



Vol. 1, Issue 1

CU Internal Medicine Residency Program Newsletter



From the Program Director



To all our Residents,

I'm excited to announce a new Colorado Internal Medicine Residency Program newsletter...through the first edition of said newsletter. Very meta.

One of my goals as we emerge from the last two years is to substantially improve our communication from the program. This includes presenting you with what you need to know about the program on a regular basis as well as letting you know about exciting opportunities on campus and beyond. It also means connecting you with one another and highlighting the incredible accomplishments our residents achieve each month. Finally, this newsletter and associated efforts will be used to connect our current house staff to our alumni – one of the largest resident alumni groups in the country and one whose power we have not fully mobilized. Bringing this family closer together means improved community and more power to help one another.

Each month in this newsletter, you'll find commentary on big issues, updates on any happenings in the residency, a list of upcoming events, leadership opportunities, news from the Tracks and Pathways, and thoughts from the Chiefs. Also, plenty of random ephemera. We'll also be reaching out to solicit information and updates about each of you – who's presenting, who's publishing, awards won, and milestones accomplished. I want us to celebrate the big events in your families and your lives. I know there is lots of good news being generated by the incredible members of this program and I want us to celebrate one another every month.

Please enjoy this first issue of the new, improved, updated Colorado newsletter. I'm excited for one more way to connect all of us and for the program to provide you with more of what you need to be successful.

Geoff



Issue Highlights

- [Peer to Peer Evaluations](#)
- [Scholarship Opportunities](#)
- ["On Mentorship" by Cassandra Duarte](#)



Good News

Introducing Peer to Peer Evaluations: After careful consideration, the program has decided to make the peer-to-peer evaluations (intern of resident and resident of intern) immediately available starting in the coming academic year (July 2022). Previously completed evaluations will remain confidential. We feel that the feedback you provide to and receive from your peers is some of the most impactful in terms of your development and growth. We encourage you to be mindful of the feedback you provide your colleagues and frame it in a constructive way. We will still provide confidential ways in which you will be able to provide feedback or concerns about co-residents that you do not feel comfortable including in the open peer-to-peer evaluation. If you have any questions or input about this change, please do not hesitate to reach out to any of the APDs.

Biostatistics Support for Your Research Projects: Come early and come often! Did you know that the Internal Medicine Residency Program partners with the Center for Innovative Design and Analysis (CIDA)? This program provides biostatistical and data science support to all IM residents throughout their residency. Through the consulting clinic program, we offer residents one-on-one consultations with a CIDA graduate research assistant who can advise on the following topics:

- Study design
- Constructing data collection tools
- Developing an analysis plan
- How to implement your analysis and interpret your findings
- Review of your analysis code, procedures, tables, and figures

We encourage residents to attend as many clinics as are helpful throughout the duration of their project, and to come in the early phases of your study planning. [Clinic sign-ups](#) are available now!

Match Day: [Internal Medicine Residency Program](#) and [Medicine Pediatrics Residency Program](#) Match Results were announced on Friday, March 18. Learn more about our incoming intern class through the daily intros via email and on [Instagram](#) through June 22!



