

## Key Takeaways from Recent Medical Conferences

*By Lashell Mindingall, Human Resources Director, Adfinitas Health*

I recently had the opportunity to speak with Dr. Manisha Bahl, a hospitalist at UM Upper Chesapeake Medical Center-Bel Air, and Dr. Sam Azargoon, a hospitalist at UM Capital Region Medical Center, about their recent attendance at two large medical conferences. For their winning essays on why they enjoy working at Adfinitas Health, Dr. Bahl and Dr. Azargoon received all-expenses-paid trips to attend the recent Society of Hospital Medicine (SHM) Converge Conference in San Diego and the American College of Physicians (ACP) conference in Boston. Following are some of their responses to my questions regarding the conferences and the latest updates in hospital medicine.



*Dr. Manisha Bahl (second from left) with other members of Adfinitas Health at SHM Converge.*



*Dr. Sam Azargoon (right) with an Adfinitas Health recruiter at the ACP Conference.*

### **LM: What motivated you to attend these conferences?**

**MB:** SHM Converge is the biggest conference for hospitalists, with a total of about 4,000 physician and advanced practice provider (APP) attendees. I was already planning to attend, but it was a huge benefit that I entered the contest and won the all-expenses-paid trip.

**SA:** I was an active ACP member as a resident, which was part of my motivation for attending the conference as well as getting acquainted with the latest healthcare advancements.

### **LM: What were some of your key takeaways from the conference?**

**MB:** The SHM conference offered numerous sessions to discuss various clinical topics, including practical tips to boost my leadership skills. My favorite session was “Updates in Hospital Medicine,” which included 10 new updates in clinical practice, including antibiotics that are better for certain conditions based on the latest guidelines. Another session I was impressed with was “How to optimize APP utilization.” Both Adfinitas Health and Upper

Chesapeake Medical Center are APP-friendly, so I found this session to be very beneficial, as it discussed how we can better collaborate and optimize our relationships with our APPs. They also shared best practices in creating a robust orientation program for our APPs, which we have implemented at our hospital. I also enjoyed a “Wellness of the physician” course. Burnout is a hot topic all too common to hospitalists, and this session provided a number of strategies to prevent burnout and foster resilience.

**SA:** Attending the ACP conference was a great opportunity to network with other hospitalists and my Adfinitas team members, including the recruiting team and Dr. Doug Mitchell, CEO, Adfinitas Health. I enjoyed talking with our team outside of the hospital setting. I also enjoyed many sessions, where I was able to learn about the latest advancements with COVID and other viruses as well as key medical updates. Dr. Michael Connor Jr spoke about utilizing AKI biomarkers in management of renal failure in hospitalized patients, and Dr. Fred Lopez shared updates in infectious disease, including management of COVID and C—diff, new RSV vaccination guidelines, new pathogens, and antibiotic developments.

***LM: Did you discover any new trends or advancements in the field?***

**MB:** There was a great session on opioid narcotic abuse and dependence that shared new guidelines for different opioids, including how much medicine to prescribe for discharged patients to prevent abuse as well as available resources and support centers. There was also a pre-operative evaluation course I found very interesting. It discussed how hospitalists at times may order too many tests that can delay surgery and how we can work together to get patients to surgery on time.

**SA:** In terms of new advancements, I was particularly interested in discussions related to Artificial Intelligence. Dr. Eric Topol discussed how AI has the potential to transform medicine, detailing the integration of AI in the healthcare setting as well as new advancements that are occurring daily that can positively impact a physician’s daily workflow. We are currently incorporating AI at our hospital to assist with patient care. It’s a real game changer!

***LM: Did you have an opportunity to network at the conference?***

**MB:** I was able to meet with some of my friends from my residency days—it was great to catch up with them. I was also able to network with other physicians from the Baltimore area as well as physicians from other hospitals in other states. It was great to share with each other how we do things at our respective facilities.

**SA:** I enjoyed networking with other physicians from across the U.S. as well as international physicians. It’s interesting to hear how primary care and hospitalist practices are evolving in other cities as well as other countries.

**LM: What was your impression of prospective recruits you spoke with?**

**MB:** I enjoyed spending time in the Adfinitas Health booth talking to physicians and APPs about who we are and what we do. Many of them were interested in our rounding models, how we utilize APPs to the top of their license, and what our daily workflow consists of. I told them our workload is very manageable—we see no more than 16 patients. That was really attractive to many physicians, as the norm is typically 20-25 patients or more. I also shared that our compensation is great, and our “strike team” is available to provide backup when we need additional help. Many asked about the advantages of working for Adfinitas versus directly for a hospital. I shared that many hospitals don’t have a designated admitter, but we do. I also shared that several of our company’s leaders are all hospitalists, who value high quality care and an exceptional patient experience, but they also understand the business side of medicine, which is a great benefit. The actual practice of medicine is the same everywhere you go, so culture and work environment are what set different practices apart. Through Adfinitas Health, I have the opportunity to work with a very diverse group of professionals, and I feel that I am valued by my organization.

**SA:** I enjoyed spending time in the Adfinitas booth and meeting with prospective candidates for our hospitalist practices. It’s a great opportunity to increase our exposure and share firsthand as a physician what physicians and APPs can expect working with our team, including the many benefits shared by Dr. Bahl.

**LM: Any final thoughts you’d like to share?**

**MB:** I would rate the SHM conference a 10 out of 10. It’s a great conference to improve clinical skills and learn more about leadership development. Overall, it was a great experience, and I’m so grateful to have the opportunity to attend.

**SA:** It was an amazing experience. I enjoyed learning about the latest advancements in the healthcare industry and networking with other physicians. I also enjoyed spending time with our recruiters and talking with Dr. Mitchell about his long-term goals for Adfinitas, which I’m excited to be a part of. Boston is a lovely city, and I would encourage you to visit if you haven’t. I plan to attend the ACP conference annually, and I am so appreciative to Adfinitas for providing me with this opportunity.

Adfinitas Health is a leading provider of Hospital Medicine and Critical Care services to hospitals and post-acute Medical Services for skilled nursing facilities and nursing homes throughout Maryland, Pennsylvania, and Massachusetts. [LEARN MORE](#) about physician and APP opportunities with Adfinitas Health.  
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