



Vol. 3, Issue 1

Mile Highlights | University of Colorado Internal Medicine Residency Program Newsletter

From the Program Director



Hi all,

The theme of this month’s newsletter, the first of the new academic year, is welcome! The arrival of our new interns, coming closely on the heels of celebrating the success of our recent graduates, is one of the most fun times of year.

I have to say, the year is off to a great start. Base camp went well as our interns got back into clinical medicine. Based on the number of shout outs and letters of praise I have been getting, our new class of doctors is off to a hot start. The rising juniors started their tenure as team leaders and educators. This is a role they’ll refine and hone not just as residents but as they move on to be fellows and faculty. Again, I have been inundated with praise and shout outs and letters from faculty asking me “did you know that _____ is an amazing doctor??” I try to sound a little surprised, but the answer is always ‘yes’. Fellowship application season also kicked off this July and the interview offers are rolling in. The energy is certainly high around here, as it should be. Welcome to all of you in these new roles and keep up the great work.

Adding to the welcomes this summer, I would like to introduce two new team members to the residency family. Dr. Jia Liu, one of our excellent hospital medicine educators at the VA, will be joining us as a Co-Director of the Health Equity and Policy Pathway, replacing Dr. James Carter who left to start the Cleveland Clinic’s Functional Medicine program. Dr. Liu is an Assistant Professor of Medicine. Prior to coming to the Rocky Mountain VA, she worked as a Hospitalist at Denver Health following her residency training at Boston University. She has completed the Teaching Scholars Program here at CU with a focus on health equity and trauma informed care and is excited to join Dr. Bredenberg as a leader of the Pathway. Welcome Dr. Liu!

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I would also like to welcome Dr. Daniel Colon-Hidalgo to the team as our inaugural fellow Assistant Program Director for Diversity, Equity, and Inclusion. Dani (he/him) is a fellow/instructor in the Division of Pulmonary Sciences and Critical Care Medicine. He is originally from the Santiago, Dominican Republic but spent most of his childhood in Merida, Mexico. Dani migrated to the US to attend college in Michigan. He attended the Northwestern University's Feinberg School of Medicine and completed IM residency and a chief residency year at Loyola University in Chicago. He then joined the University of Colorado/National Jewish PCCM fellowship in 2020. His research and clinical interest are split between molecular mechanisms of pulmonary hypertension as well as healthcare disparities in pulmonary and critical care medicine. Given his lived experiences, he has a strong interest in the development of sustainable efforts to increase diversity in medicine and medical education as well as community engagement. More specifically, he is interested in fostering a sense of community among students and trainees that belong to minoritized groups and finding ways to create long-lasting impact in the different communities we serve. I'm really excited to welcome Dani as an associate to Hoda and to work with him as the first ever senior fellow to serve on our leadership team.



Welcome everyone. We always say that it's the people who make this place special. You are those people and we're so happy to have you here in this program.
Geoff

PC Welcome Event:



HTP Welcome Event:



CAT/Prelim Welcome Event



Housestaff photo



Residency Shout-Outs

- **Anthony Nguyen** wrote notes so excellent he received props from a Denver Health hospitalist. Well done, Anthony!
- **JD Slauch & Luke Smith** both were incredibly flexible and team-oriented when schedules had to be adjusted to accommodate VA badging issues. Thank you, JD and Luke!
- **Dana Arenz** won first place in the AOA Pharos Poetry competition and her [poem](#) will be published in the Fall 2023 Pharos journal
- **Ellie Krienke** was awarded the STAR Kidney award with the American Society of Nephrology, a scholarship to attend their annual conference in Philadelphia.
- **Katie Julian** went above and beyond for her patient while on VA Wards. This patient was awaiting an orthopedic procedure but was otherwise very healthy. It took weeks for him to finally get the procedure, and all he asked was for someone to repair his glasses. After calling every person in the hospital that might be able to help without any such luck, Katie watched some YouTube videos and MacGyvered a mini screwdriver out of a staple and repaired the patient's glasses. A perfect example of how resourceful, compassionate, and brilliant Dr. Julian is!
- **Megan Connor** had a patient on VA Wards that was admitted with a new diagnosis of lung cancer that rapidly progressed, sadly leading to her death. This patient had no nearby family and her sister had financial limitations preventing her from easily visiting, so Megan worked tirelessly to ensure the patient's sister was well-informed throughout every step of the hospitalization. After the patient passed, Megan brought in a card for VA staff to sign and share their condolences with the family member. Megan is exceptional at addressing oncologic and palliative management, and it was an honor to work alongside her.
- Welcome and congratulations to your new HSA representative, **Roger Winters!** Thank you for all who were willing to serve in this position! Carly and Roger will be available for any questions/concerns regarding GME benefits, systems, learning environment etc... that you'd like addressed at the GME level. Make your voice heard!

