



From the Program Director



Hi all,

Normally I would write a longer introduction to our monthly newsletter that was due to come out today but with the loss of Dr. Medina do Santos this week, I want to keep this short as we keep him in our hearts and in our minds.

The loss of a young person with such great potential is a reminder to us all of the fragile nature of life. For me, it has been a nudge to let go of the small stuff and focus on what really matters: actively loving and caring for those close to me; trying to be kind and leave everyone I come in contact with feeling a little better than before we spoke (and noticing how easy and cheap it is to do the opposite); doing everything I can to relieve suffering, in ways big and small; letting go of the thoughts and notions that undermine any of the above.

Every night when Téa goes to bed, we have a little ritual. Since she's four, said ritual comes at the end of a teeth brushing/clothes changing/letting go of all toys marathon that is equal parts cute and exasperating. Once she is finally settled, I tell her that I have a secret. She says, "I know what you're going to say. You're going to say that the secret is that you love me." I fake surprise that she figured it out, again, after saying it for 1,300+ nights in a row. She smiles and giggles. Then I ask her if she can guess what are the most important things in life. She likes to pretend not to know before saying "helping other people and being happy". Sure, she and I will have to get to

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how complex this can be when she's not four years old. But for now, I love this as a starting place.

Rafa knew the secrets, too. Let's remember him today and keep the good stuff, the important stuff, at the front of our minds. For his memory, for the people we serve, and for ourselves.

Geoff

!! News & Updates

Residency Shout-Outs

My name is Traci, and I am the ANM in the Medical ICU. I just wanted to take a moment to recognize a few residents that were working this past weekend, and who showed a level of empathy that was truly extraordinary and that I have never personally witnessed from resident physicians in my 8 years as an ICU nurse. **Hannah Carr, Ally Fuher, Ryen Ormesher, and Sam (Gus) Ruchman** were caring for a man that transitioned to comfort measures, and who did not have any loved ones at the bedside for this transition/as he was passing. These 4 displayed their human side in the most beautiful, genuine, humbling way, and it was appreciated more than they will ever know! The day was very busy, but they prioritized their time and gave their undivided attention to this man to ensure he felt cared for and was not alone during his passing. They stayed in the room with him, held his hand, and spoke to him in such a kind and compassionate way, and I can guarantee that they brought peace and comfort to this man in his final moments of life. As we were in the room, they told me about his past – about his career, his passions, his pets, his accomplishments, etc. It was clear that they had gotten to know him as a PERSON, and not just a patient. I was overcome with emotion, and I am just incredibly grateful for them and for their approach to healthcare. I would be honored to have these providers care for me or my loved ones! They are able to view our patients holistically and for human connections in such meaningful ways, which can be quite difficult, especially in one's earlier years of a career. Thank you for taking the time to read this and recognize these amazing providers! – Assistant Nurse Manager Traci Priebe



VA internal medicine attending **Molly Brett** was selected as VA LIC Teacher of the Year! Congratulations Dr. Brett and thank you for your impressive commitment and hard work as an educator!

Please welcome our incredibly talented incoming class of interns, who will be arriving in June:

<u>Name</u>	<u>Medical School</u>	<u>Track</u>
Aliya Sakher	University of Minnesota Medical School	Categorical (CAT)
Ashley Vincent	University of Arizona College of Medicine - Tucson	CAT
Aspen Johnston	University of Colorado School of Medicine	CAT
Britney Peterson	Saint Louis University School of Medicine	CAT
Brock Gilsdorf	University of Wisconsin School of Medicine and Public Health	CAT
Connor Eggleston	Creighton University School of Medicine	CAT
Dmitriy Kravtsov	University of Wisconsin School of Medicine and Public Health	CAT
Elizabeth Konon	University of Colorado School of Medicine	CAT
Emily Vicks	University of Massachusetts T.H. Chan School of Medicine	CAT
Garrett Weskamp	Case Western Reserve University School of Medicine	CAT
Imran Kassam	University of New Mexico School of Medicine	CAT
Jason Worley	Tulane University School of Medicine	CAT
Jesse Sanchez	Keck School of Medicine of the University of Southern California	CAT
John-David Slaugh	University of Colorado School of Medicine	CAT
Justin Cillay	University of Washington School of Medicine	CAT
Katherine Julian	Pennsylvania State University College of Medicine	CAT
Laura Simon	University of California, San Diego School of Medicine	CAT
Lauren Breslin	Mayo Clinic Alix School of Medicine	CAT
Megan Connor	University of Kansas School of Medicine	CAT
Megan Kotzin	Rush Medical College of Rush University Medical Center	CAT
Megan Moore	Tufts University School of Medicine	CAT
Melina Smith	University of North Carolina at Chapel Hill School of Medicine	CAT
Nan Wu	University of Washington School of Medicine	CAT
Natalie Nguyen	Baylor College of Medicine	CAT
Nikolai Harroun	University of Colorado School of Medicine	CAT
Niveditha Badrinarayanan	Robert Larner, M.D., College of Medicine at the University of Vermont	CAT
Priyanka Nadar	Drexel University College of Medicine	CAT
Reagan Farmer	University of South Carolina School of Medicine - Columbia	CAT
Reid McCallister	University of Michigan Medical School	CAT
Sarah Lentz	University of Minnesota Medical School	CAT
Sarah Newman	New York Medical College	CAT

