

January 2018

## Governor's Corner



By Joyce Wipf, MD FACP,  
WA-ACP Governor

Hello, everyone,

Our new year is flying by! It seems like I was just writing my first column as governor (2014), and now this is my last (*sigh*). While I love to reflect on

our chapter's exceptional activities, advocacy, educational meetings across our region, resident and student engagement, and net positive chapter growth, our achievements are due to of all of you.

I've been thinking about a question many of you have asked me: *"How do you make team-based care really work?"* I'd expand this to consider: *"How do we define, assess and articulate our unique roles as internists in today's expanding team-based practice?"* Collaborative practice with multiple health professions, and what I call overlapping circles of skills and expertise, spans primary care, hospitalist practice, ICU and every subspecialty. In my VA world of innovative interprofessional (IP) education and team-based care, we are learning to better understand and value each other's background, education, knowledge and contributions, while preserving each professional identity. We have been excited to welcome pharmacy residents, psychology fellows, nurse practitioner trainees and faculty into the IP precepting room and can clearly see how integrated care is good for patients. At the same time, it can be hard not to *"own everything"* as physicians, or disconcerting to be lumped generically as *"providers"*.

Our national ACP leaders are interested in examples of unique internist contributions in team-based care. For example, internists may serve as consultants for other professions within our practice in the work-up and management of complex and uncommon conditions, or to help with transitions of care from hospital to clinic. I'm excited to hear that some of your practices are formalizing consultative roles of internists for other providers, modifying panel size and length of visit for more complicated care, and defining roles in subspecialty and hospital services.

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We haven't even mentioned niches of expertise that evolve based upon our interests.

It is with real excitement and my philosophy that “*we are always moving forward*”, that I know our chapter will achieve new dimensions and only get better with the leadership of our Governor-elect, Matt Hollon, MD, MPH, FACP, our members and our dynamic council (of which I get to remain a participant)!

My appreciation for all you do, you are the best.



Joyce

WA-Chapter Governor

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## Spring Scientific Scholarship Meeting – Abstract Deadline March 9!

Medical students, residents and fellows-in-training are invited to submit abstracts of their research and quality improvement projects for the Washington Chapter's **4th Annual Spring Scientific Scholarship Day** to be held Friday, May 18 on the UW campus. Deadline for abstracts is 11:59 PM on Friday, March 9. [Click here](#) to submit abstracts.

Abstract submission and meeting registration is free for all attendees. Conference registration and a schedule of events will be available in March 2018.

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## ✓ SAVE THE DATE: WA- ACP 2018 Annual Scientific Meeting

The 2018 ACP Washington Chapter Scientific Meeting will be held Friday - Saturday, November 2 & 3, at the Bell Harbor Conference Center in Seattle. Half-day pre-courses and MOC Modules will be held at the same venue on Thursday, November 1. This year's meeting co-chairs are Jared Klein, MD, and Rachel Safran, MD. We again will be offering CME

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[Visit us online!](#)

and MOC credits for the meeting.

Be sure to mark your calendar. We look forward to seeing you!

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## ACP Leadership Day: May 22-23, 2018 in Washington



### DC

The 25th annual Leadership Day on Capitol Hill will be held on May 22 - 23, 2018 in conjunction with the Internal Medicine Meeting in Washington, D.C.

This two-day advocacy event is a great opportunity for the College and our members to increase our presence and bring visibility to issues of concern to Congress. As usual, there will be training sessions and briefings by congressional staff and key government officials and staff on Tuesday, May 22. Attendees will also receive a comprehensive orientation on ACP's top legislative priorities. A special briefing for Residents/Fellows-in-training and medical students is also provided. Visits to Capitol Hill will take place on Wednesday, May 23.

This event is open to ACP members only. ACP members interested in participating in Leadership Day 2018 should contact WA-ACP association executive, [Kimberly Conn](#), to let her know of your interest and to be included in the chapter delegation congressional meetings.

Additional information about Leadership Day 2018 can be found on the [ACP Services site](#). Please contact Shuan Tomlinson at the National ACP offices at [stomlinson@acponline.org](mailto:stomlinson@acponline.org) or 800-338-2746 ext. 4547 if you have questions.