Spotlight on Scholarship

Publications

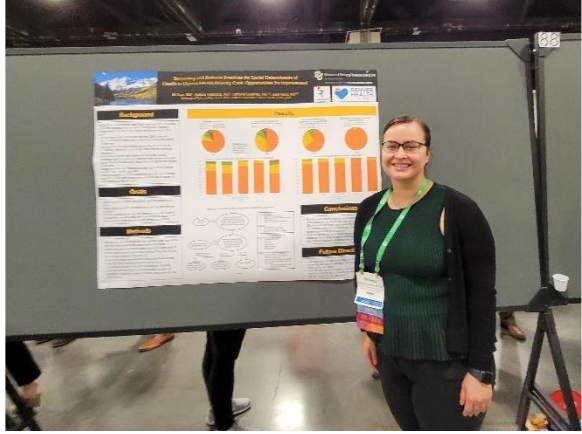
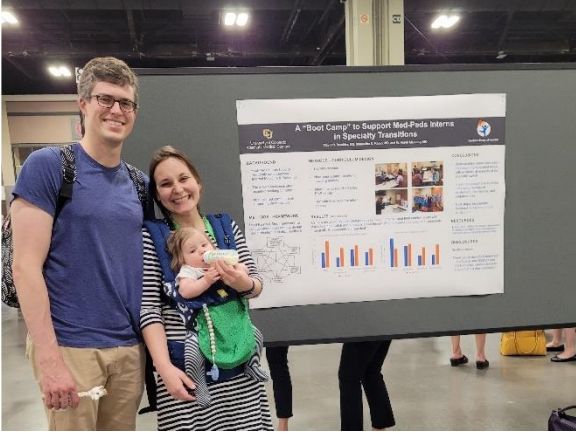
- Med-Peds R4 **Andrew Freddo** had a [paper](#) published in the *International Journal of Cardiology Congenital Heart Disease*.
- R1 **Karan Rai** had a [paper](#) and a [reply to correspondence](#) published in *The Oncologist*.
- R1 **Nat deQuillfeldt** had a [paper](#) published in *Open Forum Infectious Diseases* and, in collaboration with R3 **Cara Saxon** and Chief Resident **Kathryn Guinn**, had [teaching material](#) published in *Teach IM*.

Presentations & Conferences

- Chief Residents **Chris Caruso**, **Manny Urra**, and **Sam King** presented at Department of Medicine Grand Rounds on April 20th. [Watch the recording](#).
 - R1 **Nick Bianchina** presented two posters for SHM Converge 2022:
 - “Home Healthcare Agencies Operations Change After the Initial COVID-19 Pandemic Surge” [Read the abstract](#).
 - In collaboration with R3s **Claire Brickson** and **Matt Rockstrom**, “PTEG, PEG, PEJ, and NG: The Alphabet Soup of Enteric Access” [Read the abstract](#).
 - R1 **Karan Rai** presented a case report at SGIM 2022 titled “Idiopathic isolated right ventricular dysfunction in the setting of COVID-19: a case report,” co-authored with R3 **Rajiv Patel**.
 - R1s **Karan Rai** and **Kyle McDaniel** were selected by ACP Colorado to attend ACP National Leadership Day in Washington, DC in May.
-

Academic Internal Medicine Week 2022: Members of program leadership, rising Chief Residents, and members of program staff participated in APDIM Meetings in Charlotte in April.





Scholarship Opportunities

ACP Resident/Fellow Meeting: The ACP Resident/Fellow Meeting will take place on Tuesday, May 10 6-8pm at Saint Joseph's Hospital. All are welcome to attend to show

support for their colleagues from CU who have oral presentations and poster presentations accepted. Registration is free on the [CO ACP Website](#).

Rocky Mountain Highlights in GI-Hep Returns in Person: Save the date for the 9th Annual Rocky Mountain Highlights in Gastroenterology and Hepatology Conference on Saturday, August 6 at the Hyatt Regency Denver-Aurora Conference Center. Connect with world class, multi-disciplinary faculty for didactic presentations and panel discussions offered in person. Please visit the [conference website](#) for more information – registration opens in May.

SIDM2022 Call for Abstracts by May 10: This October 16–18, the Society to Improve Diagnosis in Medicine (SIDM) will host the SIDM2022 conference in Minneapolis, MN. They are now seeking submissions for posters and oral abstracts that contribute to and advance the field of diagnostic quality and safety. Please visit the [conference website](#) for more information or to submit an abstract.

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

Residency Reflections

Chief Medical Resident **Cassandra Duarte** shares her advice on mentorship:

“On Mentorship” by Cassandra Duarte, MD



Upon arrival to residency, we are inundated with various pieces of advice. Do research, find a mentor, learn to be a good doctor, explore your new home...it can be overwhelming! My hope for this article is to give you a concrete way to think about mentorship, specifically finding and keeping mentors during training.

