ACP Arizona Chapter
American College of Physicians
Leading Internal Medicine, Improving Lives

THE LANTERN
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GOVERNOR'S CORNER

"Daily Affirmations"- When we started the HonorHealth Internal Medicine Residency program and subsequently when starting the DHEV IM residency program, the residents, faculty and I started each day at Morning Report with a "Daily Affirmation". I must admit that I stole the idea from Saturday Night Live's Daily Affirmation with Stuart Smalley. Each day students, residents and faculty start the day with something positive in their work or personal lives that they feel like sharing. There is both data and biological changes behind the benefits of daily affirmations. I would like to take this opportunity to share my ACP Daily affirmation.

Recognizing "Excellence" in our chapter and our leaders can be a daunting task. Thanks to many of our chapter leaders and our Executive Director, Rachael Lowery, ACP-Arizona was again awarded the Gold Level Chapter Excellence Award. As part of my ACP daily affirmation, I would like to devote the majority of my Governor's Corner this month to those committees/leaders and encourage all of you to get involved as well.

ACP-Arizona Membership Committee
My first congratulations goes to Membership Chair Dr. Sarah Umar and Vice Chair "Shu-Shu" Abdollahi. ACP-Arizona was just informed that while many organizations have seen a decrease in membership, ACP Arizona has grown by 1.63%. Innovative programming like membership and volunteer combined meeting at Feed My Starving Children is a credit to this great committee. We hope to repeat these types of events that show ACP can grow AND at the same time make a difference in the community (and in this case the world!!). This committee can always use more members and ideas. Feel free to join by clicking this link and we will get you connected. If you have a colleague who is not yet a member, please reach out to them and let them know all of the ACP member benefits and how important it is to have a strong membership when we meet with legislators to advocate for our patients and for our ACP physicians. If they are interested in becoming a member send them this link.

Dr. Sarah Umar and ACP-AZ Membership Committee at the Feed My Starving Children Event

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ACP-Arizona Advocacy Committee
Led by Dr. Shak Rehman and with its new Vice-Chair Eladio Periera, the ACP-Arizona Advocacy Committee has had a number of successes over the past year including a well attended Day at the AZ legislature, Leadership Day in Washington DC, and coordinated efforts with ArMA and many other organizations that helped reverse an 1864 bill that would have criminalized physicians and had the government involved in the physician/patient relationship. Our membership in AHAC has brought timely information to our advocacy committee. In addition, our AZ sponsorship of a resolution to provide financial support to chapters from the West Coast and smaller chapters led to the first time ever having representation from all 50 states at Leadership Day in Washington DC and we were able to send another student this year with the funds. If you are interested in getting involved in this committee, please click on this link and we will get you connected.

ACP-Arizona Education Committee
"WOW" does not seem to be big enough to describe all of the accomplishments of the Education Committee this past year under the leadership of chair Dr. Indu Partha and vice-chair Dr. Krystal Renzsel. We are so excited for our November 8-9 state meeting at Casino Del Sol in Tucson AZ. If you have not signed up yet, I encourage you to do so by clicking here. Coming off last year's record setting attendance meeting in Glendale at Midwestern University, this year's lineup of speakers and activities promises to be just as informative and exciting. The keynote speaker, Dr. Elisa Choi is the former Chair of the ACP Board of Governors. There is something for everyone from "Pearls on How to Run a Primary Care Practice" to Updates in Critical Care and Women's Health. Of course there is always the ever popular Doctor's Dilemma Finals, poster/oral vignette competitions, and this year the finals of the Southwest Great Debates between the champions from Nevada vs. Arizona.

I would like to personally thank all of the Education Committee members and especially the Chairs of the many educational subcommittees/activities that have been put in place over the past year. Drs. Sujatha Reddy and Ashini Shah for two wonderful semifinal competitions in the Great Debates held in Tucson and Chandler. We look forward to the Arizona Championship on September 28th at Northwest Medical Center in Tucson between Tucson Medical Center and Dignity Health East Valley, the two semi-final winners. Please check out the ACP-AZ Speaker's Bureau set up by Dr. Ranita Sharma if your department or hospital is looking for a speaker on an Internal Medicine topic for a conference or Grand Rounds!!

ACP-AZ Great Debates Semi-Final Competitions at Northwest Medical Center and Chandler Regional Medical Center

ACP-Arizona Resident and Student Committees
Our Resident and Student Committees have done some amazing work over the past year. Under the leadership of Dr. Deepika Razia the resident committee has done a great debates journal club, has set-up social events, and is looking forward to planning some other activities like friendly sporting events and other social activities.

