



From the Program Director



All,

I am getting a little reflective in the weeks before I turn things over around here to Julia and our amazing team. As is my usual nature, my reflections center around the positive and the good. For better or worse, my brain has an impressive ability to assign the absolute smallest space allowed by law to the tough days, the

challenges, and those moments that did not go well. It readily brings to the fore the (many, many, many...many more) things that were inspiring and remarkable and wonderful. The hard times as a doctor are real, especially in training. My brain knows this as well as anyone's. But those challenges are always seen as being in service to the far more frequent good times and to a brighter future for us and our patients and patient's families. I don't know why I think this way but...thanks brain.

That said, PD life generally involves looking forward, planning, and anticipating. It involves being busy with challenges large and small, from the start of the day to the end. Like a coach who takes all of five minutes to enjoy winning the championship before drawing up the gameplan for the coming season, this is not a role that rewards navel gazing or laurel resting, at least not if done well. With the good Dr. Limes taking over future state planning very soon, I have allowed myself an outsized amount of time to reflect on what we have accomplished the past 6 years and noodled on the incredible things I see coming for each of you and for the program. Mostly, the last month has been a time to take stock of who we are as a program and enjoy the now. And it's been good.

To that end, the wonderful people at JAMA offered to help me in this process. How kind of them! Last month, *JAMA Open* published the results of the 4+4 experiment we started back in 2019. With Dan Heppe as lead author and a cast of characters you will all be familiar with, the world got a look at what we have been doing here in Colorado with our

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alternating inpatient/outpatient schedules combined with extensive dwell time in clinic, longitudinal subspecialty experiences, education half days, scholarship half days, QI half days, tracks, pathways, etc. I think you'll be impressed with what you see:
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2815587>

The results were impressive enough to warrant an editor's commentary piece:
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2815590>

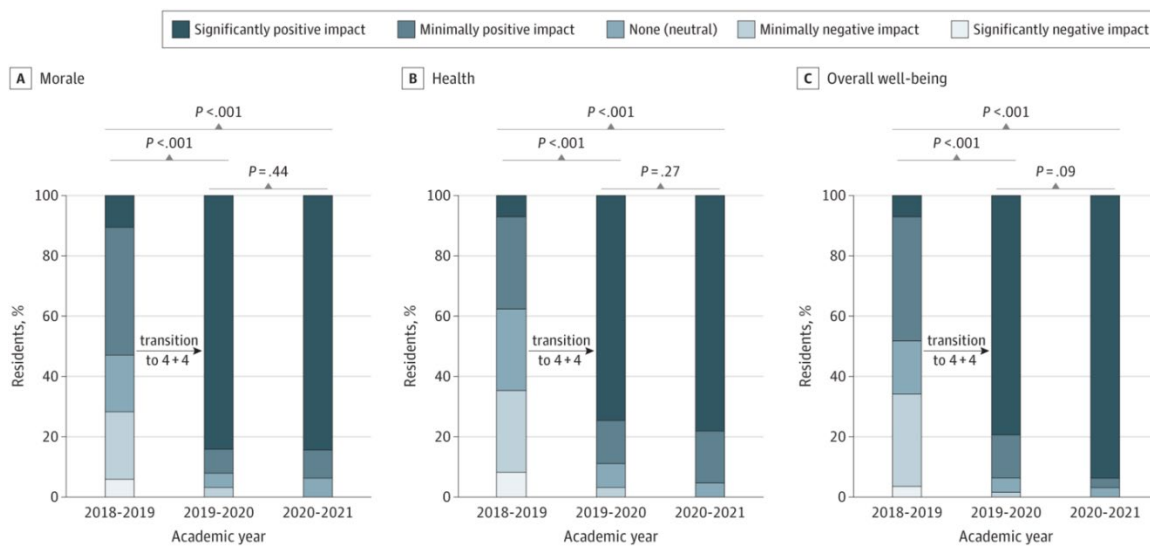
While the commenters got a few things wrong (sorry, we did not actually double your elective time in the 4+4!), they captured the essence of our training program very well. As the author of the comment states:

“Medical education will always require academic rigor in clinical training. However, it remains a question whether our current models, which tend toward higher inpatient demands, are reflective of the needs of training or the vestiges of tradition. This study demonstrates creativity and flexibility to challenge seemingly fixed structures of medical training.

