



SUNO APPNA

MONTHLY NEWSLETTER *JANUARY 2024 EDITION*



APPNA Strategy Meeting 2024

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PRESIDENT'S MESSAGE



Dear APPNA Members,

As promised, this is our first newsletter "Suno APPNA" to keep the membership informed of APPNA activities and connect with members.

My year as President started with a very successful strategy cruise meeting to Cozumel, Mexico attended by 5 past APPNA presidents and Board of directors including President elect and many committee chairs. We all had a lot of fun as well as the member attendees were very involved in discussing the strategy for 2024.

The meeting was very successful in that not only with the scheduled sessions, fully attended, extra sessions, had to be added to accommodate the overwhelming interest and response by the members who were very focused in chalking a path forward for APPNA for 2024 subject to approval by the BOD.

Topics that were discussed included 1) new business revenue development for APPNA 2) Emphasis on education 3) Membership growth and 4) New code of conduct for elections.

The consensus actionable items that were debated and thought out by the attendees are included in this newsletter that need to be enacted upon after the BOD review and approval.

Our international meetings to South Africa starts soon. All international meetings have been sold out in record numbers and China trip is so popular that we had to open a third group to accommodate all our members and that is also sold out.

Thanks to Tipu and Dr Saeed Sabir Chair international travel committee chair for their wonderful job. As we move forward, we have updated our trip booking process and made it more modern to be more user friendly and faster for the convenience of our members.

We are working hard to plan our Spring, Summer and fall meetings.

We look forward to seeing you and your families in these meetings



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I want to thank all my committee chairs for their hard work and I especially want to thank strategy meeting chairs Drs. Tayyab Rana, Mujtaba Qazi and Nadeem Ahmed all NAMA and Caribbean graduates for hosting an amazing strategy meeting

I also want to thank Nauman Ashraf and Dr Fariya Afridi chair and co-chair of communications committee for this Newsletter a first in APPNA.

Best wishes to you all and long live APPNA.

Sincerely,

Asif Mohiuddin, MD
President APPNA 2024



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EDITOR'S NOTE



Dear APPNA Members,

With great humility, I commence my tenure as the Chair of the APPNA Communications Committee 2024.

APPNA's Communications Committee is tasked with supporting the President and the Board of Directors in managing all official electronic communications. This includes responsibilities such as handling electronic newsletters, maintaining social media platforms, and overseeing the APPNA website.

Additionally, the Committee is responsible for sharing information about APPNA's activities with social media channels, news organizations, and other relevant public or private entities.

Keeping the above mandate in mind, APPNA's Communications Committee 2024 has come up with the following agenda for the year.

A) APPNA's Monthly Newsletter: Communications Committee will disseminate digital copies of APPNA's Monthly Newsletter, **Suno APPNA**. We will focus on different themes every month to highlight achievements of APPNA in different domains.

1. This current February issue focuses on the highlights of the APPNA Strategy Meeting 2024. It includes summary report of the actionable items from the SWOT analysis on business development, educational endeavors, membership growth, and elections.
2. The March issue will focus on the Educational Landscape of APPNA. We will discuss the plan of developing an administrative body of American College of Medicine (under the auspices of APPNA), achievements of our educational committees – MERIT, YPC and RESA, and their goals for the year 2024.
3. The April issue's theme will be, *Celebrate our Chapter*. We will highlight the achievements of different APPNA Chapters and their ongoing projects for 2024.
4. The May issue will include Spring Meeting highlights and the updates on the actionable items from the Strategy Meeting.
5. The June issue will focus on the membership theme. We will share our current membership data with different membership categories and the benefits of being an APPNA member.
6. The July issue will capture Summer Meeting highlights.
7. The August issue will showcase different philanthropic projects of APPNA.
8. The September issue will highlight advocacy efforts by APPNA for the year 2024.
9. The October issue will highlight activities of all our different APPNA Committees.
10. The November issue will feature Fall Meeting highlights.



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11. The December issue will be the last issue of the year and will feature all our achievements for the year 2024.

B) APPNA Communication Committee will work closely with the IT team to update APPNA's website and APPNA's APP.

C) APPNA Communications Committee will work with the IT team to disseminate APPNA's educational, advocacy and philanthropic achievements on different digital outlets of APPNA – YouTube, LinkedIn, Instagram Facebook, and Twitter.

D) We are excited to add a section in the newsletter on, *Celebrate Life's Milestones Together!* The Committee's Co-Chair, Dr. Fariya Afridi will manage this section and it will include personal milestones in our members' lives. Please see a separate section in the newsletter below, on *Celebrate Life's Milestones*, for details.

