



From the Program Director



Hi all,

I'm going to keep the intro message short because, well, I have a lot of reading to do: it's intern application season! Despite the incredible amount of work, which I share with the Associate Directors, your Chief Medical Residents, and select members of our core faculty, it is one of my favorite times of the year. As I read the stories of each aspiring doctor, I am reminded

of your stories. When I reflect on how incredible the applicants to our program are, I am reminded of how incredible each of you is. Several months into the new year and with a slight crisp in the morning air, it is a nice time to reflect.

I want to show you a few numbers so you know what I know – just how special each of you is and what you have already accomplished (and will continue to accomplish) to succeed at the highest levels. These numbers are not too different from the last several years, when each of you applied. This year, 3,634 medical students applied to the University of Colorado IMRP. Of those, 2,959 are from US-based schools and 675 come from international training sites. About 43% of our applicants are women and 15% come from underrepresented and historically marginalized backgrounds. They represent almost every medical school in the country and over half of those across the world.

These numbers really do mean that I need to keep this message short. And they really do remind me of your application classes – equally talented, equally deep, and presenting me with an equally difficult challenge. Since we will be bringing in 72 categorical and preliminary interns next summer, the math says that your APDs and I are tasked with finding the top

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2%(!) of students based on their abilities, their diversity, and how they align with the mission, vision, and values of our program. How do we find the students who are going to come here and thrive in the system we built? Who will come here to take advantage of the three hospitals, the tracks, the pathways, and the personalized training we offer? This is the challenge of the next few weeks. I sleep well at night when I think about all of you – we had this same task ahead of us last year and in the years before that. It worked out very well, as far as I'm concerned.

Two other quick notes. I would like to welcome **Dr. Amiran Baduashvili** onto our education team. He has, of course, been an educator and a leader here in Colorado for years. His Bayesian reasoning online course is one of our most popular offerings in the residency. Amiran will now join the Department of Medicine as the Associate Vice Chair of Education for Evidence and Scholarship. In that role, he and I will get to work together to improve our journal clubs, clinical reasoning, and medical education scholarly output, for resident and faculty alike. He's going to take your Chiefs on a retreat shortly to teach the same and you'll be seeing a lot of Dr. Baduashvili at noon conference. Reach out to him with any questions or ideas about medical education practice and scholarship.



Amiran Baduashvili, MD



James Carter, MD



Erin Bredenberg, MD

Second note, the leadership of our Health Equity and Policy Pathway is undergoing a change. First, I would like to thank Drs. Ellen Sarcone and Julie Knoeckel for their leadership of the Pathway to date. Ellen and Julie founded the Pathway all the way back in 2017 and have been the core of its leadership to date. A thank you also to Drs. Sarah Stella and Michael Brunnuell, who assisted in Pathway leadership over much of this time as well. Five years is a long time, and Ellen and Julie are handing off an excellent Pathway to the new leadership team. I am excited to welcome **Dr. James Carter** as the new Health Equity and Policy Pathway Director and former resident and pathway member **Dr. Erin Bredenberg** as his Associate Director. James is an Assistant Professor of Medicine and an Interventional Cardiologist at UHealth with a passion for caring for the whole patient and a desire to improve equity, access, and availability for all in medicine – this is his passion and life's work. Erin is an Assistant Professor and a member of the Division of Hospital Medicine. With a Master's in Health Policy from Emory and a strong background in health inequity as well as access to care for marginalized populations, she is excited to lead and teach all of you. I'm excited to see where they will both take the Pathway in the near future!

Please congratulate each of the above people when you see them and welcome them to our residency family. Now, back to those 3,700 or so applications!

Geoff

!! News & Updates

Influenza vaccination and COVID-19 booster appointments: UHealth requires [annual influenza vaccination](#) for all medical staff, employees, volunteers, trainees, students, vendors and contractors who come into our facilities. Influenza vaccinations are due 11/12. Schedule your appointment for your influenza vaccine and COVID-19 booster (as supplies are available) in My Health Connection. COVID-19 boosters are highly encouraged but not required at this time.

Residents and Fellows can receive a free flu shot or COVID vaccine booster through UHealth using these two options:

1. Walk up to any of the flu clinics located in [this list](#). If you choose to do this, you can get both a COVID booster and a flu shot

Vaccinations

Page updated: 9/12

To receive your influenza vaccination at an employee health clinic, **you must schedule your appointment in My Health Connection**. Please see instructions for this and the clinic schedules below. **Appointment availability will be opened 2 weeks at a time.**

Influenza Vaccination Information

- Influenza Vaccine Information Sheet
- Metro Flu Clinic Schedule
- NoCo Flu Clinic Schedule
- SoCo Flu Clinic Schedule
- YVMC Flu Clinic Schedule
- Influenza FAQ

COVID-19 Vaccinations

COVID-19 and Influenza vaccinations may be given the same day in different arms or may be given on different days with no spacing. Drug stores and other vaccine providers may offer both at the same time.

