## **FELLOWS AND YOUNG GIS SECTION**



# Involvement in National Gastroenterological Societies for Professional Development and Career Advancement: Tips for Trainees

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#### **Abstract**

Engaging with national gastroenterological (GI) societies offers a plethora of pathways for professional development at every career stage. While each society has a mission with distinct aims, which provides a different spectrum of opportunities, almost all societies share several common goals. Involvement in national GI organizations can not only help in professional advancement but can be a rewarding and meaningful way to contribute to our field. There are several benefits of engagement with national GI organizations and trainees should see what aligns with their goals to make the best of the opportunities offered by these organizations. These include education, scholarship, and research opportunities, establishing mentorship, developing leadership skills, and involvement in advocacy among many others. In this article, we aim to provide a trainee and early career gastroenterologist's perspective of various benefits of involvement in national GI societies and how it can help in professional development and career advancement.

## **Education**

Education is a critical mission of all GI organizations. While fellowship is a continuous source of continued medical education (CME), the national GI organizations are dedicated to providing education to Gastroenterologists at all career stages. The American College of Gastroenterology (ACG) offers weekly virtual Grand Rounds with expert commentary, while the American Society for Gastrointestinal Endoscopy (ASGE) has an app based platform in "GI Leap" that provides excellent resources for endoscopy education. The American Gastroenterological Association (AGA) Universe is the access point for Digestive Diseases Self- Education Program (DDSEP), among the most widely used board review resources (Table 1). All societies have their practice guidelines readily available on their websites as well as abundant opportunities to obtain CME credit. This offers an invaluable resource especially if a fellowship program doesn't have faculty experts in a particular area (e.g., some

programs might not have a liver transplant program or an anorectal manometery program).

# Leadership

Leadership roles are important for professional growth, both for trainees and early career professionals. All societies offer a variety of committee positions, allowing engagement in each aspect of the organization. Greater contribution in this capacity can lead to roles of greater responsibility and eventual prominence within the ranks of an organization. Committees are ideal to develop leadership skills, partake in networking opportunities, and make a meaningful impact on the organization's mission [1]. Formal leadership programs offer opportunities for refinement of professional skills and development of strategies for career advancement. The ACG Institute created a structured leadership program designed for early career faculty as part of the Early Career Leadership Program. With its success, a similar program for experienced and tenured track clinicians was devised for mid-career faculty, known as the Advanced Clinical Leadership Program. Similarly, the American Association for the Study of Liver Diseases (AASLD) championed the "Emerging Liver Scholars program," which is geared toward professional development for residents with a passion for Hepatology (Table 2).



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#### Table 1 Educational resources

ACG

Virtual Grand Rounds Virtual lectures broadcasted weekly from renowned GI experts

Education Universe Online platform of review questions and lectures

Board Prep and Self-Assessment Tests ACG question bank of board review questions

ACG Podcasts Variety of podcasts from AJG, ACG Practice Management Toolbox, ACG Case Reports Journal,

among others

AGA

Digestive Diseases Self- Assessment

ProgramDDSEP

AGA's premier board review resource

AGA Universe Online platform of training modules, MOC activities, and lectures

ASGE

GI LEAP Online platform containing prior webinars, podcasts, post-graduate course materials, and other

educational content

Endo Hangout Lectures outlining best endoscopic tips and techniques, especially for fellows

GESAP X Self-assessment program designed to increase your knowledge and decision-making skills in 10

specific areas of diagnostic and therapeutic gastroenterology and endoscopy

Video Tips and Tech Talks Expert guidance on common (and uncommon) endoscopic management

AASLD

LiverLearning Hepatology educational content for clinicians and other healthcare professionals, with opportunity to

earn continuing education credit

Fundamentals of Liver Disease Free course to learn about the basics of liver disease

#### Table 2 Leadership

ACG Institute

Early Career Leadership Program

Leadership, mentorship, advocacy opportunities, and networking for early career GI; 1–5 years

out of training

Advanced Leadership Development Program Leadership, advocacy for mid-career professionals (10–20 years post fellowship)

