American College of Physicians, Bangladesh Chapter
August, 2024

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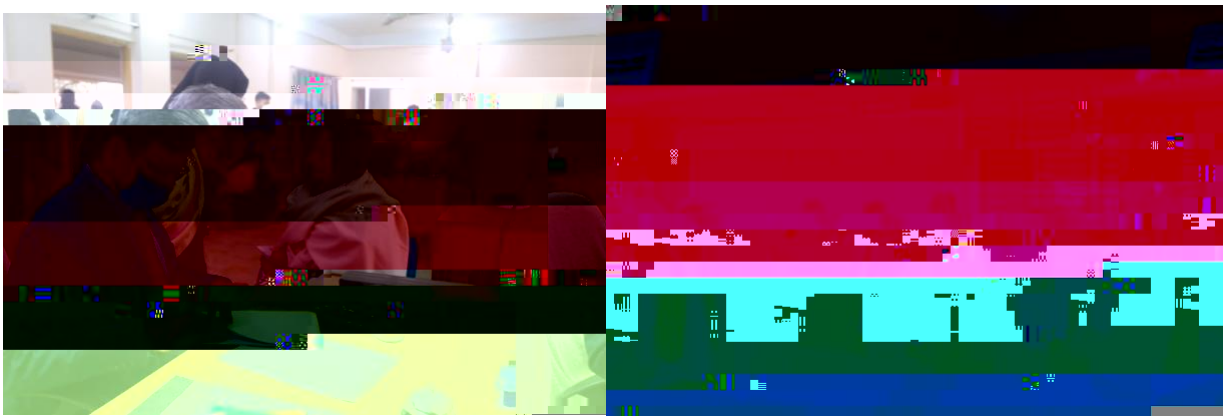
Board of Governors Meeting 2024, Boston

The Board of Governors' meeting of the American College of Physicians (ACP) for 2024 took place in Boston at the beginning of April, preceding the Internal Medicine Meeting (IMM'24). Prof. Khan Abul Kalam Azad, Governor of the ACP Bangladesh Chapter, participated on behalf of the Chapter. The meeting featured several sessions focused on enhancing leadership skills and addressing key challenges faced by ACP chapters. Building on the priorities set in 2023, the ACP Board of Regents continued to emphasize these such as membership growth and engagement, valued professional identity, diversity and equity inclusion, as well as innovation and strategic alignment. These priorities serve as a guiding framework for the ongoing work and development within the ACP.

Ekutannesa Free Health Camp: A Noble Initiative by ACP Bangladesh Chapter in Mymensingh

On February 2nd, 2024, ACP Bangladesh Chapter organized the "Ekutannesa Free Health Camp" in Mymensingh, aiming to provide essential medical services to underprivileged villagers. This remarkable event witnessed the presence of the ACP Bangladesh Governor along with past governors, and a team of dedicated medicine specialists. Their collective effort ensured that quality healthcare reached those who need it the most.

The camp was a testament to the chapter's ongoing commitment to community welfare. A wide range of medical services was offered, including general checkups, specialist consultations, and essential treatments. The attending physicians worked tirelessly, addressing various health concerns with compassion and expertise.

