

APPNA Advocating for a Brighter Future Fall Meeting Highlights & Advocacy Initiatives

Discover how APPNA is championing our community through impactful advocacy efforts and the insights gained from our recent Fall Meeting. Join us in shaping a healthier future.

Get involved and learn more inside!



PRESIDENT'S MESSAGE



Assalamu Alaykum,

This month's newsletter highlights the advocacy committee of APPNA as well as reflections on a very successful fall meeting in San Antonio.

APPNA Advocacy committee's primary task is to facilitate visa process for medical students and help them through engaging with the state department. They also work hand-in-hand with YPC in helping young students achieve electives, observership interviews and ultimately residencies. I wanna thank Dr Abdul Rashid Peracha, Dr. Zafar Iqbal and most importantly Dr Fateh Shehzad for their role in the advocacy committee and all the help they have given to the young medical students throughout the year.

APPNA Fall meeting was held in San Antonio Texas in September 2024. This was chosen largely because of a strong host committee who could deliver Superb Fall Meeting, and they did deliver!

Under the leadership of Dr Aamir Ehsan and his committee we had an amazing Fall Meeting, perhaps one of the most successful Fall meetings APPNA has ever held.

The CME conducted was AI augmented and world class CME in Internal Medicine and its subspecialties. This was in keeping with our theme throughout the year that we will concentrate and make the association education oriented, and our continued emphasis on education.

We had great YPC sessions again, replicating what we did in summer meeting and had several program directors connect with young physicians who networked and learned about how to get into medical residencies in the United States. We had six program directors of different medical specialties who attended the YPC program during the fall meeting, including president of the state board of medical examiners. This has never been achieved before in the APPNA meetings. The entertainment was world class, including Sanam Studios' cultural dance on Friday and the comedian was really a classic act of comedy on Friday evening. Saturday, we had Shafqat Amanat Ali from Pakistan, who entertained us with amazing music. The food was arranged from Houston and was delicious and abundant.

Always wishing you the best.

Dr. Asif Mohiuddin President, APPNA



EDITOR'S NOTE



Dear APPNA Members,

This issue of "SUNO APPNA" combines APPNA Advocacy Committee report and APPNA Fall Meeting report.

APPNA has been instrumental in advocating for the rights and needs of Pakistani American physicians and medical students. The **APPNA Advocacy Committee** primarily supports medical students and graduates from Pakistan. They help secure various visas (e.g., B-1, J-1, H-1) for electives, observations, USMLE exams, and research positions in the USA. Collaborating with APPNA YPC and alumni, the committee provides year-round visa guidance, aiding over 3,000 applicants annually. The comprehensive approach

to advocacy underscores APPNA's commitment to supporting the medical community and fostering international collaboration.

The **APPNA Fall Meeting 2024**, chaired by Dr. Aamir Ehsan, set new standards in healthcare innovation, education, and advocacy under the theme "Stomp Out Blood Cancer."

Some of the key highlights of the event included the CME Conference that featured comprehensive sessions on cutting-edge medical topics. The conference also hosted an insightful session on Artificial General Intelligence, exploring its transformative potential in healthcare, alongside discussions on healthcare compliance and mergers & acquisitions, emphasizing crucial legal and financial considerations. The Innovation and Entrepreneurship Symposium showcased the latest advancements in AI diagnostics, telehealth, and precision medicine, while the C-Suite Leadership Forum equipped APPNA members with essential career development tools. The Cancer Walk "River of Hope" highlighted blood cancer awareness, with a notable donation to the Leukemia & Lymphoma Society by President Dr. Asif Mohiuddin. Additionally, an interactive session with YPC and program directors provided valuable residency guidance to the medical students and residency applicants. Cultural highlights included a dinner that celebrated the fusion of Pakistani and Mexican traditions, a Qawwali performance by Imran Aziz Mian on Friday, and entertainment by Shafqat Amanat Ali on Saturday.

The Communications Committee is thrilled to announce the launch of our newly redesigned website, <u>APPNA.org</u>. As we continue to improve various areas, your feedback is invaluable. Please share your thoughts directly with me at <u>ashraf.nauman@gmail.com</u>.

