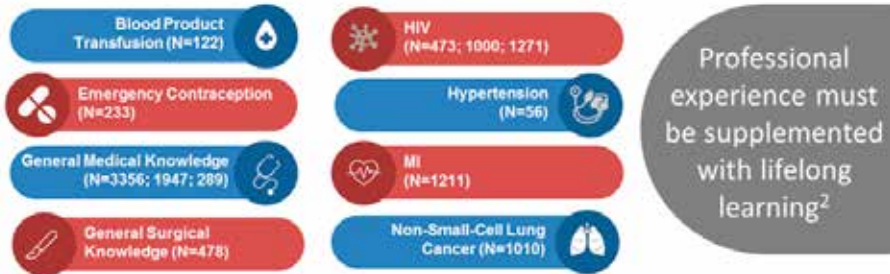


Older Doesn't Always Mean Wiser: Clinical Experience Is Not Associated with Increased Knowledge

In a Systematic Review of 12 Studies, All Demonstrated a Negative Association Between Knowledge and Experience¹



1. Choudhry NK, et al. *Ann Intern Med*. 2005;142(4):260-270.
 2. VanNieuwenberg L, et al. *Postgrad Med J*. 2016;92(1086):217-222.
 3. Davis DA, et al. *JAMA*. September 6, 2006—Vol 296, No 9: 1094-1100.

1

Talking Science

continued from page 5

diabetic neuropathy affects the severity of OA. As sensorimotor neuropathy presents earlier and has a higher prevalence in men with diabetes than in women, this may explain the sex difference in reported pain severity. The association of pain severity with waist circumference in women fits a previously proposed theory that there is a link between metabolic syndrome and chronic pain.⁴ The role of diabetic medication in OA pain had not been explored before this study, noted the researchers, and the effect of insulin administration on OA progression requires further investigation.

References

¹ Schett G, Kleyer A, Perricone C, et al. Diabetes is an independent predictor for severe osteoarthritis: results from a longitudinal cohort study. *Diabetes Care*. 2013;36:403-409.

² Rosa SC, Ruffino AT, Judas F, et al. Expression and function of the insulin receptor in normal and osteoarthritic human chondrocytes: modulation for anabolic gene expression, glucose transport and GLUT-1 content by insulin. *Osteoarthritis Cartilage*. 2011;19:719-727.

³ Castano Betancourt MC, Morais CL, Vannucci Nunes Lipay M, et al. Gender differences in the effect of diabetes mellitus and its treatment on osteoarthritic pain. *BMJ Open Diab Res Care*. 2019;7:e000736.

⁴ Loevinger BL, Muller D, Alonso C, Coe CL. Metabolic syndrome in women with chronic pain. *Metabolism*. 2007;56(1):87-93.

The Most Common CME Teaching Methods Are the Least Effective

- Learning – not merely educating – results in a change in clinical practice
- Lectures and printed material
 - Increase knowledge (but may not change behavior)
 - Role play or practice sessions more effective
 - Multiple sessions > single session
- Online courses



VanNieuwenberg L, et al. *Postgrad Med J*. 2016;92(1086):217-222.
 Davis DA, et al. *JAMA*. 1995;274:700-705.

2

Select Principles for Visual Learning



Eliminate extraneous material

(coherence principle)

Highlight essential material

(signaling principle)

Key on-screen text benefits narration

(redundancy principle)

Place pictures and text near each other

(contiguity principle)

1. Mayer RE. *Journal of Computer Assisted Learning*. 2011;33:400-423;3. *Neurosci Biomed*. 2013;35(2):199-200

3

Select Principles for Visual Learning

Reduce
Extraneous
Processing

Manage
Essential
Processing

Foster
Generative
Processing

Break lessons to allow self-pacing

(segmenting principle)

Provide pre-training on key terms

(pre-training principle)

Narration preferred (vs text)

(modality principle)

1. Mayer RE. *Journal of Computer Assisted Learning*. 2017;33:403–423; 2. Nagmoti JM. *Indian J Med Microbiol*. 2017;35(2):199-203

