

**2021 SCIENTIFIC MEETING**  
October 15 - 16, 2021



**ACCP**<sup>®</sup>

American College of Physicians  
Leading Internal Medicine, Improving Lives

Connecticut  
Chapter

**CONFERENCE**  
BROCHURE



## from your Governor



Dear Colleagues,

COVID-19 continues to disrupt our lives, and we are constantly adapting to meet the new challenges that it puts before us. Remember that as your professional home, CT ACP is here to support you as you do what you do best, take care of patients. That is one thing that has not been disrupted.

We are also not letting the pandemic disrupt our 2021 Scientific Meeting, so that is why, once again, we will be coming to you virtually. I invite you to join me and your colleagues in Internal Medicine at this year's conference. We are committed to providing cutting-edge clinical information and highlighting the work of our residents and students through our abstract competition.

It is our sincere hope that we will be able to do this live at the Connecticut Convention Center in 2022.

I look forward to "seeing" you on-line!

Sincerely,

Ruth Weissberger, MD, FACP  
Governor, Connecticut Chapter

### MEETING HIGHLIGHTS

- Board Preparation with ACP | MKSAP® 18 Questions
- What Non-COVID Outpatient Medical Literature Did I Miss During the Pandemic?
- How to be an Expert Witness
- Telemedicine: Reflecting Back to Look Forward
- Update in the Drug Treatment of Diabetes
- Clinicopathologic Conference (CPC): AKI in a Diabetic, Hypertensive Patient with COVID-19
- Gender Inequities in Careers in Medicine
- Poster Presentations
- Transgender Health
- Polypharmacy and Deprescribing in Geriatrics
- Everything You Wanted to Know about Coding and Payment but Were Afraid to Ask
- The Long Road Ahead: Caring for Patients with Persistent Symptoms Post COVID-19
- What Non-COVID Inpatient Medical Literature Did I Miss During the Pandemic?
- How Did Our Healthcare Payment System Get So Dysfunctional, and What is the Way Forward?
- Women in Medicine Networking Breakfast
- Yes, You Can! How to Be an Ally for Women Physician Colleagues
- Business Meeting | Chapter Awards Presentation
- Keynote Address: The Value of the Internist



## CME Accreditation Statement

The American College of Physicians is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American College of Physicians designates this live activity for a maximum of 13.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 13.5 medical knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credit claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

## Learning Objectives

**At the conclusion of this activity, the participant will be able to:**

1. Discuss the Non-COVID medical literature from 2020-2021
2. Describe the process for becoming an expert witness
3. Discuss the changes to clinical care that can be incorporated into practice to improve healthcare delivery to transgender patients
4. Discuss gender inequities in careers in medicine
5. Discuss COVID-19 changes to practice workflow and the emergence of telemedicine
6. Discuss the current science pertaining to and the management of diabetes, post COVID neuro-pulmonary syndrome, and polypharmacy and deprescribing in geriatrics



# agenda



## Connecticut Chapter



### Friday, October 15, 2021

#### 8:00am – 9:30am

- Board Preparation with ACP|MKSAP® 18 Questions  
*Stephen Atlas, MD, FACP; Barry Wu, MD, FACP*

#### 9:45am – 10:00am

- Welcome from the Governor and Conference Chairs  
*Ruth Weissberger MD, FACP; Naseema Merchant, MD, FACP; Diana Sewell, MD, FACP*

#### 10:00am - 11:00am

- What Non-COVID Outpatient Medical Literature Did I Miss During the Pandemic?  
*Medhat Ghaly, MD; Julie Oyler, MD, FACP*
- How to be an Expert Witness  
*Rebecca Andrews, MD, FACP; Daniel Tobin, MD, FACP*
- Telemedicine: Reflecting Back to Look Forward  
*Heather Nisbeth, MD, MACP; Jadwiga Stepczynski, MD, FACP; Amerisa Tarabar, MD; Helena Grabo, MD*

