Governor's Message

Greetings ACP colleagues,

We had another excellent Chapter meeting last September (Updates in Internal Medicine) and are working hard on the 2019 edition. Thanks to all who completed a recent survey as we strive to improve the current product. Congratulations to our student and resident abstract competition winners listed below, as well as the winning Doctors Dilemma team from Washington University who will represent us in Philadelphia next April.

One of the hottest topics in Missouri has been November’s referendum passage of medical marijuana. Need more information? We’ve got you covered with the highlights.

Physician burnout continues to be a major issue without an easy solution. To get a sense of how this impacts Missouri internists our Chapter sent out a Mini Z burnout survey this past fall. The
results are now in and Dr. Fariha Shafi MD FACP shares the findings below.

Our Health and Public Policy Committee has set a date for the Missouri ACP Chapter's next Advocacy Day: Wednesday March 13th. If you didn't get a chance to attend in 2018 consider coming this year! Read on for more information including our Chapter legislative priorities.

A big thank you to Drs. Joe Boyer DO FACP (Chair, Hospitalist Committee) and Amy Loden MD FACP (Chair, Membership Committee) for getting both groups up and running. Read on to see what they are up to.

To conclude, this will be my final Governor's Message before passing the torch to Dr. Dan Goodenberger MD MACP next April. It has been a great ride, highlighted by all the wonderful and talented students, residents and career physicians I have met across Missouri the past four years. My last request: Stay committed to ACP, either through your membership dues, time, or both. I have been fortunate to peek behind the ACP ‘curtain’ and see just how responsive this organization is to physicians and the welfare of their patients. Many of us have revered the ACP throughout our careers and it should never be taken for granted.

I'd also like to give a special shout out to Sarah Luebbert, our Chapter Executive Director. She has been a superb replacement for who I once thought was an irreplaceable Pat Mills.

Happy holidays to all!

Sincerely,

Richard Burns MD FACP
Governor, Missouri ACP Chapter

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**MO ACP Wellness Survey Findings**

This past fall, the Missouri Chapter of ACP conducted our first annual burnout/wellness survey. The survey was sent to all practicing physicians enrolled with the chapter, including residents and fellows. Students were not a part of this cohort. We received a total of 62 responses back. We had an almost equal distribution of male and female respondents. The results were as follows:

- Almost 86% felt that they were satisfied with their current jobs.
- As reassuring as this number is, what was not surprising is that 54% felt that they experienced burnout. This has consistently been the number nationally in the various burnout surveys administered.
- The responses to questions addressing alignment of goals with the clinical leaders and working efficiently with the team members were about 63% favorable. While these numbers do not look bad, in an ideal work environment, one would hope that the alignment and team spirit were better, thus preventing the burnout and frustration.
- Sadly, only 31% felt that they had any decent amount of control over their workload. This loss or lack of control is on the forefront of job dissatisfaction, especially in primary care. At the National ACP level, there has been a lot of focus in helping individuals and organizations gain better control of their work day. Making these issues a “business case”
for the organizations was felt to be the best way forward. Giving efficient care and not just filling patient slots was better for doctors and care teams. Allowing for innovative ways in which physicians can control how much they want to work, will lead to overall increased productivity. Job sharing, allowing for extended hours for physicians who want a later start in the work day etc. are some examples.

Thirty percent of the respondents felt their job added a great deal of stress to their lives. While this might not seem like an alarming number, how do we continue to encourage future generations to continue going into Internal Medicine with these numbers? Add to that the 90% of respondents who are feeling the pressure of not being able to document in time and more than 70% of us who are working after hours documenting at home.

The EMR, while being great in some ways, has added to frustration in our lives. We are always accessible! This is worrisome especially when EMR continues to get complicated with changes, upgrades, more requirements etc. There is more stress on checking off boxes than the actual interaction with the human being sitting in front of us. To add to all of this, only 16% felt that their work environment was calm in a given day. So, not only are their frustrations related to our work but the environment is adding to the anxiety. Lack of support staff, lack of effective communication, the constant need to “catch up” and still being pushed for time etc. is sucking the joy out of practicing medicine.

