

Governor's Welcome Message

Dear ACP Colleagues,

This has been another busy fall season for ACP Wisconsin. With the help of so many of you, we have seen a flurry of activity, particularly in the Health and Public Policy and Wellness/Wellbeing Committees. Please take a moment to read on to learn more about these exciting new opportunities for our Chapter. If you would like to get involved in any of our Chapter committees, please email us at info@acpwi.org.

On behalf of the ACP Wisconsin Governor's Council and Chapter Staff, I hope that 2025 brings peace and good health to your family.

Ann

Congratulations to Our New Governor-elect Designee!

It is a great pleasure and honor to announce that Farah Kaiksow, MD, MPH, FACP has been elected by the members of our Chapter to serve as Governor-elect. Dr. Kaiksow will start her term as Governor-elect after the Annual Business Meeting on April 5, 2025. She will take office as Governor in April of 2026. To learn more about our new Governor-elect Designee, see Dr. Kaiksow's biography at www.acpwi.org.

Please join us in congratulating Dr. Kaiksow, and thanking Dr. Ridhwi Mukerji, FACP for his candidacy.



Upcoming Webinar - Evidence-based tools for Well-being: A Focus on Sadhguru-based Meditation

Evidence-based tools for Wellbeing: A Focus on Sadhguru-based Meditation

Hosted By the ACP-WI Wellness Committee

January 22, 2025

6:00PM-7:00PM

This webinar has been designated for 1.0 AMA PRA Category 1 Credit(s)™ and 1.0 MOC points.

Presented By: *Dr. Rohan Bodapati, Clinical Assistant Professor, Department of Medicine, University of Wisconsin School of Medicine and Public Health; Tulsi Chase, EdM, Head of Education and Outreach, Sadhguru Center for a Conscious Planet, Beth Israel Deaconess Medical Center*

It is well known that healthcare professionals, especially physicians and nurses, have the highest levels of burnout. While continuing to address systemic changes within the workplace and building strong support systems, it is

crucial to improve personal resilience to support the mental health and physical well-being of healthcare professionals which ultimately reflects in the care that the society receives. Most physicians and other healthcare professionals lack knowledge regarding evidence-based yoga, meditation and mindfulness practices, which can limit their ability to utilize and recommend these techniques effectively for the benefit of the larger community.

[Register Here](#)



Advocacy Corner

Advocates for Internal Medicine: ACP is working diligently to lobby Congress on important priorities for internal medicine.

Every ACP member can help by reaching out to their representatives through the Advocates for Internal Medicine Network:

<https://www.acponline.org/advocacy/advocates-for-internal-medicine-network>

Several key issues are currently before Congress that impact our ability to take care of patients.

Currently you can submit your letter of support for legislation that would prevent Medicare payment cuts as well as support bills for prior authorization reform.

The Resolution on Traffic Safety was approved by the ACP Board of Regents and will become ACP Policy. This important resolution was proposed by ACP Resident Member and UWSMPH Internal Medicine trainee Dr. David Deemer and approved by ACP-Wisconsin with robust national support. This addresses an important area of concern in which ACP had no existing policy, and will be a major contribution to health policy. Look for an upcoming position paper in the Annals of Internal Medicine!

The **ACP-Wisconsin Health and Public Policy Committee** continues to work through our Advocacy Work Groups to further important health policy priorities, including:

Firearm Safety: We are working to build a collaboration of health professionals in Wisconsin to be a resource for advocacy to prevent firearm injury and death.

Reproductive Health: We are monitoring the current judicial deliberations on abortion access in Wisconsin. The ACP Services PAC supported the candidacy of Dr. Kristin Lyerly's Congressional campaign in recognition of her support for reproductive health care access as well as other ACP priorities. Wisconsin HPPC members nominated her for this support.