#### 11:00am – 12:00pm

- Update in the Drug Treatment of Diabetes  
*Faryal S. Mirza, MD, FACE, FACP*
- Clinicopathologic Conference (CPC): AKI in a Diabetic, Hypertensive Patient with COVID-19  
*Alan S. Kliger, MD, FACP; Mathew Lempel, MD*
- Gender Inequities in Careers in Medicine  
*Nina Pirrotti, Esq.; Heather Gantzer, MD, MACP*

#### 12:00pm – 12:15pm

- BREAK

#### 12:15pm – 1:15pm

- Poster Presentations  
*Shaheena Shan, MD, FACP*

#### 1:15pm – 1:30pm

- BREAK

#### 1:30pm - 2:30pm

- Transgender Health  
*Pooja Luthra, MD, FACE*
- Polypharmacy and Deprescribing in Geriatrics  
*Marcia Mecca, MD; Kristina Niehoff, PharmD, BCPS, FASCP*
- Everything You Wanted to Know about Coding and Payment but Were Afraid to Ask  
*William Fox, MD, FACP*

#### 2:30pm - 3:30pm

- The Long Road Ahead: Caring for Patients with Persistent Symptoms Post COVID-19 Infection  
*Denyse Lutchmansingh, MD; Arman Fesharaki-Zadeh, MD, PhD*
- What Non-COVID Inpatient Medical Literature Did I Miss During the Pandemic?  
*Andre Sofair, MD; Christopher Song, MD*
- How Did Our Healthcare Payment System Get So Dysfunctional, and What is the Way Forward?  
*Robert McLean, MD, MACP*

### Saturday, October 16, 2021

#### 8:15am – 9:30am

- Women in Medicine Networking Breakfast  
*Naseema Merchant, MD, FACP*
- Yes, You Can! How to Be an Ally for Women Physician Colleagues  
*Nina Pirrotti, Esq.; Robert Nardino, MD, MACP*

#### 9:30am – 9:45am

- BREAK

#### 9:45am – 10:45am

- Business Meeting | Chapter Awards Presentation  
*Ruth Weissberger, MD, FACP*

#### 10:45am - 11:45am

- Keynote Address: The Value of the Internist  
*Heather Gantzer, MD, MACP*

#### 11:45pm - 12:00pm

- Closing Remarks  
*Naseema Merchant, MD, FACP; Diana Sewell, MD, FACP*







**Rebecca Andrews, MD, FACP** - Professor of Medicine, Associate Program Director, Internal Medicine Residency, UConn Health, Farmington; Chair, Board of Governors, ACP

**Stephen Atlas, MD, FACP** - Yale Primary Care Residency Program, Yale New Haven Hospital, New Haven (Retired)

**Arman Fesharaki-Zadeh, MD, PhD** - Behavioral neurologist and neuropsychiatrist, Yale Medicine, New Haven

**William Fox, MD, FACP** - Principle, Fox & Brantley Internal Medicine, Charlottesville, VA; Immediate Past Chair, Board of Governors, ACP

**Heather Gantzer, MD, MACP** - Internal Medicine physician, Park Nicollet Clinic and Specialty Center, Saint Louis Park, MN; Immediate Past Chair, Board of Regents, ACP

**Medhat Ghaly, MD** - Clinical Instructor Internal Medicine, Yale School of Medicine; Clinician Educator, Waterbury Hospital, Waterbury

**Helen Grabo, MD** - Internal Medicine Physician, Hartford Healthcare, Avon

**Alan S. Kliger, MD, FACP** - Clinical Professor of Medicine, Yale School of Medicine, New Haven

**Matthew Lempel, MD** - Chief Medical Resident, Yale-Waterbury Internal Medicine Residency, Waterbury

**Denyse Lutchmansingh, MD** - Assistant Professor of Clinical Medicine, Yale School of Medicine, New Haven

**Pooja Luthra, MD, FACE** - Associate Professor of Medicine, Division of Endocrinology and Metabolism, UConn Musculoskeletal Institute, Farmington

