



From the Program Director



June is Pride Month, a time when we honor the movement for LGBTQIA+ rights and celebrate LGBTQIA+ culture. For members of the community in our program, we honor and celebrate you this month. Pride month was officially recognized in June 1999 but had been celebrated and remembered in various ways for thirty years before that, since the Stonewall

uprising on June 28th, 1969.

We know that members of the LGBTQIA+ community continue to experience harassment, discrimination, and exclusion. We will continue our efforts around inclusion for members of this entire community until such bias, discrimination, and belittling behaviors are stamped out entirely. To learn more about Pride Month as well as the etymology of the term, check out this great article with a number of helpful link outs as well:

<https://www.nytimes.com/2023/06/18/insider/pride-word-meaning.html>. For a more personal experience of Pride and a chance to have your voice heard, please join the residency at the first house **rainbow** event of the season to celebrate **PRIDE**, organized by Drs. Jankousky, Haeger, and your Chief Medical Residents. This past Monday we celebrated Juneteenth, a federally recognized holiday commemorating the emancipation of enslaved African Americans. The Pulmonary and Critical Care Division's DEI working group, including Cheryl Loudd, Patty George, and Matt Griffith shared with us several resources and information as we reflect on this important day in history. We hope you all take the time to [read and click out to the links they provided](#), if not today then over the course of the coming week. As Dr. Karida Brown reminds us, Black history in America is all of our history.

Finally, in this month's newsletter, I would like to thank and highlight our graduates, the current PGY3s who will be turned loose on the world in 3 short days. I know there are

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moments when it feels like residency will never end. And then, suddenly, there are 72 hours left.



This group of graduates deserves special recognition and praise for their work. They were the class most affected by COVID...told to go home at the end of medical school or recruited in their final days to work with an at-the-time new and deadly disease; their orientation - so fun for this year's interns and every other year - was entirely virtual; just as they were settling in as interns, the second big wave hit and kept them apart from one another all fall and winter; all of what they did, they did without the protection of a vaccine. Your graduating seniors are incredible doctors, amazing leaders, and even better humans. When you see them in the coming days, please reach out with your congratulations as they make the transition to jobs and to fellowships.

To honor them just a little more, here are some of my remarks from graduation a few weeks back. Seniors, thank you!



"To our residents, our graduates; our Chair of Medicine Dr. Vineet Chopra; the Associate and Assistant Program Directors; Clinic Directors; Core faculty; our amazing program coordinator and associates; and all the friends and family joining us in person and remotely: welcome to Graduation 2023! This is the first year we have been able to have this many people gathered. It truly is extra special.

We're here this evening to honor this year's graduates, including from those in our Primary Care program, the Hospitalist Training Program, or Categorical Residency and the Physician Scientist Training Program. We're also lucky to be joined by the third-year class of Medicine-Pediatrics residents – the rising seniors - who spent three long years working alongside the graduating class we have assembled today. I am very proud of all of you today and so happy to be able to celebrate your many accomplishments. I'm not only proud of what you have learned in the past several years and of the physicians you have become – though I do love

those things. More than anything else, I'm proud to be associated with so many incredible people. That you happen to be doctors is great for anyone who falls ill, but you were incredible people long before any letters were added to your name or licenses allowed. You are people who have chosen to spend their lives making the lives of others better.



... Tonight is about honoring who you are and thanking you for what you do and for what you have done. It is about seeing you, recognizing you, naming you, and shining a light on your accomplishments. As I do this time every year, I reflect on the graduating classes three years of training and think about what made you unique...It's about who you have become and what you do when you leave here, having now run that gauntlet.

... Tonight is about you. You'll remember, I started off every town hall by saying the exact same thing: "I don't have all the answers, but I have a lot of them. The ones I don't have, the team and I will figure out. And we won't get it right every time, but we'll be humble enough to quickly admit when we're wrong and diligent and flexible until we get it right." You are now the people who are about to go out in the world with a whole lot of answers...but not all of them. You are the ones who are going to lead by example when you don't know something but it's still your job to know. You're the leaders now, the people to whom others will turn in sickness and in stress and in conflict and duress. When I think of you, when I look out right now and I think, 'what makes this group unique' it's this: **there has never been a group of leaders more well prepared for the unknown and the unexpected than you all are.** You're nimble, you're flexible, you're savvy and adaptable. You are kind and you are wise. The next challenge will be yours. This wasn't the last big event you'll face. But even more important than being ready for a cataclysm, which you are, I say this without hyperbole: you are prepared to be the greatest leaders of men and women to ever graduate from this program. You are more prepared to advance medicine and relieve suffering in the world because of what you have been through. I can't wait to see how and where you lead; I will be watching, and I will be proud."