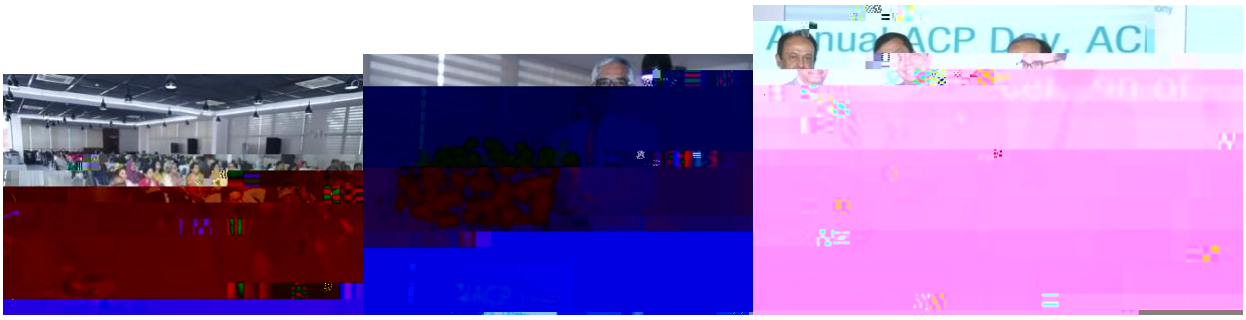


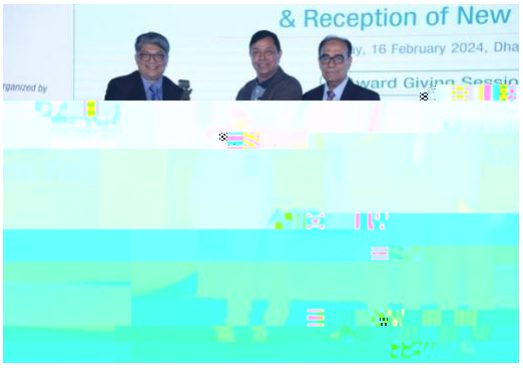
Annual ACP Day, ACP Award ceremony, Reception of new fellow

ACP-Bangladesh Chapter hosted its annual day, award ceremony and reception of new fellows on 16 February 2024 at Dhaka Club Ltd., Dhaka, Bangladesh.

Dr. Mahbub Mayukh Rishad welcomed attendees to the program, followed by a reception for the newly inducted fellows of 2023, moderated by Dr. Sarmistha Biswas. The highlight of the event was the award ceremony, recognizing outstanding contributions to the field. Prof. Rubina Yasmin presided over the ceremony, where following awardees received mementos for their exceptional achievements.

1. Distinguished Internist: Prof. H A M Nazmul Ahasan
2. Mentor Award : Prof. MD. Titu Miah
3. National Award: Prof. Quazi Tarikul Islam
4. Community Service Award (Community-Based Teacher Award): Prof. Md. Mahbubul Islam Mojumder
5. Chapter Advocacy Award: Prof. Md. Mujibur Rahman
6. Laureate Award: Prof. Khawja Nazimuddin
7. Chapter Leader Award: Prof. Md. Asadul Kabir
8. Master Teacher Award: Prof. Md. Azizul Kahhar
9. Women Physician of the Year: Dr. Aparna Das
10. Chapter Service Award: Dr. Mahbub Mayukh Rishad
11. Volunteer Faculty Award: Prof. M. A. Hasan Chowdhury
12. Early Career Physician Award: Dr. Muhammad Faizur Rahman (Fahim)
13. : Dr. Syed Ghulam Mogni Mowla
14. Excellence Award Dr. Sudip Ranjan Deb
15. Resident Award: Dr. Abtahir Rahim Taha
16. Medical Student Award: Dr. Shafeen Seheli Khan
17. Clinical Practice Award: Prof. Mahfuzer Rahman
18. Diversity Award : Prof. Md. Zahir Uddin
19. Educator Award: Prof. Robed Amin
20. Hospitalist Award: Prof. Firoz Ahmed Quraishi
21. Innovation Award: Prof. Abdul Wadud Chowdhury
22. Internist Award : Prof. Ahmedul Kabir
23. Researcher Award Dr. Fazl(n)-6 (th32 792 re W*)7 (D (c)7 (h)-6 (r. F)14 (aAf. A)-7 (hm)7 (e)7

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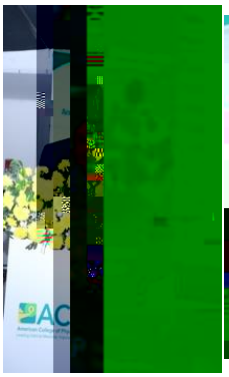