Medicaid Expansion and Access to Care: Our HPPC members published letters and op-eds in support of healthcare access through the ACA and Medicaid expansion

<https://upnorthnewswi.com/voterhub-2024/opinion-affordable-health-care-is-just-common-sense/>

Combatting Medical Misinformation: This workgroup plans to amplify ACP resources and other educational materials to support our members in providing evidence-based health recommendations.

Climate and Health: HPPC members continue to collaborate with Healthy Climate Wisconsin and the American Lung Association to support policies that address the impact of climate issues on health. Our ACP-WI chapter is a partner in the “Our Future Milwaukee” coalition, which aims to create policy to reduce inequities related to climate in Milwaukee County.

New for 2025: ACP-Wisconsin was recently notified we are one of five chapters nationally selected for a pilot project to provide support for building advocacy work in our chapter! This was a competitive process, and we are honored to be a recipient. We will have the support of a professional non-profit advocacy consultant to collaborate to further build our advocacy work on the state level. Our goals include an expanded social media presence to promote advocacy; increased outreach to the Wisconsin legislature (possibly including a lobby day); and expanded collaborations with allied groups. We will share more about this exciting new opportunity for our Chapter in the next edition of the Badger Beat.

ACP Leadership Day April 28-29, 2025: This annual event in Washington D.C. provides advocacy training and an opportunity to advocate for ACP priorities on Capitol Hill. Representation from all of Wisconsin’s congressional districts strengthens our presence at this event, so if you live and/or practice outside of the Madison and Milwaukee areas, please consider joining us! For practicing physicians, there is a CME component to the activities. Please reach out to the [chapter office](#) for more information.

For early career physicians, internal medicine residents, and medical students interested in pursuing internal medicine, I invite you to apply for chapter support to attend ACP Leadership Day as part of the Wisconsin delegation. There is limited funding, and an application process is in place. Applications are due January 20, 2025. All applications will be reviewed by a subcommittee of the ACP-WI Governor's Council.

For more information, please review the attachment below. All participants are responsible for coordinating their own registration and travel arrangements.

State Fact Sheet: ACP’s State Health Policy team has prepared fact sheets for our chapter and members to use in federal and state advocacy efforts. There is a fact sheet attached highlighting a selected set of data that can help inform conversations with policymakers and other stakeholders.

Do you have a passion for advocacy in health policy or internal medicine practice? Please [reach out](#) to discuss if this is an area for a resolution or for further advocacy by our chapter!

Well-being and Professional Development Committee Updates

Well-being and Professional Development Committee, lead by Dr. Amalia Lyons, FACP and Dr. Rohan Bodapati have been working to prepare some exciting new programming for our Chapter. Committee launched two new initiatives to engage and connect ACP members. first initiative is expanding our social media presence. We are planning on twice a month prompts focused on well-being practices, particularly gratitude, for ACP members to share and connect. Each time a member engages with social media, their name will be entered to win a small prize at the end of the month. Our second initiative is quarterly bite sized well-being sessions. Our first bite size session is January 22nd and titled, “Evidence-based Tools for Well-being: A focus on Inner Engineering Practices based on Yogic Sciences”. This session will focus on the science behind yoga and allow participants to practice what they learned.



NEW Career and Professional Development Program - ACP Physician Peer Coaching

Available exclusively to ACP members, the [ACP Physician Peer Coaching Program](#) offers the opportunity to connect with experienced physician coaches who understand the unique challenges internal medicine physicians face. Coaches help you navigate the next stage of your personal and career development journeys with confidence and achieve meaningful change.

Choose from several coaching options designed to meet your unique needs:

Available Coaching Services:

- **ACP Physician Peer Coach Training Program—\$4,000**
 - Become an ACP-trained Physician Peer Coach. You will learn evidence-based, validated coaching skills from leading expert, Kerri Palamara MD, MACP, while supporting your own professional development and helping your peers at the same time. Fully-trained coaches are then eligible to be hired to coach for national ACP programs.
- **1-hr Individual Coaching Sessions—\$275/session**
 - Get personalized, one-on-one support tailored to help you achieve your career and professional goals.
- **1-hr Group Coaching Sessions —\$110/session**
 - Engage in a focused, supportive group session on a variety of career and professional development topics, including: Navigating Career Transitions; Re-imagine Your Future; Identify Your Strengths; and How to Silence Your Inner Critic.
- **Group Coaching: 6-month Bundle—\$400 for four 1-hr sessions**
 - Get on-going coaching support over 6 months that includes 4 group coaching sessions to support your professional development journey.

