

# **ACP Internal Medicine Meeting 2019**

Pennsylvania Convention Center

Philadelphia, Pennsylvania | April 11-13, 2019

Medical Student Guide

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Dear Future Internist:

**The American College of Physicians (ACP) Council of Student Members is excited for you to join us at Internal Medicine Meeting 2019!** This year is particularly special as we celebrate the 100th anniversary of the Internal Medicine Meeting in the place where it all started: Philadelphia.

With thousands of attendees from around the country and hundreds of fascinating sessions led by the preeminent experts in medicine, the Internal Medicine Meeting certainly has a lot going on. To help you navigate the meeting and experience the City of Brotherly Love, we prepared this guide specifically with medical students in mind. Here, we highlight selected sessions of potential interest, tips for making the most of the meeting, and key Philly attractions—food is of course included since this is the best food scene on the East Coast.

Some general tips:

**Plan your schedule in advance.** With so much going on, it's helpful to have a plan before the meeting begins. You can find the schedule and description of events both on the [ACP website](#) and in the [Internal Medicine Meeting App](#). A good starting point is our list of recommended sessions, highlighted below, that we feel students would most enjoy.

**Make time for networking.** Connections are invaluable in your career. You never know who could become your mentor, colleague, or collaborator. Make sure you get out there and meet new people! There are plenty of opportunities to do so, including at Chapter Receptions and our very own Medical Student Socials.

**Fit in down time.** The days are long at the Internal Medicine Meeting, so make sure to take some time for yourself. Whether it's time spent alone or out in the city with friends, make sure to take care of yourself and reflect on all you are learning.

**Tell us what you're up to.** Use the hashtag #IM2019 on social media to keep the IMM 2019 conversation going online. Share those pictures of Philly cheesesteaks and Rocky. Tell us what you learned about heart murmurs and health policy.

Between conference sessions, ACP chapter events, and visiting Philadelphia, we hope you have a productive and enjoyable week at IMM 2019. You will certainly be able to impress your team on the wards with everything you learn. The ACP Council of Student Members will be wearing designated name badges, so feel free to approach us at any point during the conference. You can also find us at the Medical Student Welcome Center near the Posters Hospitality Area in the Exhibit Hall.

**We can't wait to meet you!**

*American College of Physicians Council of Student Members*

Chelsea Cockburn (Chair), Hanna Erickson (Vice Chair), Andrew Abboud, Steven Chen, McAuley Fish, Renato Guerrieri, Diana Jung, Brendan Kim, Katelyn Madigan, Kevin Miller, Aleesha Shaik, and Alexandria Valdrighi

## Recommended Sessions for Medical Students

When there are over 170 incredible sessions to choose from, where do you start? Check out our recommended sessions for medical students below.

### **Throughout the Meeting**

#### **Various Booths and Exhibits**

##### *Exhibit Hall*

Visit stands from hundreds of industry representatives, recruiters, as well as a large ACP booth to showcase all the products and services the College has to offer.

### **Wednesday, April 10<sup>th</sup>**

#### ***Annals of Internal Medicine: “On Being a Doctor” Story Slam***

*Philadelphia Marriott Downtown, Liberty Ballroom*

*1201 Market Street, Philadelphia, PA*

5:30-7:30 p.m.

Building on the popular “On Being a Doctor” series of personal essays by physicians, the *Annals of Internal Medicine* developed the “On Being a Doctor” Story Slam, where participants share brief stories with the audience. Sharing stories reminds us what is special about our profession—storytellers and listeners alike find the Story Slams rejuvenating. Join us for an evening of storytelling during IMM 2019. Ten of your colleagues will share stories that are sure to provoke thought and inspire you. [Register here.](#)

### **Thursday, April 11<sup>th</sup>**

#### **Opening Ceremony and Keynote Speaker**

*Convention Center, Hall B*

9:30-10:30 a.m.

Welcome to IMM 2019! The opening session of the meeting features a discussion with Vice Admiral Vivek H. Murthy, MD, MBA, the 19th Surgeon General of the United States.

#### **Doctor’s Dilemma**

*Philadelphia Marriott Downtown, Salons E & F*

*1201 Market Street, Philadelphia, PA*

2:00-6:00 p.m.