Emerging Leaders Program Leadership and job related activities for 3rd and 4th year fellows

ASGE

LEAD Program Offers Early Career GI the opportunity to enhance leadership and career development skills; at

least 1 year after fellowship

Committees leadership opportunity with several spots for trainees available, also expedited opportunity to

become FASGE

**AGA** 

Future Leaders Program Leadership program for minorities

FORWARD Program NIH funded program for minority physician scientists Young Delegates Program opportunities for publications and clinical initiatives

Women's Leadership Development Conference National leadership skills and emphasis on mentorship/sponsorship

Committees leadership opportunity, with at least 1 spot for trainees on each committee

# **Scholarship**

Scholarly activity comes in various shapes and forms. All GI societies are dedicated to advance the scholarship mission for gastroenterologists at levels of their career. Scholarly work is also an integral part of fellowship and academic job opportunities. A variety of research awards are made available from each national organization. The ACG Institute prides itself on scholarships for digestive

diseases, epidemiology, and diverse clinical research totaling nearly \$30 million since its 1994 inception. The ASGE funds basic, translational, and clinical work focused on gastrointestinal endoscopy, exemplified by the ASGE Innovation Award among many others. The AGA bestows over \$2 million in scholarships annually with a concentration on GI Malignancy, IBD, Eosinophilic Diseases as well as grants to DDW (Table 3). The AASLD has provided over \$57 million since 2000 for innovative hepatology research, including travel grants and clinical research. In



## Table 3 Scholarship

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Clinical Research Leadership Program

Junior Faculty Development Award

Established Investigator Bridge Funding Award

ACG/ASGE Epidemiologic Research Award

Clinical Research Award Clinical Research Pilot Project Resident Clinical Research Award

Health Equity Research Award

Medical Student Research

#### ASGE

Research Award

ACG/ASGE Epidemiologic Research Award

Diversity and Inclusion Research Award

NYSGE Award for Collaborative Endoscopy Research in Honor of Florence Lefcourt

Innovation Award

## AASLD

Abstract Travel Awards

Advanced Practice Provider Award Early Career Investigator Award

Fellow Research Award

Liver Transplant and/or Hepatobiliary Surgery Fellow Award

Pediatric Research Award Resident Research Award Student Research Award

International Early Career Investigator Award presented in Honor of Professor CY Kim

Professor Margit Hamosh Travel Award

Professor Mindie H. Nguyen Award for Outstanding Clinical Research by Early Career Investigators

Northern Lights' Canadian Legacy Travel Award The Rosalyn and Leo Fried Memorial Travel Award AASLD Foundation Fellow (DDW) Abstract Award

**Emerging Liver Scholars** 

Pinnacle Research Award in Liver Diseases

Clinical, Translational and Outcomes Research Award in Liver

Afdhal/McHutchinson LIFER Award

Pilot Research Award in Liver Diseases

Teaches skills related to successfully managing a research team from both financial and leadership standpoint

3 year award for faculty studying gastroenterology or hepatology, award totals \$450,000

2 year award for faculty studying digestive diseases, award totals

1 or 2 year awards for fellows or faculty studying outcomes in gastrointestinal endoscopy, award totals \$50,000

1 year award for patient-oriented research, award totals \$50,000

For trainee and faculty for pilot projects

Residents studying patient-oriented clinical care, award totals \$10,000

6–10 week summer research experience for medical students, with funding up to \$5,000

2 year award for faculty studying healthcare disparities, award totals \$75,000

2 year award for basic, translational, and clinical research related to gastrointestinal endoscopy, award totals \$75,000

1 or 2 year awards for fellows or faculty studying outcomes in gastrointestinal endoscopy, award totals \$50,000

2 year award for gastroenterology research with a focus on minority health and healthcare disparities, award totals \$50,000

2 year award for Multi-Institutional Collaboration focused on GI Endoscopy, award totals \$100,000

Supports invention of a novel concept prototype, award totals up to \$10,000

Award totals \$1,000

Students, APP, and MD/PhD equivalents with a focus on clinical, basic or healthcare disparity research, award totals \$1,000

