



Vol. 2, Issue 7

# Mile Highlights

University of Colorado  
Internal Medicine Residency Program Newsletter



## From the Program Director



All,

It may sound hard to believe after a particularly grey winter – at least by Colorado standards – that our interns and residents are now most of the way through the academic year. What that means for our interns is that you’re almost done! It won’t be but a minute (OK, 15 weeks, but still)

before you’re the senior resident on the team. Juniors are on the way to being the most senior residents in the house and seniors are on their way to being fully independent internists.

I’ll tell you what makes me happy at this time of year:

**Whether you know it or not, whether you feel it or not, you’re ready.**

To facilitate this transition, to sharpen your sword to the finest degree, it is time for all of us to increase the autonomy we allow our colleagues. In these last four months of internship/junior year/all of residency, I ask you to loosen up the reigns on the people with whom you are working. From today forward, I want the seniors to allow the interns the fullest autonomy they can handle. Many of the teams are already functioning like this but starting today, I ask that we all be very intentional about it. I would like our interns to do all the admits; lead all the critical family meetings; hold the complex multidisciplinary conversations with consultants regarding difficult patients; perform all the procedures. On rounds, I’d like the intern plans to be the one the team enacts, with only minimal change. Seniors, there is plenty of high-level team leadership on which you can spend your time. You can also take some of the less fun task-work away, to allow time for the interns to be maximally independent. I saw Natalie up on ACE yesterday, no intern in sight – she told me they were on “be the senior day” and were out somewhere, doing something. But they knew where to turn for support, if needed. I smiled.

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Seniors, I want the same for you. I will send a similar message to the faculty, but they're a harder bunch of cats to herd in general. I know, I'm one of those cats. Now is the time to ask for/to politely demand the ability to lead the team and be fully independent in clinic. I would like each of you to discuss with your attending the role you'll play in these last few weeks as you approach independence – how you can lead and how they can help you to do that. Giving independence is not natural for any of us, it is always more comfortable to do hard things ourselves. But I will offer that now is the time for more of that positive, growth-oriented discomfort while we still have great supports around us.

Two other happy notes to close this newsletter intro:

- 1) Our Internal Medicine Residency as a group was named the **2022 UCH LIC Champions of the Year**. Students from the UCH LIC in the hybrid class were asked to submit nominations of the person or group who best supported their educational experience, their growth and development, and empowered them to be the best medical students and providers that they could be. They chose all of you! I'm not surprised but if you want to know why I think you're all so incredible, here are several of the reasons they offered for their choice:

*"My time on the inpatient service was truly awesome. The resident and intern were endlessly available to me and helped me grow as a physician more than any other clinical experience. They were supportive, taught CONSTANTLY, and coached me in the most supportive way that I could imagine. I am now considering medicine as a specialty!"*

*"I had heard that medicine residents were so fun, and my immersion did not disappoint. Even the most challenging days were fun - humor infused appropriately at all the right times, learning pearls pulled out of even the most mundane circumstances, and although tired, I felt so supported and cared for."*

**"HANDS DOWN, MEDICINE RESIDENTS! THEY WERE THE BOMB."**



- 2) Last night, our CU IMRP team of brilliant physicians and knowers of things took down the **State ACP “Doctors Dilemma” title**. Maggianos and much of the DTC will never be the same. Anchored by seniors Sarah Haeger, Jake Hershey, Kait McLeod and featuring the young upstart Dr. Karan Rai, they capped their victory by both correctly knowing and spelling ‘lymphangiomyomatosis’. As PD and a pulmonologist, I was proud. It’s off to San Diego for this bunch to see if they can take down the international title in a few weeks. Feel free to throw random trivia at them on rounds and when you see them out socially (totally normal!) and to look somewhat disappointed if they don’t know who Birt, Hogg, or Dubé are.

Have a great month everyone and welcome spring.

Geoff

## !! News & Updates



### **New APD Announcement!**

Dr. **Hoda Farajpour Bakhtiari** has been named as the new Assistant Program Director for Diversity Equity and Inclusion for the residency program. She is a recent graduate from our program and is currently a hospitalist at Denver Health. We are so fortunate to welcome Hoda to the leadership team!

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Here are some important dates for the residency program for the next academic year. Please note that in an effort to optimize time off during the holidays for both winter break weeks, we have shifted the block transition dates to a Thursday through Wednesday for the winter break weeks. This means that Block 6 will be extended by a couple of days and Block 7 will be shortened by a couple of days.

Basecamp: Friday, June 23 - Sunday, July 2

Block 1: Monday, July 3 - Sunday, July 30

Block 2: Monday, July 31 - Sunday, Aug 27

Block 3: Monday, August 28 - Sunday, Sept 24

Block 4: Monday, September 25 - Sunday, Oct 22

Block 5: Monday, October 23 - Sunday, Nov 19

Block 6: Monday, November 20 - **Wednesday, December 20**

**Winter Week 1: Thursday, December 21 - Wednesday, December 27, 2023**

**Winter Week 2: Thursday December 28 - Wednesday January 3, 2024**

### **2024**

**Block 7: Thursday, January 4 - Sunday, January 28**

Block 8: Monday, January 29 - Sunday, February 25

Block 9: Monday, February 26 - Sunday, March 24  
Block 10: Monday, March 25 - Sunday, April 21  
Block 11: Monday, April 22 - Sunday, May 19  
Block 12: Monday, May 20 - **Saturday, June 22, 2024**

Please reach out to [Katie Suddarth](#) if you have any questions or concerns.

