



## From the Program Director



Hi all,  
Welcome to a new block and I hope everyone is doing well this month! For those coming back to the wards, welcome. For those heading off inpatient service and into clinic or electives, congrats on another busy ward month down.

I want to use this space this month to talk about the ACGME survey. I know, what's more exciting than a survey? Maybe a newsletter *about* a survey?? OK, true, not super exciting. But it is very important and high stakes for the program. I know Julia visited all sites this month helping to explain the survey itself, clarify some elements of the survey that are challenging year over year, and answer your questions. Here are just a few last thoughts from me before the survey is released to you all this afternoon:

- 1) **We need 100% of you to complete the survey.** This truly is a very important survey for the program, especially with my transition this year and Dr. Limes moving into the PD role. We need to know what you think and how you're doing. It should only take 15 minutes...a little long, but worth it given the importance.
- 2) **Please be honest.** It goes without saying, but we want you to answer the survey honestly. We use this survey as one way to make change in the program. Generally, due to our multiple other feedback outlets (RPEC, the MedHub monthly questions, quarterly town halls, anonymous reporting portal, anonymous class reps) we're rarely surprised by what we find on the survey. But it is one more important outlet for you all.
- 3) **Know the limits of the survey.** This is a high-level set of questions. But it is not a way to make specific change. From this survey, we can find out if there are issues in the program...but not where they are or to whom they are happening. If you do note something on the survey and want us to make change, please also find an

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internal outlet to let us know (see above for options). Given our complex set of hospitals and clinics, I like the big feedback as an overview. But I love the little, specific feedback as the driver of change.

- 4) **If there is something you don't know, you can ask us.** Attached to this newsletter is a very helpful set of slides from AAIM, our educational governing group. The slides offer tips for answering sometimes-vague or confusing questions – **please look at them before you take the survey.** Even with that, if you find yourself unsure of an answer or unclear as to the thrust of the question, you can ask. We're here to help – not to tell you how to answer something, but to help improve clarity. I don't mind getting dinged on things we should/could do better but losing points to clarity always hurts a little.
- 5) **THANK YOU!** Thanks for filling this out. This is your chance to speak to the ACGME about your impressions of the program. The Chair asks for these results as well and program leadership uses them in our annual review year over year. We'll of course share them with you all in the spring. Without your feedback, we can't make this program everything we want it to be. So, *thank you.*

Good luck out there on day 1. I'm on critical care consults at UCH right now, I'm sure I'll see several of you as the day rolls on!

Also...we are now entering the third - and final - trimester of the year. We'll talk about this more next month but you're in the homestretch. Time to give your interns (even) more room to spread their wings, take on senior roles on the team and for juniors and seniors to move those attendings out the way and take on even more leadership. Exciting!

Geoff

## !! News & Updates

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### 2025-26 Chief Medical Residents

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#### Join us in congratulating our newest Chief Medical Residents!

Dr. Julia Bast  
Dr. Ellen Brinza  
Dr. Brittany Denzer  
Dr. Minh Do  
Dr. Emily Lowe (CRQS)  
Dr. Tim McGinnis  
Dr. Gavi Roda

Each of them exemplifies what it means to be a leader in medicine and will carry on the long tradition of leading and educating the next group of interns and will help guide this program into the future.

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### Residency Shout-Outs

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- In the DOM's January Medicine Monthly issue, **Dr. Ryan Ormesher** received a Kudos for her acceptance into the StARR Program!  
*"Dr. Ormesher was announced as one of four Colorado NHLBI-supported StARR Program (Stimulating Access to Research in Residency) scholars in late December. The program is*

*funded by an R38 award from the National Heart, Lung, and Blood Institute at the NIH to recruit, train, and retain clinician-investigators focused on translational research in heart, lung, and blood disorders. Dr. Ormesher's project is on biomarkers in COPD predisposing to pulmonary hypertension. She will be examining if pulmonary vascular remodeling in COPD is associated with elevations of microRNA-126 cell type-specific targets."*