Burnout has long been conceptualized as an individual problem, requiring only improved personal resiliency to return to a steady state. However, studies demonstrate that the major determinants of physician well-being are more broadly determined by workplace conditions and systems in place than by individual characteristics.”

I hope these results resonate with you and thank you for your (daily) contributions to this study. It reflects many of the elements of the work we have done together these last few years. My hope is that this structure - and the philosophy underlying it - provides each of you a strong bedrock upon which to build long, happy, fulfilling careers. It certainly offers the same solid ground to our leadership team, upon which we will continue to innovate and grow this program.

But that's for Julia to worry about. I'm going to allow myself to stare at Figure 2 for just a wee while longer...



Geoff

Residency Shout-Outs

Theresa Asuquo was selected as the 2024 ACP leadership day resident representative for the University of Colorado. Congratulations!!

Jessica Allen received second place at the ACP Colorado Forest for the Trees essay competition with her essay title, “Jenga Tower”.

We are excited to share that **Nicole Canterbury-Passoth** is the recipient of the **2024 GME Program Coordinator Excellence Award** and is the **GME Nominee for the national 2025 ACGME Debra L. Dooley GME Program Coordinator Excellence Award**. As a leader in our program, Nicole is critical to our success whether it be through strategic planning, mentorship or fostering a positive, inclusive environment. We know how amazing she is and are thrilled that her leadership is also recognized at the GME level. Nicole is very deserving of this award. Please join us in heartfelt congratulations!!

Another Incredible Match!

Once again, the University of Colorado Internal Medicine program is going to be infused with energy, excitement, and immense talent from a fantastic group of incoming physicians.

The interns who will arrive in June are truly remarkable. These students displayed incredible skills at the bedside but were chosen for their additional and exceptional leadership abilities, passion for advocacy and discovery, and commitment to creating new and sustainable ways to improve the lives of others, both in and out of the usual care settings. The 68 incoming interns (Categorical, Primary Care, Hospitalist, Physician Scientist, and Preliminary Tracks) hail from 25 states and 6 countries outside the US. They will arrive representing 47 different medical schools, four of which are top international programs. 19% of our incoming class come from groups that are underrepresented in medicine, over 40% from communities that are historically excluded in medicine, and 60% of the incoming interns are women. All of these factors add important depth to our campus. We have several excellent students from the University of Colorado who have chosen to give three more years to our campus and our community and many, many more who will be joining us for the first time from across the country and the world. This group truly represents the best and brightest among the applicants to Internal Medicine this year.

A big thank you to everyone who helped make this recruitment season a true success. Our residents who showcased what our program stands for; our faculty who engaged in hundreds of interviews across several months; our coordinators and staff who made the entire season come together, including pre-look events, interview days, second looks, websites, social media, and more – thank you all!

[Please join us in welcoming this incredible group to the Colorado Family!](#)

Diversity Dine-In

Happy Women's History Month! We are a bit overdue for our next "Diversity Dine-In" event (which is the new catchy name for DEI career nights). If you missed our previous events, here's the TLDR: We get together for a casual dinner with your co-residents and a small group of faculty. Each night has a theme, and faculty will be invited according to that theme.

Why: why not? But seriously, we think representation matters. It enhances self-esteem, validation, and support. We have heard from our minority residents that you would like to meet more faculty with whom you have more in common. Our goal is to provide a safe and friendly environment for our residents to connect with members of our minority faculty from different backgrounds. This will be an excellent opportunity to find a mentor or coach with a similar lived experience. It will also be a space to get to know your co-residents and your attendings and enjoy some good food.

What will we talk about? It's Women's History Month, so let's celebrate our amazing group of female physicians within the program. We will talk about our lived experiences as female physicians in internal medicine, what we have learned and how these lessons will guide our journey ahead.

When? April 10th at 6pm

Where: Hoda Farajpour Bakhtiari's house (address will be in the calendar invite)

Who: We would love to center our female residents; of course, allies of all identities are welcome. We will have some awesome female faculty for this dinner event, so don't miss it!

Please RSVP [here](#) by 4/5/24.

CORHIO Access

You all should now have access to CORHIO and received an email titled, "Welcome to CORHIO - PatientCare 360 Link" with "Contexture" at the top of the email. This may have gone to your clutter folder - please check there if you do not remember seeing it. You can use a link provided in that email to get set up for access.

