaned from his many years as our advocacy leader. So many of us have had the opportunity to learn from him directly. For those who never heard him speak and are unfamiliar with his rapid cadence, packed with information, pouring from a brain that runs away and ahead of a voice that tries to keep up, Bob was encyclopedic in his knowledge and had an enormous heart. He inspired many generations of internists to take up advocacy, often quoting Rudolf Virchow, the father of modern pathology: “Medicine is a social science and politics is nothing else but medicine on a large scale. Medicine, as a social science, as the science of human beings, has the obligation to point out problems and to attempt their theoretical solution: the politician, the practical anthropologist, must find the means for their actual solution. The physicians are the natural attorneys of the poor, and social problems fall to a large extent within their jurisdiction”.

He drew from an historical perspective on the importance of civic responsibility and participation in governing by all citizens. For physicians who may have never stepped into this kind of advocacy before, he reminded us that when we enter the room to discuss health policy, we bring with us years of expertise and dedication. We enter the room as the experts. Our policymakers need to hear from us. Indeed, Bob also advised us that as citizens, participation in a civil society is an expectation, citing Pericles’ Funeral Oration from 490 BCE: “Here each individual is interested not only in his own affairs but in the affairs of the state as well: even those who are mostly occupied with their own business are extremely well-informed on general politics—this is a peculiarity of ours: we do not say that a man who takes no interest in politics is a man who minds his own business; we say that he has no business here at all”.

Bob closed his long career with ACP by offering some final words of advice to a ballroom full of aspiring advocates this year, which I share with you all here--
Ten things Bob learned from 43 years of advocacy for internal medicine

1. Ideas matter more than money, but money opens the door for your ideas.
2. Trust is earned. (Forget about “the doctor knows best”).
4. Know what you know and don’t know.
5. You don’t have to like your lawmaker or agree with them. You need them, and they, you.
6. Be a good listener. And a good storyteller.
7. Seek common ground and compromise as needed. But not on core principles and values.
8. Make friends.
10. Always put patients first.

I hope Bob Doherty’s words and legacy will inspire some of my readers to plan on joining us in Salem for Advocacy Day and in Washington DC for Leadership Day in 2023. In a time of great change, physician voices raised in advocacy are needed more than ever.

**Leadership Day 2022 (LD22)**

Oregon healthcare advocates sharpened their skills in May with a trip to Washington D.C. for legislative visit at the Capitol. It was an exciting two days of training, briefings, updates from ACP leadership, followed by meetings with Oregon’s elected representatives. I was joined by medical students Elias Wisdom, Linh Taylor, and Dr. Mario Tarasco, residents Dr. Ryan Kane and Dr. Neha Agrawal, Oregon governor Dr. Jenny Silberger and past Governor/current Regent Dr. Marianne Parshley. It was an impressive group who traveled across the country to bring the lived experience of medical care delivery and training challenges to our legislators’ attention.

We met with staff from the offices of all our Senators and state Representatives this year. We were especially happy that our delegation included constituents from around the state and hope to include delegates again next year from eastern and southern Oregon.
Out of approximately 180 federal legislative proposals that ACP is actively monitoring, 12 were under active management for potential action (see below). The Oregon delegation focused on the key priorities (listed below) of the College in our conversations with legislative staff, bringing our personal stories to the table so the significance of the issues are truly understood. Our delegation was especially effective in explaining the difficulties experienced by trainees and primary care workforce, issues around medication costs, and mental and behavioral health access.

If you could not join us but want to advocate to our legislators on these issues, follow up emails from constituents are a powerful way to continue the work we started in LD22. Take a look at the policy priorities and their matched legislation below to find what moves you to action.

Local Advocacy: Lift Every Voice Oregon

**Initiative Petition 17 is Now Measure 114!**

Congratulations! Due to your hard work and dedication, Initiative Petition 17 has qualified for the November 2022 Ballot. Oregon ACP endorsed the IP17 last fall. IP17 is an effort of Lift Every Voice Oregon (LEVO), an organization that has come together to work on reducing gun violence and deaths to make Oregon safer. IP17 was presented to Chapter policy leaders by Dr. Andy Felcher, an ACP member who was involved in LEVO and who has a passion for this public health concern.

