

American Medical Women's Association

Message from the AMWA President

Beatrice S. Desper, MD



When I wrote an article for *Connections* a few months ago, I was sure that we would have some kind of health care reform by now. However, thanks to the lobbying of pharmaceutical and insurance companies, we have reached gridlock. Are we all sheep, or can the public do something to change this? I am as much

at fault as most people. Although I vote, especially in local elections, I have not been diligent about communicating my views with my elected officials. Since I decided to write this column, I have finally written to both of my senators and my representative in the House. Have you done the same or like me do you just complain about the state of affairs?

Any ideas on what to do next, assuming that nothing will change in the near future? I like the idea of term limits. Aren't people elected to serve the citizens of this country? I do not think our forefathers intended to make politics a career for life. The Representatives to the House should have four-year terms and be

limited to two (or maybe three) terms. The Senators on the other hand should be limited to two six-year terms. We do not need people in office whose main concern is getting elected again. Another change would be to limit the amount of time that candidates can run for office. Now that the Supreme Court has ruled that corporations can essentially buy offices, we need to put limits on how much money a person can spend running for office. It would also be quite an eye opener for those who represent us if all who live in this country could get the same health care and retirement pensions that they get. What a dream.

So, what to do. For one thing become active in AMWA where you can join with others to educate and lobby for change. Get your family and friends to support the organization financially. Since we are a 501c3 organization, all contributions are tax deductible. One can choose to support our clinics through AWHs. We have a clinic in Haiti that can certainly use your help. Or donations can be made to support our history through the Legacy Fund. You can support the students, our leaders of tomorrow. Finally, a donation can go towards general operating expenses, not very exciting, but it keeps the organization alive and well. Do choose and be glad that organizations such as ours can exist in USA. Whatever you choose, do choose!

Beatrice S. Desper MD

In This Issue

Annual Meeting &

Provider Profile page 2

New Board &

Headquarters Update page 3

Women's Health Working

Group Update & Woven Quilt Project page 4

Vision 2020 page 5

The Surgical Hospitalist page 6

AMWA Students & AWHs Update ... page 7

The Fatigue Prescription & Student Branch page 8

Annual Meeting & Provider Profile

95th Anniversary Annual Meeting—Register Today!

AMWA's 95th Anniversary Meeting is right around the corner, March 26-28, 2009. Are you registered yet? If the answer is no, don't wait; last year's meeting sold out! The Annual Meeting is jam-packed full of events. Here are a few highlights:

- High quality CME sessions over two and a half days.
- AMWA Advocacy Day on Thursday, March 25, 2010. Make your voices heard on health care reform.
- Join an AMWA **committee** and learn how to get more involved on Friday, March 26, at 6:30 pm.
- Are you a student? Check out the **Student Track** and other student related activities.
- Don't miss AMWA's 95th Anniversary Gala! Honor past and present AMWA leaders and hear a keynote presentation by **Dr. Vivian Pinn**, Director, Office of Research on Women's Health, National Institutes of Health.

Register now at the AMWA discounted rate. Please note that Advocacy Day and the Gala are ticketed separately. Discounted rooms at the **Crystal Gateway Marriot** are available for \$119/night online, or by calling 703-413-5500.

For more information, check out the **AMWA Annual Meeting Page**.

Provider Profile - Eliza Chin, MD

Tell us about yourself.

After graduating from UC Berkeley and Harvard Medical School, I completed a primary care residency at the Brigham and Women's Hospital in Boston. In 1996, I moved to New York City to join my husband, then a surgical resident at NYU. I had initially intended to do a fellowship in General Internal Medicine, but changed course when I unexpectedly became a new

mother. I was fortunate to find a wonderful faculty position at Columbia-Presbyterian, where I worked 80% time seeing patients, teaching medical students and residents, and ultimately completed a Masters in Public Health. By then we had two children, and when my husband finished his surgical residency, we knew that it was time to return home to California. While he completed a fellowship at UCLA, I took the year off to care for our children and work on a book project. This *Side of Doctoring: Reflections from Women in Medicine* was published in 2001, about 10 months after the birth of my third child. Eventually, I returned to clinical medicine, at first working one morning a week and adding more over time. Once the kids were in school, I adjusted my schedule to fit theirs. I currently work about 24-hours a week with a combination of clinical practice and administrative work and still teaching medical students whenever possible.



