

April 13, 2023



President's Message: Dr. Jitendra Barmecha

Progress Note:

The "[Annual Summary of Vital Statistics](#)" report, released last Friday from the New York City Department of Health and Mental Hygiene, has revealed that life expectancy in the city dropped to 78 years from 2019 to 2020, a decrease of nearly five years, and the decrease was driven mostly by the pandemic. The report took stock of how the pandemic affected and exacerbated the factors that contribute to death rates and life expectancy, including drug use and structural racism, and highlighted how COVID-19 disproportionately affected some groups of New Yorkers. The death rate among males far exceeded that of females and was extremely high within neighborhoods experiencing very high poverty rates. It was highest in the Bronx and parts of Brooklyn and Queens, including the Rockaways. The COVID-19 infections alone killed more males, people living in poverty, and Black and Hispanic New Yorkers than other segments of the population.

As you may know, ACP is a partner in the Million Hearts Campaign, a national initiative that aims to prevent a million heart attacks and strokes by reducing hypertension and implementing evidence-based strategies to improve cardiovascular health. If you or your practice are interested in participating in this campaign, the [Million Hearts®](#) 2023 initiative is now accepting applications for the [Hypertension Control Challenge](#).

The ABIM Foundation and the Beryl Institute want to learn more about individual experiences faced by internal medicine physicians when it comes to building trust in the health care delivery workplace. ACP members have been invited to share their thoughts and ideas on how healthcare organizations and leaders are building trust among fellow internal medicine physicians and/or patients by completing the survey: [Building Trust in the Workplace- Identifying Best Practices and Bright Ideas \(ABIM Foundation\)](#).

All New York State physicians with a Drug Enforcement Administration (DEA) license recently [received a letter from the DEA](#) about a new one-time eight-hour training requirement on treating and managing patients with opioid or other substance use disorders. Beginning June 27, 2023, DEA-licensed prescribers must affirm that they have completed the new training requirement. The deadline for satisfying this requirement is the date of a prescriber's next scheduled DEA registration submission, regardless of whether it is an initial or renewal registration. This new training requirement stems from the Congressional passage of Medication Assisted Treatment as



part of the Medication Access and Training Expansion (MATE) Act which was part of the Federal Omnibus Bill passed at the end of December 2022. ACP has training resources on the [SUD Education hub](#) and the [NY Chapter just released an updated pain management training course](#) that will also satisfy the NY State requirement.

Finally, please join me in celebrating Patient Experience Week from April 23-29. During this time, practices and organizations should celebrate accomplishments, re-energize efforts, and honor staff members who impact the patient experience every day. Also, during that same week, I look forward to seeing you at ACP's 2023 Annual Internal Medicine Meeting in San Diego, CA!

Stay Safe and thank you,



Jitendra Barmecha, MD, MPH, FACP, SFHM
President

Chapter Leadership Opportunity Bronx District President



NYACP is currently seeking a Chapter member who either lives or works in the Bronx and is interested in getting more involved in the leadership pathway by serving as Bronx District President.

NYACP's current organizational structure consists of [5 Regions and 16 Districts](#). Each of the districts has an annually appointed [District President](#) to serve as a liaison between Chapter leadership and local members. The District President is also responsible for planning and scheduling local meetings, events, and activities (*with assistance from NYACP staff member Izaiah Wright*). District Presidents are invited to Council/Board meetings with voice and travel reimbursement but no vote.

If you are interested or would like more information, please contact Izaiah Wright at iwright@nyacp.org.

[Information about the District President role.](#)

April 16th is National Healthcare Decisions Day (NHDD)

National Healthcare Decisions Day (NHDD) exists to educate the public and health care providers about the importance of advance care planning. This initiative encourages and empowers patients to express their wishes regarding healthcare.

All physicians can use and share NHDD resources to spark conversations!

[Resources for Advance Care Planning Conversations](#)

NYACP Advocacy Internship Program Reflections

Vincent Huang, MD

I want to thank NYACP for providing me with an opportunity to learn the day-to-day operations of running an organization and for including me in meetings with various organizations to promote public health. This internship introduced to me resources such as StateWatch, which allows individuals to track bills and has taught me how to contact my local senators and assembly members to advocate for change. I had the opportunity to attend MSSNY advocacy day, which gave me insight into the various organizations present in New York State and their focus for this year. Afterward, I had the privilege to summarize the important agenda set for this year from the MSSNY Advocacy Day collaboration including physician burnout/moral injury, excessive liability cost, as well as preserving the physician-led care model and scope of practice.



Vincent Huang, MD
PGY-2, NSLIJ

Through this internship, I learned that advocating for change is hard and policies are very complex. However, my experiences with NYACP taught me that there are various organizations that physicians can work with to promote change. During my time with NYACP, I attended meetings with policymakers, government officials, and other stakeholders to discuss and review policy positions and memorandums. From these meetings, I learned that there are numerous intricacies in promoting and opposing certain policies. The most important lesson I took away is that we cannot make these changes alone. Similar to the benefits of providing care through a multidisciplinary team, forming strong partnerships with community-based stakeholders and organizations like NYACP or MSSNY is essential in advocating for change.