Happy Holidays,

Nauman Ashraf, MD Chair, APPNA Communications Committee 2024

SCYGARDEN

ONE SKY, THREE HORIZONS.

Thank you for visiting us at the APPNA 47th Annual Convention

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Advocacy Committee Report



Dear APPNA Members,

Most of APPNA advocacy committee work is related to medical students and graduates from various medical institutions in Pakistan.

Medical students and young physicians face difficulty in securing visit visas for their electives, observations, USMLE step 3 exam and J-1 research visas, for those physicals who secure research positions in various institutions in USA. Advocacy committee in collaboration with APPNA YPC and various alumni conducts regular webinars regarding various visa categories as well as assists visa applicants with their visa applications and preparation for visa interviews. Visa related guidance continues all year long and approximately we help over 3000 visa

applicants in various visa categories including B-1, j-1 research, j-1 clinical, H-1, H-4 and J-2 categories.

The major work is done with new resident physicians. APPNA advocacy has streamlined the journey from getting matched to joining the residency programs on time.

Achievements of APPNA advocacy committee

1- Simplifying the process of getting Statement of Need (SON)

In 2022, with the help of Dr. Faisal Sultan and Ministry of Health, Pakistan, we were able to simplify the process of obtaining Statement of Need. It used to take 3-4 weeks and required physical visit to offices of Pakistan Medical Council and Ministry of Health, Islamabad. Now applicants can apply for statement of need online and it is uploaded directly to ECFMG portal within 24 hours. This service is available to new resident physicians and fellowship applicants free of cost.



2- Bringing all the residency match applicants and matched residents under one umbrella

WhatsApp group is created for all potential applicants for residency each year in the month of July and guidance provided regarding the residency match process. Once NRMP match result is announced in March, all Pakistani incoming residents are divided into 2 WhatsApp groups, J-1 and H-1. Their pertinent information is gathered and forwarded to the US embassy in Islamabad and consulate in Karachi to secure visa interview slots. There has been 12-18 months waiting time for visa interview in Islamabad and Karachi. Pakistani matched residents are granted visa interview slots during April - June, reducing waiting period for visa interview in Islamabad and Karachi to only 3-5 days after visa application submitted as compared to a few weeks to a few months in other countries. These matched residents are provided guidance including getting sponsorship documents for J-1 and H-1 visas , completing visa application and preparation of visa interviews. There were around 700 resident physicians who contacted us for visa assistance this year. All of them joined their residency programs on time except 4.

3- PMDC accreditation with WFME

APPNA physicians provided professional support and guidance as well as worked as a bridge between WFME (World Federation for Medical Education), PMDC (Pakistan Medical and Dental Council) and FSMB (Federation of State Medical Boards). With joint efforts PMDC was granted accreditation in spring of 2024.

Respectfully Submitting,

Mohammad Fateh Shahzad, MD Cochair Advocacy committee



Report on APPNA Fall Meeting 2024

Date: September 27–29, 2024

Location: Hyatt Regency Riverwalk, San Antonio, Texas

Theme: Stomp Out Blood Cancer

Chair: Dr. Aamir Ehsan



Introduction

The APPNA Fall Meeting 2024, chaired by Dr. Aamir Ehsan, set a new benchmark for innovation, education, and advocacy in healthcare. This year's theme, Stomp Out Blood Cancer, highlighted APPNA's commitment to addressing critical public health challenges while fostering professional growth and technological advancement. The meeting featured thought-provoking Continuing Medical Education (CME) sessions, C-suite leadership forums, cutting-edge innovation discussions, media participation and an engaging cultural program.

"Whatever Starts in San Antonio Changes APPNA"

Why APPNA Fall meeting at San Antonio was Unique and will be remembered

- Theme "Stomp Out Blood Cancer" River of Hope
- Specialty CME talks and live demo of with AGI tools
- Health Care Entrepreneurship and Innovation Symposium
- YPC session with 6 in-person Program Directors First time ever in any meeting
- C-Suite Leadership Forum
- Introduction to Artificial General Intelligence Session
- Display of rich Pakistani Culture thru Friday and Saturday events
- Collaboration and support of Leukemia Lymphoma Society
- Future of Ambassadors of APPNA Initiative
- Media partners presence and formal press conference
- Hospitality and personalized care by host committee



Key Highlights

Pre-Meeting Host Committee Dinner

Organized by Host Committee and reception at the beautiful Hill Country of San Antonio.