**Robert McLean, MD, MACP, FRCP** - Associate Clinical Professor, Yale School of Medicine; Medical Director, Northeast Medical Group of Yale New Haven Health, New Haven; President Emeritus, ACP

**Marcia Mecca, MD** - Assistant Professor of Medicine (Geriatrics); Medical Director, Geriatrics and Extended Care, Yale School of Medicine, New Haven

**Naseema Merchant, MD, FACP** - Assistant Professor, Yale School of Medicine & VA CT Health Care System, New Haven

**Faryal S. Mirza, MD, FACE, FACP** - Associate Professor of Medicine, Division of Endocrinology and Metabolism, UConn Musculoskeletal Institute, Farmington

**Robert Nardino, MD, MACP** - Associate Professor of Medicine, Program Director, Internal Medicine Residency, UConn Health, Farmington

**Kristina Niehoff, PharmD, BCPS, FASCP** - Clinical Pharmacologist, Vanderbilt University Medical Center, Nashville, TN

**Heather Nisbeth, MD** - Internal Medicine Physician, Alliance Medical Group, Waterbury Health, Southbury

**Julie Oyler, MD, FACP** - Associate Professor of Medicine; Associate Director, Internal Medicine Residency Program, University of Chicago, Chicago, IL

**Nina Pirrotti, Esq** - Attorney - Garrison, Levin, Epstein, Fitzgerald & Pirrotti, PC, New Haven

**Diana Sewell, MD, FACP** - Assistant Professor, Internal Medicine, UConn Health, Farmington

**Shaheena Shan, MD, FACP** - Assistant Medical Director, HHCMMG Infectious Diseases, Hartford Hospital

**Andre Sofair, MD** - Professor of Medicine, Epidemiology of Microbial Diseases, Yale School of Medicine, New Haven

**Christopher Song, MD** - Associate Hospitalist Director, Lawrence + Memorial Hospital, New London; Immediate Past President, Society of Hospital Medicine, CT Chapter

**Jadwiga Stepczynski, MD, FACP** - Assistant Clinical Professor, Yale School of Medicine; Clinic Director, Waterbury Hospital, Waterbury

**Amerisa Tarabar, MD** - Assistant Professor of Medicine, Yale School of Medicine, New Haven

**Daniel Tobin, MD, FACP** - Associate Professor of Medicine, Yale School of Medicine, New Haven

**Barry Wu, MD, FACP** - Clinical Professor of Medicine, Yale School of Medicine, New Haven

#### CONFERENCE CHAIRS:

**Naseema Merchant, MD, FACP** | *Yale School of Medicine & VA CT Health Care System - Chair*  
**Diana Sewell, MD, FACP** | *UConn Health, Farmington - Co-Chair*

#### CONFERENCE PLANNING COMMITTEE:

**Kavita Advani, MD** | *St. Francis Hospital*  
**Marilyn Katz, MD, FACP** | *UConn Health*  
**David Miner, MD, FACP** | *Middlesex Hospital*  
**Ellen Nestler, MD, FACP** | *UConn School of Medicine*  
**Sujata Prasad, MD, FACP** | *Yale New Haven Hospital*  
**Sarita Soares, MD, FACP** | *Yale School of Medicine*  
**Ruth Weissberger, MD, FACP** | *Waterbury Hospital*

**Rebecca Andrews, MD, FACP** | *UConn Health*  
**Eric Mazur, MD, MACP** | *Norwalk Hospital*  
**Robert Nardino, MD, MACP** | *UConn Health*  
**Benjamin Oldfield, MD** | *Yale School of Medicine*  
**Shaheena Shan, MD, FACP** | *Hartford Hospital*  
**Daniel Tobin, MD, FACP** | *Yale School of Medicine*

**STAFF LIAISONS:** **Theresa J. Barrett, PhD** | *Lutine Management* • **Cindy Martin** | *Lutine Management*



## Friday, October 15, 2021

### 10:00am - 11:00am

#### **What Non-COVID Outpatient Medical Literature Did I Miss During the Pandemic?**

*Medhat Ghaly, MD; Julie Oyler, MD, FACP*

During this session we will review two United States Preventive Services Task Force (USPSTF) screening updates and 8-10 seminal articles that were published but often missed during 2020-2021 due to the COVID pandemic. These articles will review updates in colon and lung cancer screening, treatment for diabetes, hypertension, COPD, weight loss, and osteoarthritis, and cholesterol targets, topics relevant to all primary care physicians.

