Hello, and thank you for picking up the Fall 2013 edition of Phi Psi! We hope this newsletter will be of interest to you whether or not you are a member of the American Physician Scientists Association (APSA). Our goal is to keep you abreast of things happenings within APSA and to stress the benefits the organization provides to its members, but also to provide articles relevant to anyone pursuing a career as a physician-scientist.

Evan Noch, our President, kicks off the newsletter. Alex Adami summarizes the happenings at the last APSA Annual Meeting, which took place in Chicago in April 2013. Our undergraduate liaisons discuss their involvement with APSA, and their goals to recruit other college students into our organization. Kim Gannon, a past editor of APSA’s newsletter, has an update on the APSA Annual Meeting. Kim is a current medical student at the University of Pennsylvania, talks about life at the University of Pennsylvania, talks about life and her attempts to continue research in residency. Stephanie Jackson, Vice President for Internal Affairs at APSA, gives us an update on the mutually beneficial partnerships that we have been forging with a number of medical societies. Finally, Steve Chrzanowski writes about what APSA’s Finance Committee is doing this year under his leadership.

If you have suggestions for the editors, send us an email at PR@physicianscientists.org. You can also keep up with APSA news on Facebook, Twitter (@A_P_S_A), and Linkedin. Please mark your calendars for the 10th Annual APSA meeting, which will take place in Chicago from April 25-27, 2014. We hope to see you there!

From the President
Evan Noch, Weill-Cornell Medical Center-New York Presbyterian Hospital

Dear Members, Colleagues, and Friends,

The 2013-2014 year of the American Physician Scientists Association (APSA) is off to a wonderful and productive start. Our recent 9th Annual Meeting in April at the Fairmont Hotel in Chicago, IL was a great success, with speakers ranging from Shinya Yamanaka to Francis Collins and from Bruce Beutler to Robert Lefkowitz. APSA has expanded rapidly over this past year, and our five standing committees have continued to generate new initiatives that will enhance our member benefits and bolster our presence within the scientific community.

Our Membership Committee has successfully recruited 18 Institutional Memberships over the last year, and our five standing committees have continued to generate new initiatives that will enhance our member benefits and bolster our presence within the scientific community.

Have you done something impressive or significant in the medical or scientific world? We want to know about it!

APSA wants to feature YOUR successes on our website and in future newsletters. All members, regardless of training status, can submit entries. The best submission will be honored at the next Annual Meeting!

Visit APSA’s website to submit your accomplishments!
http://www.physicianscientists.org/?page=member_research
AAPS Partnership Initiative Gains Momentum, Provides Member Benefits
Stephanie Jackson, Vice-President, External Affairs & Chair, Partnerships Committee, Saint Louis University

From its earliest days, APSA recognized the value of partnerships for its members. Our first major alliances were forged with The American Society for Clinical Investigation (ASCI) and the Association of American Physicians (AAP), both honor societies for physician-scientists, to provide physician-scientist trainees access to established and successful physician-scientist mentors. Over the years, through connections of various members of our leadership, we have made affiliations with other organizations to increase our visibility, advocate for physician-scientist training, and expand the benefits we are able to offer our members.

APSA’s alliance with MD/PhD trainee organizations around the globe increases our international presence and fosters dialogue and exchange of ideas about physician-scientist training and careers. Our partnerships with special interest groups position APSA to advocate for change on issues affecting physician-scientist training and careers. Efforts gaining a lot of momentum at present have focused on building partnerships with clinical specialty societies to directly connect APSA trainees with information about their unique training and career aspirations. Established partnerships with the Infectious Diseases Society of America (IDSA), the Society for Academic Emergency Medicine (SAEM) and the Radiological Society of North America (RSNA) have helped pave the pathway for this initiative, and our goal for the upcoming year is to prudently expand our partnerships with clinical specialty societies that better represent the diverse interests of our members.