E) Communication Committee is also proposing to hold quarterly Zoom townhall meetings with the EC where APPNA members will be able to ask live questions from their elected candidates.

I look forward to working with amazing team members of my committee – Drs. Umar Tariq, Fariya Afridi, Tahira Qureshi, Muhammad Farrukh Shamim Malik, Asim Shah, Mansoor Alam, Riaz Khan, Azhar Jan and Naushaba Naz butt.

I express my gratitude to the APPNA President and the BODs for appointing me as the Chair of the APPNA Communication Committee for the year 2024.

Sincerely,

Nauman Ashraf, MD

Chair, APPNA Communications Committee 2024

Advisor, APPNA YPC 2024



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Strategy Meeting Chairs' Report



Assalamu Alaikum!

Dear APPNA Colleagues, Family, and Friends,

The APPNA 2024 strategic planning meeting was held from January 25th through the 29th aboard the Royal Caribbean Radiance of the Seas cruise departing from Tampa, Florida bound for Cozumel, Mexico.

Thanks to President 2024, Dr. Asif Mohiuddin's forward thinking leadership, this meeting was a historic milestone for APPNA as this was the first major meeting chaired and organized by North

American and Caribbean Alumni. The goal was to formulate executable solutions, goals, and objectives for the upcoming year and beyond, that were based upon "SWOT" modeled analysis.

We were privileged to capitalize on the expertise of a diverse group of participants, including five past presidents (Drs. Arif Muslim, Manzoor Tariq, Mubashar, Rana, Sajid Chaudry, and Haroon Durrani), the President Elect (Dr. Humeraa Qamar), current and prior members of the Board of Directors (Drs. Rooh Afza Afridi, Sajid Mehmood, Muhammad Sanaullah, and Irfan Aslam), and Council, multiple committee chairs, and even "first timers." Our intense discourse and brainstorming extended beyond the regular scheduled sessions into midnight debates.

The meeting focused on three themes: (1) expanding APPNA's revenue stream by focusing on improving and streamlining member services and securing grants and sponsorships; (2) coordinating APPNA's education programs and leveraging the specialty expertise of our physicians; and (3) accelerating membership growth, by focusing on the recruitment of physicians-in-training and young physicians, and by streamlining the election process. Each session was led by a group of panelists, who provided an overview of the current state of affairs and, then, offered innovative solutions to strengthen processes to achieve definable objectives. The panel presentations were then vigorously debated in break-out and Q&A sessions that followed.

All participants expressed their genuine concern that the meeting should conclude with specific actionable recommendations and plans, rather than leave with lofty ideals and no follow through. Therefore, we held focused add-on sessions to formulate a consensus-approved action item list (see below) pertaining to the above three



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subjects. We will update the membership of the progress of such actionable items at the national APPNA meetings and via email as needed. Key ad hoc committees were formed, including a Sponsorship Committee, to work with various Pharmaceutical and institutional sponsors and the American College of Medicine of APPNA committee, to coordinate the activities of RESA, YPN and Merit.

We thank all of the APPNA members who took time from their busy schedules to focus on the issues of the day affecting APPNA. We especially appreciate the cooperation displayed between President Dr. Asif Mohiuddin and President-Elect Dr. Humeraa Qamar during the Strategic Meeting to move this consensus-based agenda forward. It is our hope that having North American and Caribbean alumni of APPNA involved in this process added a novel approach to this annual meeting. Together, with the invaluable contributions, experience, and support of our colleagues from all chapters and alumni, we all hope to deliver an even better APPNA for all.

As always, we would like to thank Tipu and Laiq for their important logistical support for the meeting.

Sincerely,

Dr. Tayyib Rana, Chair Strategic Meeting 2024 (NAMA)

Dr. Nadeem Ahmed, co-Chair (Caribbean)

Dr. Mujtaba Qazi, co-Chair (NAMA)

Dr. Asif Mohiuddin, President APPNA 2024



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APPNA
Association of Physicians of
Pakistani Descent of North America

APPNA 2024 Strategic Meeting

January 25-28, 2024

President: Dr. Asif Mohiuddin

Highlights

Attendees: 121

Organizers: North American & Caribbean Medical Alumni: First Time Ever!