Looking back now, I realize how different my life has been from the traditional career path that I once envisioned. This alternative road, however, has provided a wealth of experiences that I might never have had otherwise.

Tell us about your practice.

My practice is based at a senior home and skilled nursing facility not far from my house. The medical office is located within the facility. My patients are simply wonderful. I love this practice because it allows me the freedom to spend as much time as I need with each patient. I have held many hands, and been the lifeline for others. Sometimes just being there has meant more to them than all the treatments that I have prescribed.

What have been the major challenges you have faced as a woman physician?

Balancing work and family has been one of my greatest challenges as a woman physician. With three young kids and a surgeon husband, life can be pretty hectic.

New Board & Headquarters Update

Add to that a long-term house remodel, community and professional volunteer commitments, and a medical practice – it can seem downright insane. But has it been worth it? Absolutely. I love being a mother, and I love taking care of my patients. And fortunately, we've always had good help from family and friends.

Tell us about your involvement with AMWA?

I started attending AMWA national meetings in 2003 after the encouragement of local Branch 30 AMWA members, and haven't missed one since. I remember distinctly that first meeting in Georgia and how wonderful it felt to be welcomed into the AMWA family. Never had I experienced such camaraderie with women physicians from so many different backgrounds – from medical students to professor emeriti, community practitioners to academicians, and a whole myriad of medical specialties. I have particularly appreciated the mentoring opportunities, the chance for advocacy work, and the forum in which to discuss the unique challenges that we face as women in medicine today. Learning about AMWA's rich history has also inspired me to keep that legacy alive.

What advice do you have for women going into medicine now?

Find your passion and pursue it. Realize that there is no one right path. Choose a partner who will support you on this journey. My path, with all of its turns, stops, and detours, still brought me to where I am today. As young women in medicine, you have a wonderful journey ahead of you and most of all, the privilege of forging your own unique path.

AMWA Announces New Members to the Board of Directors

Thank you to those AMWA Members that participated in the annual election of new Directors and Officers to the Board. We are pleased to announce the following additions to the 2010-2011 Board of Directors:

President Elect: Mary Guinan, PhD, MD, MPH
Treasurer: Laurel Waters, MD

Directors for a two-year term:

- Neelum Aggarwal, MD
- Susan Ivey, MD, MHSA
- Theresa Rohr-Kirchzarber, MD
- Kimberly Templeton, MD
- Laura Hudgings, MD

Additionally, Eliza Chin, MD, MPH, will assume the role of AMWA President at the upcoming Annual Meeting. To learn more about each candidate and to view the current Board, visit the AMWA Leadership Page on the website. If you want to learn how you can get more involved with AMWA, contact our Associate Director, Sarah Hagy, shagy@fernley.com.

Headquarters Update - Monica Mobley, CMP Receives PCMA Scholarship

Monica Mobley was fortunate to be one of 100 scholarship winners awarded complimentary registration and hotel accommodations to the Professional Convention Management Association's (PCMA) Annual Meeting in Dallas, TX. As the leading organization for meeting and event professionals, PCMA's mission is to deliver superior and innovative education as well as promote the value of professional convention management. PCMA represents more than 6,100 meeting industry leaders from 16 chapters in the United States and Canada.



Attended by more than 3,000 meeting industry professionals, the conference offers over 70 education sessions and networking events. This provides a one of kind opportunity to interact with industry leaders and gain strategies for addressing common challenges as well as the latest trends and technology for convention management. Sessions covered the full spectrum of meeting issues while several notable general session speakers were offered such as Nancy Goodman Brinker, founder of Susan G. Komen Foundation, Malcolm Gladwell, author of *Outliers* and *The Tipping Point* and noted economist Kjell Nordstrom.

Women's Health Working Group Update & Woven Quilt Project

In addition to gaining valuable credit toward the CMP recertification, attending PCMA is an excellent opportunity to meet other planners from around the country as well as forge relationships with suppliers from hotels and Convention & Visitors Bureaus (CVBs) all of which will help Monica with the planning of all AMWA events. Congratulations, Monica.