Geoff

!! News & Updates

Residency Shout-Outs

Lizzie Esselman, Julia Bast and Bejan Saedi are launching a podcast called “Review of Systems” in which they explore the past, present, and future of medical education in a practical and approachable way. They interview physicians and leaders in healthcare about their lives, experiences, and approaches to training the next generation. No topic is off limits, from USMLE to physician burnout, they are bringing it all to light. Be on the lookout for the first 5 episodes coming July 20th to wherever you get your podcasts! For more information, follow @ros_pod (twitter) and @reviewofsystems_pod (instagram)!

Congratulations to Brian Adams for being asked to be one of the medical directors/epidemiologists for the Gun Violence Work Group at Denver Health/City of Denver! They will be working with the DH C suite as well as CDPHE/Governor's office to analyze gun violence trends, data, and policy at DH and Denver to rethink how we tackle gun violence as a community. There will be some really interesting data, publications, and exciting policy changes to come.

Evan Zehr was named a 2023-2024 JAMA Internal Medicine Teachable Moments Editorial Fellow; he'll be working with the JAMA editorial staff for the entirety of this coming year, reviewing, editing, and publishing. Getting one of these four coveted spots is an incredible accomplishment – congrats, Evan!

From **Jess Allen for co-intern, Vikas Mahalingam**: “I would like to give a shout-out for Vikas Mahalingam for her extraordinary empathy and team-oriented spirit. I had a very difficult patient situation on cross-cover and Vikas was there to give me words of encouragement and comfort as well as incredible empathy and kindness. She is the embodiment of a teammate and I feel so fortunate to have gotten to work with her, and I know many others feel this way about her.”

Leadership Opportunity

Hoda Farajpour Bakhtiari, Assistant Program Director for Diversity, Equity, and Inclusion, shares an incredible opportunity to **apply for Minority and Allied Resident Council (MARC) leadership**. MARC is a community of CU residents and fellows with the goal of fostering an inclusive and welcoming environment for all minorities (with a broad definition). As the amazing Dr. Villalobos is graduating, she would love for our program to continue to play a major role in this council and represent our DEI efforts both within the CU family and in the community. If you are interested in DEI work (activities on campus, community outreach, recruitment, etc), please see the below application details:

- Looking for 2 Co-Presidents to share the responsibilities of MARC for the upcoming year. MARC co-presidents will also have support from ODI SOM and a faculty advisor.
- Be ready to commit to approximately 5 hours per month to MARC. This includes:
 - Planning and membership engagement
 - Sharing news and relevant events

- Planning monthly socials
- Some parts of the year may require additional time for conference recruitment or speaking engagements.

The deadline to submit your application is June 25th and leadership will be announced within the week. **Apply here:** <https://forms.gle/53NwukFHv9KVVM917>

Spotlight on Scholarship

Scholarship Opportunities

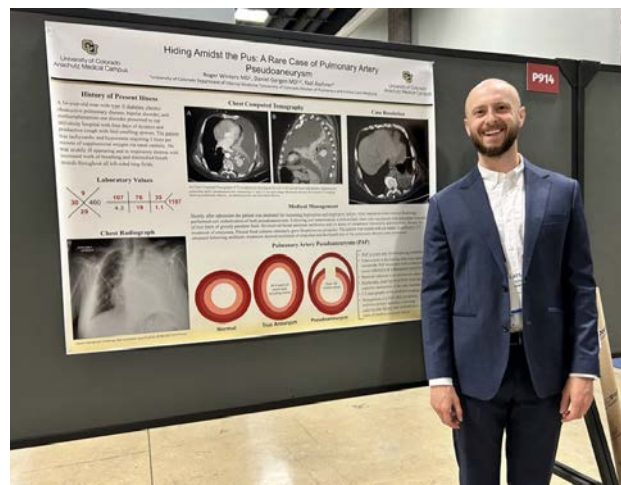
Building off a recent four million dollar grant to the CU School of Medicine for the establishment of the Firearm Safety Initiative, there are a number of exciting Gun Violence Prevention projects at DH and the University of Colorado School of Medicine currently ongoing. There are multiple opportunities to get involved in both gun violence research and translation to patient care. Specifically, there are projects involving:

- literature/policy analysis to determine evidence-based intervention strategies at DH/UCH
- implementation of a lock box program at DH
- buildout of an interhospital gun violence prevention forum
- provider education on evidence-based intervention programs.

