



CU Internal Medicine Residency Program Newsletter

From the Program Director



I have a short message today and it is this – welcome to the start of the new year! Base camp officially ends as of this morning and the intern class has a ‘full team’ starting today. We have an incredible class of interns full of excitement, ability, and a desire to work hard for their patients, both to advance their care and to grow their abilities as doctors. I have been on service in the ICU for the entirety of base camp and been able to make it

to most of the intern lecture series here at UCH. I’m blown away by the solidarity of your class, your camaraderie, and your ability. I can’t wait to watch this group of physicians grow over the next 12 months.



Table of Contents

[Spotlight on Scholarship](#)

[Residency Reflections](#)

[Upcoming Lectures & Education](#)

[Academic & Fellowship Opportunities](#)

[Dates & Deadlines](#)

[Job Board](#)

[Take Five](#)

[Program Feedback](#)

[Resources & Assistance](#)

Equally impressive has been the work of our senior residents. The rising juniors made a seamless transition into their roles as team leaders, code leaders, educators, and knowers-of-things, able to guide the new interns just 24 hours removed from being interns themselves. You are ready. I watched our rising senior class function like what they are - physicians well prepared for the next level of their training or practice. Seniors in the ICU were placing lines on their own, guiding the interns through their first procedures, evaluating critically ill patients to make complex disposition decisions, and generally being a source of stability and calm. I even intubated with one (great job, Maddy). It was all very impressive.



As the year kicks into high gear, remember what you have learned in these first few weeks: that you will accomplish more this year by working together and supporting one another. Please remember that now is the time to spread your wings, make decisions, and take ownership for the health of the patients under your care. Interns, you are doctors now. Residents, you are the leaders of this residency. Thank you all for assuming these roles so successfully in the first few weeks.



Thank you to the new Chief Medical Residents as well. Base camp was a success, in large part to their messages, teaching, organization and enthusiasm!

Enjoy the first day of Block 1 and have fun everyone.



Photos from the campus scavenger hunt, organized by Residency Recruitment Coordinator Elle Contreras and led by the new Chief Residents.

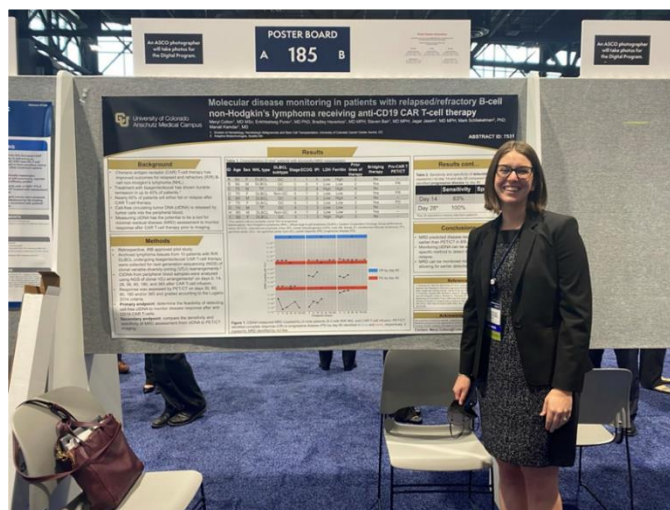
Spotlight on Scholarship

Publications

APDs **Julia Limes**, **Emily Gottenborg**, and colleagues had a [paper](#) published in the *Journal of Graduate Medical Education (JGME)*: “A Novel Hospital Medicine Training Track for Internal Medicine Residents: Description and Program Evaluation of the First 15 Years.”

Med-Peds R1 **Elizabeth Stein** and colleagues had a [paper](#) published in *Narrative Inquiry in Bioethics*: “A Shell of My Former Self”: Using Figurative Language to Promote Communication About Patient Suffering.”

Presentations & Awards



Chief Medical Resident **Meryl Colton** (pictured above) presented a [poster](#) at the American Society of Clinical Oncology (ASCO) Annual Meeting in Chicago on June 6: “Molecular

disease monitoring in patients with relapsed/refractory B-cell non-Hodgkin's lymphoma receiving anti-CD19 CAR T-cell therapy.”

