

Women's Health Section Program
Sherri Simpson Broadwater M.D., Section Chair (Proposed Maximum # of CME 12.5)

Black Women: Bossing Up, Becoming Healthy and Becoming a Mommy-What's Working and What's Not!

Saturday, July 29

7:30 – 12:00 Annual Walk a Mile with a Child

1:30 – 3:00 Edward C. Mazique, M.D. Symposium

Sunday, July 30 Black Women Physicians Bossing UP" Empowerment Panel Discussion and Q & A

2:30 – 2:40 **Welcome**

Sherri Simpson Broadwater M.D., Section Chair and Moderator
Atlanta, GA

2:40 - 5:00 **Black Women Physicians Bossing UP" - Empowerment Panel Discussion and Q&A**

The NMA Women's Health Section in conjunction with the Concerned Council of Women Physicians (CCWP), the NMA Obstetrics and Gynecology Section, and the NMA Physician Executive Section invite you to our annual women's empowerment panel workshop of 5 high-achieving black women physicians. Our lively discussion will address the issues, challenges and progressive steps needed for black women physicians to thrive.

This panel discussion has been a highlight for NMA Women's Health participants for well over ten years. Black Women Physicians: What is required to be a Leader at the C-Suite Level? Do you really know and have what it takes? Do you have the mindset and relationships to surpass the limits of racialized sexism, sexualized racism, ageism, and other isms? Are you walking in your desires and vision or has stagnation and burdens bound you to the status quo?

As black women physicians, we often have to stretch wider than most to manage the many sacrifices of our journey. We often are juggling far too many roles while answering the duty to serve. Black Women BOSSES cannot thrive if we are working alone, over-rely on ourselves, or do not prioritize our well-being. Bossing UP together is self-care Black Women Physicians! We hope you will join us.

Objectives: 1) Participants will strategize at least 2 steps to close the gap between the now and future goals. 2) Participants will be able to differentiate between unrealistic limitations vs. mindset traps. 3) Participants will be able to recognize 3-5 roles and relationships needed to elevate and execute.

References: 1) Black Women Leaders: Going High in a World of Lows
Dequies A. Lanier dlanier@troy.edu, Sonia J. Toson, and J. Celeste Walley-JeanView all authors and affiliations
Volume 24, Issue 3 <https://doi.org/10.1177/152342232210996>; First published online May 11, 2022
2) Fries-Britt S., Kelly B. T. (2005). Retaining each other: Narratives of two african american women in the academy. *The Urban Review*, 37(3), 221–242. <https://doi.org/10.1007/s11256-005-0006-2>

Panelists:

- Dr. Wendi El-Amin, Associate Dean for Equity, Diversity and Inclusion at Southern Illinois University School of Medicine
Dr. Fatu Forna - Global Obstetrician and Gynecologist, Executive Director, The Mama-Pikin Foundation, former Chief of Obgyn at Georgia Kaiser Permanente; Maternal Health Consultant, Author
- Dr. Bonnie Simpson Mason - Founder/Former CEO of Nth Dimensions, VP of ACS, former VP of ACGME, co-founder of XCEL Physician Executive Leadership Program, Founder of Beyond the Exam Room, Author
- Dr. Yvette Mcqueen - Locum tenens Emergency Room physician, International CME travel conferences Program Director, Author

Monday, July 31st

8:00 - 11:00 **Vivian Pinn M.D. Lecture Series and Hot Topics**

8:00 – 8:10 **Welcome and Morning Meditation**

Dr. Sherri Simpson Broadwater, M.D., Section Chair and Moderator, Atlanta, GA

8:10 - 8:55 **"Menopause and Black Women"**

Dr. Donna G Ivery, M.D.,
CEO-Founder, Female Matters, LLC, Titusville, FL

Presentation Description: This workshop will provide the private practice physician with the knowledge to provide support, treatment, and care to Black women who inquire about or seek support in menopause. The presentation will be divided into 3 main areas: education, diagnosis, and treatment. The treatment presentation will be further divided into wellness options and pharmaceutical options.

Participants should be able to: 1) Differentiate critical clinical updates to address patient concerns regarding menopause. 2) Demonstrate a thorough understanding of the diagnosing and surveillance of menopause and treatment. 3) Provide general knowledge of treatment and wellness modalities available, including the strict need for ongoing surveillance and monitoring of patients on high-dose herbal, hormonal, and pharmaceutical therapies; self-pleasure and physical tools to decrease vaginal atrophy will also be presented.

