

# UNIVERSITY OF COLORADO

## INTERNAL MEDICINE RESIDENCY PROGRAM

### FACT SHEET 2023-2024

#### OUR MISSION

To cultivate the next generation of expert clinicians – leaders who will provide outstanding patient care while transforming healthcare through biomedical discovery, educational innovation, optimization of health systems, and advocacy on behalf of those we serve.

#### PROGRAM STRUCTURE

COLLECTIVELY ~ 172 INTERNS AND RESIDENTS

##### Categorical Training Program

- NRMP #1076140C0
- 35 Positions per year

##### Primary Care Training Program

- NRMP #1076140M0
- 9 Positions per year

##### Hospitalist Training Program

- NRMP #1076140C1
- 6 Positions per year

##### Physician Scientist Training Program (PSTP)

- NRMP# 1076140C2
- 2 Positions per year

##### Preliminary Year

- Medicine – NRMP #1076140P0

#### CLINICAL TRAINING SITES

##### University of Colorado Hospital Anschutz Medical Campus (UCH)

UCH is a state-of-the-art, large interdisciplinary and multispecialty academic health center and research facility that opened in 2004. This quaternary-care hospital provides care to patients throughout the state of Colorado and has a large referral base that includes seven surrounding states. Directly adjacent to the medical campus lies the Colorado Science and Technology Park at Fitzsimons, a biotechnology haven complete with cutting-edge research facilities. The hospital serves the basic health care needs of the local community as well as provides advanced care services to the Rocky Mountain region of the country.

##### Denver Health Medical Center (DHMC)

Denver Health is a Level-One Trauma Center, providing integrated primary and acute care to 25% of the residents of Denver, Colorado. Denver Health is a nationally renowned model for

“safety net” hospital systems with its unique integration of inpatient, urgent care, and outpatient facilities serving all, regardless of their ability to pay. The Denver Health care system consists of a main hospital and multiple outlying community clinics. The patient population is very diverse, with a spectrum of indigent to fully insured patients. Additionally, there is a large Spanish-speaking population with primarily Spanish language clinics available.

### **Rocky Mountain Regional VA Medical Center (RMR VAMC)**

The RMR VAMC is a brand new, state-of-the-art VA facility which opened in August 2018 on the Anschutz campus alongside the University of Colorado Hospital. RMR VAMC is a premier Level 1A referral hospital within the VA system, serving veterans from Colorado and several surrounding states. The RMR VAMC provides innovative, high-quality care for our increasing Veteran population and the medical center was developed through green design to help protect the environment while providing excellent care.

### **PRACTICE PATTERNS AFTER GRADUATION**

**55%** Fellowship      **20%** Primary Care      **20%** Hospitalist      **5%** Other/Private Practice

### **TRAINING PROGRAMS**

**Categorical:** the foundation of the residency and of the Department of Medicine emphasizing outstanding, individualized clinical training in diverse care settings with graduated autonomy

**Primary Care:** one of the preeminent training programs for residents wishing to focus on the total care of the patient with a diversity of experiences and unique training environments

**Hospitalist:** the very first hospitalist training program in the country, takes a novel approach to preparing residents for a future as a hospitalist or hospital-based specialist

**PSTP:** a Physician-Scientist training pathway with specialized curriculum geared towards physician scientists where graduates “short-track” to fellowship in two years

### **A MATRIX OF OPTIONS: PATHWAYS**

In addition to our four training tracks, each resident also selects one of our five career pathways at the start of their second year.

**Global Health Pathway:** positions residents to learn the inner working of health care and health care delivery outside the US, including a robust 2-year curriculum and the opportunity to travel as part of the program

**Health Equity, Advocacy and Policy Pathway:** positions graduates to improve health equity through advocacy, recognition and adoption of community resources/partnerships



**Medical Education Pathway:** prepares graduates for success in a career in medical education with specialized training in advanced physical diagnosis, teaching at the bedside, curricular development and more

**Medical Leaders Pathway:** aims to produce leaders who are at the forefront of national and international efforts to transform health care delivery and medical science by directing programs dedicated to scientific discovery, health equity, access, quality, safety, and improving the value of health care

**Research & Innovation Pathway:** includes a longitudinal didactic series focusing on key skills such as writing research abstracts and grant applications, also includes fellowship preparation and career mentorship

## CLINICAL TRAINING FOR 2023-2024

## 4+4 SCHEDULE:

Our residency runs on a “4+4” block schedule. Interns and residents alternate between 4 weeks of continuity clinic and ambulatory-based education/elective time with 4 weeks of an inpatient-based, traditional admitting rotation. This schedule allows for a balanced education of both inpatient and ambulatory experiences. During clinic blocks, residents have protected and dedicated time for our innovative longitudinal curriculum delivered on Wednesday mornings, research and scholarly activity, a dedicated ambulatory curriculum, longitudinal subspecialty experiences, quality improvement projects and one half-day per week for personal time to promote wellness.

