



Vol. 3, Issue 6

# Mile Highlights

University of Colorado  
Internal Medicine Residency Program Newsletter



## From the Program Director



Hi everyone! The theme of this month is transitions: we are now in the last 2 blocks of the year and preparing for incoming interns, the R1->R2 transition, and graduation, I officially took over as interim PD on 4/16, and Spring is in full bloom (with the occasional Colorado spring snowstorm). I am honored to be taking on the interim role and grateful for all the support from our amazing chief resident, APD, and

administrative team along with our core faculty, residents, and DOM leadership.

We are excited to continue to work on some of our major curricular and program initiatives this year: preparing for the new clinic basecamp, POCUS expansion, procedure simulation and assessment, continued WES revamp, DEI mentorship and community, addressing microaggressions and harassment, community engagement planning, and more. As I was typing this out I was reminded of the residents, administrators, and faculty who are involved in making all of these initiatives happen – thank you to everyone for your time, dedication, and creativity in these spaces! In addition to continuing this work, during the interim period we will be working on a few small things we have heard about from residents that we could address going into the next academic year: ward/ICU schedules, admitting time clarifications, and Teams communication optimization. More to come with all of that!

I want to end by highlighting a few things in the newsletter to check out:

- Nick Bianchina and Cristina Fischer have been working on re-imagining the R1->R2 transition with clinical practice and protected learning sessions, see below for their work with senior switch days.

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- IMRP PD candidate townhalls are coming up in the next 6 weeks. Residents, we would love to have you join as your schedules allow, recordings will also be sent out.
- Lots of scholarship shout outs and a plug from me – residents, send us your scholarship, I know we have a particularly large ATS contingent this year!
- Upcoming Rainbow events in May and June
- Updates from POCUS and procedure RPECs

## !! News & Updates

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### Residency Shout-Outs

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- **Yaa Asare** and **Nat deQuillfeldt** were the SGIM Mountain West Teaching Competition Winners for their talk on “Medication Abortion in the First Trimester”. Congratulations!!
- **Adrienne Mann** received the Department of Medicine’s Rising Star Award! Congratulations!!
- Congratulations to **Abby Braun** who won the women's March Madness Bracket and **Julia Bellantoni** who won the men's March Madness Bracket!! Both brackets were overwhelmingly correct with Julia getting 99.8% of her picks correct and Abby getting 98.2% of her picks correct.

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### Senior Switch Day

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An experience coming soon to an inpatient setting near you! This is a formalized experience where intern and senior residents switch roles for the day, so the intern can get practice as the "acting senior resident". [Learn more here!](#)

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## IMRP Program Director Town Halls

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### DOM Internal Medicine Residency Program Director



**Julia Limes, MD**  
Associate Professor  
Division of Hospital Medicine  
Department of Medicine  
University of Colorado School of  
Medicine



Tuesday, May 14  
12 - 1 p.m.



UCH, Bruce Schroffel  
Conference Center  
Conference Room A



**Benjamin S. Vipler,  
MD, M.Ed**  
Assistant Professor  
Division of Hospital Medicine  
Department of Medicine  
University of Colorado School  
of Medicine



Wednesday, June 5th  
9 - 10 a.m.



UCH, Bruce Schroffel  
Auditorium



**Daniel Cabrera,  
MD, MPH**  
Clinical Associate Professor  
Department of Medicine  
HMC Hospital Medicine  
Group



Friday, June 7  
11 a.m. - 12 p.m.



UCH, Bruce Schroffel  
Auditorium

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### Social Media Shout-Outs

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Thank you to everyone who has participated in our social media posts throughout this year! The "day in the life" posts are a crowd favorite and so fun! We have a new social media expert in the Department of Medicine, Jesica Whittaker, and she is interested in "Spotlighting" residents on the DOM social media platforms!

***We love to show you all off, so if you are willing to be featured, please fill out this quick [Spotlight Form](#)***

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### Upcoming Events

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#### **WIIM+: Women in Internal Medicine**

For those of you who don't know me, my name is Braidie and I was a former IM CMR and am now a GI/Hepatology Fellow. During my chief year, we started WIIM+: Women in Internal

Medicine. It was a unique opportunity for us to get together, eat, drink, re-cap on our days, share laughs and tackle conversations around challenges unique to our identities as Women in Medicine. I was especially grateful for this time together and for all that I learned from the incredible group of women we get to surround ourselves with every day.

So, what better time than on the heels of Women's History Month to bring this group back together! We are going to host our first session on **Thursday May 9th** and the theme of this session will be: "Growing" our families: Dating, partnership, pregnancy & parenting in training.

More events with topics ranging from fellowships to contract negotiations and identities in medicine will come in the new academic year. Stay tuned!