Award totals \$1,000 Award totals \$1,000

Fellows or Junior Faculty affiliated with pediatrics, award totals \$1,000 Residents with an interest in Liver Disease, Award totals \$1,000

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Students are eligible, Award totals \$1,000

Research from those residing in South Korea, Award totals \$1,500

HCC research, Award totals \$2,500

Liver diseases research from investigators in Africa, Central/South America, Southeast Asia, and Western Pacific, award totals \$2,500

For trainee or APP, Award totals \$2,500

For Middle Eastern Researchers, Award totals \$2,500

Award totals \$1,000

For medical residents, provides funding for The Liver Meeting, AASLD trainee membership, and journal subscription

3 year award for Junior Faculty studying basic science research, award totals \$300,000

2 year award for Junior Faculty studying clinical, translational, and outcomes research, award totals \$200,000

2 year award for Postdoc or Research Fellow studying clinical, translational, and outcomes research, award totals \$100,000

1 year award for Faculty studying basic, clinical, translational, and outcomes research, award totals \$50,000



#### Table 3 (continued)

Gupta Family Pilot Award in PSC Research

Autoimmune Liver Diseases Exploratory Research Award

Advanced Transplant Hepatology Fellow Award

Bridge Award

Emerging Advanced Liver Advanced Practice

AGA

AGA Pilot Research Award

AGA Caroline Craig Augustyn and Damiam Augustyn award in digestive cancer

AGA-Pfizer Pilot Research Award in IBD

AGA-Pfizer Pilot Research Award in Steatohepatitis

AGA-R. Robert & Sally Funderburg Research Award in Gastric CA

AGA Ironwood Fellowship to- Faculty Transition Award

AGA-Pfizer Fellowship-to-faculty Transition Award

AGA Research Scholar (RSA)

AGA-Bristol Myers Squibb Rearch Scholar Award in IBD

AGA-Dr Harvey Yound Education & Development Foundation's Young Gut Scholar Pgm

AGA Abstract Award for Health Disparities Research

AGA Fellow Abstract Award

AGA Student Abstract Award

AGA-APFED Abstract Award in Eosinophilic GI Diseases

AGA-Moti L. Kamla Rustgi International Travel Awards

AGA-Aman Armaan Ahmed Family Summer Undergraduate Research Fellowship (SURF)

AGA-Gastric Cancer Foundation Ben Feinstein Memorial Research Scholar Award in Gastric Cancer

GI Clinical Trialists Bootcamp

Registry Participation

- 1 year award for Postdoc or Faculty studying basic, clinical, translational, and outcomes research, related to PSC, award totals \$50,000
- 1 year award for Graduate students to Faculty studying basic, clinical, translational, and outcomes research, related to PSC, PBC, or AIH, award totals \$20,000
- 1 year award for GI Fellows for travel funds and career development award, totals \$4,000
- 1 year award for Faculty studying basic, clinical, translational, and outcomes research, award totals \$100,000

For APP for travel/career development purposes

- 1 year award for research new directions in gastroenterology and hepatology, award totals \$30,000
- 1 year award for digestive cancer research, award totals \$40,000
- 1 year award for research new direction in treatment of IBD, award totals \$30,000
- 1 year award for research new direction in treatment of NASH, award totals \$30,000
- 2 year award for novel approaches to gastric CA research, award totals \$100,000
- 2 year award that allows for protected time for clinical and translational research, award totals \$130,000
- 2 year award that allows for protected time for clinical and translational research related to immunology, award totals \$130,000
- 3 year award for early career faculty working toward an independent career in digestive diseases research, award totals \$300,000
- 3 year award for early career faculty working toward an independent research career in IBD research, award totals \$300,000
- 10 month award for undergraduate students from underrepresented minorities to perform research in digestive diseases, award totals \$7,575
- 1 year award for graduate student though postdoctural fellow level for presentation of health disparities research at DDW, award totals \$500
- 1 year travel award for MD, PhD, or equivalent presenting at DDW, award totals \$1,000
- 1 year travel award for graduate student through medical residents presenting at DDW, award totals \$1,000
- 1 year travel award for graduate student through clinical fellow presenting research in eosinophilic GI disease at DDW, award totals \$500
- 1 year travel award for early career physicians presenting at DDW from outside North America, award totals \$750
- 10 week research fellowship for underrepresented minorities in biomedical sciences to study under GI leaders, award totals \$5,400
- 3 year award for early career faculty working toward an independent career in gastric cancer research, award totals \$300,000
- 10 week training program meant to connect clinical trials workforce with gastroenterology; travel grants available
- FMT national registry and Trans-Oral Endoscopic Suturing Application Registry