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## Black History Month

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February is Black History Month. Dr. Hoda Farajpour Bakhtiari, our APD for Diversity, Equity, and Inclusion, sent a thoughtful message reaffirming our commitment to fostering a diverse and inclusive residency program. She writes:

*"As February unfolds, we embark on a month-long celebration of Black History. We honor the achievements, struggles, and contributions of African Americans throughout history. Black History Month provides a dedicated opportunity to recognize and amplify the voices of Black individuals whose impact has shaped every facet of our society. From the arts to the sciences, from civil rights activism to medical innovation, Black history is interwoven with the fabric of America's story...[Read More](#)"*



Health Equity in Action Lab

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

All campus and community members are welcome

**Friday 2/2** | 1:00pm-2:30pm  
Virtual (Zoom)

**Tuesday 2/13** | 9:00am-10:30am  
Nighthorse Campbell Room 204

**Wednesday 2/28** | 11:00am-12:30pm  
Nighthorse Campbell Room 304

**Refreshments provided**

### MISSION

Welcome into this space, created to be a place for us to grow as a community, to share how things are impacting us personally, and to be heard and to listen for understanding.

Looking to get involved? The CU Anschutz Office of Diversity, Equity, Inclusion, and Community Engagement in partnership with the CU Anschutz Office for Adaptable Resolution are hosting Community Circles, **the last one being this upcoming Wednesday, 2/28.**

Community Circles are a place for members of the campus community to come together to share personal experiences, feel heard, and listen to understand. Circles are not for problem solving or debate, but rather are a safe and supportive setting to learn and discuss how things impact us personally.

Please see the flyer for more information!

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## Upcoming Events

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### CU IMRP March Masquerade

Please join us for a night of classy merriment!

March 7th, 6-10PM  
at [Bigsby's Folly](#)

Light appetizers and at least one drink ticket will be provided with others available for purchase.

Significant others are welcome.

There are nearby parking lots, but we recommend Uber/Lyft or carpooling to fully enjoy the evening!

Please RSVP at [this link](#).



## Spotlight on Scholarship

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### Scholarship Opportunities

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#### **Stimulating Access to Research in Residency (StARR) – Now Accepting Applications Due April 14<sup>th</sup>**

- 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](#)
-

## IHQSE Clinical Effectiveness & Patient Safety (CEPS) Grant Program – Call For Applications Due April 1<sup>st</sup>

- Sponsored by the institute for Healthcare Quality, Safety and Efficiency
- Funding available for faculty, staff and trainees up to \$25,000 for initiatives at CHCO or UCH with a focus on
  - Innovative process improvements
  - Patient safety outcomes
  - Increasing healthcare value
  - Implementing evidence based practices
- Applications due by April 1<sup>st</sup> using this **Letter of Intent form**
- Visit the [CEPS Grant Program webpage](#) or contact [Heather Hallman](#) for more information

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## Publications & Presentations

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- **Drs. Nick Bianchina and Cristina Fischer** gave an oral presentation at the ACP Colorado Chapter on February 2<sup>nd</sup>, 2024 for their scholarly work, “The Transition to a Senior Resident: Exploring Resident Tasks and Role Preparation”
- **Dr. Alexa Temme** had a case accepted to ATS: "Rituximab Alone: A Rare Case of Pneumocystis Jiroveci Pneumonia in a Patient on Rituximab Monotherapy."
- **Dr. Lizzie Esselman** will have an essay titled "The power of conversation: how podcasting helped me address imposter syndrome" published in the SGIM Forum this month.
- **Dr. Radek Nabryzski** has two recent publications. His abstract "Impact of Exercise on Atrial Fibrillation Recurrence Following Catheter Ablation" was accepted to the Heart Rhythm Society AND his abstract "A novel noninvasive bedside technique of venous excess ultrasonography captures dynamic changes in volume status surrounding hemodialysis" was accepted to ACC.
- **Dr. Ellie Krienke** had "Venous Excess Ultrasonography Captures Dynamic Volume Changes Surrounding Hemodialysis" accepted to the Society of Hospital Medicine Conference.