The initiative falls in line with ACP policy on reducing firearm injuries and deaths in the United States. It will limit the size of gun magazines sold in the state, will require a complete background check and gun safety training prior to purchasing a firearm, and more. For details of the initiative go to [https://www.lifteveryvoiceoregon.com/](https://www.lifteveryvoiceoregon.com/).

ACP members have played a role in gathering signatures in support of this initiative. Thanks to all of you for your support of this grass-roots effort. On last count, just after the deadline for signatures passed, there were reportedly over 160,000 signatures collected! The hard work of people around the state means we will see the initiative on our ballots in November. The question will be put to our state’s voters next.
Responding to National Events: The SC Decision Overturning Roe v Wade
ACP President, Ryan D. Mire, MD, FACP released a statement reaffirming ACP policy that reproductive health care decisions are foundational to the patient-physician relationship and a patient’s decision about whether to continue a pregnancy should be a private decision without interference from the government. Internal Medicine Physicians Greatly Concerned by Supreme Court Decision Eliminating Right to Reproductive Services

Representing over 400,000 physicians in the country, the American College of Physicians released a statement jointly with the American Academy of Family Practice, the American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, and the American Psychiatric Association on June 24, 2022: SCOTUS Decision Jeopardizes Patient-Physician Relationship, Penalizes Evidence-Based Care

ACP has provided resources and information on the implications of the U.S. Supreme Court decision striking down Roe V. Wade. What It Means for Reproductive Health

Annual Report of the Executive Vice President and CEO
ACP released the 2021-2022 report which highlights the College’s significant progress on strategic initiatives and other important activities and efforts that help support internal medicine physicians and advance the profession of internal medicine.

Resident and Fellow Support
ACP offers 3 short videos for our colleagues early in their careers to help them advocate for themselves and escalate concerns constructively through their programs. Several issues have been raised through the national Council of Resident and Fellow Members which are best addressed through ACGME and other pathways. The pandemic highlighted the need for informed and skillful self-advocacy and ACP is responding to support this group of members. Please watch these videos and let us know what you think!

ACP also offers resources geared to our trainees which promote psychological safety, help with standing up to bias and harassment, address burnout and well-being in residency, discuss ways to promote collaborative learning environments, and more on the resident well-being learning hub.

Resources for Medical Educators and All Life-Long Learners
Do you need CME or MOC? ACP offers many resources for those involved in medical education. Supporting educators and longitudinal learners (i.e. all of us!) in their success is one of the chief callings of the College. There are so many resources, many of which offer free CME and ABIM MOC credit to ACP members.

Resources for Medical Educators provides guidance on identifying learning gaps, enhancing curriculum, preparing trainees for exams, and more. ACP’s High Value Care initiative takes this work further, offering learning resources for all clinicians on a wide variety of related topics aimed at improving health, avoiding harms, and eliminating wasteful practices. Additional tools were developed to help clinicians and patients understand the importance of talking about costs of care and to help them efficiently and effectively address cost issues in the clinical setting. Additional interactive high value care cases have been developed to help eliminate unnecessary health care costs and improve patient outcomes while earning free CME and ABIM MOC patient safety and medical knowledge points. In the Choosing Wisely learning modules, ACP partnered with the ABIM Foundation to develop a set of interactive skill-building video modules to enhance physician communication.
The College offers resources for high value care coordination as well, including the pediatric to adult care transitions initiative and tools to support coordination of care to specialists, hospitalists, ambulatory care, and facilitating patient- and family-centered discussions. Ethics case studies draw on an ethical challenge encountered by physicians in everyday practice, teaching or research.

The educational webinar library offers additional recorded sessions on multiple topics, including pain management and prescribing buprenorphine, coding and payment, physician financial well-being, telemedicine, and more. ACP's clinical guidelines & recommendations provide clinicians with recommendations based on the best available evidence; inform clinicians of when there is no evidence; and finally, help clinicians deliver the best health care possible.