What Kind of Mentorship Do I Need?

I find the traditional model of mentorship between one person and another to be a bit outdated. Realistically one person will not be able to give you all the guidance and answers for wide ranging topics such as what kind of fellowship program to apply to or what job opportunities might be best for you. Instead of a one-to-one relationship, envision yourself sitting at a large table. Each seat at the table represents a different type of mentorship. Your interactions with each person will vary based on your needs. Having varied representation will ensure you have a well-rounded residency experience.

- *Near Peer:* A near peer mentor is someone who has recently gone through the same role that you have and can offer guidance on the role you are currently in, and how to advance out of that role. This is the person you ask for the basics – for example, how to prepare for a rotation, who in a department has been good to work with, or tips

about living in a new city. It is good to have 1-2 near peer mentors so you can get a variety in perspective. The program assigns you a near peer mentor based on your career interests, but you aren't limited to just them! Look for senior residents that you have worked with to fill this role, folks who have similar out of work interests as you, chief residents that you have gotten along with, or people 1-2 years out of residency (whether it be a fellow or new hospitalist, depending on your area of interest).

- *Research:* A research mentor is self-explanatory – this is a person who can help you with scholarly activity during residency. I have found the most success in partnering with junior faculty (5-10 years out from training) because they have an established research interest, have relationships between departments, and can effectively guide you through the research process. At the same time, they understand your schedule because they remember what residency was like! More senior faculty may have a greater number of connections in the field but might have issues with availability or setting reasonable expectations for your productivity. Later I will discuss tips and tricks for finding an effective research mentor.
- *Career:* Most trainees think a research mentor is automatically a career mentor, but I would say they are different roles. While a research mentor can help you design a project, write a manuscript, and present at a national conference, a career mentor is someone who can help you achieve your career goals. For some individuals who envision a career as a physician-scientist, a researcher might be their ideal career mentor. However, most of us will not pursue an intense research-based career. A career mentor will help you navigate the fellowship or job application process, giving you feedback on which opportunities are important to consider for the next step in your career. They can walk you through the nuances of how to apply for K grants or how to establish a practice model for a private practice. A career mentor doesn't have to be in the same field as you if they have the tangible skills you desire for your future. The program sets you up with a clinical coach who can be considered a career mentor; this person is specifically outside your specialty to allow you to raise questions about your career in a safe space!
- *Life:* Lastly, it is important to remember that we are more than physicians. Life mentors can help provide guidance outside of your career, but can also affect it; for example, if you are a new parent in medicine, you may have a temporary life mentor who has been through this process as well and can help you with questions such as where to find lactation rooms, how to restructure your schedule to allow for pumping, or balancing work and home. This is the most fluid type of mentor and will depend greatly on your personal circumstances during training. You may have multiple mentors in this arena to cover various topics.

Tips for Finding a Good Research Mentor

The research mentor can arguably be the most important and difficult relationship to establish during residency. So, let's dive into some concrete tips to help find and keep a great research mentor.

Before Finding a Mentor

- Write out a list of topics that you are interested in researching (e.g., treatment outcomes for geriatric BMT patients) and skills you are interested in learning (e.g., how to write an abstract, how to analyze data in STATA, how to write and submit a protocol for IRB review, etc.).
- Establish what your research goals are for residency. For some that will be to submit the two required scholarly activities for graduation. Those applying into competitive

specialties might want a more robust experience of authoring a retrospective review protocol, entering the IRB, leading data analysis, and submitting a manuscript.

- Do a realistic review of how much time you are willing to dedicate to research each week. For some folks, research is a fun outlet, and they are willing to work on it even during inpatient blocks. Others would prefer to spend their free time doing a 50-mile bike ride. Just be realistic with yourself!