Housestaff Association (HSA)



Carly Conran, MD PGY3
Carly.conran@cuanschutz.edu



Roger Winters, MD PGY2
Roger.winters@cuanschutz.edu

Winter Break Weeks

From Dr. Suddarth: While it is still many months away, I did want to make sure that everyone is aware that the residency program decided to shift the winter break weeks to a Thursday through Wednesday to balance time off requested given how the holidays fall this year. This means that the block starting November 20th will go a little longer through Wednesday, December 20th and the first block in January will be a little shorter, starting on Thursday, January 4th and going through Sunday, January 28th. Below are the following dates for the winter weeks and the blocks before/after. We are working on the **assignments** for winter break now and will release those in 1-2 months.

2023

Block 6: Monday, November 20 - Wednesday, December 20

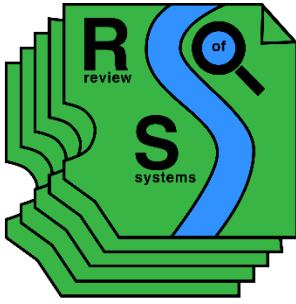
Winter Week 1: Thursday, December 21 - Wednesday, December 27, 2023

Winter Week 2: Thursday December 28 - Wednesday January 3, 2024

2024

Block 7: Thursday, January 4 - Sunday, January 28

“Review of Systems” Podcast



“Review of Systems” is a podcast created by IM residents Lizzie Esselman, Julia Bast and Bejan Saeedi in which they explore the past, present, and future of medical education in a practical and approachable way. Episodes are now live, available on Spotify, Apple Podcasts, Audible, iHeart, Amazon, and Pocket Casts. They want to thank the CUIMRP family for all the support thus far. Make sure to follow [@ros_pod](#) (Twitter) and [@reviewofsystems_pod](#) (Instagram) for the most up to date information on future episodes.

Additionally, they want to invite anyone (residents, faculty, etc.) who has a topic within medical education that they are passionate about, to reach out and potentially be a guest on a future episode (email: reviewofsystemspodcast@gmail.com). They are also looking to find 2-3 residents to help with content creation, don't hesitate to reach out if you'd be interested!

RAINBOW Events

Do you have an "event of the year" at home that you really wish we could celebrate here during residency but do not have the bandwidth to plan? Do you miss that special dinner from your favorite holiday back home? Do you love learning about your amazing colleagues and their lives outside of medicine? ...Introducing **RAINBOW** events! (cue theme music).

The idea is that every **rainbow** event **reminds you of home or makes you feel at home**. Another way to say this is that we want to celebrate the cultural and religious diversity of the program and the surrounding community by celebrating the events nearest and dearest to the hearts of our residents. We have started planning some celebrations/events which we hope will reflect a small part of the diversity in our program/community: pride fest, trip to [Rebel Marketplace](#), Diwali party, Passover celebration, parents' day (combined mother's/father's day), and more! Some other community events from the past that have inspired us are the [Earth Day](#) fundraiser from Spirit of the Sun and this [Block Party](#) from the Colorado Immigrant Rights Coalition (CIRC). We know that we alone cannot come up with an exhaustive list of celebrations, and therefore we need your collaboration. If you have something you wish to see on this list, let us know and we will provide as much support as you want/need to make it happen!