We know that CORHIO access is incredibly helpful when caring for patients with external medical records. If you did not receive that email or cannot find it, please let Evan know!

Upcoming Events

March always brings another kind of madness as well, NephMadness! This is a nephrology medical education bracket competition modeled after the March Madness college basketball tournaments. If you're interested in learning more about the NephMadness regions/topics and submitting a bracket for NephMadness you can visit their website here:

<https://ajkdblog.org/2024/03/01/welcome-to-nephmadness-2024/>. There's so much great educational content and links to different podcast episodes dedicated to each of the regions. Brackets are due for NephMadness at 1pm on March 31st



RAINBOW event:

4/2 5:30-8:00 PM at Metro Caring

We will help stock shelves and work in their grocery!

RSVP HERE: <https://forms.gle/3n595ze3HQePVhRz6>, or scan the QR code!

Spotlight on Scholarship

Scholarship Opportunities

Stimulating Access to Research in Residency (StARR) – Now Accepting Applications Due April 14th

- The Departments of Medicine, Pediatrics, and Surgery are now recruiting for the Residency Research StARR program
- The mission of the StARR Program is to recruit, train, and retain outstanding clinician-investigators focused on research related to heart, lung, and blood disorders. Flexibility is built into the program with the ability to accommodate bench, translational, or clinical research interests.
- The application deadline is April 14, 2024, and must be submitted through this [application link](#) (send questions to [Sarah Miller](#))
- For more information on the program's overview, benefits, and eligibility, please review the [StARR website](#)

Medical Review Auschwitz: Medicine Behind the Barbed Wire Scholarship Program

- Scholarship program taking place in Krakow, Poland from September 22-25, 2024
- All specialties are invited to apply and applications will be considered as they are received until the program is filled
- Please see the [MRA Scholarship Program flyer](#) for more details
- Questions can be directed to [Dr. Matthew Wynia](#)

Publications & Presentations

- For ACP Resident and Fellows Conference:
 - **Helen Queenan** and **Emily Vicks** were selected for oral presentations
 - **Peterson, Luke McCormack, Elizabeth Konon,** and **Beza Tayachew** had abstracts accepted for poster presentations.
- **Yaa Asare**, SGIM Mountain West Teaching Competition Winner – Recorded presentation available on conference app: “Medication Abortion in the First Trimester”

- **Jessica Allen** published a case report titled “Chronic diarrhea and ichthyosis vulgaris: a rare presentation of Hodgkin Lymphoma” in BMJ Case Reports.

Do you have a paper, presentation, award, or other scholarship to highlight in a future newsletter? Email your submission to Elle.Contreras@CUAnschutz.edu



Upcoming Lectures & Education

WES:

R1s

- 2nd core pathway session for Clinician Educator
- Renal core content: approach to proteinuria and resistant hypertension
- Pulm/Crit core content: respiratory failure
- Bayesian reasoning modules
- Anxiety/depression with one of our psychiatry faculty attendings
- Arrhythmia journal club
- Procedure simulation

R2s/R3s

- Track and Pathway sessions
- R2s: Cognitive biases, POCUS
- R3s: malignant heme content: Intro to Allo Transplants, CAR-T therapy, somatization disorders, and stroke simulation
- Updates in Primary Care
- Health Policy/Advocacy content
- Procedure simulation
- RPEC

Senior Grand Rounds:

- If you are interested in giving Senior Grand Rounds, please fill out this form: <https://forms.office.com/r/MRrWc2PJ4r>

DOM Grand Rounds:

- **April 3rd**: Medicine Grand Rounds– *The 2024 Neff Distinguished Lectureship - STRUCTURE MATTERS: Cancer Health Disparities*
Presented by **Robert A. Winn, MD**, Director and Lipman Chair in Oncology, VCU Massey Cancer Center, Senior Associate Dean for Cancer Innovation and Professor of Pulmonary Disease and Critical Care Medicine, Virginia Commonwealth University School of Medicine
- **April 10th**: Chief Medical Resident Grand Rounds - A New Take on Wellness: Cultivating a Holistic Approach to Counter Moral Injury, Presented by the **Chief Residents Sarah Haeger and CJ Mowry**, Internal Medicine Residency Program, Department of Medicine, University of Colorado School of Medicine
- **April 17th**: Department of Medicine Systems Improvement Conference - Fatal Breath: Delays in Recognition and Treatment of Sickle Cell Crisis, Presented by **James Wykowski, MD**, Pulmonary Sciences and Critical Care Medicine Fellow, PGY-