Finding a Mentor

- To find a mentor, there are a few things you can do. Talk to other residents and fellows who are working on projects that align with your topical interests or the skill sets you want to learn. Look at research pages posted by departments or the list of research mentors on the CU IM Heartbeat website. Once you have a list of possible mentors, an easy way to see if they are invested in resident success is to look them up on PubMed. See if they have published recently, what sorts of journals they have been published in, and if there are residents or fellows listed as co-authors. A good mentor will let residents and fellows be first author on their projects.
- Set up meetings with the mentors you're interested in working with. Tell them you are doing informational interviews and want to hear about projects they have available and what their expectations are for research mentees. It works best to email questions in advance so that you can get answers from them when you meet.
- After interviewing with potential mentors, reflect on what opportunities align with your areas of interest, desired skills, and the amount of time required. Personally, I think prioritizing a good mentor is most important as opposed to finding the perfect research topic – this is a time to learn skills and establish your research presence, all of which can be applied to your area of interest as you progress through your career. Think about a project you can realistically complete or at least have an abstract done before fellowship application season (things like case reviews, retrospective reviews, and data modeling would all be good options – don't sign up to start a prospective trial since it isn't realistically going to be done before residency is!).

Maintaining the Mentorship

- Schedule regular meetings! It can be easy to lose sight of deadlines when you are on inpatient blocks.
- Meet your deadlines. If you aren't going to meet a deadline for whatever reason, let your mentor know early.
- Split your work up into smaller deadlines. A lot of research time is waiting on others for approval (like IRBs), so you really can't cram your research.
- Don't lose sight of your goals. For example, if second year is wrapping up and you haven't yet had an abstract published for your fellowship application, it is ok to ask your mentor for help in keeping your goals on track.

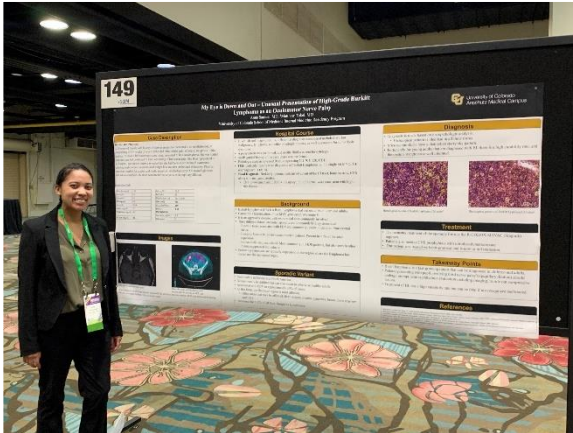
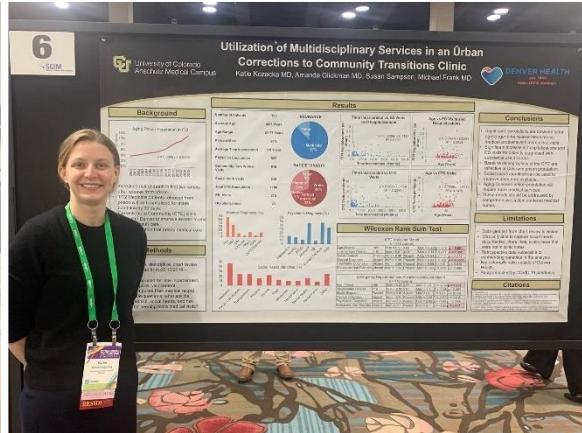
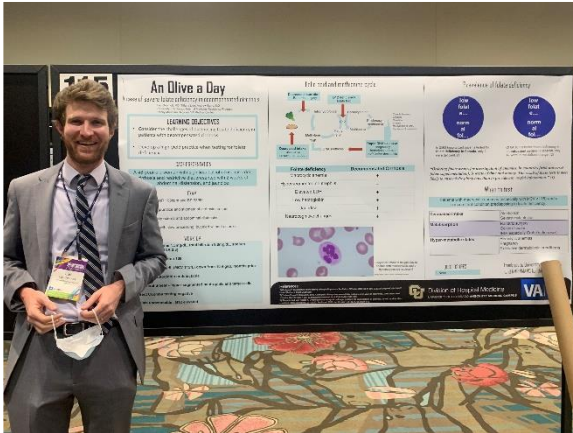
What if My Mentorship Isn't Working?