RAINBOW events are the coolest new event on the block. They celebrate our diversity, are co-planned by chiefs (read: minimal work for you), and everyone is welcome. If you have a celebration, event, holiday, or idea of any kind that you want to see executed, please reach out to us Chiefs!



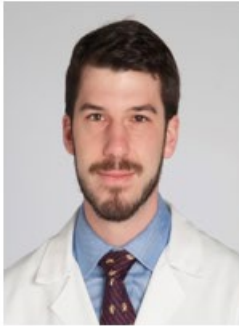
*Check out our residents and chiefs at one of the very first **RAINBOW** events –
BBQ and Blues!*

POCUS Senior Ambassador Program

To our senior residents – last year we heard a lot of feedback that at times it was challenging to practice POCUS inpatient if your senior resident or attending did not feel comfortable or have experience using POCUS. To address this feedback, Ellen Brinza, Cristina Fischer and Julia Bast are developing a POCUS senior ambassador program for the 2023-2024 year. This program is intended to facilitate connecting interns with senior level residents who are interested in POCUS and would like to work with interns teaching POCUS on the inpatient wards and potentially through different opportunities throughout the year. [HERE is a survey intended to collect information of those senior residents that would be interested in being a part of this program](#). More information to come directly to those interested in being an ambassador! For questions please do not hesitate to reach out to Cristina, Ellen, or Julia.

2023-24 Medical Education Fellows

The Department of Medicine announces the Medical Education Fellows for the 2023-2024 academic year. The DOM Medical Education Fellow Program is a one-year Department of Medicine initiative designed to improve the development of clinician educators at the fellow level. Clinical and educational leaders teach and practice clinically as part of their academic roles. **Congratulations to the 2023-24 Medical Education Fellows!**



Alex Grubb, MD



Samantha King,
MD, MS



Nanxing Li, MD



Manuel Urra, MD

2023-24 PACE Scholars

The Department of Medicine announces the Program for Academic Clinician Educators (PACE) Scholars for 2023-24. PACE supports the career development of our department's clinician-educators. These faculty members make crucial contributions to the success of our department by developing and improving innovative educational programs and engaging in educational research. **Congratulations to the 2023-24 PACE Scholars!**

New Scholars 23-24



Samuel Porter, MD



Rachel Quaney,
MD, MAEd



Christine Sailer, MD

Returning Scholars 23-24



Sophia Ambruso, DO



Natalie Held, MD

 **Spotlight on Scholarship**

Scholarship Opportunities

StARR Program

Stimulating Access to Research in Residency



Stimulating Access to Research in Residency (StARR) Program Accepting Applications

The Departments of Medicine, Pediatrics and Surgery are now recruiting for the **Residency Research StARR Program** - [Stimulating Access to Research in Residency](#).

The mission of the StARR Program is to recruit, train and retain outstanding clinician-investigators focused on research related to heart, lung and blood disorders. **Flexibility is built into the program** with the ability to accommodate a variety of interests - bench, translational or clinical research.

Who should apply?

- Medicine, Medicine-Pediatrics, and Pediatrics Residents starting either PGY-2 or PGY-3
- Surgery Residents 6-12 months prior to their research training

Program Benefits

- StARR scholars are eligible for NIH Loan Repayment – **up to \$50,000 annually**
- **\$20,000 available** per StARR scholar for research development, workshops, conferences, and career development
- **StARR scholars are more competitive** for fellowships and future NIH funding (K38 and other career development awards)

Application and Program Information

- Detailed program information may be found on the [StARR website](#)
- **Applications are due October 13, 2023**
- Interested residents are encouraged to reach out to their program director

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- The **Hopkins GIM Housestaff Research Awards Program**, now in its 18th year, is soliciting applications. The Division of General Internal Medicine will make awards to **housestaff** who are interested in careers in academic general internal medicine and have conducted outstanding research in any of the following five broad areas:
 - Behavioral medicine and health disparities;
 - Bioethics;
 - Evidence-based healthcare and systematic reviews;
 - Health services and outcomes research;
 - Medical education.

