

## FROM THE REGIONS

## Summary of 2015 SGIM Mountain West Regional Meeting

Maria G. Frank, MD, FACP, FHM

*Dr. Frank is associate division chief of hospital medicine at the Denver Health Hospital Authority and assistant professor of medicine at the University of Colorado School of Medicine.*

The SGIM Mountain West Regional Meeting, which took place on October 2, 2015, at the Fulginiti Pavilion, Anschutz Medical Campus in Aurora, CO, was interactive, enjoyable, and addressed very relevant and timely topics. The meeting was meticulously organized by Dr. David Tanaka, meeting chair; Dr. Maria G. Frank, president; Dr. Amber Wobbekind, past-president; and Dr. Shakaib Rehman, president-elect.

In attendance were 68 SGIM members representing most states from our region—Colorado, Arizona, New Mexico, and Nevada. Also in attendance were members from Connecticut, Massachusetts, Wisconsin, and Illinois who presented posters. In the meeting evaluation, 21% of respondents described themselves as hospitalists, and 5% described themselves as students.

The theme of our meeting was “Controversies in Internal Medicine.” The practice of medicine is influenced not only by the science and medical knowledge necessary to practice it but also by the culture of providers and patients and their social environment. Because medical science and practice strive for excellence, we as providers are faced with multiple controversies. These controversies involve understanding the evidence supporting various treatment and diagnostic options, summarizing the harms and benefits of those options, and engaging patients and families in the decision making process as well as applying medical education methods. As medical science evolves, general internists need to be comfortable and familiar with the “medical debate” and the evolving evidence supporting our current medical system.

Our meeting was highlighted by outstanding and engaging speakers who specialize in extremely relevant topics in the practice of general internal medicine. Our keynote address was a debate focused on the JNC-8 guidelines. Dr. Allan Prochazka’s outstanding update on new evidence in the treatment of hypertension described the JNC-8 guidelines. Dr. Shakaib Rehman asked, “Did JNC-8 get it wrong?”; discussion of the controversies surrounding the guidelines ensued. Dr. Prochazka is a general internist at the Denver VA and a professor of medicine at the University of Colorado School of Medicine. Dr. Rehman is a hospitalist at the Phoenix VA and professor at the University of Arizona College of Medicine. It was a fantastic discussion!

Clinical updates in primary care and hospital medicine were presented by Dr. Lawrence Feinberg, who is an internist, gastroenterologist, and professor of medicine from the University of Colorado, and Dr. Cason Pierce, a hospitalist at Denver Health Hospital Authority and an assistant professor of medicine from the University of Colorado. Both updates were interactive, relevant, and well received.

Workshops are among the most popular and acclaimed sections of our meeting. Drs. Eva Aagaard and Jeanette Guerrasio presented a TEACH workshop focusing on remediation and dealing with the struggling learner. In the meeting evaluation, 80% of attendees rated the workshop as “above average” or “outstanding.”

Other notable workshops included “Ultrasound (US) Point of Care and Ultrasound-guided Bedside Procedures: the Basics and Beyond,” which was presented by Gerard

Salame and Jack Cunningham. This workshop explored the use of US as an aid for bedside procedures. The introduction of the stethoscope by Laennec in 1816 was initially controversial but became widely accepted within five years. The use of US as a bedside diagnostic aid may represent the future of medical practice.

“What Tools Are in Your Toolbox: Tools and Strategies for Success in Improving Patient Experience” was led by Dr. Marisha Burden. We selected this workshop because patient experience has been increasingly recognized as a key focus for hospitals across the country. This workshop helped participants understand important considerations in developing their patient experience platform, including how to build necessary buy-in, roll out strategies, and select useful tools to track results. This workshop was rated as “outstanding” by 75% of meeting evaluation respondents.

Dr. Jeannine Engel’s workshop titled “Maximize Clinical Revenues and Improve Patient’s Health: Best Models for Delivery of Chronic Care Management Services” was both engaging and formative.

Dr. Abbaszadegan from Phoenix VA Health Care System presented the very popular and highly rated workshop titled “Transforming Chronic Pain Care: Moving to the Biopsychosocial Model.” During this interactive workshop, faculty discussed a “whole person” approach to pain management as an opportunity to improve both patient outcomes and provider satisfaction.

“Beyond Good Job: Using Feedback to Take our Learners from Good to Great” was a workshop led by Dr. Patrick Lendon from University of New Mexico. The workshop

continued on page 2

## FROM THE REGIONS

continued from page 1

emphasized the importance of effective feedback and allowed participants to role-play practical skills in delivering effective feedback. The workshop was informative, interactive, fun, and very well received!

Extremely favorable reviews were provided by 32% of meeting evaluation respondents. Most rated keynote and plenary sessions and workshops as “truly above average” or “outstanding.” Comments included:

- “Fantastic discussion of hypertension guidelines”
- “Gained new familiarity with the data behind JNC-8”
- “Made new contacts with great collaborators”
- “Outstanding meeting content and networking opportunity.”

In summary, our 2015 regional was a huge success! Please plan to join us for our upcoming regional

meeting, “Patient Centered Care,” on October 7, 2016, at the University of Arizona College of Medicine in Phoenix, Arizona. The meeting will be chaired by Dr. Nacchal Nachiappan with the support of the regional leadership team: Dr. David Tanaka, meeting planning committee; Dr. Shakaib Rehman, president; and Dr. Maria G Frank, past-president. Do not miss another great networking and learning opportunity. *SGIM*