*Jeopardy!* with IM flair. Test your internal medicine knowledge while watching teams of residents from around the country, representing ACP chapters, battle for the title.

#### **Turning a Clinical Case into Scholarly Work**

*Convention Center, Room 119*

2:15-3:45 p.m.

Learn how to effectively prepare, write, and publish a case report. *Sponsored by the Council of Student Members.*

## **Medical Student Social**

*U-Bahn*

*1320 Chestnut Street, Philadelphia, PA 19107*

9:00-11:00 p.m.

Meet your fellow medical students over drinks. At your own expense.

## **Friday, April 12<sup>th</sup>**

### **Clinical Skills Center Open House**

*Convention Center, Hall C*

7:00-7:45 a.m.

Want some hands-on practice with physical exam skills, procedures, and image interpretation? Be sure to check out the Waxman Clinical Skills Center! They hold many small-group sessions that are quite popular, so we recommend reserving your spot in advance. There are also several activities you can do at any time, including a self-guided EKG tour, dermatology image review, and more.

### **Stump the Professor**

*Convention Center, Room 119*

2:15-3:45 p.m.

Understand the thought process of an experienced internist, Paul Aronowitz, MD, MACP, as he tackles challenging diagnostic puzzles. *Sponsored by the Council of Student Members.*

### **International Medical Student Information Session**

*Convention Center, Room 117*

4:00-5:30 p.m.

This event will be facilitated by residency program directors and will address the questions and concerns of international medical students. Representatives from the Educational Commission for Foreign Medical Graduates (ECFMG) will also be available to offer advice. *Sponsored by the Council of Student Members.*

### **Doctor's Dilemma**

*Philadelphia Marriott Downtown, Salons E & F*

*1201 Market Street, Philadelphia, PA*

4:00-6:00 p.m.

*Jeopardy!* with IM flair. The battle continues as the field narrows.

### **Medical Student Social**

*Fado Irish Pub*

*1500 Locust Street, Philadelphia, PA 19201*

9:00-11:00 p.m.

Meet your fellow medical students over drinks. At your own expense.

**Saturday, April 13<sup>th</sup>**

**Medical Student Mentoring Breakfast (\*Reservation Required)**

*Philadelphia Marriott Downtown, Salon H*

*1201 Market Street, Philadelphia, PA*

7:00-9:00 a.m.

Medical students will gather with practicing internists with a wealth of experience to discuss career options in internal medicine. **\*Space is limited.** Register at the Medical Student Welcome Center near the Posters Hospitality Area before the event. First come, first serve for those who show up without registering.

*Sponsored by the Council of Student Members.*

**Medical Student Abstract Competition**

*Convention Center, Exhibit Hall D/E*

9:45-11:15 a.m.

The Medical Student Abstract Competition will be taking place during this time. The competition showcases a variety of scholarly works, including projects related to basic, translational, and clinical research, quality improvement projects, examples of high-value care, and fascinating clinical vignettes.

**ACP Innovation Challenge 2019: Fostering Partnerships between Physicians and Patients**

*Convention Center, Exhibit Hall, Innovation Theater 2*

10:30 a.m.-12:00 p.m.

Come and witness this live competition focused on innovative ideas to transform internal medicine.

**Medical Student Abstract Luncheon**

*Convention Center, Room 124*

11:00 a.m.-12:30 p.m.

Come watch the top 10 winners of the Medical Student Abstract Competition present oral reports of their abstracts.

**Mastering the Match**

*Convention Center, Room 126*

2:15-3:45 p.m.

This session will include discussion of tips for completing the medical student CV in ERAS (Electronic Residency Application Service), some of the most common interview techniques and questions with good practice responses, how medical students can evaluate and rank residency programs in the context of the National Resident Matching Program (NRMP) algorithm, and the role of post-interview communication with residency programs. *Sponsored by the Council of Student Members.*

**Closing Session – IMM 2019 Highlights and Doctor’s Dilemma Final Round**

*Convention Center, Terrace Ballroom I-II*

5:15-6:30 p.m.

Get a high-yield distillation of the important points from the meeting’s scientific sessions, and see the final round of Doctor’s Dilemma!

**Young Achievers Recognition Reception**

*Convention Center, Terrace Ballroom Foyer*

6:30-7:30 p.m.