Women's Health Working Group Update/ Report

The Women's Health Working Group continues to work on growth and development of the *Advancing Women's Health* site at Medpedia.com.

The project was launched in October, and the national press release was distributed on January 20. The site continues to grow, and the member count is well over 40. We are getting inquiries from Women's Health programs all over the country, and the site is here to stay. Contributions show up daily, we have established a Women's Health blog, and plan to start other exciting discussion groups.

If you haven't perused the site yet, please take the time to click the above link, become a member of the group, and prepare to be amazed. The Women's Health Working Group continues to meet by conference call monthly, and will hold a meeting at the AMWA Annual meeting in conjunction with the 18th Congress on Women's Health in Arlington, VA on March 26th. Click here to register.

If you are an AMWA member and have an interest in Women's Health, please join our group by contacting Jan Werbinski, Chair, at DrWerb@aol.com. All contributions to the site are welcome. Our calls are currently held the second Wednesday of each month at 8:00 pm ET.

Woven Quilt Project

On December 15, 2009 AMWA and Touro College of Osteopathic Medicine in Harlem kicked off the

Woven Word Project by hosting the first ever health advocacy webinar. Siatta Dunbar, a third year medical student and organizer, set the stage for a thought provoking discussion and debate on the current health care issues and bills on Capitol Hill. Misty Richards, National Student President, was also in attendance and during her welcome pointed out the importance and uniqueness of women's voices and advocating for change "not just in words but in action."



Dr. Omega Silva, Past President of AMWA, was the keynote speaker and moderator for the webinar. Dr. Silva opened the event by drawing a parallel between the Woven Word Quilt Project and the use of coded quilts by slaves. She is quoted as saying "slaves in this country made coded quilts and used them to guide their escape from the south to the north...let us hope that the Woven Word Quilt will point the way to a healthcare system this country can be proud of." Also participating as panelists were Ms. Genevieve Grabman, Director of Government Relations for Physicians for Reproductive Choice and Health (PRCH) and Ms. Eesha Pandit, Director of Advocacy for The MergerWatch Project and Raising Women's Voices.



Quilt Project (continued) & Vision 2020

Medical students, professors and administrators were in attendance and over 50 chapters and physicians dialed in to watch the live webinar. Drawing on over 40 years of combined experience in healthcare advocacy, Dr. Silva, Ms. Grabman and Ms. Pandit fielded questions regarding gender rating, the impact of the Stupak-Pitts Amendment, how clauses regarding pre-existing conditions affect women disproportionately, how to increase access to health care, and the importance of preventative medicine as it relates specifically to women.

After the webinar, AMWA Student Chapters and physicians participated in the Woven Word Project by decorating fabric squares expressing their views regarding healthcare reform and the evenings Health Advocacy Webinar. These squares, which were sent to AMWA members across the nation, will be quilted together to symbolize our hopes and concerns for health care in the United States. It is our intent that our collective voices be heard and to effect change in our current healthcare system. The Woven Word Quilt will be presented at the National AMWA Conference in Washington, D.C. March 27th, 2010.

Vision 2020

Who should be a part of history? *Vision 2020* celebrates the centennial of women's suffrage with a decade of action that leads to gender equality. Who do you know that needs to be at the table? *Vision 2020: An American Conversation about Women and Leadership* is a project dedicated to creating a decade of education and action that promotes gender equality. The decade begins with an issue-setting session at the National Constitution Center in Philadelphia on October 21-22, 2010. *Vision 2020* is seeking 102 American women from all 50 states and Washington D.C. to serve as National Delegates. The Delegates will discuss and debate the issues surrounding women and leadership AND set and act upon a decade- long agenda: the "Declaration of Equality."

Vision 2020 invites you to nominate the outstanding women leaders to serve as National Delegates and join *Vision 2020* in its ambitious quest for gender equality by the year 2020. To nominate a woman or women, please go to the Delegate Selection section of the *Vision 2020* website. The application deadline is March 1, 2010. Please note that there is no cost to be a *Vision 2020* Delegate. All travel and hotel costs of *Vision 2020* National Delegates will be covered by *Vision 2020*. Additional questions? Email: vision2020@drexelmed.edu or call Emily Wing, *Vision 2020* Project Coordinator, at 215-991-8325.