References: 1) Cynthia M. Bradley, MD, FACOG, New Beginnings Healthcare, 8750 SW 144 st, Suite 201, Miami, FL 33176, ph: 305- 378-4624 2) M. Allyson Brown Griffin, MD, FACOG, Penn Medicine Princeton Medical Center, Facility Director - Team Health, 12 Plainsboro Road, Plainsboro, NJ, 08536, ph: 215-873-6712

8:55- 9:30 **Black Girls Coloring: Artistic Self-Care for African-American Women and Families**

Sherri Simpson Broadwater M.D. CEO and Psychiatrist of Healing For All, Psychiatric and Coaching Adjunct Professor of Child Psychiatry, Morehouse School of Medicine, Emotional Wellness Activity Books and Guided Journal Author, Atlanta, GA

Art whether painting, coloring, sketching, digital art, photography, etc. is a tool for mindfulness, cultivating curiosity, experiencing novelty, and engagement of the senses. (2,3) Art alters neurochemistry, helps us cultivate our curiosity, stay open to our emotions, or experience surprise or novelty. (2,3) Black Resistance must include a variety of tools including creativity, joy, and rest but how many black women physicians and

their families actually engage in a hands-on artistic practice for release and rejuvenation? This workshop will explore the benefits of artistic practices in the self-care of black women physicians. We will open our minds to moving beyond only looking at or purchasing art. Join this workshop as we explore coloring and decoupage; coloring pages and magazine cutouts will be provided. We invite you to bring your journal or other treasured that you would like to decorate.

References: 1. Nicole Turturro and Jennifer E. Drake. "Does Coloring Reduce Anxiety? Comparing the Psychological and Psychophysiological Benefits of Coloring Versus Drawing." [https://orcid.org/0000-0001-7494-3624 jdrake@brooklyn.cuny.edu](https://orcid.org/0000-0001-7494-3624/jdrake@brooklyn.cuny.edu) Volume 40, Issue 1 2. Your Brain on Art, by Susan Magsamen and Ivy Ross, 2023 3. "What Art Does for Your Brain" by Jill Suttie, April 25, 2023 https://greatergood.berkeley.edu/article/item/what_art_does_for_your_brain

9:35-10:15 **Combating Disproportionate Dismissal and Distress of Black Residents**

Dr. Keisha Bell, M.D. Assistant Professor, Department of Pediatrics; Director of the Pediatric Sedation Program, Washington, D.C

Dr. Rosandra DayWalker, M.D.
Physician Leader, Medical Director, Total Worker Health expert, Occupational & Environmental Medicine, Trauma-Informed, Lifestyle Medicine, Houston, TX

Dr. Paul Johnson, M.D.
Double Board-Certified Colorectal Surgeon Methodist Cancer Institute. Methodist Le Bonheur Hospital, Memphis, TN

Dr. Bonnie Simpson Mason, M.D. Founder/Former CEO of Nth Dimensions, VP of ACS, Former Vice President of ACGME, Co-founder of XCEL Physician Executive Leadership Program, Beyond the Exam Room Founder, Author, Columbia, MD

Black residents constitute approximately 5% of the medical trainee workforce but are estimated to represent nearly 20% of the dismissed trainee population—and the rate increases in surgical subspecialties. Our organization's goal is to reverse these inequitable dismissal outcomes and assist residents in becoming Board-certified physicians. The National Council for Residents has a two-fold strategy to accomplish these goals. First, we create a community for residents where they can preemptively learn specific strategies for the successful completion of training. Second, we provide intensive support for residents placed on probation and for those who are in the disciplinary/dismissal process. This second goal has only been accomplished with the help of many NCR-affiliated attendings who have volunteered their time, energy, and expertise to help individual trainees in crisis.

References:

1. Association of American Medical Colleges. Diversity in medicine: facts and figures 2019. Accessed July 5, 2023. <https://www.aamc.org/data-reports/workforce/report/diversity-medicine-facts-and-figures-2019>
2. Haruno LS, Chen X, Metzger M, et al. Racial and Sex Disparities in Resident Attrition Among Surgical Subspecialties. *JAMA Surg.* 2023;158(4):368–376. doi:10.1001/jamasurg.2022.7640
3. Wong RL, Sullivan MC, Yeo HL, Roman SA, Bell RH Jr, Sosa JA. Race and surgical residency: results from a national survey of 4339 US general surgery residents. *Ann Surg.* 2013;257(4):782-787. doi:10.1097/SLA.0b013e318269d2d0