addition, there are dedicated research awards and grants that are granted to trainees, both residents and GI fellows.

The annual meetings of the GI organizations are also an excellent opportunity for trainees to present their research

and scholarly work, not only allowing them an excellent platform but also opportunities to interact with leaders in the field. For instance, the ACG has a special meeting dedicated to trainees "The North American Conference of



Gastroenterology Fellows (NACGF)" where selected fellows present their research and get valuable feedback on research skills from renowned researchers in the field.

# Mentorship

Effective mentorship can be key to a successful career. Studies have shown this increases career satisfaction, job promotion, and peer-reviewed publications [2]. Those receiving adequate mentoring are more confident in their capabilities and inclined to seek advanced pursuits [2]. Sponsorship can be even more beneficial, as active promotion leads to opportunities that may otherwise not be possible for mentees. Involvement in national organizations offers opportunities for finding mentors in both formal and informal capacity. The ASGE Mentorship platform is designed for fellows and early career Gastroenterologists to cultivate relationships over at least 2 years, focused on a key career goal. The AGA mentorship program, Connections Corner, is conveniently accessed through the AGA Career Compass, a portal for many career development applications (Table 4). AASLD's mentorship program, Mentor Connect, operates via Virtual Mentoring and offers both one-on-one mentoring and group mentoring sessions. The ACG mentoring program is available for both fellows as well as residents.

Apart from formal mentorship program, engagement in these organizations can be an excellent way to find mentorship. Committee service can allow for engaging with other colleagues and leaders across the country and can open door for mentoring relationships.

## **Training and Skill Advancement**

Among the biggest advantages of national organizations is the ability to offer unique experiences which complement the skillset of GI clinicians both cerebrally and endoscopically. The ASGE First Year Fellows Course is an introduction to commonly used techniques in Gastroenterology, while ACG's 2<sup>nd</sup> year Fellows Course is a selective

program demonstrating more complex techniques and case centered discussion (Table 5). Furthermore, ASGE's Advanced Lesion Resection program and Therapeutic EUS for Advanced Endosonographers Event are courses designed specifically for Early and Mid-Career Gastroenterologists. Exchanging knowledge, whether nationally or internationally, provides insight into expert opinion and promotes a sense of collaboration among institutions. ACG's prestigious Edgar Achkar Visiting Professorship allows for accomplished Visiting Professors to discuss topics of their expertise at GI fellowship programs where those expertise are limited (Table 5). The AASLD Global Outreach Initiatives provides input to the Global Outreach Committee regarding collaborative efforts and Hepatology related needs throughout the world. Moreover, with the progression of technological innovation comes the power of novel prototypes to enhance endoscopic technique and improve patient care. The AGA Center for GI Innovation and Technology is a key resource for partnership between industry and physician innovators when developing new technologies in GI. It holds the AGA Tech Summit yearly and funds the AGA Innovation Fellows Program for trainees to learn about the latest GI innovations.

