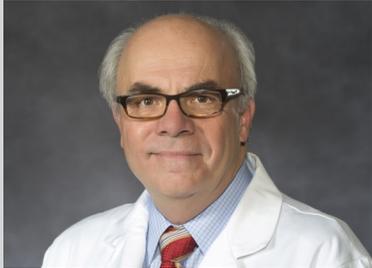


# Progress Notes

A Quarterly Publication of the Department of Internal Medicine

## Message from the Chair



**John E. Nestler, M.D., Department Chair**

The Department of Internal Medicine has a rich history with a legacy of current and past faculty who have been leaders in academia, esteemed investigators and master clinicians and educators. It behooves us to remember and emulate these individuals. They were seminal in the evolution of the Department from its inception in 1927, when it consisted of a single full-time faculty member (the Chairman), to its present-day status as a nationally prominent academic department with 130 physician faculty, 34 PhD faculty, 124 residents and 86 fellows, a top-tier educational program and over \$21 million of annual research expenditures.

It is proper that we honor some of the key faculty who led the Department on this journey, and I am excited that in the months ahead, Dr. Stephanie Call will roll out a renaming of our inpatient house staff teams. No longer will they be known by just a number (e.g. Team 1). Instead, each team will be rechristened and named after one of our past renowned faculty who excelled as a clinician and academician.

So stay tuned as the Department takes a step in recognizing its esteemed history, advancing role models whom we should emulate, and honoring the faculty who helped make us what we are today: a premiere academic Department of Internal Medicine. **IM**



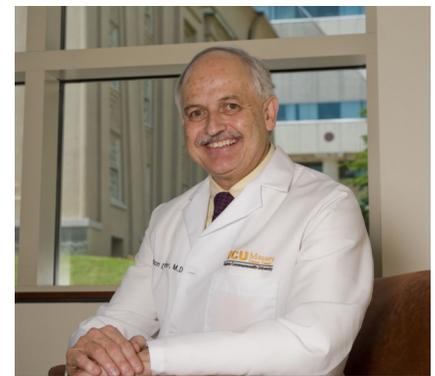
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## Dr. Phoebe Ashley and Dr. Roshi Markley Bring Cardiac Care to the West End at the VCU Cardiology Ridgefield Clinic

VCU Health works hard to be readily accessible to its community, which is a large community, throughout Richmond, central Virginia and beyond. Dr. Kenneth Ellenbogen, Pauley Heart Center's chairman of the Division of Cardiology and director of Clinical Cardiac Electrophysiology and Pacing, saw a need to provide a VCU cardiology presence in Richmond's West End. With that vision, Dr. Ellenbogen hired Dr. Roshi Markley and Dr. Phoebe Ashley to run VCU Cardiology Ridgefield Clinic located at the corner of Pump Road and Ridgefield Parkway in Richmond's West End. Dr. Markley came to the Division of Cardiology in July 2014 and was with the Ridgefield Clinic from the time it opened in August 2014. Dr. Ashley joined her in October 2014.



Drs. Ashley and Markley spend a lot of time educating patients at each visit about ways to improve their quality of life at any stage

the clinic everyday Monday through Friday as a primary adult cardiologist. In general, they are at the clinic three days and downtown two days a week. Aside from the two of them, three pediatric cardiologists, Dr. William Moskowitz, Dr. Kerri Carter and Dr. Scott Gullquist, also rotate through the clinic throughout the week.

Dr. Markley shared the benefits of being seen at the Ridgefield Clinic. She said that for patients who lived west of downtown Richmond, it was much more convenient, with many of the benefits they would've found at the Pauley Heart Center. She explained that Ridgefield Clinic could provide the whole basic picture for a patient. A patient could come in, have laboratory testing, echocardiography and Holter monitoring done in one place on one day. Advanced testing, such as

A native of Eureka, California, Phoebe A. Ashley, M.D., F.A.C.C. M.S. received her medical degree and completed her internal medicine training at the Medical College of Wisconsin before completing her cardiology fellowship at the University of New Mexico Health Sciences Center. Prior to joining VCU as an assistant professor, she served as the medical director of the Oregon Heart and Vascular Institute's Cardiovascular Wellness and Rehabilitation Center and the St. Peter's Rehabilitation Center in the state of Washington. Her expertise includes women's heart health and general and preventative cardiovascular medicine. The area of women's cardiovascular medicine is growing rapidly. Increased education is needed for cardiologists to understand the unique presentations, unique pathophysiology and unique responses to medications that women cardiology patients exhibit. Years ago female patients were expected to be in their 70s and above, but there are now many more younger female cardiovascular patients.

