Governor's Message

Who'd a thunk it?! When COVID hit in spring 2020, I'd never have believed that the US mortality would exceed that of the 1918-19 influenza epidemic, that vaccines and masks would be politicized with disastrous results, that conflict on planes would resemble the anti-mask riots in San Francisco in 1919, and that vaccine uptake would be so poor. We’re watching the virus ravage our southern tier and implementation of crisis levels of care in Idaho and Alaska, among others. I’d never have guessed I’d miss four consecutive in-person Board of Governors meetings and two national meetings. I’d never have expected to see the burnout and discouragement of my colleagues in medicine and nursing and the challenge of being vilified by those they’re trying to help. I couldn’t have imagined the loneliness and ghost-town feel of our health care and medical education facilities. I could not foresee the degree to which the weaknesses in our child-care and health care systems would be exposed. In that regard, I’d like to recommend a book I read recently - *Care After Covid: What the Pandemic Revealed Is Broken in Healthcare and How to Reinvent It*, by Shantanu Nundy. It’s worth a look to think about a way forward as we re-emerge.

When I was a residency director, I used to observe that the worst part was learning unpleasant things about colleagues that I’d otherwise never have known – selfishness, work avoidance, and the desire to profit from the labor of others. This feels like déjà vu – seeing the foolish and sometimes vile posts of people I’d thought of as intelligent and empathetic friends from my youth and in the community. I wonder how, or whether, we’ll be able to heal the rifts this pandemic, and our leaders, have caused in our communities.
I have the feeling that our members are struggling emotionally, and also feel that I don’t have the answer. I think our efforts to address this have been inadequate (and by “our”, I mean the College, our chapter, and our medical institutions). We’ve offered various options, with generally anemic response. Part of this is personal and institutional arrogance – deciding what to offer rather than asking. For that reason, I’d like you to reach out to me with your suggestions and requests. Please contact me at dgoodenb@wustl.edu.

Those who were able to attend our annual meeting at Margaritaville basked in the enveloping warmth of fellowship (more on the meeting below). It is my fervent hope that the College will be able to meet in Chicago in April and our chapter in St. Louis in September. There is no substitute for in person interaction and professional and personal support.

That said, as a chapter it’s been a good year. Missouri received the Gold Chapter Excellence Award (highest level) for the first time ever. In addition, four chapter members were recognized with state-level awards, all richly deserved:

David Prelutsky, MD, FACP - Master Teacher of the Year Award

This award recognizes sustained, outstanding achievement including, but not limited to the teaching prowess and academic acumen, displaying exemplary characteristics of care and concern for individual patients, professionalism, and serving as a role model and mentor. Dr. Prelutsky was chosen because he embodies the triad of academic medicine in his care for patients, teaching and research. He founded Southampton Healthcare in 1986 to treat underserved patients, especially those with HIV and those from the LGBTQIA+ community. In the words of his clinic staff, “Patients hold the most importance to him” as he provides primary care to the local community and dedicates his life’s work to treating and preventing HIV. His focus on inclusion, service, equity, and compassion role models an aspiration the profession of
medicine should follow. He also shares his approach to patient care with future physicians when he teaches them in his clinic.

**Bridget McCandless, MD, FACP - Leadership Award**

This award honors key leaders whose contributions embody the core principles of ACP to enhance the quality and effectiveness of health care, public policy, and medical education. Dr. McCandless demonstrated outstanding leadership in the areas of legislative advocacy and grassroots activism, and worked hand-in-hand with Missouri ACP on these efforts, while serving as a community spokesperson on behalf of internal medicine and patients. She has been a leader in the Kansas City area for more than 20 years, having served as medical and executive director of the Shared Care Free Clinic, providing care to the uninsured. She served as an inaugural board member for the Health Care Foundation of Greater Kansas City, then became the President and CEO from 2013-2019. She has been active in the National ACP Health and Public Policy Committee and was heavily involved in the Medicaid Expansion efforts in our state.

**Michael DeVita, MD, FACP - Early Career Physician Award**
The recipient should be a member whose energy and initiative have advanced the mission and goals of the Missouri Chapter of the American College of Physicians. The recipient must be a physician member who is within 16 years of graduating medical school and who is not an ACP Medical Student Member or Resident/Fellow Member. Areas of achievement to receive this award may include leadership; academics, including publishing, teaching, and mentoring; advocacy; and/or volunteerism.