[Where the College Stands](#) on key health policy issues,

news and recent policy changes

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## Annual Meeting November 2017 Recap

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We would like to say thank you to everyone who contributed to another very successful annual chapter meeting. About 300 people attended this year's meeting (up from last year, and well above the national average for medium to large ACP chapter meetings). Some highlights included: (1) the amazing student and resident abstract submissions again this year, (2) the heartfelt stories shared by the winners of our second annual Story Slam (a competition to share vignettes about the human side of medicine), and (3) our second successful Simulcast in Spokane. The Simulcast was held in partnership with the Spokane Society of Internal Medicine (SSIM) hosting the meeting, where attendance was also up and where we were able to add a student/resident poster competition for the first time.

We greatly appreciate everyone submitting written feedback about the meetings, and we are so pleased to see that people really enjoyed the experience again this year!

National ACP has compiled the evaluations, and commended the successful meeting with an exceptional overall rating of 4.7/5 (5= highest) and uniformly successful individual sessions. Evaluation comments and suggestions for future content are being carefully assessed for the 2018 meeting

As always, it was a pleasure to see and learn from all of you!  
Warmly,  
Ginger Evans, MD and Joey Parker, DO, FACP  
2017 meeting co-chairs

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## Washington ACP Chapter Elections

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Results of the chapter election were announced at the Annual Business Meeting in November 2017.

**Rebecca Ruud, MD, MACP**, Treasurer (Seattle) was re-elected to serve an additional one-year term on the Executive Council.

**Kemi Nakabayaski MD, FACP** (Seattle) and **Carletta Vanderbilt MD, FACP** (Bellingham) were re-elected to serve an additional two-year term on the Executive Council.

**Congratulations to our new Council members:** Mary Anderson MD FACP(Seattle), Ginger Evans MD (Seattle), Deepthi Mani MD (Puyallup), Henry Mroch MD, FACP (Spokane), Sarah Schmidt MD, FACP (Olympic Peninsula), Mary Shepard MD (Vancouver), Jennifer Thompson MD (Seattle).

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## Washington ACP 2017 Award Recipients

Each year, the Washington Chapter ACP honors internists for their contributions to patient care, community service, and education. The following 2017 awards were presented at the Washington-ACP Annual Scientific Meeting in November.

### Laureate Award



The Laureate Award honors Fellows and Masters of the College who have demonstrated by their example and conduct an abiding commitment to excellence in medical care, education, or research and in service to their community, their Chapter, and the

American College of Physicians.

The awardee is a senior physician and Fellow or Master of long-standing, with acknowledged excellence and peer approval in the field of internal medicine. This year's recipient of the Laureate Award from the Washington Chapter of the ACP is: **Yong Ki Shin MD, MACP**

**Y. Ki shin MD, FACP**, is an Assistant Dean for Clinical Medical Education in the Western Washington WWAMI region, Associate Clinical Professor of Medicine for University of Washington School of Medicine, Grays Harbor County Jail

Medical Director and practices general Internal Medicine in Montesano, Washington.

### **Washington Chapter Alvin J Thompson MD Internist of the Year Award**



The WA-ACP council unanimously voted to honor the late Dr. Alvin J. Thompson by renaming our Internist of the Year award: ***Alvin J Thompson MD-Internist of the Year Award*** ([link to summary](#)). Internist of the Year nominees should possess excellent clinical

skills, dedication to patients, enthusiasm for medical practice, leadership, and the ability to maintain humanity and a healthy balance between professional and personal interests that we can all strive to emulate. Internists who have championed innovations in practice to promote healthy patient behaviors will be given special consideration.

**Stephanie Fosback, MD FACP is the 2017 Internist of the Year** and received her award at the recent Washington State ACP Chapter Meeting. Pictured: Stephanie Fosback MD FACP and Doug Paauw, MD, MACP, WA-ACP Awards Committee Chair

Dr. Fosback has a very busy Internal Medicine practice in Pullman. She gives exceptional care to her patients and is an inspirational teacher to her medical students. She is in full time practice, and practices full scope general internal medicine. She is piloting a great program of co-care with clinical psychologists for patients struggling with challenging conditions.