Awards to residents carry a cash prize of \$500 prize plus travel and lodging. Awardees will attend a dinner with GIM faculty on **Thursday, December 14, 2023**, then present winning abstracts during a special GIM Grand Rounds held on **Friday, December 15, 2023**. The application is available here: bit.ly/HRA23-apply and the nomination form is available here: bit.ly/HRA23-recommend. **The deadline for applications is Monday, September 11, 2023.**

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- 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 inter-hospital 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

- **Minh Do** had “A Rare Cause of Abdominal Pain”, accepted for publication in *Gastroenterology* journal. He also had abstracts accepted for ACG 2023 for both [“A Rare Cause of Abdominal Pain”](#) and “A Rare Presentation of Gout”.
- **August Longino** had a first author publication accepted to the Journal of Hospital Medicine, [“Things We Do For No Reason: Pharmacological Sleep Aids for Hospitalized Patients with Acute Insomnia”](#).
- **Stephen Ferraro** also had a publication accepted to the Journal of Hospital Medicine, [“Checklists and consistency of care after resuscitation from in-hospital cardiac arrest: A pilot study”](#).
- **Nick Bianchina** was published on The Hospitalist (a publication of the Society of Hospital Medicine) which stemmed from a patient he encountered on service with Dr. Lessing. Nick turned this experience into a bite-size scholarship with [What are Common Pitfalls in Measuring the QTc in Hospitalized Adult Patients?](#)
- **Sam Porter**, former Chief Medical Resident and current Medical Leaders Pathway Director wrote a piece, [“Ellipsis”](#), for the New England Journal of Medicine in June.
- **Sam Thielen** was first author in the Frontiers Journal of Clinical Diabetes and Healthcare with [“A narrative review of exercise participation among adults with prediabetes or type 2 diabetes: barriers and solutions.”](#) in collaboration with Drs. Regensteiner and Reusch. She also was second author editorial in JACC Heart Failure with [“Comorbidities in Heart Failure: Expect and Embrace the Complexity”](#), working with Dr. Ambardekar.

Do you have a paper, presentation, award, or other scholarship to highlight in a future newsletter? Email your submission to Nicole.CanterburyPassoth@CUAnschutz.edu



Education Corner

Upcoming Lectures & Education

WES: Coming up in September for A block:

- R3s: Track + sessions related to areas of medicine we have less exposure to but still take care of and deal with as internists, including a stroke simulation session and somatization disorders.
- R2s: Track session, one of our highest rated sessions of the year with Dr. Maria Amaya delivering "Intro to Heme Malignancies," and a high yield overview of dx and management of substance use disorders with addiction med faculty.
- R1s: Our first More than Medicine session with Dr. Mann, Intro to Clinical Reasoning, Death exam documentation teaching given by R2s Dr. Natalie Van Ochten and Dr. Rissa Zudekoff, Upstander Training, Care of LGBTQ+ patients in the hospital, Anxiety/Depression overview, 1st core research pathway session, and a workshop practicing how to pick up an overnight admission.

DOM Grand Rounds:

- **Sept. 6th: ECHO Education: Improving Care Outside our Four Walls**, presented by **Duane Pearson, MD**, professor of medicine, Associate Division Head for Clinical Affairs, Division of Rheumatology, University of Colorado School of Medicine
- **Sept. 13th: Department of Medicine Systems Improvement Conference**
- **Sept 20th: Cardio-obstetrics**, presented by **Josephine Chou, MD, MS**, assistant professor of medicine, Division of Cardiology, University of Colorado School of Medicine

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

Senior Grand Round Series:

- This was started by last year's Chief class, and we are eager to learn more from all the amazing residents at CU. This is an opportunity for senior residents (R2s and R3s) to share the amazing work they are doing with their residency colleagues and faculty. You will receive 1 on 1 feedback on preparing and giving a presentation and expose other colleagues to various mentors and projects that are going on in the specific departments.
- Interested in participating? Please fill out the [form](#) and you will be contacted with additional details.



