

From: [dom-regularfaculty](#) on behalf of [DOMAnnouncements](#)
To: [dom-regularfaculty](#)
Subject: An Update from the Internal Medicine Residency Program
Date: Thursday, January 7, 2021 11:27:40 AM

Below message sent on behalf of the Internal Medicine Residency Program Directors

To all Internal Medicine Faculty and Staff,

Thank you for all the support you give to our residents. This is critical in a normal year and 2020 was anything but normal. Our team and the residents really appreciate everything you do for our house staff. In addition to wanting to say thank you, we have also heard from a number of faculty asking about the wellbeing of the residents and how the pandemic is effecting them. It has been tough, no doubt, but here are a few updates to keep everyone posted about what our residents are up to during this difficult time.

COVID Care: Since March, our residents have worked on numerous COVID units and cared for patients with COVID across all 3 hospitals, including in the ICUs, on ward teams, and through virtual care teams. They have been the front line providers in the UCH COVID Surge ICU 1 from the day the first patient arrived, through the summer, and remain there today. Resident clinics, like your clinics, are now run part in-person, part virtual. In total they have spent approximately 500 weeks of clinical service on teams caring for COVID patients in addition to their regular duties! To do this, they have sacrificed elective, clinic, and research time, and kept smiles on their faces (underneath their masks) while acknowledging how tough this is.

Education: One thing that became clear during the pandemic is that 36 months is a short time in which to train. Take large chunks of the year, only see one disease process, and things get very short, very fast. To make sure we could meet the above commitments and not reduce their readiness to practice multiple different aspects of medicine, we spread the COVID work out across all our 165 house staff. Electives were reduced but rarely canceled, COVID was covered, but only for several days at a time by any one person. Our chief residents have become more innovative educators, and even created a YouTube channel dedicated to their educational conferences for those who could not be there in person. Feel free to Subscribe, you'll feel like you're back in morning report from the comfort of your office!

<https://www.youtube.com/channel/UCyA4ndgkRGFiz-CwL4PfcNw>

Connection: Wellness is about being together; stopping pandemics is about staying (at least somewhat) apart. To bolster connections, our residents are active on our social media page, and have taken this opportunity to highlight each other's lives inside and outside of medicine. Nights at a restaurant became take out on Zoom. Sunday brunch became online pancake making parties. Hikes in the beautiful Colorado outdoors became...well, thank goodness we live in Colorado. The residents also started an incredible Instagram page. Follow them at 'cuinternalmed'. It won't quite make you want to be an intern again, except it almost kinda does.

<https://instagram.com/cuinternalmed?igshid=804pvjzba40>

Gratitude: Our residents have even taken the time to thank their colleagues across professions, acknowledging the incredible effort that our nurses have put forth during the pandemic - check out their video.

https://www.youtube.com/watch?v=OLw8T7lyITY&feature=youtu.be&ab_channel=CUIIMResidency

Recruitment: Finally, our residents have taken time outside of their roles as busy resident providers, researchers, teachers, to help recruit our next class of outstanding residents. They have participated in 9 interview days so far with 4 to go – volunteering their time as liaisons to the applicants to guide through understanding residency in life in Colorado. They have spent interview mornings serving as panelists to answer questions from a group of students wondering, “can I move to Colorado during a pandemic and succeed?” Watching the smiles on the faces of our applicants, I think our current house staff are pretty convincing examples that the answer is “yes”.

I would also like to take a moment to highlight [Project Lift](#), a fabulous program that was started to support our residents and fellows during this time of hardship. If you would like to learn more about becoming a sponsor, or are interested in signing up, please check out the links below:

<https://drive.google.com/file/d/1Hp50hf4pDpwog8L9WpA0Sb7qtNnNWsZy/view>.

https://docs.google.com/forms/d/e/1FAIpQLSc8Moa8sWd6fEo6paHib21RNzELEe0EbKAAwSxr_56HCpELNw/viewform

All in all, the residency is doing OK. Our house staff have been great. And, like all of us, they're tired. We'll get through this together,

anticipating the vaccine's full arrival and a brighter spring to come. Thank you all for your work with our residents and Happy New Year!

Geoff Connors, Karen Chacko, Lisa Davis, Lindsey Davis, Amira del Pino-Jones, Emily Gottenborg, Christine Haynes, Dan Heppe, Mark Kearns, Julia Limes, Adrienne Mann, Yasmin Sacro, Katie Suddarth

If you are receiving this it is because you are a faculty member of the Department of Medicine. If you think you should not be receiving this, contact Natalie De Leary at natalie.deleary@ucdenver.edu (or 303-724-1785) with your reason to unsubscribe.