39

Select Principles for Visual Learning

Reduce
Extraneous
Processing

Manage
Essential
Processing

Foster
Generative
Processing

Use conversational language

(personalization principle)

Draw graphics as you explain

(embodiment principle)

1. Mayer RE. *Journal of Computer Assisted Learning*. 2017;33:403–423; 2. Nagmoti JM. *Indian J Med Microbiol*. 2017;35(2):199-203

40

We're Halfway to Meeting the ACOI Board's \$30,000 Challenge to Build the Generational Advancement Fund (GAF)

Thanks to the generous support of our Annual Convention donors, we need to raise only an additional \$15,000 to meet the challenge.

WHY – Due to the need for the kind of principle-centered medicine that our members provide, ACOI introduces osteopathic medical students to our community and the vibrant career opportunities available in our specialty through our Visiting Professor Program and at the Annual Convention. Both of these programs are supported by our Generational Advancement Fund (GAF).

WHAT ACOI DOES – ACOI arranges and pays travel costs for an internal medicine role model speaker; provides a grant to the student club for refreshments; and supplies ACOI mementos for student attendees (approximately \$1000 per visit). To assist Internal Medicine Club student leaders to attend the ACOI Annual Convention, the annual registration fee is waived and each club receives a \$1000 grant to cover travel and other expenses.

OUR GOAL

- Increase the number of Visiting Professor Programs from 25 to 40 per year at the 57 (and growing number) of osteopathic college campuses. Note: There were only 11 osteopathic medical schools in 1995 when the Visiting Professor Program started.
- Encourage 25 or more Internal Medicine Clubs to send their student leaders to the Annual Convention.

READ THE THANKS OF A STUDENT LEADER:

"I want to say thank you to those ACOI members who provide financial support that benefits students. The Visiting Professor Program is an awesome program that makes such a difference for students because these sessions give us a glimpse of our futures. I encourage members to continue contributing to the Generational Advancement Fund." Alli Dews, Liberty University College of Osteopathic Medicine (LUCOM) 2018-2019 President, SOIMA

ANNUAL GAF FUNDRAISING GOAL: \$65,000

HOW YOU CAN HELP US MEET THE BOARD GAF CHALLENGE

- Become a member of the Sustainers Club which recognizes monthly donors. Keep in mind that \$83.33 a month is a \$1000 annual gift.
- Join the 75th Anniversary Circle with a gift or pledge of \$1000 to be recognized with an engraved leaf on the 75th Anniversary Circle Tree in the ACOI lobby.
- Make a gift in honor or memory of someone who is or was important to your medical training and career.

THE ACOI BOARD OF DIRECTORS' CHALLENGE CAN BE MET WITH YOUR SUPPORT!

Remember, your gift is tax-deductible to the full extent allowed by law.

Join the New Sustainers Club Today

The College is pleased to welcome **Morvarid Rezaie, DO, FACOI** and **Ryan Norman, DO**, to our Sustainers Club and recognize the following members of our Sustainers Club:

Lee Peter Bee, DO, FACOI
Robert A. Cain, DO, FACOI
Janet Cheek, DO, FACOI
David J. Mohlman, DO, FACOI
Jeffrey Packer, DO, FACOI
Laura Rosch, DO, FACOI
Christine Samsa, DO, FACOI
Nathan Samsa, DO, FACOI
Samuel Snyder, DO, FACOI

BECOME A MEMBER OF THE ACOI SUSTAINERS CLUB

Help the College Better Plan for Its Future!

Sustainers Club Members contribute on a monthly basis.

Benefits of being a Sustainers Club member include:

- Invitations to donor events at ACOI meetings
- Update communications from ACOI leaders twice a year
- Special recognition as Sustainers Club members in ACOI publications and the website

Sign Up Today by clicking <https://www.acoi.org/make-a-gift-to-acoi/your-support-makes-difference-acoi> and check the monthly gift box to make a credit card contribution.

Remember, your gift is tax-deductible to the full extent allowed by law.