### **Golden Apple Award**

This year, the chapter chose two winners for the 2017 Golden Apple Award: **Chuong Nguyen, MD & Margaret Adam, MD**



**Chuong Nguyen,  
MD – Golden  
Apple Award**

Dr. Chuong works at Kaiser Permanente Olympia at Providence St. Peter Hospital. Dr. Chuong H Nguyen attended and graduated from University of California, San Francisco School of Medicine in

1993, having over 25 years of diverse experience, especially in Hospitalist. He is known for his exceptional teaching skills and more importantly his enthusiasm to teach students. He is an excellent physician, patient advocate and an inspiring mentor to students.



**Margaret Adam,  
MD – Golden  
Apple Award**

Dr Adam is currently the medical director for Pike Place Market- a clinic that focuses health care access to lesser insured and homeless. Since she has been at this clinic she has consistently had

residents work with her and others at the clinic for their continuity. She is an example of a consummate internist and an excellent teacher.

**2017 ACP Community Service Award**

The WA-ACP seek to recognize an internist or group of internists who have an exceptionally positive impact on their community through volunteer activities.



**2017 Community Service Awardee: Genevieve Pagalilauan, MD** with WA-ACP Governor, Joyce Wipf MD, FACP and Doug Paauw, MD, MACP, WA-ACP Awards Committee Chair.

Dr. Pagalilauan is an Associate Professor of Internal Medicine at the University of

Washington. Dr. Pagalilauan is a true advocate for the underserved, volunteerism and advocacy. Genevieve is co-chair for the WA-American College of Physicians (ACP) Advocacy Committee and works tirelessly to educate ACP members of advocacy topics. She frequently participates in Advocacy day in Olympia bringing the voice of internists to our government. Genevieve has also developed and taught numerous courses on advocacy topics for the University of Washington medical students as part of the Foundations of Clinical Medicine and Capstone courses.

### **Outstanding Medical Student Award**

The 2017 Douglas S. Paauw Outstanding Medical Student Award is Scotty Kirkpatrick



Scotty Kirkpatrick - MD Candidate, University of Washington School of Medicine. Scotty Kirkpatrick was born and raised in Longview, Washington, and graduated in 2014 from Pacific Lutheran University in Tacoma, Washington with a degree in Biology.

He is a current fourth year student at the University of Washington School of Medicine. He will be receiving his medical degree in the spring of 2018. He is currently applying to internal medicine residency programs in pursuit of a career in primary

care.

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## 2017 Resident and Student Competition Winners

Resident competitions at the 2017 Annual Chapter Meeting included oral presentations, poster presentations and the always-popular Medical Jeopardy match. Over 70 students participated in a poster presentation competition and we were lucky to have the opportunity to learn from our colleagues-in-training.

### Resident Oral Presentation Winner:

**Aimee Moores**, Internal Medicine Residency at Madigan Army Medical Center, won the oral presentation competition with her talk entitled: *Detection of Obstructive Sleep Apnea with Holter Monitoring*. She was awarded a trip to the National ACP meeting in New Orleans in 2018.

### Resident Poster Winners!

**Suzanne Hughes** a resident at Madigan Army Medical Center won for outstanding resident poster at the Seattle competition. Her abstract was titled: *The Effects of Cardiac CTA Evaluation on Admissions for Low Risk Chest Pain*.

**Vernon Rasiash** a resident at Spokane Internal Medicine won for outstanding resident poster in the newly created Spokane Abstract Competition. His abstract poster was titled: *The Swollen Joint Dilemma*.

### Medical Student Poster Winner!

AT Still University medical student **Daniel Nasser** won the medical student poster competition for his work titled: *Thematic Analysis of Barriers to Advancement in Treatment Cascade for Hepatitis C in Primary Care at a FQHC*

### Resident Jeopardy 2017 Winners!

Thanks to Dr. Melissa (Moe) Hagman, MD, FACP for coming from Idaho to conduct the popular Jeopardy session with her usual *tour de force!*

University of Washington Medical Center residents: **Eric Tanenbaum, Alex Taylor & Perrin Romine** prevailed over teams from Providence Spokane, Virginia Mason Medical Center, Madigan Army Medical Center and Trios to compete in the National ACP Doctor's Dilemma competition in New Orleans,

LA, April 2018.



If you attend the National meeting, please take the time to cheer on our WA-chapter team!