Chair: Dr. Tayyib Rana (NAMA), **Co-Chairs:** Drs. Nadeem Ahmed (Caribbean), Muftaba Qazi (NAMA)

Venue: Royal Caribbean Cruise (Tampa, FL to Cozumel, MX)

Key Attendance: President, President-Elect, 5 Past Presidents
Current and Past BOD, EC, Committee Chairs, and Alumni & Chapter Presidents

CME Chair: Dr. Shahid Ahsan **Action Items Summary:** Dr. Aamir Ehsan

Strategic Action Items

Business Aspects

1. APPNA Centralized Sponsorship Committee, in coordination with Local Host Committees
2. Young Physicians – Early Career Seminars/Workshops, Job Fairs
3. Specialty and Sub-specialty Education
4. APPNA Incubator Concept (Clinical Trials and Translational Research) – Task Force
5. Outside the Box – Joint Ventures, Endowment, Investment Initiatives

Education Focus

1. Standardize CME process with RESA (USA, Canada, and International)
2. American College of Medicine of APPNA (with RESA, MERIT, YPC) – Task Force

Membership Initiatives

1. Development of Membership Package, including Membership Benefits
2. Membership Booth at all APPNA Meetings
3. Patrons of APPNA - New Membership Category
4. Social Media Engagement via Multiple Platforms
5. Revamp APPNA Website
6. Capture Young Physician and Residents-in-Training Members when joining YPC
7. Bundle Membership – Alumni and Chapter Engagement
8. Initiate Surveys to Members and Non-Members
9. Autorenewal for Annual Members
10. APPNA Membership Dues – Short/Long Term Impact on APPNA
11. Election Reform: Expand Candidate – Member Interaction, Revise Timeline

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CME Chair Strategy Meeting



Dear members,

APPNA's first international CME strategic meeting of the year was held on January 25, 2024., on the Royal Caribbean Cruise, that departed from Tampa Bay, Florida. The objective of the CME meeting was to provide multidisciplinary education to the CME attendees. Topics were derived from disciplines of medicine, surgery, and psychiatry. For all physicians, it is imperative that they acquire knowledge from various disciplines to provide quality care.

Dr. Salim Afridi is a Graduate of Nishtar Medical College, Multan, who works as a Urologist and has been an established APPNA Speaker, gave an excellent talk on erectile dysfunction. He discussed causes of erectile dysfunction and advances in the management of Erectile dysfunction disorder.

Dr. Nauman Ashraf, a graduate of Liaquat Medical college, Hyderabad, who is currently appointed as the Program Director in General Psychiatry and Addiction Medicine Fellowship at the Kansas City University and an Associate Professor of Clinical Psychiatry, discussed about the epidemic of substance use disorder in the United States. He elaborated the need for mental illness early identification and management with medications as well as rehabilitation.

Dr. Tariq Bin Sagheer, a graduate of Dow Medical College, who practices Gastroenterology in Tampa, Florida and has served as Assistant Professor of Clinical Medicine, discussed Barrett's Esophagus and complications of gastroesophageal reflux disease. He discussed early identification and management using endoscopic images for proper understanding.

Finally, Dr Shahid Ahsan, a graduate of Nishtar Medical College, Multan, who is an Associate Professor of Clinical Medicine at the Indiana University School of Medicine, discussed about circadian rhythm sleep disorder and management of insomnia using cognitive behavioral therapy and Sleep Hygiene.

The audience attending the CME sessions well received the CME sessions and stated that they enjoyed the learning and that the information provided during the CME sessions will help them enhance and improve their clinical practice.

I would like to thank Dr. Nadeem Ahmed for his help in securing the speakers and assistance in conducting the CME program.

Sincerely,

Shahid Ahsan, MD

Chair, APPNA Strategy Meeting CME 2024

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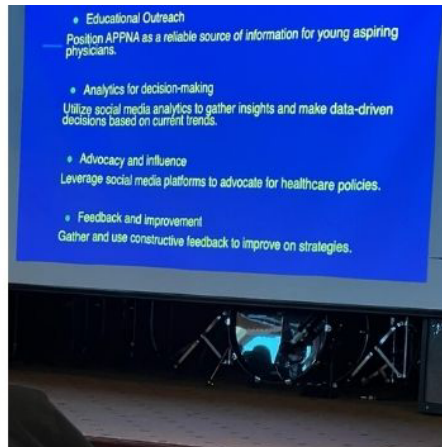




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- 1 ENDOWMENT FUNDS & OPERATIONS
- 2 Member Qualities → Membership Packages
- 3 DATA Needs to be organized.
- 4 LTY is AL - MULTIFACTORIAL ISSUES
- 5 OUR LEARNING OBJECTIVES
EDUCATION is KEY / LEADERSHIP
BUSINESS HELP / BUSINESS HELP
- 6 CMG has improved
- 7 Nominations - where is there
for me
- 8 NON-CME topics to be discussed
- 9 AMBIGUOUS IN BYLAWS & AGE
ADDRESSING
- 10 MERIT OF CANDIDATES DROPPED
- 11 ETHNIC DIVISIONS MORE NOW
- 12 YPC, ANNUAL MEMBERSHIP WORK/COMMITTEE
- 13 NEED TO SEND OUT FREQUENT SURVEYS