Roshanak R. Markley, M.D., attended the Medical College of Georgia and came to VCU for her residency in internal medicine. She did her fellowship at Vanderbilt and then returned to VCU to join faculty here as an assistant professor. Dr. Markley's main focus is on preventative cardiology. She provides nutritional counseling as a means for cardiovascular problem prevention. Dr. Markley strongly encourages her patients to follow a 90 percent plant-based diet for optimal cardiovascular health, which is scientifically proven to reduce cardiovascular morbidity. It can also reverse the chronic illnesses patients suffer from. Dr. Markley has advanced training in cardiovascular imaging, from echocardiography to nuclear imaging and MRI imaging.

Dr. Ashley and Dr. Markley's VCU Cardiology Ridgefield Clinic is different from many others. Both doctors' styles of practicing medicine embrace the bedside manner of an old fashioned doctor making house calls and combine a great deal of one-on-one time with each patient with the cutting-edge technological advances available only at top tier medical center's such as VCU. Dr. Ashley explained: "This clinic is different. We spend a lot of time with our patients. We do a lot of education at each visit. That is different than a traditional program with high volume through a clinic, and I think our patients appreciate that." The "concierge practice approach" they describe as their philosophy means that the Ridgefield Clinic's physicians spend more time with fewer patients. Drs. Markley and Ashley typically see anywhere from 12 to 18 patients in a day. One of them is at

electrophysiologic studies, stress testing and anything within the Cardiac Catheterization Lab, is still performed downtown at the Pauley Heart Center, and Drs. Markley and Ashley spend two days downtown every week.

The clinic functions like a small clinical practice with the support of a large heart center. Patients can call one number and speak directly with the receptionist to make an appointment. Many patients also comment on how much they enjoy the clinic's ample parking.

The Ridgefield Clinic is one of several outreach clinics VCU Health has implemented over the past few years to reach people in the large and growing community VCU Health serves. Though physically located in a separate space in the Ridgefield Clinic, Drs. Markley and Ashley feel connected to and supported by the Division of Cardiology. They interact with their colleagues in several ways. From an academic standpoint, they attend conferences. They also attend on inpatient service that brings them to VCU downtown between six to eight weeks out of the year. They also read patients' test results, supervise stress tests and do transesophageal echos downtown every week.

Dr. Ashley and Dr. Markley are grateful to be a part of a program where they are able to prioritize spending time listening to patients and providing a lot of education for the patients, without rushing them through the visit. They consider themselves to be educators first. To that end, both Dr. Markley and Dr. Ashley received Distinguished Teaching Awards from the Department of Internal Medicine this past March. As Dr. Ashley put it: "[We] want to help people help themselves. The preventative piece of what we do might help patients to stay out of the Cardiac Catheterization Lab and might provide the tools for patients to become more active and eat better."

Only approximately 10 percent of women who graduate from a residency program in internal medicine decide to go into cardiology, and only five to seven percent of those women practice cardiology after they have completed a cardiology fellowship. VCU Pauley Heart Center is unique in the number of women it has on its faculty. There are currently 11 female faculty members in Cardiology and an additional female faculty member in Cardiothoracic Surgery. Dr. Ashley explained:

*(Continued on page 3)*

"[Being a cardiologist] yields a very busy lifestyle. It is important to find balance in life. We are lucky here that we have so many female faculty members who are helpful to one another and can be advisors to the younger faculty members in matters relating to cardiology but also work-life balance."