Celebrate the young achievers being recognized at the meeting over complementary food and drinks.

## Tips and Frequently Asked Questions

### **When should I be there?**

The meeting officially kicks off with the Opening Ceremony at 9:30 a.m. on Thursday, April 11 and ends the evening of Saturday, April 13. There are additional pre-courses on Tuesday, April 9 and Wednesday, April 10, if you'll be in town early. These require [registration](#).

### **How do I get to Philadelphia?**

The ACP has partnered with United Airlines and Delta Airlines to provide discounts on flights. Avis is the preferred rental car company for IMM 2019. Check the [Airline and Car Rental Discount](#) page for more information on the offer codes. Be sure to book your tickets early as they will get expensive!

### **So I booked my travel to Philadelphia ... but what should I bring?**

Attire during the day is business casual to casual. If you want to take notes or check the meeting schedule, you may also want to bring a laptop or tablet. If you have business cards, bring them to facilitate sharing your contact information with other students and physicians. After the educational sessions conclude, you'll want some more comfortable clothes and shoes (and some spending money), appropriate for nightlife activities organized by your Council of Student Members.

### **Where do people stay, and how do I get there from the airport?**

Most people stay at the hotels recommended by ACP. By booking through [onPeak](#), the ACP's official housing partner, you will have access to discounted rates at nearby hotels. Uber and Lyft both serve the Philadelphia International Airport and can get you to your hotel. You can also use the Southeastern Pennsylvania Transportation Authority (SEPTA) train service between Center City and the Airport on the Airport Regional Rail Line. Trains run every 30 minutes.

### **How do I get to the meeting from the hotel?**

The meeting will be held at the Pennsylvania Convention Center (1101 Arch Street, Philadelphia, PA 19107). Participating hotels have convenient complimentary shuttles to and from the meeting in the morning and afternoon. The final schedule can be found at your hotel.

### **How do I know what events are going on?**

Download the [Internal Medicine Meeting App](#) for iOS or Android. You can also find a complete [schedule of events](#) online and personalize your own schedule with the sessions you want to attend. We recommend that you start with the sessions listed in the previous section as many of these were designed specifically for medical students. From there, you should explore any other topics of interest to you. You can download many of the [presentation slides](#) before the meeting to see if the session is one you would like to attend.

### **How do I meet other students and physicians?**

Most ACP chapters have a reception on either Thursday or Friday night. This is a great way to meet people who live and work near you! Check the [schedule](#) to see when your chapter is holding its reception. You can also meet other medical students at the socials hosted by the Council of Student Members. The Medical Student Mentoring Breakfast on Saturday morning is another wonderful opportunity to meet accomplished internists from around the country and ask all of your career questions. This session does fill up, so be sure to register at the Medical Student Welcome Center. Finally, don't be afraid to talk to the people around you in the halls and in the sessions you attend. Everyone is here because we have a shared love of medicine and internal medicine doctors are some of the most approachable people you'll ever find.

**What if I am lost or have a question?**

Stop by the Medical Student Welcome Center, located in the exhibit hall near the posters, to have your questions answered. Here, you can sign up for Saturday’s Medical Student Mentoring Breakfast, find out more about other medical student events at the meeting, or simply meet some fellow medical students.

**Anything I should know about attending sessions?**

More popular topics are typically assigned larger rooms, but they can still fill up quickly, so be sure to get there early. Oftentimes, there are many questions at the end of a session. To help us get through as many as possible, be sure to keep your questions at the microphone short and to the point. If you want to have further discussion with a presenter, please follow up after the session either in person or via email.

**What are all the acronyms in the session codes?**

There are a number of different session formats at the meeting. The format of each session is indicated by its unique code. For example, the CSM-sponsored session Mastering the Match has a code PN040. The PN tells you it’s a panel format where two or more faculty address different aspects of the selected topic or engage in point-counterpoint discussion. The major session types include:

|   |  |
|---|--|
| <b>Clinical Pearls (CP)</b>                       | Faculty present brief clinical cases illustrating important teaching points that are relevant to the practicing internist but not widely appreciated. Attendees assess their clinical judgement by using audience-response keypads to answer case-based questions.       |
| <b>Clinical Skills Workshops (CSW)</b>            | Most sessions at the Internal Medicine Meeting are held in large rooms that can accommodate anticipated attendance. However, due to close faculty-learner interaction or hands-on-style education, these small-group workshops have a limited number of seats available. |
| <b>Clinical Triads (CT)</b>                       | This format builds on the popularity of fast-paced sessions and features three speakers concisely addressing different aspects of an overarching theme. Each session covers topics that are highly relevant to clinical practice.  |
| <b>Meet the Professor (MTP)</b>                   | Distinguished faculty analyze controversial issues, recent advances, and new developments in selected topics.  |
| <b>Multiple Small Feedings of the Mind (MSFM)</b> | Faculty provide concise, evidence-based answers to common, yet difficult, patient-management problems. Emphasis is on complex or controversial issues frequently faced by practicing internist.  |
| <b>Panels (PN)</b>                                | Two or more faculty address different aspects of the selected topic or engage in point-counterpoint discussion.  |
| <b>Slide Shows (SS)</b>                           | Highly visual presentation of selected topics.   |
| <b>Updates (UD)</b>                               | Analysis of six to twelve of the year’s most important published papers in the subspecialties and related areas.   |

### **What else is there to do in Philadelphia?**

As important as it is to enjoy the meeting, be sure to explore the surrounding area too. Check out our **Medical Student Guide to Philadelphia** (next) to find out how to make the most of your time in Philadelphia!

### **I had a great time at IMM 2019! How can I get more involved in the ACP?**

We love that you want to get more involved! Check in with your school's Internal Medicine Interest Group to see how you can participate in events at your school. [Your local ACP Chapter](#) is another great opportunity to get involved through leadership positions, events, poster competitions, and more. At a national level, you can write for [ACP IMpact](#), a monthly newsletter for medical students, or apply to serve on the [Council of Student Members](#). Come chat with us at the Medical Student Welcome Center so we can tell you more!



## The Medical Student's Guide to Philadelphia

To help you make the most of your brief stay in the birthplace of America's independence, we've put together a list of local attractions for you to check out, covering historical monuments as well as noteworthy restaurants that won't break the bank. This may not be your first trip to Philly, but we hope you will still find something new to explore on this list. Enjoy!

### **Special Events**

**Subaru Cherry Blossom Festival:** April 6-14. This annual springtime [tradition](#) consists of weeklong citywide cultural celebrations, culminating with Sakura Sunday at Shofuso Japanese House and Garden in Fairmount Park. The grand finale features live performances, martial arts demonstrations, a sushi-making contest, and more. Tickets for Sakura Sunday include admission to the festival and a timed tour of the Shofuso Japanese House and Garden.

**Manayunk StrEAT Food Festival and Restaurant Week:** Sunday, April 14. To mark the start of its Restaurant Week, Manayunk hosts a [StREAT Food Festival](#) where you can pick from over 50 of Philadelphia's best food trucks and gourmet food vendors, all featuring the spring ingredient of strawberries. There will also be shopping and live music.

### **Attractions**

**The Liberty Bell:** Were you even in Philly if you didn't take a picture with the Liberty Bell? The powerful inscription on the cracked bell reads, "Proclaim liberty throughout all the land unto all the inhabitants thereof," and serves as a symbol for abolition, suffrage, and other freedom-seekers. The Bell is free to visit and is open from 9:00 a.m. to 5:00 p.m.

**Independence Hall:** While you're at the Liberty Bell, be sure to also check out Independence Hall, the heart of our nation's development. America's Founding Fathers signed the Declaration of Independence here in 1776 and created the framework for the constitution soon after. [Free, timed tickets](#) are required and can be picked up at the Independence Visitor Center.

**City Hall:** The home of Philadelphia government for over a century and the country's largest municipal building, City Hall is only a few steps away from the Convention Center. You can [tour](#) the building and look out at the city from below the bronze statue of William Penn atop the clock tower, or you can admire the more than 250 sculptures on the exterior of the building.

**Rocky and the Philadelphia Museum of Art:** "It's not how hard you hit, it's how hard you can get hit and keep moving forward—that's how winning is done." Take a picture with the bronze Rocky statue. Then, jog up the steps of the Philadelphia Museum of Art and pump your fists in the famous Rocky pose while enjoying the view of Benjamin Franklin Parkway and the beautiful city skyline. Finally, check out the incredible exhibits at the museum. Around the Benjamin Franklin Parkway, which was modeled after the Paris Champs Elysees, are several other important cultural institutions: the Barnes Foundation, the Franklin Institute, the Academy of Natural Sciences, and the Rodin Museum.