While each partnership varies, the goal is always to provide benefits to APSA members. Some of the more common ways our partners support the work of APSA is by making financial contributions to our annual or regional meetings, offering direct sponsorship of speakers for these meetings, or sponsoring travel awards for physician-scientist trainees to present their research at APSA meetings. Other benefits include providing discounted memberships in the society or registration for their meetings, offering travel awards or scholarships to specialty society-specific programming, or providing mentors for interest group sessions at our meetings or on our website.

If you would like to learn more about the partnerships we are (See Partnerships on Page 6)

Thoughts on APSA from a Neurology Resident
Kim Gannon, MD, PhD, University of Pennsylvania

I was thrilled to be asked to write an article for the APSA newsletter and a bit nostalgic. A bit about me: I graduated from medical school in 2011 from the University of Mississippi Medical Center with a PhD in Physiology. Our medical school did not offer a formal MSTP program, as the thought of a physician-scientist is very young in the South, and only slowly becoming more accepted. I am currently a PGY-3 Resident in Neurology at the Hospital of the University of Pennsylvania.

I became involved in APSA as a way to connect with other physician-scientists from across the country - to learn from their experiences and gain insight into what the career of a physician-scientist would look like. I also took on leadership positions within APSA. I initially served on the public relations team, participating in conference calls and learning the ins and outs of Constant Contact e-mails. Following a year of this, I became the co-chair of the Public Relations Committee, and was a co-editor of the Newsletter (hence the nostalgia, which is only elevated by the fact that the current Editor is from my alma mater).

I was able to attend several of the APSA Annual Meetings in Chicago, make excellent connections with people from across the country, and present research to leaders in my field.

Being a part of APSA was helpful for me in multiple ways, but the most important aspect was getting to know fantastic people from across the country. To this day, I keep in contact with several of the other APSA members I met, visiting a few when traveling, and seeing others who serve as residents at my current training hospital. APSA also helped me to hone my leadership skills and allowed me opportunities to consult with faculty and business leaders from across the country. Being from a small medical school, with an even smaller group of MD/PhD students (I was one of two in my graduating class), APSA offered me a sense of community and place; it showed me that other people were also ambitious enough to try to bridge the gap from bench to bedside.

Research during residency has been slow to get started for me for several reasons. When I started my clinical training, I discovered that I really liked working directly with people and wanted to turn my focus away from bench research and become more involved in clinical research. Beginning residency at a different institution from where I did my graduate and medical school training, I did not establish connections within the Neurology department until my first year of Neurology and did not really decide on the focus of my likely research until the end of my PGY-2 year. At this juncture, I’m doing a bit of catch-up work and applying for the R25 grant from the NIH this fall, which will afford me (See Thoughts on Page 6)
Think about this sentence written by Craig Irvine of Columbia University - “The medical academy’s primary ethical imperative may be to care for others, but this imperative is meaningless if divorced from the imperative to care for oneself.” This statement is a fancy way of saying what we hear frequently. That is, that we need to take care of ourselves before we can take care of others. But as highly motivated trainees in the fields of research and medicine, do we really take this advice to heart? We should.

The data are unequivocal. Physicians and researchers have a greater incidence of anxiety, burnout, depression, and suicide than the general population. It is for this reason that faculty members at the University of Texas at Houston and M.D. Anderson Cancer Center collaborated in putting together an important book titled, “Faculty Health in Academic Medicine: Physicians, Scientists, and the Pressures of Success.” Written by a number of authors who range from being physician-scientists to psychologists to behavioral scientists, this volume has a distinctly academic feel to it. However, this does not detract from its readability or from its important messages, which include the following: it is exceedingly challenging to be a physician or scientist (or both!) in this day and age, we are not coping as well as we should with the difficulties, we need to do better, both to perform our jobs more effectively and to be personally fulfilled and satisfied, and finally, there is help available.

