



Theme: *Stronger Together: Community, Belonging, and Growth as the Foundation of Care*

Date: Saturday, October 10th, 2026

Location:
Perelman School of Medicine at the University of Pennsylvania

#SGIMMidAtlantic

Breakfast & Registration	7:30 AM - 8:00 AM
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Opening Remarks & National Update	8:00 AM – 8:20 AM
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Welcome

Rani Nandiwada, MD, MEd; SGIM Mid-Atlantic Regional President

National Update

Eric Bass, MD, MPH; SGIM CEO

Mark D. Schwartz, MD; SGIM President

Keynotes	8:20 AM – 9:20 AM
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Stuck

Atheendar S. Venkataramani, MD, PhD; University of Pennsylvania

Mind the Autonomy Gap: Lessons from Research, Government, and the Pursuit of Reproductive Health Equity

Sonya Borrero, MD; University of Pittsburgh Medical Center

Poster Session 1	9:25 AM – 10:40 AM
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Poster presentation details will be included in the mobile app.

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Concurrent Session 1**9:55 AM – 10:40 AM****Clinical Vignette Oral Presentation Session**

ArtriKing of Iatrogenic Cushing's Syndrome; A case report highlighting the harms of unregulated over the counter supplements

Presenter: Koushik Tuppil, MD; Rutgers – Robert Wood Johnson Medical School

More Than the Heart and Lungs: Recognizing Ticagrelor-Induced Dyspnea

Presenter: Oikigbeme Oikeh, MD; NYC Health and Hospitals - Elmhurst

Arts in Medicine Session

Cheyne-Stokes

Presenter: Amber Carr, MEd; Penn State College of Medicine

The Internist as Wounded Healer

Presenter: Abhirami Raveendran, MD; University of Maryland Medical System

I No Longer Know What is Mundane

Presenter: Carolyn Chow, MD; University of Pennsylvania

Sarah

Presenter: Ana Jimenez, MD; Northwell Health

When Caring Becomes Conflict: Moral Distress and Surrogate Decision Making in Serious Illness

Presenter: Catherine Quinto, MS; University of Illinois

Curse of the FitBit

Presenter: Miriam Robin, MD; SUNY Downstate

The Space Between

Presenter: Wenyan Li, MD, MPH; Montefiore Medical Center

Heart Murmur

Presenter: Serena Fernandopulle, MPhil; Albany Medical College

Transition Break**10:40 AM – 10:45 AM****Workshop Session 1****10:45 AM – 11:45 AM****Workshop 1A**

Nurturing Trainee Advocacy from Medical School to Residency

Faculty:

Vineeth Amba, MD, MPH; Icahn School of Medicine at Mount Sinai

Elizabeth Kolod, MD, MPH; Icahn School of Medicine at Mount Sinai

Erin Goss, MD; Montefiore Einstein Medical Center

Lauren Block, MD, MPH; Zucker School of Medicine at Hofstra/Northwell

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Workshop 1B

A Practical Workshop on Understanding and Using AI as a Clinician

Faculty:

Farah Deshmukh, MD; Hackensack Meridian Health Inc

Workshop 1C

Rewriting Empathy: An Introduction to Narrative Medicine for the Time-Starved Clinician

Faculty:

Daniel Ambrosio, BS; Hackensack Meridian School of Medicine

Emma Maiman-Stadtmauer, BA; Hackensack Meridian School of Medicine

Kevin Li, BS; Hackensack Meridian School of Medicine

Miriam Robin, MD; SUNY Downstate Health Sciences University College of Medicine

Workshop 1D

Lost Along the Way? Using Developmental Frameworks to Coach Struggling Learners in their Professional Identity Formation

Faculty:

Tovah Tripp, MD; Hackensack Meridian School of Medicine

Joshua Josephs, MD, PhD; Hackensack Meridian Health Inc

Ahmad Khawam, BS; Hackensack Meridian School of Medicine

Lunch & Mentoring Tables

11:45 AM – 12:45 PM

Consider participating in a mentoring table during lunchtime. Each subject will have a designated table.

**Medical Education*

**Primary Care*

**Advocacy*

**Research*

**Hospitalist Medicine*

Teaching Competition Session

12:45 PM – 1:45 PM

Beyond LDL: A Case-Based Approach to the 2026 Dyslipidemia Guidelines

Presenter: Sri Nuvvula, MD; Northwell Health

Can My Patient Vote? A Systems Approach to Hospital Voting

Presenter: Madalyn Fernbach, BS; Penn State College of Medicine

Beyond Translation: Designing Patient-Centered Visual Consent Tools for Bedside Procedures

Presenter: Asal Bastani, BS; Drexel University College of Medicine

What are Medical Orders for Life-Sustaining Treatment (MOLST) & Provider Orders for Life-Sustaining Treatment (POLST)?