**The Mutter Museum:** Medical students will particularly enjoy the strange medical oddities housed at the Mutter Museum of the College of Physicians of Philadelphia. The \$13 student ticket will get you into the museum between 10:00 a.m. and 5:00 p.m.

**The LOVE Sculpture:** A visit to the City of Brotherly Love wouldn't be complete without seeing the LOVE sculpture in John F. Kennedy Plaza (aka LOVE Park). There is also a Spanish version, the AMOR sculpture, at Sister Cities Park, a short walk from JFK Plaza.

**The Eastern State Penitentiary:** This was once the most famous and expensive prison in the world. It was used to hold some of America's most notorious criminals, including Al Capone and "Slick Willie" Sutton. Today, you can tour the crumbling cell blocks and empty guard towers. For a real thrill, come back in October for Terror behind the Walls, a haunted house experience unlike any other.

## The Outdoors

**Boathouse Row and the Schuylkill River:** Walk or run along the Schuylkill River to admire the 10 crew clubhouses that comprise Boathouse Row. These boathouses are regularly used by amateur and collegiate crew clubs and you can often see rowers on the river. Be sure to also take in the view at night when the boathouses are all lit up.

**The Delaware River Waterfront:** This stretch of attractions and parks, including Cherry Street Pier, Race Street Pier, Spruce Street Harbor Park, and Blue Cross RiverRink, will allow you to enjoy the beautiful spring weather with incredible views of the Benjamin Franklin Bridge. There are plenty of places to eat, drink, and hang out with friends along the water, especially in the evenings and nights.

**Philadelphia's Magic Gardens:** Isaiah Zagar created an immersive mixed media art environment that is completely covered by mosaics, using bottles, bicycle wheels, mirrors, and international folk art. It includes indoor galleries, a large outdoor labyrinth, and several buildings decorated along Philadelphia's South Street.

## Sports

**Eagles** nation is also home to the **Phillies** (baseball), the **76ers** (basketball), and the **Flyers** (ice hockey). Philadelphians take their sports very seriously, so check out any sports bar for a good time or try to catch a game. Just be on the lookout for Gritty, the Flyers mascot, and Phanatic, the Phillies mascot.

## Food and Drinks

You really can't go wrong with any of the restaurants in Philly, but here are some of our locals' favorites.

**Reading Terminal Market:** One of America's best public markets, this 125-year-old market is actually set below a former railroad terminal. It features [delicious meals](#) from dozens of restaurants, including Beiler's Donuts, and products from retail merchants. There is a free cooking demonstration on Saturday from 11:30 a.m. to 12:30 p.m.

**Brunch:**

- Sabrina's Cafe
- Green Eggs Cafe
- Cafe La Maude

**Lunch and Dinner:**

- El Vez
- El Rey
- Tom's Dim Sum
- Barbuzzo
- Double Knot
- Sam-Pan
- Good Dog
- Monk's
- Zahav
- Franky Bradley's
- Bud & Marilyn's
- Pietro's Coal Oven Pizza
- Suraya
- Oyster House
- Morimoto
- Abyssinia

**Philly Cheesesteaks:**

- Geno's Steaks
- Pat's King of Steaks

**Ice Cream and Gelato:**

- The Franklin Fountain
- Capogiro
- Weckerly's
- Scoop DeVille
- Little Baby's
- Big Gay Ice Cream

**Drinks:**

- Independence Beer Garden
- Bar-ly
- Moriarty's
- Dirty Frank's
- Graffiti Bar
- McGillin's Old Ale House (Philly's oldest bar)
- Milkboy and Sandler's
- Yards Brewing Company
- Dock Street Brewing Company
- Manayunk Brewery and Restaurant

\*\*\*Disclaimer: the organizations, companies, and venues listed here are not affiliated, associated, authorized, endorsed by, or in any way officially connected with ACP Internal Medicine Meeting 2019, the American College of Physicians, or any of its subsidiaries or its affiliates.