

Governor's Update

Missouri ACP Governor, Daniel Goodenberger, MD, MACP



This is my last newsletter, as my governorship ends with the April 29th national College business meeting, at which time Jackie Fairchild becomes the new Missouri Chapter Governor.

It is natural at this point to engage in summing up the last four years. I entered office with a set of goals and developed others along the way. We achieved some, and I failed at others. I'm going to lay those out below, which may generate some pride in chapter achievement, and point out things yet to be done.

Chapter and Member Recognition

The Missouri Chapter has been historically under-recognized at the national level, both as a chapter and as a group of outstanding internists. One of my major goals was to improve that. With the leadership of our chapter exec, and the hard work of our awards committee, we made strides in that area.

Gold Chapter Excellence Award: The chapter had never before reached the gold level but received this recognition in 2021 and 2022. We are optimistic that we will receive a third in 2023.

Evergreen Awards: Given for innovations and improvements at the chapter level, three previous governors led the chapter to receive two each. In 2021, the Missouri Chapter received an Evergreen special recognition award for our pivot to a virtual conference, and in 2022, the chapter received two Evergreen awards for our social media engagement and our [Career Paths in Internal Medicine](#) video series. We are hopeful that this year's submission will be similarly successful.

Masterships: Over the preceding 103 years, 22 Missouri members received Masterships, at a rate of 0.2/year. From 2019-2023, five masterships were

awarded to Missouri members, at a rate of 1.25/year, and two nominations have been submitted for this year. We are optimistic about both.

Named national awards: Over the preceding 103 years, 9 Missouri members received prestigious national awards at the rate of .09/year. Three received the John Phillips Memorial award; two received the Ralph Claypoole award; and one each received the Nicholas Davies award, the Alfred Stengel Award, and the Samuel Eichold award. From 2019-2023, seven Missouri members have received awards, at a rate of 1.75/year. In 2022, Tom De Fer received the Jane F. Desforges Distinguished Teacher Award, Warren Lovinger received the Ralph O. Claypoole Sr. Memorial Award for Devotion of a Career in Internal Medicine to the Care of Patients, and Betty Drees received the Elizabeth and Emily Blackwell Award for Outstanding Contributions to Advancing the Careers of Women in Medicine. In 2023, Janet McGill received the Samuel Eichold II Memorial Award for Contributions in Diabetes, Will Ross received the Oscar E. Edwards Memorial Award for Volunteerism and Community Service, Robert Belshe received the James D. Bruce Memorial Award for Distinguished Contributions in Preventive Medicine, and John DiPersio received the Harriet P. Dustan Award for Science as Related to Medicine. There are an additional six nominees in the evaluation and election pipeline, and I am optimistic about each and every one.

Local awards: We also felt that our own chapter's members were under-recognized for their achievements. The awards committee created three new awards in addition to the Laureate award; the Early Career Physician Award, the Master Teacher Award, and the Leadership Award. The committee spent long hours reviewing the multiple candidates before choosing each year's winners.

Preserving Our History

A generational change is occurring in medicine. In the last 50 years, profound alterations in undergraduate medical education, residency training, and the practice and academic environments have taken place. The cultural change is nearly invisible to the young and hard to appreciate from medical publications. We decided to create an oral history depository, which we named immodestly "DoctorCorps", after the popular NPR feature, "StoryCorps". Our [first nine interviews, posted on our website](#), were of distinguished Missouri internists whose careers began in the 1960s and 1970's. The next six interviews, four completed, are with internists whose careers began in the 1980's for the most part. These interviews will begin posting soon.

As I became aware both of my age and of the youth of my leadership group, I thought it important to provide an educational resource for them about the college. The result is a set of seven historical slide decks which are resources for succeeding governors and councils, and which has been shared nationwide.

Increased Representation in Leadership

Diversity in membership and leadership continues to be a challenge. We incorporated a diversity committee into the nominations committee. Since then, two of seven national award winners are women, one of seven is a member of an under-represented minority, and two of five Masters are women.

The chapter took advantage of the ability to propose women specifically for direct election to fellowship each September, during Women in Medicine month. This was successful, insofar as we advanced 15 women to fellowship. Unfortunately, most were from the greater St. Louis area as we had difficulty getting traction with local leaders elsewhere to put forward qualified candidates.

I also perceived a need to have younger and more representative members on the Council. During this term, thirteen new members have been elected, none with a prior term. 46% are women, 15% South Asian, 8% African or African American, 8% Hispanic, 15% IMG, 8% Osteopathic physicians, 25%/75% Private practice/Academic and 8% known member of the LGBTQ community. Three non-elected committee chair councilors include 33% women, 33% South Asian, 33% IMG's, 33% Osteopathic physicians, 100% academic physicians, and one known member of the LGBTQ community.