Dr. Devita is a full-time hospitalist and educator in St. Louis and is responsible for the first faculty development course at the John Cochran VA for the internal medicine faculty. The topics for this program include setting expectations, giving feedback, diagnostic error, implicit bias and more. He has presented his work on cognitive bias nationally and at peer medical institutions. He is engaged in creating a formal curriculum for the site-specific acting internship at the VA, for which he is coursemaster. He has chaired the Missouri ACP education committee since 2019 and is instrumental in the creation of this meeting each year.

William Fogarty, MD, MACP - Volunteerism and Community Service Award
The Missouri Chapter wishes to annually recognize one member who demonstrates a significant and sustained commitment to the service of others at a local, state, national, or international level. The merits upon which a recipient is selected for this award are based not only on the significance of the contributions that the individual has made, but also on the degree to which the individual reflects and affirms the quality of selfless devotion to the welfare of others. Recipients of this award have distinguished themselves as true humanitarians to be honored for their voluntary contributions in medicine.

Our recipient this year is a face well-known to our Missouri ACP membership. After a successful career as a senior surgeon in the United States Public Health Services, serving as President of the Medical Staff at Deaconess Hospital, and holding several positions at Saint Louis University, Dr. Fogarty was ready to keep going after retirement, and keep going he did. From 2002 to 2009 he served as a volunteer physician at La Clinica in St. Louis and continued serving his community as a volunteer physician and co-medical director at Casa de la Salud from 2009-2013. He currently serves on the leadership committee for the Missouri Chapter of the Physician for a National Health Program; is a volunteer physician at the Community Health in Partnership Services; and is very active on the Missouri ACP Health and Public Policy Committee where he happily serves as a team leader each year during Advocacy Day and participates in the National ACP Leadership Day.

Stephen Brietzke, MD, FACP - Laureate Award

Since 1985, Missouri ACP has been recognizing a member who has demonstrated commitment in excellence in medical care, education, research and service to their community, their chapter, and the College. The Laureate Award recipients have a long history of excellence and peer approval in the specialty of internal medicine.

Dr. Stephen Brietzke is professor of clinical medicine at the University of Missouri – Columbia School of Medicine, and the interim director of its endocrinology division. He is a graduate of the school who then completed training in the Air Force and had his first 20-year career there. He has served as an internal medicine residency director in both the Air Force and at MU, and as educational vice-chair at the latter. He has won multiple teaching awards including (MU) the
Order of Socrates, Outstanding Advanced Physical Diagnosis Preceptor, Best Student Advocate, (USAF) AOA Clinical Volunteer Faculty Award, and William P. Clement Outstanding Military Educator. He has been a loyal and contributing member of the Missouri chapter, serving on Council and as a member of the education committee, and generously contributing to the annual meeting through his lectures there. He is richly deserving of the Laureate Award.

Members of the chapter have been the recipient of national awards on only eight previous occasions of the more than 900 given since the founding of the College. I am pleased to report that the number increased by 38% this year. Brief summaries follow – more formal recognition will occur at the 2022 Annual Scientific Meeting.

The Jane F. Desforges Distinguished Teacher Award is bestowed upon a Fellow or Master of the College who has demonstrated the ennobling qualities of a great teacher as judged by the acclaim and accomplishments of former students who have been inspired and have achieved positions of leadership in the field of medical education, primarily as teachers. If the awardee has not previously been elected to Mastership, he or she will be awarded Mastership when elected. The 2021 recipient is Thomas De Fer, MD, FACP, a former council member who is the Associate Dean for Medical Student Education and the Chief of the Division of General Medicine at Washington University. He was for many years the multiple-award winning clerkship director in internal medicine.

The Elizabeth and Emily Blackwell Award for Outstanding Contributions to Advancing the Careers of Women in Medicine is named in honor of the Blackwell sisters, pioneering women in medicine who paved the way for women interested in pursuing professional careers in medicine and fostered a sisterhood therein.

This award is bestowed on an ACP member for distinguished contributions to advancing the careers of women in medicine. This award recognizes an individual who has furthered the careers of women medical students, residents, and/or physicians through mentoring and leadership development for the career advancement of women. The 2021 recipient is Betty Drees, MD, FACP, the emeritus dean of the University of Missouri-Kansas City School of Medicine, who has been a pioneering leader regionally and nationally, women’s advocate, and valued mentor.
The Ralph O. Claypoole Sr. Memorial Award for Devotion of a Career in Internal Medicine to the Care of Patients is given to an outstanding practitioner of internal medicine whose career has been devoted to the care of patients. The practitioner must be a clinician who is highly respected by peers and colleagues for clinical skills and who has been a role model. The 2021 recipient is Warren Lovinger, MD, MACP. Dr. Lovinger is the very model of a community primary care physician. Following medical school at Johns Hopkins and internal medicine residency at Barnes Hospital, he and his wife made their lives in Nevada, Missouri, and brought life to that community. Dr. Lovinger has elevated medical care in his community, held multiple leadership positions locally, regionally (president, Missouri State Medical Association; president, Missouri Society of Internal Medicine; and transitional governor, Missouri ACP), and nationally (joint committee, ACP-ASIM merger). In retirement, he continues to give of his time and treasure to his adopted community.