In the nearly two years since VCU Cardiology Ridgefield Clinic has opened, patients consistently seem satisfied with the care they receive. This is important to Drs. Markley and Ashley as patient satisfaction is a large indicator of their success as the clinic's leadership team. Dr. Markley commented, "When patients return to us and bring other family members and refer friends, it shows we are providing good care that they want to continue." Dr. Ellenbogen said of Drs. Ashley and Markley:

"I am delighted to have two such talented faculty physicians who joined us almost two years ago ... Both physicians are making huge

contributions to our mission of outstanding clinical care and teaching. Dr. Ashley is involved in teaching at multiple levels and has already developed a reputation for her skills as a clinician and mentor in physical diagnosis and holistic evaluation of the cardiologic patient. Dr. Markley has been involved in developing our outreach cardiology clinics, including Ridgefield, and contributed to our echocardiographic laboratory. Both Drs. Ashley and Markley have made major contributions in providing care and trying to understand the different ways cardiac disease manifests in women."

As they look to the future of the Ridgefield Clinic, Dr. Markley and Dr. Ashley have many ideas for programs aimed at improving patients' quality of life, continuing and expanding patients' nutrition and cardiovascular education and bringing patients together for small group sessions. They believe there is much patients can learn from each other's issues and their methods of coping, recovering and thriving. **IM**

## Congratulations to Dr. Phoebe Ashley Recipient of the ACP Virginia Chapter 2016 Academic Teaching Award

The 2016 meeting of the Virginia Chapter of the American College of Physicians (ACP) kicked off its weekend-long annual meeting on Friday, March 4, 2016, in Charlottesville, Virginia. That evening, Dr. Phoebe Ashley was presented with the ACP 2016 Excellence in Teaching Award by VCU chief resident, Dr. Evan Ritter.

The ACP's Academic Teaching Award presentation began in 2010, however, in 2015 the Chapter decided to change the way the awardee was selected. In the new selection process, the chief residents from each of the state's residency programs were asked to take a vote among their residents and select the faculty member they felt was deserving of this award. Recipients are now able to hear some of the nominating remarks during the awards presentation. The new selection process makes the award more meaningful to recipients since it comes from their students.

One of Dr. Ashley's nominators, Dr. LaTangela R. Smith (PGY1), said of Dr. Ashley in her nominating letter:



Dr. Ashley received her award at the 2016 ACP Virginia Chapter meeting in Charlottesville, Virginia on March 4

"She is an excellent physician and attending. She has a wonderful bedside manner and strives to not only provide superior medical care but to make her patients feel cared for. She is always, always eager and excited to teach and utilizes every teaching opportunity."

Another nominator, Dr. John Holton-Burke (PGY1), added:

"I can say without reservation that her passion for and commitment to patients, residents and fellows' learning goes above and beyond. The way she teaches proper physical diagnostic skills, as well as how to construct a differential diagnosis, is unique and incredibly helpful. She is an outstanding teaching attending and one of the greatest educators I have had the pleasure to learn from."

Benjamin Franklin once said: "Tell me and I forget. Teach me and I remember. Involve me and I learn." Congratulations, Dr. Ashley on receiving the ACP Excellence in Teaching Award for which you were selected by those whom you teach.

## Division of Endocrinology and Metabolism Receives MCVH Auxiliary Grant

For the first time, VCU Health has been recognized by the American Diabetes Association (ADA) as an Education Recognition Program. The recognition identifies VCU Health as a premier medical facility to deliver diabetes care in Virginia. The Division of Endocrinology and Metabolism received a \$10,000 grant from the MCVH Auxiliary to be used to develop a diabetes education tool to provide up-to-date, relevant, and effective diabetes self-management education that will be provided to its diverse patient population. The resource will be provided both online and in a binder format.

## Dr. Gordon Ginder, Director of VCU Massey Cancer Center Knows Clinical Care, Research and Community Support are Key

Gordon D. Ginder, M.D., has served as director of VCU Massey Cancer Center since 1997. In this position, he oversees a cancer center, designated by the National Cancer Institute, that provides outstanding cancer care and conducts groundbreaking research to discover new treatments for cancer. Dr. Ginder, who is a medical oncologist, a member of the Cancer Molecular Genetics research program at Massey and a professor in the VCU Division of Hematology, Oncology and Palliative Care, is soft-spoken by nature, but exudes an infectious enthusiasm for all areas of his work.