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## Late Career Physicians Report

*David Dale, MD, MACP and Kemi Nakabayashi, MD, FACP, Late Career Physicians Co-chairs*

Thank you to our over age 60 members who responded to Late Career Physician survey conducted in the fall 2017. The national ACP organization is looking at our Washington chapter to lead in exploring ways to address the needs of our more senior membership. We held a breakout session at the November chapter meeting with over 20 people listening to the survey results and participating in a discussion led by Dr. David Dale, MD, MACP and Dr. J. Findlay Wallace, MD, MACP



Common themes expressed by members were:  
“Letting go and retiring is not an easy decision”  
“How hard it is to coming back to practice if you retire”  
“Computerized records are an obstacle for older physicians to stay in practice”

With the information from this session, we hope to provide ideas and specific suggestions for mentorship, volunteer opportunities, and networking to discuss other relevant topics not only for retired members but members looking for ideas or alternate employment later in their careers. Please contact us if you have additional thoughts or event planning ideas.

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## 2017 Chapter Excellence Award



We are pleased to announce that our chapter is in receipt of the 2017 Chapter Excellence Award! The award recognizes chapters which successfully

meet the ACP national standards for managing a chapter.

In order to achieve the Chapter Excellence Award, chapters must meet all basic criteria and seven optional criteria. Criteria include such activities as formulating an effective Governor’s Council and committees, communicating frequently with membership, providing educational opportunities, recruiting and advancing members and celebrating membership through local awards.

Thanks to those chapter members who were part of these endeavors! Your hard work and dedication is the reason we received this award.

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## Washington Chapter ACP Committee Reports

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### Membership Committee Report

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*Kemi Nakabayashi MD FACP, Membership  
Committee Chair*

Greetings to our members! As we start this new year, we are pleased to note strong chapter membership with steady growth in recent years. However, our council continues to seek ways to reach out to members across the state as well as encourage new membership and fellowship in ACP. In recent years, our regional council members and interest group chairs have participated in a telephonic membership meeting to discuss regional issues with brainstorming and event planning. For members outside of the greater Seattle area, I encourage you to dialogue with Carletta Vanderbilt (Bellingham), Rachel Reeg (Wenatchee), Henry Mroch, Rachel Safran and Matt Hollon (Spokane), Jennifer Balde (Tri-Cities), Gary Forbes and Sarah Schmidt (Port Townsend), Deepthi Mani (South Sound-Puyallup) and Mary Shepard (Vancouver) or contact me at [nakabayashimd@gmail.com](mailto:nakabayashimd@gmail.com) with comments or ideas for regional outreach.

We desire to support mini-CME event planning in regional locales and are also trying to foster the transition of our doctors in training to the Early Career Physician group, support the hospitalist interest group, and understand the needs of our Late Career Physician group after a successful initial breakout session at the chapter meeting led by Drs. David Dale and Findlay Wallace. Our council members are also eager to support members who are eligible to apply for Fellowship. Basic eligibility to apply for Fellowship includes being an ACP member for at least 5 years with various types of ACP activity and CME participation. Most members in clinical practice in any setting will meet the other eligibility requirements as summarized on the ACP website: <https://www.acponline.org/membership/fellowship/advance/>

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## Women in Medicine News

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*Co-chairs Cathrine Wheeler, MD and Erin Edwards, MD, Women in Medicine Co-Chairs*

Please join us at the next Dim Sum Around the Sound - Women in Medicine Event: This is an opportunity to share food and camaraderie with other physicians in a relaxed, informal setting

### **Dim Sum Around the Sound - Kent**

Saturday, February 3, 2018

10:00 a.m.

[Imperial Garden](#)

Reservations are required, as seating is limited  
Please RSVP to Kemi Nakabayashi MD FACP at [nakabayashimd@gmail.com](mailto:nakabayashimd@gmail.com)

### **Dim Sum Around the Sound - Edmonds**

Saturday, April 7, 2018

10:00 a.m.

[T&T Seafood Restaurant](#)

Reservations are required, as seating is limited  
Please RSVP to Kemi Nakabayashi MD FACP at [nakabayashimd@gmail.com](mailto:nakabayashimd@gmail.com)

### **Dim Sum Around the Sound**

Saturday, June 2, 2018

10:00 a.m.