In addition, two members will receive Mastership. Richard Burns, MD, FACP, former Missouri ACP Governor, was elected through the Mastership Committee, and will be installed in April 2022 at the Chicago meeting. Thomas De Fer, MD, FACP, will receive Mastership at the same meeting as a result of receiving the Desforges award.

Student Awards

Each year Missouri ACP recognizes the hard work of medical students by providing a Physical Diagnosis Award and a Clerkship Award to students who are chosen by their medical schools.

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 2021 recipients are:

- Amulya Joseph, Washington University
- Maanasa Reddy, Saint Louis University

The Excellence in Physical Diagnosis Award recognizes outstanding second year medical students based on their performance in the Physical Diagnosis Class. The 2021 recipients are:
- Austin Armstrong, Saint Louis University; Austin was able to join us at the annual meeting to accept his award, see photo above.
- Lucy Simpson – Washington University in St. Louis

2021 Missouri ACP Virtual Poster Competition Results

Missouri’s residents and students showed up in full force virtually this year for the 2021 Resident and Student Poster Competition. We want to thank all who participated both as a poster contestant and those served as poster judges. The first-place winners of the competition will be entered in the IM22 Poster Competition. The top winners of the competition in each category were:

**Student Clinical Vignette Category**

1st Place: Soumya Ramireddy, St. Louis University, “Rare But Deadly: A Case of Nearly Missed Flood Syndrome”

2nd Place: James Dorroh, University of Missouri – Columbia, “Pulmonary Eosinophilia Associated with Vedolizumab Therapy for Ulcerative Colitis”

3rd Place: Kaitlyn Hartnett, University of Missouri – Columbia, “An Interesting Case of Carbon Dioxide Narcosis”

**Student Research Category**

1st Place: Josephine Nwankwo, University of Missouri – Kansas City, “Increasing representation of Black women in orthopedics starts with medical students”

2nd Place: Bindi Hira, St. Louis University, “Cystic Fibrosis and Gut Dysmotility: The Effect of Polyethylene Glycol on Intestinal Transit”
3rd Place: Himani Madnawat, St. Louis University, “Perfusion Regulated Organ Therapeutics with Enhanced Controlled Testing (PROTECT): A Novel Human Model to Mitigate Ischemia-Reperfusion Injury”

Resident Clinical Vignette Category

1st Place: Mahmoud Mansour, MD, University of Missouri - Columbia; “Takotsubo Cardiomyopathy Secondary to Benzodiazepines Withdrawal”

2nd Place: Mackenzie Steck, MD, Saint Louis University; “Progression from Syndrome of Inappropriate Antidiuretic Hormone to Central Diabetes Insipidus in a Patient with Intracranial Bleed”

3rd Place: Baraa Saad, MD, University of Missouri -Columbia; “Gangrenous hemorrhagic bullous cellulitis with septic shock due to Pseudomonas aeruginosa in a poorly controlled diabetic patient”

Resident Research Category

1st Place: Felix Nguyen, MD, Washington University; “Use Of Strain-encoded Magnetic Resonance Imaging During Chemotherapy Is Associated With Improved Left Ventricular Function And Reduced Adverse Cardiovascular Events”

2nd Place: Zaineb Viqas, MD, St. Luke’s; “Temporal Association of COVID-19 Media Coverage with a Decline in Hospital Admissions for Acute Myocardial Infarction and Stroke”

3rd Place: Mohamed Maali Mohamed, MD, St. Mary’s; “Anemia of chronic disease: blood transfusions or erythropoietin are not always the answers. Meta-analysis of hypoxia inducible factor-prolyl hydroxylase inhibitors”

Resident Patient Safety/Quality Improvement

1st Place: Islam Shatia, MD, University of Missouri – Kansas City; “Successful ASCVD calculator launch results in internal medicine resident use”

Career Paths in IM Video Series

Several committees within Missouri ACP collaborated to create the Career Paths in IM video series to showcase the many areas within Internal Medicine, including General Internal Medicine, Academic Internal Medicine, Hospital Medicine, Primary Care, Endocrinology and many more. The videos are aimed at students, residents, fellows and early career physicians, but would be a great resource for anybody in IM or with an interest in IM. Each of the twelve interviewees provides a variety of tips on work life balance, job prospects, picking the right
subspecialty, wellness, and other topics that physicians face throughout their careers. You can see the full list of interviews and topics at http://www.missouriacp.org/career-paths.html.