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**Regarding task coverage in clinic:** We know there have been some questions regarding the ways that different clinics are approaching task coverage time so I wanted to explain how we got here. Prior to the pandemic, all residents were required to do task coverage in-person. During the pandemic, for a number of reasons, we transitioned to many different hybrid systems across the program in terms of in-person versus remote task coverage (with most clinics requiring interns to do task coverage in person but allowing upper-level residents to do task coverage virtually). In this now more chronic phase of the pandemic, we still have a number of different models being used for task coverage. We have significant variation in how task coverage time is approached based on numbers of residents at each clinic, capabilities of the different EMRs, and differences in how in-basket work is managed at the clinics in general. We do feel that there are many educational benefits of doing task coverage in person with face-to-face attending assistance. However, we do understand the benefits in terms of wellness in being able to do tasks from home.

We appreciate that it is frustrating that there is not consistency across sites but for the rest of this academic year, we will continue to allow each clinic to determine what works best for their individual situation, although we do highly encourage residents to be present in person for task coverage when possible. We do understand how valuable continued flexibility is at this time.

In the next academic year, (July 2023) we will be moving towards a more standardized approach across all clinic sites with **some** in-person task coverage as the stand expectation. We are still in conversations as to what exactly this will look like.

I would be happy to answer any questions about this topic or hear your thoughts/concerns.

Thank you!  
Katie Suddarth

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### Residency Shout-Outs

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**Emily Gottenborg** is the 2022 recipient of the **UCH LIC Teacher of the Year Award**. Congratulations Dr. Gottenborg and thank you for your incredible commitment and hard work as an educator!

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From Cody McIlvain in Emergency Medicine: I am a PGY-3 in EM. I have gotten the pleasure to work with **Saori Haigo** and **Shennon Lu**. I thought they deserved a special mention. We get many off service rotators who are not going into EM. Saori and Shennon deserve special mention because they have shown up each day with a great attitude, worked hard seeing more patients than is expected of them, and tried to help the department move patients. I have been impressed with the way they have jumped in to help and learn whatever they can

from this rotation. The ED has been very busy this past week stretching our team very thin. The addition of Shannon and Saori has helped smooth that out in a lot of ways.

## Spotlight on Scholarship

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### Scholarship Opportunities

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**AME Education Symposium April 24-26 – Call for abstracts:** Submissions are now being accepted for educational research abstracts. A wide range of topics are welcome, including:

- 3) Assessment of learners
- 4) Career development, professionalism, and well-being
- 5) Novel curriculum, educational methods, and technologies
- 6) DEI, Health Equity, and Social Determinants of Health
- 7) Interprofessional and team learning
- 8) Medical Ethics and Humanities
- 9) Faculty Development
- 10) Patient safety education

Submit your 500 word abstract [here](#) by March 26, 2023. Questions? Email [SOM.Academy@cuanschutz.edu](mailto:SOM.Academy@cuanschutz.edu).

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**Resident QI Project:** Sarah Beilke, Karan Rai, and Laura Rodriguez have developed a new order-set to aid in diuresing volume overload patients using an evidence-based standardized protocol using urine sodiums adapted from Yale to deploy on Med 3 / 4 and HMS teams at UCH beginning in March 2023. The goal is to easily and rapidly reach an effective diuretic dose and accurately predict urine output, obviating the need for accurate I/Os and daily weights. Stay tuned for a how-to at noon conference!

For more information, here are the [article](#) from which this protocol was adapted and a [JACC podcast episode](#) highlighting it.

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Researchers at UCSD Medical School and University of Colorado - Colorado Springs are asking resident physicians to participate in a 15 to 20-minute [survey](#) on burnout, trauma, and meaning-making during the COVID-19 pandemic. This survey will involve filling out several questionnaires and will help us understand how job stress during the pandemic is affecting meaning-making and overall well-being. Participants can enter their email at the end of the survey to be entered into a drawing for a \$50 giftcard to Amazon.com.

If you have any questions, please direct them to Byron Ferguson, MD, or the primary investigator, McKenzie Lockett, MA, at [mckenzielockett@gmail.com](mailto:mckenzielockett@gmail.com).

