President’s Message: Dr. Daniel Pomerantz

We begin this column with a one-question quiz.

A newsletter that is published every other week is best described as:
A. Semi-monthly
B. Bi-monthly
C. Bi-weekly
D. Too frequent

Correct answer and explanation:

The correct answer is D. Too frequent. Beginning July 2023, the NYACP IM Connected eNewsletter will be sent to all chapter members once a month. We all have the experience of overloaded and overwhelming inboxes. We have heard from many members that they get too many emails. For our chapter staff, too, the every other week schedule is challenging and takes time that we believe can better be used for other NYACP activities. We will track our email metrics to see how our opening rates and link clicks change, and we welcome your feedback.

The newsletter is just one way for us to keep you informed. We will continue to use other tools as well. If you have participated in any of our recurring programs, you will continue to receive invitations to subsequent events. We will continue to send action alerts when NYACP believes that New York’s political leaders need to hear from Internal Medicine physicians. We will continue to share information on our social media platforms. Your suggestions are welcomed for other ways to share information and facilitate communication with—and from—our members.

Other answers. A. Semi-monthly is incorrect because it means every half month, which is less frequent than every other week. B. and C. are incorrect because in common usage the prefix bi- is read ambiguously. It can mean either twice in a period (eg, twice weekly), or it can mean every two intervals (eg, every two months).
I hope the new academic year is beginning well for everyone. Please remember to check in with people as they go through transitions. Even outwardly successful people may be quietly facing challenges and would welcome your support.

As I look back on the Independence Day holiday with the shadow of so many recent Supreme Court rulings dimming its luminance, I hope that you will each remember the words of Fannie Lou Hamer, “Nobody’s free, until everybody’s free.” Over the past several years, my own feelings about the holiday have been shaped by our ongoing struggles with our country’s founding myths and the realities of slavery and racism. Some things that have helped me think about our challenge are the speech that Frederick Douglass delivered on July 4, 1852, “What to the Slave is the Fourth of July?” and a poem that is most appropriate to this occasion, “Let America be America Again,” by Langston Hughes. You can read the full text of the Douglass speech or learn about it and see excerpts read by some of his descendants.

As we celebrate the independence of our nation, let us remember that our Constitution begins, “We the People of the United States, in order to form a more perfect Union, establish Justice, insures domestic Tranquility, provide for the common Defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution of the United States of America.” While we celebrate, let us also remember how many individuals were intentionally left out of “We, the People,” and how much progress has been made since then. As we celebrate progress, and mourn setbacks, let us also remember that our work is unfinished. American society is not yet finished becoming, and I hope that we can continue to work together to form a more perfect union.

Daniel Pomerantz, MD, FACP
NYACP President

NYACP/NYDOH Burnout Study Published

In 2020, NYACP partnered with the NYS Department of Health to conduct a statewide survey on the experiences of burnout in primary care physicians before and during the COVID-19 pandemic. Thank you to the NYACP members who participated! The resulting paper, ‘Newly Acquired Burnout During the Coronavirus Disease 2019 (COVID-19) Pandemic: A Retrospective Cohort Study on the Experiences of New York State Primary Care Clinicians’ has been published in the Journal of Community Health. Thank you to Louis Snitkoff, MD, MACP and Lynn Cleary, MD, MACP for their extensive contributions to this project!
The study concluded that burnout increased during the pandemic due to work environment and system factors. Modifiable risk factors for reducing burnout were identified and can be used to refine workforce well-being and retention programs, including policy that creates more flexible and responsive work environments.

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**NYACP Advocacy Internship Experience**

Maddy Locastro, MS2, SUNY Upstate

Serving as an Advocacy Intern with NYACP has been a wonderful experience! I have learned a lot about the legislative process, and how the Chapter shapes health policy. For my project, I analyzed three NYACP-supported bills— the Gold Card Program, Same Specialty Peer Review, and Collective Negotiations Review—that, if passed, would help to improve equitable access to durable medical equipment for people with disabilities.