Under Dr. Ginder's leadership, VCU Massey Cancer Center has become a world-class treatment center and symbol of hope and advancement

Dr. Ginder never deliberately set out to become the director of a cancer center. His zeal for medicine as a physician scientist led him to strive for excellence, which led to his successful career. In medical school at Johns Hopkins, Dr. Ginder worked in the lab of a pediatric geneticist named Dr. Haig Kazazian. Dr. Kazazian's passion for his work greatly impacted Dr. Ginder. Dr. Ginder shares advice with young people that he gained by observing his mentor and that he followed himself. Dr. Ginder said:

"Find something you are passionate about, and do it really well. Don't be afraid to branch out into something else as you go along, but stick to your core of doing something you have a passion for so you can get up every day anxious to get to work, because you want to be doing the work that you do."

His passion has translated into excellence that has been recognized many times throughout his career. This past August, Dr. Ginder was recognized with the University Award of Excellence at Virginia Commonwealth University's 2015 Opening Faculty Address and Convocation. Awards were presented to faculty members who have distinguished themselves and the university through their commitment to excellence, service, teaching and scholarship.

Dr. Jerry Strauss III, dean of the School of Medicine, said of Dr. Ginder's tenure as Massey's director:

"Under Gordon Ginder's leadership there have been noteworthy advances in cancer diagnosis and treatment as a result of innovative clinical trials stemming from the basic research of Massey Cancer Center investigators. The seamless movement of discoveries from lab bench to bedside has become the hallmark of Massey and the basis for its

well-deserved national recognition."

Under Dr. Ginder's vision and leadership, VCU Massey Cancer Center has become a world-class treatment center. As a result of Massey's most recent strategic plan, Dr. Ginder was able to work with other departments to recruit 40 additional scientific researchers. Most of them are on the MCV Campus, and many are in the DOIM. Now more than 190 faculty members at Massey represent 32 departments in seven schools throughout VCU. Faculty members hold approximately 160 NCI recognized national level peer-reviewed research grants totaling nearly \$37 million per year. There are also 17 Massey Cancer Center investigator-initiated early phase clinical treatment trials based on Massey Cancer Center pre-clinical research findings currently being conducted. Dr. Ginder's faculty members have published over 1,700 peer-reviewed publications in the last five years, and nearly half (45 percent) of these represent collaborations within Massey Cancer Center programs, between Massey Cancer Center programs or with investigators at other institutions.

Always eager to focus on the work of cancer treatment and research rather than personal accolades, Dr. Ginder credits the faculty members for continually advancing Massey. He said of the University Award of Excellence:

"The award to me is an affirmation by my colleagues that they have appreciated the efforts that I have put in here. It's not an award that I consider for myself but really for my colleagues. They made all of the things possible that led to the award. I am grateful to my colleagues for the affirmation, and I'm also acknowledging that it is really my colleagues that made it possible."

Massey is a matrix cancer center, and its relationship with the Department of Internal Medicine is an integral one. Every one of Massey's faculty members, including Dr. Ginder, has a primary appointment in a department within the university, the vast majority of which are on the Medical Campus. The Department of Internal Medicine is particularly aligned with Massey, because the Division of Hematology, Oncology and Palliative Care is the largest cancer clinical group in the institution. Though the majority of Massey's faculty members are on the MCV Campus, there are colleagues from all across VCU, including from Engineering, Physics, Chemistry, Social Work, Psychology and other departments. Part of Massey's mission is to increase what is known about cancer by looking at it from as many different perspectives as possible. Having a physicist study the physical/chemical properties of a cell to predict whether it is going to respond to a targeted agent thrills and amazes Dr. Ginder. He said:

"One of the things that truly is great about VCU and VCU Health, is the collaborative environment. You can't be a director of a cancer center on an island, you have to have tremendous support and collaboration."