Academic & Fellowship Opportunities

Fellowship Opportunities

- There are several fellowship opportunities currently accepting applications. We strongly encourage you to review the details about each of these opportunities on our [Fellowship Opportunities webpage](#).
 - **University of Chicago** – Primary Care Investigators Training in Chronic Disease & Health Disparities (PITCH) Fellowship
 - **University of Colorado** – Vascular Medicine Fellowship, supported through the William R. Hiatt Vascular Medicine Fellowship Endowment at CPC Clinical Research.
 - **Kaiser Permanente** - **New** Fontana Hospice and Palliative Medicine Fellowship Program
 - **New York University and NYU Langone Health** – General Internal Medicine Fellowship

Academic Opportunities

- [Please see Dr. Venci's announcement](#) (Med Peds Program Director) about an exciting new **DEI simulation session**. These sessions will happen on **Friday, October 20th** and **Friday, November 17th**. You will be scheduled for one session on the date that you are on a non-ward rotation. If you are on a clinic block during that time, this will happen during one Friday afternoon of your personal growth and development time. We try very hard to avoid scheduling any mandatory educational sessions on Friday afternoons, but felt like this educational session was a top priority. If you know that you will be unable to attend, please let Katie Suddarth know as soon as possible. Of course, if you are on vacation that week, you will be excused. You will receive a calendar invite in the near future regarding these sessions.
- You are invited to attend the **Mountain States Cancer Conference (MSCC)** on Friday, September 29th, 2023 hosted at the University of Colorado Anschutz Medical Campus.
 - As in the past, the MSCC offers important topics, compelling speakers, exhibits and more. This is also a great opportunity for you to explore cancer topics in depth, meet cancer center faculty and get a feel whether specializing in oncology might potentially be a good fit.
 - If interested, please:
 - [View the full conference program brochure for more information](#)
 - [REGISTER HERE](#)
- The **Society of Hospital Medicine Rocky Mountain Chapter Meeting** will be held on September 19th from 6:00 – 8:00pm at the Denver Aquarium. Please see the [flyer](#) for more details and [register HERE](#).
- Calling all heart lovers! Are you a woman interested in cardiology? We are starting a **Women in Cardiology mentorship group** with the goal of creating a stronger sense of community and mentorship for women in/interested in cardiology. All are welcome to participate in upcoming events throughout the year where we discuss important topics like training/career transitions, promotion/contracts, imposter syndrome, family/life decisions. If you think you might be interested, please email cara.saxon@cuanschutz.edu and she will add you to our email list! Looking forward to seeing you!

- Looking to improve your **medical Spanish**? Common Ground International is a Denver-based institution that offers medical Spanish training courses. They offer a FREE, 10 day crash course twice a year. It includes resources to practice on your own time as well as group zoom practice sessions (so can all be completed online). [Healthcare Spanish Crash Course \(commongroundinternational.com\)](https://www.commongroundinternational.com)
- **CU Sports Medicine** is seeking **volunteers** to help at the medical aid stations for the annual **Bear Chase Trail Race** the weekend of **September 23th and 24th** (Saturday and Sunday). The events include 10K, half-marathon, 50K, 50-mile, and 100K. Saturday will be divided into 3 shifts as follows: 6:15 am – 11:15 am, 11:00 am – 4:15 pm, and 4:00 pm– finish (roughly 8 or 9 pm). Sunday will take place from 6:45 am – 12:00 pm. You will be rewarded with great company and a race T-shirt! If you are able to join us, please sign-up for the event [here](#). Plan to bring water, snacks, sunscreen, food, and a chair! More information about the race and event can be found [here](#). If you have any questions, please feel free to reach out to Anna.Buehler@CUAnschutz.edu or Yana.Klein@cuanschutz.edu.
- The ACC is now accepting applications for all five cohorts of [ACC's Internal Medicine Cardiology Program](#). The program is designed to introduce internal medicine interns, residents and cardiology fellows to a career in cardiology by connecting them with mentors, a peer network and education on career opportunities in the field. Applications are being accepted through Friday, Sept. 15 for the following cohorts: Women; African American/Black; Hispanic/Latinx; LGBTQ+; and the newest addition of Indigenous Peoples.



