



Vol. 2, Issue 5

# Mile Highlights | University of Colorado Internal Medicine Residency Program Newsletter

## From the Program Director



Hi all,

I'm **very excited** to announce our 2022 fellowship match. As you can see, our residents and a few recent graduates did exceptionally well in the match and had some impressive results. I am so proud of this group – they worked very hard to get here, even harder as interns and residents, and they are now being rewarded for their efforts.

I'm so proud of our seniors. You put so much work into this moment and into becoming the brilliant, dedicated, kind, and caring doctors that you are. Please join me in congratulating this group when you see them in the halls.

### Table of Contents

- [News & Updates](#)
- [Spotlight on Scholarship](#)
- [Education Corner](#)
- [Academic Opportunities](#)
- [Dates & Deadlines](#)
- [Job Board](#)
- [Take Five](#)
- [Program Feedback](#)
- [Resources & Assistance](#)

- |                           |   |
|---------------------------|---|
| <b>Amr Arar:</b>          | Gastroenterology, University of Colorado                |
| <b>Erika Begler:</b>      | Hospice and Palliative Medicine, University of Colorado |
| <b>Braidie Campbell:</b>  | Gastroenterology, University of Colorado                |
| <b>Meryl Colton:</b>      | Hematology and Oncology, UCSF                           |
| <b>Christian Davis:</b>   | Gastroenterology, University of Colorado                |
| <b>Jennifer Doran:</b>    | Pulmonary/Critical Care, UC San Diego                   |
| <b>Alana Freifeld:</b>    | Rheumatology, UCLA                                      |
| <b>Neel Gakhar:</b>       | Hematology and Oncology, Larkin Hospital, Florida       |
| <b>Tiffany Gardner:</b>   | Pulmonary/Critical Care, Massachusetts General Hospital |
| <b>Pedro Giro:</b>        | Cardiology, Indiana University                          |
| <b>Alex Hayden:</b>       | Hematology and Oncology, University of Colorado         |
| <b>Julia Haynes:</b>      | Cardiology, University of Wisconsin                     |
| <b>Guillermo Jimenez:</b> | Pulmonary/Critical Care, UC San Diego                   |
| <b>Danielle Kirelik:</b>  | Endocrinology, University of Colorado                   |
| <b>Samara Levine:</b>     | Infectious Disease, Oregon Health & Science University  |
| <b>Daniele Marcy:</b>     | Rheumatology, University of Colorado                    |

**Yunan Nie:** Hematology and Oncology, Yale University  
**Matt Rockstrom:** Pulmonary/Critical Care, UC San Diego  
**Cara Saxon:** Cardiology, University of Colorado  
**Cody Schott:** Pulmonary/Critical Care, University of Colorado  
**Trey Sertich:** Cardiology, University of Kentucky  
**Jack Stacy:** Cardiology, University of Wisconsin  
**Kavin Sundaram:** Cardiology, University of Texas at Austin  
**Mark Svet:** Cardiology, University of Minnesota  
**Jackie Urban:** Cardiology, Northwestern University  
**Jacob Welch:** Rheumatology, University of Nebraska

Congratulations to each of you!!

Geoff

## !! News & Updates

**Mental Health Resource Update:** Some of you may have heard that Willow Grove Mental Health clinic was no longer going to be in-network as a mental health provider for residents. Fortunately, that decision has been reversed and Willow Grove will remain an in-network option for mental health for now.

The Resident Student Mental Health Clinic also remains an option for mental health resources. If you are looking for a provider outside these two resources, please try cross-referencing your Anthem Provider list on the [www.headway.com](http://www.headway.com) website to find a provider.

## Spotlight on Scholarship

---

### Publications & Presentations

---



Nat deQuillfeldt and Kathryn Huber at SIDM.