I learned that physicians play a very crucial role in influencing the legislative process as we are the experts that see first-hand the barriers to providing care as well as the inequalities present in our more vulnerable communities. As a result, our voice is very important in promoting equitable care. During my time with NYACP, I wrote an abstract regarding mental health access during the pandemic and promoting mental health equity. I wanted to highlight the effects the COVID pandemic has had on our healthy individuals as well as those with pre-existing mental health disorders. I illustrated that our healthcare system is now faced with widespread demands for behavioral health from the new COVID-19-related mental health needs as well as prior existing ones. I reviewed the positive transformation the telehealth services have undergone to meet the new demands and advocated for a similar reconstruction for mental health. I hope that by

highlighting these successful changes, advocates can push for similar legislation to promote mental health equity and access.

As I reflect upon my experiences, this internship has provided me with a better understanding of the legislative process as well as the physician's role and how physicians can become involved in advocacy. I now know there are numerous organizations and resources advocates can reach out to for support and assistance. Advocacy is a team effort, and every member is essential.

NYACP Advocacy Intern Expectations

Catherine Meyer, MS4



Catherine Meyer,
MS4, Albany Medical
College

As a senior medical student going into Internal Medicine and planning a career in both primary care and health systems and policy improvement, I have several goals and objectives for my time with NYACP.

First, I hope to gain an understanding of how physicians can become involved in policy and advocacy at local and state levels. I would like to explore the different opportunities and get involved in advocacy, lobbying, policy-making, and advising so that I can gain some knowledge and skills to determine how I might best contribute throughout my career.

Second, I hope to build upon my academic experience as an undergraduate and a health policy graduate student to understand the process of policy making at a state level. This understanding will better inform my future work.

Third, I hope to be involved in NYACP work around primary care, particularly payment reform. I am passionate about improving both quality and access to primary care. I believe that high quality primary care should be the backbone of the healthcare system by keeping people well, avoiding advanced disease or need for highly specialized care, and by addressing social and emotional factors that impact health. However, I feel that the current health system is not designed to support the type of work to make that possible, and the current fee-for-service model of payment that predominates is contributing to a growing shortage of primary care physicians, burnout, and pressure that pushes care into specialty settings. I would love to work on payment reform projects and other solutions to better support and improve primary care in New York State.

Lastly, I would like to bring my background and experience to contribute to other NYACP projects. In addition to primary care payment reform, I am also interested in improving care and services for older adults, addressing social determinants of health particularly for those with housing instability, and making both healthcare and pharmaceuticals more accessible to everyone who needs them.

Resources to Fulfill State and DEA Pain Management Training Requirement

Beginning on June 27, 2023, the [DEA will require](#) that all prescribers provide a one-time attestation that they have completed 8 hours of training on the management of patients with opioid or other substance use disorders (SUDs) prior to renewing their DEA registration.



Prescribers in NY State are also required to complete **3-hours of CME training in addiction, palliative medicine, and pain management (NY Public Health Law Sec. 3309-A(3))**. Those who took the training course in 2017 and 2020 must renew again by **July 1, 2023**.

[Use NYACP's updated pain management training course](#) and [ACP's Substance Use Disorder Education Hub](#) to fulfill both requirements!

I Raise the Rates Newsletter



This edition of [I Raise the Rates \(IRtR\)](#) includes a variety of new resources from several public health partners, educational opportunities, and a selection of media articles related to immunizations.

Upcoming Events

**Webinar Series:
Combatting Sexual Harassment/Gender Discrimination
in the Medical Profession
April-May 2023**



A Lecture Series sponsored by Oregon Chapter ACP

[Details and Registration](#)

Brought to you by NYACP Early Career Physicians, Resident/Fellow and Medical Student Committees:



NYACP Mentorship Series Part 1 Webinar
Tuesday, April 18, 2023 / 6:00 - 7:00 pm / Zoom

NYACP Mentorship Series Part 1 is geared towards a Mentee group of Resident/Fellow and Medical Student members with a Mentor group of Early Career Physicians. Join us for this interactive networking session that will dive into topics such as:

- Networking opportunities
- Transitioning into fellowship
- What to expect from your first job
- How to manage a team
- Career options

[More Information](#)

[Register Here](#)

Small Feedings of the Soul: Reading and Reflections
Wednesday, April 19, 2023 / 7:00 - 8:00 pm / Zoom

April's theme:
Lyrics, Music, and the Experience of Medicine



Readings and Guest Authors:

Dr. Eric Last will lead attendees on an exploration of medicine through song lyrics with [Joni Mitchell's 'Both Sides Now'](#).