- Upload vaccination information through [My Health Connection](#)
 - [Instructions](#) for uploading to MHC
- [COVID-19 Vaccine Mandate FAQ](#)
- [COVID-19 Vaccination Clinic Information](#)
- [COVID-19 Vaccine Exemption Link](#)

Contact Us

- 1-855-945-3668
- Email Employee Health

How do I get my Influenza vaccination?

COVID-19 Vaccination Exemption

2. Schedule as a patient for a flu shot or COVID booster. UHealth is not offering flu shots at the same time as a COVID booster for patients so you will need to schedule separately. Follow this workflow in your My Health Connection:

Welcome

Danny

- Appointment Scheduled
Account updates Sep 8
Appointment Information: Visit Type: COVID-19 vaccine Date:... View message
- Appointment Scheduled
Account updates Sep 2
Appointment Information: Visit Type: COVID-19 Test Date:... View message
- COVID-19 Vaccine is overdue. View details

Your care team and recent providers
Providers you have seen in the past two years.
John Peyton Taliaferro
Family Medicine
See provider details and manage

Have you or your family received care from UHealth and Affiliates - POC? Link the medical records for you or your family to view them here.

Appointments and notes

Schedule Appointment

Show: Upcoming and Past More filter options

Upcoming visits

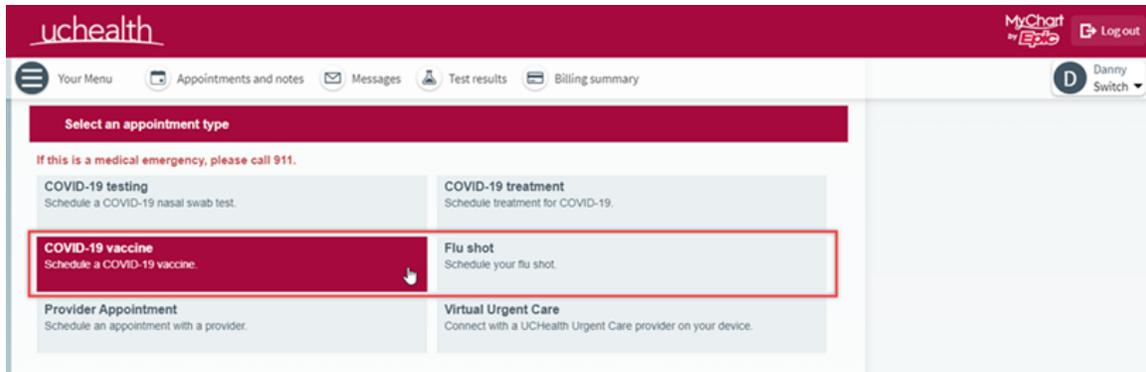
There are no upcoming visits to display.

Past visits

Last 3 Months

JUL Nurse Only
18 John Peyton Taliaferro, MD
UCHealth Family Medicine Clinic - North Loveland
2022
View After Visit Summary

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Gold Humanism Honor Society Nominations: Consider nominating a fellow resident for induction into the [Gold Humanism Honor Society](#). If you'd like to nominate someone, fill out the [nomination form](#) by **October 31**.

Latino Medical Student Association National Mentorship Program: The Latino Medical Student Association (LMSA) has just launched a National Mentorship Program. This program connects pre-medical students, medical students and physicians with mentors/mentees for one-on-one mentorship. They are currently in need of physician and resident physician mentors. Hundreds of medical students have already signed up. Unfortunately, with the current number of physician applicants, 80% of medical students will be without a mentor. Mentors do not have to be Latinx/Hispanic. Anyone interested in becoming a mentor/mentee, or for more information, please check out the [Google Form](#). Questions? [Reach out via email](#).

Residency Shout-Outs

"I wanted to give a shout-out to **Jordan Williams** and his crazy POCUS skills. While admitting a patient with undifferentiated shock in DH MICU, he identified that the patient had a large pericardial effusion with signs of tamponade. This dramatically changed management for the patient, who underwent an urgent pericardiocentesis. Nice catch Jordan!" – From Chief Resident **Tiffany Gardner**

Med-Peds R4 **Lynne Rosenberg** submitted the new title for our residency newsletter, **Mile Highlights!** Thanks Lynne for your great suggestion!