- R2 **Nat deQuillfeldt**, R3 **Kathryn Huber**, and Med-Peds R4 **David Scudder** presented posters at the Society to Improve Diagnosis in Medicine (SIDM) Conference in Minneapolis in October.
- R2 **Karan Rai** presented a case at CHEST Annual Meeting in Nashville in October submitted with former resident Guillermo Jimenez: "[Fluid in the fissure: Diagnostic challenge with a rare case of extrapulmonary TB.](#)"
- R1 **Nicole Rueb** presented at the SGIM Mountain West Meeting in Salt Lake City in November: "A classic presentation of Dengue Virus evaluated in the outpatient setting in a non-endemic area"
- R1 **Kevin Ni** had a paper published in *Journal of the American Society of Nephrology*: "[Translation Rescue by Targeting Ppp1r15a through Its Upstream Open Reading Frame in Sepsis-Induced Acute Kidney Injury in a Murine Model.](#)"
- Chief Resident **Cara Saxon** had a paper published in *Radiology Case Reports*: "[Aortic valve chordae tendineae: A rare cause of aortic stenosis.](#)"
- Med-Peds R1 **Liz Stein** had a paper published in *Medical Professionalism Best Practices: Leadership and Professionalism in Times of Crisis*: "[Professional Identity Formation in the COVID-19 Pandemic: Reflections from Future Physicians.](#)"

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



## Education Corner

---

### Upcoming Lectures & Education

---

#### DOM Grand Rounds:

- Wednesday, November 30: Anuj Mehta, MD presents "Evolving Crisis Standards of Care to Meet New Challenges"
- Wednesday, December 7: Systems Improvement Conference: "Utility vs. Futility: Transferring Patients in an Information Void"
- Wednesday, December 14: Vineet Chopra, MD presents "State of the Department"
- Wednesday, December 21: Chief Medical Residents present DOM Grand Rounds

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

#### WES: R1s:

- Bayesian Reasoning self-directed learning modules created by Dr. Amiran Baduashvili
- Palliative care half day session with topics including pain management, other symptom management, and end of life discussions.
- Research core pathway session
- Patient Safety/QI introductory session
- Procedure simulation

**R2s/R3s:** In addition to pathway and track sessions, R2/R3s will have Bayesian Reasoning self-directed learning modules and quiz to reinforce concepts covered in the intern year, procedure simulation time, and our first EM/IM resident case conference.

**Dean's Speaker Series:** No upcoming events

**Academy of Medical Educators Lecture Series:** No upcoming events

## Academic & Fellowship Opportunities

---

### Featured Opportunities

---

The **University of Colorado (CU) Diabetes Fellowship Program** was established in 2020 with the overarching goal of training motivated individuals in the care of patients with all types of diabetes, diabetes complications, preventive care, and associated comorbidities including obesity and lipid disorders. Fellows integrate outpatient and inpatient clinical experiences, evidence-based practice and didactics, with discussion of relevant research to develop appropriate management and follow-up plans for patients with diabetes referred for outpatient and inpatient consultation. This fellowship provides a balanced and structured experience in the basic care and specialized management of diabetes including use of diabetes technologies in diverse clinical settings. One fellow will be accepted for the 2023-2024 academic year. Review the [flyer](#) for more information.

---

The **Massachusetts General Hospital Fellowship Program in Rural Health Leadership** is pleased to announce the application period for its 2023-2025 fellowship class is open. The RHL fellowship is dedicated to health equity, systems improvement, excellence in general medicine practice, and community partnership. Our partner community is the Rosebud Sioux Tribe in South Dakota, with clinical activities at both the Rosebud Indian Health Service and within Massachusetts General Hospital. The two-year fellowship involves:

- A funded master's degree in public health at the Harvard School of Public Health\*
- An immersive rural health experience including 13 weeks per year of clinical effort in two-week blocks, in Rosebud, South Dakota
- A longitudinal mentored project tailored to the fellow's interests in clinical care, innovation, health systems leadership, education and/or research
- Curricula in rural health equity, advocacy and leadership
- An academic home at MGH and Harvard Medical School
- A vibrant network of fellows and faculty committed to health equity and process improvement

\* fellows with an equivalent degree will be offered funding for research or other coursework

Applications are being accepted on a rolling basis. Application materials are listed on [our website](#) and include a brief application, CV and three letters of recommendation. The fellowship is open to MD/DOs who will have completed residency in Internal Medicine, Family Medicine or Combined Medicine & Pediatrics by June 30, 2023.

We invite applications from physicians with a passion for health equity, health systems improvement, and partnership with rural communities. We are proud to run a small, unique program and encourage questions about the experience.