Involvement in any of these projects is welcomed and a great opportunity; please reach out to brian.adams@cuanschutz.edu if you are interested.

Publications & Presentations

- **Roger Winters** had a paper published in *Heart International*, “Practice Pearl: Integrating Palliative Care into the Management of Heart Failure with Reduced Ejection Fraction” which will be released in print in their next issue late June/July. He also presented a poster at the American Thoracic Society conference, “Hiding Amidst the Pus: A Rare Case of Pulmonary Artery Pseudoaneurysm”



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



Education Corner

Upcoming Lectures & Education

WES:

Coming up in July:

- **R3s:** lots of career development prep - CV/cover letters, time to work on fellowship and job applications, negotiation sessions, mock interviews for everyone.
- **R2s:** Transitioning to a senior! More sessions on leading teams, overnight management decisions, and track and pathway sessions.
- **R1s:** Intro sessions for ECGs, journal club, CXR, meeting program leadership. 1st flipped classroom session. Procedure simulation.

DOM Grand Rounds:

- Grand Rounds is complete for the 2022-23 Academic Year and will return again in August 2023 starting with Dr. Anupam Jena of this weekend's NYT: <https://www.nytimes.com/2023/06/19/opinion/nutrition-science.html>

DOM Research and Innovation Conference:

- The Research and Innovation Conference is complete for the 2022-23 Academic Year and will return again at the end of the summer.

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



Academic & Fellowship Opportunities

Featured Opportunities

- **Current PGY2s/rising PGY3s, this one is for you:** The NEJM is seeking interested applicants for a 12-month editorial fellowship. The fellowship is an opportunity for medical professionals to spend a year immersed in the editorial process. Fellows will learn how decisions about publishing papers are made, attend editorial meetings for an in-depth understanding of how a peer-review journal works, and lead projects on the cutting edge of medical publishing. Clinical research methodology, protocol design, data analysis, and presentation are topics with which fellows gain expertise. Former fellows have gone on to become leaders in academia, medical writing, and clinical practice. Working at NEJM provides fellows with the experience of receiving guidance and mentorship from the editors at NEJM. Formal responsibilities of a fellow include reviewing and editing Images in Clinical Medicine submissions and writing the weekly NEJM Image Challenge. They create the framework for the Clinical Decision columns, and also contribute to our Review Article series. In addition, fellows help with the production of educational videos and podcasts. Successful candidates must reside in the Boston area for the duration of the fellowship. Several one-year, full-time, paid fellowships are available.

- **To apply**, candidates can visit <https://editorialfellows.nejm.org> to upload a curriculum vitae and a letter of interest addressed to Dr. Eric Rubin by August 15, 2023.
- Dr. Meredith Tennis (Pulmonary) directs summer science camps at the Anschutz Medical Campus through CU Science Discovery and has volunteer opportunities that she hopes some of you might be interested in. Specifically, there is a camp for high school students interested in the medical professions and have several hands on sessions that would be improved with some experienced people in the room. Volunteers are needed to guide high school students during hands on medical-themed activities. This is a great teaching as well as mentoring opportunity and should be a lot of fun.
 - Volunteer Sessions:
 - Injections/Sutures: Thursday June 22 11am-12pm
 - Casting: Friday June 23 12:30-1:30pm
 - [Volunteer Sign Up](#)
 - Email Meredith.tennis@cuanschutz.edu with any questions.

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

Dates & Deadlines

- June 23rd: ****R3s**** please make sure you have coordinated a time with Mary Meadows to complete Checkout by June 23rd
 - As a reminder, R3s will have access to NEJM through August 31, 2023 for Board Prep.

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

Job Board

- Trinity Health in Minot, North Dakota is a non-profit, integrated healthcare system that is hiring an Internal Medicine Outpatient Physician. To see more information on the healthcare system, job specifics, and benefits, please see the [job board](#)!

