

FROM THE REGIONS

Midwest SGIM 2017: Optimizing Professional Development and Patient Care Across the Career Spectrum

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The midwest is home to SGIM's second largest region, spanning 13 states with approximately 700 members. This year, the Midwest SGIM Annual Meeting was held at the Northwestern Convention Center in downtown Chicago, IL, on September 14-15, 2017. We had great attendance with >250 attendees and 247 submissions. Our theme was "Optimizing Professional Development and Patient Care across the Career Spectrum." Our meeting focused on understanding how physicians can focus on professional development during early, mid, and late career.

Each plenary speaker addressed a component of our Professional Development theme with 4 main objectives:

1. Define three best practices for maximal physician engagement in personal and professional development.
2. Develop a personal strategy to align one's career mission with the needs of one's academic institution.
3. Describe four factors that lead to optimal patient care and its delivery across the physician career lifespan.
4. Appreciate that ongoing coaching and mentoring is essential to physician professional development.

The Thursday plenary session was devoted to top-ranking vignettes, innovations, and scientific research. Dr. Jennifer Merrill from the Ohio State University presented

"Isolated Elevation of Serum Alkaline Phosphatase"—a case to remind us to assess isolated elevations in alkaline phosphatase which could be the first sign of metastatic lung cancer. Alexa Minc described efforts at the University of Chicago to validate a computerized adaptive screening test for depression and anxiety in primary care. Finally, David Liss from Northwestern University presented a smartphone app that uses location based alerts to coordinate care after ER visits and hospitalizations.

Meeting highlights include updates from national SGIM by ACLGIM president Laurence McMahon, MD, of the University of Michigan; JGIM updates presented by the newly named JGIM editor, Jeffrey Jackson, MD, from Medical College of Wisconsin; and, a highly informative update in GIM in both primary care by Elizabeth Schulwolf, MD, from Loyola University, and hospital medicine by Manya Gupta, MD, from Rush University and Joshua Lennon, MD, from Northwestern University. Dr. Eric Bass, the newly named part-time CEO for SGIM, was able to attend the meeting and share his vision for leading SGIM. We had great opportunities for networking with small group round tables, a panel on navigating the academic career lifespan, and an informal happy hour on the Chicago River. Innovations included going paperless and using a Midwest SGIM smartphone application for the agenda and poster/oral judging and changing the workshop/oral sessions to 60 minutes to mirror the SGIM national meeting.

On Friday, Liz Jacobs, MD, immediate past president for ACLGIM, shared about opportunities to get more training through SGIM by applying for LEAD and TEACH. She also shared that ACLGIM was not only for chiefs but also for clinical, educational, and research leaders in GIM across the nation. Health Policy Committee member Mark Liebow, MD, of the Mayo clinic presented health policy updates and invited Midwest SGIM members to participate in SGIM Hill day on March 2018, learn about how SGIM lobbies Congress, and apply for LEAHP.

We were also honored to have Dr. Andrea Sikon, chair of Cleveland Clinic General Internal Medicine and Geriatrics and the director of the Cleveland Clinic Center for Excellence in Coaching and Mentoring talk to us about "Optimizing Professional Development across the Career Spectrum". Dr. Sikon started with the concept of "finding your why" in medicine. This came from her experience reading author Simon Sinek's "Start with Why: How Great Leaders Inspire Everyone to Take Action." Finding what you are passionate about in medicine can be at the core of professional development. Dr. Sikon also talked about the difference between mentoring and coaching. Mentoring is often an experience where the mentor gives advice, opportunities, and does most of the talking. On the other hand, coaching is more of a listening role, hearing what the mentee's goals are and helping shape those goals into opportunities. Dr. Sikon finished by giving

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members a framework for the three stages of relationship-centered, asset-based coaching:

1. Goal setting: self-assess and establish well defined specific goals, motivations, and tie these to values.
2. Action planning: Build confidence using prior successes and strengths and identify resources to overcome barriers for action.

3. Create accountability: Narrow focus towards achievable outcomes and commitment, and engage accountability partners.

Our meeting was a huge success. We were able to offer the second annual Midwest Young Scholars Scholarship to one student and one resident and multiple faculty, poster, and oral presentation awards. We learned, collaborated, and became

rejuvenated from all of the inspirational stories and talks. Finally, we could not have accomplished this without our member volunteers who served as abstract reviewers, poster judges, moderators, meeting participants, committee chairs, and institutional champions.

We look forward to building on the success of this conference as we look forward to 2018!

SGIM