STRATEGY MEETING 2024 BUSINESS & EDUCATION

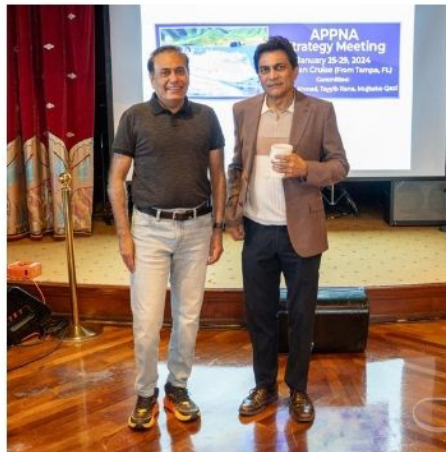
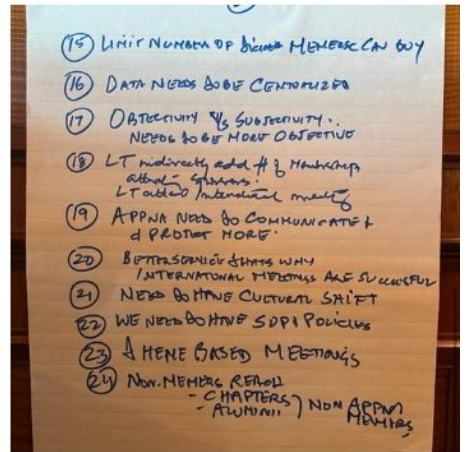
- 8 WEBINARS / INVITATIONS
- 9 YPC - PROPOSING NOTE to
DIA APPNA
- 10 AN. COUNCIL OF MEDICINE (NABF)
- 11 PATRONS OF APPNA (\$50)
(NEW)
- 12 LIMIT # of tickets to 8 PURCHASE
- 13 MEMBERSHIP BOOTH - APPNA
- 14 WEBSITE - NEW
- 15 QR CODE CONCEPT
- 16 CAPTURE RESEARCHER
& NON PRACTICING DOCTORS
- 17 MICROLOANS
- 18 TASK FORCE
- INCUBATOR
- MENT. RESOURCES
- ACADEMIC COLLEGE





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Video Clips from APPNA Talent Night: <https://youtu.be/7CnB-Itd-Rk>

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Claiming CME Credits for the Strategy Meeting 2024

How to Get Your Certificate

1. Go to <http://APPNA.cmecertificateonline.com>
2. Click on the “2024 APPNA Strategy Meeting” link.
3. Evaluate the meeting and click the hyperlink provided on the last page to claim your credit certificate.
4. Save/Download/Print all pages of your certificate for your records.
5. If you lose your certificate, or need help, go to help.cmecertificateonline.com

Questions? Email Certificate@AmedcoEmail.com

All downloaded certificates will be verified by the APPNA Central for accurate reporting to the regulatory authorities.



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Celebrate Life's Milestones Together!



Dear APPNA Family,

I hope you all are in good health and high spirits. As a close-knit community, we believe in celebrating not only our collective achievements but also the individual milestones that make each of us unique.

To foster a sense of togetherness, we invite you to share your personal news with the APPNA family. Whether it's a birthday, anniversary, work promotion, a child's graduation, a wedding, or the joyous arrival

of grandkids – we want to celebrate these special moments with you.

Please take a moment to let us know about any upcoming or recent personal milestones in your life, especially those occurring this month. Feel free to include a brief note or any pictures you'd like to share. Your stories contribute to the rich tapestry of our community, and together, we can create a supportive and joyous environment.

You can simply reply to appnacommunication@gmail.com with your news, and we'll make sure to highlight and share these moments during our community updates.

Let's celebrate life's journey together!

Best Regards,

Fariya Afridi

Co-Chair, APPNA Communications Committee 2024





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APPNA SOCIAL MEDIA HANDLES

Please subscribe to APPNA's official social media handles to get timely updates and to support your beloved organization.