As a group, physicians and scientists strive to live up to nearly unattainable professional ideals. Additionally, standards are set extremely high for the attainment of promotion and success, and many academic centers do not do enough to realize the personhood and the predisposition to burnout of these employees. The authors of this book stress that institutions need more flexible faculty structures (e.g. part-time options), updated approaches to mentoring and career development (particularly for younger faculty), and more supportive departmental heads.

Throughout the book, the important point is made that there is a strong stigma associated with mental illness amongst medical professionals, so physicians and scientists who experience depression and/or severe anxiety are hesitant to admit that anything is wrong or to ask for help. This mindset must change on both ends if we hope to change the status quo. In the past decade, several institutions have begun implementing faculty health programs that have been tremendously beneficial for those professionals who have come forward and sought aid. However, participation in these programs needs to increase.

As trainees pursuing careers as physician-scientists, we are generally as motivated and ambitious as a group of people can be. However, we need to be fully aware that life will not get any easier for us in the future. Our careers will be laden with stress and pressure, and it is important for us to not only lead lives that engender psychological, physical, and emotional health, but also to be aware that assistance is available, and be willing to seek help when we need it.
Review of the European MD/PhD Conference
Jennifer Kwan, University of Illinois at Chicago

The European MD/PhD conference took place in Paris, France July 5-7 2013 at Paris Descartes University, with support from the host university and various French organizations. The conference featured prominent physician-scientist speakers in various disciplines from the United States and France, and brought together MD/PhD trainees across all training stages from 9 countries: Denmark, Netherlands, France, UK, Portugal, Sweden, Switzerland, Romania and the United States. APSA was invited to represent the United States, and Jennifer Kwan, current Chair of the Policy Committee, gave a presentation on physician-scientist training in the United States, APSA initiatives geared toward physician-scientist career development, and highlights from the APSA Annual Meeting. Various training formats from different countries were presented, and there was considerable interest in pursuing training in the United States for residency and beyond.

Attendees had the opportunity to tour the prestigious French Academy of Medicine to observe the healthcare policymaking process in action in France. An advantage of being in Europe was the history of science and medicine that took place there. Specifically, in France, attendees were able to tour one of the oldest operational hospitals, the Hôpital Pitié-Salpêtrière, which celebrated its 400-year anniversary last year. They also visited the venues and grounds where the initial stages of vaccine development occurred, and where the study and characterization of neurological diseases were performed by Charcot and Babinski.

The meeting brought together discussion about science occurring both in North America and Europe, as well as about different healthcare systems with insights to be gleaned all around.

Follow-up from the meeting included discussion and excitement of surveying MD/PhD training mechanisms, funding, mentorship, etc., in each country and looking for ways to share good practices. A second initiative that arose from the meeting was the process of developing an online foreign research and clinical exchange resource. Stay tuned for more updates from this exciting new collaboration . . .

APSA Annual Meeting Review
Alexander Adami, University of Connecticut

The 2013 APSA AM, held from April 26th to April 28th in Chicago, was the ninth meeting of physician-scientists trainees from across the nation and the world. Held in conjunction with the annual meeting of the American Society for Clinical Investigation (ASCI) and the Association of American Physicians (AAP), the AM brings together prominent physician-scientists and trainees, many of whom are APSA members. Distinguished speakers and unmatched mentoring and networking opportunities are among the many draws. If you couldn’t make it this year, read on for a recap of the meeting and why you will want to make attending in 2014 a top priority.

The AM began with the APSA business meeting, including presentations by the Executive Council and small group discussions of APSA initiatives and goals. Immediately thereafter, APSA’s Plenary Session commenced, including the popular Women in Medicine panel discussion and several APSA keynote speakers. Even in a meeting of members of the ASCI and AAP, APSA’s keynote speakers were equally stellar. Indeed, the final speaker of the session, Levi Garraway, drew a packed room, including many ASCI and AAP members and the Director of the NIH, Francis Collins.