On that note, the Chapter felt most frustrated with the documentation and EMR questions. One of the things we could look at is devising ways, perhaps webinars, group discussions, etc., on how to make the EMR work for us and make us efficient. Even a 10-15% improvement would be a good goal for next year. There are those amongst us who have worked on projects or have a better handle over these issues. Perhaps creating a virtual community could help.

And most importantly, advocating for what is right, for our patients and our future generations cannot be stressed enough. This chapter has a diverse group of well informed, diligent and resourceful physicians at various stages in their career. There is so much to learn and gain from each other. We would love to hear your suggestions and thoughts, specifically related to how we can deliver programing that will help address these issues.

We wish everyone a much better, more fruitful and less burnt out year ahead. And remember, today…YOU ARE ENOUGH…just as you are!

Fariha Shafi, MD, FACP
Co-chair ACP Missouri Wellness Committee
ACP Well-being Champion
New Missouri Council Members

An election for the five vacant spots on the Missouri ACP Council was held this fall and the following individuals were elected

- Kavita Jadhav, MD, Kansas City
- Nancy Mabe, MD, FACP, Columbia
- Jennifer DeLaney, MD, Creve Coeur
- Michael D. DeVita, MD, Clayton
- Stephen Brietzke, MD

We look forward to working with these new Council members, and extend a big thank you to those who have served on the Council and those who continue to serve. The programs and efforts of Missouri ACP would not be possible without the dedication of these individuals.

Missouri Chapter CME Meeting
Missouri ACP Governor, Richard Burns, MD, FACP, was presented with a certificate of appreciation at the 2018 Missouri Chapter Scientific Meeting for his dedication to the association during his time as Governor. The certificate was presented by Governor-Elect Dan Goodenberger, MD, MACP.

More than 200 physicians attended the annual Missouri Chapter Scientific meeting at Tan-Tar-A in September. Those attending earned up to 21.5 CME hours, including two ABIM SEP modules, and MOC credits. In addition to the internal medicine programming, medical students held roundtable discussion with IM Program Directors; and students and residents held ultrasound workshops. At the awards dinner Richard Burns, MD, FACP, was recognized for his time as Missouri Governor. Please save the dates for our next conference September 19-22, 2019 at Tan-Tar-A. Your education committee recently completed a survey asking for your feedback on the conference and hope to implement some of the changes at the 2019 event.

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**IM19 – Internal Medicine Meeting**

April 11-13, 2019

Philadelphia, PA

The ACP Internal Medicine Meeting is regarded as the premier scientific meeting in internal medicine. Each year, the American College of Physicians brings together physicians from around the globe to experience the most comprehensive live educational event in internal medicine.

Attendees benefit from:

- Nationally recognized faculty
- Hands-on clinical skills instruction
- CME credit and MOC points
- A variety of learning formats
- Networking opportunities

Sign up today! [https://annualmeeting.acponline.org/](https://annualmeeting.acponline.org/)
Chapter Receives Excellence Award

The Missouri Chapter is in receipt of the 2018 Chapter Excellence Award. The award recognizes chapters that successfully meet the standards for managing a chapter. The Chapter has received this award every year since it was created following the ACP-ASIM 1998 merger.
Stephen Keithahn, MD, FACP, was recognized with the 2018 Missouri Chapter Laureate Award during the Missouri Fall CME Meeting. This award honors those Fellows and Masters who have demonstrated by their example and conduct an abiding commitment to excellence in medical care, education, research, and service to their community, their Missouri Chapter and the American College of Physicians. Additionally, they should have served their chapter with distinction or in some clearly definable manner.
Poster Winners

Missouri once again had a full roster of posters from residents and student for the 2018 poster competition held in conjunction with the Missouri Chapter Scientific Meeting. The winners of the competition, who will be entered in the IM19 Poster Competition include:

