

August 4, 2016

## Practice Management

### New Survey Aims to Measure Physician Perspective on Physician-Assisted Suicide

Legislation on Physician-Assisted Suicide (PAS) became law in California on June 9, 2016 and in Oregon it has been legal since 1997. There are three (3) legislative bills that were introduced in the current NYS legislative session, with various definitions on death with dignity and the means for patients to request assistance. [Click here to read the most recent bill.](#) ACP has been opposed to PAS since 2000, with reaffirmations in 2004 and 2011. With discussion heightening around this topic at a national and state level, NYACP is seeking input from members on PAS.

[We hope you will help us by taking the short 9-question survey here.](#)

### New ACP Modules For Patient-Centered Care



ACP Practice Advisor now offers three new modules:

- Improve Patient Access
- Care Coordination
- Avoid Unnecessary Testing

These modules address key attributes and expectations of Patient-Centered Medical Homes and are applicable to all practices and specialties interested in providing patient-centered care. All are eligible for CME and MOC credit.

To receive credit, users must complete the module's Practice Biopsy, initiate quality improvement activities in the practice, and complete a second Practice Biopsy at least 30 days after the first is completed.

For more information on Practice Advisor and a description of the modules, [click here.](#)

## Advocacy

### NYACP Seeks Your Input for 2016 Fall Board of Governors Resolutions

Every member has the opportunity to provide input regarding the development of policies and positions of ACP and the Chapter through the resolutions process. The New York Chapter leadership requests your input on the proposed resolutions to be acted on at the ACP Board of Governors (BOG) Fall meeting in September 2016.

Members interested in submitting comments on any or all of the resolutions must do so using our online comments page no later than Friday, August 19, 2016. [Please review this copy of the ACP BOG Fall 2016 Resolutions](#) first.

Then, to submit a comment please visit our easy-to-use response form [here.](#)

You may select: *Support; Do Not Support; or Support with Amendment*. If you select support with an amendment, you will be asked to enter specific language to be added or deleted.

*Please note that the New York Chapter Resolutions have been extracted since they have previously been acted upon by NY Chapter members.*

## The Resolutions Process

The Chapter has developed a number of resources to assist members in the development of a resolution. A resolution is a proposal that asks the ACP or the NYACP to take a position and/or an action on a specific clinical, practice administration, or membership issue. A resolution consists of at least one directive ("Resolved clause") accompanied by supporting statements ("Whereas clauses").

When you visit the [Resolutions section](#) of our website you will learn how to:

- Share ideas with elected NYACP Governors or Council members;
- Submit information for discussion at the NYACP Health and Public Policy Committee; and/or
- Submit resolutions for review and action by the Chapter.

You may [submit a new resolution](#) at any time using our online submission link.

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## New ACP Resources Available for the 2016 Election

ACP has updated its online resources with information on health care topics that have the potential to gain attention during the 2016 presidential election.

The online resources offer a breakdown on critical issues important to internists, and include a detailed description of ACP's policy on each issue along with some questions that you may want to think about when evaluating the candidates' positions.

In addition, the candidates have released their respective health care reform plans and overall party plans, which are part of the resources offered for your educational purposes.

[Please click here to access the election resources.](#)

*Please note that the American College of Physicians cannot and does not endorse candidates for elected public office nor take partisan stances. The information presented is for purely educational purposes.*

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## Member Accomplishments

Donna Seminara, MD, FACP: Has been appointed to the ACP Services PAC Board of Directors for a three year term, effective until July 2019. The ACP Services PAC seeks to enact change through political advocacy on behalf of physicians.

[If you are not a PAC member, your voluntary contribution can be processed here.](#)

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## Education

### A New Take-a-Look Tour Coming Soon!

Are you an internal medicine resident thinking about your career path? Join us for a 3-day, all inclusive trip to Upstate New York to explore the opportunities!

The next available tour will take place September 28, 29 & 30, 2016.

**The tour will highlight opportunities in Jefferson, Oswego, St. Lawrence, and Lewis Counties.**

**The New York Chapter, American College of Physicians and Iroquois Healthcare Association (IHA) are once again partnering to offer the all-expense paid "Take a Look" Tour in Upstate New York.**

**The tour will highlight various primary care practice settings, including hospitals, clinics, and private practices, and will also incorporate several recreational activities so those on the tour can get a feel for what life in these communities would be like during non-working hours.**

***Stay tuned, as more information will be available for Residents and Medical Students next week!***

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## **Medical Student Perspective: Tips on How to Be Healthy in Medical School**