Facilitated by: Cori Salvit, MD, FACP
Program Directors: Nandini Anandu, MD, FACP, Lynn Cleary, MD, MACP, and Cori Salvit, MD, FACP

[Register Here](#)

SGIM Parenting in Medicine Cafe:
Negotiation: Techniques, Tactics, Tips, Money, and More
Thursday, April 20, 2023 / 7:30 pm - 8:30 pm / Zoom



Join SGIM for a session with Margie Peskin, Executive Recruiter, to help you understand how to prepare for, approach, and strategize for conversations about offers. We'll review what you can negotiate for, how to approach those situations, and some crucial things to keep in mind. The session will be interactive and offer lots of time for discussion, so bring your questions, thoughts, and experiences to what we expect will be a lively and participatory Parenting Cafe.

[More Information](#)

[Register Here](#)

Wisdom and Well Being Series: Session 9: Partnering with Patients for Systemic Change Monday, May 8, 2023 / 7:00 - 8:00 pm / Zoom

Collect ideas and successful strategies for partnering with patients based on years of helping systems and clinics partner with patients and 3rd Conversation work to deepen relationships between patients and clinicians.



Jennifer Sweeney,
MA

[Jennifer Sweeney](#) is a Co-Founder of [X4 Health](#), a purpose-driven organization on a mission to solve complex societal challenges, and a Co-Creator of [3rd Conversation](#), a social impact campaign aimed at helping health care systems create people-first cultures.

[Register Here](#)

2023 NYACP Leadership Academy- Secure Your Spot Now! Begins: Thursday, May 4, 2023 / 6:30 - 8:00 pm / Zoom

Applications are now being accepted for the 2nd Annual NYACP Leadership Academy. This six-part CME accredited certificate program begins in May 2023, and ends with an in-person session on Friday, October 27, 2023 in Rochester, NY.

Course schedule: 6:30 - 8:00 pm

Thursday, May 4 - Leadership in Medicine

Thursday, June 1 - Opportunities in Medicine

Thursday, July 6 - Strategies & Skills

Thursday, Aug. 3 - Identifying & Mentoring

Thursday, Sept. 7 - Leadership and Underrepresented Minorities



Harvir Gambhir
MD, FACP



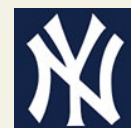
Viren Kaul
MD, FACP

Final session in-person:

Friday, October 27, 2023 - **Day prior to NYACP Annual Meeting**

[Apply Here](#) - *only a few spots left!*

NY Yankees Healthcare Workers Appreciation Week! May 8 - 14, 2023



Join your fellow healthcare professionals and the New York Yankees for select games in May at Yankee Stadium.

The first **1,000** fans who purchase tickets through this offer will receive a special New York Yankees scrub top! Each Special Event Ticket also includes a regular sized hot dog and your first drink (a 12oz domestic beer for those 21 years of age or older with a Valid ID, Pepsi product or Poland Spring bottled water).

[Reserve your seats here](#)

NYACP Resident/Fellow and Medical Student Forum Friday, May 12, 2023

Desmond/Crowne Plaza Hotel
660 Albany Shaker Road
Albany, NY 12211



Agenda:

8:30 - 10:30 am	Poster Competition
10:30 - 1:00 pm	Resident/Fellow Dr's Dilemma Competition
1:00 - 1:30 pm	Lunch
1:30 - 2:30 pm	Education Session - How to Negotiate a Contract- Laurie Cohen, Esq.
2:30 - 3:00 pm	Winners Announced

[Video of 2022 Resident/Fellow and Medical Student Forum](#)

[Guest Fee \\$55](#)

Brought to you by NYACP Early Career Physicians, Resident/Fellow and Medical Student Committees:

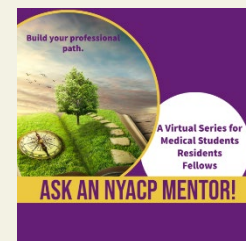
NYACP Mentorship Series Part 2 Webinar Wednesday, May 17, 2023 / 6:00 - 7:00 pm / Zoom

NYACP Mentorship Series Part 2 is geared towards a Mentee group of Medical Students with a Mentor group of Residents/ Fellows and Early Career Physicians. Join us for this interactive networking session that will dive into topics such as:

- Transitioning to Residency
- Prepping for Match Cycle
- Interviews/CV Building
- Career Options

[More Information](#)

[Register Here](#)



Advancement to Fellowship Webinar

Wednesday, June 21, 2023 / 6:00 - 7:00 pm / Zoom

Interested in learning about ACP Fellowship? Todd Simon, MD, FACP, Governor for the Brooklyn, Queens and Staten Island Region will review the meaning of Fellowship, the requirements for attaining your FACP®, and the application process.



ACP Fellowship is a distinguished honor within the internal medicine community. The FACP credential carries significant value because it's a peer-reviewed, peer-supported honor. ACP Fellows embody what it means to be part of the College through a demonstrated commitment to excellence, ACP, your colleagues, and especially your patients. Join over 31,000 internists who share this distinguished honor.

[Register Here](#)

[More Information](#)

Save the Date!

NYACP Annual Meeting

Saturday, October 28, 2023

Hyatt Regency Hotel
125 East Main Street
Rochester, NY

Details coming soon!