Learning about these pieces of legislation opened my eyes to different strategies for approaching the same issue. Overall, I think it’s incredible how NYACP leverages the expertise of its membership to create lasting change that impacts patients and physicians alike. I look forward to staying involved with the Chapter via participation on the Health and Public Policy Committee, and as a whole, continuing to broaden my advocacy experience as an aspiring developmental pediatrician.

[Listen to Maddy's podcast episode](#) about her experience.

**Interested in an experience like this?**

See the article below to learn how to apply to the Steven Walerstein, MD, MACP Advocacy Internship.

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**NYACP Steven Walerstein, MD, MACP Advocacy Internship**

Apply to learn about physician advocacy!

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.

Have you registered yet?

NYACP Annual Scientific Meeting
Saturday, October 28, 2023

Hyatt Regency Hotel
125 East Main Street
Rochester, NY 14604

Share a day with colleagues and learn about:

- Medical Licensure Advances
- Health Effects of E-Cigarettes and Vape Pens
- Complications of Alcohol Use
- Opioid Use Disorder Treatment
- Exercise in Older Patients
- Update on MOLST Directives
- Social Determinants and How They Affect Society
- Sudden Cardiac Death Prevention
- Concussion Evaluation and Management for Internal Medicine Physicians
- Pharmacologic Management of Obesity: GLP-1 Agonists and Other New Drugs
- Surgical Management of Obesity: When and How to Refer
- Nutritional Counseling: Best Dietary Advice
- Clinical Advances: Endocrinology-Pumps and Monitoring Devices
- Clinical Advances: Pulmonology: Pumps and Delivery Devices

Full Agenda Here

Register Here

Poster Competition: Residents/Fellows and Students- Don't miss out on the opportunity to submit an abstract for a chance to present your poster and win a trip to ACP's 2024 Internal Medicine Meeting in Boston!

More Information
Submit an Abstract
NYS 3-Hour CME Pain Course Training and Attestation
Recommended Course for New NY State Prescribers

New residents, new Fellows, and other new prescribers in New York State can use NYACP's updated Pain Management training course to fulfill the 3-hour CME prescriber training requirement in addiction and pain management (NY Public Health Law Sec. 3309-A(3)).

The NYACP Pain Course Task Force and the Boston University Chobanian & Avedisian School of Medicine have released this updated course with topics that 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.

Is this course only for new prescribers?

Not at all! This course is open to all prescribers and is also recommended for:

- Prescribers who took the course in 2020 and are renewing the 3-year cycle that was due on July 1, 2023.
- Prescribers renewing their DEA registration and fulfilling the new training requirement that began on June 27, 2023.
- Anyone interested!

NYACP’s Pain Management Training Course Information

Upcoming Events

Save the Date!
NYACP Brooklyn Resident Appreciation Festival
Saturday, August 5, 2023 / 2:00 - 5:00 pm / Prospect Park

NYACP Brooklyn District Leaders invite all NYACP members and residents to an afternoon of fun, networking, entertainment, and, of course, food!

Register Here
Insights for a Successful Fellowship Interview  
Thursday, August 17, 2023 / 5:00 - 6:00 pm / Zoom

Facilitator: Christopher Migliore, MD, FACP

If you are preparing to apply for a medical Fellowship, this is a must-attend event! Prepare yourself for success with tips for the fellowship interview.

This event is sponsored by the Chapter's Resident/Fellow Committee.

Register Here

Mentorship Series Part 3  
Advice for All Stages of the Medical Career!  
September 20, 2023 / 6:00 - 7:00 pm / Zoom

All members are invited!

Join Chapter leaders and mentors in focused Zoom rooms to discuss:

- Pathways to leadership
- Tips for medical school and interviews
- Considerations for Retirement

As a bonus, learn about careers in Internal Medicine!

Register Here

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.

[Register Here]