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APPNA EDUCATIONAL RESOURCES

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ypc@appna.org

**APPNA
RESA
EMAIL**



appnaresa@gmail.com

**APPNA
ACADEMY**



<https://academy.appna.org/>

**APPNA
YPC**



www.facebook.com/groups/308140919099

**APPNA YOUTUBE
EDUCATIONAL
CHANNEL**



<https://www.youtube.com/channel/UCg4wPG-bFfwF8Bh-GYfj34g>

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Upcoming APPNA Meetings in USA

APPNA Spring Meeting

April 25-28, 2024 Chicago, IL
Chair - Dr. Sajid Mehmood



APPNA Summer Convention

July 3-7, 2024
National Harbor, MD (D.C.)
Chair - Dr. Tariq Mahmood

APPNA Fall Meeting

September 26-29, 2024
San Antonio, TX
Chair - Dr. Aamir Ehsan

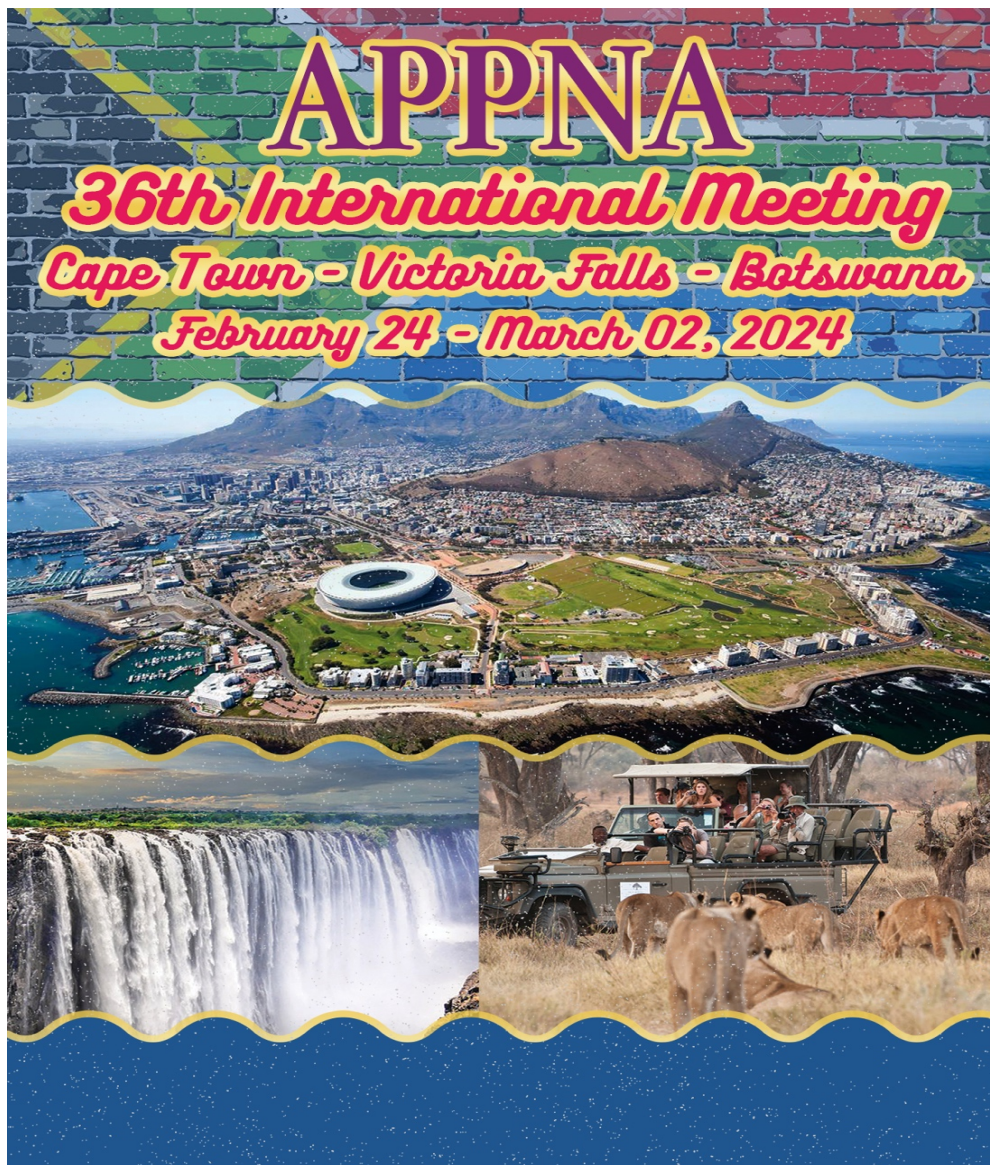




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Upcoming APPNA International Meetings



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Upcoming APPNA International Meetings

APPNA *37th International Meeting*



Brazil

Rio de Janeiro, São Paulo,
Manaus with Amazonian cruise
July 20-29, 2024

APPNA 38th International Meeting

China

October 12-20, 2024

Group 1

Beijing - Xian - Shanghai

Group 2

Shanghai - Xian - Beijing



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