ACP's online learning center is an incredible hub that provides many more educational resources. Recent additions include the Patient Priorities Care curriculum, Coding for Clinicians, and ACP 2022 Internal Medicine Course Recordings. POCUS Online Learning Activities continue to be expanded and refined. Pain Management Learning Hub resources remain available and may help fulfill state-based requirements.

Finally, ACP's Medical Knowledge Self-Assessment Program (MKSAP) meets your needs for continuous learning through regularly updated syllabus content and Board-like multiple choice questions. MKSAP 19 provides the newest e-learning technology, including enhanced multimedia options, whiteboards, and personalized learning plans. This is the go-to source for exam prep. Questions cover the same topics contained in the ABIM exam blueprint. MKSAP learners can also earn same-day CME credits and MOC points with the new Earn-As-You-Go CME, which allows learners to earn CME/MOC for each question answered.

The Leadership Academy provides additional resources for professional development and Mini but Mighty Skills for Well-being help with self-advocacy, self-care, advancing change through systems. You could spend your whole day discovering what you need in these different websites and resources!

Message from Marian Hodges, MD, FACP - Chair SPADO Subcommittee

Dear Healthcare Professional -

SPADO, the State Plan for Alzheimer's and related Dementias in Oregon, is trying to understand the needs of health professionals in Oregon with regards to Dementia care. On behalf of Oregon Chapter ACP, we are inviting you to please take a moment to read the information below and complete this Survey—sponsored by SPADO.

By completing this 2-minute survey, you can help inform SPADO on what you would like to see offered to health care professionals.

Use this link to complete the Survey: https://www.surveymonkey.com/r/ZW7KJT7

Oregon has a rapidly growing older adult population. The prevalence of dementia increases with age, with roughly half of adults, age 85 or over having some type of dementia. Dementia is a stressful condition for the patient and family, but also for health care professionals who often have not had the training they need to support their patients. The financial costs of undiagnosed and poorly managed dementia in Oregon are extensive because of worse overall health outcomes, longer hospital length of stays and caregiver costs. Earlier diagnosis and better care could improve patients’ and caregivers’ health while reducing these expenses. To improve the diagnosis of, treatment of, and support for patients living with dementia, the SPADO Education Workgroup has been tasked by the Governor and legislature to develop a strategy for reaching all primary care health professionals with the necessary education and resources to improve dementia care.

Direct questions to oregonacp@comcast.net
National ACP Policy Priorities at LD22: Some of this legislation has moved forward with the recent session. Some continues to be in committee or is on hold. Below is the summary of our “asks” during this past Leadership Day.

Access to Care: Congress should pass legislation below to expand access to health coverage and make it more affordable by supporting policies that would continue expanded eligibility for higher premium tax credits (as enacted in the American Rescue Plan Act) to purchase coverage through the Affordable Care Act (ACA) and provide higher federal payments for states to expand their Medicaid population beyond CY2022.
✓ Cosponsor and pass H.R. 340, the Incentivizing Medicaid Expansion Act of 2021, to expand federal matching assistance for states that choose to expand Medicaid, regardless of when such expansion takes place. Introduce and pass the companion bill in the Senate.
✓ Cosponsor and pass H.R. 369, the Health Care Affordability Act of 2021, to permanently expand eligibility for higher premium tax credits under the ACA. Introduce and pass the companion bill in the Senate.

Physician Payment: Congress should pass legislation and support policies to stabilize and improve payments for undervalued office-based visits under Medicare, provide sufficient funding to prevent scheduled and future cuts in payments, and ensure positive annual updates under Medicare’s physician fee schedule.
✓ Support inclusion in must-pass legislation this year provisions to provide financial stability through a baseline positive annual update to the physician fee schedule reflecting inflation in practice costs, and eliminate, replace or revise budget neutrality requirements to allow for appropriate changes in spending growth. Extend the moratoriums on sequester and PAYGO cuts that were approved by Congress at the end of last year.