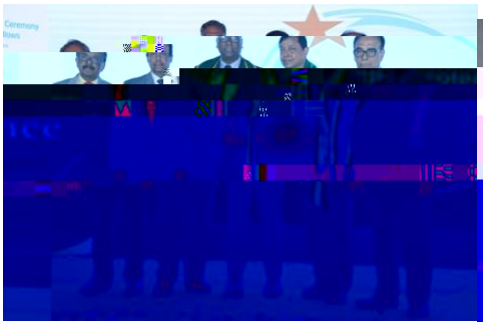

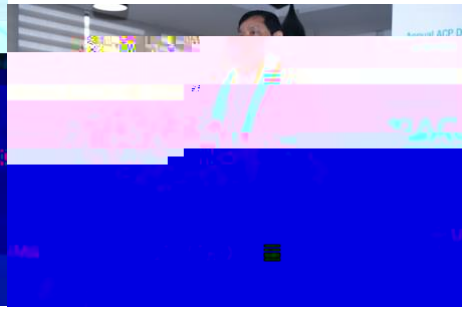

Achievement of Gold Excellence Chapter Award

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won Chapter Excellence award this year and for the 8th time in a row. Our chapter had been awarded in Bronze category last year. But for the second time, we have achieved Gold category award this year. This award has brought great prestige for our chapter, community as well as our country, which became possible through H Y H U \ R Q H ¶ V F R Q W L Q X H G V X S S R U W D Q G G H Y R W L R Q our chapter activities.

Meeting Minutes of Advisory Council

ACP Meeting Minutes
Date: June 29, 2024

Executive Vice President Appreciation

- The meeting began with a vote of thanks to the Executive Vice President for the well-written review.

BOG Chair Appreciation

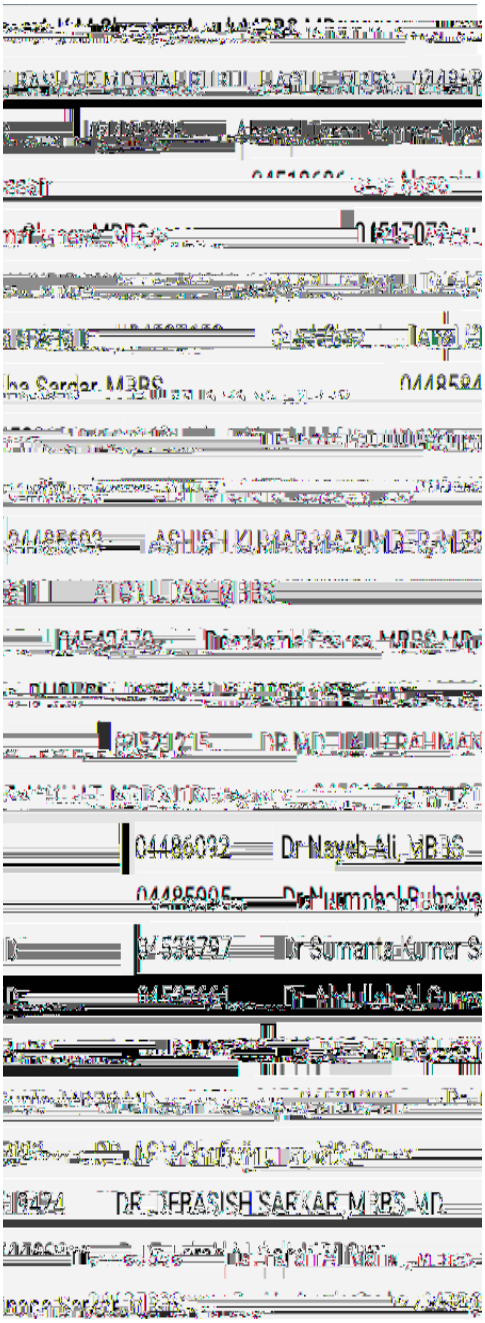
- Dr. Angela Johnson, the BOG Chair, was commended for her insightful and inspirational guidance.

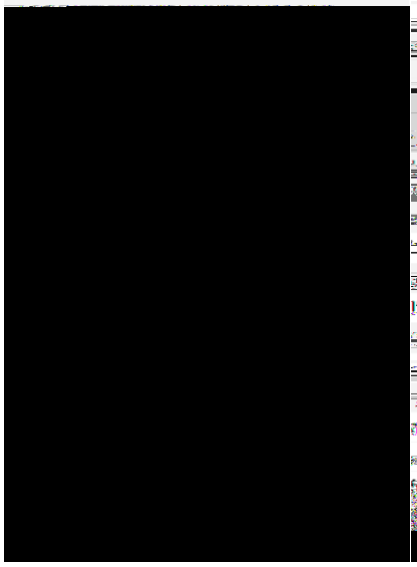
- The theme will focus on CMEs, student, and resident involvement.