Everyone is welcome so please spread the word to any residency friends if you think they would be interested. Snacks & Drinks provided\*. Just bring yourselves!

*\*You will receive a calendar invite with location and time. Please RSVP to the calendar invite so we can just have a general sense of numbers for food.*

### **International Rescue Committee Volunteer Opportunity**



As part of the community engagement curriculum we're developing, we are planning to build a relationship with the International Rescue Committee.

***Please email Apoorva if you are interested in volunteering with our pilot group of volunteers—you pick the time commitment!***

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#### **May RAINBOW event: Celebrating parents with the Colorado Rapids**

**What:** Colorado Rapids vs. San Jose Quakes MLS game; Superheroes Night celebrating public safety members, healthcare workers, teachers, and all of the parents

**When:** 5/11/24 at 7:30 PM

**Who:** Residents, friends, and family

**Additional information:** if you are interested in attending, please fill out the survey at the bottom of this email. We will be planning to subsidize the ticket price (tickets will likely be \$20 or less). Depending on how many people are interested in attending, we may be able to pay for tickets entirely.

#### **June RAINBOW event: Celebrating Pride month with the Colorado Rockies**

**What:** Colorado Rockies vs. Pittsburgh Pirates MLB game; Pride night

**When:** 6/15/24 at 7:10 PM

**Who:** Residents, friends, and family

**Additional information:** if you are interested in attending, please fill out the survey at the bottom of this email. We will be planning to subsidize the ticket price (tickets will likely be \$10 or less). Depending on how many people are interested in attending, we may be able to pay for tickets entirely.



Fill out this link if you are interested in attending either event:

<https://forms.office.com/r/jCvPBQXUjZ>

RSVP for the Rapids Game was due by 4/19, but if you are interested in attending the Rockies Game, please fill out the survey by the **end of the day on 5/17**.

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### **IMRP Barry's Bootcamp Class**

Are you tired of motivating yourself to go to the gym after a long day on the wards? Are you in need of a good work out? Do you like to sweat in a dark room with red lights and all your friends around you?

The folks at Barry's have offered **TWO FREE CLASSES** anytime between 4/25 and 5/8 to anyone in our program. Sign up using this [link](#)!

Some sweaty inspo from last time:



## **Spotlight on Scholarship**

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### **Publications & Presentations**

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- **Nat deQuillfeldt** will be attending the Chief Resident Immersion Training Program in Addiction Medicine hosted by Boston Medical Center and funded by the National Institute on Drug Abuse. There, she and Dr. Sacro will learn how to expand our addiction medicine curriculum in a way that respects varied racial, ethnic, and socioeconomic experiences.
- **Dana Arenz, Niv Badrinarayanan, Shea Claflin, Roshnee Raithatha, Nathan Rockey, and Sapan Shah** will all be presenting posters at the National Society of General Internal Medicine Meeting in Boston in May.
- **Nat deQuillfeldt** will be doing an oral presentation at SGIM titled, "Residents as Ambulatory Preceptors (RAP): Integrating Residents as Peer Teachers in Outpatient Settings".

- **Kevin Ni** will be presenting a paper on medication-related ONJ with primary care pearls at the PC Track Journal Club on April 30<sup>th</sup> with Dr. Jen Stichman as the faculty discussant.
- **Kevin Ni's** [Glucose Management in Critical Care study](#) will be highlighted at the April AACE conference, "Endocrine Practice Highlights Journal Symposium"
- **Kevin Ni's** [Weight Loss Clinic at VA study](#) was selected as JES' feature article for the week.
- **Natalie Van Ochten, Emily Lowe, Kait McLeod, Shravya Pothula, Rachel Murphy,** and **Radek Nabrzyski** attended the American College of Cardiology conference in Atlanta, and all had various presentations.



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



## Education Corner

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### Upcoming Lectures & Education

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#### WES:

- **R1s**
  - 2<sup>nd</sup> core pathway session for Health Equities
  - GI core content: Biliary Disease and IBD
  - Heme/Onc core content: Sickle Cell Disease, working up a new cancer diagnosis and management of common symptoms, intro to diagnosis and management of cancer directed therapy adverse events.
  - Bayesian reasoning modules
  - More than Medicine session with Dr. Mann
  - RPEC
  - Procedure simulation
- **R2s/R3s**
  - Track and Pathway sessions
  - New Women's Health content: Contraception 2.0, Menopause, Abortion for the Internist, and IUD workshop

- **R2s:** Communication workshop
- 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:**

- **May 1<sup>st</sup>:** Jennifer Taylor-Cousar, MD, MSCS, ATSF presents “The Changing Face of Cystic Fibrosis.”
- **May 8<sup>th</sup>:** Sabine Hildebrandt, MD presents “From Routine to Murder – Anatomy in Nazi Germany and its Legacies for Today.”
- **May 15<sup>th</sup>:** Chief Resident Grand Rounds
- **May 22<sup>nd</sup>:** Sandra Springer, MD presents the *2024 Meiklejohn Distinguished Lectureship* – “Prescriptions in Motion: Revolutionizing Delivery of Healthcare to Persons in the Community.”

