

Internal Medicine Residency Program Primary Care Electives 2023 - 2024

- **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:** Denver Health clinics (70% of time), DH Hospital (10% of time), Community Sites (20% of time)
- **Ambulatory %:** 90
- **Reviewed/Revised:** 2/1/2023

- **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:** 1/8/21

- **Complementary and Integrated Health (CIH)**

- **Director:** Dr. Francie Palmer (Frances.Palmer@CUAnschutz.edu)
- **Restrictions:** PC Elective – Primary care residents will get priority but all tracks will be considered.
- **Description:** This elective is designed to help residents develop a broad understanding of complementary and integrative therapies. Residents work with University, Kaiser and community providers who specialize in various complementary and integrative health healing disciplines, including acupuncture, naturopathy, yoga therapy, hypnosis, meditation, and shamanism. Residents must truly be interested in learning more about CIH therapies and are required to submit 1-2 paragraphs to the elective director outlining their interest in CIH (what they hope to gain from the rotation and how they will apply knowledge gained in their future

practice). In order to maximize the experience, your predetermined vacation in your cohort may need to be changed as this elective relies on the ability of residents to gather on the same days to meet with certain providers. This rotation is offered to 2 residents per 3-4 week block during the following months: 1 rotation in fall (Sept-Nov), 3 rotations in spring (Jan-June). This rotation is not offered over holidays.

- **Location:** UCH
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/8/21

- **Clinical Nutrition**

- **Director:** Dr. Francie Palmer (Frances.Palmer@CUAnschutz.edu)
- **Restrictions:** PC Elective – Primary care residents will get priority but all tracks will be considered.
- **Description:** Optional during CIH. This one-two week elective focuses on active learning through time with registered dietitians, mid-level nutrition providers, and physicians who run nutrition specialty clinics. Experiences are scheduled based on resident's areas of interest and career goals, as well as clinic and preceptor availability.
- **Location:** UCH
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/20/21

- **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 radiology and labs. You may have the opportunity to work with the dental department, podiatry and sports medicine in this setting. 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 or weekend shifts to ensure there are only one or two residents in the clinic at a time.
- **Location:** DH Pena Southwest Urgent Care Clinic
- **Ambulatory %:** 100
- **Reviewed/Revised:** 2/1/2023

- **Dermatology at Kaiser**
 - **Director:** Dr. Tina Suneja (tina.x.suneja@kp.org)
 - **Restrictions:** Only available to PC residents
 - **Description:** This one month of out-patient dermatology clinic in a multi-specialty group setting is one of our most popular! Residents achieve independence with basic dermatology diagnosis, treatment and biopsy procedures.
 - **Location:** Kaiser
 - **Ambulatory %:** 100
 - **Reviewed/Revised:** 1/8/21

- **Ambulatory Endocrinology at Denver Health**
 - **Director:** Dr. Rocio Pereira (Rocio.Pereira@dhha.org)
 - **Restrictions:** Only available to PC residents
 - **Description:** Residents will work in a variety of outpatient endocrinology settings based in Denver Health's urban safety net ambulatory care. 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 as well as satellite community clinics within 20 minute drive of DH campus (ability for own transportation recommended). Residents 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. 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:** 1/31/2022

- **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:** DH (80% time) and UCH (20% time)
- **Ambulatory %:** 100
- **Reviewed/Revised:** 2/1/2023

- **Adult Medical Genetics**

- **Director:** Dr. Matthew Taylor (Matthew.Taylor@CUAnschutz.edu)
- **Restrictions:** This rotation is very limited. Contact Dr. Taylor for availability.
- **Description:** An outpatient clinical rotation designed to expose the internist in training to adult medical genetics practice covering: diagnosis, physical exam of genetic patients, molecular genetic analysis, pharmacogenetics, therapy of rare genetic disorders, 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.
- **Location:** UCH
- **Ambulatory %:** 100
- **Reviewed/Revised:** 2/1/2023