Dates & Deadlines

- **October 13th**: StARR application due
- **December 2023**: Step 3 registration due (exam completion is due by the end of intern year)
- **Vacation Requests, Vacation Change Requests**
Moving forward, all new requests for vacations and all vacation change requests will be processed through [Formstack](#). This link will also be available on the heartbeat website. Please note that you are not allowed to request new vacations or make changes to a current vacation less than 60 days out. If you have an unexpected urgent situation that requires a change in less than 60 days, please reach out to your clinic director AND Nicole Canterbury to provide additional information. Requests between 61 and 120 days out will be sent to your clinic director **via Formstack** for approval and then you will receive a notification whether or not this has been approved. For requests more than 120 days out, these will not need to be approved by your clinic director and will be approved as long as they fall within the vacation guidelines for the program (these requests should still be submitted via [Formstack](#)).

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



Job Board

- The **Colorado Rural Health Center** is hosting a rural healthcare job fair on **Wednesday, October 4, 2023** in Aurora, Colorado. The job fair is open to all health professional titles with opportunities across rural and underserved Colorado. Job seekers will speak directly with hiring managers from Rural Health Clinics, Critical Access Hospitals, Community Health Centers, and other Safety Net Clinics. **Learn more and register for free here:** <https://coruralhealth.org/career-fair>
- **Covenant Health** in Crossville, Tennessee is seeking outpatient Internal Medicine physicians. The available positions come with full benefits, including vacation, CME & Malpractice as well as competitive salaries. To learn more, please visit our [job opportunities page](#).
- **Colorado Permanente Medical Group** is hosting an informational mixer with opportunities to talk with our physicians. **Monday September 18th** from 6:00 – 9:00 PM, Thompson Hotel at 1616 Market Street in Denver. Valet parking is provided; please feel free to bring a guest. **RSVP by September 11th** to Andrea.C.Hughes-Proxmire@KP.org or 303-565-6104.
- **Trinity Health** in Minot, North Dakota is seeking an Internal Medicine Physician for an Outpatient Opportunity. Trinity Health is a nonprofit, integrated healthcare system serving northwest/central North Dakota and Eastern Montana. With a tertiary care hospital in Minot, more than 40 specialties, several rural health clinics, and a long-term care facility, Trinity provides a full complement of healthcare services to the region. To learn more, please visit our [job opportunities page](#).
- **Providence St Vincent Internal Medicine Residency Program in Portland, Oregon** is seeking an exceptional Clinician Educator with interest in both outpatient and inpatient medicine to become a core faculty member with our organization. VA outpatient attending Dr. Leonard notes that this is a “small residency program with terrific attendings”. For more information, please consult the full job posting [here](#).
- **Olesky Associates** is recruiting for over 10 hospitalist and nocturnist positions, as well as additional outpatient primary care positions located at various hospitals and institutions in **Rhode Island and Massachusetts**. Please find the expanded list of offerings on our [job opportunities page](#), or email Steve@Olesky.com for more information.
- **Mercy Clinic** is seeking a Board-Certified Geriatrician, Internal Medicine, or Family Medicine Physician to join Post-Acute Physician/Nurse Practitioner teams in St. Louis, MO and in Washington, MO near St. Louis, MO. Please find full job posting on our [job opportunities page](#), or email Erica.Baker2@mercy.net for more information.
- **Mercy Hospital St. Louis** is actively recruiting an Academic Hospitalist to join our established program. Qualified candidates must be BC/BE in Internal Medicine. POCUS and procedure skills are supported but not required. For more information please consult the full job posting on our [job opportunities page](#), or email Erica.Baker2@mercy.net for more information.

- **Medical Associates Clinic in Dubuque, Iowa** is recruiting for an Internal Medicine physician. Please consult the full job listing on our [job opportunities page](#) or email whaugen@mahealthcare.com for more information.
- **Washington State University IMPR**, a new program in Everett, Washington is recruiting another core outpatient faculty member. The role includes 0.7FTE for outpatient precepting and 0.3FTE of protected admin/scholarship time. The current faculty are a great team of colleagues and plenty of freedom to innovate. Interested candidates should contact Dr. Yihan Yang (former med ed student of and current education collaborator with Dr. Connors...she's incredible) at Yihan.Yang@providence.org. Full job posting can be found [here](#).
- **Nephrologists** needed in the southeast (**Alabama and Georgia**). 1:4 shared call, excellent salary, benefits, great locations. For more information please email diane@medplan.biz or see full job posting on our [job opportunities page](#).



