

Internal Medicine Residency Program Primary Care Electives 2024 - 2025

- **Addiction Medicine Elective**

- **Director:** Dr. Katie Ochoa (Katherine.Ochoa@dhha.org)
- **Restrictions:** PC Elective – Primary care residents will get priority but all tracks will be considered.
- **Description:** This is a 4 week, primarily outpatient elective focused on learning the spectrum of care for patients with substance use disorders. Based at Denver Health, residents will work with providers and other team members at OBHS, primary care clinics, inpatient Consult Liaison service, certified addiction counselors, psychiatry and others. Objectives of the elective include: implementing screening techniques for unhealthy substance use; expanding motivational interviewing techniques; interpreting urine drug screens; recognizing multidisciplinary approach to treating SUD, including community resources; diagnosing and treating opioid use disorder (including prescribing suboxone) and alcohol use disorder (including prescribing naltrexone) in the outpatient setting.
- **Location:** 2.5% Harm Reduction Center, Eastside 5%, Sloans Lake 5%, Webb 2.5%, Westside 5%, DH 80%.
- **Ambulatory %:** 90
- **Reviewed/Revised:** 1/23/2024

- **Cardiology for the Primary Care Resident**

- **Director:** Dr. Yasmin Sacro (Yasmin.Sacro@dhha.org)
- **Restrictions:** Only available to PC residents
- **Description:** In this rotation residents gain experience in ambulatory cardiology specifically tailored to suit residents' needs. Residents will rotate at South Denver Cardiology clinic, a large private general cardiology group with senior partners who are former UCH faculty. Education includes general cardiology learning and time interpreting echocardiograms, nuclear stress tests, and doing treadmill tests. There is potential opportunity to spend portions of this rotation with Denver Health faculty/providers in general cardiology, electrophysiology, and Healthy Hearts clinic as well. This is a great opportunity for those seeking to practice and augment their outpatient cardiology skills.
- **Location:** South Denver Cardiology and Denver Health, as available
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/31/2024

- **Denver Health Urgent Care**

- **Director/Coordinator:** Dr. Lindsey Fish (Lindsey.Fish@dhha.org)
- **Restrictions:** PC Elective – Primary care residents will get priority but all tracks will be considered.
- **Description:** Denver Health offers this elective at the Pena Southwest Urgent Care Clinic, a clinic providing care to patients of all ages. In this setting, there is a wide variety of cases in medicine, surgery, gynecology, orthopedics and other fields. This elective offers a unique experience that most internal medicine residents don't get elsewhere in their training. The resources at the clinic include, bedside ultrasound, x-ray and labs. Resident autonomy and independent decision-making are stressed. You will see a broad spectrum of acute and sub-acute conditions that will present to your office as a practicing general internist, often requiring

entirely different management skills than you have acquired on the wards. You will suture lacerations, perform incision and drainage of abscesses, diagnose acute appendicitis, tap a hot joint, manage a complication of early pregnancy, or treat a straightforward case of strep pharyngitis or COVID-19. Residents tell us our biggest strengths are our great staff, tremendously varied patient population and wide variety of medical conditions treated. The schedule of 40-45 hours per week will be primarily Monday through Friday business hours, but may include occasional evening shifts to ensure adequate clinical supervision.

- **Location:** DH Pena Southwest Urgent Care Clinic
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/23/2024

- **Dermatology at Kaiser**

- **Director:** Dr. Tina Suneja (tina.x.suneja@kp.org)
- **Restrictions:** Only available to PC residents
- **Description:** The Primary Care Dermatology Elective will provide residents with an opportunity to recognize and treat acute and chronic skin conditions in a specialty setting. Residents will learn focused skin history and exam, how to recognize and describe common skin conditions, as well as perform basic dermatology procedures. Residents will learn how skin conditions are related to or reflective of systemic disease. There will be focus on skin malignancy screening as well as when it is appropriate to pursue dermatology consultation.
- **Location:** 90% Kaiser / 10% VA
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/31/2024