*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)*



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## Upcoming Lectures & Education

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### WES: Block 7

#### 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
- QI/Patient safety
- Approach to arrhythmias
- procedure simulation

## R2s/R3s

- Track and Pathway sessions
- R2s: Cognitive biases
- R3s: malignant heme content: Intro to Allo Transplants, CAR-T therapy
- Updates in Hospital Medicine and Primary Care
- Health Policy/Advocacy content
- procedure simulation

## Senior Grand Rounds:

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

## Career Development Seminar Series

- **March 11, 2024:** Identifying and filling gaps in expertise

*See separate emails for RSVP link. These are hosted by Dr. David Schwartz, Director of the Program to Advance Physician Scientists & Translational Research on the 2<sup>nd</sup> Monday of each month through March 2024 from 6:00PM to 8:00PM*

## DOM Grand Rounds:

- **February 28<sup>th</sup>: Medicine Grand Rounds: Management of Infections Associated with Injection Drug Use**, Presented by **Sarah Rowan, MD**, Associate Professor of Medicine, Division of Infectious Diseases, Department of Medicine, University of Colorado School of Medicine; Associate Director of HIV and Viral Hepatitis Prevention, Denver Health
- **March 6<sup>th</sup>:** Medicine Grand Rounds: The 2024 Collins Distinguished Lectureship, Presented by **Elaine Worcester, MD**, Professor of Medicine, Section of Nephrology, Department of Medicine, The University of Chicago
- **March 13<sup>th</sup>:** Medicine Grand Rounds: The 2024 Brettell Distinguished Lectureship, Presented by **Liselotte Dyrbye, MD, MHPE, FACP**, Professor of Medicine, Division of General Internal Medicine, Department of Medicine; Senior Associate Dean of Faculty and Chief Well-being Officer, University of Colorado School of Medicine
- **March 20<sup>th</sup>:** Medicine Grand Rounds – Medical Mythology: Where Dogma is for the Dogs, Presented by **Douglas Paauw, MD**, Rathmann Family Foundation Endowed Chair in Patient-Centered Clinical Education, Director, UW Medical Student Program, Professor of medicine, Division of General Internal Medicine, Department of Medicine, UW Medicine
- **March 27<sup>th</sup>:** Chief Medical Resident Grand Rounds - The Definition of “Disease” and Implications for Practice, Policy, and Patients, Presented by the **Chief Residents Apoorva Ram and Kate Jankousky**, Internal Medicine Residency Program, Department of Medicine, University of Colorado School of Medicine

[DOM Grand Rounds Schedule](#)

## GME Resident and Fellow Newsletter

- [February 2024 Issue](#)

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## POCUS Update

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- **Key Takeaways:**
  - LOG OUT of the Butterfly app whenever you use the iPads. This is the only way to ensure your images are saved into the correct archive so you can get credit for them.
  - Try to include clinical integration in your image interpretation, i.e., Lung US multiple areas with B-lines of symmetric distribution in a patient with h/o decreased LVF and dyspnea: possible pulmonary edema.
  - Remember, besides the three probes in the Chiefs' office at UCH, there are two Butterfly probes at the MICU. They are in one of the call room areas, room 10.610. It is to the right on the hallway leading to the MICU from elevator E. You will need to badge in and then see the same locker system set up elsewhere.
  - Please email [Carolina](#) & [Michelle](#) every time you cannot access a machine
- **Where we're at:**
  - Everyone should have completed the first portfolio deadline.
  - We encourage you to keep scanning to improve your skills and save enough images for your second deadline.
- **POCUS Portfolio Requirements + Deadlines:**
  -  Portfolio Requirements and Deadlines.docx – for requirements, deadlines, and example images and views.
  -  Checking Portfolio Progress.docx - to check your progress (main thing to note is that Butterfly often counts images more than once, so the total number may be MORE than you actually have if you don't filter – sorry, we know it's confusing)
  -  Passing image requirements\_worksheet details.docx - we STRONGLY encourage you to work on your portfolios well before the deadline and submit more images than you think you will need, as not all of them will likely pass.
- **POCUS Ambassador program**
  - Check out who the POCUS ambassadors are at your site and contact them if you'd like help scanning or with portfolio development:  POCUS Ambassadors and Ward Schedule.pdf.
- **POCUS Image of the Month**
  - Check out this image of subdiaphragmatic fluid (ascites) and curtain sign by **Dr. Emily Vicks** – nice work!