R2 **Francis Wright** presented a [poster](#) at ASCO on June 5: “Evaluating survival following severe immune-related adverse events requiring hospitalization.”

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

Residency Reflections

Newsletter Reflection Oliver Bawmann, MD Med-Peds R3

This reflection is primarily directed to the new interns, but I suspect may hold some wisdom for all of us. I know I at least have had to learn many of the most important lessons in medicine time and time again.

First off, congratulations! We are so happy you are here with us at Colorado! When I think back to when I was in y'all's shoes two years ago, what was most salient was a mixture of excitement and dread. Extreme happiness at finally becoming a doctor, peppered with fear that I'd do something wrong. That I wouldn't know all the questions on rounds. That I'd forgotten the correct treatment I should know by now. Worst case scenario, that I would hurt someone because I didn't know enough.

I'd ask my first senior resident questions about what to do and he'd respond, only half in jest, “Well what do you want to do? You're the patient's doctor!” And it took months for my internal monologue to not immediately respond, “No I'm not!”

If it's any consolation, some of the things I was fretting about happened and continue to happen. Just the other day while senioring in the MICU and resuscitating a patient with a massive GI bleed, I asked the nurses if the patient was on heparin, only realizing how ridiculous my question sounded after all three nurses looked up at me smiling and laughing, “Of course he's not on heparin!” And you know what, it is okay! You are here to learn and grow. There is a strong safety net and so much support to help ensure that, even in these moments, the patients are safe and receive excellent care. Me, your fellow interns, the other residents, the chiefs, program leadership and so many others are all here to support you.

Instead, what I'd encourage you all to think about is how you plan to show up in your patients' lives now that you're their doctors. Even while you might feel like a fraud, to them you're not. To them, you're the person they trust. The person they are counting on. The person they are looking to for guidance and compassion during some of life's hardest moments.

I was reminded of this lesson this past month in a very painful way. My dad's health took a sudden turn and he died on June 12th after a tumultuous battle in an ICU. As a son and a doctor, I cared greatly that he received all the correct interventions to give him his best chance. But as I process this heart-wrenching loss and grief, those are not the things that

stick out in my mind. Instead, it's the way his physician comforted us, tried to connect with us and know my father as more than the patient and disease in front of him.

I'd urge you all to do the same this year. Sit down when you talk to your patients. Learn about what makes them unique, something that has nothing to do with their medical chart. Hug and comfort them when they cry, when despite everything you have tried, their hospital course still ends in devastation. Don't be afraid of silence. Don't hesitate to take the extra minute to let a patient or a family know you care about them. Bring them that glass of water they keep asking for even though some might say it's "not your job." If you do this, some days it will bring you joy and fulfillment. On others, it might offer nothing more than frustration and annoyance that you're still at the hospital. But to the patients and families you'll be caring for, I promise it will mean so much more. It will help dull the pain and loss that is inherent in our profession. It will bring comfort and hope into dark spaces.

Wishing you all the best and so excited to work with you!

Oliver

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



Education Corner

Upcoming Lectures & Education

Medicine Grand Rounds: Wednesday, July 27 11:30am-1pm | Salvatore Mangione presents "The Art of Observation and the Observation of Art" | [More Details](#)

Wednesday Education Sessions: Email with detailed schedule will come from Julia/Dante/Yunan the first week of your WES block.

Block 1 – July and August

- R3s: Career Development. Mock Interviews, Negotiation skills, CV/Cover Letters, licensing/board prep.
- R2s: Transitioning to Team Leadership. Overnight management cases, buprenorphine training, Team Leadership.
- R1s: IM Foundations. Intro to WES, initial ECG, acid base, and CXR threads, beginning flipped classroom sessions to cover core topics, in block 1 will be arrhythmias and renal #1 covering acid base and electrolyte disturbances.