10:15-10:50 **Maternal Mortality: A Global Challenge**

Dr. Fatu Forna, M.D. Global Obstetrician and Gynecologist, Executive Director, The Mama-Pikin Foundation Former chief of Obgyn at Georgia Kaiser Permanente, Maternal Health Consultant, Duluth, GA

The United States has the highest maternal mortality rate (MMR) among industrialized nations and significant maternal health disparities, with Black women experiencing three times higher mortality rates than White women. Similar disparities exist in maternal mortality around the world with Black women carrying the vast majority of the burden – 70% of all maternal deaths are in sub-Saharan Africa. This presentation will compare maternal mortality in the US and in Sierra Leone to highlight the challenges faced by Black mothers around the world.

Following this session, participants should be able to: 1) Understand global trends in maternal mortality. 2) Compare maternal mortality in the United States to other countries 3) Understand the top causes of maternal mortality and interventions to help reduce maternal deaths

References: Forna F, Gibson E, Seda P, et al. A cocoon pregnancy care model to reduce maternal morbidity and mortality. *NEJM Catalyst* 2023; 4(2):1-28. 2. Forna F, Titulaer P, Sesay S, Conteh S, et. al. Prevalence of highly concentrated oxytocin or “pepper injection” in labor among clinicians undergoing emergency obstetric training in Sierra Leone. *Int J Obstet Gynecol* 2020; 1 - 6. 3. van Duinen AJ, Westendorp J, Kamara MM, Forna F, et. al. Perinatal outcomes of cesarean deliveries in Sierra Leone: A prospective multicenter observational study. *International J Obstet Gynecol* 2020; 1-9.4. Holmer H, Kamara, MM, Bolkan HA, van Duinen AJ, Conteh S, Forna, F, et. al. The rate and perioperative mortality of caesarean section in Sierra Leone. *BMJ Global Health* 2019;4e001605:1-11.5. Maternal mortality (who.int)6. Maternal Mortality Rates in the United States, 2021 (cdc.gov) 7. Mamapikin Foundation

Monday, July 31, 2023 Afternoon Session 1:05 – 3:00

1:00 - 1:05 Welcome and Meditation

Dr. Sherri Simpson Broadwater, M.D. Section Chair

1:05 – 2:55 Black Physician - Are you truly ready for the C-suite and beyond?

Dr. Bonnie Simpson Mason - Founder/Former CEO of Nth Dimensions, VP of ACS, former Vice President of ACGME, Co-founder of XCEL Physician Executive Leadership Program, Beyond

the Exam Room Founder, Author, Columbia, MD

Mrs. Neysa Dillon-Brown, Diversified Search Group Executive Search Division President

Atlanta, GA

As the need for physician leaders continues to grow amidst the crises that continue to disproportionately plague communities of color, building an understanding of tools and strategies to transition from clinical to administrative and executive roles is critical. This session will provide an in-depth investigation of the essential components that all physicians seek to advance, be promoted, or transition.

Objectives: Participants should be able to 1) Appraise critical landmines that preclude physicians in leadership pathways from successfully prospering in proactive and leadership roles. 2) Convert one's physician brand from clinical to an executive presence and also identify curriculum vitae to resume modifications needed to be competitive.

Tuesday, August 1, 2013 Morning Session 8:00-11:00

No One is Going to Save US: What Else Can Black Physicians Do to Save Black People?

8:00 – 8:10 **Welcome and Meditation**

Dr. Sherri Simpson Broadwater, Section Chair, Board Certified Psychiatrist

8:00 - 8:55 **"Black Women's Mental Health Across the Lifespan Challenges, Vulnerabilities, and Strengths"**

Dr. Sherri Simpson Broadwater, Section Chair, Board Certified Psychiatrist

This workshop seeks to provide education and knowledge on the mental health of black females throughout the lifespan. The rigor and stress of being black women physicians can affect our bandwidth and capacity to take care of ourselves as we may want. Despite our economic success, proactive pivoting to thwart future medical, financial, and social challenges also remains elusive to many of us.

Objectives: Participants should be able to 1) Identify key stressors of black girls and women. 2) Develop strategies to decrease mental illness, ambivalence, avoidance, under-treatment, and lack of treatment for ourselves, loved ones and patients. 3) Recognize indications of a crisis and what help looks like.

