



 **From the Program Director**



Hi all,

Block 1 is in the books! Congrats to our interns who got their first taste of being a (relatively) independent physician and to our junior residents who had their first experience leading a teaching team. I know this was fun for both groups, and a little nerve wracking. And the seniors – not to be outdone – spent the early summer looking to the future. For that group, late July is a time of fellowship and job applications, mock interviews and, very soon, real interviews. I’m excited for all of you.

As you make these summertime transitions and really start to inhabit your new roles, I’ll offer a few thoughts to keep in mind:

1. **Start and keep a reading plan:** Great internists read every day. If you’re an intern or rising junior, this might be easy as you find yourself near constantly checking UpToDate or similar clinical resources. Despite having more time, this gets harder as you move on in your training. Same goes for your career. I recommend taking full advantage of the [NEJM Rotation Prep](#) that the residency purchases for you, then round that out with questions from the [NEJM Knowledge Plus](#) platform, also free to all residents. Beyond that, making a habit of reading the 1-2 articles from the top journals each week is something the seniors should be adding to their repertoire.

Table of Contents

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

2. **Conference attendance:** Noon conferences, educational half-days, Medical Grand Rounds (now back in person!) are mandatory, so unless you're on a night shift, day off, or dealing with an emergency, we expect to see you! When you're on electives, I encourage you to go to their conferences as well, you'll learn a lot as the subspecialty topics will be particularly germane and memorable while you are immersed in that disease state for the month. The Dean's lecture series will be starting soon as well. Many chances to hear from true experts that you won't get anywhere else.
3. **Wellness:** Please keep your wellness in mind as the year progresses. And, maybe more important and to echo something I say several times every year, please look out for the wellness in those around you. It is hard to ask for help, even though I will continue to encourage you to do so as needed. It is much easier (must be our doctorly nature...or just human nature) to offer help to others. Support each other and be open to those who offer you their support.
4. **Get involved:** I mentioned this to all our interns at orientation recently but as a reminder – you are all leaders. That's how you got into this program. So please take advantage of all the opportunities on campus to lead. Calls are out now or will be coming soon for class leadership roles including in feedback (RPEC leaders), diversity, equity, quality, community service, and more. I would love for each of you to find great purpose and meaning in what you do while you're here in Colorado. Find a way to make your mark.
5. **Goals:** Now's the time to set your goals for the coming year. What do you want to accomplish during your intern year? As a junior? As you round things out in residency as a senior? You are very unlikely to accomplish anything you do not strive for and into which you do not put hard work...but it starts with intention and goals. Given who each of you is, I encourage you to aim high to make your wishes both impressive and possible. I'm here to help make them real.

!! News & Updates

Help Us Name the Newsletter: Thank you for all your contributions so far to help make the residency newsletter a success. Submit your name suggestion(s) using [this form](#), and yours may be chosen as the name of the newsletter!

Peer to Peer Evaluations: We previously informed you that we would make peer to peer evaluations immediately available in order to increase direct and timely feedback between peers as we see this as a tremendous growth opportunity. MedHub will actually NOT allow us to make this change. Moving forward, we will be releasing peer to peer evaluations (ie intern eval of resident and resident eval of intern) once 3 evaluations of the same type have been completed. We hope that this will still provide growth opportunities as we know that you are sometimes the best people to help each other grow and work on specific skills. There will be two questions for the peer to peer evaluations that will be shared with your colleague (again after 3 evals are submitted):

- What is this intern/resident's greatest strength?
- What is the one thing this intern/resident can do to make them a better leader or doctor, even if they are doing well overall?

There will be some additional Milestones-based scale questions that will remain confidential and a confidential comment box at the end of the evaluation.

When completing peer to peer evaluations, please provide feedback in a growth mindset in a way that will help your colleagues to reach their fullest potential. Please only include feedback that you would feel comfortable providing in person.

If you have any questions about this change, please let us know.