About the Institute for Women's Health and Leadership: The Institute for Women's Health and Leadership at Drexel University College of Medicine carries on the tradition of the College's predecessor institution, the Woman's Medical College of Pennsylvania, established in 1850 as the first medical school for women in the world. Established in 1993, the Institute includes among its many innovative programs the premiere national leadership program for women in academic medicine – the Hedwig van Ameringen Executive Leadership in Academic Medicine (ELAM) Program for Women. Vision 2020 draws on the Institute's firm foundation in the women's health and leadership fields and extends its sights to include women's leadership across the professions.

www.drexel.edu/vision2020



**DREXEL UNIVERSITY
COLLEGE OF MEDICINE**

The Surgical Hospitalist - A New Model for Emergency Surgical Care

by John Maa, MD, FACS, Assistant Professor of Surgery, UCSF, Assistant Chair of the Surgery Quality Improvement Program, UCSF

The hospitalist model of medical practice has grown dramatically since the mid 1990's. The largest and most visible segment of this practice model is physicians trained in internal medicine, family medicine, or pediatrics, who provide care for hospitalized patients. Over the past decade, a crisis in access to emergency surgical care has jeopardized the ability of patients to receive optimal care in a timely and safe manner in our nation's emergency departments. The traditional models of surgical call coverage have proven challenging, and a need has arisen to define new methods for surgeons to provide 24-hour coverage, seven days a week.

In 2005, the Department of Surgery at the University of California, San Francisco (UCSF) introduced a surgical hospitalist program with the intent to address our local institutional challenges of call coverage and improve the quality of emergency surgical care. The program was modeled after the medical hospitalist program, and has served as a key step nationally in the evolution of the dedicated emergency surgeon. The hallmark is the dedicated onsite availability of a surgeon who can respond promptly to enhance both the quality and efficiency of emergency care. Board certified general surgeons provided coverage for an entire week in the first three years, dedicating all of their time to being available for emergency department and inpatient consultations, with a goal of providing a consultation within 30 minutes. Elective procedures and clinics are minimized during the on-call week. Surgical hospitalists lead rounds to promote continuity of care and to educate residents and medical students. For patients requiring complex surgical intervention, the surgical hospitalist first assesses and stabilizes the patient and, if needed, consults an appropriate specialist surgeon.

In less than two years, the surgical hospital program brought tangible benefits: response times to

consultations averaged less than 20 minutes, and waiting times for patients to undergo appendectomy were reduced 50%. In a survey conducted of UCSF emergency room providers, all respondents felt that the surgical hospitalist program had improved timeliness of care, ED length-of-stay, house staff supervision, patient satisfaction and the professionalism of the surgical staff. The introduction of the program has resulted in a 190% increase in requested consults from the ED and inpatient wards, with a 415% increase in year-over-year billable consult revenue. Additional benefits include increased communication with consultants and patients, and implementation of patient safety measures essential to the delivery of high quality and cost effective care.

An unanticipated strength of the program for both men and women is the potential for increased career satisfaction derived from a greater control over work and life balance. A key principle of the program is a group-based practice model and a willingness to share in the care of patients through a team approach to preoperative care. Additionally, surgeons have the opportunity to periodically rotate into (and out of) the call scheme, and thereby to achieve a better level of work and life balance through a predictable schedule and greater control of their career and family time. Preliminary data suggests that perhaps the greatest beneficiaries of the surgical hospitalist model are the surgeons themselves. In this new system, the surgical hospitalists found their defined schedule of continuous call, free from elective clinics and procedures, preferable to the combination of a traditional 24-hour call schedule while building an elective practice. Women physicians, in particular, may find that this schedule allows for more family time than the traditional surgical model.

The surgical hospitalist model provides a new paradigm for general surgeons to provide timely and high-quality emergency surgical care and enhance patient and referring provider satisfaction. As of January 2010, there are an estimated 200 surgical hospitalist programs emerging around America, inspired by the UCSF model. Given the rising demand for emergency services, the surgical hospitalist model has become recognized as a way to better match patient needs with existing resources.

