



President's Message: Dr. Jitendra Barmecha
Progress Note:

Hope you all had a good summer!

Gov. Kathy Hochul issued a [state of emergency](#) executive order to expand New Yorkers' access to polio vaccines last Friday. The order widens the pool of "vaccine administrators to include emergency medical workers, midwives and pharmacists. Physicians and certified nurse practitioners will be able to issue non-patient-specific standing orders for the polio vaccine". The declaration comes after evidence of polio was found in wastewater samples on Long Island.



Last month, Dr. Jonathan A. Ripp et al. (2022) published an [opinion piece](#) in the *Journal of General Internal Medicine* highlighting problems with the physician inbox tools in EHRs as a leading cause of clinician burnout. The authors list the following causes: federal regulations requiring immediate release of test results; payers incentivizing virtual care while requirements for prior authorizations, durable medical equipment, renewal signatures, and other gatekeeper functions create work without commensurate compensation; and EHRs put work, once previously performed by other staff members, back on the physician. The article proposes some practical suggestions to improve the workflow: create metrics to quantify the number of messages and time spent, turn off low-value notifications, delegate messages to a more robust team, and provide payment for this work. In addition, "advance research that quantifies the non-visit-based work across different specialties, the risks and benefits of inbox care, and the effectiveness of interventions meant to reduce inbox burdens."

The FDA has now authorized bivalent formulations, including Moderna's (18 years and above) omicron variant and Pfizer-BioNTech's COVID-19 vaccines (12 years and above) for use as a **single booster dose** at least two months after completing primary or booster vaccination. Also, let's remind ourselves and encourage our patients about the importance of getting the influenza vaccination starting this month.

Please respond to the Chapter's *Call to Action!* NYACP is looking for eligible ACP Fellow/Master members from across New York State to fill 7 Councilor positions (see below). New Councilors will serve a three-year term that begins in April 2023 and runs through April 2026. If interested, please complete and submit the online [Bio-sketch Form](#) **any time before September 30, 2022**. The Nomination Committee Chairs include Leslie Algase, MD, FACP and Parag Mehta, MD, FACP.

1. Manhattan District Councilor
2. Brooklyn/Queens/Staten Island Region Councilor-At-Large
3. Staten Island District Councilor
4. Long Island Region Councilor-At-Large
5. Hudson Valley Central District Councilor
6. Upstate Region Councilor-At-Large

7. Suffolk District Councilor

September is Women in Medicine Month. It is a time to recognize our amazing female physicians that are paving the way for the growing number of women in the profession and to support them toward achieving full inclusion and equity in medicine.

Stay safe and be well.



Jitendra Barmecha, MD, MPH, FACP, SFHM
President

Fall Poster Competition Update

The Chapter's semi-annual NYACP poster competition keeps growing! Medical Students and Resident/Fellow members submitted 313 abstracts for a chance to present them at the [2022 NYACP Annual Scientific Meeting](#) Poster Competition on November 5th. Program and Clerkship Directors will be directly notified of the abstract competition results the week of October 10th.

Come and view the outstanding work in this selective competition at the Westchester Marriott Hotel on November 5th. Consider a more in-depth experience and support future physicians as a [volunteer poster judge](#) for the presentations. The updated meeting format provides the perfect opportunity to experience it all!

[Learn More](#)

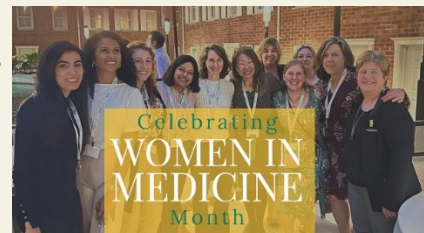
[Volunteer as a Poster Judge](#)



Program and Clerkship Directors will be directly notified of abstract competition results the week of October 10th.

Celebrating Women In Medicine Month: Sharing Tips and Resources

September is Women in Medicine Month! This month recognizes and honors the contributions of women physicians and Medical Students and thanks '[HeforShe](#)' Allies. NYACP is sharing weekly tips and resources for Women in Medicine on all social media accounts. Here are two tips that have been



shared. Follow us on Twitter, Instagram, LinkedIn, or Facebook for more!

Negotiations (from NYACP's [WIM series Part 1](#) with Dr. Darilyn Moyer)

Tip: Revisit and Memorialize Discussions

Verbal and written summaries are key. After an important discussion, make it a rule to summarize your understanding. Ask for follow-up from the other party.

Writing High-Quality Letters (from NYACP's [WIM Part 3](#) with Dr. Tiffany Leung)

Tip: Reduce the use of gendered language in letters.

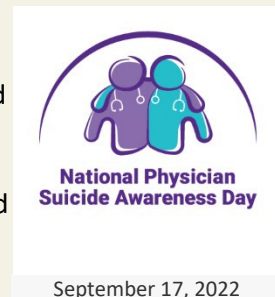
- Increase self-awareness
- Avoid gender stereotypes; focus on standard, achievement and ability terms
- Avoid over-mentioning race and gender; instead use Dr. as a title for all genders
- Avoid doubt-raising language (i.e. "might", "potential")

September 17th is Physician Suicide Awareness Day

Physicians have one of the highest rates of suicide of any profession. National Physician Suicide Awareness Day serves as a reminder and a call to action to learn the signs, start the conversation, and share helpful resources.