# **Advocacy**

The national organizations have advocacy initiatives to work with the Congress for issues such as prior authorization and Medicare coverage. The ACG National Affairs Action Network works to address federal policy and patient advocacy, while ASGE Advocacy accomplishes similar goals with 'Take Action Initiatives.' AGA members can become a Congressional Advocate to learn about public policy through correspondences with Congress (Table 6). AGA Political Action Committee is the bipartisan political arm that helps with raising funds for political candidates whose interests align with AGA. Involvement in advocacy initiatives allows an excellent opportunity for trainees to know the important

Table 4 Mentoring

ACG	
ACG Mentoring Program	Tailored mentorship program with members only exclusive video series
ASGE	
ASGE Mentorship Program	2 year program designed for fellows as well as early career GI to cultivate relationships and explore to additional areas beyond their home institution
AGA	
AGA Career Compass	Connections Corner- mentorship program
AASLD	
Mentor Connect	New Virtual Mentoring platform allowing one-on-one mentoring as well as group mentoring sessions



#### Table 5 Training and skill advancement

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Edgar Achkar Visiting Professorships/Diversity Visiting Professorship

2nd year Fellows Course

North American International GI Training Grant

International GI Training Grant

North American Conference for GI Fellows

#### ASGE

First Year Fellows Course Senior Fellows Program

Advanced Endoscopy Fellows Course

**Endoscopic Training Award** 

ASGE Innovation Award

Early Career Practice Management Essentials Program

#### **AGA**

Center for GI Innovation and Technology/AGA Tech Summit

AGA Innovation Fellows Program

AGA CORE (Clinical Observation and Research Education)

AGA Academy of Educators

AGA Editorial Fellowship Young Guts Scholar Program

## AASLD

AASLD Global Outreach: Global Advisory and Regional Advisory Program/Hepatology Connect Programs Since 2014, 91 visiting scholars with expertise speak at institutions with a specific area of need

Advanced course for senior fellows offering hands on experience, interaction with experts, and case centered discussion

GI Fellows/Physicians can receive clinical research training or education outside of North America

Supports physicians outside of North America to receive clinical or research training in GI within the US

Research conferences which includes lectures and coaching by distinguished faculty

Introductory courses and hands on training at the start of fellowship For 2<sup>nd</sup> and 3<sup>rd</sup> year fellows to address a variety of non-clinical issues not always covered during fellowship training

Includes video-editing skills as well as instruction on cutting edge endoscopic techniques

Advanced Fellows or Junior Faculty are given the opportunity to train outside of their home country with a premier GI Endoscopist

Supports invention concepts that could advance the practice of gastroenterology and patient care with a concept prototype

Teaches skills geared toward Advanced Fellows and Early Career Physicians

Key resource for industry and physician innovators developing new technologies in GI; AGA Tech Summit

Provides an opportunity for GI fellows to learn about GI technologies at the AGA Tech Summit

Allows for an international Gastroenterologist to complete a yearlong clinical observership in the US

Strategies for maintaining excellence for clinician educators- theory and endoscopic skills

Research mentorship by experts from leading GI journals

6 undergraduate students strengthen the pipeline of future leaders in GI research from diverse background

Provides input to the Committee regarding Collaborative efforts and needs in other parts of the world

## Table 6 Advocacy

ACG
National Affairs Action Network
ASGE
Take Action Initiatives
AGA
Congressional Advocate
Political Action Committee (PAC)
Political action Committee (PAC)
Political Candidates whose interests align with AGA
Focus for change in federal policy and patient advocacy
Focus for change in federal policy and patient advocacy
Focus for change in federal policy and patient advocacy
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Focus for change in federal policy and patient advocacy
Focus for change in federal policy and patient advocacy
Focus for change in federal policy and patient advocacy
Focus for change in federal policy and patient advocacy
Focus for change via appeals/letters to Congress
AGA
Congressional Advocate
Political Action Committee (PAC)

challenges out field is facing and can be rewarding to work on things that can make an impact for our patients and colleagues.

# **Diversity, Equity, and Inclusion**

Studies have shown the inequity among men and women with regard to ranks of professorship [3] and survey



studies reveal that women are less likely than men to self-promote, although this is necessary for leadership positions [4]. The finding is also exhibited with URM, many of whom are less likely to progress to roles of importance in medical school [5]. Recent guidance outlines steps that when implemented at early educational stages, can incorporate diversity and inclusion activities into training [6]. Moreover, in works evaluating female-focused professional organizations, benefits included academic advancement, scholarly work, and peer support. [7].