## Academic & Fellowship Opportunities

### Featured Opportunities

- **University of Colorado Academy of Medical Educators (AME) Annual Symposium – Call for Abstracts due February 29<sup>th</sup>**
  - The Academy of Medical Educators hosts an annual symposium for the CU community to come together and share expertise, experiences, and innovations in medical education.
  - **Abstract submission** - Trainees are invited to submit abstracts showcasing their works in progress or completed educational innovations for the Annual AME Symposium by February 29<sup>th</sup> using this [online form](#)
  - **Event Registration** – to attend the event, regardless of whether you are submitting an abstract, please [register HERE](#) by April 12<sup>th</sup>.
  - The [AME Symposium website](#) has more information regarding submission requirements, registration, schedules, and more.

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



## Dates & Deadlines

- **R1s and R2s** - [Submit this survey](#) to confirm or arrange your 24-25 academic year Sub-Specialty Clinic (SSC) experience by **February 28<sup>th</sup>** (*see the email from Nicole sent on 2/1 for more information*)
  - **R1s** – need to submit to set up your SSC. If you don't set one up you will have a 5<sup>th</sup> half day of clinic each week.
  - **R2s** – need to submit to confirm you will keep you current SSC, set up a new one (or if choosing not to do one at all will have a 5<sup>th</sup> half-day of clinic)
- **DH Pharmacy Survey** - complete by **Friday, March 1<sup>st</sup>**.
  - Have you had a question in the middle of the night that a DH pharmacist helped you answer? Did they double check your dosing for you? Help with drug-drug interactions? If you have rotated at DH in the last few months, please take **TWO minutes** [to fill out this survey](#) from one of our incredible IM pharmacists to help them in their strategic planning on how they can best support our services.

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



## Job Board

- There are several opportunities available nationwide. The type of positions and locations are noted below. [Click here to learn more about each position and how to apply!](#)
  - **Denver Health Primary Care:**
    - Positions will be available at Webb clinic, the clinic in the OMC (the new building at 6<sup>th</sup> and Bannock), and potentially other locations

- There may also be a float position that would be ideal for someone who needs a position for a year or more between residency and fellowship
- Email your CV to [Dr. Rebecca Hanratty](#) if interested!
- **University of California Primary Care:**
  - The School of Medicine at UC Irvine has Staff Physician openings for their Primary Care Associates
  - Anticipated start is July 2024
  - See the [UC Irvine Health Brochure](#) for more details
- **Mery Hospital System:** Nocturnitst, Primary Care, and Hospitalist positions available with the Mercy Hospital System in Missouri, Oklahoma, and Arkansas.
- **Billings Clinic:** Outpatient and IM Residency Outpatient Faculty positions available in Billings, Montana
- **White Plains Hospital Physicians Associates:** Primary Care positions available in White Plains, New York
- **McFarland Clinic** – Hospitalist positions in Ames, Iowa
- **Baptist Health Medical Group** – Primary Care positions in the Florida Keys
- **Trinity Healthcare System** – Outpatient positions in Minot, North Dakota

## Take Five

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

**March 1:** Ellie Krienke and Garrett Weskamp

**March 2:** Jason Worley

**March 4:** Emily Anderson and JD Slaugh

**March 8:** David Gamble

**March 9:** Nathan Garza

**March 10:** Nathan Rockey and Bang Zheng

**March 12:** Jesse Hinshaw

**March 13:** Frankie Zirille

**March 14:** Nicole Rueb

**March 23:** Abby Braun

**March 27:** Carly Wanglin, Emily O'Neill, and Roshnee Raithatha

**March 28:** Benjamin Titus

**March 30:** Rebecca Unterborn

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**Dr. Nicole Rueb** rotated at Shiprock Northern Navajo Medical Center this month. This is a picture of her with her co residents from Baylor and Wash U!