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

Take Five

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

July 6: Lila Steinberg and Irmina Swiostek
July 8: Jake Hershey
July 11: Shannon Lu
July 19: Katarina Leyba
July 21: Hannah Carr and Michael Jones
July 25: Aurel Nagy
July 26: Michael Eller and Lizzie Esselman
July 30: Michael Nguyen
July 31: Ben Drumright

Residency Events

On June 2nd, our rising R2s all participated in **R1/R2 Transition Day!** After a long day of learning how to be a senior resident, everyone got together at Fred Thomas Park for a post-Transition Day celebration.



Throughout June, several clinics gathered for end-of-year celebrations. Below are some pictures from the Webb, Westside, and Eastside events!



Webb End of Year Clinic Gathering



R3s at Westside End of Year Clinic Gathering



Eastside End of Year Clinic Gathering

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

Program Feedback

Curriculum Committee: We reviewed the renal clinical thread this month with education leaders from the renal division. They have been working to update the renal elective educational offerings, this effort is led by Dr. Manny Urrea, renal fellow extraordinaire and former chief resident, and Dr. Sarah Young. It looks amazing, highly recommend this elective! We will also be expanding renal WES content next AY and working to have more renal fellows and attendings at noon conference, particularly at the University since there are already renal specific conferences at DH and the VA.

RPEC:

- **R1s: POCUS**
 - Portfolio: in roadmap, more time to work on them, will spend time during 1st session to go over had to acquire, more flexibility with types of images, and will discuss and explain the purpose of portfolio at the beginning of the year.

- U/S Accessibility: working on getting additional u/s, will have them closer to ICUs at DH and UCH. Figuring out how to use images acquired on u/s machines in ICUs to upload to portfolio
- More mentored scanning during sessions!
- **R2/R3s:** SWOT analysis, feedback on ACGME survey responses - very briefly summarized since too long to include. Thank you for your feedback!
 - **Strengths**
 - 4+4
 - Getting rid of 24hr call
 - Response to concerns, multiple avenues for feedback
 - Wellness time
 - Scholarly Activity Time
 - Support for career path no matter what the career may be
 - Strong leadership (PD/APD)
 - Balance of inpatient and outpatient clinical responsibilities
 - Support during sick time/parental leave
 - **Weaknesses**
 - Lack of opportunities for 2 week electives
 - Protecting time for noon conference
 - Variety of teaching abilities of faculty members (some are amazing teachers but some are not very effective)
 - Getting call schedules sooner
 - Recruitment of historically marginalized persons, IMG and URM residents
 - Schedule during fellowship interview process
 - VA Badging, VA food
 - Research funding
 - Roadmap is confusing
 - Central scheduling portal (don't love teams, want single portal where residents can see their whole call schedule for the year)
 - Places to sit/central work stations at the U
 - Online platform - NEJM vs U World vs MKSAP
 - **Opportunities**
 - Added support/resources: Salary, housing stipend, retirement funds, cell phone reimbursement, childcare options on campus, breastfeeding facilities that are well-equipped, with computers
 - Opportunities for clinical care outside the main institutions
 - Personalized medicine/technology
 - Global Health opportunities
 - Individualized education based on career path
 - Better integration into the community, advocacy opportunities
 - Better understanding of healthcare systems, integration into clinical care
 - **Threats**
 - Personal cell phone use, no reimbursement for cell phone use
 - Funding for global health opportunities
 - Gun Violence, Security
 - Tower 3
 - Cost of living in Denver
 - Healthcare financial situations

- Women's health training opportunities
- Lack of opportunities to provide gender-affirming care

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.

Microaggressions and Harassment Reporting: Thank you again to everyone who has continued to submit reports of microaggressions and/or harassment. As we near the end of the academic year, we want to reflect on the reporting over time. In the first half of the academic year we had 68 reports filed and in the second half we have had 46. The reports continue to come from all our hospital sites. The main sources continue to be from our "target" areas where we continue to focus our efforts. At the University, we continue to have the most feedback from attending to resident interactions. At Denver Health, the main source has been nurse to resident. At the VA it has been predominantly patient to resident. While it is too early to know for sure, we do seem to be seeing a trend down - at least in reporting. We acknowledge that while we hope this indicates a true decrease in the number of microaggressions and harassment events, we also know that it may just mean that people are not reporting as often therefore we will continue to get your feedback via many different avenues. We will continue our efforts to make these never events and appreciate your continued feedback on this process.

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](#).