The ACG developed the Health Equity Research Award for faculty studying healthcare disparities, while AASLD established an analogous award for fellows. Furthermore, the AGA designed the FORWARD Program for URM physician scientists, while the Future Leaders Program offers a leadership curriculum for URM (Table 7). The ASGE's LEAD program provides structured mentoring and cultivation of professional skills for women in Gastroenterology. Lastly, AGA's Women's Leadership Development Conference supports a network of allyship throughout the country while fostering female empowerment (Table 7).

# **Building Your Tribe**

In addition to the formal programs mentioned above, there are several organizations within GI that promote a sense of community and belonging within the GI society. Oftentimes they work closely with the larger GI societies and will frequently hold meetings during the national GI conferences.

Women in Endoscopy (WIE) and Scrubs N' Heels are associations which are dedicated to empowering women in medicine and provide excellent opportunities for mentorship and developing leadership skills. The Association of Black Gastroenterologists and Hepatologists (ABGH) is an organization dedicated to provide opportunities and mentorship to other Black gastroenterologists and trainees and fosters the mission for diversity and equity in GI. Similarly, Rainbows in Gastro is a society that is committed to building a the Lesbian, Gay, Bisexual, Transgender (LGBTQ) friendly community and for advocacy for trainees, physicians, and patients who identify as LGBTQ+.

## **Patient Care**

Our GI organizations have excellent resources for patient education. Topics range from colonoscopy education to IBD care in pregnancy and even the relation of COVID to Digestive Diseases. In addition, easy to read brochures are provided by ASGE while other informational videos are also produced by AGA, all to ensure that patients are given adequate resources to be informed about their health.

# **Networking**

National meetings (DDW, ACG Annual Meeting, The Liver Meeting) are great ways to connect with mentors and colleagues, with the added benefit of social media gatherings.

Table 7 Diversity, equity, and inclusion

ACG			
Health Equity Research Award	Designed for faculty studying healthcare disparities		
ASGE			
Diversity and Inclusion Research Award	Focus on minority health and healthcare disparities		
ASGE Diversity Awards	Focus on research relevant to underrepresented populations (women, racial/ethnic minorities, LGBTQ, etc.)		
LEAD Program	Program for female early career GI which offers the opportunity to enhance leaders and career development skills		
AGA			
Women's Leadership Development Conference	Promotes national leadership skills and emphasis on mentorship/sponsorship for women		
AGA FORWARD Program	NIH funded program for minority physician scientists		
AGA Future Leaders	Leadership program for minorities		
AGA Equity Project	Multi-year commitment to achieve equity and eradicate disparities in digestive diseases		
AGA Abstract Award for Health Disparities Research	Travel Award for Graduate Students, Medical Students, Residents, Clinical Fellows, Post doctoral Fellows with presentation at DDW		
AASLD			
AASLD Fellow Abstract Award	Healthcare Disparities Research		
Women's Initiatives Committee	A new 12-month mentorship program with goal of promoting leadership skills among women in hepatology		



Organizations such as WIE and Black in Gastro typically hold receptions during these conferences as well. Moreover, Hands-on courses and regional meetings offer great prospects of interacting with well-known experts. However virtual webinars, Grand Rounds, and invited lectures are also ripe with opportunity to exchange ideas and connect with colleagues. Indeed, most activities which promote some form of interaction (whether in-person or virtual) provide networking opportunities from which all can benefit.

## **Have Fun**

Lastly, involvement in GI organizations is a way to find our "work family." Gastroenterology is a lively and dynamic specialty that offers a plethora of activities to fulfill any member's needs. While these gatherings represent opportunities for discovery and growth, perhaps the most meaningful experiences are the relationships which are formed [8]. Through the numerous engagements offered by these societies, there is an opportunity to cultivate long-lasting connections and friendships. Involvement in GI organizations allows us a platform to connect with colleagues across the country and find peer-mentors, exchange ideas or even just vent.

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