Spotlight on Scholarship

Colorado ACP Call for Abstracts: Do you have an interesting patient case you've been meaning to write up for a while? Are you doing super cool research that begs to be showcased? Have you never written an abstract before but want to give it a try? Do you want to stay at a bougie hotel and network with inspiring residents/faculty at a local conference? If any of these are true for you, then you are in luck!

The Colorado ACP Chapter is soliciting abstracts for the Colorado ACP Annual Meeting which will be held **February 10-11 at the Broadmoor Hotel in CO Springs**. Abstracts will be

considered for either a poster or oral presentation and CU is guaranteed several spots. If your abstract is selected, you will have the opportunity to stay at the Broadmoor Hotel on February 10 at a subsidized rate (private room ~60% off) or buddy up with another resident attendee and stay for free!

Abstract guidelines: Please refer to the [ACP website](#) for abstract guidelines (updated shortly to reflect current guidelines). Original research, QI projects, and case reports are all considered. For assistance with abstract writing or proofreading, your chiefs (Meryl Colton, Emily Scott, Cara Saxon) or faculty (Tyler Miller) are happy to help!

How to submit: Please email your abstracts to [Cara Saxon](#). CU will select 4 posters and 1 oral presentation for the meeting. If selected, you will then submit your abstract through the ACP website (free for ACP members). This process allows CU to select submissions before you pay the ACP membership fee!

Deadline: Submit abstracts by **October 23, 2022** at midnight.

Bonus: One exceptional abstract will be selected for the Governor's Choice Award which allows you automatic acceptance to the National ACP Meeting in 2023!

Please feel free to reach out to either [Cara Saxon](#) or [Tyler Miller](#) with questions.

Med-Peds R4 **Lynne Rosenberg** attended the Association for Medical Education in Europe (AMEE) conference August 27-28 in Lyon, France!





Publications & Presentations

- R1 **Max Jason** had an abstract/poster accepted for the upcoming AHA Scientific Sessions 2022 on November 5-7: “Infections Requiring Hospitalization in Patients One Year Post Heart Transplant”
- R2 **Brian James** had a paper accepted for publication in the *British Medical Journal*: “Investigating Transmission of Sars-Cov-2 Using Novel Face Mask Sampling: A Protocol for an Observational Prospective Study of Index Cases and Their Contacts in a Congregate Setting”

Do you have a paper, presentation, award, or other scholarship to highlight in a future newsletter? Email your submission to ava.russell@cuanschutz.edu

Education Corner

Upcoming Lectures & Education

DOM Grand Rounds:

- Wednesday, October 12: Amiran Baduashvili, MD presents “Innovating in Digital Education – The Lessons Learned from an Online Course in Bayesian Reasoning”
- Wednesday, October 19: Jennifer Adams, MD presents “Longitudinal Integrated Clerkships: Reform & Reward”
- Wednesday, October 26: Jean Kutner, MD, MPH/MSPH presents “Leading in Complexity: Effecting Change in an Increasingly Complex Academic Medical Center Environment”
- Wednesday, November 2: Michael Blaha, MD, MPH presents the Robert Eckel Invited Lecture, “Evaluating and Treating Residual Risk in ASCVD”

[DOM Grand Rounds Schedule](#) | [DOM Research and Innovation Conference Schedule](#)

WES: The B block has started their 2nd WES block, details below:

All classes will continue to have procedure simulation (central lines or thoracentesis) the last WES of the block, details can be found in Teams.

- **R1s:** Interns will continue to have flipped classroom sessions (pulm and renal up this month) in addition to the first core research pathway session, Intro to Clinical Reasoning with Drs. Lessing, Limes, and Anderson, and the first More than Medicine session with Dr. Mann.
- **R2s:** R2s will have their first pathway session this month along with their second track session. We will also have faculty speakers covering challenging acid-base cases, an intro to heme malignancies, pulmonary embolism and acute RV failure, and primary care for LGBTQ+ patients. Finally, R2s will have time for independent study with NEJM rotation prep and NEJM knowledge+ quiz.
- **R3s:** Hematology is consistently identified as one of the areas residents would like more education in and we will be building on their foundational R2 content with core advanced BMT content - CAR-T 101 and Overview of Allo Transplants. They will join the R2s for some of faculty sessions that are repeated every 2 years including pulmonary embolism and acute RV failure and primary care for LGBTQ+ patients. R3s will also have pathway and track sessions along with time for independent study with NEJM rotation prep and a NEJM malignant heme quiz to reinforce concepts covered in didactics.