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

August 1: Caterina Zagona-Prizio
August 2: Wesley Curles
August 6: August Longino and Jenny Santos
August 10: Tennyson Jellins
August 12: Max Jason
August 15: Luke Smith
August 16: Shea Clafflin and Shelby Meyer
August 24: Savannah Roy
August 27: Morgan Edwards-Fligner
August 28: Patrick Throckmorton
August 29: Sarah Beilke

And please also join us in wishing the following residents a happy birthday in September!

September 1: Beret Fitzgerald, Katlyn Sawyer
September 2: Emily Vicks
September 4: Ali Sakher
September 6: Rayna Jayanth
September 9: Niveditha Badrinarayanan
September 11: Rahul Mohan, Sophia Sugar
September 14: Santana Sanchez
September 15: Julia Bast
September 16: Hana Kusumoto
September 17: Beza Tayachew, Alexa Temme
September 22: Justin Cillay, Grace Vitek
September 23: Allison Arai, Julia Bellantoni, Carston Dammann, Sapan Shah
September 27: Margaret Veers

September 28: Vincenzo Pizzuti

September 30: Reagan Farmer, Melina Smith, Matthew Westfall

PC Welcome Retreat – Old Dillon Reservoir Trail



PC R3s with Geoff Connors at Lake Dillon



Fun with water sports at Lake Dillon during PC Retreat

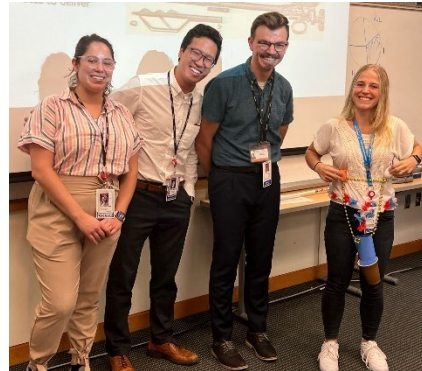
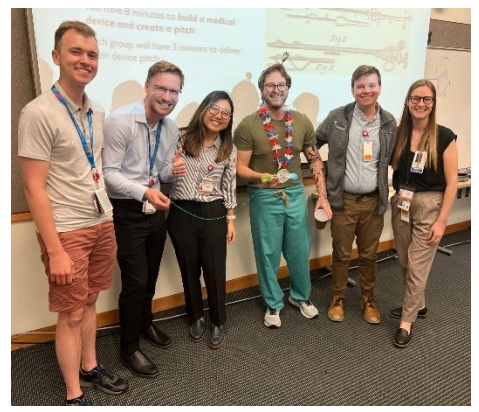


PC Intern Community Service Meal Distribution at Denver Rescue Mission



Intern WES icebreaker; interns created a medical device and sold it to the group Shark Tank-style. Lots of fun!





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

Program Feedback

Curriculum Committee: See email from Dr. Katie Suddarth to sign up for the curriculum committee if you are interested. This year, we are reviewing:

- Med Ed/Teaching thread
- Rheum, ID, GI, hepatology, endocrine, women's health clinical threads
- Communication thread
- WES
- Evaluation

Resident led projects this year include:

- Spaced repetition
- Feedback
- Handoffs
- Women's Health curriculum
- Senior resident involvement in POCUS
- Hidden Curriculum

RPEC:

R1s: POCUS

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

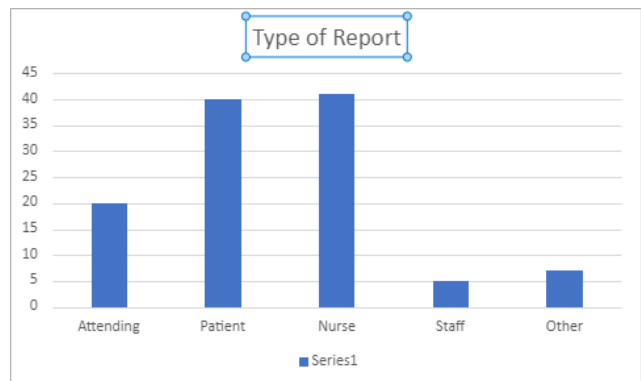
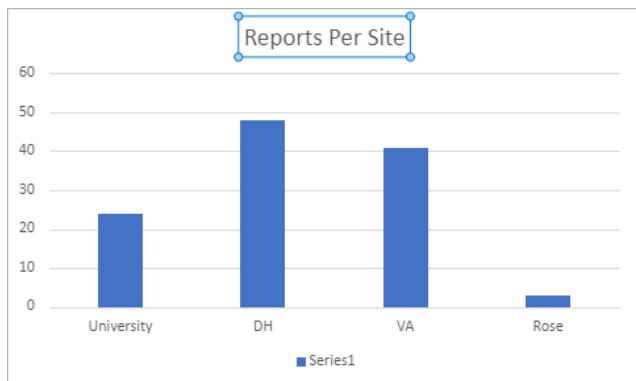
- U/S Accessibility: working on getting additional u/s, will have them closer to ICUs at DH and UCH. Figuring out how to use images acquired on u/s machines in ICUs to upload to portfolio
- Didactics will be given during WES and we will have more mentored scanning during sessions!
- R2/R3s will be reviewing community engagement and handoffs in the coming months, will summarize discussions in the next newsletters.

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: Thank you to everyone who reported Microaggression or Harassment events last year. The only way we can continue to make change is if we continue to hear from you. We heard of 116 microaggression or harassment events last academic year. Below is the data in terms of type of event and clinical site. We get the majority of this information from the rotation evaluations (which as a reminder are NOT anonymous) but as a reminder you can also share any concerns with us through your CMRs/APDs/PD, through the anonymous reporting portal on the front page of the heartbeat, or through the resident and faculty confidential liaisons.

At Denver Health, we continue to have regular meetings with nursing and hospital leadership. There is new nursing leadership at DH who we hope to partner with moving forward. At the VA, we have an ambulatory task force working to address patient events and increase upstander training for ambulatory attendings. We continue to target attending to resident events at the University and have engaged the Office of Professionalism to help us work with attendings who have repeated events. There is going to be a new faculty development series that will include upstander training and hope to have this become a mandatory training for reaching faculty moving forward.

The Microaggressions and Harassment Working Group meets on the 3rd Friday of the month at 1:15pm. Please email Katie Suddarth if you would like to be a part of this working group.



Thank you to everyone for the continued feedback regarding Microaggressions and Harassment. For anyone who reported events through the anonymous portal, please know that your concerns were received. So far in 23-24, we have received 15 reports. 6 from DH, 4 from the VA and 5 from UCH. 5 were regarding patient interactions, 10 were from nurses/staff or colleagues, and 2 involved an attending. We continue our efforts to have all teaching faculty get upstander training. We continue to work on our efforts in the DH ICU to improve relations with nursing and staff. We appreciate all the residents who have been upstanders for their peers. You are leading the charge in ensuring a safe training environment.

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:](#)

We are excited to announce that the following residents will be our resident confidential liaisons for the program! If you have a concern that you feel more comfortable sharing with a peer, these residents will be excellent resources.

Chey Vincent (R1)
Nikolai Harroun (R1)
Megan Connor (R1)
Vincenzo Pizzuti (R1)
Garrett Weskamp (R1)
Emily Vicks (R1)
Morgan Edwards-Flinger (R1)

Elle Krienke (R2)
Nicole Rueb (R2)
Francis Wright (R2)
Shennon Lu (R2)
Julia Bast (R2)
Natalie Van Ochten (R2)
Hannah Carr (R2)

Elizabeth Esselman (R3)
Ally Fuher (R3)
Andrew Pham (R3)
Connor Enright (R3)
Sarah Beilke (R3)
Natalie DeQuillfedt (R3)
Oliver Bawmann (R4)

[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 nicole.canterburypassoth@cuanschultz.edu.

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