The Plenary Sessions of the ASCI and AAP continued the impressive speaking roster. NIH Director Francis Collins discussed the future of translational research, 2013 Nobel Laureate Shinya Yamanaka demonstrated that a talk about induced pluripotent stem cells can be very funny, as all who remember his smiling mouse can attest, and Nobel Laureate Stanley Prusiner spoke of the possible prion component of many neurologic disorders, to name just three. Other key-

(See Meeting on Page 6)
Hello APSA members! We are your undergraduate liaisons – Sofia Campos, a senior from University of California, San Diego, and Leanne Dumeny, a senior from the University of Florida. After joining APSA last year, we wanted to share our interest in becoming physician-scientists with others, and inform more students about the possibilities and opportunities of a dual degree. We have found that opportunities for being advised and mentored about the MD/PhD track are not as abundant as we would prefer. By exposing undergraduates to resources within APSA, we hope to facilitate decisions about career development as physician-scientists.

Our involvement thus far has been centered on understanding how APSA can benefit undergraduates, and finding out ways to make that happen. One priority is to make the annual meeting an experience that will benefit undergraduates and develop their interest in a dual degree. As the undergraduate liaisons, we want to create more opportunities and expose the resources that will guide students to be able to fulfill their passions.

In APSA, we work with great people who share our desire to become physician-scientists. If any undergraduates (or anyone else) have ideas to further the opportunities at the annual meeting or other potential events, we encourage you to contact us at sofia.campos@physicianscientists.org; or leanne.dumeny@physicianscientists.org. Please let us know if you have any comments, suggestions, or needs that can help in becoming an MD/PhD student. There is a need for physician-scientists and their unique perspective on medicine and research, and we would like to help as many students as possible realize opportunities and achieve success in this career. We look forward to a productive year ahead.

Undergraduate Perspectives on APSA
Sofia Campos, University of California, San Diego, and Leanne Dumeny, University of Florida

As the newly elected Chair of APSA’s Finance Committee, I hope to share my great enthusiasm for the opportunities that lie ahead of us in the 2013-2014 academic year. In APSA’s 10th year of existence, we hope to utilize several plans to solidify the financial state of APSA, for both the immediate and long-term future of the organization.

It is my top priority to diversify the sources of funding for APSA. Maintaining funding from the NIH is an important priority. We additionally intend to build off of our NIH funding by seeking other sources of funding. The Burroughs Wellcome Fund has been a generous supporter of APSA, and we look to continue this strong relationship. We also have strong partnerships with other organizations, who support APSA financially as well as by sponsoring speakers and other APSA initiatives. Now that the APSA website is fully functional and highly trafficked, we seek to gain more advertising support.

Institutional Memberships are a unique opportunity for academic centers to provide for their mentees, and is an initiative that has been on the rise for several years. In short, when a university purchases an Institutional Membership, their students are given full membership benefits to APSA, allowing for a more cohesive relationship between the medical center, its students, and APSA. We hope to continue to build upon this already successful initiative.

Lastly, and perhaps most excitingly, we hope to develop relationships with industry. While APSA traditionally has pursued opportunities in academia for its members, it is important to realize the vital role that industry plays in advancing science. We hope that by forming relationships with industry, we will allow APSA members to become more educated about opportunities in industry and allow industry to gain exposure to APSA members.

This upcoming 10th year will be one of the most exciting years for APSA’s Finance Committee, and we look forward to the challenges and rewards of this endeavor. If you would like to be a part of this committee, we encourage you to apply through our application page, http://www.physicianscientists.org/?page=LeadershipPosition.

Updates from the Finance Committee
Steve Chrzanowski, Chair, Finance Committee, University of Florida

APSA Leadership Retreat
(August 17 & 18, 2013)
**Partnerships (cont. from page 2)**

developing now, or if there is a specific organization that you would like to be represented, or if you would like to become involved in reaching out to these groups, please contact APSA’s Vice-President for Internal Affairs, Stephanie Jackson, at stephanie.jackson@physicianscientists.org.