- **Ambulatory Endocrinology at Denver Health**

- **Director:** Dr. Rocio Pereira (Rocio.Pereira@dhha.org)
- **Coordinator:** Allyson Wedley kendra.burghardt@dhha.org
- **Restrictions:** Only available to PC residents, must be available Wednesday afternoons.
- **Description:** Residents will work at Denver Health in the Endocrinology outpatient clinic. Residents will work with faculty and interprofessional teams with a focus on endocrine/metabolic disorders ranging from diabetes, thyroid and parathyroid disorders, pituitary and adrenal disorders, bone mineral disease, and obesity. There will be significant focus on metabolic disorders, specifically, assessment, investigation, and management of diabetes. Residents will spend time in endocrinology consult clinic at the main Denver Health hospital and will work closely with faculty as well as nurses/nutritionists to learn and be able to counsel patients in glucometer teaching, nutritional guidance, carbohydrate counting, and insulin pump management. They will have opportunity to spend time with the Denver Health Diabetes Prevention Program and the Healthy Lifestyle Program. Great elective opportunity for residents with particular interest in managing chronic metabolic diseases in underserved populations and investigating resource access for vulnerable patients.
- **Location:** DH
- **Ambulatory %:** 100
- **Reviewed/Revised:** 2/21/2024

- **HIV and Urban Underserved Elective**

- **Director:** Dr. Mariah Hoffman (Mariah.Hoffman@dhha.org)
- **Restrictions:** This is a required rotation for PC residents who wish to enter the HIV longitudinal program but is open to all interested.
- **Description:** This 4-week elective is offered for those who wish to learn the spectrum of care for patients living with HIV in an urban underserved setting. This elective will expose residents to the full spectrum of care for patients living with HIV as well as HIV prevention methods. Integrated into the care of persons at risk of, or who are already living with HIV, our residents will be exposed to STI treatment and prevention, substance use disorders, hepatitis C, and other social determinants that shape the health outcomes of this population. Clinical sites may include HIV and infectious disease clinics at DH and UCH, clinics and organizations focused on substance use disorders, HIV testing and prevention sites, the DH public health clinic, and correctional care facilities. Didactics from community experts, case discussions, and journal clubs will also be incorporated into this elective. With completion of the elective, residents will have the knowledge and skills to provide guideline-based HIV care including prevention with PrEP, primary care and preventive services specific to patients living with HIV, initiation of antiretrovirals, and management of complications of treatment including viral resistance and drug toxicity. This is a required rotation for PC residents who wish to enter the HIV longitudinal program but is open to all interested.
- **Location:** Eastside 10%, Harm Reduction Center 2.5%, Webb 10%, Westside 5%, DH 72.5%.
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/23/2024

- **Genetics - Adult Medical Genetics**

- **Director:** Dr. Matthew Taylor (Matthew.Taylor@CUAnschutz.edu)
- **Restrictions:** This rotation is very limited. Contact Dr. Taylor for availability.
- **Description:** Genomic medicine, including medical genetics and precision medicine, is a rapidly expanding area of medicine. Advances in molecular genetic testing (diagnostics), precision medicine (predictive medicine), and rare disease therapeutics (small molecule, siRNA, gene therapies, etc.) are increasingly relevant to the 21st century internist. In this outpatient clinical rotation, residents are exposed to medical genetics and genomics patients and education through working in the Adult Medical Genetics Clinic with a board-certified internist-geneticist. Topic areas include: diagnosis, physical exam of genetic patients, molecular genetic analysis, pharmacogenetics, therapy of rare genetic disorders, genetic counseling, and the interface between translational science and clinical genetics practice. As medical genetics is generally unfamiliar to many internists, this rotation is designed to help bring internists into the 21st century and be prepared to engage in genomic and precision medicine. Additionally, as there are ~10,000 rare disorders affecting ~10% of the overall population and, increasingly, patients with rare disorders survive into adulthood, developing the clinical skillset to work in this thriving area of medicine. Starting in 2024 we anticipate that active gene therapy trials will be ongoing and residents will learn about gene therapy and might (based on timing of rotation) be able to engage in gene therapeutics during the rotation.
- **Location:** UCH
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/23/2024

- **Obesity Medicine**
 - **Director** Yasmin Sacro: yasmin.sacro@dhha.org
 - **Restrictions:** PC Only. Please contact Dr. Yasmin Sacro or the PC Coordinator for Thursday/Friday scheduling.
 - **Description:** This elective aims to teach internal medicine residents about lifestyle/behavioral, pharmacologic and procedural techniques for weight management and the most common chronic diseases linked to obesity. Ability to counsel on nutrition and appropriate communication with patients with obesity will also be a focus as modeled by nutritionists, physicians, and interdisciplinary team. More than half the elective will be spent with weight management clinic at Anschutz Health & Wellness Center; the remainder of the time will be spent at Denver Health, Health Lifestyles Clinic, Bariatric Clinic, and community organizations addressing food insecurity.
 - **Location:** 60% Anschutz Wellness Center / 40% DH
 - **Ambulatory %:** 100
 - **Reviewed/Revised:** 1/31/2024