## Year Overview

July				December/January								June	
2	4	4	4	4	4	4	2	4	4	4	4	4	4

2 week	Basecamp: Clinical immersion with hands-on training to promote clinical readiness
4 week	6 Ambulatory-Based Rotations
4 week	6 Inpatient-Based Rotations
2 week	Holiday Break: Allows all residents to take one week of vacation over winter holidays

### FIRST YEAR ROTATIONS

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**Inpatient-Based:** UCH Wards, DH Wards, VA Wards, ICU (Denver Health or University), Cardiology, Acute Care of the Elderly, Heart Failure, or Hepatology

**Ambulatory-Based:** Three clinic blocks, one outpatient-based rotation at the VA and two electives

### SECOND YEAR ROTATIONS:

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**Inpatient-Based:** VA Wards, DH Wards, UCH Wards, UCH ICU, Cardiology, VA Swing and Nights

**Ambulatory-Based:** Three clinic blocks, ED or geriatrics, two electives

### THIRD YEAR ROTATIONS:

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**Inpatient-Based:** DH Wards, DH ICU, VA ambulatory rotation, VA inpatient consults or UCH Wards, and all residents spend time on the following clinical services: Heme/Onc, Addiction Medicine, Neurology, Palliative Care

**Ambulatory-Based:** Three clinic blocks, ED or geriatrics, two electives

*Primary Care Residents do fewer inpatient rotations than Categorical Residents and HTT residents.*

### AN INNOVATIVE CURRICULUM WITHIN SPECIALIZED DIDACTIC SESSIONS

One half day of protected education time is held every Wednesday morning during all ambulatory blocks. This allows for our interactive lecture series focusing on core internal medicine content as well as allied subspecialty topics. These educational half-days include an intern-only curriculum focusing on common ambulatory conditions, evidence-based medicine, health disparities, professionalism and wellness during the first year of training.

### INTERNATIONAL EXPERIENCES\*

- Colorado – Zimbabwe International Exchange Program
- Guatemala Global Health Elective

*\*Availability subject to change*

### RESEARCH AT COLORADO

The DOM is a national leader in biomedical research, consistently among the top 25 departments of medicine nationwide in NIH research funding, outpacing the growth of NIH support two-to-one over the past five years.

Research mentorship is readily available and all University of Colorado residents participate in some form of research or scholarship during their three years with many presenting at national conferences or publishing their work in leading journals

#### MENTORSHIP

- Individualized Coaching: Each resident is assigned a non-evaluative faculty coach
- Each resident is assigned an Associate Program Director mentor
- Physician Coaching Program available to all residents
- All residents are part of a mentorship team with interns, residents, APDs, faculty that gathers regularly
- Specific faculty mentoring tailored to career goals (i.e. research, educational scholarship, etc.)
- Active mentoring from our very involved Chief Medical Residents

#### PROGRAM STRENGTHS

**Collegiality:** We collaborate at work and enjoy life together outside of the hospital

**Autonomy:** Trainees are supported to develop into excellent clinicians in the areas of medicine they feel passionate about

**Diversity of Training Opportunities:** Given our diversity of training sites, experiences, and patient populations our graduates are prepared for any and all career choices

**Diversity, Equity and Inclusion:** One of our top priorities to ensure and enhance efforts that support diversity, equity and inclusion in all aspects of our training program

#### OUR GOALS? WE ARE ALL ABOUT YOU!

To make possible the residency training that is best suited to your future plans and your future patients	To mentor you in identifying electives and research projects that promote your learning and career advancement
To provide opportunities to learn about teaching, participate in medical leadership, and foster your commitment to those in need	To equip you with the tools of life-long learning so that your informal training is truly unending

## PROGRAM LEADERSHIP

**Geoff Connors**, MD, FACP: Vice Chair of Education and Program Director

**Katie Suddarth**, MD: Senior Associate  
Program Director

**Julia Limes**, MD: Senior Associate Program  
Director, Co-Director Hospitalist Training Program

**Yasmin Sacro**, MD: Program Director,  
Primary Care

**Joe Burke**, MD: Associate Program Director

**Lisa Davis**, MD: Associate Program Director, Director  
Research Pathway

**Daniel Heppe**, MD: Associate Program Director

**Adrienne Mann**, MD: Associate Program Director

**Emily Gottenborg**, MD: Assistant Program  
Director, Co-Director Hospitalist Training Program

**Christine Haynes**, MD: Assistant Program  
Director, Primary Care

**Hoda Farajpour Bakhtiari** MD: Assistant Program  
Director, Housestaff Diversity

**Samuel Porter**, MD: Director, Medical Leaders Program

**Caitlin Dietsche**, MD, Director, Medical Educator  
Pathway

**Erin Bredenberg**, MD, **Jia Liu**, MD: Co-Directors, Health  
Equity Pathway

**Hanna Reem**, MD: Director, Global Health Pathway

## CHIEF MEDICAL RESIDENTS

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**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT US! WE WANT  
TO HEAR FROM YOU!**

Website: <https://medschool.cuanschutz.edu/medicine/education/internal-medicine-residency-training-program>