AMWA Student Member Update

AMWA is developing a “Faces of AMWA” Interactive Exhibit to chronicle the achievements of notable AMWA members in an exciting and innovative way. Tentatively, this exhibit will be presented online and as a touch screen display in the permanent lobby installation at the Drexel University Archives & Special Collections on Women in Medicine. We need your help to research the personal lives and professional accomplishments of these women physician-leaders!

Direct Benefits:

- Recognition at AMWA National Conference
- Name listing as contributor for the exhibit

Requirements:

- Interest in the history of AMWA and women in medicine
- Commitment to writing two one-page biographical sketches of deceased female physicians, with appropriate citations. Photos and text to be confined to one page.

All work will be computer-based and can be done from home or your campus library using public or institutional websites. Names of assigned biographical subjects will be supplied by the archives committee, although they welcome your suggestions! You can also volunteer to be an editor for this exciting project! Would you like to be involved? Please contact Student National Program Chair Adrienne Clark at adrienneclark@ucla.edu for more information!

AWHS at Work - Relief Efforts in Haiti

Hospital Bon Samaritan in Limbe, Haiti is a long-standing beneficiary of funds from AWHs (American Women's Hospitals Service). This facility was founded in an unlikely way by Dr. William Hodges, an archeologist, who came to do research in Limbe back in 1950. His wife, Joanna, had planned for the couple to return to the United States after his research was completed. But when they reached Limbe, they were

horrified by the lack of basic medical care that existed in Limbe. So the vision of a hospital was born. With support and help from others, including the Baptist Church, this vision eventually became a reality. The U.S. headquarters are in Lake Worth, FL, headed up by their son, Paul Hodges. Their grandson is currently in Haiti, working at Hospital Bon Samaritan.

When we first heard of the earthquake in Haiti, we immediately contacted Hospital Bon Samaritan. 70 miles north of the epicenter of the quake, they felt heavy shaking but the hospital buildings designed by the late William Hodges were well built and no physical damage was seen. The emotional toll, however, has been devastating. Because life in Haiti is so migrational with most people living in the rural areas and then traveling to Port au Prince for work or school, almost everyone at Hospital Bon Samaritan has lost a loved one in the earthquake. The sense of loss is unspeakable.

AWHS has responded with additional funds sent to HBS along with a call for AMWA members to donate directly to HBS to help with the relief efforts. Already, they have been treating earthquake victims who have managed to return back to their rural homes and helping with the American Red

Cross efforts to cross match blood. HBS was expecting imminent approval as a surgical site to handle overflow cases from Port au Prince.

We will continue our support of HBS over the long term, recognizing that the recovery in Haiti will take place over many months and perhaps years. AWHs was founded to provide humanitarian relief, and today, 93 years later, we are still fulfilling that mission.



The Fatigue Prescription & Student Branch

The Fatigue Prescription - Four Steps to Renewing Your Energy, Health, and Life

By Linda Hawes Clever MD
With a Foreword by Dean Ornish MD

Dr. Linda Hawes Clever has developed a do-it-yourself tool kit with *The Fatigue Prescription*, based on years of medical practice, life experience, and the success of RENEW, a non-profit that aims to help busy, devoted people regain --or maintain-- their effectiveness and creativity. Filled with easy self-assessments, informational charts, and sound advice from a physician who healed herself, this book will help you avoid illness, reset priorities, and most importantly, regain your health and happiness.

Are you living your to-do list rather than living your life? Many of us run from task to task and are burning the nearly non-existent candle at both ends. We are sleep-deprived, overworked, overwhelmed, and undernourished in body and soul. We slam energy drinks, gnaw energy bars, and constantly drink caffeine to keep going as our adrenal glands struggle to keep up. Most of us are one health crisis away from financial devastation—and yet, we are hurtling toward physical and emotional breakdown each over-scheduled day. Our lives demand too much of us; when everything is a priority, this can make us sick and tired. We lose our purpose and make too many mistakes. Dr. Clever realized and lived the personal cost of this lifestyle and has since devoted herself to helping people renew themselves and regain or sustain a whole healthy life.