[Secure your spot today!](#)

Act Now and Renew Your ACP membership today!

If you haven't already, [renew your ACP membership today](#) to regain access to your member-exclusive educational and clinical benefits, valued at over \$6,000! As a valued member of ACP, your success is important to the internal medicine community.

Stay connected with the internal medicine community. Get free subscriptions to Annals of Internal Medicine® and DynaMedex®. You'll also get discounts on ACP MKSAPSM, Board Review courses, the annual Internal Medicine Meeting, and more. [If applicable, insert info about an upcoming chapter activity]

Don't let these valuable opportunities slip away—[renew now](#) and thrive with us!

I Raise the Rates

I Raise the Rates is a collaborative, data-driven campaign to support patients, physicians, health care teams, systems, and communities in raising adult immunization rates and reducing vaccine preventable diseases. The program seeks to assist internists and other primary care providers in both understanding the immunization rates of their patients and making practice changes that promote immunizations.

Please click the links below for informative newsletters:

[October 2024](#)

[November 2024](#)

Elevate Your Internal Medicine Expertise with the All-New ACP MKSAP: Comprehensive Content, Dynamic Tools, and Personalized Learning

The next generation of MKSAP is the [all-new ACP MKSAP](#). This edition of MKSAP will provide the most current content available for internal medicine and the subspecialties, a robust question bank, and a portfolio of exciting new features and study tools, all presented on an intuitive, user-friendly interface.

ACP MKSAP offers two flexible subscription options. Learners can choose a 1-year or 3-year subscription. Before ACP MKSAP becomes available on February 3, 2025, learners can subscribe during the current discounted presale and receive immediate access to bonus educational content. The presale offer is valid through February 2nd, 2025.

- Sixteen content sections for expanded coverage of the breadth of internal medicine
- A single robust question bank with nearly 2,000 unique multiple-choice questions, including MKSAP's deep learning questions, Virtual Dx image-based questions, MKSAP Quick Qs, plus an additional 1,200 digital flashcards
- **NEW!** LKA prep custom quiz template option with timer to simulate answering LKA questions
- Personalized Learning Plan with expanded dashboard features
- Confirmation of Relevant Education (CORE) Questions that challenge you with additional questions, opportunities to earn achievement badges, and a CORE certificate to document your learning
- Digital Board Basics
- Useful tools mirroring high-stakes testing, including option strikethrough, time elapsed question-answering indicator, and streak meter
- More multimedia enhancements to reinforce key concepts and address a variety of learning styles
- The Learning Plan, which centralizes content for focused learning of targeted topics.
- The IM-ITE Feedback feature, which allows residents to use feedback from the Internal Medicine In-Training Examination® (IM-ITE) to build a custom Learning Plan.
- A Board Exam Topic Guide that supports strategic study plans.

Learn More at: <https://www.acponline.org/featured-products/acp-mksap>

Save the Date!

[ACP 2025 Internal Medicine Meeting](#) - Early Bird Registration Available Now!

April 3-5, 2025

Ernest N. Morial Convention Center
New Orleans, LA

[ACP 2025 Leadership Day](#)

April 28-29, 2025

Washington, DC

ACP Wisconsin Chapter 2025 Annual Scientific Meeting - More Information Coming Soon!

September 5-6, 2025

Wilderness Resort and Glacier Canyon Conference Center

Wisconsin Dells, WI

Attachments:

NOTE: The links below will direct your browser to the location where the documents attached to this email have been posted.

[ACP-WI Leadership Day Chapter Travel Support Application 2025 V1](#)