#### **How to be an Expert Witness**

*Rebecca Andrews, MD, FACP; Daniel Tobin, MD, FACP*

Physician medical expert witnesses can help a jury make sense of the factual evidence of a malpractice case and can provide critical testimony regarding standards of care. Although the work can be challenging, it can also be very rewarding, and engagement with the justice system is encouraged by the American Medical Association in their Code of Medical Ethics. This interactive session will familiarize participants with the expert witness process and offer practical guidance for physicians interested in pursuing this work.

#### **Telemedicine: Reflecting Back to Look Forward**

*Heather Nisbeth, MD; Jadwiga Stepczynski, MD, FACP; Amerisa Tarabar, MD; Helen Grabo, MD*

In this interactive session we will reflect on what was learned about incorporating telehealth into our practices during the height of the pandemic and how telehealth can be incorporated into our practices into the future. We will provide practical tools and resources for developing a practice-specific model for the long-term incorporation of telehealth. Through facilitating small group discussions, we hope to promote the exchange of local experiences and motivate the members of the audience to champion the continued use of telehealth in their own practices.

### 11:00am – 12:00pm

#### **Update in the Drug Treatment of Diabetes**

*Faryal S. Mirza, MD, FACE, FACP*

Dr. Mirza will discuss newer oral medications for treatment of type 2 diabetes mellitus (T2DM) and their secondary benefits with respect to cardiovascular morbidity and mortality.

#### **Clinicopathologic Conference (CPC): AKI in a Diabetic, Hypertensive Patient with COVID-19**

*Alan Kliger S. MD, FACP; Mathew Lempel, MD*

Drs. Kliger and Lempel will discuss the differential diagnosis and approach to treatment of a patient with acute kidney injury and SARS-CoV-2 infection, using a CPC format.

#### **Gender Inequities in Careers in Medicine**

*Nina Pirrotti, Esq.; Heather Gantzer, MD, MACP*

This panel discussion will review gender inequities in careers in medicine and proactive ways to address them. Dr. Gantzer's part of the discussion reflects the perspective of a physician practicing in a medical clinic, serving as a nocturnist in a community hospital, and engaged in professional societies. Ms. Pirrotti will bring the perspective of an attorney specializing in employment and civil rights litigation.

### 12:15pm – 1:15pm

#### **Resident & Student Abstract Presentations**

*Shaheena Shan, MD, FACP*

# session descriptions



## **1:30pm - 2:30pm**

### **Transgender Health**

*Pooja Luthra, MD, FACE*

During this session, Dr. Luthra will focus on helping attendees understand the terminology used (i.e., LGBTQQIA), and the criteria for gender affirming hormone therapy in transgender and gender diverse individuals. In addition, the talk will provide an overview of medical and surgical treatment options in adults with gender identity disorders.

### **Polypharmacy and Deprescribing in Geriatrics**

*Marcia Mecca, MD; Kristina Niehoff, PharmD, BCPS, FASCP*

During this session, participants will learn about the general approach to deprescribing in older hospitalized adults with polypharmacy. This session will highlight aspects of the evidence-based deprescribing literature relevant to the hospitalist and provide resources to approach the care of complex older adults with polypharmacy.

### **Everything You Wanted to Know about Coding and Payment but Were Afraid to Ask**

*William Fox, MD, FACP*

During this session, Dr. Fox will review the historical context of physician reimbursement, discuss the RUC (AMA Relative Value Update Committee) and based on firsthand knowledge explain how it values physician procedures, and review the new and simplified coding and documentation rules that apply to outpatient E/M codes beginning January 1, 2021.