ACOI's Generational Advancement Fund (GAF) At Work



(This is one in a series of interviews with medical students who are strongly committed to the College and why they believe it has made a difference in their lives. This series is presented by Barbara L. Ciconte, ACOI's Development Counsel.)

Meet **Sierra Hollar**, a graduate of Boise State University, who is a second-year medical student at Pacific Northwest University College of Osteopathic Medicine in Yakima, Washington. Sierra and several of her classmates attended their first ACOI annual convention in Phoenix, October 30 – November 3, 2019. This interview took place there.

Ms. Ciconte: Tell me how you decided to pursue an osteopathic medical career.

Ms. Hollar: When I was younger, I had an adverse medical experience related to a knee injury from playing soccer. There was even the potential for a legal problem due to the way my doctor interacted with me and my family. Given this experience, I considered becoming a naturopathic professional until others suggested I explore an osteopathic medical career due to its focus on Mind, Body, and Soul. Osteopathic medicine is the most holistic approach with the best and most years of education.

Ms. Ciconte: Are you involved with the Student Osteopathic Internal Medicine Club? How did you happen to attend the ACOI Annual Convention this year?

Ms. Hollar: Yes, I am currently a member and plan on getting more involved after this experience. Being able to attend the convention has been a terrific experience. The \$1000 GAF grant from the College enabled three of us to attend. It covered our airfare and we shared a room to stretch our funds. We are also eating better than usual for medical students thanks to the many convention events that offer food!

I am so impressed with the sense of community at the Convention. It is a welcoming and nurturing experience for us. As second year students, the lectures which are more tangible than I expected, were educational as well as a good review for boards. Everyone is helping build each other up and educate each other for the patient's sake.

Ms. Ciconte: What are some of the challenges facing medical students today?

Ms. Hollar: With single accreditation going into effect next year, we are uncertain how this will impact our applying for residencies. What will the new dynamic be between MDs and DOs in the workplace? In general, we are wondering what our future will be.

When I was a third year college student, I worked in a clinic with a DO. That experience allowed me to see how a DO practices medicine. However, my Guidance Counselor at the college told me I should go the MD route first, and then the DO route if that didn't work out. Of course, I decided to go directly to osteopathic medical school instead.

Ms. Ciconte: How can ACOI help?

Ms. Hollar: The conference has been so empowering for us as students. I wish more students had been in attendance. ACOI needs to continue to raise awareness of the many different fields and opportunities that comprise osteopathic internal medicine.

Ms. Ciconte: Your grant for students to attend the Annual Convention and your upcoming Visiting Professor Program are thanks to gifts to the College, especially to the ACOI's Generational Advancement Fund. What would you say to encourage more ACOI members to contribute to the Fund?

Ms. Hollar: I would first say thank you to the GAF donors for providing the funds that allow the ACOI to offer programs that benefit students. It is important for students to have opportunities to work with doctors you aspire to be like. Attending the convention is a wonderful opportunity for that since the attendees are welcoming and gracious to the students. It gives us the opportunity to meet DOs who could become potential mentors for our career development.

With continued and increased support for the GAF, members can help more students hear what doctors expect, learn what we can do to be successful in our rotations, and give us opportunities to communicate with mentors who will guide our careers. GAF donors have a great impact on the next generation of osteopathic internists!

Ms. Ciconte: Sierra, many thanks for making the time to be interviewed during this busy convention. Best wishes for continued success in pursuing your osteopathic medical career.



What is “Mindful Estate Planning?”

If you missed our 2019 Convention Sunrise Session presented by Barbara L. Tesner, CFRE, in Phoenix, here are some takeaways:

FIRST – make some quality time to **think about what is most important to you**. In the session, a **Legacy Brainstorming Worksheet** was utilized – to truly just brainstorm, **write down who and what you care about** – thoughts and ideas – names, words, phrases, concepts, causes. Give it a try – put a timer on for three minutes and just let your thoughts flow onto your worksheet.

EMBRACE THIS IDEA - Estate planning is about more than just who gets your money or your stuff.