- **Palliative Care and Hospice**
 - **Director:** Dr. Jeanie Youngwerth (Jean.Youngwerth@CUAnschutz.edu or 720-848-8530)
 - **Description:** This month is designed to provide the resident with exposure to palliative care with an option for hospice experiences. The focus of the rotation is on care for people living with serious illness and their loved ones. Skills covered include acute pain and non-pain symptom management, advanced communication and complex family meetings, goals of care clarification, advance care planning, end-of-life transitions, and the interdisciplinary team approach to serious illness. Residents will integrate into the interdisciplinary team for the care of patients. Didactic education sessions twice weekly, in addition to weekly palliative medicine conferences. There are no weekend or evening call responsibilities.
 - **Location:** UCH
 - **Ambulatory %:** 0-50
 - **Reviewed/Revised:** 2/7/2024

- **PC Practice Setting Exploration: Private Practice Month (Internal Medicine Clinic)**
 - **Director:** Dr. Yasmin Sacro (Yasmin.Sacro@dhha.org)
 - **Restrictions:** Only available to R2 and R3 PC residents with PC PD's approval
 - **Description:** An excellent opportunity to participate actively in a busy internist community based practice located at Arapahoe and Potomac Street in Centennial with a variety of managed care plans (HMOs, PPOs, POS, and indemnity insurance). In addition, they participate with several Medicare Advantage Care Plans for seniors. We are also part of a large ACO managed by Physician Health Partners (over 200+ primary care physicians). Multiple opportunities to learn, joint injections, skin biopsy, etc. Learn to code, refer, pre-authorize, use superbills and understand the myriad variations of insurance reimbursement. Some exposure to overhead and traditional office expenses. Opportunities to attend peer review, medical staff leadership, nursing home directorship meetings, IPA Utilization Management and other IPA related meetings, and quality management meetings. A terrific opportunity to get accustomed to practicing in the real world. They are affiliated with the Medical Center of Aurora and Parker Adventist Hospital. Site contacts: Dr Alan Aboaf
 - **Location** Dr. Aboaf's Internal Medicine Clinic in Centennial
 - **Ambulatory %:** 100
 - **Reviewed/Revised** 1/31/2024

- **Primary Care – Practical Orthopedics for Internal Medicine**

- **Director:** Dr. Yasmin Sacro (Yasmin.Sacro@dhha.org)
 - **Restrictions:** PC Track ONLY. R2-R3 only.
 - **Description:** A Denver Health take on a popular rotation with focus on practical orthopedic and sports medicine skills for primary care. Rotate through sports medicine, podiatry, and orthopedics to learn and practice advanced joint exams, joint injections as available, and approaches to common musculoskeletal problems. The rotation will focus on practicing initial diagnostic steps and determining when to refer to PT/OT, pain psychology when available, and/or surgical specialists.
 - **Location 100% DH Western Orthopedics**
 - **Ambulatory %:** 100
 - **Reviewed/Revised:** 1/31/2024
- **Preceptorship Indian Health Service**
 - **Director:** Dr. Yasmin Sacro (Yasmin.Sacro@dhha.org)
 - **Restrictions:** Priority to PC & Upper Level Residents only.
 - **Description:** Residents can take advantage of wonderful opportunities with Indian Health Services with current approved site options: Chinle, Whiteriver, or Phoenix, Arizona; or Shiprock, NM. Please note these are offsite rotations and are subject to availability given learner demand from across the nation. Residents will practice the full spectrum of internal medicine including outpatient clinics and inpatient rounding, if desired, in this unique practice setting. During this rotation, residents live on the reservation affording them an opportunity to become fully immersed in the unique culture and community needs of the reservations. Please contact Yasmin.Sacro@dhha.org for location preferences at the beginning of academic scheduling, and also notify her for any change/cancellation 6 months in advance. Vacation may not be allowed.
 - **Location:** Indian Health Sites in Chinle AZ, Phoenix AZ, Whiteriver AZ, or Shiprock NM
 - **Ambulatory %:** 100
 - **Reviewed/Revised:** 1/31/2024
- **Preceptorship Refugee Health**
 - **Director:** Dr. Jamaluddin Moloo (Jamaluddin.Moloo@CUAnschutz.edu)
 - **Restrictions:** Priority to PC.
 - **Description:** Global health locally! The rotation will afford residents a unique perspective to refugee populations and the many barriers faced by many immigrant and lower income patients. You will be immersed within the community setting and work directly with refugee patients and their families. Activities include home visits, outreach to senior centers and providing community based education. The rotation is unlike most clinical rotations (including those embedded within safety net systems). The experience will afford a unique understanding of the barriers faced by our patients and will help you to optimize the care of your future patients! Please reach out to Dr. Moloo with any questions.
 - **Location:** Community-based
 - **Ambulatory %:** 100
 - **Reviewed/Revised:** 1/20/2021
- **Preceptorship Rural Underserved**