---

We are excited to announce a two-year **General Internal Medicine Fellowship at NYU Grossman School of Medicine and NYU Langone Health.**

Led by our faculty from across our NYUGSOM institutions and affiliates, this fellowship supports physicians committed to careers in academic general medicine with research focused in any of many core areas - health services, improving the quality and safety, informatics, equity, education, and effectiveness of care in our communities. We provide tuition for a master's degree and clinical engagement at either NYU or VA. Visit [our website](#) for more information.

---

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

## Dates & Deadlines

- **Wednesday, December 7<sup>th</sup>**: Deadline to [RSVP](#) for December Career Development Seminar on December 12<sup>th</sup>
- **Friday, December 9<sup>th</sup>**: Deadline to [sign up](#) for Secret Buffalo

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

## Job Board

---

### Featured Jobs

---

- The Brigham and Women's Hospital, Hospital Medicine Unit provides outstanding, team-based care to General Medicine, Subspecialty Medicine, and Oncology patients. We are seeking Hospitalists for day and night positions across our campuses. Academic rank of Instructor at Harvard Medical School will be commensurate with experience, training, and academic achievements. The successful candidate will also engage in teaching medical students, house staff, and GIM fellows in the inpatient setting. For more information and immediate consideration, please forward C.V. and availability for introductory phone call to [steve@olesky.com](mailto:steve@olesky.com).
- The Boise VA Medical Center is looking for internists with a primary interest in hospital medicine. Nestled in the foothills of one of the fastest growing cities in the country, the Boise VAMC was recently ranked as having one of the highest job satisfaction scores among all VA hospitals across the country. Our VA is a primary training site for the University of Washington Boise Internal Medicine Residency and all inpatient medicine teams are currently teaching teams with internal medicine, family medicine, and psychiatry residents as well as third and fourth year University of Washington medical students. If you are interested in learning more, please reach out to the Inpatient Medical Director, Liz Schackmann at [elizabeth.schackmann@va.gov](mailto:elizabeth.schackmann@va.gov) or 208-695-9613.

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

## Take Five

Join us in wishing these residents a happy birthday (or belated birthday) in November and December!

**November 2:** Cody Schott  
**November 5:** Christian Davis  
**November 10:** Robert Williams  
**November 11:** Thomas Mee  
**November 11:** Jackie Urban  
**November 12:** Kathryn Huber  
**November 17:** James Jurica  
**November 18:** Nicholas Morgan  
**November 19:** Corinne Camp  
**November 20:** Natalie Longino  
**November 22:** Kyle McDaniel  
**November 23:** Sarah Haeger  
**November 30:** Rissa Zudekoff

**December 3:** Bejan Saeedi  
**December 6:** Samantha Coffey  
**December 9:** Caroline Behr  
**December 9:** Fangning Gu  
**December 10:** Amr Arar  
**December 13:** Nicole Shammas  
**December 17:** Julia Haynes  
**December 20:** Helena Villalobos  
**December 21:** Evan Zehr  
**December 23:** Cristina Fischer  
**December 23:** Alexander Paap  
**December 24:** Brian Adams  
**December 27:** Kaitlyn McLeod  
**December 29:** Troy Sterling  
**December 31:** Leigh Dairaghi

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

## Program Feedback

**RPEC:** 2 RPEC sessions covering NEJM+ incorporation and Department of Medicine grand rounds. For NEJM+ incorporation, will build in recommended Resident 360 rotation prep reading for rotations, have short quizzes based on WES session for spaced repetition, and collecting data on how graduated R3s used it to study for boards. Will have more updates on changes made as a result of feedback in the upcoming newsletters.

### Curriculum Committee:

- Reviewed Clinical Reasoning thread: will incorporate "How to Teach Clinical Reasoning" for R3s, build in more clinical reasoning focused conferences in noon conference and ambulatory space.
- Reviewed Evidence Based Medicine thread: revamping standard curriculum all interns will receive, chief resident training for incorporation into noon conferences.
- Met with residents on the curriculum committee and prioritizing projects for the year - more to come next month!

**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](mailto: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](mailto: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](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.

**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  
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](mailto:ava.russell@cuanschutz.edu).*

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