The bus picked up guests from Hyatt Regency to the Venue site. Guests enjoyed the delicious dinner and mingling with the host committee.

1. CME Conference

The CME sessions, chaired by Dr. Sohail Rao, covered a broad spectrum of medical topics, offering attendees valuable insights into emerging trends, advanced therapies, and healthcare management.

Day 1: Friday, September 27, 2024

Is There a Future for Psychedelics in Treating Depression?

- Speaker: Dr. Mujeeb U. Shad, MD, MSCS, DEAPA
- Takeaway: Discussed the clinical potential of psychedelics in treatment-resistant depression.

Updates on the Treatment of Obstructive Sleep Apnea

- Speaker: Dr. Hasan Ali Habib Ahmed, MD
- Takeaway: Focused on hypoglossal nerve stimulation for sleep apnea treatment.

Navigating Monkeypox: Risks, Responses, and Prevention Strategies

- Speakers: Dr. Rashid A. Chotani, MD, MPH & Dr. Huma Siddiqui, MD
- Takeaway: Emphasized preparedness and diagnostic precision for monkeypox outbreaks.



Day 2: Saturday, September 28, 2024

Advances in Cellular Therapies for Hematological Malignancies

- Speaker: Dr. Zohra Nooruddin, MD
- Takeaway: Discussed breakthroughs in cellular therapies and bone marrow transplants.

Taking a BITE Out of CARs: Evolving Cellular Therapy Landscape in Oncology

- Speaker: Dr. Muhammad Bilal Abid, MD, MS, FACP
- *Takeaway*: Explored CAR-T therapies in oncology.

Inherited and Myeloid Cancer Testing: Role of NGS

- Speaker: Dr. Rizwan C. Naeem, MBBS, FACMG
- Takeaway: Highlighted the role of next-generation sequencing in diagnostics and treatment.

Anemia in Cancer: The Silent Thief of Health

- Speaker: Dr. Hassan Kaleem, MD
- Takeaway: Discussed the impacts of anemia on cancer patients.

2. Keynote Lecture on Artificial General Intelligence

Title: Harnessing the Power of Artificial General Intelligence - Revolutionizing Practice Operations for the Future Speaker: Belal Faruki, CEO of DV8 Infosystems

Objectives:

- Understand the basics of Artificial General Intelligence (AGI).
- Explore AGI's role in optimizing clinical operations, from front office workflows to the revenue cycle.
- Assess its impact on improving patient care.



Summary:

This session delved into the transformative potential of AGI in healthcare. Belal Faruki, a visionary in AI and quantum computing, provided a comprehensive overview of how AGI is set to revolutionize practice management and enhance patient outcomes. By leveraging AGI, healthcare providers can streamline operations, reduce costs, and improve clinical precision.

3. Healthcare Compliance and Mergers & Acquisitions Seminar

Title: Navigating Emerging Compliance Challenges and Opportunities for Mergers and Acquisitions

Speaker: Darrell Armer, Dallas Managing Partner at Gray Reed

Objectives:

- Enhance understanding of healthcare compliance.
- Address legal, financial, and market dynamics in mergers and acquisitions.
- Equip private practitioners with tools to optimize growth and maintain compliance.

Takeaway:

The session offered practical insights for private practitioners and healthcare organizations on navigating the complexities of mergers and acquisitions, with a focus on regulatory compliance.

4. Innovation and Entrepreneurship Symposium

Organized by Dr. Danish Bhatti (Chair) and Dr. Fahad Inam (host committee member)

Focused on leveraging technological advancements to transform healthcare:

- Discussions included Clinical Research, AI in diagnostics, telehealth platforms, and precision medicine.
- Networking opportunities connect healthcare innovators with potential investors.



5. C-Suite Leadership Forum

Moderated by Drs. Mehmood Khan and Mohammad Sanaullah, and organized by Dr. Sohail Rao, this session included two stalwart leaders in our community - Dr. Humayun Chaudhry, President and CEO, Federation of State Medical Boards (FSMB), USA., and Dr. Jawad Shah, CEO, Insight - Michigan.