Dr. Ginder is proud of Massey's growth since he came on board in 1997. He noted the growth of scientific excellence in terms of research projects, grants and high impact publications, which have significantly increased every year. Notably, Massey's grant funding has gone up continuously despite a flat and declining NIH budget for the last ten years. Dr. Ginder has focused on enhancing clinical excellence. He also gives credit to the clinical departments Massey works with for fostering that clinical excellence. He said being able to work in partnership with some of the departments to recruit or jointly recruit faculty has been vitally important.

*(Continued on page 5)*

Some of Dr. Ginder's most satisfying moments during his tenure as director have been seeing the growth and increased excellence in the clinical faculty.

Dr. Steven R. Grossman, the Dianne Nunnally Hoppes Endowed Chair in Cancer Research at Massey, works closely with Dr. Ginder. Grossman said of Dr. Ginder's leadership:

"[He] has been a remarkable leader and a mentor [to me]. The arc of growth in research and clinical programs for Massey Cancer Center over Gordon's nearly 20-year tenure has been nothing short of amazing. The intangible ingredients that distinguish a successful cancer center director – clinical and scientific leadership, community engagement, fund-raising, advocacy with university and health system leadership – Gordon has mastered fully, and as Deputy Director of the Center, I can only hope to take away as many lessons as possible for my own future career path."

As a leader, Dr. Ginder believes it is vital to be inclusive. He meets weekly with his senior leadership team, and also meets frequently with program leaders. He has learned that input from peers is important, because it is impossible to know who is going to have the best idea. Sometimes those closest to an issue have the most understanding of its details and can provide the best solutions to problems, while other times people a bit removed from an issue have a different perspective or fresh eyes to bring to the table.

The universe of NCI designated cancer centers is quite small. Massey has gained a positive reputation in this universe despite some unique challenges it has faced. Something Massey considers to be one of its strongest and unique points is that it serves a very high population of vulnerable patients, both underserved and minority patients. Of the population served at Massey, 74 percent are considered to be vulnerable populations. There are only two or three NCI centers in the country that serve a population like Massey's.

Dr. Ginder takes seriously the responsibility of maintaining Massey Cancer Center's National Cancer Institute designation as a National Cancer Institute Center. Currently there are only 65 NCI designated centers in the country. It is evaluated based on strict criteria that factor in outstanding research measured by grant funding and high impact publications, and by collaborations across different

fields or areas. The evaluation's criteria fall on Massey's research side, but the designation is not dissociated from the clinical side. A cancer center must have outstanding clinicians and clinical facilities in order to attract patients to be part of its clinical trials. Dr. Ginder believes Massey is on a trajectory to obtain the highest designation level for NCI centers, that of "comprehensive cancer center."

Dr. Richard Moran, a biochemical and molecular professor at Massey Cancer Center, said of Dr. Ginder's ability to balance all of his roles and pursuits:

"I have worked with Dr. Ginder since he first arrived in Richmond to assume the Directorship of Massey Cancer Center. As he settled in, I watched as he came to realize that the directorship had as many facets as a diamond, each with

***Massey is unique in that of its patients served, 74 percent are considered to be members of vulnerable populations. Dr. Ginder is proud to be one of only two or three NCI centers serving these vulnerable patients.***

its own set of responsibilities and challenges. Head of the center, charged with responsibility of all cancer treatment entities at VCU, responsible for program development, hiring of all new personnel, all without losing track of his own vibrant research program. Then, he took on the community relations, interactions with community leaders, as well as the interface with the university and medical school.

As he went along he handled this enormous profile with ease, grace, and an increased level of comfort. And he was good at it all! [H]is fit to the position just grew as he redefined the job and put the 'leader' in leadership."