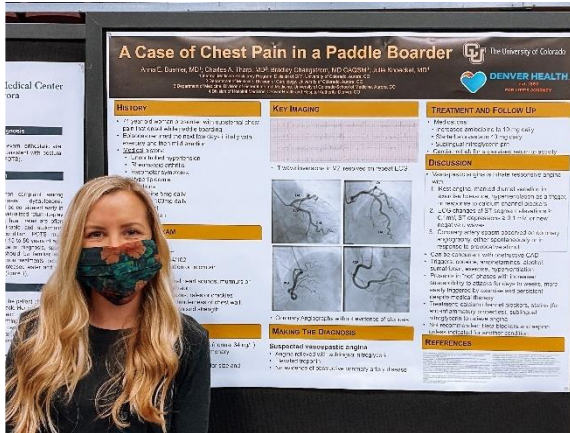
Like any relationship, we might have rose-colored glasses on when we first meet a mentor. If you find yourself in a position where a mentor is no longer meeting your needs, it is ok to break ties and establish a new mentor. For near peer or life mentors, you may not need to have an explicit conversation to wrap up a mentorship. For more established relationships such as research mentorships or career mentorships, you can be honest if your desired research focus has changed or if you have a new career path – wrap up any existing projects and let your mentor know that you have appreciated their guidance but will be finding someone who can help you achieve your new goals.

Would you like to write a reflection piece for a future newsletter? Email ava.russell@cuanschutz.edu with your topic idea!



Updates from the Primary Care Track: Check out some of the recent happenings from our Primary Care Track residents, from presenting at SGIM and AMSSM conferences to snowshoeing and cookie decorating!





Dates & Deadlines

- ✓ **Thursday, April 28** is the last day to register for the [Summer 2022 Internal Medicine Certification Examination](#).
- ✓ **Friday, April 29** is the Spring Fling Party for Block A at Improper City.
- ✓ **Sunday, May 1** is the survey deadline for [rotation swaps](#), as well as the deadline for [vacation requests](#) for the first four blocks of the year.
- ✓ **Friday, May 6** is the deadline for the Continuing/Transferring Residents training agreement, modules, and open enrollment documents in MedHub.

Job Board

Featured Job

Applications now open! **2023 ACCORDS Primary Care Research Fellowship at the University of Colorado:** [ACCORDS](#) (Adult and Child Center for Outcomes Research and Delivery Science) at the University of Colorado Anschutz Medical Campus, as well as affiliated institutions Kaiser Permanente of Colorado and Denver Health, is now accepting applications from postdoctoral candidates for their [Primary Care Research Fellowship](#) to start in July 2023. **For the 2023 cycle, they seek to enroll two MDs to become primary care research leaders addressing the nation's primary care health delivery**

challenges. Email Dr. Amy Huebschmann at Amy.Huebschmann@cuanschutz.edu with any questions!

See the [latest job opportunities](#) for Internal Medicine residents.

Take Five



Sweat it out! Program faculty and residents pose after a Barry's workout.

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

May 1: Viri Estrada

May 5: Jenny Doran, Anita Moudgal, Tyler Reese

May 6: Elizabeth Bloemen

May 12: Katherine Runkel

May 14: Kevin Ni

May 15: Peter Doley

May 17: Steph Wangyu

May 18: Nicco Buffolino, Karl Greenblatt, David Scudder

May 20: Chelsea Carver

May 21: Vivek Patel

May 22: Ryan Alonzo

May 26: Anya Bowman

Do you have an announcement, accomplishment, photo, reflection, or other content to include in an upcoming newsletter? Email your submissions to ava.russell@cuanschutzeu.edu.

Follow us on [Instagram!](#)