

Summer 2023

My primary care doctor is not much older than me. He is retiring at the end of the year. I recently read that more than half of internal medicine physicians are unhappy in their job.

Many are scaling back their practices or leaving medicine altogether. How did we get here? The etiology is likely multifactorial and seems deeper than just post-pandemic fatigue.

Some of the causes are the powerful currents that are transforming physicians into providers, patients into users of services, and the sacred doctor-patient relationship into a product called Healthcare. Neither internal medicine physicians nor patients are happy about it. Wellness modules, Doctor's Day trinkets and cosmetic changes are not addressing the underlying root structural problems.

I am an academic infectious diseases physician and the majority of my time is spent in direct patient care of fragile transplant and oncology patients. In this work I have witnessed lifesaving advances in medicine and also the churn that is wearing people down. As a patient and a father and husband, I have experienced amazing, life changing doctor/patient interactions but also the dehumanizing power of the medical industrial complex. Physicians, especially those in the cognitive specialties, are increasingly considering leaving medicine altogether if they could. People are losing trust.

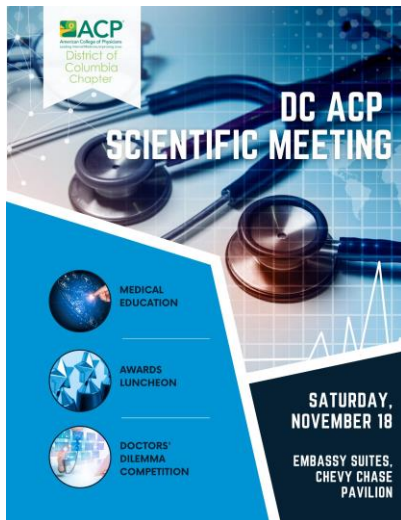
The ACP can stand as a bulwark against this. We are about excellence and professionalism. At the DC Chapter we ARE doing something about this. In the past year, our members have mentored countless younger learners, recognized outstanding colleagues with chapter and national awards, volunteered to help feed neighbors going through a rough stretch, and worked to change health policy at local and national levels.

I have hope for our field. The public still largely trusts us, the younger people in medicine are amazing, and competition to get into medical school seems fiercer than ever. But it's going to take hard and persistent work to stem and reverse the trend toward devaluation of human physicians caring for human patients. We can do this and without outsourcing our values to the marketplace. Whether alone with a patient and their loved ones, or together as a group, we have a good deal of power to get things done. Let's keep at it.

## Resident Social Hour August 9, 2023, Elephant & Castle



## DC ACP Scientific Meeting and Awards Luncheon



We are thrilled for the upcoming Scientific Meeting and Awards Luncheon on November 18, 2023, at the Embassy Suites at Chevy Chase Pavilion. Led by Dr. Arrel Olano, our education committee has diligently developed an agenda covering a wide range of IM topics.

During this event, we will also acknowledge the exceptional efforts of our awards committee, led by Dr. Henry Masur, as we celebrate our chapter award winners. The day concludes with the highly competitive Doctors' Dilemma competition, expertly organized by Dr. Jennifer Tran.

This promises to be an outstanding event, and we kindly request that you save the date and make plans to attend. We will notify everyone once registration opens.

## Chapter Activities

A 2023 priority of the DC ACP Governor's Advisory Council has been to bring back in person events within the chapter, and increase our online opportunities as well. In the first nine months of 2023, we have seen a 10-fold increase in our member activities, including a Chief Resident dinner, Resident social hour with early career physicians, a spring walk, our recent Women in Medicine dinner, book club meetings and some webinars sprinkled in and more in the planning stages.

We enjoy bringing our members together and encourage each of you to take some time to join us for an event, whether it's online or in-person. This is a great opportunity to meet IM physicians outside of your institution yet within the DC area, and share with us your interests and expertise. If you have ideas of

events you would like the chapter to organize, please reach out to myself, our Governor-Elect Patience White, MD, FACP, or our Executive Director, Sarah Luebbert.

You can always stay up to date with our upcoming activities by visiting our calendar of events on the website and be sure to read our emails.

Speaking of activities, we have the following activities coming up:

**Book Club Meeting**

September 16, 2023, 10:00 AM

Location: Zed's Cafe, 8225 Georgia Ave, Silver Spring, MD 20910,

**DC ACP Scientific Meeting and Awards Luncheon**

November 18, 2023

Embassy Suites Chevy Chase Pavilion

**Contracts and Negotiations Webinar**

January 16, 2024, 7:00 PM

Watch for registration to open this fall

**DC ACP Podcast**

Did you know the DC ACP Chapter has a podcast? We currently have two episodes for you to take in, with more episodes on the way. You can listen to the DC Internist Insider Podcast on our website, on Spotify, and many other podcast platforms. (We are still in the process of getting approval for the Apple Podcast platform.)

If you have ideas for podcast topics or interviewees, please reach out to us!