***This article first appeared on ACP's Medical Student Page***

**We're the twins, Stacey and Tracey! Being happy and healthy is one of our mottos, so we try to do what we can despite anything that comes our way.**

**How do you become happy and healthy? That's what we're here for! Tracey wrote an article published in the September 2014 Impact newsletter edition titled "[10 Tips on How to Be Happy in Medical School](#)." Feel free to read and share those tips. After getting lots of positive feedback from around the world, like the Caribbean, Egypt, Massachusetts, Missouri, and Texas, we decided to come up with more tips to help fellow medical students. Here are some ways you can be healthy in different aspects of medical school and beyond. Enjoy!**

### **Be Emotionally Healthy**

- **Smile and be happy .**
- **Say "please" and "thank you." Physicians, professors, patients, and interprofessional staff are all part of your learning, so it's a nice gesture to let others know you are grateful for allowing them to be a part of your learning experience.**

### **Reward yourself**

- **After an exam, a challenging week, or being on call, it's nice to relax. Examples of how you can treat yourself include a massage, karaoke, laser tag, and sleep!**
- **Build a tough skin. Although we would like to think that everyone has some good in them that is not always the case. Some people may have a negative personality and may say hurtful or embarrassing things to you. Don't let negative people get to you. Realize it may happen, mentally prepare yourself if it does happen, stay professional in the heat of the moment (easier said than done!), and don't take it personally. If need be, talk about the incident with someone you trust.**

### **Be Physically Healthy**

- **Munch healthily. Be aware of what you're eating, and keep healthy snacks around. All that studying requires some good food to keep you going.**
- **Exercise. Although it is ideal to get about 30 minutes of exercise every day, not everyone can keep to that schedule. So integrate exercise into your day. Take the stairs. During breaks, brisk walk with a friend, do yoga, or do 5-minute exercises on YouTube. When you need to go to the bathroom, use the bathroom at least a floor above. If watching a video, stand up and walk in place. Some exercise is better than none. And, if you have time, definitely do some cardio, strength exercises, powerlifting (like us!), sports, etc., to keep your body**

moving.

- Sleep. A good night's sleep helps in memory, energy, and quality of life.

[Read more on NYACP's Medical Student Page.](#)

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## NYACP Resident and Medical Student Forum

Saturday, November 5, 2016

Mount Sinai Hospital  
One Gustave L. Levy Place  
New York, NY 10029

This half day program will include the popular Resident and Medical Student Poster competition and the Resident Dr's Dilemma competition.

- The online submission forms are available now! [To fill out and submit the form, click here.](#)
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## Upcoming 2016 District Meetings

### SAVE-THE-DATE

Wednesday, September 14, 2016 - Nassau District Meeting

**A MULTIPLE SMALL FEEDINGS OF THE MIND (1) Changes to MOC and (2) Navigating New Diabetes Medications**

Akbar Restaurant - 2 South Street, Garden City NY 11530

*6:00pm Registration • 6:30pm Dinner and Educational Program*

[More information will be posted to the NYACP Education Page shortly.](#)

### SAVE-THE-DATES

Friday, September 23, 2016 - Sunday, September 25, 2016

**CURRENT TOPICS IN PRIMARY CARE AND NEUROLOGY: Update for the Primary Care Practitioner**

The High Peaks Resort - 2384 Saranac Avenue, Lake Placid, NY 12946

*Sponsored by: Albany Medical College's Dept. of Medicine, Dept. of Neurology and the Office of CME*

*In collaboration with: Hudson Valley Capital District of the New York Chapter American College of Physicians*

[Brochure and Registration Information](#)

### SAVE-THE-DATE

Thursday, September 29, 2016 - Brooklyn District Meeting

**A MULTIPLE SMALL FEEDINGS OF THE MIND**

Gargiulo's Restaurant - 2911 West 15th Street, Brooklyn NY 11224

*6:00pm Registration • 6:30pm Dinner and Educational Program*

[More information will be posted to the NYACP Education Page shortly.](#)

### SAVE-THE-DATE

Wednesday, October 19, 2016 - Syracuse District Meeting

**A MULTIPLE SMALL FEEDINGS OF THE MIND: (1) Physician Burnout and (2) Hormone Replacement**

*6:00pm Registration • 6:30pm Dinner and Educational Program*

[More information will be posted to the NYACP Education Page shortly.](#)

Friday, October 21- Saturday, October 22, 2016

11th Annual Mid-Atlantic Hospital Medicine Symposium

The Bonnie M. Davis, MD and Kenneth L. Davis, MD Auditorium, 2nd floor,  
1470 Madison Avenue (Between 101st & 102nd Streets), New York, NY 10029.

[Brochure and Registration Information](#)

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