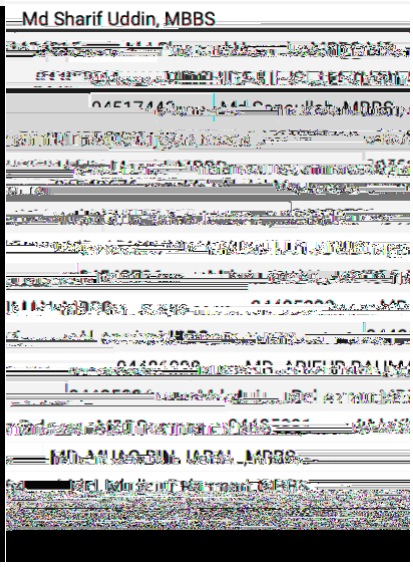
Outline of Programs:

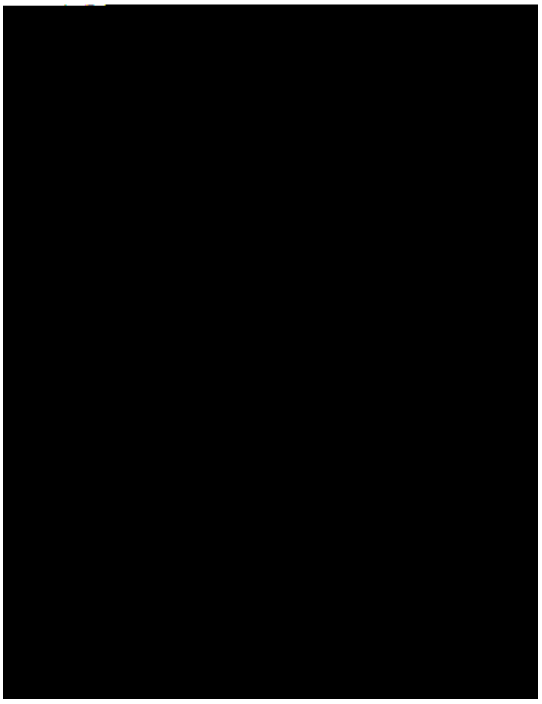
- Prof. HAM Nazmul Ahasan, immediate past governor, appreciated current governor for promoting diversity in ACP Bangladesh chapter.
- Unimed was thanked for providing office space.
- The appointment of permanent office staff, preferably a doctor, was discussed.
- The IMIG program was deemed helpful.
- Six-month meeting plans were outlined.
- Seminars will be organized.
- Prof. Khan Abul Kalam Azad, governor of ACP Bangladesh chapter and Prof. Mohammad Rafiq will hire a regular office staff.
- IMIG meetings with new members will be held with the Governor within 1month.
- CME Programs will be conducted at Dhaka Medical College Rangpur, and Bagura.
- Guidelines for the theme "Treat Your Dyslipidemia and Remove Your Name from Cardiovascular Disease" will be formulated by Prof. Mohammad Rafiq, Prof. Golam Mawla Mogni, Prof. Md. Mujibur Rahman and Mr. Rezwan.
- The BOG meeting in Boston will be attended by one fellow.
- The Gold Excellence Award will be declared at Regional prog that will be held in Bogura.
- Trainees will receive hands on training from our professors in Bogura (Prof. Quazi Tarikul Islam, Prof. HAM Nazmul Ahasan, Prof. MA Jalil Chowdhury, Prof. Md. Titu Mia, Prof. Syed Atiqul Huq)
- IMIG programs will be held in Rangpur (September), DMC (January), and Mymensingh (November end)