Mental and Behavioral Health: Congress should pass legislation below and support policies to address the mental and behavioral health crisis among clinicians and patients, including improving the integration of such services into the primary care setting.
✓ Cosponsor and pass H.R. 5218, the Collaborate in an Orderly and Cohesive Manner Act, to provide grants through the Department of Health and Human Services to primary care physicians who choose to deliver behavioral health care through the Collaborate Care Model (CoCM). Introduce and pass the companion bill in the Senate.
✓ Support enhanced reimbursement for CoCM payment codes under Medicare to more appropriately reflect the value of services provided to patients with mental health and substance use disorder needs.

Prescription Drug Reform: Congress should pass legislation below to improve access to prescription drugs by reducing excessive prescription drugs costs through pricing transparency, providing authority to the federal government to negotiate prescription drug prices under the Medicare Part D program, and removing harmful step therapy protocols.
✓ Cosponsor and pass S. 898, the Fair Drug Pricing Act, to require drug companies to disclose and provide more information about imminent drug-price increases, including data about research and development costs. Introduce and pass the companion bill in the House.
✓ Cosponsor and pass S. 833, the Empowering Medicare Seniors to Negotiate Drug Prices Act of 2021, to help to reduce drug prices and out-of-pocket costs by allowing the federal government to negotiate lower drug prices on behalf of Medicare beneficiaries. Introduce and pass the companion bill in the House.
✓ Cosponsor and pass S. 464/H.R. 2163, the Safe Step Act, to ensure patient access to appropriate treatments based on clinical decision-making and medical necessity rather than arbitrary step therapy protocols.
Primary Care and the Physician Workforce: Congress should pass legislation below and support policies to ensure an adequate supply of internal medicine specialists trained in primary and comprehensive care that includes increasing Graduate Medical Education (GME) positions, addressing medical education debt, decreasing barriers to increase the number of international physicians in the U.S., and funding Title VII Health Professions grants.

✓ Cosponsor and pass H.R. 2256/S. 834, the Resident Physician Reduction Shortage Act of 2021, to increase the number of GME slots to 14,000 over seven years for specialties facing shortages, including internal medicine.
✓ Cosponsor and pass S. 1024, the Healthcare Workforce Resilience Act, to recapture 40,000 unused visas and use them to provide additional green cards to 15,000 physicians and 25,000 professional nurses. Introduce and pass the companion bill in the House.
✓ Cosponsor and pass H.R. 3541/S. 1810, the Conrad State 30 and Physician Access Reauthorization Act, to allow states to sponsor foreign-trained physicians to work in medically underserved areas in exchange for a waiver of the physicians' two-year foreign residence requirement.
✓ Cosponsor and pass H.R.4122/S.3658, the Resident Education Deferred Interest (REDI) Act, to make it possible for residents to defer interest on their loans.
✓ Support inclusion in FY2023 appropriations legislation funding for Title VII Primary Care and Training Enhancement (PCTE) at $71 million to support and expand the pipeline for individuals training in primary care.

Public Health and Pandemic Preparedness: Congress should pass legislation below and support policies designed to protect public health and research, fund pandemic preparedness programs and initiatives, and increase the flexibility and use of telehealth services as needed during and beyond the public health emergency.

✓ Support funding in FY2023 appropriations - $11 billion total for the CDC, $35 million for the CDC's Injury Prevention and Control, Firearm Injury and Mortality Prevention Research; $49 billion in total for the NIH, $25 million for the Office of the Director, Firearm Injury and Mortality Prevention Research.
✓ Cosponsor and pass the COVID Supplemental Appropriations Act, 2022, H.R. 7007, or a similar supplemental funding package, to provide $15.6 billion in additional funding for COVID relief.
✓ Cosponsor and pass the CONNECT for Health Act (H.R. 2903/S. 1512) and the Telehealth Extension Act of 2021 (H.R. 6202/S. 3593), to remove arbitrary restrictions on where a patient must be located to utilize telehealth services; enable patients to continue to receive telehealth services in their homes; ensure federally-qualified health centers and rural health centers can furnish telehealth services and improve data collection and analysis for at least two years.

CHAPTER SOCIAL MEDIA – TWITTER
TWITTER: @OregonACP (http://twitter.com/OregonACP) INSTAGRAM: @OregonACP
Twitter for chapter related news, including highlights of policy and advocacy work at the National ACP level, as well as photos of chapter activities and news about chapter members.