References: Women's Mental Health Across the Lifespan Challenges, Vulnerabilities, and Strengths; Edited By Kathleen A. Kendall-Tackett, Lesia M. Ruglass; The State of Black Girls: A Go-To Guide for Creating Safe Spaces for Black Girls by Dr. Marline Francois-Madden; Mind Matters: A Resource Guide to Psychiatry for Black Communities by Global Health Psychiatry, LLC, Otis Anderson III MD, Timothy G Benson MD,, Malaika Berkeley MD, Delane Casiano MD, Ericka Goodwin MD, Napoleon B Higgins Jr MD, James Lee Jr MD, Michael Pratts MD, Karriem Salaam MD

9:00 - 10:00 **Hurting Brothers, Fathers, Husbands and Sons, What Else Can We Do to Help the Black Men in Our Lives Thrive?**

Dr. Thomas Mason, Chief Medical Officer (CMO) of the Office of the National Coordinator for Health

Information Technology (ONC) at the U.S. Department of Health and Human Services (HHS); former

physician at Cook County Project Brotherhood Health Clinic, Columbia, MD

Dr. Bonnie Pete Thomas, Howard Brown Health, Site Medical Director, HIV and Infectious Disease

Specialist, Chicago, IL

Though the Tuskegee Syphilis Study Experiment ended over 50 years, the collective trauma on the health and wellness of African-Americans prevails. This presentation will focus on collective and individual interventions for black men to converse with one another, build community and improve medical and safety outcomes. Wellness approaches including Project Brotherhood, Emory Brain Health Center Minority Men's Health, Pan Hellenic health initiatives, podcasts such as The Pivot (NY) Solomon Thomas) along with barbershop outreach initiatives seek to create connection and provide education and access[some], but what additional health and wellness motivation can physicians provide?

Objectives: Participants should be able to 1) identify at least 3 steps that can be taken to disrupt delayed healthcare access by family members, friends and patients. 2) Describe social determinants of health specific to the black man and from the black man's perspective including "religiosity, spirituality, stress, incarceration, racism, oppression, segregation" (1), education, mental health stigma, and the impact of performative expectations on identity.

References: <https://publichealth.jhu.edu/2020/the-black-mens-health-project>; Prog Community Health Partnersh. 2019; 13(5): 137–142. NIHMSID: NIHMS1063238; PMID: 31378744 Perspectives from Project Brotherhood: Facilitating Engagement of African American Men in Research Marcus Murray, MPH,¹ Christian Campbell, BS,¹ LeChaun Kendall, MPH,¹ Melicia C. Whitt- Glover, PhD,³ and Karriem S. Watson, DHSc, MS, MPH^{2,4}

10:00-1040 Substance Use Disorders in Women-Unique Vulnerabilities: What Every Physician Needs to Know

Dr. Damali Campbell Oparaji MD, Associate Professor OB/GYN Rutgers New Jersey Medical School, Newark, NJ

Dr. Natalie Roche MD, Associate Professor OB/GYN, Rutgers New Jersey Medical School
Division Director for Generalists Division, Newark NJ

Women are uniquely affected by substance use. “More attention is needed to better understand the needs among Black women as the relationship between trauma and SUDs may be more pronounced because of their race and gender,” noted Abenaa Jones, Penn State Assistant Professor of Human Development and Family Studies, and Ann Atherton Hertzler Early Career Professor in Health and Human Development. Each increase in the number of parents or grandparents with drug and/or alcohol problems was associated with 30% increased odds of women’s drug use and 40% increased odds of these women having an open Child Protective Services (CPS) case with their children, according to Jones. Additional information must be elicited in the clinical evaluation in order to identify women with substance use behaviors and those at risk of developing substance use behaviors or a substance use disorder. All providers of health care to women must incorporate screening for SUD and provide reassurance, brief intervention and referral when appropriate.

Objectives: Identify additional risk factors that increase substance use amongst women. Evaluate reasons that substance use is underreported based on gender, professional roles, and physician status. Devise an improved substance use clinical detection and referral process.

Objectives: Participants will expand their awareness of how women are uniquely affected by substance use disorder Participants will evaluate how they can incorporate screening brief intervention and referral into their practice.

References:

1. ACOG committee opinion #711, August 2017
2. ASAM Principle of Addiction Medicine 6th edition, 2019
3. Elsevier, Drug and Alcohol Dependence Vol 26, January 1, 2020, 107679, Caitlin E. Martin et al
4. NIDA Women and SUD section
5. Trauma causes high levels of intergenerational substance use among Black women Feb 22, 2023; <https://ssri.psu.edu/news/trauma-causes-high-levels-intergenerational-substance-use-among-black-women>

1045-1100 Women’s Health Section Business Meeting