Objective:

The C-Suite Leadership Forum was an innovative initiative aimed at empowering APPNA members by providing a platform for career development, collaborative leadership, and networking to inspire future healthcare leaders.

Outcome:

The session successfully bridged the gap between clinical expertise and executive leadership, equipping attendees with tools to contribute more effectively to healthcare transformation.

6. Cancer Walk "River of Hope" - Boat ride to stomp out blood cancer

This was a unique kind of cancer awareness walk on the boat at the beautiful Sn Antonio river walk. More than 150 members participated, thus bringing awareness for blood cancers. September is the national blood cancer awareness month. President – Dr. Asif Mohiuddin on the behalf of APPNA donated for Leukemia Lymphoma Society (LLS) to support Awareness and research.

7. YPC and Program Directors

Navigating your Path: A Residency Guide for Medical Graduates

Interactive and In-person with 6 Residency Program Directors from Internal Medicine, Family Medicine, Psychiatry, Pathology and OB/GYN.

Dr. Khurram Siddique - Chair YPC and Dr. Shahnila Latif conducted the session



8. Social Forum "Diplomacy for Progress with State Department"

Guest - Arturo Hines - Deputy Director for Pakistan State Department

The session was chaired and organized by Dr. Rao Kamran. Various aspects of USA and Pakistan diplomacy at the grass root level was discussed and ideas were exchanged.

9. APPNA Family Alliance

Youth to Youth session with high school and undergrads students and Fashion show organized by Dr. Sadia Atif Qureshi

10. Jummah Khutbah by Dr. Omar Husain

"Advocating for Ourselves: What Pakistani American do Right"

10. Press Conference

Major media partners attended and covered the fall meeting. The media presence including travel, lodging, ticketing and meals was completely underwritten by the sponsors. We appreciated their presence during the fall meeting and extensive coverage of the event.

First time during an APPNA meeting a formal press conference was organized and attended by Dr. Asif Mohiuddin, Dr. Rizwan Naeem, Dr. Aamir Ehsan and Belal Faruki.

11. Dua Group and Movie "Leech"

Dua group was one of the sponsors of the meeting. There was the screening of the movie "Leech" was during the meeting and was well received by members. The Dua group donated hundreds of perfumes and T-shirts to APPNA members.

Co-Founder - Anum Raza was in attendance and was awarded by APPNA for her services.

12. Future Ambassadors of APPNA

• Host committee initiated this collaborative effort with YPC and APPNA members who collectively sponsored 40 students to attend Friday and Saturday Banquette dinner



13. Cultural and Social Events

• Bazaar and Exhibit Booths - Showcased by variety of brands and non-retail vendors

• Friday Night: A cultural dinner blending Pakistani and Mexican traditions. Sanam Studios from Atlanta presented folks music and dances from all provinces of Pakistan. Qawwali by Imran Aziz Mian

• Surprise entry of Donald Trump Impersonator sparked the excitement and engagement of members. This event was moderated by Raza Zaka Khan

• Mushaira: It was well organized by Dr. Rizwan Ali (Chair) and Dr. Salim Torania (Co-Chair). Reputable Poets attended that was well received by members.

• Saturday Night:

Event was moderated by MS2 student from UTMB Galveston medical school - Hasan Ehsan

A formal banquet featuring keynote speaker Kimberly Irvine, a breast cancer survivor, and entertainment by Shafqat Amanat Ali.

Honorable Consul General of Pakistan, Houston Mr. Muhammad Aftab Chaudhry was in attendance and addressed the members appreciating efforts of APPNA and engaging younger physicians and students.

Catering by: Tempura and Mezban (Houston) and Fusion Food (San Antonio)

Conclusion

The APPNA Fall Meeting 2024, under Dr. Aamir Ehsan's leadership, successfully combined medical education, innovation, and advocacy. With trend-setting CME session with inclusion of AI to augment participant learning, C-suite Leadership Forum, and the blood cancer campaign, the meeting empowered attendees to advance healthcare delivery and address pressing public health challenges. Incorporating these insights into future events will further APPNA's mission of transforming global healthcare.