ACP---ADVOCATES FOR INTERNAL MEDICINE NETWORK
Join more than 15,000 colleagues in the Advocates for Internal Medicine Network (AIMn) in advocating for the interests of internal medicine in Washington, D.C. The AIMn program is for ACP members interested in participating in federal advocacy. It is designed to help members engage with their federal lawmakers on policy issues important to ACP and internal medicine. Follow @AdvocatesIM https://www.acponline.org/advocacy/advocates-for-internal-medicine-network
You only need to enroll via this AIMn enroll form https://cqrcengage.com/acplac/app/register?1&m=13815.
Fostering Excellence In Internal Medicine 2022

CHAPTER ANNUAL SCIENTIFIC MEETING
November 10-12, 2022----SAVE THE DATE!!!
The Oregon Chapter ACP Annual Scientific Meeting is a rich source of knowledge content. Target audience includes general internists, subspecialty internists, hospitalists, family practitioners, residents, medical students, and other health care professionals. Two days of educational sessions, posters, exhibitors, Networking, Oral Presentations Thursday Evening.

Registration Will Open Soon.
We’re planning for “IN-PERSON” at the Salem Convention Center, Salem, OR.

TOPICS / SPEAKERS

*FOOD IS MEDICINE-FRAMEWORK FOR ASSESSING SDOH* - Priya Radhakrishnan, MD, FACP
  *MANAGING MENOPAUSE* - Karen Adams, MD
  *SLEEP DISORDERS* - Tanvi Mukundan, MD
  *ASTHMA/COPD UPDATE* - Bradford Glavan, MD
  *ADULT ADHD* - San Stanley, MD
  *LOWER GI DILEMMAS* - Amy Wang, MD, FASGE
  *MANAGING STAGE IV CKD* - Claire Kassakian, MD
  *REFRACTORY DEPRESSION* - Daniel Fischer, MD
  *THIEVES’ MARKET* - Alexander Schafir, MD, FACP
  *TIPS FOR BLOOD PRESSURE* - Thomas Chau, MD, MBA
  *UPDATE IN HOSPITAL MEDICINE* - Ehrine Deloreia, MD, MPH
  *POST-TRAUMA GROWTH* - Fareha Nawaz, MD; Abigail Lenhart, MD
  *UPDATES IN OUTPATIENT MEDICINE* - Katie lossi, MD, FACP
  *GLP-1 & SGLT2 INHIBITORS* - Abigail Frye, PharmD, BCACP
  *PLANETARY HEALTH & ENVIRONMENT JUSTICE* - Matthew Hollon, MD, MPH, FACP
  *PULMONARY HTN – TREATMENT OPTIONS* - Jeffrey Robinson, MD

ACP QUALITY IMPROVEMENT CHAMPIONS RECOGNIZED – OREGON ACP
Each year, the National ACP Advance Quality Improvement Program recognizes Champions and Chapters for their outstanding contributions that empower physicians and their teams to engage in QI that results in meaningful improvement in quality and patient outcomes. Oregon Chapter ACP was recognized in April 2022 during the IM Meeting in Chicago, IL, at a luncheon celebration, for our work related to I Raise The Rates newsletter distribution, events with speakers on topics of vaccination hesitancy and COVID-19, and partnering with Boost Oregon for fundraising.

Mary Olhausen – Executive Director
Jenny Silberger, MD, FACP – Chapter Governor
Marianne Parshley, MD, FACP – Immediate Past Chapter Governor

UPCOMING EVENTS

OHSU – When Things Go Wrong In The Outdoors
August 19, 2022. Timberline Lodge - Mt. Hood, OR  www.ohsu.edu/cme

OMA – Oregon Medical Association Annual Conference

OGS – Oregon Geriatrics Society Annual Conference
October 7-9, 2022. Sunriver Resort - Sunriver, OR.  www.oregongeriatricssociety.org

ACP – Oregon Chapter American College of Physicians Annual Scientific Meeting
November 10-12, 2022. Salem Convention Center - Salem, OR.  www.acponline.org/chapters