Here are resources where you can go for help, refer a colleague/friend and learn more:

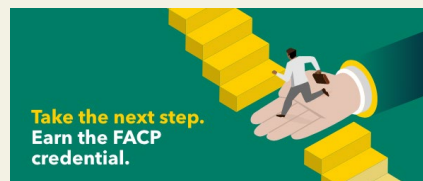
- **1-888-409-0141:** Call the Physician Support Line for free and confidential just-in-time peer support. [Visit their resource page](#) for tools.
- [PeerRxMed™](#): Establish formal peer support by using the free buddy check reminder system, and use quick check-ins (face-to-face, telephone, text, or e-mail) to provide encouragement and reminders.
- [ACP's I.M. Emotional Support Hub](#) has a collection of resources for individuals, teams, organizations, and leadership.
- ACP has Well-Being resources to support [Medical Students](#) and [Residents](#).
- [Attend NYACP's Wisdom and Well Being session on September 28th](#) and learn to recognize and address trainee distress.



Attention Early Career Physicians

The Next Step On Your Professional Journey: ACP's Guided Fellowship Program

The ACP Guided Fellowship Program is an excellent way to develop as a leader and earn your FACP®. ACP will provide you with a clear path to Fellowship over a 3-year timeframe with mentorship from ACP leaders along the way.



As a thank you for remaining with ACP post-residency, the ACP Member Insurance Program will automatically waive your enrollment fee.

Step 1: Review the Enrollment Requirements

- Complete residency training in June 2022.
- Renew your ACP membership through June 30, 2023.

Step 2: Enroll in the Free Program

Take the next step on your journey to ACP Fellowship. As a thank you for remaining with ACP post-residency, the ACP Member Insurance Program will automatically waive your enrollment fee. **The deadline to apply is November 15, 2022.**

[Learn More](#)

Performance Measure Reviews on Cancer Screening Now Available

ACP's Performance Measurement Committee's (PMC) recent review of cancer screening measures is [now available at ACPonline](#).

The reviews by the PMC Committee reflect an updated assessment of cancer screening measures relevant to internal medicine physicians using a modified RAND-UCLA appropriateness method to determine whether these measures are evidence-based, methodologically sound, and clinically meaningful.

Measure reviews entail a thorough assessment of each performance measure based on five criteria:

- **Importance** – Will this measure lead to improved clinical outcomes? Does this measure address a high-impact condition? Is there an opportunity for improvement in performance?
- **Appropriate Care** – Does this measure address timely appropriate care?
- **Evidence Based** – Is this measure supported by clinical evidence?
- **Specifications** – Is the measure clear, well-specified, and tested?
- **Feasibility/Applicability** – Is the measure under the physician's control? Will this measure provide information for physicians to improve care? Is there a reporting burden associated with the measure?

[More information about ACP's work on Performance Measures](#)

Now Available: Voice-Over PowerPoint Detailing ACP's Public Policy Development Process

Do you wonder how ACP collects ideas and generates policies? A [presentation featuring Dr. Ryan Mire](#), ACP President and Dr. Sue Bornstein, ACP's Chair of the Board of Regents, is now available to answer such questions. The presentation details ACP's Public Policy Development Process and details ACP's approach to the development and communication of public policies.

Reinstate Your Access

Did you lose access to JournalWise and DynaMed? Your membership renewal might be past due. [Renew today with just a few clicks](#) and regain access to valuable resources only available to you through the American College of Physicians. We'll also make sure you stay up-to-date with what's happening in our chapter.



Renew today to regain access to JournalWise and DynaMed

[Renew Membership](#)

[Upcoming Events](#)

Space still available!

District Event: Long Island Region Meetup

September 22 / 6:00 pm

1 Delaware Drive

Lake Success, NY 11040

The NYACP Long Island Region leaders are excited to announce a return to in-person district events! We invite you to meet, mingle, and lift each other up.



Networking and Growth Opportunities

Come to make connections, learn from colleagues and leaders, and find opportunities for personal and professional growth.

Open to All

This meetup is open to members and non-members. We encourage you to share information about this event with friends, colleagues, residents, and medical students!

Community Service

Bring a canned/dry food item for donation to the Harry Chapin Food Bank/Long Island Cares.

Family Friendly

A coloring and homework station will be available for kids!

[REGISTER HERE](#)

Small Feedings of the Soul: Readings and Reflections

September 22 / 7:00 - 8:00 pm

Explore the practice of medicine through shared experiences! Come for discussion, camaraderie, and to meet authors of select pieces from 'On Being A Doctor'.



This event will not be recorded.

September's Theme:

Observation and Emotion in Medicine

Readings and Guest Authors:

Selections from physician writers William Carlos Williams and Anton Chekhov will be read. Both writers had keen powers of observation and insight into the human condition (pathos and humor) which comes through in their simple, remarkable imagery.