[DOM Grand Rounds Schedule](#)

**Procedure Logging**

Brandon will be sending out end of year procedure totals on 6/1. For R2s, these totals will include your prior MedHub numbers. **Please log any remaining procedures you want included by 5/15.**

[Here is the link to the REDCap tool](#) for logging procedures. As a reminder, privileging to perform a procedure without direct supervision depends on the total number performed, assessments received and number of ‘passing’ performances. Please continue to request clinical assessments using the REDCap tool from anyone supervising your procedure. These will provide you additional feedback and help you obtain privileging.

Reach out to [Brandon Fainstad](#) with any questions.

 **Academic & Fellowship Opportunities**

**Featured Opportunities**

We are now recruiting for YEAR 2 of the [GIM Clinician Educator Fellowship](#) (click to see the description and application). Dr. Sam Fountain will serve as the first fellow starting this July, and we are now looking for his successor for the 2025-2026 academic year!

The overall mission for the fellowship is to be a “launching-pad” for those interested in **academic primary care** OR an **ambulatory based specialty**. The “hidden curriculum” is to eliminate the unnecessary suffering and confusion of early facultyhood. We aim to create a space where you can play, make mistakes, try on a niche or two, and figure out how you feel like your best self in clinic.

A few exciting highlights:

- Because it's technically not a chief year, or an ACGME accredited fellowship – you can make a better salary! Wahoo! Starting salary is 115K
- The curriculum can be flexible to make it fit your needs (for instance, Sam will get some subspecialty experience with derm, MSK, etc. and you can curate your own desires).
- It's teaching forward. Will involve didactic teaching, bedside teaching, and a lot of student and resident precepting.
- You will have 3 half days of your own clinic, 1 half day of resident precepting, and the rest of the time is supported for scholarly, leadership and/or administrative work that calls to you.
- There will be direct mentorship from Drs. Tyra Fainstad and Brandon Combs, the fellowship director

Email [Tyra Fainstad](#) with any questions! It's open to all IMRP residents (current R2s would match the schedule, but open to early faculty or other paths as well), so feel free to **spread the word** (and the link!).

Application is currently live. We will review applicants in the summer, and interview by early fall. We aim to have a decision before you'd need to decide on other positions (i.e. to not delay other career plans).

**Apply here - [GIM Clinician Educator Fellowship](#)**

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Former Neurology prelims, Mallory Lowe, Anya Bowman, and Lyndsey Babcock are working on a research project looking at some factors that guide clinical decisions and treatment.

They would love for you all to **help and [complete their survey!](#) It's brief!**

- *You are being asked to participate in a research study at the University of Colorado. If you choose to participate, you will be asked to complete a short anonymous survey. You are being asked to participate because you provide clinical care at the University of Colorado. The survey will ask questions regarding your daily clinical practice. Possible risks include boredom or stress while completing the survey. There may be risks researchers have not thought of. The results from research may be shared at a meeting or in published articles. All presented information will be de-identified. You have a choice of participating in this study, and you are not required to participate if you do not wish to.*
-



## Pregnancy and Parenthood Among Physician Trainees

15 study participants will be randomly selected to receive a \$100 gift card for study completion



Scan to complete the survey  
OR  
click the URL in the text below



**This research study is designed to learn more about pregnancy accommodations, breastfeeding policies, childcare accessibility, and parental leave policies among physician trainees (residents and fellows) at the University of Colorado.**

Physician trainees of *both sexes, with and without children* are invited to participate. The study is an anonymous survey. It should take 10-15 minutes to complete.

For more information, please contact Angelina Dixon at [angelina.dixon@cuanschutz.edu](mailto:angelina.dixon@cuanschutz.edu).



University of Colorado  
Anschutz Medical Campus

Angelina Dixon, Med-Peds Nephrology Fellow at CU is doing work exploring family-friendly training programs at CU. This study “Pregnancy and Parenthood in Physician Trainees” is applicable to those with and without children as it explores if pregnancy accommodations and leave policies affect other physician trainees. They are doing this study to learn more about pregnancy accommodations, parental leave, breastfeeding accommodations, and childcare among physician trainees (residents and fellows) at CU. Participation is voluntary.

By completing the survey, you are agreeing to participate in this research study. 15 participants will be randomly selected to receive a \$100 gift card for completing this survey.