Ultimately, Dr. Ginder's passion for his work as director of Massey Cancer Center translates into a desire to give people living with cancer a higher quality of life and hope. He is always impressed by his patients, because they are incredibly courageous and inspire him to make their lives better, if only in small everyday ways, every time he sees them. **IM**

## Dr. Arun Sanyal Receives Distinguished Leader in Insulin Resistance Award



Dr. Arun Sanyal will be the keynote presenter at the 14th Annual World Congress on Insulin Resistance, Diabetes, and Cardiovascular Disease

The International Committee for Insulin Resistance (ICIR), and the 14th Annual World Congress on Insulin Resistance, Diabetes, and Cardiovascular Disease (WCIRDC) has announced Arun Sanyal, M.D. as the recipient of the "Distinguished Leader in Insulin Resistance" 2016 award.

This award will be presented to Dr. Sanyal for his leadership and unique contributions to the development and understanding of the scientific and clinical implication of insulin resistance, non alcoholic liver disease, and NASH. The award will be presented during the 14th Annual World Congress on Insulin Resistance Diabetes and CVD (WCIRDC) which will take place in Los Angeles, California on December 1-3, 2016.

Dr. Sanyal will give the keynote presentation and lecture, which will be integrated with the award ceremony. The title of his presentation is: "NASH: Yesterday, Today and Tomorrow."

(Nonalcoholic steatohepatitis or NASH is a common, often "silent" liver disease. It resembles alcoholic liver disease, but occurs in people who drink little or no alcohol. The major feature in NASH is fat in the liver, along with inflammation and damage.)

## Newly Hired Lenore Lombardi is Working to Help Those Affected by HIV/AIDS

Lenore Lombardi joined the Department of Internal Medicine and the Department of Pediatrics as the Ryan White Program Director for the Ryan White and HIV Clinical Service Program on May 25, 2016. Lenore has more than 25 years in the fields of health care and community service, with experience in HIV/AIDS services, grants management and staff supervision. Most recently she served as the assistant director for medication access at the Virginia Department of Health (VDH). In that role she supervised approximately 25 staff members who provided access to medications through the Ryan White (RW) Part B-AIDS Drug Assistance Program (ADAP) for the state of Virginia. She also managed, planned, coordinated and directed the successful transition of medication access for HIV/AIDS clients through a program that received nationwide recognition for its success.

As of December 31, 2014, there were 24,963 Persons Living with HIV/AIDS (PLWH) in Virginia, representing 0.3 percent of the state's population and approximately 2.4 percent of the nation's total number of HIV disease cases. Within her new position as the Ryan White Program Director, Lenore will continue and expand upon her previous career of helping those with HIV/AIDS. In her new role at VCU, Lenore works with Dr. Veronica Ayala-Sims, the principal investigator for this Ryan White grant, in the Department of Internal Medicine. Lenore reports to Dr. Ayala-Sims on issues relating to funds management, mental health issues, medical transportation services and a plethora of other services. Lenore also works with Dr. Suzanne Lavoie in the Department of Pediatrics. The Ryan White Program funds the Women, Youth and Children's Clinic (WYCC), which is managed through the Department of Pediatrics. Lenore reports to Dr. Lavoie for issues pertaining to medical case management, oral health care, health education and risk reduction, patient navigation and outreach services.

Lenore became interested in working in the area of HIV/AIDS as a social worker trainee under the CITA program – which is similar to the Peace Corps – and later trained as a child protective social worker. In this latter position she cared for those in need of services and those less fortunate. In the late 1980s Lenore entered hospital social work at Petersburg General Hospital. There she began caring for and providing services to those with HIV/AIDS in the area of planning end of life care and planning for infected and affected individuals.

Now in Lenore's new role she will provide direction, leadership and management of the current and future Ryan White and related HIV clinical service programs. She is responsible for directing administrative and operational aspects of the Ryan White Programs, as well as working directly with medical directors of each program to establish standards, approve policy changes and serve as the liaison among direct providers of care, medical directors and central staff.

The Ryan White Program provides services for those most in need. Services include outpatient medical care and treatment, medication access, insurance access, medical and non-medical case management services, transportation related to HIV care, oral health services and other support services allowed by the

program, such as nutrition counseling and medication adherence.

Lenore commented that her previous work experience was a tremendous asset to her in learning about the Ryan White programs in general. Since taking on this new role, Matthew Bare, Kit Mulloy, Dr. Suzanne Lavoie and Dr. Veronica Ayala-Sims have been very helpful in bringing her up to speed within the Department of Internal Medicine.