4 and **Arun Kannappan**, MD Assistant Professor, Medicine – Pulmonary Sciences and Critical Care Medicine

- **April 24th**: Medicine Grand Rounds: Weight Loss and Obesity: Intermittent Energy Restriction and Endoscopy Therapies: A Tale of Two Novel Strategies to Treat Obesity, Presented by **Victoria Catenacci, MD**, Associate Professor of Medicine, Division of Endocrinology, Metabolism and Diabetes, and **Shelby Sullivan, MD**, Associate Professor of Medicine, Division of Gastroenterology and Hepatology, Department of Medicine, University of Colorado School of Medicine; Director, Metabolic and Bariatric Endoscopy Program, UCHealth University of Colorado Hospital

[DOM Grand Rounds Schedule](#)

Academic & Fellowship Opportunities

Featured Opportunities

- Transition to Residency: Opportunity to Teach IM-bound M4s **April 10th – May 3rd**
 - Signup for sessions below at this link: [ICC Sign Ups: Internal Medicine TTR Facilitators \(signupgenius.com\)](#)
- If you are looking for an additional educational leadership activity, the Basecamp team is piloting a day of **Personalized Learning Sessions (PLS)** this year in which our students will have the option to pick from a variety of different workshops on **Tuesday, April 23rd** only.
 - If you are interested in **submitting a session idea**, please see the details below and email director Matt Rustici (matthew.rustici@cuanschutz.edu) your idea so he can make sure it isn't duplicative.
- Are you interested in improving the resident experience? Have thoughts about how your inpatient day can be structured differently? Current R3's, Nick, Cristina, and Karan are working to study resident workload and identify ways it can be measured and improved. Seeking residents to participate in a 1-hour focus group over Zoom over the coming month. Participants will receive a \$10.00 gift card for their participation. If interested, please fill out the survey: <https://redcap.link/j40nbde6>
- **The ResiWell Study**: "You are invited to take part in the Resident Well-being and Performance (ResiWell), Study conducted by the Center for Healthy Minds at University of Wisconsin–Madison. People who complete all portions of the study will receive \$100. Learn more here: <https://www.fammed.wisc.edu/resiwell/>
- For residents interested in pursuing a career in gastroenterology and motility disorders Mercy Medical Center in Baltimore, Maryland, offering a 1-2 years non-accredited neurogastroenterology fellowship (1 position) for those looking to enter the field of gastroenterology. Interested residents can send their CVs to Ashley Fitzpatrick at afitz@mdmercy.com.

Learn more about the [latest academic and fellowship opportunities](#).

Dates & Deadlines

Registration for the ABIM exam is open. Early bird registration ends April 15th. [Click HERE](#) for details on the exam and how to register.

Fellowships Application Season

- We will have two evening informational sessions in April (**April 11th and April 25th**), one during each block, but you can go to the one that works the best for your schedule. Invites will be going out shortly. We will both be there along with your fellowship APDs and talk about the application process and answer all of your questions while eating dinner together. These will answer almost all your questions and leave you plenty of time to act on those answers to be ready for July 15th.

University of Colorado School of Medicine Annual Distinguished Faculty Awards 2024

- The University of Colorado School of Medicine is pleased to announce this call for nominations for the 2nd annual ***Distinguished Clinician Awards*** and the 17th annual ***Distinguished Faculty Professionalism Awards***. The deadline for nominations for **all** awards is **March 29, 2024**. Click this [link](#) for the ***Distinguished Clinician Award Nomination Form***, which outlines the award criteria and submission instructions.

Denver Health GIM Teaching Award Survey Due April 10

- Each year, we recognize one Denver Health General Internal Medicine attending for their excellence in resident education with an Excellence in Teaching Award. The recipient of this award is selected by the majority vote among the house staff. [Please take a moment to vote](#) for your selection by **April 10th**.