A FEW BASICS:

BENEFICIARIES - are individuals, trusts, or even organizations that are **designated** in estate planning documents to receive assets of the estate.

HEIRS - are individuals who are legally entitled to collect an inheritance, when a deceased person did not formalize a will. Generally speaking, heirs who inherit the property are children, descendants or other close relatives of the decedent.

DIFFERENCES BETWEEN A WILL AND A TRUST –

A **WILL** is a legal document which allows you to control how your estate will be distributed after you pass away. A will also enables you to appoint a guardian for your minor children as well as provide instructions and set aside funds for the care of any pets you may have.

If you die without a will or a trust - the state oversees the distribution of your assets and decides who receives what via the court process of probate. In other words, if you don't have a will the state will make one for you. All 50 states have laws of this kind on the books.

A **TRUST** is a fiduciary relationship in which you give another party authority to handle your assets for the benefit of a third party, your beneficiaries.

BOTH are useful estate planning devices that serve different purposes.

Your estate planning attorney **and** financial advisor can tell you how best to use a will and a trust in your estate plan. An **estate-planning attorney** can help you with both, **but** it is **also smart to work with a financial advisor** who can take a more holistic financial approach regarding forming a trust.

Do you need an estate planning attorney in your area?

<https://www.actec.org/fellows/directory/> The American College of Trust and Estate Counsel (ACTEC) Search Tool is an excellent source as these individuals have been elected by experienced attorneys as tops in estate planning.

“DEATH & TAXES” – Federal Taxes and State Taxes:

- The **federal government** imposes **estate tax** at your death **only** if your **taxable estate is worth more than \$11.4 million** (for deaths in 2019).
- The **federal government** does **not** impose an **inheritance tax, but a few states do**. Inheritance tax **doesn't depend on the amount of the estate**; instead, it depends on **who inherits** the property.
- Many state tax exemption amounts have changed in the last few years. To get the most up-to-date numbers, check online, at the website of your state's taxing authority - **know your STATE rules** - consult your advisors for the current tax situation in states where any of your assets are located.

REMEMBER - This is your opportunity to provide for people, creatures, and causes while you are blissfully in the great beyond.

If you are interested to learn more about how to include ACOI in your estate plans, please contact Brian Donadio at 301-231-8877 or email to bjd@acoi.org. Brian will contact Barbara L. Tesner on your behalf.

To receive our helpful planning booklets: “2019 Federal Tax Pocket Guide” and “Your Guide to Effective Giving in 2019,” please email katie@acoi.org.

These guides have ideas and strategies about:

- Giving Securities • Maximizing Tax Savings • Giving through a Will • Gifts to Provide Income • Charitable Gift Planning • Gifts of Life Insurance.



Students and leaders of Nova Southeastern University's SOIMC who attended the 2019 Annual Convention thanks to a grant from the Generational Advancement Fund. From left to right: Alyssa Benjamin, Manell Aboutaleb (SOIMC President), new ACOI President, Samuel Snyder, DO, FACOI, who teaches at Nova Southeastern University, Kristi Njaravelil (SOIMC Treasurer), and Neil Patel.



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Tower Health is a regional, integrated healthcare system that offers leading-edge compassionate healthcare and wellness services to a population of 2.5 million people spanning southeastern Pennsylvania. Together, our six hospitals and other entities provide a full range of medical care – from prevention, screenings, and education, to the latest clinical services and surgeries, to rehabilitation. Join us in Advancing Health, Transforming Lives.

Tower Health has joined forces with Drexel University to build an additional location for the university's College of Medicine in West Reading, less than one mile from the Reading Hospital campus. This collaboration will bring undergraduates and graduates clinical education and research to a single campus.

Explore a wide variety of Internal Medicine opportunities in all specialties at Careers.TowerHealth.org.

For more information, contact:
Christopher David, Physician Recruiter
Phone: 484-628-5413
Christopher.David@towerhealth.org

Add Your Name to Leave a Legacy

The ACOI Legacy Society was created to recognize and honor ACOI members who include the College in their wills or estate plans. Members of the ACOI Legacy Society have done their part to ensure the future of the College. A special thank you to our Charter Members!