Presenter: Ana Jimenez, BS; Northwell Health

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Clinical Updates and Workshops Session 2

1:45 PM – 2:45 PM

Updates in Hospital Medicine

Faculty:

Krystle Hernandez, MD; Icahn School of Medicine at Mount Sinai

Alfred Burger, MD; Icahn School of Medicine at Mount Sinai

Niloofer Latifi, MD; Johns Hopkins Medicine

Lindsey Fox, MD; Icahn School of Medicine at Mount Sinai

Updates in Primary Care

Faculty:

Harish Jasti, MD; Icahn School of Medicine at Mount Sinai

Joo-Young Lee, MD; Icahn School of Medicine at Mount Sinai

Claudia Torres, MD; Icahn School of Medicine at Mount Sinai

Jennifer Weintraub, MD; Icahn School of Medicine at Mount Sinai

Joseph Wendt, MD; Icahn School of Medicine at Mount Sinai

Updates for General Internists: The Healthcare Safety Net in 2026 and Beyond

Faculty:

Vineeth Amba, MD, MPH; Icahn School of Medicine at Mount Sinai

Robin Canada, MD; University of Pennsylvania

Allison DeKosky, MD; University of Pittsburgh Medical Center

Elizabeth Kolod, MD, MPH; Icahn School of Medicine at Mount Sinai

Paula Chatterjee, MD, MPH; University of Pennsylvania

Workshop 2A

Beyond "I Could Eat Better": Utilization of a Nutrition Questionnaire to Improve Counseling in Primary Care

Faculty:

Emma Maiman-Stadtmauer, BA; Hackensack Meridian School of Medicine

Daniel Ambrosio, BS; Hackensack Meridian School of Medicine

Jack P. Cucchiara, BS; Hackensack Meridian School of Medicine

Amrik Singh Khalsa, MD, MSc; Nationwide Children's Hospital

Workshop 2B

A Guide to Continuous Glucose Monitors for Primary Care Physicians

Faculty:

Josef Nathaniel Saltonstall Kushner, MD; Lenox Hill Hospital, Northwell Health

Rebecca Zeidman, DO; Lenox Hill Hospital, Northwell Health

Cristina Rabadi, MD; Lenox Hill Hospital, Northwell Health

Bobby James Gerich Jr., MD; University of Pittsburgh Medical Center

Poster Session 2

2:45 PM – 4:00 PM

Poster presentation details will be included in the mobile app.

Concurrent Session 4

3:15 PM – 4:00 PM

Innovation Oral Presentation Session (3 Presenters)

Maximizing Resident Attendance at Didactic Teaching Conferences: A Quality Improvement Initiative

Presenter: Zarik Kazi, MD; Maimonides Medical Center

Clinical Decision Tool for Deprescribing Proton Pump Inhibitors in a Resident Clinic: Turns Out Everyone Does Not Need a PPI

Presenter: Gaelan Montoya, MD; Northwell Health

A Leadership-Based Intervention to Reduce Diffusion of Responsibility During Simulated Cardiac Arrest

Presenter: Yash Patel, BA; Beat to Breathe CPR

Scientific Abstract Oral Presentation Session (3 Presenters)

Feasibility of AI Retinal Screening for Diabetic Retinopathy in Primary Care

Presenter: Marguerite Balasta, MD; University of Pennsylvania

GLP-1 Therapy and Risk of Gastrointestinal Bleeding in Patients Receiving Anticoagulation: A TriNetX Retrospective Cohort Study

Presenter: Lovette Oji, MD; University of Pittsburgh Medical Center, Harrisburg

Elevated Lipoprotein(a) and Risk of Ischemic Stroke: A Systematic Review and Meta-analysis of Prospective Cohort Studies

Presenter: Sourish Rathi, DO; Stony Brook Medicine

Workshop Session 3

4:00 PM – 5:00 PM

Workshop 3A

Protecting Immigrant Patients: Strategies for Advocacy, Safety, and Trust

Faculty:

Shobana Ramasamy, MD; New York City Health and Hospitals

Robin Canada, MD; University of Pennsylvania Perelman School of Medicine

Janie Abernathy, MBE, MD; Johns Hopkins Bayview Medical Center

Zack Berger, MD; Johns Hopkins University School of Medicine

Workshop 3B

De-Clutter Your Career: Value-Diving and Applying Essentialism to Focus Your Work

Faculty:

Peter Yen, MD; University of Pennsylvania

Margot Cohen, MD, MEd; University of Pennsylvania

Workshop 3C

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From Accidental User to Intentional Teacher: Coaching Competent, AI Enabled Clinicians While Preserving Academic Integrity

Faculty:

Amteshwar Singh, MD, MEd; Johns Hopkins University School of Medicine
Janie Abernathy, MD, MBE; Johns Hopkins University School of Medicine
Paul O'Rourke, MD, MPH; Johns Hopkins University
Sammy Zakaria, MD, MPH; Johns Hopkins University School of Medicine

Workshop 3D

Mind the Communication Gap: Using Verbal and Physical Communication Aids to Explain Complex Medical Concepts

Faculty:

Alexandra DeSousa, MD; Lankenau Medical Center
Kavita Chapla, MD; Johns Hopkins Bayview Medical Center
Jordan See, MD, MS; University of Pennsylvania Perelman School of Medicine
Alexandra Larsen, MD, MSc; Lankenau Medical Center
Michael Galperin, DO; Lankenau Medical Center
Keith Lee, DO; Lankenau Medical Center

Closing Session & Awards	5:05 PM – 5:30 PM
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Awards Ceremony

SGIM Mid-Atlantic Planning Committee

Closing Remarks

SGIM Mid-Atlantic Regional President