Shark Tank Competition Deadline April 19th



The poster features a photograph of a group of people in a meeting room, some wearing white lab coats and others in business attire, gathered around a table. The background is a dark blue gradient with white and light blue text. The University of Colorado logo is in the top right corner.

Department of Medicine
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

8TH ANNUAL DOM SHARK TANK COMPETITION

WE NEED YOUR HIGH VALUE CARE PROJECT IDEAS TO IMPROVE PATIENT
OUTCOMES & REDUCE COSTS OF HEALTHCARE

**WEDNESDAY,
MAY 29 @ 12-1PM
DURING DOM
GRAND ROUNDS**

APPLY
HERE BY
APRIL 19:



bit.ly/DOMsharktank

WINNING PROJECT RECEIVES:

- Coaching from Six Sigma Black Belt
- Data analytics prioritization
- Project showcase in high visibility forums

ELIGIBILITY:

- DOM faculty (physicians & APPs), residents & fellows
- Projects can be based at UCH, DH or VA

Refer to the [Residency Roadmap](#) for key program dates and deadlines.

Job Board

- **Trinity Health – Outpatient Positions in North Dakota and Eastern Montana**
 - Integrated healthcare system serving northwest/central North Dakota and Eastern Montana.
 - With more than 40 specialties, several rural health clinics, and a long-term care facility, Trinity provides a full complement of healthcare services to the region. Please call email your CV to [Robert Overfield](#)
 - See the [Trinity Health Brochure](#) for more details.
- **Gundersen Health System**
 - Opportunities in Southwest WI, Northeast IA, and Southwest MN
 - See the [Gundersen Health System Brochure](#) for more details.
- **Bassett Medical Center – Seeking Hospitalist in Cooperstown, NY**
 - See their [position flyer](#) for more details.
- **Trinity Health Medical Group - Outpatient Positions in West Michigan**
 - Several outpatient positions available
 - Located in West Michigan
 - [See all open positions here](#)
- **Covenant Health and Southern Medical Group**
 - Seeking multiple positions located in Knoxville, Tennessee
 - View the [Job Opportunities webpage](#) for more details
- **California Internal Medicine Positions:**
 - There are many Primary Care positions available throughout California
 - Locations include Stockton, Ventura, Apple Valley/Barstow, and Hemet, California
 - Information on all available positions can be found on our [Job Opportunities webpage](#)
 - Any questions can be directed to hcpp.hiring@gmail.com
- **Massachusetts General Hospital Internal Medicine Positions**
 - Positions are available in both Primary Care and the Hospitalist Medicine Division.
 - View the [Job Opportunities webpage](#) for more details

Learn more about the [latest job opportunities](#).

Take Five

Join us in wishing these residents a happy birthday in April!

April 5: Joaquin Villaruz

April 6: Andrew Ormsby

April 7: Brittany Denzer, Jason Gilbert, and Katie Julian

April 9: Nancy Wu

April 10: Apoorva Ram

April 12: Luke McCormack
April 13: Connor Eggleston and Jess Zhu
April 14: Ellen Brinza
April 16: Erika Becerra-Ashby, Alex Gillotte, and Kate Jankousky
April 17: Randy Lu
April 18: Connor Enright, Kellen Gil, and Tori Stoffers
April 20: Megan Connor
April 22: Alex Yacob
April 25: Lynne Rosenberg
April 27: Alex Heilman
April 28: Yaa Asare, Stephen Ferraro, and Nikhil Shamapant
April 30: Tais Moreira Protasio

It is a busy time with conferences! Just as a reminder, please reach out to [Jefferson Velasco](#) for funding and any outstanding conference items and [Matthew Konjoian](#) for Ed fund related items.

Residents and leadership had a blast dressing up and sporting masks at our March Masquerade!





Program Feedback

Curriculum Committee: completed our annual WES review, WES content to be finalized in the next month and will be posted. Next committee meeting will review ID content thread.

RPEC: RPEC in April to review procedure simulation curriculum, tracking, and proposed supervision policies.

Anonymous Reporting: Thank you all for using the [anonymous reporting link](#) on our webpage. For those who have not used this feature, you can [click here](#) to report anything at all to the program. We welcome and encourage and prefer direct feedback to the chiefs, to your class leaders, and our program leadership...but we know that sometimes none of that feels right and you would like to stay completely anonymous but still need us to know about something that has occurred. We get it. Issues reported here go directly to Dr. Connors and are completely unidentifiable. In an effort to close the loop on these reports – as best as we can do without knowing the reporter and while respecting privacy – we will use this section each month to let you know what is happening with anonymously reported issues.