Annual Program Evaluation: Each year the residency program conducts an Annual Program Evaluation in which we review our global performance as a training program. We **greatly** appreciate all your continued feedback and will continue to work hard to make improvements to the program based on your input. The following is a list of all the various surveys and types of feedback we reviewed during this process:

- ACGME Resident and Faculty Survey
- Housestaff Association Resident Survey
- Internal Medicine Residency Program Internal Survey for Residents and Faculty
- Feedback from RPECs
- GME Resident Dashboard
- GME Duty Hour Reporting
- Board Pass Rate and ITE data
- Milestones Aggregate Data
- Recruitment Data

We use this feedback to determine strengths for the program as well as areas that we need to work on. This year, we will be focusing our efforts around:

- Micro-, Macro-Aggressions and Harassment
- Diversity, Equity and Inclusion
- Curriculum
- Community Engagement

We would love for as many of you to be involved in our efforts as possible. We will be sending out further information soon about ways to be involved.

This [summary](#) of our findings during the Annual Program Evaluation includes program aims, strengths, areas for improvement, threats, and our action plan. We will upload our formal report to the Heartbeat Website in August once it is finalized. Please let [Katie Suddarth](#) know if you have any questions about our process or next steps.

Residency Shout-Outs



Congratulations to Med-Peds PGY4 **Helena Villalobos**, who was elected President of the Minority and Allied Residency Council, a GME-wide group working on diversity, equity, and inclusion on the CU Anschutz campus!

“**Christian Davis** is one of our stellar R3s who was at the VA as a float resident during basecamp. As the float, he was the senior resident on a different team every day and handled these transitions with ease, serving as a source of stability for interns when their seniors were off. The very next week, I had the pleasure of calling him in for jeopardy at the Denver Health MICU at night, and again, he approached this challenge with a positive attitude, offering to work longer if need be to cover his co-resident with COVID.” – Chief Resident Cara Saxon

Spotlight on Scholarship

The Society of General Internal Medicine (SGIM) is seeking submissions for the **2022 SGIM Mountain West Regional Meeting**, taking place on Friday, November 4 in Salt Lake City. Five distinct types of submissions may be submitted for peer review:

- Scientific Abstracts
- Clinical Vignettes
- Innovations
- Workshops
- Arts & Humanities

You do not need to be a member of SGIM to submit. Submissions from students, residents and fellows are encouraged. The deadline to submit is Monday, August 22. [Learn more and submit.](#)

SGIM relies on volunteers with a diverse array of interests and expertise to review the many submissions we receive at the regional level. The review period will open on August 25 with final review scores due September 6. [Sign up to be a peer reviewer.](#)

The **17th Annual Hopkins GIM Housestaff Research Awards Program** is now soliciting applications.

The Hopkins GIM Division will make awards to housestaff who have conducted outstanding research in any of the following areas: 1) behavioral medicine and health disparities; 2) bioethics; 3) evidence-based healthcare and systematic reviews; 4) health services and outcomes research; 5) HIV research and clinical care; and 6) medical education.

Awards include a cash prize of \$500 + travel reimbursement. Awardees will attend a dinner with GIM faculty on Thursday, December 15, then present winning abstracts during a special GIM Grand Rounds held on Friday, December 16. The deadline for applications is Monday, September 12. [Apply](#) or [nominate](#).

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

The **Society for Vascular Medicine 2022 Scientific Sessions** will be held in Denver on Saturday, October 1. There is a free, in person, CME/MOC eligible educational track, Updates in Vascular Medicine for Primary Care and Hospital Medicine Physicians, focusing on practical vascular concepts. [Session Details & Registration](#).