Our student committee led by O'Neill Filloon (outgoing chair), Ishan Gupta (vice-chair and incoming chair) and Hend Bcharah (incoming vice-chair) has changed the structure of the student committee to allow students to join other committees as a rep which has made a huge difference in other committees like the communications committee and advocacy committees. The latest of which was Priyanka Chilukuri who almost single handedly led ACP-AZ efforts with Vot-ER. I strongly encourage all members to learn more about Vot-ER which is a non-partisan charitable organization whose only purpose is to help patients have a voice by helping them to register to vote. Our student committee is looking to develop a mentorship program with our current residents and fellows. A special thanks to our medical student liaisons Drs. Christina Bergin and Aman Verma. If you are a resident or student who is interested in becoming more involved in ACP's resident/fellow or student committee please click here.

Diversity, Equity, and Inclusion/Belonging Committee
Under the leadership of Dr. Pedro Rodriguez Guggiari, our DEI/B committee has developed and our GAC has approved our first ever ACP-AZ DEI/B policy. I encourage you all to review it. If you are interested in getting involved in this committee, please click on this link and we will get you connected.

Nominations Committee
Under the leadership of Dr. Bijin Thajudeen, the nominations committee is about to start the process of accepting nominations for two of our at-large members (more details to follow) with voting to happen towards the end of this year to start in April after the ACP National meeting. In addition, it is hard to believe but in the next year, this committee will also start the process of nominations for our next ACP-AZ Governor. I am so excited that we have so many great leaders in the chapter to take on this future position.

2024-27 Strategic Plan Task Force
Lastly, I am excited to announce that I have asked our Lieutenant Governor, Dr. Mark Zubriski to lead a task force to develop our ACP-AZ strategic plan working with our Executive Director, Rachael Lowery. As I was told once, "Unless you know where you want to head, you are unlikely to get there." So far the members of the Strategic Plan task force include Drs. Indu Partha, Pam Sullivan, Virginia Collier, Eladio Periera, Felix Reyes, and Tabitha Moe.

Allan L Markus, MD MS MBA FACP
ACP-Arizona Governor

Challenge Excellence Gold Level Winner

I am pleased to announce that our chapter is in receipt of the Gold Level of the 2024 Chapter Excellence Award! The award recognizes truly extraordinary chapters that surpass excellence in chapter management. We are in the company of 59 other outstanding chapters. In order to achieve the Gold Level of the Chapter Excellence Award, chapters must meet 20 Bronze criteria, 14 Silver criteria and multiple Gold level activities. Criteria include such activities as having a legislative action plan or agenda, holding a volunteerism/community service activity, holding multiple stand-alone meetings, having revenue sources outside of dues and meeting registration fees, implementing a strategic plan, implementing a formal recruitment and retention plan and measuring outcomes, conducting various activities for Medical Students, Residents and Early Career Physicians. I would like to extend a special thanks to those chapter members who assisted us in all of these endeavors! For their hard work and dedication, we received this award.

Speaker's Bureau

Brand new to ACP Arizona this year is our Speaker's Bureau, a list of engaging and exciting content experts around the state. Our hope through the Speaker's Bureau is to bring educational activities throughout Arizona over the coming years with a geographically diverse speaker's bureau. This resource can be used by Arizona clinicians to identify speakers to invite for various lectures and educational meetings. This is also an opportunity for our members to become more involved by signing up as a speaker. Those who sign-up can specify what topics they feel comfortable speaking on, if they would require honorarium, travel expenses, or would want to donate their honorarium to the ACP Educational Funds that supports our educational activities. Apply today!

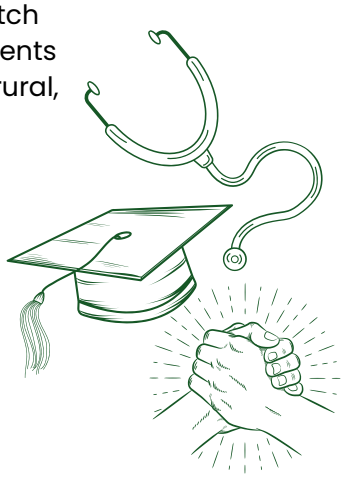
Speaker's Bureau Application

Speaker's Bureau Roster

2024 ANNUAL CHAPTER SCIENTIFIC MEETING

Register Here

Join us in November from across the state for networking, learn from top-notch speakers on a wide variety of relevant topics, and engage with medical students and residents. We want to see all our Arizona IM physicians at the meeting- rural, suburban, urban, community and university! Register now!