Reports: **No anonymous reports were filed this month.**

Microaggressions and Harassment:

- Report site this academic year: University 33, VA 40 , DH 24
- Report type this academic year: Patient 44, Attending 22, Nurse 8, Other Staff 3
- We are currently working on the following things:
 - Ways that we can share with you more information about actions that are being taken but also maintain confidentiality
 - We have been meeting with both medical school leadership and the Office of Professionalism to take steps to ensure efforts to protect all learners are coordinated and aligned
 - Working towards regular meetings with nursing leadership for DH wards (already happening in ICU)
 - Support for attending upstander training at DH

- Including nursing staff into upstander training at the VA



Resources & Assistance

Program Resources:

- [Rotation Contacts](#)
- [Vacation Requests](#)
- [Heartbeat Website](#)

We know that residency can be a challenging experience. If you need any help for yourself or someone else in the program, please use the following links and contacts. If there is something you want the program to know and/or act on in an anonymous fashion, there are several ways to do that as well...check them out below.

Mental Health Resources:

Need urgent mental health care?

For urgent mental health concerns after-hours, on weekends, or on holidays: call 303-370-9127 for the on-call psychiatry attending.

For urgent concerns during weekdays:

- Call 303-724-4716 and inquire about same-day appointment availability at the resident mental health clinic or email triage counselor, Jenn Quigley, jennifer.quigley@cuanschutz.edu
- If you are having problems getting a same day appointment, contact Dr. Julie Wolfe (clinic director) directly at 303-724-9579 or julie.wolfe@cuanschutz.edu

Resident Mental Health Clinic (also helps students and fellows)

Routine appointments:

- Call 303-724-4716 or e-mail smhservice@ucdenver.edu

Non-emergent appointments are available:

- Monday through Wednesday (8:00 am – 8:00 pm)
- Thursday and Friday (8:00 am – 5:00 pm)

Where: Department of Psychiatry at the University of Colorado Anschutz Medical Campus, Fitzsimons Building (Building 500), 13001 E 17th Place, 2nd Floor, East Wing; however, all visits are currently virtual.

If you are looking for a MH provider outside of our Resident/Student MH clinic, try cross-referencing your Anthem Provider list on www.headway.com to find a provider that feels like the best fit for you.

We also recommend Willow Grove as an option for residents seeking short term or long term therapy. 720-262-9100.

Need help? This resource will help you to connect you to the kind of help you need in the time frame in which you need it. [Find help now.](#)

Looking for wellness and mindfulness resources? [Check out these free wellness apps and campus resources.](#)

Confidential Resources:

As a reminder, on the main page of the [residency heartbeat website](#), there is an [anonymous reporting portal](#).

[Confidential Resident Liaisons:](#)

If you have a concern that you feel more comfortable sharing with a peer, these residents will be excellent resources.

Chey Vincent (R1)
Nikolai Harroun (R1)
Megan Connor (R1)
Vincenzo Pizzuti (R1)
Garrett Weskamp (R1)
Emily Vicks (R1)
Morgan Edwards-Flinger (R1)
Elle Krienke (R2)
Nicole Rueb (R2)
Francis Wright (R2)
Shennon Lu (R2)
Julia Bast (R2)
Natalie Van Ochten (R2)
Hannah Carr (R2)
Elizabeth Esselman (R3)
Ally Fuher (R3)
Andrew Pham (R3)
Connor Enright (R3)
Sarah Beilke (R3)
Natalie DeQuillfedt (R3)
Oliver Bawmann (R4)

[Confidential Faculty Liaisons:](#)

Vishnu Kulasekaran (DH)
Rita Lee (UCH)
Jeremy Long (DH)
Rachel Swigris (Lowry)
Caitlin Winget (VA)

Do you have an announcement, accomplishment, photo, reflection, or other content to include in an upcoming newsletter? Email your submissions to Elle.Contreras@CUAnschutz.edu.

Do you know someone who would like to receive these updates? Have them added to the [distribution list](#).

Follow the Internal Medicine Residency Program!

