



 **From the Program Director**



All,

The end of December is a great time to reflect on the year we have just experienced. Our winter mini block is designed as an opportunity for everyone to catch their breath a little bit in the middle of a busy residency experience. It is an opportunity to step away for a week and spend time with family and friends. It is also a great chance to spend time with yourself, reconnecting with the things that make you happy outside of work. As we enter the fourth night of Hannukah and with Christmas only a few days away, it is also a time to share food, traditions, and celebrations with those you love.

I hope everyone had a wonderful year and that each of you finds yourself with many good things to reflect upon and to be thankful for. As doctors, we are fortunate to hold the position we do in society, to have the ability to deliver an outsized impact on the world around us. In so many ways, the world needs us now more than ever.

I will be on service with many of you this holiday week and will be taking the second week off to do my own reflecting, thanking, and celebrating as the year concludes. I wish you all a happy holiday. I'm so thankful for you, our residency family, and all that we get to do together.

Geoff

Table of Contents

[News & Updates](#)

[Spotlight on Scholarship](#)

[Education Corner](#)

[Academic Opportunities](#)

[Dates & Deadlines](#)

[Job Board](#)

[Take Five](#)

[Program Feedback](#)

[Resources & Assistance](#)

!! News & Updates

As many of you know, the School of Medicine is transitioning into the new Trek curriculum. This change has brought about the end of traditional Block clerkships with a shift to Longitudinal Integrated Clerkships. Transitions are always a good time for reflection and gratitude and to that end we wanted to recognize the amazing work that our Hospitalized Adult Care leaders have done over the years to give Colorado students an incredible inpatient medicine experience. Some of you may have even benefitted from their dedication to education.

Juan Lessing, MD

Dr. Lessing has served as the site director at the University of Colorado Hospital since 2017 and has also served as the assistant director for the clerkship. He has helped navigate changes to the structure of the ward teams, dealt with figuring out how to make our clerkship work during the early COVID-times, and improved our professor's rounds to incorporate more clinical reasoning and POCUS training. He is also known for his approachableness and thoughtful advocacy for all of our students.

Lisa Cyran, MD

Dr. Cyran has served as the site director at St. Joe's since 2006 and has ensured our students have an engaging experience at the only site outside of the University of Colorado residency. She has curated a professor's round series that includes cardiac exam findings and ECG work that students have raved about for years, and she has helped launch a new clinical immersion program for returning MD/PhD students so they can re-engage with the clinical space after years in the lab before entering into their high-stakes clerkships.

Cason Pierce, MD

Dr. Pierce has served as the site director for Denver Health since 2013 and has developed and implemented the POCUS training that every student receives during their rotation and spans across UCH, Denver Health, and the VA. He has been involved in Denver Health's LIC as the inpatient medicine liaison and has helped ensure that students in both the clerkship and the LIC have an incredible educational experience, even through the disruptions of COVID and the curriculum transition.

Bryan Lublin, MD

Dr. Lublin has served as the site director at the VA since 2018 and has overseen a ton of change during this time. He helped residents design, implement, and publish a curriculum on how to present ICU patients for our clerkship students. He has seen the transition to the VA's new site as well and has helped navigate the logistics of COVID disruptions and curriculum transition while keeping students' educational experience the most stable of any of our hospital sites.

Next time you see any of these educational leaders, please remind them how grateful we are for their dedication, energy, and compassion. Our students would not have had such amazing training without their work over these years. Thank you team!

Residency Shout-Outs

"I'd like to submit a shoutout to **Yaa Asare**. Her collaboration on the women's health curriculum has been invaluable. I wouldn't have been able to do it without her!" – R2 Nat DeQuillfeldt

Spotlight on Scholarship

Scholarship Opportunities

UCHealth Quality & Safety – Call for Abstracts: The UCHealth Patient Safety Committee is requesting abstracts for virtual posters that showcase the great patient safety work going on at UCHealth – including improvement projects, research, or education related to patient safety. Trainees, faculty and staff are highly encouraged to submit abstracts for virtual poster presentations. The top poster from each region will be awarded at their practice location and at our UCHealth Patient Safety Conference on March 16, 2023. **Deadline to submit is February 1, 2023.** [Submit an abstract.](#)

Publications & Presentations

- Med-Peds R3 **Oliver Bawmann** had a [paper](#) published in *Anesthesiology Clinics*: "Investigating Wellness and Burnout Initiatives for Anesthesiology Resident Physicians: Time for Evidence-Based Investigation and Implementation"
- R1 **Divyesh Doddapaneni** had a [paper](#) published in *Journal of Neuroscience*: "Amygdala Intercalated Cells: Gate Keepers and Conveyors of Internal State to the Circuits of Emotion"
- R1 **Kevin Ni** had a [paper](#) published in *Diabetes Care*: "Effect of CGM Access Expansion on Uptake Among Patients on Medicaid With Diabetes"