Date: Friday, November 8th - Saturday, November 9th
Location: Casino Del Sol, 5655 W Valencia Rd, Tuscon, AZ 85757

Featuring:

- Great Debates Finals
- Doctor's Dilemma Final Round
- Poster Competition
- Oral Vignettes
- Governor's Reception

Bonus Content:

- Pre-Course Program: Body Basics: POCUS For Internists
- For Med Students & Residents:
  - Career Options Panel
  - Meet the PDs/Chief Residents
  - Ultrasound Basics
  - Networking Social Events

Speaker and Sessions:

Featuring Keynote Speaker on Asian Health Disparities & Advocacy Dr. Elisa Choi, MD FACP FIDSA

- Internal Medicine / HIV Medicine / Infectious Diseases
- Board of Regents - ACP
- Immediate Past Chair, Board of Governors - ACP
- American Medical Association (AMA), House of Delegates (HOD) - ACP Representative
- American Medical Association (AMA), Women Physicians Section (WPS) - Governing Council Member at-Large

General Sessions and Breakouts:

- **Updates in Hospital Medicine**
  Dr. Brenda Shinar | UACOM-P
- **Updates in Geriatrics**
  Dr. Helene Lebonte | Mayo Clinic
- **Dermatology for the Internist**
  Dr. Mimi Algazi | Arizona Community Physicians
- **Medical Ethics**
  Dr. Bridget Stiegler | Northern Arizona Healthcare
- **Updates in Critical Care**
  Dr. Christian Bime | UACOM-T
- **Updates in Obesity Medicine**
  Dr. Amit Algotar | Family Medicine, BUMC-T
- **What's New in Women's Health?**
  Dr. Joy Bulger Beck | BUMC-T
- **How to Run a Primary Care Practice Pearls**
  Dr. Melanie Cloonan-Schulte | Private Practice, Internal Medicine; ACP-AZ Wellness Champion
- **AI in Med Ed**
  Dr. Shakaib Rehman | Phoenix VA Healthcare Systems & UACOM-P; ACP-AZ Advocacy Chair
- **What is Happening in Rural Health in AZ?**
  Dr. Osaf Ahmed | DHMG-Chandler
- **Social Justice Grassroots Efforts in AZ**
  Dr. Eladio Pereira | Mariposa Community Health Center

Sponsorships and Exhibitor Opportunities:

We're Open for Sponsors & Exhibitors! Please send any potentially interested our informative decks linked below, or send their information to rlowery@acpazchapter.org.

Exhibitor and A La Carte Sponsorship Opportunities

Meeting Agenda, LOR and Additional Meeting Details

Great Debates

The inaugural Arizona Great Debates are well underway! Our tournament-style residency competition has had both preliminary rounds take place– Tucson on June 8th and Phoenix on August 24th.

Great Debates Southwest Competition Bracket

Upcoming Arizona Finals

Featuring a debate between our Tucson winning program, TMC, and our Phoenix winning program, DHEV.

Date: Saturday, September 28th

Location: Northwest Medical Center
6220 N La Cholla Blvd, Tuscon
Peri Op Classroom

Time: 10:00AM - 11:30AM

The winners go on to face Nevada's finalist on November 8th at our annual meeting during the Governor's Reception!

Virtual Attendance via Zoom

Dr. Rehman leads our ACP Leadership Day Group

Interested in Joining a Committee?

Interested in being apart of our committees and making a difference?

Apply today!

AZ ACP Committee Interest Form

ACP-AZ MEMBER SPOTLIGHT

Ten ACP Advocates Who Took the Most Action on ACP Alerts

Members' engagement with your federal and state officials is an important part of our organization's advocacy strategy. Having an engaged grassroots network that takes action on ACP alerts helps to advance the College's priority issues with members of Congress. ACP's Advocates for Internal Medicine network (AIMn) makes it easy for our members to advocate.

We want to recognize our advocates who have been national leaders in terms of their advocacy on VoterVoice as of end of June 2024:

- Abigail Bales Cummings, MD, FACP WI
- Ross Vaughn, MD, FACP. AL
- Daniel Pomerantz, MD, FACP NY
- Moises Auron, MD, FACP OH
- Sunny Kung, MD MA
- Sean Kenmore, MD, FACP CA
- Ann Maguire, MD, FACP WI
- George Meyer, MD, MACP CA
- **Timothy Fagan, MD, FACP AZ**
- Susan Lee, MD, FACP NY

We hope that all our advocates will continue to engage with their members of Congress by acting on ACP's advocacy alerts. If you want to secure a spot in the top ten, active alerts can be found on our Legislative Action Center or talk to your chapter about considering a state-level grassroots alert.

Consider Joining AIMN

Please join ACP Advocates in Internal Medicine to 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. It's free!

ACP Advocates for Internal Medicine Network

Join AIMN Today!

ACP-AZ MEMBER SPOTLIGHT

Pioneer & Progress: Celebrating 150 Years of Osteopathic Medicine

As osteopathic medicine celebrates its 150th anniversary, The DO commemorates three trailblazing osteopathic physicians who have made significant contributions and an enduring impact on the profession.

It's been 150 years since the inception of osteopathic medicine. Founded by A.T. Still, DO, MD, in June 1874, osteopathic medicine has become a distinctive and significant facet of U.S. health care. This month, we celebrate not only Dr. Still's pioneering spirit, but also those who followed in his footsteps. We will also be featuring additional DOs as part of this special series for the next 12 months. **AOA Past President Karen Nichols, DO** (2010-2011): First female president of the AOA. Dr. Nichols shares a few details about her life and work...

Read the Full Article Here

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