Improvement in Meeting Content and Attendance

We felt a need for a more vigorous, relevant and better-attended annual meeting. The Education Committee under the leadership of Mike DeVita has put together three excellent meetings, including successful transition to a virtual meeting during the first part of the pandemic and a hybrid meeting the next year. The Hospitalist Committee under the leadership of Chris Boyer has now held two very successful Hospitalist Days preceding the chapter meeting, including a POCUS workshop that was enthusiastically embraced by members, with the result that a [separate workshop is planned this year](#). The multi-participant panels discussing (and disagreeing) on all facets of disease management have proven very popular. Attendance at our annual meeting has historically been less than 10% of membership. After more than 30 years of meetings at the Lake, we decided to try the experiment of having the meeting in St. Louis, which is proximate to roughly half of our members. We did not increase our attendance, which has led to a series of focus groups to explore what our members want and need from the College. We return to the Lake in 2023 and are working on a joint meeting with the Kansas Chapter in 2024. Content changes based on feedback will be visible as early as this year.

Women's Committee and Wellness Activities

Fariha Shafi has ramped up the activity of the Women' committee, with multiple webinars and meetings. She also created and chaired the Wellness committee, which has been very proactive in hosting seminars, activities, and identifying future wellness champions. Some have been more successful than others; an attempt to create a virtual movie night with doctor-themed movies was not.

Increased Relevance for Hospital Medicine Members

Hospital medicine physicians are an important membership segment for the college and their needs must be met if we are to compete with SHM for their loyalty and dues. Chris Boyer has brought new vigor to the Hospitalist Committee, including the Hospitalist Days and the POCUS workshops, with the important help of Woo Moon.

Financial and Executive Stability

The Chapter faced a challenge when MSMA announced that they would no longer support our chapter executive needs through the previous contractual arrangement. Through the leadership of our Finance committee and its chair, Nickole Forget, we were able to retain Sarah Luebbert's services through direct contracting. The Finance Committee has also done an excellent job of responsible management and our chapter finances remain robust despite the recent turmoil, with much greater reserves than most of our fellow chapters.

Student Involvement

One of my goals was to have much more active engagement with our student internal medicine interest groups and was planning what were to be annual visits to each of our six medical schools when Covid hit. This didn't happen. The pivot to virtual, off-campus instruction also made interaction much more difficult. This should be a focus over the next several years, as part of our overall membership efforts.

Membership Retention and Growth

Membership is an issue for the whole college. While we have 2,344 total members, with 1,262 being members, fellows, and masters (not residents, students, or affiliates), there is a slight decrease from our peak membership. Again, we are better off than many of our peer chapters. Membership chair Amber Deptola led a vigorous effort until her relocation to Kentucky. It is clear to all of the leadership that a better understanding of what our members and potential members want and need is critical, and that will be the focus of efforts going forward.

Succession Planning

Succession planning was ad hoc and not organized. I knew that we wanted a younger and more diverse council membership, and we got that. When it was time for governor nominations, there were a number of outstanding candidates, all of whom underwent evaluation and discussion. The pond is well stocked. I failed to complete a formal succession plan and must leave that to Dr. Fairchild.

Strategic Planning

Similarly, while we have a strategic plan on paper, it really has been driven by the achievements incorporated in the chapter excellence awards. There's not really anything wrong with that, and I think the chapter is in better shape

as a result. However, they are one-size-fits-all, and it's time to do this more thoughtfully. It might be very reasonable to have a two-day retreat to hammer it out; I'd be happy to offer my house, swimming pool, and catering services to my successor for this if she desires.

It's been a pleasure and privilege to serve the Chapter. It is in very good hands for the immediate future.

Chapter News

Advocacy Day

ACP Advocacy Day was a success! The day was spent visiting with legislators and advocating for several issues including scope of practice and postpartum Medicaid extension. The feedback was overwhelmingly positive. We were even able to take a peek into the House and Senate sessions.

This year we partnered with Missouri College of Emergency Physicians and enjoyed getting to know some of their members. We had 16 members from MO ACP and 36 total participants. All in all we had a rewarding day at the Capital this year. We hope that you plan to join us in 2024!