Dean's Speaker Series: No upcoming events

Academy of Medical Educators Lecture Series: No upcoming events

NEJM Resident 360 Upcoming Discussions:

[Surviving Your First Month as a Doctor](#)

ENDS:
Sunday, July 31
11PM EDT

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PANELISTS



Craig Noronha, MD
Associate Program Director
Internal Medicine
Residency Boston
University School of
Medicine/Boston Medical
Center General Internal
Medicine



**Ricardo Correa, MD, Es.D,
FACP, CMQ, FAPCR,
FACE**
Program Director
Endocrinology, Diabetes
and Metabolism at
University of Arizona
College of Medicine-
Phoeniz, Assistant
Professor of Medicine at
UACOMP, Mayo School of
Medicine and Warren Alpert
School of Medicine, Brown
University. NIH Special
researcher



Caitlin Minge, MD
Assistant Professor
(Department of Medicine);
Hospitalist



**Adedapo Ilyomade, MD,
MBA, FACC**
Preventive Cardiologist at
Miami Cardiac & Vascular
Institute, Former Chief
Cardiology Fellow at Univ of
Miami, Former Chief
Resident at Icahn SOM at
Mount Sinai



**Laura Desrochers, MD,
MPH**
Chief Resident in Internal
Medicine at Beth Israel
Deaconess Medical Center

[Applying and Interviewing for Fellowship](#)

STARTS:
Wednesday, July 6
6AM EDT

[Follow](#)

PANELISTS



**Marc Braunstein, MD,
PhD, FACP**
Assistant Professor,
Fellowship Program
Director, Division of
Oncology/Hematology. NYU
Long Island School of
Medicine, NYU Langone
Hospital--Long Island, NYU
Perlmutter Cancer Center,
NYU Langone Health



**Ricardo Correa, MD, Es.D,
FACP, CMQ, FAPCR,
FACE**
Program Director
Endocrinology, Diabetes
and Metabolism at
University of Arizona
College of Medicine-
Phoeniz, Assistant
Professor of Medicine at
UACOMP, Mayo School of
Medicine and Warren Alpert



**Georgina Osorio, MD,
MPH**
Infectious Diseases
Fellowship Program
Director at Mount Sinai Beth
Israel/Morningside/West,
Icahn School of Medicine at
Mount Sinai

School of Medicine, Brown University. NIH Special researcher



Bliss Chang, MD
PGY-2 in Internal Medicine, Columbia / NYP; Harvard Medical School, Class of 2020



Ricardo Ortiz, MD
Resident in Internal Medicine at Mount Sinai Morningside – West/ Icahn School of Medicine at Mount Sinai



Renato Savian
Interested in Endocrinology

Academic & Fellowship Opportunities

- The New England Journal of Medicine is seeking interested applicants for a 12-month [editorial fellowship](#) at the NEJM for the 2023-2024 academic year.
- UCLA Health and the David Geffen School of Medicine is seeking one motivated individual for a 12-month [LGBTQ Healthcare Fellowship Program](#) starting July 2023.

Read more about the [latest fellowship opportunities](#).

Dates & Deadlines

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

- ✓ Please complete the [June Work Hours Survey](#) by **Thursday, July 7**.

Job Board

Featured Jobs

- Aspen Internal Medicine Consultants is looking for a board certified internal medicine physician to join our busy and stimulating practice located in Aspen, Colorado. Ann Mass M.D. is on the clinical faculty at the University of Colorado, and the practice hosts third year medical students. The practice is a blended traditional and concierge model with a very diverse and engaged patient population. If interested, please send a resume to: aspeninternalmed@gmail.com or fax to: 970-544-1310.
- The Eastern Colorado Health Care System (ECHSC) of the Department of Veterans Affairs, in coordination with the University of Colorado School of Medicine, is recruiting Board-Certified/Board-Eligible Internists for full time academic hospital medicine positions at the Rocky Mountain Regional VA Medical Center (RMRVAMC), starting now and through summer 2023. | [Job Details](#)

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



Congratulations to R3s **Maddie Hibshman and Tyler Harris**, who celebrated their wedding on June 18!





Residents gathered in June for events such as the **Primary Care Welcome Dinner**, **Journal Club**, and the **Juneteenth Festival and Parade in Five Points**.