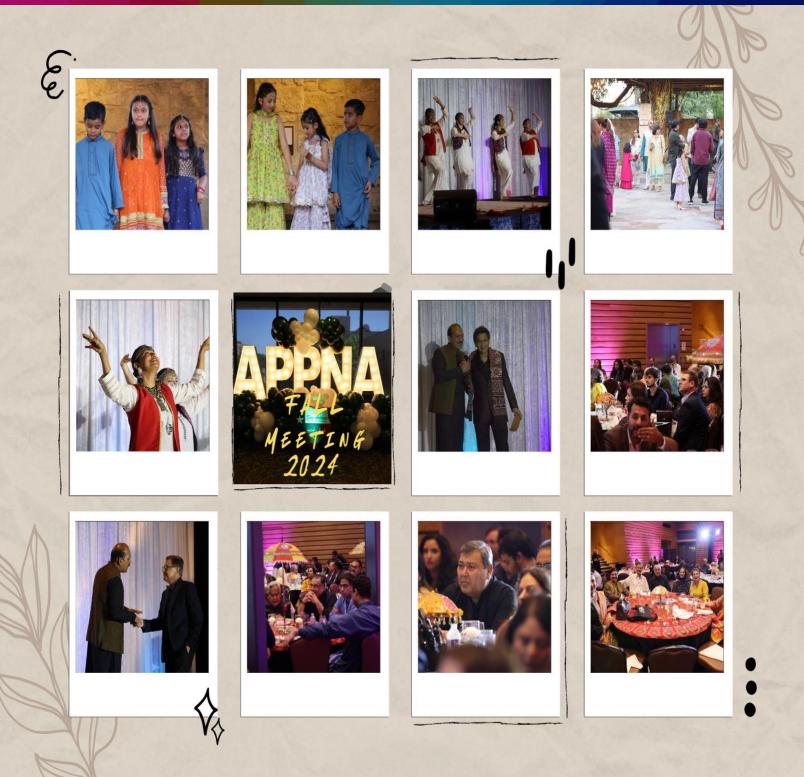
Host Committee

Dr. Aamir Ehsan (Chair); Dr. Mehmood Khan (Co-Chair); Dr. Lubna Naeem (Advisor); Dr. Sohail Rao (Chair CME); Dr. M. Naeem (Chair Publication); Dr. Fatima Hamid (President Chapter); Dr. Fazal Hussain; Dr. Aneela Hussain; Dr. Fahad Inam; Dr. Annie Kizilbash; Dr. Shanila Latif; Dr. Shazli Malik; Dr. Amber Mansoor; Dr. Shahid Rashid; Dr. Rashid Sharaf; Dr. Huma Siddiqui; Dr. S. Javed Umar; Dr. Naushad Zafar; Dr. Ayesha Zaheer

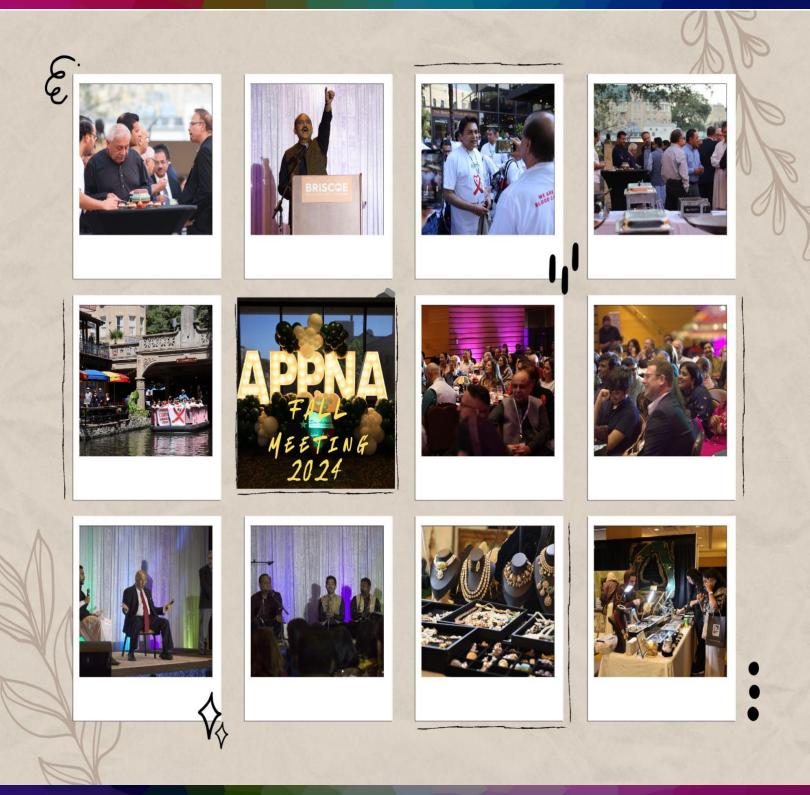
APPNA Family Alliance: Dr. Sadia Atif Qureshi; Sadia Mehmood