Lenore Lombardi joined the Division of Infectious Diseases in May and has been sharing her positive attitude as she meets her new colleagues

As she becomes acquainted with the position, Lenore is working to ensure that there is adequate staffing and space for the program. She plans to soon learn the roles of and meet with all of the staff and colleagues within the Infectious Diseases clinic.

After she has acquainted herself with her colleagues and how to navigate her new role, Lenore's five main long-term goals while in her position are ambitious. She would like to house all staff in one central location where medical care and services are provided. She would like to make sure that all eligible patients have health insurance and have access to health care as well as are informed of what benefits insurance offers. She wants to enable the

programs and services to be adequately funded for the long-term, either through grant opportunities or 340B (drug discount) program income. Through her own attitude and the assistance she provides, Lenore aims to motivate patients to be informed and compliant with their medical care, and to support and motivate staff to be the best at what they have been charged to do. She plans to implement education and training opportunities and encourage staff to have a voice in program-related decisions.

Lenore believes that her varied background in service provision, from running a non-profit to working at a government agency, has helped her to look at issues from multiple perspectives. She likes to exchange ideas with others for ways to improve programs and services. One of Lenore's strengths is her ability to collaborate well. Lenore often approaches her work with the goal of making plans through collaboration. She does this by fostering discussion with staff and supervisors alike. Lenore believes her role is to provide tools for staff to do their jobs and to be an agent of change and an example of a coworker who treats everyone with respect.

Lenore is excited to be learning from and working with some of the most committed people she has ever met. Lenore said she has always enjoyed coming to work and has never had a job she didn't like, despite some difficult positions. Her enjoyment of work comes from the people she works with, and she looks forward to getting to know her new colleagues, who she can already tell are dedicated to and passionate about the work they do.

Lenore was born in Arlington, Virginia and grew up in Annapolis, Maryland. She attended college at Frostburg State University in Western Maryland and later moved back to Virginia. She now resides in Prince George County on seven acres with ducks and chickens.

In her free time, Lenore enjoys making jam and canning vegetables. She is an avid reader and also loves to spend time outdoors hiking and bicycling. She enjoys traveling and spending time with her family, including her three grown children and 5-year-old grandson. **IM**

## Update from the Associate Chair for Faculty Development

Spring at VCU brings many award nominations that include house staff, SOM faculty awards and University faculty awards. We started the season by recognizing 33 of our assistant professors for their achievements in scholarship, teaching or research. These awards were presented at the Internal Medicine Celebration of Excellence held at the Jefferson Hotel. The evening was the perfect opportunity to recognize our early career faculty and to socialize, laugh and dance with other faculty and house staff. (Of course the laughing was not related to the dancing skills of our faculty!)

Award nominees usually have one thing in common: They've planned ahead throughout their careers. While most of us may think about New Year's resolutions, we often decline to formally make these or find ourselves abandoning them barely into the new year. Yet setting goals doesn't have to be reserved for New Year's Eve. Summer can also be a great time for goal setting. Clinical care doesn't slow down over the summer, but other activities like conferences and lectures tend to subside. Hopefully for the summer months we have also arranged time to be away from work and focus on our family, as well as ourselves. Decide now to spend some time this summer setting goals for the coming year.

What do you want to have accomplished? What new milestone do you want to reach? Goal setting can be a challenge, but extremely rewarding. In "The Best Year of Your Life: Dream It, Plan It, Live It", Debbie Ford said: "To live a life of excellence, you will have to take risks. You will have to step into new territory and climb new mountains. If you're up to something that's as big as you are, it's going to be scary. If it feels perfectly safe, you are probably underachieving. To leave your mark in the world, you will have to stand someplace you've never been willing to stand before. And you will have to have the courage to aspire to excellence."

This summer take a risk, step out into new territory and dream big!