Facilitated by: Lynn Cleary, MD, MACP

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

[REGISTER HERE](#)

Wisdom and Well Being: Making Healthcare Work Better for Physicians and Patients Series

Session 4: Prioritizing Physician Trainee Mental Health: Recognizing and Navigating Mental Health Crisis

Wednesday, September 28 / 6:00 - 7:00 pm



Faculty: Cori Salvit, MD, FACP & Chanchal Sharma, PsyD

Objectives:

1. Recognize the signs of psychological distress in medical trainees.
2. Understand how to manage a mental health crisis of a trainee through review of protocol and helpful tips.
3. Identify mental health supports and resources for trainees.

[REGISTER HERE](#)

Session 5: Tx Relax: Mindfulness and Self-Compassion in Clinical Practice
Thursday, October 13 / 6:00 - 7:00 pm

Faculty: Shelly Latte-Noar, MD

Every day, we are facing a clinical situation in which we may not be able to offer full alleviation to some of our patients. Patients with symptoms of chronic back pain, fibromyalgia, IBS, menopause, insomnia and others may have unmet symptom needs. There are non-pharmacologic approaches that have robust evidence of improving functioning and reducing symptom burden for these and other conditions: mindfulness-based practices. These are practices that have also proven valuable in addressing clinician burnout. In this lecture, we will separate the hype from what we know about mindfulness-based interventions and related practices such as self-compassion. We will learn when and how these practices can be applied clinically and personally.

[INFORMATION AND REGISTRATION](#)

Dietary and Lifestyle Strategies for Cardiovascular Risk Reduction
October 14 / 7:30 am - 2:30 pm
NYU Langone Health and Live Stream



Jointly provided by the NYU Grossman School of Medicine and the New York Chapter American College of Physicians.

This half-day course focuses on strategies to reduce risk for cardiovascular disease and related comorbidities through lifestyle and dietary approaches. The course will provide evidence for the association between diet and cardiovascular disease, highlighting new clinical and scientific data. This annual course provides attendees with the latest information to help their patients achieve optimal health through exercise, diet, and integrative medicine strategies.

The NYU Grossman School of Medicine designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

INFORMATION AND REGISTRATION

Society of Hospital Medicine, in collaboration with NYACP, is proud to sponsor the:

17th Annual Mid-Atlantic Hospital Medicine Symposium
Mastering the Care of the Hospitalized Patient
Friday & Saturday, October 21-22 / 7:30 AM

Hess Center for Science and Medicine
Davis Auditorium and Seminar Rooms, New York, NY



Hospitalists stepped up and helped lead their hospitals through the pandemic and now they can re-focus on the core conditions in Hospital Medicine.

PROGRAM BROCHURE

REGISTER HERE

Introduction to Point of Care Ultrasound - an interactive course
The course is limited to the first 50 registrants - Sign Up Today!
Friday, November 4 / 8:00 am - 5:00 pm

Westchester Marriott
670 White Plains Rd
Tarrytown, NY 10591

The New York Chapter is pleased to present an interactive Introduction to POCUS Course. At the end of the course, the learner will have an introductory ability to use bedside ultrasound. Specifically, the learner will be able to: Understand ultrasound physics, machine controls, and probe selection to obtain optimal ultrasound images; Demonstrate normal lung, cardiac, abdominal, and vascular exams; Interpret normal ultrasound images; Interpret common abnormalities noted on lung, cardiac, abdominal, and vascular exams.



NYACP Point of Care Ultrasound Course

REGISTER HERE

Register Today!

2022 NYACP Annual Scientific Meeting

Saturday, November 5 / 8:00 am

Join us as we return to an in-person meeting format!

Westchester Marriott
670 White Plains Rd
Tarrytown, NY 10591

[Registration Open](#)

[Exhibitor Prospectus](#)

[Schedule & Information](#)



Thank you to our Gold Sponsors



Irwin D. Mandel Advances in Cardiovascular Risk Reduction: Improving Treatment for Patients with Diabetes

December 1 / 7:45 am - 5:00 pm

NYU Langone Health and Live Stream



Jointly provided by the NYU Grossman School of Medicine and the New York Chapter American College of Physicians.

This one-day course will cover state-of-the-art management of patients with cardiovascular risk factors, with a focus on prevention. The morning session will highlight the latest scientific and clinical advances in the management of diabetes, including evidence-based strategies to reduce cardiovascular risk in diabetic patients and best practices in the care of hospitalized patients with diabetes.

[INFORMATION AND REGISTRATION](#)

Home and Skilled Nursing Facility: Post-Operative Care of Older Adults

Jointly provided by NYMDA and the NYACP Geriatrics Task Force

February 9, 2023 / 7:00 - 8:00 pm



This one-hour session will cover Home and Skilled Nursing Facility post-op care for older adults. Themes will include how to address common complications within this patient population, telehealth, financing care, and caregiving.

[REGISTER HERE](#)