If you are not a member, please look at the names listed and consider adding yours to those who have made a provision in their estate plans, typically with a bequest provision, that will provide support in the future.

It will bring you peace of mind knowing that you have done your part to ensure that those who will enter the profession in the future will have access to the same education, support, and mentoring that you have received. **Think of it as paying your dues forward. With a bequest of \$10,000 or more you will leave a legacy—mentoring those you will never know, but who will provide future generations with the kind of principle-centered care that you have built a career providing.**

For more information, contact Brian Donadio via email at bjd@acoi.org, or call 301-231-8877 to let us know how and when to contact you.

Legacy Society Charter Members

Dr. Jack and Jocelyn Bragg

Dr. John and
Dr. Michelle Bulger

Dr. Mathew and
Marbree Hardee

Dr. David and
Rita Hitzeman

Dr. Robert and
Donna Juhasz

Dr. Karen and
Jim Nichols

Dr. Eugene and Elena Oliveri

Dr. Frederick and
Amy Schaller

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Farewell

continued from page 1

The ACOI Board of Directors, Brian Donadio, Susan Stacy and staff stand for you.



This made me realize I wanted my last message today to celebrate a man who has dedicated his life to his family and the Osteopathic profession. Truly, our Executive Director Brian Donadio, who has announced his retirement beginning July 2020 after 30 years with the ACOI, has lived a life as a man for others.

“Attention is the rarest and purest form of generosity” – Simone Weil.

Brian is a quiet, calm, generous leader. Doing what is best for the ACOI while helping to guide and develop a new president each year, taking no credit for himself. As I spoke at our Board meetings with the utmost freedom to lead, I always sat a little straighter because I knew Brian would “lean in” when needed and whisper a word or two of advice to keep me on track. He truly lives the spirit of deep listening. A man of few spoken words, but who hears everything.

I often reflect on what God’s plan is for each of us and I have told Brian multiple times he is exactly where God wanted him to be. He has touched hundreds of physician’s lives and in turn, thousands of patient’s lives by creating smart, realistic educational events for all of us, by advocating for the Osteopathic internist at every level, as well as by creating a safe place to come to learn and be part of a family.

While he still has many months of work to continue to move ACOI forward, today, my friend and our greatest advocate, Brian Donadio, deserves our applause and standing ovation.

THANK YOU!

Cheers, Brian.

Annette T. Carron, DO, FACOI, FAAHPM
ACOI President 2018-2019

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Government Relations

continued from page 3

program and the healthcare system. Similar legislation was previously approved by the House Energy and Commerce and Education and Labor Committees. While both sides of the aisle in the House and Senate are interested in lowering the costs of prescription medications, a path to the President’s desk remains uncertain at this time. The ACOI will continue to monitor this and similar legislation as it is considered by Congress.

Washington Tidbits The “Tea Party”

The ship departed London, England with cargo certain to be taxed upon its arrival. In fact, once the content of its cargo became clear, the ship would not be allowed to enter port prior to the proper payment of taxes. Tensions were continuing to rise as chants of “taxation without representation” were growing in both frequency and volume. Fearing for the safety of the crew and guests aboard the brigantine that spent more than three months at-sea making its trans-Atlantic journey in 1774, a co-owner of the ship paid the taxes – on 17 chests of tea. Outraged, the colonists threatened the life, the lives of his family members, and the property of Anthony Stewart. Under pressure and immense fear, he set fire to his own brigantine, the “Peggy Stewart,” along with all its contents. Less than a year after the infamous Boston Tea Party (where 342 chests of tea were thrown overboard), the “Annapolis Tea Party” would become little more than a footnote in the annals of the American Revolution. The “Peggy Stewart” was set ablaze and sank to the bottom of Annapolis Harbor. Its remnants are believed to be buried underneath reclaimed land that is now part of the US Naval Academy!