**Resident Clinical Vignette**

**Zarir Ahmed, DO;** Saint Louis University; *Hemophagocytic Lymphohistiocytosis: A Severe Clinical Presentation after a Tick Bite*

**Resident QI/PT Safety**

**Robin Imperial, MD;** University of Missouri – Kansas City; *Improving rate of screening mammograms completed at TMC-HH clinics*

**Resident Research**

**Joseph Rimando, MD;** Washington University; *DRB1 and DQB1 Epitope Mismatch Are Associated with Delayed Neutrophil and Platelet Engraftment, Respectively, in Peripheral Blood T-Cell Replete Haploidentical Hematopoietic Cell Transplantation*

**Student Clinical Vignette**

**Cheuk Ho Jeffrey;** Washington University; *A stressful stress test: Takotsubo cardiomyopathy as a rare complication of exercise treadmill testing*

**Student Research Poster**

**Mary Zhu;** Washington University; *Mutant U2AF1(Q157P) Expression Alters Pre-mRNA Splicing and Hematopoiesis*

We thank those that entered their posters and the volunteers who judged the competition.
Washington University Wins Doctor's Dilemma

*Photo caption: Wash U and UMKC go head-to-head during the Doctor's Dilemma competition at the 2018 Missouri Scientific Conference*

The Doctor's Dilemma team from Washington University School of Medicine/ Barnes Jewish Hospital won the Missouri contest and will be representing the Missouri Chapter of the ACP at IM19 in Philadelphia. The Washington University team includes: Taylor Geisman, Andrew Jalouk, and Aisling Doyle. This is the third year in a row that Washington University has been the Missouri Doctor's Dilemma champions. We look forward to seeing them in action in Philadelphia.
ACP Student Clerkship Awards

Photo caption: Kevin O’Fee, SLU; Dominic Haertling, MU; Imran Nizamuddin, UMKC; Hari S. Raman, Wash U; and Dr. Richard Burns

The ACP Clerkship Award honors medical students who have recently completed the third year of training and who performed meritoriously in their junior year clinical clerkships for General Internal Medicine. The 2018 recipients were:

Imran Nizamuddin – UMKC
Dominic Haertling – MU
Kevin O’Fee – SLU
Hari S. Raman – Wash U
The ACP Excellence in Physical Diagnosis Award recognizes outstanding second year students based on their performance in Physical Diagnosis class. The 2018 recipients were:

Eunhye Oak – Wash U
Justine Milligan – MU
Sam Papke – SLU
Sarah Jacob – UMKC

The following students were selected to receive the 2018 Missouri ACP Book Awards:

Coy D. Fitch, MD, MACP ACP Book Award, Saint Louis University: Matthew K. Schroeder Michael M. Karl, MD, MACP ACP Book Award, Washington University: Radhika Jain Amgad Masoud ACP Book Award, UMKC: Sai Prasanna Vanam Linda Headrick, MD, FACP ACP Book Award, MU: Sean Bennett
Committee Updates

The Missouri ACP committees have been very busy during 2018 and we want to provide a quick update on their activities. If you are interested in getting involved with a committee, please contact Sarah Luebbert at acpmissouri@gmail.com

Education Committee

The education committee is planning to update the annual meeting's format, content, and location to reflect the preferences of chapter members and potential members. To that end, we distributed a survey to internists statewide and have appreciated the high response rate. We look forward to assessing the survey results and implementing preferred changes in 2019 and beyond. Thank you all for your input and enthusiasm!

HPPC

The Health and Public Policy Committee met at the fall meeting and has continued our work through conference calls in preparation for the next legislative session. For the first time we polled our membership in order to gauge interest in the many topics we could be addressing. Based on the survey and the committee's input the committee has decided to focus on Medicaid expansion, red flag gun laws, prescription drug monitoring programs, and distracted driving. You can find descriptions of each of these efforts on www.MissouriACP.org. The other major initiative of this committee is planning the second Missouri ACP Advocacy Day. Last March the chapter hosted our first advocacy day led by Dr. Stephen Keithahn. A large group of medical students, residents, and attending physicians gathered in Jefferson City to talk about current issues, hear from legislators, receive training on talking with your legislators, and putting that training to use in group meetings with legislators in our districts. The committee is working to finalize details for the next Advocacy Day, so please mark your calendars for March 13, 2019 and plan to join us in Jefferson City.