AIM Network

Did you know there is a group of ACP members engaging in federal advocacy on a wide range of issues that affect patients, physicians, and the practice of medicine? To get involved in ACP's federal advocacy efforts, members can join the ACP's Advocates for Internal Medicine Network (AIMn). This is a group of more than 15,000 colleagues advocating on the federal level. ACP will send out action alerts, inform members of critical health policy issues, and put members in contact with their legislators. Join a network of ACP members who are interested in advocating on behalf of internal medicine and patients. To sign up, [click here](#).

Missouri ACP Committees

Joining a committee can be a great way to get more involved, learn new skills, and make a difference. We have a variety of committees that you can join, each with its own focus.

- **Awards Committee:** This committee is responsible for managing the annual chapter awards for both National and Missouri ACP.
- **Education Committee:** This committee is responsible for the Annual Chapter CME Meeting held each fall in Osage Beach. The committee is responsible for the selection of topics and speakers along with working with the National ACP staff to provide CME and MOC credits for the event.
- **Finance Committee:** The finance committee is responsible for oversight of the budget and investments for the Missouri Chapter. They prepare the annual budget and present it to the Council for approval.
- **Health and Public Policy Committee (HPPC):** HPPC monitors the legislative session each year and keeps members up-to-date on issues affecting their practices. This committee is responsible for the annual Advocacy Day held each year in Jefferson City. Additionally, the committee monitors the regulatory agencies in Missouri and provides feedback to these organizations on behalf of members.
- **Hospitalist Committee:** The hospitalist committee works to foster relationships between Missouri hospitalists, advocate for high value care for hospitalized patients, and advance the field of hospital medicine through an annual Hospitalist Day educational event.
- **Membership Committee:** The membership committee assists with member recruitment and engagement in Missouri.
- **Resident and Fellow Council:** The resident and fellow committee organizes resident activities including the resident and fellow meeting at the Missouri Chapter CME meeting.
- **Student Committee:** The student committee organizes student activities including the student meeting at the Missouri Chapter CME meeting.

Committee Interest Form

[Please complete this form for the committees in which you are interested in.](#)

Save the Dates

Missouri IM Residency Program Showcase Webinar Series

Medical students with an interest in Internal Medicine won't want to miss the Missouri IM Residency Program Showcase. Four of Missouri's IM residency programs will be featured, each on their own night, to provide students with details on their program, tips for getting into residency and more. Choose to attend one or all four showcase webinars! Details for each webinar is below. You will need to register for each of the webinars you want to attend.

- April 18, 5:00 PM - Washington University in St. Louis - [Register here.](#)
- April 19, 5:00 PM - Saint Louis University - [Register here.](#)

Combined Chapter Reception 2023
April 28, 2023 6-8 p.m.

This year Missouri has joined with the Kansas Indiana, Iowa and Nebraska chapters for a reception following the National IM meeting in San Diego. The reception will be held at Side Bar, 536 Market St, San Diego, CA 92101. Join us for an evening of networking and fun!

[Register Here](#)

Integrating Gun Violence Prevention into Your Daily Work

April 14, 2023, 11:00 a.m. CT

Dr. Hall shares practical knowledge and education on effective techniques for talking to patients about reducing family fire and the importance of safe firearm storage.

[Register Here](#)

Obesity Medicine: Strategies for the Evaluation, Treatment and Management in the Primary Care Setting

April 18, 2023, 11:00 a.m. CT

During this session we will briefly discuss motivational interviewing, physical exam and testing to conduct an efficient weight loss consultation and follow up care. Review the safety and clinical significance of pharmacotherapy for the management of long-term obesity in adults. Finally, patient education and behavioral counseling for overweight and obese adults.

[Register Here](#)

Diagnostic Point-of-Care Ultrasound Workshop for Internists, which will be held on **June 3-4 in St. Louis**. This workshop is designed to help internists learn how to use ultrasound for diagnosis and point-of-care applications.

[Register Here.](#)

How to Excel at Decision Making, Prioritization and Communication Outside of the Exam Room

April 18, 7:30 PM CT

When was the last time you didn't feel pulled in too many directions? Do you find yourself frustrated by too many competing demands on your time? Do you show up for yourself as well as you do for your patients? Where in your life would you like to have more time, energy and space for building relationships and memories? This webinar will help to answer those questions for you, so sign up today. Speaker: Amy Loden, MD, FACP

[Register Here](#)

Missouri ACP Hospitalist Day, which will be held on **September 7 at Margaritaville Lake Resort in Osage Beach**. This event will feature educational sessions on a variety of topics relevant to hospitalists, as well as networking opportunities.

Missouri ACP Scientific Meeting will be held on **September 7-9 at**

Margaritaville Lake Resort Osage Beach. This meeting will include a variety of presentations, as well as opportunities to network with other attendees.