CME CALENDAR

Future ACOI Education Meeting Dates & Locations

NATIONAL MEETINGS

- 2020 Internal Medicine Board Review Course - April 29-May 3
- 2020 Clinical Challenges for Hospitalists - April 30-May 3
- 2020 Exploring New Science in Cardiovascular Medicine - May 1-3
- 2020 Congress on Medical Education for Residency Trainers - May 1-2
Renaissance Orlando at Sea World Resort, Orlando, FL
- 2020 Annual Convention & Scientific Sessions
Oct 21-25 Marco Island Marriott Beach Resort, Marco Island, FL
- 2021 Annual Convention & Scientific Sessions
Sept 29-Oct 3 Marriott Marquis Hotel, San Francisco, CA
- 2022 Annual Convention and Scientific Sessions
Oct 19-23 Baltimore Marriott Waterfront Hotel, Baltimore, MD
- 2023 Annual Convention and Scientific Sessions
Oct 11-15 Tampa Marriott Waterside Hotel, Tampa, FL
- 2024 Annual Convention and Scientific Sessions
Oct 9-13 Kierland Resort, Phoenix, AZ

Please note: It is an ACOI membership requirement that Active Members attend the Annual Convention or an ACOI-sponsored continuing education program at least once every three years.

Information on any meeting listed here may be obtained from ACOI Headquarters at 800 327-5183 or from our website at www.acoi.org.

2020 Certifying Examination Dates & Deadlines

APPLICATIONS OPEN MARCH 1, 2020

Internal Medicine Certifying Examination

Computerized Examination 300 Sites Nationwide

September 1-3, 2020 - *Application Deadline: July 1- Late Deadline: Aug 1*

Internal Medicine Recertifying Examination

Computerized Examination 300 Sites Nationwide

September 1-3, 2020 - *Application Deadline: July 1- Late Deadline: Aug 1*

Internal Medicine Recertifying with a Focus in Hospital-Based Medicine Examination

Computerized Examination 300 Sites Nationwide

September 1-3, 2020 - *Application Deadline: July 1- Late Deadline: Aug 1*

Subspecialty Certifying Examinations

Computerized Examination 300 Sites Nationwide

August 18-20, 2020 - *Application Deadline: July 1- Late Deadline: Aug 1*

- Cardiology • Critical Care Medicine • Endocrinology • Gastroenterology
- Hematology • Hospice and Palliative Medicine • Interventional Cardiology
- Infectious Disease • Nephrology • Oncology • Pulmonary Diseases • Rheumatology

Subspecialty Recertifying Examinations

Computerized Examination 300 Sites Nationwide

August 18-20, 2020 - *Application Deadline: July 1- Late Deadline: Aug 1*

- Cardiology • Clinical Cardiac Electrophysiology • Critical Care Medicine • Endocrinology
- Gastroenterology • Geriatric Medicine • Hematology • Hospice and Palliative Medicine
- Infectious Disease • Interventional Cardiology • Nephrology • Oncology
- Pulmonary Diseases • Rheumatology • Sleep Medicine

Advanced Heart Failure and Transplant Cardiology Certifying Examination

Computerized Examination 300 Sites Nationwide

August 18-20, 2020 - *Application Deadline: July 1- Late Deadline: Aug 1*

Further information and application materials are available by contacting Daniel Hart, AOBIM Director of Certification at admin@aobim.org; 312 202-8274.

Contact the AOBIM at admin@aobim.org for deadlines and dates for the Allergy, Sports Medicine, Pain Medicine, Undersea/Hyperbaric Medicine and Correctional Medicine examinations.

New Members Welcomed

The ACOI Board of Directors and staff welcome the following members whose membership applications or changes in membership status have been approved by the Credentials Committee and Board of Directors.

Brian Chang, DO

Justin S. Cochrane, DO

Ashleyrae Donald, DO

Greg D. Gibbs, DO

Scott P. Hilton, DO

Justin K. Johnson, DO

Sara A. Molnar, DO

Ali A. Nasir, DO

Tam Nguyen, DO

Ragu Sivarajan, DO

Ian M. Smith, DO

Victoria A. Troncoso, DO

Natalie Yanes, DO

Yardley Brice, DO