Linda Hawes Clever is a member of the prestigious Institute of Medicine of the National Academy of Sciences and a clinical professor of medicine at UCSF. In 1998, Dr. Clever founded RENEW, a nonprofit organization that aims to help busy, devoted people regain — or maintain — their effectiveness and creativity. She lives in Mill Valley, CA.

Featured Student Branch: Region 7/8

“In the middle of difficulty, lies opportunity.” - Albert Einstein. The women at the University of Arkansas for Medical Sciences AMWA chapter have persevered through the difficulty of medical school to find many opportunities to get involved in on campus and off campus. The women have created survival days for the entering Junior class, hosted socials with the Women’s Faculty Development Caucus, and volunteered at the local women’s shelter.



The UAMS AMWA chapter is lead by President Beth Weiss, M3, and by Vice President Allison Mencer, M2. Allison is also the Co-Regional Student Coordinator of Region 7/8. These women have done a wonderful job leading such a great group of women. Beth also has the help of a 14 deep cabinet of strong women heading different chairs within the chapter.

The M3 Survival Day created by Sarabeth Bailey, M4 started the year off with a bang. This day was created to ease the anxiety of clinical rotations for the entire Junior class. “I remember beginning my first day of the Junior clerkship. I was so nervous and anxious. I had no idea what to do, where to be, or how to present correctly.” -Sarabeth Bailey. Sarabeth found it pertinent to help out the new Juniors. She created a system of six rooms each containing a different rotation. Each rotation room included SOAP notes, directions of where to go and who to contact, and a very important booklist. The

Student Branch (continued)

junior students said their favorite rooms were the Ob/Gyn and Surgery rooms because they learned how to suture for the first time. UAMS AMWA plans to make this event a long-standing tradition. This event was also used as a fundraiser for the chapter. Each student donated at least five dollars to receive a CD filled full of study materials and to help provide supplies for next year's event.

The next big event of the year was Recruitment and the start of hosting socials with the Women's Faculty Development Caucus. Every year in August, the UAMS AMWA group hosts an Ice Cream Social with the Caucus. This allows the students and faculty to come together for a big networking/bonding experience. "We try to have at least one to two social events per semester." - Beth Weiss.



Not only do they network within UAMS, but they are also highly involved in the Little Rock Community. The UAMS AMWA chapter works closely with the Women's Foundation of Arkansas to help out with fundraisers such as Designing Women. They also help with the Girls of Promise which is an event to encourage eighth grade girls from around the state to get involved in the sciences. Each volunteering AMWA member serves as a mentor/group leader for the girls. "It's such a rewarding opportunity. Most of these girls come from underserved communities and need encouragement/guidance when it comes to focusing on their future. They also need to know that they can do it all and have it all as women." - Sarabeth.

Another project dear to the chapter's heart is Dorca's House. Dorca's House provides a safe haven for abused women and children in the community. Every holiday, UAMS AMWA comes up with several cute ideas to entertain the kids on a Saturday afternoon. It kicks off with bingo in the non-holiday months, carving pumpkins for Halloween, hosting a Thanksgiving dinner, decorating Christmas cookies, making Valentine's Day cards and hunting Easter eggs. "It's such a joy to see the kids enjoying the different projects. This also gives the moms a chance have some time to themselves while we entertain their children. It's a win-win situation." - Cathi Whaley, Volunteer Chair.



These projects don't even begin to touch the long list of projects completed thus far and the ones yet to come. In February the women, will be helping out with the huge American Heart Association Heart Ball fundraiser set for February 20th. They will also be hosting their monthly luncheon titled "From the Heart." Next, March's luncheon is geared towards Adolescent Medicine as these girls prepare for the Girl's of Promise retreat. Great work, ladies!

PAMWA Meeting Announcement

The next meeting of the Pan-American Medical Women's Association (PAMWA) will be October 28-31, 2010 at Guayaquil, Ecuador. Subject: Women and Health: Right to Gender Equity. Contact- Dr. Gina del Roserio via email ginadelro@hotmail.com