Location: TBD

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## Hospitalists

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*Midori Larrabee MD FACP, Hospitalists Chair*

ACP Hospitalist Happy Hour! Hospitalists of all specialties, residents, and medical students are invited to join us for a casual, no-host, networking event. We will be talking about the joys and challenges of being a hospitalist in the Puget Sound area.

**Wednesday, Feb. 28 at 4:00 PM** The Ram Restaurant and Brewery | 2650 University Village | Seattle

**Bring a friend!** Feel free to invite other hospitalists from your team to the Happy Hour and introduce them to ACP. For questions or additional information, please contact Midori Larrabee MD FACP, the ACP Hospitalist Co-chair at [midori.larrabee@gmail.com](mailto:midori.larrabee@gmail.com)

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# Well Being Champions

*Carrie Horwitch MD FACP, Well Being Committee  
Co-Chair*

ACP has for many years been interested in reducing physician burnout, improving the practice of medicine and ensuring more professional satisfaction for Internal Medicine. ACP has several key policy papers and resources on these issues <https://www.acponline.org/practice-resources/physician-well-being-and-professional-satisfaction>

Two years ago, ACP launched a training by Dr. Mark Linzer, an expert in physician well-being, to train wellness champions to work at the chapter and national level on these issues. In the first training, Drs Dawn Dewitt from Spokane and Carrie Horwitch from Seattle were trained in this capacity. ACP is now expanding the training to 50 new Well-being Champions. Washington State ACP chapter has selected Dr. Cathrine Wheeler and Dr. Carmen McDermott to be the next trainees which will happen at the April Annual ACP Meeting in New Orleans.

Well-Being Champion Responsibilities and Expectations: The role of the Well-being Champions is to promote the rationale for investing in clinician well-being, share key evidence-based strategies to improve clinician well-being and professional satisfaction, and foster the development of chapter-based communities that support well-being and professional satisfaction. The expected time commitment is about 2 hours/month over a three-year term.

Specific Well-Being Champion Expectations:

1. Commit to a three-year term that begins with an in-person training at IM 2018 or 2019.
2. Attend periodic webinars and refresher training, one of which is likely to be in-person.
3. Review chapter Well-being survey results as available.
4. Integrate well-being/professional satisfaction information and strategies into Chapter programming, activities and communications.
5. Serve as a coach or mentor for at least 2 physicians in the chapter each year, providing a supportive connection and resources (and referral information for those in need of more intensive counseling).
6. Assess and work with at least one member's practice to measure well-being, burnout and provide strategies for improvement.
7. Track and document your efforts in an agreed upon format.

If you have any ideas for the Washington ACP

Chapter on these issues, please notify Kim Conn at [kim@wsma.org](mailto:kim@wsma.org) and she can notify the well-being champions.

Thank you for all the great work you each do every day for our patients and our profession.

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## Congratulations to our New Master and Fellows

### New Master

**Rebecca Ruud, MD, MACP** Rebecca was elected to Mastership in 2017

### New Fellows

Member Name	Member Type
Laurence M Brostoff, MD FACP	Fellow
Michael E Dorney, MD FACP	Fellow
Gabrielle N Berger, MD FACP	Fellow
Angelika Koch-Leibmann, MD FACP	Fellow
Arinder K Tiwana, MBBS FACP	Fellow
Dexter Preugschat, MD FACP	Fellow
Vincent Bryan D Salvador, MD FACP	Fellow
Robert A Ory, MD FACP	Fellow
Matthew L Smitherman, MD FACP	Fellow
Stephanie M Fosback, MD FACP	Fellow
Midori K Larrabee, MD FACP	Fellow
Joshua M Liao, MD FACP	Fellow
Khaled S Elghonemy, MD FACP	Fellow

Sean D Hurley, MD FACP	Fellow
Radica Z Alicic, MD FACP	Fellow
Basir U Haque, MBBS FACP	Fellow
Nkeiruka Duze, MD FACP	Fellow
Joseph H Parker IV, DO FACP	Fellow
Ali A Alhusseini, MD FACP	Fellow

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## Welcome New WA-ACP Members

We are pleased to welcome our new members to the Washington ACP Chapter ( July 1, 2017 – December 2017). Please [click here](#) to view a listing of our newest members.

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