Department of Medicine Grand Rounds:

- Wednesday, August 17 | Manali Kamdar, MD presents “Immunotherapy in Lymphomas – the Present and the Future”
- Wednesday, August 24 | Amrut Ambarkedar, MD presents “MythBusters: Cardiac Amyloidosis”

[Full Grand Rounds Schedule](#)

WES Block 1 – July and August: Email with detailed schedule will come from Julia/Dante/Yunan the first week of your WES block. Overview of the month below:

- [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



Academic & Fellowship Opportunities

- Applications are open for the Academic Clinician Educators Scholars (ACES) Fellowship in General Internal Medicine at the University of Pittsburgh, a two-year faculty development program that focuses on leadership, research and curriculum development skills, and teaching expertise through a series of professional development activities, mentored teaching and research experiences, and a Master's Degree in Medical Education. They offer 4 fellowship tracks: categorical, women's health, hospital medicine, and medicine-pediatrics. Graduates go on to successful clinician-educator careers as skilled teachers, productive medical education researchers, and education program leaders. The application period for a July 1, 2023 start closes on September 10, 2022. [Fellowship Details](#).

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



Dates & Deadlines

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

- **Saturday, August 13, 3:00pm:** Disc Golf Tournament at Mechelen Pavillion at Memorial Park. Refer to the meeting invite for details.
- **Monday, August 15:** [Complete this form](#) if you're interested in participating in Archery Dodgeball in October.



Job Board

Featured Jobs

- The mission of the Colorado Coalition for the Homeless is to work collaboratively toward the prevention of homelessness and the creation of lasting solutions for homeless and at-risk families, children, and individuals throughout Colorado. The Coalition advocates for and provides a continuum of housing and a variety of services to improve the health, well-being, and stability of those it serves. The Coalition is looking for compassionate primary care physicians who are driven to help and care for individuals experiencing homelessness. [Job Details](#).
- Augusta University in Augusta, Georgia is seeking outstanding candidates for Academic Outpatient Primary Care Faculty Positions. As the only academic health center in the region, AU Health offers cutting-edge, evidence-based and carefully coordinated care to patients in the community. There are numerous opportunities to advance clinician-educator skills and research interests. [Job Details](#).

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



Congratulations to R3s **Apoorva Ram** and **CJ Mowry**, who celebrated their wedding on July 4!



The Med-Peds residency program is partnering with Ruby Hill Gardens and Re: Vision to plant an herb and vegetable garden for members of the community. Dr. Julie Venci, the Med-Peds program director, was awarded a small grant to work with Denver Health's Community Navigators and Ruby Hill's Master Gardener to offer education and nutrition classes for kids and adults in Southwest Denver.



As part of the PC Interns Social Determinants of Health Workshop, Primary Care residents served over 360 meals at the Lawrence Street Center.





Primary Care Track residents and faculty explored Winter Park, Colorado for the PC Track Welcome Weekend.

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

- August 2:** Wesley Curles
- August 6:** August Longino, Jennifer Santos
- August 7:** Jonathan Taylor-Fishwick
- August 10:** Sutton Higgins
- August 12:** Max Jason
- August 15:** Anna Buehler
- August 16:** Shelby Meyer
- August 17:** Dorothy Loy
- August 18:** Colleen Long
- August 24:** Saori Haigo, Savannah Roy
- August 28:** Patrick Throckmorton

August 29: Sarah Beilke
August 30: Carolina Guillot

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

Program Feedback

Residency Program Evaluation Committee (RPEC) Report: The A block R3s discussed ideas for how we can engage with our external community. They will present their discussion to the working group who will be spearheading this initiative this year. Be on the lookout for an email on how you can get involved with this working group if interested.

Curriculum Committee Report: This is a new committee we started last year, our aim is to review the entirety of our curriculum, identify gaps/redundancies/opportunities, and evaluate the curriculum. We will have periodic updates in the newsletter and would love for any interested residents to join us – see email from Mary Meadows to indicate your interest. A sample of what we have been working on:

- Intern WES revamp with flipped classroom and theme days
- Adjusted clinical rotation evaluations and review process
- New POCUS longitudinal curriculum for interns
- Re-starting code/ICU simulation for R2s
- Review of health equity pathway and how to incorporate as a thread throughout residency
- Review of DEI curriculum (along with DEI working group) and adjusting for this academic year

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.

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](#).