President’s Message: Dr. Daniel Pomerantz

As the end of June approaches, program directors are saying goodbye to graduating residents and beginning to welcome incoming residents. Each year the cycle of medical education renews itself. Each year we have an opportunity to make our system better, fairer, more just, and more kind. Let us each take steps this year to help our trainees avoid some of the pitfalls and potholes that we encountered. Let us make time each day to ask how someone is doing, and really listen for the answer. Offer help to someone who needs it. Get help for yourself if you need it. My residency training made me the physician I am. It also left scars which have mostly healed.

I am now about to enter PGY 34, and can still remember the second month of my first year when almost every day I thought about quitting. I was working on a service caring exclusively for patients with AIDS. My patients were all very sick. Thanks to the Bell Commission report, my program had just started a night float system. What that meant for me, was that each night once I signed out to the night float intern, I could start writing my notes. The only person I asked for help was my mother, who each day talked me out of quitting and helped me find a way to get through to my next day off. At the time, I didn’t tell anyone in my program how I felt, and I am lucky that I survived. Without family support, I might not have made it. Sadly, not everyone makes it through residency. I hope we can change that.

Each year we lose physicians and trainees to suicide and illness. When we talk about resilience, it is almost always about how we can better manage the stresses of our professional and personal lives. Let us talk about making our systems more resilient, so that all trainees who need sick time can take it without burdening their colleagues. Let us work on removing the stigma of seeking help for almost anything, especially for mental illness and burnout (which is a system problem). As Leslie Higgins (to the Diamond Dogs in the Ted Lasso finale) said, “Human beings are never going to be perfect. The best we can do is to keep asking for help and accepting it when you can, and if you keep on doing that, you’ll always be moving towards better.” I hope that we can each accept both our imperfections and the help to make them better, and that we can work on making our systems better for our trainees, our colleagues, our co-workers, and especially for our patients.

If you need help, please reach out to someone you trust. If you see someone who needs help, please let them know you see them and offer to help. You can find many resources on the ACP.
Wellbeing page, and especially on ACP's IM Emotional Support Hub. If you need crisis assistance, call 988.

The NYACP Well-being committee offers programs to help people take some time to reflect on our experience as physicians and to learn about ways to change our system for the better. Look out for announcements for upcoming sessions in either our Small Feedings of the Soul series, or our Wisdom and Wellbeing Series.

With gratitude,

Daniel Pomerantz, MD, FACP
NYACP President

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**Urge Governor Hochul to Veto New Wrongful Death Bill**

A new Wrongful Death bill was introduced this spring containing language that can significantly change payments in cases of wrongful death determinations and increase liability insurance premiums.

Unfortunately, this new wrongful death/grieving families act passed the Senate (55-7) and Assembly (131-12). This means that the bill will, once again, be reviewed and acted upon (Chaptered or Vetoed) by the Governor.

Physicians must continue the fight by contacting the Governor’s office immediately! Governor Hochul must VETO (A.6698/S.6636).

Use the ‘Advocate Now’ button below to send a pre-written email message to the Governor. You are encouraged to personalize it with your story! Thank you in advance for your action on this critical piece of legislation.
Welcome NYACP Advocacy Intern
Maddy Locastro, MS2, SUNY Upstate

As a rising second year medical student in the MD/MPH program at SUNY Upstate Medical University, I am grateful for the opportunity to serve as an Advocacy Intern with the New York Chapter of the American College of Physicians. With strong interests in developmental pediatrics, public health, and advocacy/policy, I am excited to learn about how NYACP engages in health policy work at the state level. From an organizational standpoint, I am interested in seeing how the Chapter leverages the expertise and experience of its members, with the overarching goal of achieving accessible, equitable health care for all New Yorkers. I hope to apply what I gain from this advocacy internship experience to my future career as a physician-social scientist, working upstream to help ameliorate health inequities among the patients and families that I care for.

NYACP Steven Walerstein, MD, MACP Advocacy Internship Applications Now Being Accepted!

The NYACP Advocacy Internship is designed to give residents and medical students four weeks of hands-on experience in advocacy activities with a professional medical organization.

Between January through June, medical students and residents will spend a month (virtual) with the Chapter's Executive Director researching policy, reviewing proposed legislation, meeting with regulators and legislators and understanding how to best represent patient interests as healthcare policy is formulated. To date, over 62 students and residents have participated in this program.

Please note that we give preference to residents and students going into general or subspecialty internal medicine.

Interested in becoming an Advocacy Intern?

Email us or complete the NYACP Application.

Update on Resolutions Debated at the Spring 2023 Board of Governors Meeting

Twice per year, resolutions initiated by ACP members and endorsed by a chapter council are reviewed by the ACP Board of Governors (BOG). If they receive BOG endorsement, they become ACP policy when adopted by the Board of Regents (BOR). Actions by the BOR include approving the recommendations of the BOG, adopting a resolution for implementation, and referring a resolution for study.
A summary of Board of Regents (BOR) actions on resolutions debated at the Spring 2023 Board of Governors (BOG) meeting is now available.

If you have an idea you would like to suggest to ACP, consider submitting a resolution to your Governor or visit the NYACP website for more information on how to propose a resolution.