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, December 21: Tiffany Gardner, MD and Dante Mesa, MD present "The Pendulum of Patient Autonomy: Looking Back and Looking Forward"
- Wednesday, January 11: Matthew DeCamp, MD presents "Ethics, Bias & Artificial Intelligence in Healthcare"
- Wednesday, January 18: Janine Young, MD presents "Case Studies in Medical Care for Immigrant and Refugee Adults"
- Wednesday, January 25: Anna Jovanovich, MD presents "Updates in Nephrology"

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

WES: no WES during the winter weeks. Preview for January / block 7:

R1s:

- Clinician Educators and Health Equities pathways will both have their first core pathway session to give interns an idea of what the pathway is like and to deliver content that we want everyone to receive.
- ACS and heart failure flipped classroom session
- Dedicated time to work on their POCUS portfolios and a central line procedure simulation for those who are going to the ICU the following block.

R2/R3s:

- Track and Pathway sessions
- central line procedure simulation for those who are going to the ICU the following block
- Intro to Personalized Medicine for the R2s and Stroke Simulation session for the R3s
- Hematology and Endocrinology lectures delivered by some of the highest rated lecturers in WES, Dr. Hassell and Dr. Wagoner

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. Please check out the [website](#) if you are interested.

At **Mercy Medical Center in Baltimore, Maryland**, we select candidates for ACGME accredited gastroenterology fellowships (2 positions) in partnership with the University of Maryland and a 1-2 years non-accredited hepatology fellowship (3 positions). While ACGME accredited gastroenterology fellowship goes through the match, hepatology fellows are selected directly.

We are currently interviewing candidates for a hepatology fellowship starting July 2023. The fellow will work both in the outpatient and inpatient setting and will have opportunities to participate in clinical research activities. Our past fellows have completed their hepatology fellowship and gain acceptance into an ACGME fellowship. It is an excellent opportunity for anyone looking to expand their clinical and research experience in hepatology and liver transplantation while seeking an

ACGME fellowship. Please note that we are unable to support those on J-visa at this time. Interested residents can send their CVs to [Ashley Fitzpatrick](#).

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 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

- **December 31:** Discrimination and Sexual Misconduct Skillssoft Trainings Due

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

Featured Jobs

- I graduated from University of Colorado Residency in 2015 and have been with Intermountain Healthcare, UT, since then. There is much similarity between UT and CO and I enjoy working with Intermountain and am currently the program co-lead of our Hospitalist Program and have 2 full time openings we hope to fill for July 2023. Please review the [job posting](#) for more information. [Shu Zang, MD, FACP](#)
- The Louisville VA Medical center is looking for 2 academic hospitalists who are passionate about resident education and interested in research. Louisville is a beautiful city - Home to the Kentucky Derby, Bourbon trail, beautiful hiking trails and outstanding restaurants. With a diverse population, Louisville is an incredibly family friendly city with multiple activities for children. Please circulate this among graduating residents and anyone who you think might be interested. Do not hesitate to reach out to me if you have an interested candidate. [Priya Krishnan, MD, MPH](#)

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

🎉 Take Five





Primary Care residents celebrate the holiday season with a cookie decorating party and a holiday gathering!

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

Program Feedback

RPEC:

- We are in the process of reviewing noon conference with both blocks - results to come!
- NEJM incorporation: adding recommendations for how to use resident 360 while on rotations and for teaching, dedicated time in WES, short quizzes to reinforce WES topics and dedicated time to complete. Surveying graduates to see how they studied for boards and their perception of NEJM question bank compared to other options. Will re-evaluate resident perspectives on NEJM at the end of the year.
- Grand Rounds: great suggestions from both blocks on how to make it easier to attend and applicable clinical content. Working on location and other ideas for how to make it easier for residents on the wards and in clinic to attend. We will send out call for topic and speaker nominations to the residents in the Spring. Will work to include residents in other sessions with grand rounds speakers when they happen (meet and greets, etc). Will send out specific calendar invites with the speaker, topic, and links. Finally, we also relayed suggestions for adding coffee station and having a variety of food.

Curriculum Committee: No updates.

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.

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 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:

Erin Bammann (R1)
Ellie Krienke (R1)
Francis Wright (R1)
Nicole Rueb (R1)
Roger Winters (R1)
Sarah Beilke (R2)
Connor Enright (R2)
Elizabeth Esselman (R2)
Ally Fuher (R2)
Andrew Pham (R2)
Oliver Bawmann (R3)
Megan Calzia (R3)
Priscilla Collier (R3)
Alana Freifeld (R3)
Lila Steinberg (R3)

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](#).