Hello everyone,

Something that stuck with me from the Boston ACP Centennial meeting was the phrase “work-life integration.” As I write to you, I have just finished perusing poetry and literary passages for a Mother of the Groom reading requested by my son and his fiancé for their wedding ceremony this past Sunday! The final week’s events are now in motion. In fact, when they first told me last year of their wedding set for late July, I noted that it was the same time as the ACP Seattle board review course, which I’ve been co-directing with Doug Paauw, MD, MACP for 23 years. Alex said, “Mom I’ve been your son for 25 years, I think you can make this work!” Of course I will, just like we all juggle our personal lives and our profession. Not necessarily balance but wonderful chaos, and I always feel incredibly privileged to have both.

The chapter newsletter and photos highlight so many great activities going on in our busy chapter. Many of our members, council and educational leaders participated in the national meeting, ACP leadership days in Washington DC, planning/conducting our Spring Scientific Scholarship Day, and planning our November annual meeting. And lots of committee, council and regional activities continue in our state! I’m particularly enjoying the terrific Dim Sum and mentoring events as a chance to talk with you.

Thanks for all you do and for making our chapter the dynamic success that it is! Consider nominating a colleague for one of our awards to recognize terrific accomplishments!

Have a wonderful summer!

Best regards,
Joyce
Advocacy is a key component of ACP activities. Recently, 14 of our ACP members, residents and medical students went to Washington DC to discuss and advocate for some key priorities for our patients and our profession. Participants in this year’s ACP Leadership Day included physician members Judy Benson, Matt Hollon, Carrie Horwitch, Paul Kassab, Douglas Lindahl, Hani Murad, Sundance Rogers and Cathrine Wheeler. Also attending were students Alexander Cypro (UW), Whitney Pfleger (UW), Peter Serina (UW) and Emily Stratton (PNWU). Resident delegates were Vamsi Kanneganti (TriosHealth) and Erin Kirkegaard (Providence Spokane). The group represented approximately half of the districts in Washington State.
When I first became involved in ACP I did not realize how important advocacy was for the decisions that are made that affect many aspects of our professional lives. Since learning and becoming more active, I have seen how advocacy can improve our health care system, improve the work we do on behalf of our patients and educate our local, state, and national political leaders about medicine. We do have a very important voice to share and they need to hear from us. Please consider getting involved and sign up to be an Advocate for Internal Medicine.

This was a historic year for medicine. First, the elimination of the Medicare Sustainable Growth Rate (which ACP has advocated eliminating for 12 years) allows for a better reimbursement system for medicine as well as an opportunity to reduce unnecessary costs to our health care system. The new system that will be initiated is discussed below - you can read more about it on the ACP website. It is important for physicians and physician groups to be aware of what the changes mean.

From the ACP website:
After 11 years, 17 patches, and more than $154 billion wasted—the failed SGR formula has been eliminated!

2. MACRA establishes stable positive updates during a transition period:

• Annual updates of 0.5 percent starting on July 1, 2015 through the end of 2019. The rates in 2019 will be maintained through 2025
while providing professionals with the opportunity to receive additional payment adjustments through a new Merit-Based Incentive Payment System (MIPS). This is much better than a 21 percent SGR cut on April 1—which in all probability would have been followed by more patches with rates frozen indefinitely, year after year, as far as the eye could see.

3. Starting in 2019, the existing Medicare quality reporting/incentive programs—Physician Quality Reporting System (PQRS), Value Based Modifier (VBM), and Meaningful Use)—which vary significantly in terms of measures, data submission options, and payment timelines—will be consolidated into one single quality improvement program, the Merit-Based Incentive Payment System (MIPS), reducing the significant confusion associated with the current three separate reporting programs. Existing 2019 penalties under the PQRS, VBM, and MU programs, which can total as much 11 percent or more, are cancelled, and put back into physician payments, significantly increasing the total funds available to pay physicians.

4. The new MIPS program will allow physicians to more clearly determine their eligibility for incentive payments. In essence, it empowers physicians to set their own individual conversion factor, rather than having it determined by a flawed formula or other external approach. Physicians will be able to proactively review their data in order to set their performance goals and will get credit for improvement.

• Physicians will also get credit for their clinical quality improvement activities, as well for transitioning to the Patient-Centered Medical Home (PCMH) model or the PCMH specialty practice model.