- **Director:** Dr. Yasmin Sacro (Yasmin.Sacro@dhha.org)
 - **Restrictions:** Priority to PC. (R2-3s only)
 - **Description:** Residents will spend the entire elective block at a rural site of their choosing. We have established rural clinical sites through prior resident rotations and the Primary Care Track alumni network, such as Montrose and Glenwood Springs, CO. Focus will be to develop physician skills most vital to the needs of rural communities. This may involve outpatient and inpatient clinical care, procedural skills and urgent care. It will provide residents with exposure to the benefits and challenges of working and living in a rural community. Limited funds for travel and accommodations may be available to PC Track residents. This is a great opportunity for self-directed, highly motivated, and community-oriented residents who seek one-on-one teaching in a unique setting. Out of state rural clinical sites may be considered with approval of PC Program Director. Please discuss location preferences with Yasmin.Sacro@dhha.org at least 9-12 months in advance.
 - **Location:** Montrose, Gunnison, or Billings
 - **Ambulatory %:** 100
 - **Reviewed/Revised:** 1/31/2024
- **Preceptorship Urban Underserved**
 - **Director:** Yasmin Sacro: yasmin.sacro@dhha.org
 - **Restrictions:** PC Track PRIORITY (R1-3)
 - **Description:** Learn about and practice in the safety network that serves Denver. Having the opportunity to spend a month at a single clinical site will allow residents to experience the rewards of providing primary care to vulnerable populations in our county. Residents can choose (limited to availability and approval by Primary Care PD): Colorado Coalition for the Homeless (formerly Stout Street Clinic - R2/3s only), Denver Health Immigrant & Refugee Health, or one of Denver Health's FQHC Teaching Clinic sites (Eastside, Westside, Webb, or Sloans Lake).
 - **Location:** Denver Health
 - **Ambulatory %:** 100
 - **Reviewed/Revised:** 1/31/2024
- **Psychiatry for the General Internist**
 - **Director:** Dr. Elizabeth Lowdermilk (Elizabeth.Lowdermilk@dhha.org)
 - **Restrictions:** Priority to PC.
 - **Description:** There are 3 sites that will be available for the psychiatry rotations – Denver Health, Mental Health Center of Denver, and VA. Residents can specify which site(s) they would prefer based on their offerings at each site, and we will make every attempt to accommodate educational requests during these months. Please request your preferred sites from Dr. Yasmin Sacro.
 - *Didactic- if the resident does not have their IM Wednesday Morning Session, he/she will attend the psychiatry didactics at 500 Bldg on Anschutz Campus.
 - Clinic experiences can include:
 - Denver Health (Dr. Liz Lowdermilk) Intake evaluations, treatment of mental health conditions in primary care, common psychiatric diagnoses such as anxiety and mood disorders, substance use disorders, women's health clinics for pregnant females, and psychiatric emergency services. This is the main site for this rotation.
 - VA (Dr. Mitzi Wasserstein) The C-L setting lends itself to a large variety of psychiatric issues and illness severity, which correlates well with the pathology

that Internal Medicine residents will likely see in their future practice. In this setting, residents will get experience in diagnostic formulation, assessing for suicidality and violence, determining pharmacotherapy, and some basic principles of psychotherapy in patients with comorbid medical and mental health issues. Additionally, the C-L service conducts geriatric psychiatry consults for inpatient med/surg at the VAMC, so IM residents will be able to evaluate, assess and develop treatment recommendations for geriatric patients as well as younger veterans. The residents work on an interdisciplinary team along with Psychiatry attendings and residents, MSIII and MSIV students, and, intermittently, Pharmacy residents, Neurology residents, and Nursing students. This provides a valuable opportunity for collaboration and mutual education. Time is regularly set aside for seminars with attending psychiatrists covering major topics in psychiatry. Some outpatient mental health experience may be available upon request.

