

NYACP Wins Two Evergreen Awards at ACP's IM22 Annual Meeting

NYACP is pleased to announce that two of our Chapter programs won an Evergreen Award from ACP this year! The John Tooker Evergreen Award recognizes the valuable contributions of ACP members working through their state Chapters 'to enrich, educate and engage members'.



The two programs recognized by ACP for an Evergreen Award include *Ready to Rank* and *Small Feedings of the Soul*. Congratulations to Peter Bhandari, MD for spearheading the *Ready to Rank* development through NYACP's Medical Students Committee and Residents Committee; and Lynn Cleary, MD, MACP, Nandini Anandu, MD, FACP, and Cori Salvit, MD, FACP for launching the *Small Feedings of the Soul* program under the auspices of the Well Being Committee.

Ready to Rank? Program

In early 2021, COVID-19 public health protocols, including gathering restrictions, continued to impact in-person Chapter events in New York. Since organizational goals include advancing the specialty of Internal Medicine statewide through education, pivoting to virtual high value programming was necessary. Also, with 17 medical schools and 64 internal medicine training programs in New York, connecting with our medical student and resident members was felt to be extremely important especially at a time when medical student membership was on the decline. Utilizing residents as mentors for this program was key, and it brought two critical member segments together in a virtual format for educational and networking purposes.

NYACP's "Ready to Rank?" virtual event ran for two nights (January 21, 2021 and January 28, 2021) and provided a platform for an informal meet and greet for Residents from New York State programs with 4th year medical student applicants. This virtual format substituted for in-person opportunities lost during COVID.

Small Feedings of the Soul: Readings and Reflections Program

Members of the New York Chapter Well Being Committee created *Small Feedings of the Soul: Readings and Reflections* to provide a venue for ACP members to share life experiences, facilitate connections and create communities of practice in reflection through narrative medicine. The program uses short readings to stimulate conversation related to a theme. The program directors, Lynn Cleary, MD, MACP, Nandini Anandu, MD, FACP and Cori Salvit, MD, FACP, expressed the joy and range of other emotions they experience when reading pieces from 'On Being A Doctor' in *Annals of Internal Medicine*. With this ACP resource readily available to members, it was an easy decision to use these pieces to launch the series! The creators, who also act as facilitators, invite authors to read and discuss their piece to provide greater perspective and create an opportunity for more dialogue.

The format is a monthly, one-hour Zoom meeting with a designated facilitator and one to two guest authors. The three program directors choose the pieces, invite the authors, and share facilitator responsibilities that rotate each month. The facilitator's role is to introduce the guest authors, invite them to read their piece, ask a few prepared questions and then open the discussion to attendees. Invitations to attend are sent to NYACP members, ACP well-being champions and previous guest authors.

Attendees have expressed how the sessions are a safe place to discuss difficult topics and give them renewed inspiration. One member shared, "These sessions are the prophylaxis to burnout!" The program is expanding as members are beginning to recommend pieces for discussion and volunteer to facilitate an event.