Tennyson Jellins	University of Colorado School of Medicine	CAT
Vincenzo Pizzuti	West Virginia University School of Medicine	CAT
Wesley Figg	Baylor College of Medicine	CAT
Anthony Nguyen	The University of Texas Southwestern Medical School	Hospitalist (HTP)
Dana Arenz	University of Washington School of Medicine	HTP
Daniel Galvan	The University of Texas Southwestern Medical School	HTP
Emily Anderson	Boston University School of Medicine	HTP
Jessica Chandrasekhar	University of Colorado School of Medicine	HTP
Sophia Sugar	University of Colorado School of Medicine	HTP
Beza Tayachew	University of Colorado School of Medicine	Primary Care (PC)
Elise Kahn	Medical College of Wisconsin	PC
Hana Kusumoto	Emory University School of Medicine	PC
Morgan Edwards-Fligner	University of New Mexico School of Medicine	PC
Nathan Garza	The University of Texas Southwestern Medical School	PC
Roshnee Raithatha	Tufts University School of Medicine	PC
Sanjna Vinze	Indiana University School of Medicine	PC
Sapan Shah	Albany Medical College	PC
Shea Clafin	University of Colorado School of Medicine	PC
Caterina Zagona-Prizio	University of Colorado School of Medicine	Prelim - Dermatology
Richard Tran	University of Colorado School of Medicine	Prelim - Physical Medicine & Rehabilitation
Ruth Wang	University of Colorado School of Medicine	Prelim - Dermatology
Austin Browning	Mercer University School of Medicine	Prelim - Neurology
Cecilia Nguyen	Drexel University College of Medicine	Prelim - Neurology
Elena Penhos	Ohio State University College of Medicine	Prelim - Neurology
Grace Vitek	Creighton University School of Medicine	Prelim - Neurology
Luke Smith	University of South Dakota, Sanford School of Medicine	Prelim - Neurology
Prerana Jayanth	Saint Louis University School of Medicine	Prelim - Neurology
Rachel Cuozzo	Renaissance School of Medicine at Stony Brook University	Prelim - Neurology
RayLee Otero-Bell	University of New Mexico School of Medicine	Prelim - Neurology
Timothy Halbesma	University of Illinois College of Medicine	Prelim - Neurology

Emmeline Kim	University of Colorado School of Medicine	Prelim - Ophthalmology
Kenten Kingsbury	University of Iowa Roy J. and Lucille A Carver College of Medicine	Prelim - Ophthalmology
Maxwell Mayeda	University of Colorado School of Medicine	Prelim - Ophthalmology
Nicholas Tan	SUNY Downstate Health Sciences University	Prelim - Ophthalmology
Randy Lu	University of Washington School of Medicine	Prelim - Ophthalmology
Soufiane Azargui	Emory University School of Medicine	Prelim - Ophthalmology

Alexandra Gillotte	University of Cincinnati College of Medicine	Medicine Pediatrics Program
Brenda La	University of Colorado School of Medicine	Medicine Pediatrics Program
Jordan Cisneros	Rush Medical College of Rush University Medical Center	Medicine Pediatrics Program
Theresa Asuquo	University of California, San Diego School of Medicine	Medicine Pediatrics Program

Spotlight on Scholarship

Scholarship Opportunities

Want to be more involved with the Colorado American College of Physicians (ACP)? Help us plan the February 2024 Colorado chapter meeting! We are looking for an IM resident to join the ACP Scientific Planning Committee. The ask is approximately monthly weekday evening Zoom meetings April 2023 – January 2024 during which we decide on topics and speakers, and other miscellaneous things. There will also be some time outside of meetings to review slides from speakers.