For additional details, visit www.appna.org.





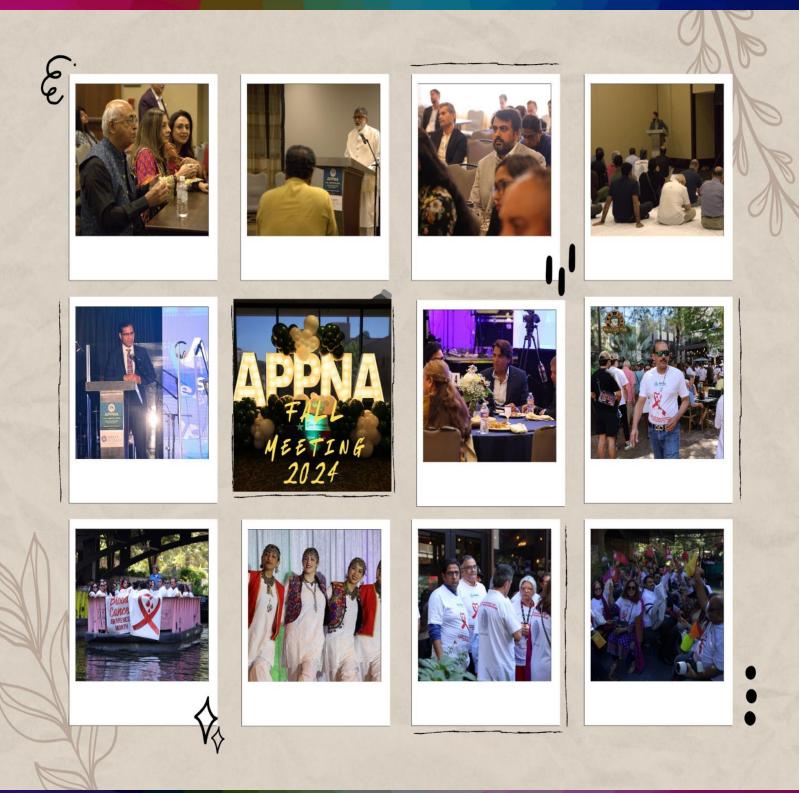












































Celebrate Life's Milestones Together!



September/October Specials

September hosts a variety of important dates and celebrations around the world, each marking significant cultural, historical, or seasonal moments.

1. Labor Day (first Monday in September) - In the United States and Canada, this holiday celebrates the contributions of workers and the labor movement. It often marks

the unofficial end of summer.

2. International Literacy Day (September 8) - Established by UNESCO, this day highlights the importance of literacy for individuals and societies, promoting global literacy initiatives.

3. World Suicide Prevention Day

Celebrated on September 10th, this day aims to raise awareness of suicide prevention and to reduce stigma

4. Patriot Day (September 11) - In the U.S., this day commemorates the lives lost in the September 11, 2001, terrorist attacks, honoring both victims and first responders.

5. Mid-Autumn Festival (date varies) - Celebrated across East Asia, this festival, also known as the Moon Festival, is a time for family gatherings, eating mooncakes, and appreciating the harvest season.



6. International Day of Peace (September 21) - Recognized by the United Nations, this day promotes peace and encourages actions toward ending conflict globally.

7. World Tourism Day (September 27) - Established by the UN, this day raises awareness of tourism's role in social, cultural, and economic development.

These dates showcase the diversity of September celebrations, blending cultural heritage, global awareness, and national remembrance.

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MONTHLY NEWSLETTER NOVEMBER 2024 EDITION

October is filled with celebrations and observances that recognize cultural traditions, raise awareness for various causes, and honor historical events worldwide.