Dean's Speaker Series: No upcoming events

Academy of Medical Educators Lecture Series: No upcoming events



Academic & Fellowship Opportunities

Featured Opportunities

- The Division of General Internal Medicine together with the Point-of-care Ultrasound Group at Oregon Health and Science University embraced the integration of POCUS into education and clinical care with the creation of a novel, one-year fellowship in 2016, becoming only the second of its kind in the nation at the time. This fellowship focuses on developing expertise in POCUS knowledge, technical performance, and clinical integration, while simultaneously preparing the fellow to be a leader in POCUS. [Fellowship Details](#)
- The General Internal Medicine Fellowship Program at The University of Texas MD Anderson Cancer Center combines advanced clinical training in the care of internal medicine issues of cancer patients and survivors, clinical research training, and healthcare quality improvement training. This is a one-year academic training program focused on development of skills for a successful career in academic medicine. The fellow will spend 75% effort on research and 25% effort on clinical work. [Fellowship Details](#)
- The Departments of Medicine, Pediatrics and Surgery are recruiting for the Residency Research StARR Program - Stimulating Access to Research in Residency. 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 a variety of interests - bench, translational or clinical research. Applications are due Friday, October 14. [Program Details](#)

- The Yale General Internal Medicine Medical Education Fellowship is accepting applications for its 2-year fellowship starting in the 2023 Academic Year. Fellows complete a Master of Health Science – Med Ed Pathway through Yale's School of Public Health, participate in Yale's Department of Medicine's Advancement of Clinician Educator Scholarship Faculty Development program and faculty development course work in teaching skills. Fellows will also perform inpatient and outpatient clinical work with the residents and faculty of the Yale Primary Care Internal Medicine. [Fellowship Details](#)

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

Dates & Deadlines

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

- **October 16:** Deadline to upload 2022 flu vaccination documentation to MedHub
- **October 20 7-8:30pm:** Join in some friendly competition with Archery Dodgeball! Reach out to Dante Mesa if you'd like to sign up
- **October 22:** Residency Halloween Party! [Details here](#)

Job Board

Featured Jobs

- Providence Portland Medical Center's Department of Medical Education is seeking an exceptional General Internist for mixed faculty/clinic role. This position comes with protected time for teaching and scholarly activity. [Job Details](#)
- The Hawaii Pacific Health Medical Group is seeking a full-time board certified/board eligible Internal Medicine Nocturnist to be based at Wilcox Medical Center on the island of Kaua'i. [Job Details](#)
- The University of Washington Medical Center at Montlake, Harborview Medical Center, the VA Puget Sound Health Care System, and their community health care campus, the University of Washington Medical Center at Northwest, are currently recruiting. They offer positions in a world-class institution with nationally prominent colleagues and outstanding highly engaged hospitalist teams. [Job Details](#)
- Portsmouth Regional Hospital, Parkland Medical Center and Frisbie Memorial Hospital are seeking BC/BE Primary Care Physicians to join their HCA employed and private practices in New Hampshire. [Job Details](#)

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

Happy start of fall! A collection of recent updates and residency outings.



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

- October 1:** Shravya Pothula
- October 3:** Irvin Ma
- October 7:** Tiffany Gardner
- October 8:** Daniel Carlson
- October 12:** Hunter Greer
- October 13:** Hosannah Evie
- October 15:** Joshua Ho, Rachna Talluri
- October 16:** Sarah Gorvetzian, Andrew Pham (R3)
- October 17:** Natalie Van Ochten
- October 18:** Luc Overholt
- October 19:** Timothy McGinnis
- October 22:** Minh Do
- October 23:** Maggie Kuusinen
- October 24:** Adam Knox

October 26: Dante Mesa
October 30: Marita Meyer
October 31: Chris Mowry, Andrew Pham (R2)

Follow the Internal Medicine Residency Program on [Instagram](#) for more updates!

Program Feedback

Curriculum Committee and RPEC Report: Looking at how to further incorporate NEJM Resident 360 and Knowledge+ into the curriculum, including suggested readings, spaced learning, and intentional quizzing based on WES lectures and clinical rotations.

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.

Resources & Assistance

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, Mandy Doria, LPC at amanda.doria@cuanschutz.edu.
- If you are having problems getting a same day appointment, contact Dr. Rachel Davis directly at 303-724-8244 or rachel.davis@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.

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:](#)

Ally Fuher
Molly McCallum
Lizzie Esselman
Connor Enright
Lila Steinberg
Alana Freifeld
Mike Marll
Tiffany Gardner
Braidie Campbell
Dante Mesa

[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 ava.russell@cuanschutz.edu.

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