**PC residents** got together for some socializing at the PC journal club (left) and the PC interns were spotted at the Denver Botanic Gardens (right)!



Are you interested in earning an additional \$25/month?! The Wellbeing Council created a **CU Move app**, which is a program that provides monthly reimbursement to residents for steps / physical activity. Check it out!

CU Health Plan - Move

Get paid for being active with Move.

Log 12 days/month of:  
>10,000 steps OR 30 minutes of physical activity

Earn \$25/month!

If you are a primary member of a CU Health Plan, you are eligible for the Move. Program!

1. Download CU Health Plan Move from app store.

2. Click "Enroll Now."

3. Enter employee ID as printed on paystub and @cuanschutz.edu email address.

Need more information? Click the QR code.

Technical Support: [support@fitdigits.com](mailto:support@fitdigits.com)

App Store | Google Play

Find paystub here: [my.cu.edu](https://my.cu.edu)

## Program Feedback

**Curriculum Committee:** we have reviewed the hepatology and endocrinology threads and plan to make some adjustments to ambulatory didactics and core lecture series with noon conference. Annual WES review will be 3/8.

**RPEC:**

R1s reviewed POCUS and gave feedback on WES. For POCUS, we are meeting with the POCUS curriculum leaders to specifically discuss their excellent ideas around the portfolio and ultrasound use/availability in addition to QA feedback timeliness and incorporating more mentored scanning initially.

R2s/R3s have reviewed jeopardy and we have been meeting with the RPEC reps, chiefs, Geoff/Julia/Katie. A brief review of things that have changed as a result of your feedback, will go into more detail in next housestaff meeting/WES:

- Logistics/order of call in:
  - Sarah Haeger tracking system:) Chiefs have already been working on this, keeping track of who gets called in and how many times throughout residency and use this to determine who gets called in first (with other considerations being equal). Will be cumulative year to year.
  - More transparency: list of considerations about who to call in is now listed under jeopardy rules guide in Teams
    - Beginning of the week reminder via email or text
    - Given use of jeopardy, unfortunately can't go back to back up jeopardy right now
- Compensation
  - We fully hear the feedback about compensation. This is currently a national discussion as well and a topic in the IM program director's survey this year. We will continue to explore options and will update you all later this year. Locally, FM is the only residency with compensation, has a small monetary compensation for Thanksgiving/Christmas/NY jeopardy shifts.
- Communication
  - Updated jeopardy guidelines for residents
  - Updated chief jeopardy guide/ standardization
  - Do not need to give a reason unless >72h or if COVID (need to know for tracking purposes, exposures), chiefs will send out resources and always available to help navigate an unexpected situation.
  - Changing time to hospital arrival expectation from 45 mins-> 90 mins

**Microaggressions and Harassment Update:** There have been 82 reports filed this year: 26 from University, 22 from Denver Health, 34 from the VA. 36 were from patients, 19 from attendings, 7 from nurses, 11 from staff, 9 from other or a combination. We are meeting with the Office of Professionalism to get input on our process for handling attending events and then hope to formalize that in the near future. At the VA, we are going to start to include nursing leadership in upstander training and are working to address situations in which patient behaviors are creating psychologically unsafe working environments for residents. We are also meeting with educational leadership on campus to determine ways in which we can align our efforts to better support all trainees on campus.

**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.

**Missed Deadlines Policy:** Based on input from various stakeholders, we decided to update our Missed Deadlines Policy to provide more clear expectations to residents about deadlines

and provide additional structure for residents to complete deadlines in a timely manner when they have multiple missed deadlines. An updated version of the policy can be found on the Heartbeat Website.

## 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!**