Residents and Fellows Council

The Missouri ACP Resident and Fellow Section had a busy summer culminating at this year's MO ACP Conference. At our council meeting in Tan-Tar-A we swore in Andrew Tomaw, DO, of UMKC as our new committee chair. Since then we have continued to have great resident participation with the resident council having representation among three programs across the state.

We are excited to build off of our success at this year's annual conference where we partnered with the student section to organize ultrasound skills workshops and a mentorship luncheon. We also had a successful wine mixer following this year's exciting Doctor's Dilemma competition.

Going forward we are excited to see what 2019 brings:
• We look forward to cheering on the Washington University Doctor's Dilemma team at this year's national ACP meeting in Philadelphia.
• We are also excited to continue our support and participation in Missouri Advocacy Day and the National ACP Leadership Day. We had great resident participation last year and will keep these efforts going.
• We are also looking forward to partnering with the MO ACP Hospitalist committee to develop various resident development opportunities throughout the year.

**Student Committee**

In September 2018, the Student ACP Council Committee organized the medical student workshops at the Missouri ACP Chapter Scientific Meeting at Tan-Tar-A. Over 30 allopathic and osteopathic students from various Missouri medical schools attended and participated in two major workshops. With the help of residents and fellows, students had the opportunity to use ultrasound imaging to look at both cardiac and abdominal findings. Additionally, as part of a long-standing tradition, students had the chance to ask questions and to speak to residency program directors from UMKC, SLU, Wash U, MU, Mercy and St. Mary's. To finalize the chapter meeting, two new Student MO ACP Council Committee members were elected to serve for the next year. This year's committee members are Saber Khan from UMKC School of Medicine and David Cheung from SLU School of Medicine.

Current efforts for the Student ACP Council Committee are preparing for the Missouri ACP Advocacy Day on March 13, 2019. It is the committee's goal to bring students from all Missouri medical schools to attend.
**Membership**

The membership committee has been tasked with helping to build and maintain membership for the Missouri Chapter. As part of these efforts, we have been reviewing historical data and membership trends to identify when and where gaps and declines in membership have occurred. Additionally, the group is identifying ways to get members more engaged and help existing and potential members gain a better understanding of the resources that ACP membership offers.

**Hospitalists**

The mission of this newly developed committee is to work to foster relationships between Missouri hospitalists, advocate for high value care for hospitalized patients, and advance the field of hospital medicine. We have been working to develop a mentorship program and hope to launch that in early 2019 to provide insights to those just getting into the field, or considering going into the field. Our committee is also working with the education committee to look at building more hospitalist topics into the annual Missouri Chapter Scientific Meeting.

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**New Opioid Prescribing Guidelines**

New opioid prescribing recommendations designed to guide hospital-based physicians' use have been adopted and release by a coalition of health care policy and advocacy organizations. These organizations include Missouri Academy of Family Physicians, Missouri Association of Osteopathic Physicians and Surgeons, Missouri College of Emergency Physicians, Missouri Dental Association, Missouri Hospital Association and Missouri State Medical Association. These guidelines are an updated version to the original recommendations released by the same groups in 2015.

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**MKSAP Online Study Hall**

An MKSAP Online Study Hall will begin on January 8th, 2019. The Illinois ACP Chapter has invited all interested ACP members to join them in preparation for Board Reviews. The study halls will be held every Tuesday night at 8 p.m. and each week will reveal a new chapter of MKSAP18. The study hall is free for ACP members with purchase of MKSAP 18. [Click here to view the flyer.](#) [Click here to register now.](#)