• High performing physicians can also receive additional payment. In aggregate, this additional payment would be up to $500 million per year from 2019 to 2024. This new money does not exist within the current Medicare reporting/incentive programs.

• Additional new money is also allocated specifically to help small practices ($20 million annually from 2016 to 2021).

5. Physicians participating in Alternative Payment Models (APMs), like ACOs and advanced PCMHs, can choose to take a different path than the MIPS program and will receive a 5 percent bonus each year from 2019 to 2024—this is entirely new funding and is on top of any current payment structures that are part of their APM (e.g., prospective care coordination fees, shared savings, etc.).
• Read an ACP perspective article from the Annals of Internal Medicine on the changes made by MACRA. Compare the legislation to ACP’s recommendations in a section-by-section analysis.

Whom can I contact to learn more?
advocacy@acponline.org
www.acponline.org

The second important issue is the Supreme Court decision to uphold the Medicaid subsidies for states.

In an opinion issued today, the Supreme Court ruled that the premium subsidies created by the Affordable Care Act (ACA), which are essential to making coverage affordable to millions, will continue to be available in states where the federal government manages their health insurance marketplaces.

This was important decision as over 6 million people were at risk of losing their insurance if the Supreme Court had decided against the subsidies. Read more about these issues here.

Save the date: Nov 5-7, 2015 for our annual WA Chapter ACP Meeting.

Where: Bell Harbor Conference Center, Seattle, WA

The conference starts Thursday AM with two ABIM MOC modules for the morning session: Update in Internal Medicine and Update in Hospital Medicine. Then, Thursday afternoon has 2 great pre-courses this year: Geriatrics and Update in Hospital Medicine.

The main part of the meeting Friday and Saturday remains packed full of great, relevant lectures to compliment your active Internal Medicine practice. This year, our workshops on Saturday are designed to review hands on clinical skills and will each run twice so you have the option to attend two of these workshops.

Also, please remember to nominate Internal Medicine providers for our annual awards.

Membership News

Kemi Nakabayashi, MD, FACP

The new 2015-2016 membership cycle has begun this month. Thank you to those of you who have already renewed your membership. Our Washington chapter continues to thrive with much credit due to every one of you. To renew your annual membership if you have not already done so, please go to
http://www.acponline.org/membership and click on the Manage My Membership link under Current Members.

Although we have an enthusiastic core group of council members and interest group chairpersons under the leadership of Dr. Joyce Wipf as governor, any additional contributions of members throughout the state is encouraged. Confirm with new colleagues that they are ACP members, or encourage them to join and receive Recruit-A-Colleague credit:

Within this new membership cycle we hope to plan more mini-CME events outside of greater Seattle and need local contacts for logistical planning. Any of our interests groups can use additional participation and ideas.

Summer is a good time to follow through on application for ACP Fellowship in order to participate in the fellowship convocation at an upcoming national meeting. IM 2016 will be in Washington, DC May 5-7 and IM 2017 will be back on the west coast in San Diego. The online fellowship application is a more streamlined way that auto-populates your ACP CME activities. You may contact any council member or me directly if you need assistance for fellowship support letters.

Also, did you know that attendees of the national ACP meeting can earn Maintenance of Certification credit after the meeting? The opportunity for members who attended IM 2015 in Boston continues through March, 2016 for up to 3 modules. Go to http://im2016.acponline.org/educational-program/moc-modules.

**Women in Medicine News**

*WIM Co-Chairs: Linda Pourmassina, MD and Cathrine Wheeler, MD FACP*

The Washington Chapter ACP Women in Medicine (WIM) Interest Group kicked off the year with a dinner event learning about “The Power of One Small Habit” from Cynthia Jolly, MD on January 30th. Guests enjoyed learning some tips for behavior change while enjoying dinner at Ivar’s Salmon House.

Our bi-monthly Dim Sum Around the Sound is taking a brief hiatus during the summer, but will be back again this fall. Watch your in-box for an invitation to join us for Dim Sum brunches at different locations throughout the Puget Sound Area. They are a great opportunity to visit with other physicians in an informal setting. These events have been popular with medical students and residents as well, so it’s also a good chance to meet and support the next
Looking ahead, please save the date for the evening of October 16, 2016 when we will be hosting our next event. Dr. Astrid Pujari, an internist and integrative medicine specialist, will be speaking to us about mindfulness. Stay tuned for more information as the date approaches.

