

Pathology Newsletter

University of Colorado Anschutz Medical Campus



Words from the PD/APD

Dr. Von Samedi and Dr. Mary Berg

A very happy Fall to you all! We hope you have enjoyed the warm and long days of Summer. As the change of season creeps, the nights are lengthening and the temperature is dropping. For too many of us, our mood might plummet as well. It might be tempting to just close the curtains and hibernate until Spring; however, it is most important that we resist and actually embrace what Autumn brings.

For residency training programs, this change of season coincides with the recruitment season. This is very exciting! A lot goes into recruiting our next cohort of learners. Our success heavily depends on all of us: faculty members, current residents, alumni and staff alike. Fortunately, here at the University of Colorado, we have a fantastic group dedicated to this process, whether through primary application reviewing, interviewing, scheduling, etc... If you have never participated, you should volunteer. It is very rewarding to interact with the next generation of pathologists and the rising leaders in our field. Some of the brightest minds have chosen pathology as a career and have applied to our program. What an opportunity for us!

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Words from the PD/APD cont.

In this issue, we want to bring the spotlight on one of our most talented faculty members, Andrea Hartwick. She is the lead Pathology Assistant who oversees the day-to-day operation of the surgical pathology grossing room. Ms. Hartwick supervises three talented Pathology Assistants. Despite her demanding administrative duties, she always finds time to teach and nurture learning in our residents, whether at the bench or in the classroom.

Ms. Hartwick is instrumental in all educational strategic planning for the trainees' experience in the gross room. Thank you Andrea!

Before we say goodbye to Summer 2022, we must also welcome all the new additions to our pathology family. Many pathology faculty members and residents have given birth to healthy beautiful babies. They certainly will warm the Fall days with lots of smiles and giggles. Lastly, the most effective way to lift your mood is to get out into the fresh air. If you are able, head out for some crisp autumnal walks or hikes with your loved ones. Your body and mind will thank you.

Faculty Spotlight

University of degree

Rosalind Franklin University of Medicine and Science, Master of Science in Pathologists' Assistant Studies

Rosalind Franklin University of Medicine and Science, Master of Science in Healthcare Administration

Where did you grow up?

Buffalo Creek, Colorado and Mooresville, North Carolina

What are you most proud of?

I'm proud of my lab and staff. I am very proud of how well we work together, and process specimens to deliver quality care for our patients. I am also proud that even though we typically have a lot to accomplish day to day, we still manage to have fun and support each other. Another big point of pride comes every time I teach or work with a resident on a grossing skill/concept, one that maybe they had struggled with at some point, and that same resident goes on to teach that skill or concept to a junior resident/medical student.

Favorite thing to do in Colorado?

Camp and go to concerts

Best place you've ever traveled?

Prague, Czech Republic and Iceland

Who had the greatest influence on your education and/or career path?

The Surgical Pathology Lab team and Pathology Department at the University of Nebraska Medical Center with Travis Rinehart, MS PA(ASCP)cm as my preceptor and their lead Pathologists' Assistant. I spent my clinical year of grad school there, and they showed me how to not only be a competent and knowledgeable PA, but also what kind of lab I want to work in and what kind of people I want to work alongside. I can't say enough positive things about the people, the quality of work they do and the profound effects it had on me as a student, and it continues today. In my head I sometimes think, 'what would Travis do?', or 'what would Dr. West do?' and I [usually] can find my answer, or I call them up and ask.

Most impactful part of your job? That it's not about me. It doesn't matter what kind of day I am having or if I want to work that day. Our patients are here because they trust the whole institution to take care of them when they need it. I can always make sure that I do my best for them. It may be my 4th colon cancer case that day, but it's their first and only and I will always find all of the lymph nodes and treat all of them like they are my most important specimen of the day. If you think about it, I, and all grossers, have a significant impact on patient care, diagnoses, prognoses, and treatment plans for people which is directly impacting their futures. I will put all my personal issues/feelings aside because it's their life in my hands.

What advice would you give to your younger self or someone still pursuing their education?

For me, the jury is still out if you should pick something you love in pursuit of a career, but my advice would be to make sure you pick something that means something to you. Something that whether it's a good day or bad day so that your education and/or career has meaning. I don't think it has to be big and profound; I'm confident it could be something small, but it must be something. I would encourage picking an education and career path that you want to do even if it's going to be a mediocre day, or you know it's going to be bad. Everyone can get excited about good days, easy days, or the most thrilling parts of a job, but to show up and do the hard work when it becomes routine, or a string of 'ok' days is where it gets real. There should be plenty of things to get excited about, but you persevere and make a difference through the strings of 'normal' days.



Andrea Hartwick

MHA, MS PA(ASCP)

Gross Room Manager -Instructor - Pathologists' Assistant

OUR RESIDENTS

Resident Getaway



Renaissance Fair



Hiking in Colorado Springs



OUR RESIDENTS

Celebrations!



Elena's September wedding in Santa Fe!



Elyssa
welcomed baby
Rory in August!



Our Residents

PUBLICATIONS

Ellie Hong

"Tissue Displacement Versus Two Primary Colorectal Carcinomas? A Case Report on the Utility of Comparative Sequencing" - Published in JCO Precision Oncology October 14th, 2022

Chike Nwabuo

- "Low endogenous estradiol levels are associated with elevated risk of cardiovascular disease mortality in young and middle-aged men in the United States" - PMID: 36210243
- "Perceived neighborhood social cohesion and the 10-year risk of cardiovascular disease in low- and middle-income countries: The World Health Organization Study on Global Aging and Adult Health" - PMID 36001938
- " PDAY risk score predicts cardiovascular events in young adults: the CARDIA study" - PMID 35139198

Susie Potterveld

"Primary Carcinoid Tumor of the Prostatic Urethra: Case Report and Review of the Literature" - Poster Presentation at ASCP 2022

Did you know?

The university has opened a wellness room in the Anschutz Outpatient Pavillion for staff, faculty, and students to use to rest and take time for yourself. There will be massage chairs, a VR experience, nature-filled projection space, reading materials, and more. Hours vary - contact Jennifer.Ricklefs@uchhealth.org with questions. Located in AOP 2005 alcove, east of the AOP elevator C, 2nd floor.

UPCOMING EVENTS

OCTOBER 29TH, 2022

BOOS AND BREWS HALLOWEEN 5K

Number Thirty Eight Brewing 7:30am

TBD

ANNUAL HOLIDAY PARTY

Anschutz Campus

NOVEMBER 18TH-DECEMBER 23RD

CHRISTKINDLMARKET

Denver

NOVEMBER 18TH-DECEMBER 31ST

MILE HIGH TREE LIGHTING

Denver