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### Publications & Presentations

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**Connor Enright** published a paper in *Journal of the Endocrine Society*: "[An Updated Approach to Antiobesity Pharmacotherapy: Moving Beyond the 5% Weight Loss Goal](#)"

**Michael Eller** presented a poster based on his clinical vignette abstract at the ACP of Colorado conference in February: "[A Dermatologic Dilemma with a Sweet Ending: A Case of Sweet Syndrome](#)"

**Karan Rai** had three presentations accepted for the ATS 2023 conference in May:

- "Are We Missing the Source: A Case of Premature Closure in Septic Shock" (a case from the VA MICU, written with **Tiffany Gardner**)
- "Secondary Hemophagocytic Lymphohistiocytosis After Mild Covid-19 Infection: A Case Report" (a case from the UCH MICU)
- "Association of Hospital Mortality With Initiation of Mechanical Ventilation on a Weekend: A Retrospective Cohort Study" (an original investigation)



*Residents and faculty at the Colorado ACP Conference*

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

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### Upcoming Lectures & Education

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**Practice Essentials Program for Residents:** A seminar design to provide residents with a glimpse into life after residency. Discussion topics include assessing practice opportunities, financing life after residency, key contract provisions for physicians, business accounting principles, medical professional liability insurance, and rural practice opportunities. Live programs offered April 19 and May 3; virtual on-demand offered March 15 – May 19. [Program Dates & Details](#)

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**WES:**

- March 1: In person with coffee! Will include updates from Dr. Mel Anderson on hospital medicine and keeping up with the literature, and primary care updates with Dr. Ben Trefilek.
- March 8: In person with breakfast! Will include EM-IM case review conference and RPEC.
- March 15: Track day
- March 22: In person. R2s will have a communication workshop with Dr. Kristi Broadfoot and either procedure simulation or independent study prep time. R3s will have a presentation on cognitive biases with Drs. Mel Anderson, Juan Lessing, and Julia Limes and either procedure simulation or independent study prep time.



*Chief Residents Tiffany Gardner and Dante Mesa with their co-Chiefs after presenting at DOM Grand Rounds in December!*

#### **DOM Grand Rounds:**

- Wednesday, March 8: Systems Improvement Conference
- Wednesday, March 15: Katrina Armstrong, MD presents “Advances in Breast Cancer Prevention and Screening”
- Wednesday, March 22: Nadia Hansel, MD presents the Neff Invited Lecture in Pulmonary Medicine
- Wednesday, March 29: Peter Forsberg, MD presents “Update on Multiple Myeloma”

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

#### **Dean’s Distinguished Seminar Speakers:**

- Tuesday, March 14: Marianne Bronner, PhD | [More Details](#)

 **Academic & Fellowship Opportunities**

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**Featured Opportunities**

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The division of hospital medicine at **SUNY Upstate Medical University** is offering a fellowship program. Our fellowship program is a strong, one-year program that provides POCUS training/certification and allows fellows to be engaged in research projects in hospital medicine and different specialties. Our curriculum is flexible and allows our fellows to do electives in other divisions in the department of medicine. The details of the curriculum are available on [our website](#).

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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.

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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. 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.

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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.

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

## Dates & Deadlines

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



## Job Board

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

## Take Five



*Med-Peds residents take a hike in the mountains during the Med-Peds Retreat*



*Primary Care interns participate in an educational session at the Denver Botanic Gardens*



*R3 Chelsea Carver volunteers to do health screenings at the National Western Stock Show*

**Join us in wishing these residents a happy birthday (or belated birthday)!**

**February 1:** David Spezia-Lindner

**February 2:** Nick Bianchina

**February 9:** Kira Grush

**February 10:** Fiona Chiu, Nat deQuillfeldt

**February 11:** Brian Hughes

**February 13:** Erika Begler

**February 14:** Daniele Marcy

**February 17:** Helen Queenan

**February 20:** Alana Freifeld, Mark Svet,  
Roger Winters

**February 21:** Gabi De Faria Figueiredo,  
Ryen Ormesher

**February 22:** Co Duong, Rachel Murphy

**February 27:** Catalina Abrego

**March 1:** Ellie Krienke

**March 4:** Erin Bammann

**March 5:** Gus Ruchman

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

**March 12:** Jesse Hinshaw, Joel Zaldumbide

**March 13:** Frankie Zirille

**March 14:** Nicole Rueb

**March 23:** Abby Braun

**March 25:** Kathryn Hawrot

**March 26:** Tiffany Wu

**March 27:** Carly Conran, Emily O'Neill,  
Katherin Pope

**March 28:** Benjamin Titus

**March 30:** Rebecca Unterborn

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

## Program Feedback

**Curriculum Committee:**

- We are starting to review our clinical threads and began with our ICU thread with the input of some of our phenomenal ICU educators. This is one of our highest rated and most established clinical and didactic content areas in the residency and this group is continuing to innovate. This year, they are launching a coordinated curriculum across

UCH, DH, and VA ICUs. We will also work to put together a list of recommended self-guided study resources for before and during your ICU rotations - more to come later this year.

- We are in the process of setting up small groups of residents and faculty to review and work on specific topics including a WES working group, preparing and supporting the R2 transition, improving feedback, improving handoffs, POCUS for upper level residents, and women's health.

**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:](#)

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)

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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 [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](#).*