**Thoughts (cont. from page 2)**
six months of research time during my final year of residency followed by one supported year of a research fellowship. I would encourage trainees, even before you know where your focus may be, to make an appointment with several of the experts in your field to get an idea of what type of research may be available, and build a repertoire of mentors as you start to explore your interests in the specific field.

In my post-graduation experience, the MD/PhD places us at a unique juncture to bridge the gap between the lab and patients; this is a powerful and intimidating position. There will always be the naysayers, and the NIH grant cycles will have ups and downs, but if a life of combined research and clinical practice is what you strive for, don’t let anyone dissuade you. Keep working, keep reading, keep researching, and keep caring for people!

**Meeting (cont. from page 4)**

note speakers included former UCSF MSTP director Kevin Shannon discussing physician-scientist training and cardiologist Stanley Hazen exploring the role of the gut microflora in atherosclerotic heart disease. Lest you think trainees were lost in a sea of grand presences, APSA’s presence at the AM got a shout-out from Francis Collins on the April 30th edition of NPR’s Marketplace, and John Potts, 2013 Kober Medal awardee, spoke passionately to the mentors in the audience on the importance of active involvement in mentoring.

The poster session, with a record nearly 230 posters, fostered close interaction and connection-building between trainees and ASCI and AAP members. APSA’s panels provided further opportunities, including a chance to hear editors of the JCI and JAMA discuss basic science and clinical writing and the opportunity to get your career questions answered by newly-minted physician-scientists at Residency 101. Not to be missed were the Policy Panel, featuring leaders in translational research, and the Post-Graduate Opportunities panel, whose members included Griffin Rodgers, director of the National Institute of Diabetes and Digestive and Kidney Diseases, and Sapan Desai, physician-scientist and founder of his own company.

Every year APSA, together with the ASCI and the AAP, dedicates a substantial portion of the AM to opportunities for trainees to network with and learn from senior physician-scientists in a variety of fields and occupations. The mentoring breakfast series held on Saturday and Sunday mornings was especially popular, with mentors ranging from prominent academics like Wayne Yokoyama and Margaret Hostetter to senior members of the biomedical industry, like Michael Rosenblatt. The AM’s finale was the Residency Luncheon, featuring more than a dozen representatives and directors of research-oriented residency and fellowship training programs from across the United States in attendance.

Of course, the AM is not all serious science. APSA’s welcome reception on the 99th floor Skydeck of the Willis (formerly Sears) Tower brought APSA members together enjoy a celebration over 1200 feet above the Chicago streets.

So, remember: the 2014 AM, APSA’s 10th, runs from the 25th to the 27th of April, 2014. You won’t want to miss out.

**Mentorship Breakfast at the APSA Annual Meeting**
*(April 28, 2013)*

**Poster Session at the APSA Annual Meeting**
*(April 27, 2013)*
President (cont. from page 1)

year, whose students benefit from all that APSA has to offer, and APSA’s total membership has increased to over 1200. The Membership Committee is particularly interested in recruiting undergraduate students and residents and fellows to the organization and is working on a variety of efforts to accomplish these goals. APSA now has two undergraduate liaisons, Sofia Campos and Leanne Dumeny, as well as one resident liaison, Eli Levin, who are working to build benefits for undergraduate and resident members. Surveys are currently underway to better understand the needs of our members within APSA, and plans are ongoing to add benefits for these members at our live events and on our website. Our four regional meetings this fall will bring together over 600 trainees across the country to discuss career development, present their latest work, and network with other physician-scientists in training. At these meetings, focus groups with residents and undergraduate students will be held to provide feedback on how APSA can better serve these member groups. Undergraduate-and resident-specific panel sessions will be held at several meetings and will help undergraduates navigate the MD-DO/PhD application process. This committee is also actively working to establish local chapters across the country, which will provide trainees access to local events that are supported by APSA or that reflect the mission of the organization.