- **Obesity Medicine**

- **Director at UCH (Mon – Fri):** Dr. Adam Gilden (Adam.Gilden@CUAnschutz.edu)
- **Coordinator at UCH (Mon – Fri):** Kristy Truesdale (Kristy.Truesdale@CUAnschutz.edu)
- **Restrictions:** PC Only. Please contact Dr. Yasmin Sacro or the PC Coordinator for Thursday/Friday scheduling.
- **Description:** In this rotation, we will learn about lifestyle, pharmacologic and procedural techniques for weight management and the most common chronic diseases linked to obesity. Learners will spend Monday through Wednesday in the weight management clinic at the Anschutz Health and Wellness Center. Thursday and Friday will be spent at the Denver Health Healthy Lifestyles Clinic. This is an outpatient elective which requires no call or weekends.
- **Location:** Anschutz Health & Wellness Center (UCH), DH
- **Ambulatory %:** 100
- **Reviewed/Revised:** 11/4/2022

- **Palliative Care and Hospice**

- **Director:** Dr. Jeanie Youngwerth (Jean.Youngwerth@CUAnschutz.edu or 720-848-8530)
- **Restrictions:** PC Elective – Primary care residents will get priority but all tracks will be considered.
- **Description:** This month is designed to provide the resident with exposure to both palliative care and hospice experiences, including inpatient/outpatient hospice, and hospital palliative care consultative services (University Hospital with options for ambulatory care). The focus of the rotation is on care for the seriously ill 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, Lutheran Hospice Collier Center (DH)
- **Ambulatory %:** 25-50
- **Reviewed/Revised:** 1/20/2021

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

- **Director:** Dr. Yasmin Sacro (Yasmin.Sacro@dhha.org)
- **Restrictions:** Only available to Primary Care residents and limited to one resident per month.
- **Description:** This popular rotation has been rated as one of the most valuable outpatient experiences. Practical experience with a personable, superb clinician-educator with Dr. Ted Parks. Learn excellent joint exam skills and injection techniques, plus the opportunity to go to the OR and understand what primary care physicians need to know before referring a patient for elective orthopedic surgery. Additional opportunity to spend a couple of sports medicine clinic sessions with a DH or University physician for interested residents.
- **Location:** Western Orthopaedics (majority), University/DH
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/08/21

- **PC Practice Setting Exploration: Internal Medicine Clinic (Cherry Creek) CU Denver**

- **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 6 internist, 1 NP community-based practice located at 360 S. Garfield St, Suite 500, Denver, CO 80209. Our clinic is uniquely positioned as a CU School of Medicine clinic that is not located on the hospital campus. The clinic was in private practice until November 2015 when it joined CU. We have the benefit of running like a private practice, yet having the backing and resources of the University, including running Epic. We are also fortunate enough to have a case manager, integrated behavioral health, and clinical pharmacy on site as part of the practice. Multiple opportunities to learn outpatient management, joint injections, skin biopsies, etc. Learn to code, refer, schedule testing, pre-authorize, use superbills, and understand the business of outpatient practice. Opportunity to participate in ongoing process improvement/PCMH meetings while at the clinic. A terrific opportunity to get accustomed to practicing in the real world. This rotation is open to residents looking for a better understanding of outpatient internal medicine practice. Site contact Dr. Robert Doolan, 303-315-6046, Robert.doolan@ucdenver.edu
- **Location:** Denver Practice
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/8/2021

- **PC Practice Setting Exploration: Kaiser Month**

- **Director:** Dr. Yasmin Sacro (Yasmin.Sacro@dhha.org)
- **Restrictions:** Only available to R2 and R3 PC residents with PC PD's approval Director's approval
- **Description:** Kaiser Permanente is a non-profit integrated health system (primarily HMO with some PPO and high-deductible plans) caring for more than 450,000 members in 17 clinics

throughout Denver and Boulder. Primary care internists host residents at their clinic site where the resident will work with 2-3 internists seeing patients, performing clinic-based procedures, attending CMEs and business-related meetings of interest.