**Spring Scientific Scholarship Day on May 29**

Our first Spring Scientific Scholarship Day held May 29 at UW South Campus Center was a great success! The objectives for the day that we accomplished:

1) Encourage scientific study by our residents, students and fellows in training via research and quality improvement projects

2) Provide further opportunity for trainees to submit and present abstracts of their scholarly works, and

3) Explore career goals and professional life in small mentoring groups

The day’s [program and activities](#) were developed in conjunction with a Task Force of our Student and Resident Council leadership and chapter advisors of our resident and student programs.

Special thanks to so many individuals who helped to conduct the meeting, including our outstanding plenary speakers, workshop
faculty leaders, and 18 (!) faculty and resident mentors who co-led focused mentoring discussions over lunch on a very sunny patio!

Panel discussions and oral abstract sessions were facilitated by Internal Medicine Residency Program Directors, Alvin Calderon of Virginia Mason, LTC Patricia Short of Madigan, and Ken Steinberg of UW.

Nineteen submitted abstracts were accepted for oral or poster presentations. All showed superb quality, innovation and effort. The abstracts were reviewed and winners selected by several teams of judges. Congratulations to the abstract competition winners: poster abstract awarded to Xinran “Leo” Liu, R2 UW, and oral abstract awarded to Carolyn Sy, R3 UW!
We are beginning to plan next year’s Spring Scientific Scholarship Day. Let us know if you want to be on the Planning Committee!

**Welcome New Fellows**

We are pleased to welcome the following new fellows since January 2015:

Amy M Deans, MD FACP Seattle  
Chuong H Nguyen, MD FACP Tumwater  
David J Likosky, MD FACP Kirkland  
Deepthi Mani, MBBS FACP Renton
Welcome New Members

We are pleased to welcome the following new members since January 2015:

Anshu R Abhat, MD Seattle
Ali A Alhusseini, MD Bellevue
Alisa C Becker, MD Seattle
Lacie G Bland, MD Spokane
Laura Bovee, MD Seattle
Alexander D Bryant, MD Seattle
Kate E Caveny, MD Spokane
Sriranjini Chilkunda Ramaswamy, MD Redmond
Sharmila Chintalapani, MBBS Richland
Alyssa Y Choi, MD Issaquah
Jennifer Chou, MD Seattle
Justin S Cochrane, DO Spokane
Thomas Brent Duff, DO Spokane
Summer S Engler, MD Seattle
Timothy R Gobble, MD Vancouver
Jeisa Y Gomez, MD Seattle
Deborah A Haisch, MD Seattle
Abigail Hikida, MD Seattle
Susan L Hunter, MD Seattle
Elliot S Jerud, MD Issaquah
Christopher K Johnson, MD Seattle
Joshua Kachner, MD Seattle
Anmol Kahlon, MD Pullman
Melissa J Kaptik, MD Tacoma
Hyojin Kim, MD Bellevue
Courtney D Kraseski, MD Tacoma
Kimberly Kyle, DO Toutle
Ximena A Levander, MD Seattle
Leah Marcotte, MD Seattle
Kathleen E McKeegan Volkman, MD Seattle
Lorette I Meske, MD Lakewood
Robert J Meyer, DO Olympia
Sanjay P Neupane, MBBS Vancouver
David L Newton, MD Olympia
Kelly G Paulson, MD Shoreline
Anders T Peck, MD Seattle
Donna J Pedroza, MBBS Seattle
Elizabeth M Rau, MD Spokane
Lesley H Richardson, MD Seattle
Rachel P Safran, MD Spokane
April K Schachtel, MD Seattle
Kevin Otto Schmidt Seattle
Jill A Schondebare, MD Seattle
Shawn R Schweitzer, MD Bellevue
Promish Shrestha, MBBS Bellevue
Jason D Simmons, MD PhD Seattle
Lauren E Sullenberger, DO Lake Stevens
Catherine A Sullivan, MD Seattle
Diya Surie, MD Seattle
Debbie L Tan, MD Seattle
Jessica S Tan, MD Ridgefield
Jenna L Thomason, MD Seattle
Evan T Tiderington, MD Seattle
Kara E Walter, MD Seattle
David A Watkins, MD Seattle
Eric Yang, MD Ridgefield
Todd A Yezefski, MD Seattle

American College of Physicians - Washington Chapter
Association Executive: Lisa Hager, MHA
2001 6th Ave Ste 2700, Seattle, WA 98121
ph 206-956-3635
Visit us online!