- Optional: Mental Health Center of Denver (Dr. Michelle Cleeves) Spend a day per week at the outpatient clinic at MSCD working with our PC residency graduates!
- **Location:** DH, VA
- **Ambulatory %:** 60

Reviewed/Revised: 2/21/2024

- **Research – Primary Care**

- **Director:** Dr. Jacinda Nicklas (Jacinda.Nicklas@CUAnschutz.edu)
- **Restrictions:** Available to PC only.
- **Description:** The objective of participating in primary care research is to allow residents exposure to the process of conducting research while exploring issues that are relevant to them. As a secondary objective, we encourage presentation of research results at regional or national meetings as well as publication in a peer-reviewed journal. Proposals can include literature reviews, pilot studies, working on existing studies, data analysis and manuscript preparation. Prior to beginning the research month, residents must identify a research mentor who will be able to work closely with them to achieve the above goals. Dr. Nicklas will provide oversight to the research program and can assist in identifying research mentors, defining projects and obtaining research funding. She will also be available to provide study design and analytic advice. Once a research elective is scheduled, the resident must complete a short research elective application form that is signed by their mentor for review and approved by Dr. Nicklas at least 60 days prior to the rotation. This step is to ensure your research project is appropriate for a resident, including feasibility within the length of time available. We also want to ensure that any necessary regulatory requirements for the research are in place. It is always a good idea to also speak to other residents who have been involved in research about their experiences.
- **Location:** N/A
- **Ambulatory %:** NON-CLINICAL
- **Reviewed/Revised:** 1/30/2024

- **Systems Based Practice**

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- **Director:** Dr. David Elwell (David.Elwell@dhha.org)
- **Coordinator** Kendra Burghardt kendra.burghardt@dhha.org
- **Restrictions:** Offered once a year in spring. Priority to PC.
- **Description:** Residents learn about the health care system, participate in high level medical decision meetings, and meet many of the people around town who make policy decisions.

Designed to give residents a glimpse “behind the curtain” of how the health systems around us are driven, financed, operated, and managed. We would encourage people to do the elective if you think you are going to like the topics (understanding healthcare systems, what’s Medicare/Medicaid, who pays, how do you define “quality”, how are coverage decisions made and who is making them?) This elective is more didactic-heavy and relies on the ability to gather residents in group on the same days to meet faculty and providers. In order to maximize the experience, a week vacation may be pre-determined.

- **Location:** DH
- **Ambulatory %:** NON-CLINICAL
- **Reviewed/Revised:** 2/20/2024

- **Women’s Health/Neurology**

- **Directors:** Dr. Michelle Cleaves (Michelle.Cleaves@dhha.org)
- **Coordinator** Kendra Burghardt kendra.burghardt@dhha.org
- **Restrictions:** PC Track ONLY (R2-3).
- **Description:** This provides residents exposure to several diverse outpatient clinical experiences including gestational diabetes, metabolic bone disease, and breast clinics, high risk OB, and pelvic pain clinics. Residents will gain exposure in the diagnosis and treatment of sexually transmitted infections, performance of well-woman examinations, contraception, treatment and management of abnormal pap smears, workup of abnormal and dysfunctional uterine bleeding, diagnosis and work-up of incontinence, including urodynamics, and hormone therapy counseling. Additionally residents will gain clinical experience in Neurology including diagnosis and management of headaches, multiple sclerosis, movement disorders, memory disorders and epilepsy. Residents will have the opportunity to practice their neurologic physical exam and expand their understand of neurologic conditions in primary care.
- **Location:** Sloans Lake 2.5%, Webb 5%, Westside 5%, La Casa Family Health Center 2.5%, Westwood Family Health Center 2.5%, DH Pena Southwest Care Clinic 2.5%, Eastside 7.5%, DH 52.5%, UCH 12.5%, AF Williams Clinic 2.5%, VA 5%.
- **Ambulatory %:** 100
- **Reviewed/Revised:** 2/1/2024