- **Location:** Denver and near counties, as available
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/8/2021

- **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 3 internist, 1 PA, 1 NP 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 and participate in one of the CMS initiatives known as the Medicare Shared Savings Program (MSSP). 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, Burroughs, Gilmer
- **Location:** Main office in Parker, Satellite office in Aurora
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/8/2021

- **PC Practice Setting Exploration: Private Practice Month (Rose)**

- **Director:** Dr. Yasmin Sacro (Yasmin.Sacro@dhha.org)
- **Restrictions:** Only available to R2 and R3 PC residents with PC PD's approval
- **Description:** Busy private practice with former CU grads at Rose with the possibility of doing some treadmills during the month as well.
- **Location:** Denver
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/8/2021

- **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 in Arizona, New Mexico, Cherokee and Alaska with the Indian Health Service. Please note these are offsite rotations and can be used to meet PC underserved preceptorship requirement in second year. Residents will practice the full spectrum of internal medicine including outpatient clinics and inpatient rounding 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 found on

the reservations. Please contact Yasmin.Sacro@dhha.org for the location request at the beginning of academic year, and also notify her for any change/cancellation 6 months in advance. Vacation may not be allowed.

- **Location:** AZ, NM, AK
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/8/2021

- **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.
- **Description:** Residents may choose from a large number of rural clinical sites that incorporate both inpatient and outpatient medicine. Most of these sites qualify for loan repayment and are looking for new internists to join their group. We have some established Colorado rural clinic sites through our Primary Care Alumni network for resident opportunities. As long as meeting elective requirements, out of state rural clinical may be considered as well. Please request the location(s) you would like from Yasmin.Sacro@dhha.org 6 to 12 months in advance.
- **Location:** rural clinical sites.
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/8/2021

- **Preceptorship Urban Underserved**

- **Director:** Dr. David Elwell (David.Elwell@dhha.org)
- **Restrictions:** Priority to PC.
- **Description:** Available at Refugee Clinic, Colorado Coalition for the Homeless (formerly Stout Street) Clinic, or Denver Health Teaching Clinic sites (Eastside, Westside, Webb, Sloans Lake). Having the opportunity to spend a month at a single site will allow residents to experience the rewards of providing primary care to underserved populations. NOTE: Stout Street Clinic takes only 2nd and 3rd year residents. These sites will meet PC Underserved requirement in second year.
- **Location:** Denver Health
- **Ambulatory %:** 100

- **Reviewed/Revised:** 1/31/2022

- **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 Cleaves) Spend a day per week at the outpatient clinic at MSCD working with our PC residency graduates!
- **Location:** DH, VA
- **Ambulatory %:** 100
- **Reviewed/Revised:** 1/20/2021

- **Research – Primary Care**

- **Director:** Dr. Joseph Frank (Joseph.Frank@CUAnschutz.edu) and 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. Suggested objectives for the initial

research month include: 1) Conduct complete literature review, 2) Develop research protocol study plan, 3) Confirm data sources, availability and reliability, 4) Develop study timeline. Objectives for subsequent research months are: 1) Conduct proposed study, 2) Data analysis (can include working with a statistical analyst) and interpretation, 3) Preparation of abstract/manuscript, 4) Preparation for abstract presentation at a meeting. Other objectives, including work on existing projects, will be reviewed on a case-by-case basis. 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. Drs. Frank and Nicklas provide oversight to the research program and can assist in identifying research mentors, defining projects and obtaining research funding. They 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. Frank or 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:** 1/8/2021

- **Systems Based Practice**

- **Director:** Dr. David Elwell (David.Elwell@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:** 1/20/2021

- **Women’s Health/Neurology**

- **Directors:** Dr. Michelle Cleaves (Michelle.Cleaves@dhha.org)
- **Restrictions:** Available to PC only.
- **Description:** This provides residents exposure to several diverse outpatient clinical experiences including gestational diabetes, metabolic bone disease, breast and thyroid 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.
- **Location:** Denver Health
- **Ambulatory %:** 100

- **Reviewed/Revised:** 1/16/2020