Through social media, advertising, and outreach, our Public Relations Committee has greatly expanded its impact on our members and prospective members within the scientific community. We started off the year by providing an instant recap of the events that transpired at this year’s Annual Meeting. Our twitter feed has been active with new tweets from us and with re-tweets from other scientific organizations and well known scientists, and we sent over 50 tweets during the last Annual Meeting. Our facebook and LinkedIn groups continue to engage our members in the everyday happenings at APSA. Through our website, we provide pertinent articles written by our own members as well as the opportunity to interact with fellow members using the blogs and forums features. We have created seven new Interest Groups and have held two interactive sessions on our website, bringing together members interested in Neurology, Infectious Diseases, Emergency Medicine, Pediatrics, Translational Research, and those who are undergraduates or prospective or current residents or fellows.

Our Policy Committee has been actively advocating for the needs of our membership. Several of our survey-driven studies, including our F30 survey examining NIH pre-doctoral funding and the Tomorrow’s Physician Initiative examining career pathways of physician-scientists in training, are nearing publication, which will help promote APSA and its critical compilation of data within the academic community. Our Policy Panel at the 2013 Annual Meeting was a great success with a quartet of excellent speakers, including the NIH director, Francis Collins, and our 2014 Policy Panel is shaping up to be similarly impactful. We are again planning a Capitol Hill lobby day this Spring to advocate for funding and resource allocation for physician-scientists in training. In addition, we are collaborating with a number of other organizations, including the Association for Clinical and Translational Science (ACTS), to broaden advocacy efforts for our members.

We recently held our Annual APSA Leadership Retreat in Philadelphia, a weekend aimed at envisioning and planning a successful year within APSA. Through the help of the Finance Committee, Executive Council, and the Board of Directors, we generated and approved an annual budget for the very first time in APSA history. With this new budget, our organization will be better poised for financial growth while maintaining fiscal responsibility. This year, our Finance Committee will actively pursue sponsorships from the private sector and other charitable organizations and are preparing marketing documents to aid in recruitment. In addition, our Vice-President for Internal Affairs, Stephanie Jackson, has begun the process to formalize our existing partnerships with specialty societies and is poised to add many other societies to our list of collaborators and partner organizations. Many of these partnerships will be based on the specific specialties that our members have indicated as their chosen clinical or research fields of interest from our career interest survey. (available at https://www.surveymonkey.com/s/9R3JK82) Through these partnerships, APSA hopes to offer greater benefits to our members in a variety of clinical and research subspecialties and to provide access to important resources within these organizations for our members.

As one of the highlights of the upcoming year, our 10th Annual Meeting, which will be held at the Fairmont Hotel, Millennium Park in Chicago, IL, from April 25-27th, 2014, is shaping up to be one of the best meetings to date. We have already confirmed Brian Kobilka and Peter Agre, both Nobel laureates, as APSA keynote speakers, and we are planning innovative panel sessions and networking opportunities designed to marshal in the next decade of APSA. Our Welcome Reception, which will be held on the 95th floor of the John Hancock Center, is sure to provide an unparalleled view of the Chicago skyline. With an even stronger collaboration with ASCI and AAP and much cross-promotion of our meetings, APSA’s 10th Annual Meeting is sure to be enjoyable and memorable for all in attendance.

Thank you again for your interest and dedication to APSA. It is APSA’s membership that fortifies this organization and builds the foundation for a successful and fruitful year. If you have any suggestions on ways in which we can improve your career development and offer innovative educational or networking opportunities, please contact me at evan.noch@physicianscientists.org. We look forward to a year of growth, a year of meaningful and exciting programming, and one that ushers in success and productivity for APSA and all of its members.

Sincerely,

Evan Noch, MD, PhD
President, American Physician Scientists Association
Glimpses from the Annual Meeting
(April 26-28, 2013)

Glimpses from the APSA Leadership Retreat
(August 17 & 18, 2013)