1. International Day of Older Persons (October 1) - Recognized by the United Nations, this day celebrates the contributions of older adults and highlights issues affecting the elderly population.

2. World Teachers' Day (October 5) - A UNESCO observance, this day honors teachers' roles and contributions to education, acknowledging their impact on learning and social development globally.

3. Columbus Day / Indigenous Peoples' Day (second Monday in October) -In the U.S., Columbus Day commemorates Christopher Columbus's arrival in the Americas, while Indigenous Peoples' Day honors Native American history and culture.

4. World Mental Health Day (October 10) - Observed globally, this day promotes mental health awareness and efforts to support those struggling with mental health issues.

5. Halloween (October 31) - Celebrated widely in the U.S., Canada, and parts of Europe, Halloween blends ancient traditions with modern customs, featuring costumes, trick-or-treating, and spooky decorations.

6. Oktoberfest (varies; traditionally late September to early October) - Originating in Munich, Germany, Oktoberfest is the world's largest beer festival, celebrating Bavarian culture with traditional music, food, and festivities.

These October celebrations offer opportunities for cultural appreciation, social awareness, and community fun.

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.

You can simply reply to <u>appnacommunication@gmail.com</u> 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, MD







Upcoming APPNA Meeting in Pakistan

Dear APPNA Members,

Get ready to have an unforgettable experience at our upcoming WINTER MEETING!

Join us for days filled with the warmth of friendship, the excitement of educational sessions, and the thrill of entertainment.

Dive into lively discussions and gain valuable insights from our educational sessions.

Don't miss out on this incredible opportunity to connect, learn and have a blast! See you there!

Warm regards,

APPNA communication committee







APPNA WINTER MEETING

DECEMBER 17-22, 2024 KARACHI & HYDERABAD

k Dinner at

rts Council

at JSMU

Thursday, 19 Dec, 2024

CME Session, YPC Program, Educational Activities and Lunch

Saeed Sabir, MD Chair Winter Meeting Younus Ismail, MD Co-Chair M. Siddique Khurram, MD Co-Chair

Asif Mohiuddin, MD President APPNA Rizwan Naeem, MD Secretary APPNA 2024

FOR REGISTRATION PLEASE VISIT: https://appna.org/appna-winter-meeting-2024/



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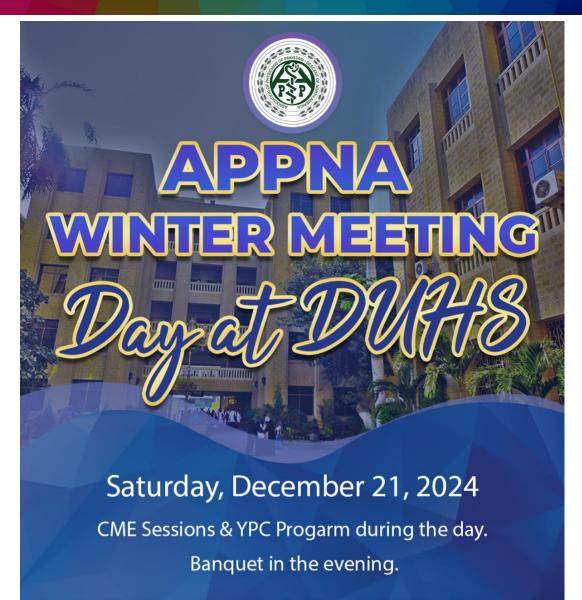
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Asif Mohiuddin, MD President APPNA

Rizwan Naeem, MD Secretary APPNA 2024

For Registration Please Visit: https://appna.org/appna-winter-meeting-2024/



APPNA Classified Section

(Newsltter Version)

We are pleased to announce a new section in "SUNO APPNA" newsletter which offers advertising space for your ads.

You can place your ad related to business promotion, job opportunities and etc.

For more information about advertising rates, please send us an email on <u>laiq.siddiqui@appna.org</u>

Terms & Conditions:

-All the ads sbumitted will be placed after the payment has been made to APPNA Central Office. -All the ads are subject to approval by APPNA Communication Committee. APPNA has all the rights to deny any advertisement based on APPNA's policies.