This is a valuable introduction to the ACP and a unique opportunity to get involved early in your career. This will directly support your role toward obtaining fellowship status within the ACP.

Please contact [Jennifer Stichman](#) or [Matt Moles](#) if interested. If you're not sure or more information would be helpful, we are happy to talk to you!

Researchers at the 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 Fergerson, MD., or the primary investigator, McKenzie Lockett, MA, at mckenzielockett@gmail.com.

Publications & Presentations

- **Maria Gabriela (Gabi) de F. Figueiredo** had a [paper](#) published in *Endocrinology and Metabolism Clinics of North America*: “Male Reproduction and Aging”
- **Savannah Roy** had a [paper](#) published in *European Journal of Cancer*: “Clinical outcomes of adjuvant taxane plus anthracycline versus taxane-based chemotherapy regimens in older adults with node-positive, triple-negative breast cancer: A SEER–Medicare study”

Several residents attended the American College of Cardiology (ACC) conference in New Orleans in March:



- **Alex Heilman** presented a moderated poster: “Variation in Statin Initiation and Target Lipid Reduction Early After Diabetes Diagnosis by ASCVD Risk, Race, and Sex in US Adults”
- **Sam Thielen** presented a poster: “Eosinophilia induced coronary artery vasospasm”
- **Kait McLeod, Erika Becerra-Ashby (Med/Peds), and Sam Thielen** attended as part of the ACC’s IM Women in Cardiology Program.

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

Senior Grand Rounds Lecture:

- Friday, May 5: Dr. Sarah Haeger will present her original research on “Predicting Clinical Outcomes in Acute Kidney Injury”

DOM Grand Rounds:

- Wednesday, May 10: Chief Medical Residents present at DOM Grand Rounds
- Wednesday, May 17: Ann O’Hare, MD (University of Washington) presents the Collins Lectureship

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

Dean’s Distinguished Seminar Speakers:

- Tuesday, May 9: Bruce Ovbiagele, MD; Professor of Neurology, Weill Institute for Neurosciences | [More Details](#)



Academic & Fellowship Opportunities

Featured Opportunities

- Do you dream about a fabulous career in medical education? The Johns Hopkins General Internal Medicine Medical Education Fellowship is currently recruiting fellows for July 2024. Our fellowship began in the later 1980s and we have been preparing individuals to become scholars and leaders in medical education for decades. Please visit our [fellowship website](#) for details. If you wish to discuss the opportunity or have any questions, please reach out to [Dr. Rachel Levine](#) or [Dr. Scott Wright](#).
- There is a new Personalized & Genomic Medicine Graduate Certificate Program at CU, housed in the Colorado Center for Personalized Medicine (CCPM). This program started in 2022 and hopes to attract more clinicians to enroll this coming academic year with the goal of enhancing personalized medicine initiatives on campus. Learn more via the [program flyer](#).

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

Join us in wishing these residents a happy birthday or belated birthday in April and May!

April 10: Alex Linse, Apoorva Ram, Jack Stacy

April 12: Luke McCormack

April 13: Jessica Zhu

April 14: Ellen Brinza

April 15: Megan Calzia, Samantha Robin

April 16: Erika Becerra-Ashby, Kate Jankousky

April 18: Connor Enright, Kellen Gil, Victoria Stoffers

April 22: Alex Yacob

April 25: Lynne Rosenberg

April 27: Alex Heilman, Danielle Kirelik

April 28: Yaa Asare, Stephen Ferraro, Nikhil Shamapant

April 30: Tais Moreira Protasio

May 5: Tyler Reese

May 14: Kevin Ni

May 17: Cheryl Fonteh, Radoslaw Nabrzyski

May 18: David Scudder

May 20: Chelsea Carver

May 21: Vivek Patel, Ari Stoner

May 22: Ryan Alonzo, Gavriel Roda

May 27: Troy Kincaid

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

Program Feedback

Curriculum Committee:

- Reviewed cardiology thread, working on curriculum for CHF rotation, code simulation, including advanced therapies review in WES including impella demonstration
- Upcoming meetings: review oncology thread, WES
- Resident curriculum committee working groups launching: improving feedback, handoffs, WES, women's health curriculum, spaced repetition learning, hidden curriculum

RPEC: In March, A block reviewed community building/social houses, microaggressions/harassment. Will have updates with next steps in April.

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.

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@cuanschultz.edu.

Do you know someone who would like to receive these updates? Have them added to the [distribution list](#).