Council Nominations

The Missouri ACP put out a call for nominations for new Council members in September and are pleased to have many great applicants on the ballot. An electronic ballot will be emailed out to eligible voting members around November 1. Voting will close on November 20, with new councilors being announced in December, and taking office in January 2022. We encourage you to take time prior to voting to read through the CVs of the individuals seeking a Council position.

Nominees are:

Anna Bailey, MD – St. Louis
Katherine Garland, MD, FACP – St. Louis
Farzana Hoque, MD, FACP – St. Louis
Nathan Robertson, MD, St. Louis
Christian Rojas-Moreno, MD, FACP – Columbia
Fariha Shafi, MD, FACP – Kansas City
Rachel Yutz, DO – New Franklin

Missouri ACP’s Diversity Equity and Inclusion Policy

Several years ago, the Missouri ACP Council adopted a diversity policy for our chapter. In early 2021 the Council approved and adopted an expanded policy that now encompasses diversity, equity and inclusion. Additionally, the nominating committee, charged with the expansion and implementation of this policy, discussed at length the best way to further integrate this policy into our diverse chapter. The goals and implementation of this policy include:

- Increase diversity across the Missouri Chapter by focusing on strategies that foster inclusion and create accountability.
- Enhance inclusion and engagement of members from diverse backgrounds in all chapter activities.
- Enhance coaching, mentorship and sponsorship of members from diverse groups to attain decision-making and leadership positions within the Missouri Chapter at all levels.
- Increase Missouri Chapter awards and recognition to members of diverse groups.
• Implement training in diversity, inclusion, and equity across the Missouri Chapter.
• Encourage collaboration within and outside the Missouri Chapter of diverse stakeholders.

2021 Missouri Scientific Meeting

The Missouri ACP Education Committee once again pulled off an excellent Scientific Meeting. This year’s event looked a little different than in the past as we provided both a virtual and in-person option. Our leadership and members expressed their desire to attend the meeting in both formats, so the education committee worked hard to make it happen. We had positive feedback from those who attended both in-person and virtually, received excellent reviews of the speakers, and made a few changes to the in-person meeting that we feel were positive and will be implemented again in future in-person meetings. Overall, despite the pandemic that we are still battling, we were pleased with the attendance and grateful for those who attended the live sessions (whether over the World Wide Web and at Margaritaville Lake Resort). The conference sessions were recorded and will be available for purchase/viewing in the coming weeks.

We are excited to make another big announcement, the 2022 Missouri ACP Scientific Meeting will be held September 14-18, 2022, at the St. Louis Union Station Hotel. Please mark your calendar now and plan to attend. The Education Committee has already begun planning for the 2022 event, and we look forward to seeing you there.

Missouri Hospitalist Day

The Missouri ACP Hospitalist Committee held the first Missouri Hospitalist Day preceding the 2021 Scientific Meeting. The Hospitalist Day included a line-up of speakers geared specifically to our members that work in Hospital Medicine including presentations on transitions of care, advanced stroke management, HIV treatment and treatment of heart failure in a hospital setting. The Hospitalist Committee is planning for the 2022 event which will also immediately precede the 2022 Scientific Meeting in St. Louis.

Members in the News
Missouri ACP member, Robin Trotman, DO, was the recipient of the 2021 Humanitarian award from the Community Foundation of the Ozarks. Dr. Trotman is an infectious disease specialist with CoxHealth and was nominated for his work during the COVID pandemic, including advising leaders on strategies to keep the public safe, and participating in the “Great Clips” study showing the effectiveness of mask wearing in prevent the spread of the virus.

New Wellness Podcast

Fariha Shafi, MD, FACP, co-chair of Missouri ACP’s Wellness Committee, is co-founder of a new podcast in which physicians discuss their well-being stories and pearls of wisdom for well-being. The podcast, titled ResetMD, was launched in August and has 5 episodes that you can listen to now. Find out more at by clicking here, or search for it on whatever platform you listen to podcasts.

Member Monday
Missouri ACP began the Member Monday initiative at the beginning of 2021. Member Monday is a way for us to showcase our members on our social media and help our members get to know each other and put a face to a name. We would love to feature all of our members, so please take a moment to complete the Member Monday form here so we can feature you next!