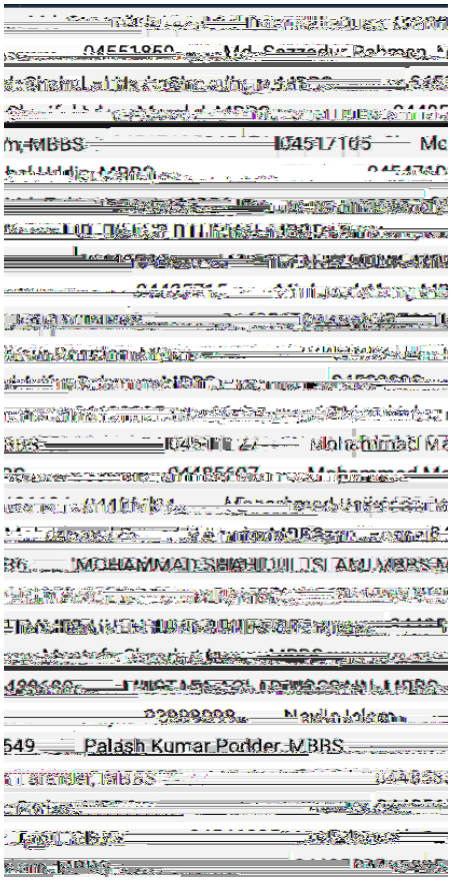
List of new members in last six months



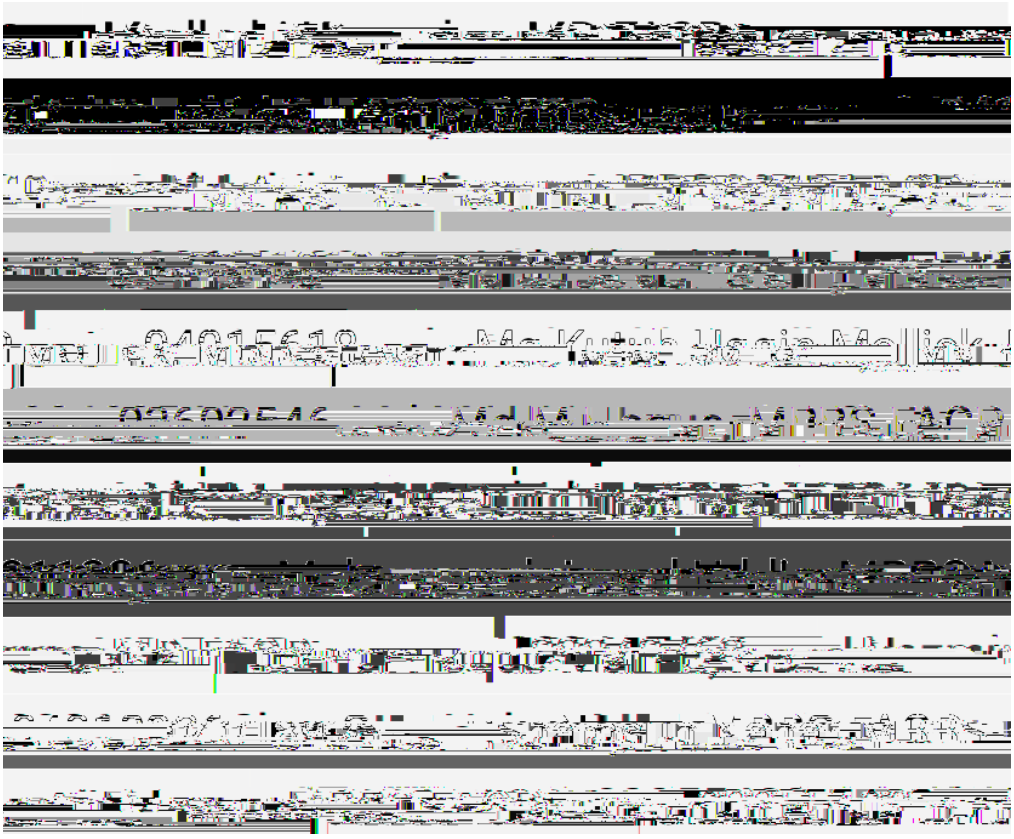



Md Sharif Uddin, MBBS




549 Palash Kumar Podder, MBBS

List of new fellows in last six months



Mpox: A Recent Concern

MPOX is a viral infection that spreads through close contact. It was first identified at the Statens 6HUXP ,QVWLWXW LQ &RSHQKDJHQ LQ Z-KLQ WKH GHQPDUN in monkeys being kept for research. The first human case was confirmed until 1970, when a nine-year-old boy living in the DRC developed a nasty rash that reminded doctors of smallpox. On 13 August 2024, Africa CDC officially declared Mpox a Public Health Emergency of Continental Security (PHECS). On August 14, 2024, WHO declared the Mpox outbreak a Public Health Emergency of International Concern (PHEIC). They are declared when diseases are spreading in new or unusual ways, and are aimed at galvanizing international cooperation and funding to tackle an outbreak. MPXV is a double stranded, enveloped, brick shaped DNA virus. There are two strains of Monkeypox virus: clade I and clade II. Clade I cause more severe illness and deaths. Some outbreaks have killed up to 10% of the people who get sick, although more recent outbreaks have had lower death rates. Clade I is endemic to Central Africa. Clade II is the type that caused the global outbreak that began in 2022. Infections from clade II mpox are less severe. More than 99.9% of people survive. Clade II is endemic to West Africa. Two strains are 90 per cent similar.

