

FROM THE REGIONS

# Northwest Regional SGIM Meeting 2015: Teaching, Teamwork, and Physician Wellness

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**O**n February 6, 2015, 119 participants attended the Northwest Regional SGIM Meeting. The theme of the meeting, held at the historic Sentinel Hotel in Portland, was “Strengthening the Internal Medicine Team,” which dovetails with the team theme of the 2015 Annual Meeting in Toronto. In addition to a large group of local Oregonians, we had a diverse group of participants from Idaho and Washington. This year we added a happy hour “meet and greet” the night before the conference. A large group of SGIM members gathered for networking and fellowship, enjoying wonderful Portland food and drink at a local restaurant. The weekend was beautiful, and some members brought their families and enjoyed Portland’s great food and local attractions.

Our list of dynamic speakers included Colin West, MD, PhD (Mayo Clinic), and Judy Bowen, MD (Oregon Health Sciences University). Dr. West, an expert on physician burnout, reviewed the key drivers and widespread prevalence of physician dissatisfaction and introduced data supporting interventions to reduce burnout and rediscover meaning in work. Dr. Bowen discussed the key elements to developing strong and effective teams, including the characteristics of leader inclusiveness, which acknowledge hierarchy in diverse teams yet still invite and appreciate all team members. Both of these speakers came with exemplary records in education, communication, and teamwork. Martha Gerrity, MD, MPh, PhD (National SGIM Treasurer), gave the national update during lunch, inspiring members to become involved in SGIM’s many national activities.

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Dr. Colin West discussing the prevalence of physician burnout and possible approaches to address this widespread problem



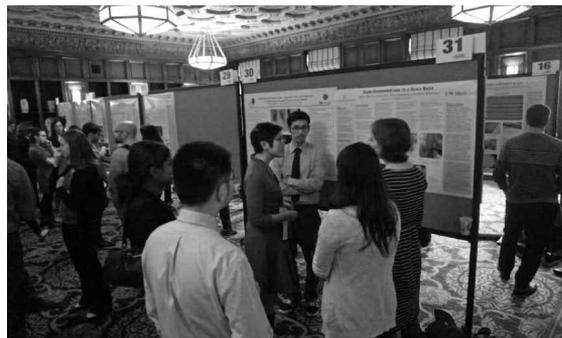
Dr. Martha Gerrity providing the national SGIM update



The 2015 Northwest Society of General Internal Medicine meeting in the historic Sentinel Hotel in Portland, Oregon



Dr. Judy Bowen presenting a plenary session on concepts in teamwork among health professionals



Poster sessions at the 2015 Northwest Society of General Internal Medicine meeting in the historic Sentinel Hotel in Portland, Oregon

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Bookending the meeting were updates in outpatient medicine by Neil Argyle, MD (Boise VA Medical Center), and Anna Golob, MD (Puget Sound VA), and hospital medicine by Michael Krug, MD (University of Washington), and Imran Mohamedy, MD (Providence Portland Internal Medicine Residency). Each group addressed key questions in general medicine over the last year. Drs. Argyle and Golob cautioned on the use of testosterone, aspirin for primary prevention, and steroid injections for shoulder impingement syndrome and informed the audience on the use of gabapentin for alcohol withdrawal. Drs. Krug and Mohamedy discussed atrial fibrillation as the cause of cryptogenic stroke, the risk

of beta blockers with spontaneous bacterial peritonitis, and age-adjusted D-dimer reference ranges, among many other topics.

We had five workshops focused on diverse academic and clinical issues, more than 40 poster displays, a plenary session for the best submitted research/innovation/vignette, and five oral vignettes by our colleagues, residents, and medical students. Winners of the sessions were Alisa Becker, MD (Best Oral Vignette); Milla Kviatkovsky, MD (Best Vignette Poster); Meghan Kiefer, MD (Best Research Poster); and Katie Iossi, MD (Best Clinical Innovations Poster). Congratulations to Andrew Wilper, MD, MPH (Clinician-Educator), and Karin Nelson,

MD, MSHS (Clinician-Investigator), who were the recipients of this year's regional awards.

Thanks to all who attended, our reviewers, the planning committee (Chair Erin Bonura, Bill Weppner, Mike Krug, Carol Sprague, Chris Wong, Melissa "Moe" Hagman, Kay Johnson, Paula Wichienkuer, Julie Silverman, Brinton Clark, Danielle Orchard, Joe Simonetti, Meghan Kiefer, Som Mookherjee, Kate Mackey, and Brian Ricci), national SGIM office support (Kat Cooper, Tracey Pierce), and all our judges and distinguished faculty. We appreciate your help in making this one of the best meetings yet. See you next year in Seattle.

*SGIM*