If you have questions or want to learn more about our study, please email [Angelina Dixon](mailto:Angelina.Dixon).

**Survey Link:** <https://redcap.link/chuyyg6q>

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

## Dates & Deadlines

It is time for our annual CU Internal Medicine Residency Program swag order!

### ORDERS:

Please complete [this form](#) by **Sunday 5/12 @ 5PM MST**. Any orders submitted after this time will not be accepted.

### ITEMS:

You will have the option to purchase a new Patagonia item with the CU logo or use an item you already have to get the CU logo put on. The logo will be white/gold when on dark colored items, and black when on light colored items. **Each Patagonia piece will have the CU Internal Medicine Logo** (depicted in survey) located over the right chest.

You have the option to add **personalized name** embroidery to your order for \$3/piece (1 line, 25 characters including spaces). The last question of the form will ask if you would like to add personalized embroidery. Please specify which items you would like embroidered if ordering more than one item.

### PAYMENT:

In addition to completing the form below, **you'll need to complete payment for your items prior to the 5/12 deadline (please add up cost of item + embroidery)**. This can be done by sending your payment to me via **Venmo** (@allyfuher, QR code below if helpful; confirmation:

last 4 digits of phone number are 7081). If the cost ends up being lower than anticipated, we will send you the difference back via Venmo after all jackets have been delivered.



Scan this code to pay

**TIMING:**

Our estimated time to receiving the orders is approximately 6-8 weeks (~July 1st) based on prior years, but I will provide updates as we get more details.

**THIS FORM:**

If you need to order two of the exact same item (color, size), please fill this form out TWICE and email me separately to indicate this was purposeful. If you would like to order new gear and get your old gear embroidered, please fill this form out TWICE.

If you have questions, feel free to reach out to me at [alexandra.fuher@cuanschultz.edu](mailto:alexandra.fuher@cuanschultz.edu)

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

## Job Board

- **East Tennessee Covenant Health** – IM opportunities available that qualify for TCWD Residency Incentive. [Learn more here!](#)
- **Trinity Health – Outpatient Positions in North Dakota**
  - Integrated healthcare system serving northwest/central North Dakota
  - 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.
  - See the [Trinity Health Brochure](#) for more details.
- **Baptist Health South Florida – Primary Care Positions**, [learn more here](#)
- **Fort Sanders Regional Medical Center – Outpatient positions** available in Knoxville, Tennessee. [Learn more here!](#)
- **Barnes-Jewish St. Peters Hospital and Christian Northeast Hospital – Hospitalist positions** in St. Louis Missouri. [See the flyer for more information.](#)

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



## Take Five

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

**May 5:** Tyler Reese

**May 14:** Kevin Ni

**May 17:** Radek Nabrzyski

**May 21:** Vivek Patel

**May 22:** Gavi Roda

**May 27:** Dmitriy Kravtsov

**May 27:** Troy Kincaid

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### Primary Care Interns at Harm Reduction Action Center and doing some community clean-up



### PC and Med-Peds Didactic Session



## 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:** RPECs this month to review Annual Program Evaluation feedback

Follow up from prior RPECs:

- **Procedure RPEC** - will be working on:
  - Increase opportunities for procedures particularly as R1/R2
  - Finalize supervision policies and what a resident should do if supervision not readily available
  - Will share individual updates on numbers logged and working on a way to make this easier to obtain realtime. In the meantime, if needed, can always email Dr. Fainstad
- **POCUS RPEC:**
  - Moving 1<sup>st</sup> session to orientation and 3<sup>rd</sup> session to WES
  - Will increase mentored scanning during 1st/2<sup>nd</sup> sessions to make it easier to start portfolios and decrease cognitive load with this
  - Will discuss rationale for portfolio with all R1s at the beginning of the year
  - Working on ways to obtain images from ICU ultrasounds to count for portfolio
  - Streamlining and standardizing feedback on portfolio

**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.

**Microaggressions and Harassment Reporting:** we have had 108 reports this year. 36 from UCH, 25 from DH and 47 from the VA. In terms of type, 44 from patients, 22 from attendings, 8 from nurses and 13 from other. In terms of action items - partnered upstander training with VA nurses is up and running (thank you VA leadership)! We hope this will create better alignment of nurses and residents at the VA. At DH we are going to start regular meetings with floor nurse leadership to work on culture and nurse-resident relations. At UCH, we are still working with the Office of Professionalism to finalize our process for addressing attending microaggressions. In addition, we are working to create a formal program policy for how to address significant patient to resident aggressions that create unsafe learning environments.



## Resources & Assistance

### Program Resources:

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

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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](mailto: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](mailto: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](mailto: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](http://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)

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*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](mailto: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!**