## **2:30pm - 3:30pm**

### **The Long Road Ahead: Caring for Patients with Persistent Symptoms Post COVID-19 Infection**

*Denyse Lutchmansingh, MD; Arman Fesharaki-Zadeh, MD, PhD*

More than 28 million people have been infected by SARS-CoV-2 since the beginning of the pandemic in the US with more than 27 million survivors to date. At least 25% of patients experience persistent symptoms after initial infection with 1 in 10 experiencing symptoms well after 12 weeks. For many, symptoms are quite debilitating and can affect multiple organ systems. Notably, persistent symptom burden is not restricted to older patients or those with severe disease. Therefore, long COVID or post COVID syndrome is markedly different from the well-recognized post intensive care syndrome. Given the complex nature of this condition with multiple implications for patients a multi-disciplinary approach to care is needed.

### **What Non-COVID Inpatient Medical Literature Did I Miss During the Pandemic?**

*Andre Sofair, MD; Christopher Song, MD*

During this session impactful studies from the pandemic era (2020-2021) relevant to hospital medicine, specifically pertaining to non-COVID-19 topics, highly relevant to Hospital Medicine will be presented. The studies will represent a wide spectrum of topics covering many of the core medical subspecialties pertinent and important to the hospitalists. The papers which will be reviewed include topics related to cardiology, pulmonology, nephrology, endocrinology, hematology, neurology, infectious diseases, addiction medicine and transitions of care. For hospitalists who may have missed learning about important non Covid-19 topics due to the pandemic, this session offers a wonderful opportunity to catch up on that literature

# session descriptions



## **How Did Our Healthcare Payment System Get So Dysfunctional, and What is the Way Forward?**

*Robert McLean, MD, MACP*

This presentation will take you on a historical journey going back to the beginning of the 20th century describing how medical care has been paid and how that has changed over time, with the evolution of health insurance and then Medicare. Where did the "relative value unit" come from? We will consider the socio-political-economic forces that drove different laws and health care reform efforts over the past 30 years. And where does that leave us now? We will briefly explain the ACP's January 2020 policy papers: "Better is Possible: The American College of Physicians' Vision for the U.S. Health Care System."

## **Saturday, October 16, 2021**

**8:15am – 9:30am**

### **Women in Medicine Networking Breakfast**

*Guest: Heather Gantzer, MD, MACP*

This session is sponsored by the Diversity Committee of the CT ACP. Meet and network with fellow women colleagues from academic, community and private practice settings, hear their unique perspectives and exchange ideas in an informal gathering. In this session, we discuss ways to engage and explore interests of our women physicians and physician trainees. Our special guest this year will be Dr. Heather Gantzer, a prominent leader within the national ACP. Her insights and perspectives would be of great value to our breakfast attendees. Bring your coffee and breakfast and get ready for a wonderful networking and learning opportunity from leaders and colleagues in our field. This session is open to all women including trainees and attending physicians. Please register for this great opportunity. This session is open to "women only."

### **Yes, You Can! How to Be an Ally for Women Physician Colleagues**

*Nina Pirrotti, Esq.; Robert Nardino, MD, MACP*

As the ACP reported in their 2018 Position Paper, women comprise more than one third of active physicians, nearly half of all physicians-in-training, and more than half of all medical students in the United States. Although progress has been made toward gender diversity in the physician workforce, inequities persist including a disproportionately low number of female physicians achieving academic advancement and serving in leadership positions, as well as a continued pay gap. Women in medicine face other challenges, including a lack of mentors, discrimination, gender bias, cultural environment of the workplace, imposter syndrome, and the need for better work-life integration. This session is intended to help attendees ally with their Women in Medicine colleagues and impact gender equity.

**10:45am - 11:45am**

### **Keynote Address: The Value of the Internist**

*Heather Gantzer, MD, MACP*

This session considers the value of an Internist, which grows out of training, is influenced by values and experiences, and serves patients and the profession of medicine in diverse ways.