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

- July 6:** Lila Steinberg, Irmina Swiostek
 - July 8:** Jake Hershey
 - July 11:** Shannon Lu
 - July 19:** Katarina Leyba
 - July 21:** Hannah Carr, Michael Jones
 - July 25:** Mark Nagy
 - July 26:** Michael Eller, Elizabeth Esselman
 - July 28:** Alex LaFever
 - July 30:** Michael Nguyen
 - July 31:** Benjamin Drumright
-

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

Program Feedback

Residency Program Evaluation Committee (RPEC) Reports: Thank you all for your feedback during our RPEC this year! And a big thank you to the RPEC representatives for the work you put into leading the discussions and compiling the information. Your feedback on what is going well, what could be improved, and ideas for how to improve has been critical and help inform our decisions in each area. Below is a summary of the topics we covered last year and the action steps we are taking based on your feedback. The full RPEC reports will be posted so this will just cover the main highlights:

Schedule swaps: We talked about ways to improve the flexibility with scheduling in order to make it to conferences and life events. Residents now have the ability to split one of their vacation weeks and there is more flexibility for when vacations can be used and coverage swaps while on electives.

24-hour call: The RPECs across both blocks had a consensus that we want to move away from 24-hour call and there is not a good way to take it away with the current number of residents on each rotation (4 on cardiology, 5 on DH MICU). We are able to add a resident to cardiology for AY23 and we are working with the cardiology leadership team on a new night shift schedule that will start in July. We are continuing to work on solutions for the DH MICU and will keep you updated.

WES: Lots of great ideas on how to improve WES in the upcoming years that we will continue to incorporate. For AY23, plans include a new intern WES curriculum incorporating a flipped classroom model, theme days for the R2/R3s focusing on areas residents identified as weaknesses, a new procedure simulation curriculum, and incorporation of our POCUS longitudinal curriculum.

Communication: Ideas we will be implementing this year to streamline communication:

- New [IMRP Teams](#) site with information that is updated frequently through the year including WES schedules, rotation orientation/schedules/reading lists, and other curriculum information. [Heartbeat](#) will house information that is updated annually: research contacts, scholarship requirements, fellowship application information.
- Roadmap will be more functional with active links when possible and using Formstack instead of MedHub for most things.
- R3 session on licensing/boards/career development in July
- Will continue to utilize calendar invites and newsletter to highlight upcoming deadlines

Community/Support RPEC: The interns gave us lots of good ideas on how we can handle a COVID surge this winter including communication. Additional initiatives:

- This will be one of the focus points for the CMRs this year: will round with teams, have open office hours, increasing variety of social events
- Social chairs/liasons for each class – more to come!
- Opportunities for peer recognition
- Dr. Suddarth will mix up blocks more for AY24, will work with chiefs to mix resident/intern pairs within the usual block of residents

Scholarship/Mentorship:

- Updated list/contacts for research mentors on the Heartbeat.

- Working on 2 week electives to improve exposure to subspecialties.
 - Restart Careers in Academic Medicine (CAM) nights
 - Adding more career development content to WES, including fellow-led groups twice during R2 year.
 - Time for mentorship during categorical WES.
-

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.

This month we had two (2) anonymous reports filed. Both dealt with faculty who demonstrated non-professional behavior. Dr. Connors met with both faculty within 48 hours of the reports being filed. Plans are in place to help improve the reported behavior and assure that change happens going forward.

Resources & Assistance

Resident Partner Support Group: Lori-Ann Landry, LCSW and the Willow Grove team will be starting a medical resident partner support group to connect resident partners and assist with the transition and acclimation to a new city. The group will be an on-going process group without any requirements for attendance, so drop in when you are wanting a little added support.

Space is limited to 6 people each session. Please contact Lori-Ann Landry at 720-262-9100 ext. 103 to sign-up and complete the required paperwork at least 24 hours before group begins.

Where: Willow Grove Mental Health
14211 E 4th Avenue, Suite 3-138, Aurora, CO 80011

When: Begins Wednesday July 27, 6-7pm; on-going last Wednesday of each month

Cost: \$30 per group or co-pay

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](#).