The strain driving the current outbreak is known as clade 1b, which has a higher mortality rate than the strain which prompted the first emergency in 2022 thought to be as high as five per cent in adults and 10 per cent in children.

After exposure, it may take several days to a few weeks before developing symptoms. Signs of mpox include, fever, rash, swollen Lymph nodes, chills, headache, muscle aches and fatigue. The rash starts as flat, red bumps, which can be painful. Those bumps turn into blisters, which fill with pus. Eventually, the blisters crust over and fall off. The whole process can last two to four weeks. There may be sores in mouth, face, hands, feet, penis, vagina or anus. Not everyone with mpox develops all the symptoms. Different ways you might experience symptoms include. Only a rash (no other symptoms), or other symptoms developing like Flu symptoms, then a UDVK 6RPH SHRSOH GRQ¶W JHW D UDVK DW DOO $ UDVK F few bumps RU EOLVWHUV <RX FDQ KDYH PSR[DQG QRW NQRZ LW RI LQIHFWLRQ LW¶V SRVVLEOH WKDW \RX FDQ VSUHDG VWL contact. It spreads from animal to animal, social contact, intimate contact and by vertical transmission.

The laboratory diagnosis of mpox is predominantly based on the direct demonstration of the Orthopoxvirus monkeypox (MPXV) in a clinical specimen. Real-time polymerase chain reaction (real-time PCR) on skin lesion materials (e.g. swabs, exudate, or lesion tissue) are used most frequently. There are four vaccines which protect against mpox. MVA-BN (made by Bavarian Nordic), LC16 (made by KM Biologics), OrthopoxVac (which is licensed in Russia) and ACAM2000 vaccine is licensed to prevent smallpox and recommended by the ACIP(Advisory

Committee on Immunization Practices) for certain people at risk for exposure to orthopoxvirus infections. Individuals exposed to MPXV should be monitored for 21 days checking mpox symptoms, and those with suspected or confirmed mpox cases should be isolated to avoid infecting others.

Treatment for most people with mpox is aimed at relieving symptoms. Care may include managing skin damage and pain management. Treatment of mpox with some antiviral drugs used to treat smallpox, such as tecovirimat (TPOXX) or brincidofovir (Tembexa). Cidofovir is a commercially available antiviral that has the same mechanism of action as brincidofovir and could also be considered. Mpox has some severe complication like myocarditis, pericarditis, corneal ulcer, blindness, encephalitis, arthritis, sepsis and death.

High degree of clinical suspicion is required for the diagnosis of Mpox. Infection prevention and control (IPC) protocol is required for patient care activities in health care facility.

Conclusion

As we conclude this newsletter, I would like to extend my heartfelt gratitude to all the members and fellows of the ACP Bangladesh Chapter for your unwavering support and active participation in our chapter's activities. Over the past year, we have faced numerous challenges, but our collective resilience and commitment to the field of internal medicine have helped us overcome these obstacles.

I am particularly thankful to the previous governors, Prof. Quazi Tarikul Islam and Prof. H. A. M. Nazmul Ahasan, for their exceptional leadership and contributions, which have paved the way for our chapter's growth. Their legacy continues to inspire us as we move forward. Looking ahead, we are excited to strengthen our collaboration with regional ACP Chapters, including those in India, Japan. Our focus remains on enhancing the professional development of our internists and building a strong network among our Masters, Fellows, and Members.

I encourage all of you to stay engaged, participate actively in our upcoming events, and continue contributing to the success of our chapter. Together, we can achieve great things and advance the practice of internal medicine in Bangladesh and beyond.

Thank you for your dedication and commitment to our shared mission.

Warm regards,
Prof. Khan Abul Kalam Azad
FCPS, MD, MACPFCPKen-USre aE/0 612 792 re PSi aE/0 612 792 re PSi aE/0 612 792 rm3 <