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**Festival at the Falls Report**

On Saturday, June 10th, the city of Wappingers Falls hosted its 7th Annual Festival at the Falls. This festival serves as a community day for all families of Wappingers Falls to enjoy vendors, food, live entertainment, and have fun!

This year, NYACP participated by hosting a table that provided diabetes screening, blood pressure monitoring, and smoking cessation education for community members. **Barisere Bodo MD, MPH**, who is completing her final year of residency at Vassar Brothers Medical Center, volunteered at the NYACP table along with several Internal Medicine medical students.

Festival attendees who visited the NYACP table had fun interacting with volunteers as well as the Chapter staff! Community festivals provide NYACP with a chance to not only increase community outreach, but to become a staple in the various communities that we serve.

**Check out Festival of the Falls**

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**In Loving Memory of Dr. Charlene Curtis-Thomas**

**Charlene Curtis-Thomas, MD** was a second year resident at Nassau University Medical Center in East Meadow, NY. She specifically chose a program at a safety net hospital to help champion the rights and give care to the underserved patients.

Chris Elsayad, MD, MBA, FACP, Chief of the Division of Primary Care and General Internal Medicine shared "She was loved by all, patients and staff alike. She would always have a smile and had a bright career which led her to a specialty in Cardiology. She was a pleasure to be around and will be greatly missed by her fellow residents, attendings and all her patients".

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**NYS 3-Hour CME Pain Course Training and Attestation Due July 1, 2023**

The NYACP Pain Course Task Force and the Boston University Chobanian & Avedisian School of Medicine have released an updated pain course to fulfill NY’s mandated 3 hours of CME training in addiction and pain management. Topics include State and Federal laws for prescribing controlled
substances, issues related to opioid misuse, Opioid Use Disorder, medication for Opioid Use Disorder, overdoses, palliative medicine, and available resources.

**Who should take this training course?**

- Prescribers who took the course in 2020 and are renewing the 3-year cycle due July 1, 2023.
- New Residents/Fellows in NY state.
- Prescribers renewing their DEA registration and fulfilling the new training requirement beginning June 27, 2023.
- Anyone interested!

**NYACP’s Pain Management Training Course Information**

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**Attn: NYACP Residents/Fellows and Medical Students**

**Call for Abstracts!**

*Deadline to submit is August 25, 2023*

Now is the time to showcase your amazing work! Submit an abstract online for the opportunity to be selected to present your poster to a team of judges on Saturday, October 28th at the:

**NYACP Annual Scientific Meeting**

Hyatt Regency Hotel
125 East Main Street
Rochester, NY 14604

**Abstract submissions are being accepted in the following categories:**

- Research
- Clinical Vignette
- Quality (Medical Students/Residents/Fellows combined)

**More Information**

**Submit an Abstract**

**How to Prepare a Great Abstract**
ACP Dues Renewal Reminder
Don’t lose access to your amazing ACP benefits valued at over $3,300!

One week left! Renew your membership by June 30, 2023 to continue your complimentary access to JournalWise, DynaMedex, and enjoy exclusively deep member discounts for MKSAP, Resolve (Physician Compensation services), Group insurance plans through AGIA, and so much more. Dues are also tax deductible! Renew today!

Renew my Dues

Member Information and Resources

- I Raise the Rates (IRtR) Newsletter
- Webinar: "The Invisible Wounds of War: PTSD, TBI & Combat Related Mental Health Issues"
- ACP Webinar: Integrating Behavioral Health into Primary Care
- Wisdom and Well Being: So, the Family Wants to Talk – Responding to Uncertainty in Series Illness
- Wisdom and Well Being: Prioritizing Physician Trainee Mental Health – Recognizing and Navigating a Mental Health Crisis

Upcoming Events

Dietary and Lifestyle Strategies for Cardiovascular Risk Reduction
Friday, October 13, 2023 / 7:30 am - 3:30 pm

NYU
550 First Avenue
New York, NY

This conference focuses on strategies to reduce the risk of cardiovascular disease and related comorbidities. The course will provide evidence for the association between diet and cardiovascular disease, highlighting new clinical and scientific data and focusing on strategies to reduce risk through lifestyle and dietary approaches.

Topics:

- The Role of GLP-1 Receptor Agonists in the Management of Obesity
- Epigenetics and Nutrition
- Addicted to Sugar? Examining our Psychological Relationship with Sweeteners
- The Role of Biofeedback for Stress Management
Course Director:
Dennis Goodman, MD

This course will be offered both in-person and live-streamed online.

Register Here

We hope you will join us!

Registration Now!

NYACP Annual Scientific Meeting
Saturday, October 28, 2023

Hyatt Regency Hotel
125 East Main Street
Rochester, NY 14604

They say timing (and location) is everything! With the NYACP Annual Scientific Meeting scheduled in Western NY this Fall, the Education Committee developed topics surrounding the events that took place at the Buffalo Bills game and Dahmar Hamlin. Share a day with colleagues to learn about concussion protocol and sudden cardiac prevention presented by esteemed faculty from University at Buffalo Jacobs School of Medicine.

View these and additional topics here: Full Agenda Here

Register Here

CME and MOC Statement
American College of Physicians (ACP) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The ACP designates this other activity for a maximum 6 AMA PRA Category 1 Credit(s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6 medical knowledge MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.