**Elizabeth Ripley, M.D., M.S.**  
Associate Chair for  
Faculty Development

### **Elizabeth Ripley, M.D., M.S.**

Associate Chair for Faculty Development  
Executive Director of the Clinical Research Services of the  
VCU Center for Clinical and Translational Research  
Department of Internal Medicine

## Update from the Associate Chair for Outpatient Operations

This is an exciting time for ambulatory care in the VCU Department of Internal Medicine. VCU Health System has developed a strategic team to improve efficiency, maximize patient access and improve professional satisfaction among providers in the outpatient clinical environment. The Transforming our Clinical Practice Initiative (T.O.P) team is working closely with senior leadership in the Department of Internal Medicine to critically analyze workflow and promote standardization of processes among the various VCUHS clinics. This team has demonstrated a clear recognition that providers will be integral for effective and sustainable change, and that there will be ongoing opportunities for providers to participate in working groups and integrate directly with members of T.O.P. There is special emphasis on the implementation of change that will decrease the non-clinical work performed by medical providers and align workflow based on ideal scope of practice.

As we pursue meaningful change in the ambulatory arena, we will also be focusing on the development of an infrastructure that will allow for delivery of care in a value-based reimbursement marketplace. In response to the rising healthcare costs, federal and commercial payers are pursuing a new approach to provider reimbursement. Specifically, value-based reimbursement methods reward achievement of healthcare outcomes and penalize excessive healthcare utilization. Emphasis is placed on prevention of illness/disease and cost-effective management of chronic disease. The anticipated shift in reimbursement will likely

necessitate new staffing models in the VCUHS outpatient clinics, and DOIM providers will supply critical insight into changes necessary to accomplish this mission.

VCUHS continues to expand its footprint in the Virginia marketplace. Internal medicine subspecialty care is expanding with faculty from the divisions of endocrinology and rheumatology now practicing in the VCU Health Neuroscience, Orthopedic and Wellness Center in the West End of Richmond. Our providers will be collaborating with orthopaedists, neurologists, and neurosurgeons in order to provide exceptional care in a multidisciplinary model. Initiatives to improve patient access are also underway, which involve expansion of clinical services by our high quality advanced practice providers.



**Lori Sweeney, M.D.**  
Associate Chair for  
Outpatient Operations

### **Lori Sweeney, M.D.**

Associate Chair for Outpatient Operations  
Associate Professor of Internal Medicine  
Division of Endocrinology & Metabolism  
Department of Internal Medicine

## Welcome New Faculty

On June 18 **Kanupriya Mathur, M.D.** joined the Division of General Internal Medicine as a hospitalist. Dr. Mathur was most recently affiliated with University Health Shreveport, and did her residency at University of Pittsburgh Medical Center. She attended medical school at Delhi University College of Medical Science.

On June 20 **Arash Samarghandi, M.D.** joined the Division of General Internal Medicine as a hospitalist. Dr. Samarghandi joined the division from the Saint Barnabas Health System in New York. He attended Medical School at Semmelweis Medical University in Budapest, Hungary.

On July 1 **William Denney, M.D.** joined the Division of General Internal Medicine as a hospitalist. Dr. Denney attended the University of Mississippi School of Medicine and did his residency at VCU.

On July 1 **Jose Exaire, M.D.** joined the Division of Cardiology as an Interventional Cardiologist. He joined the division from the University of Oklahoma Health Sciences Center in Oklahoma City, Oklahoma. There Dr. Exaire served as an associate professor of medicine and was the cardiovascular section director for the Cardiac Care Unit at the VA Medical Center. Dr. Exaire attended medical school at Medical School National Autonomous University of Mexico.

On July 1 **David Jessee, M.D.** joined the Division of General Internal Medicine as a hospitalist. Dr. Jessee did his residency at VCU. He also attended medical school at VCU.

On July 1 **Venkata Konjeti, M.B.B.S.** joined the Division of General Internal Medicine as a nocturnist. Dr. Konjeti joined the division from Rhode Island Hospital. Dr. Konjeti was a chief medical resident in primary care at the University of Connecticut Health Center in Farmington, Connecticut. Dr. Konjeti attended Kurnool Medical College affiliated with N.T.R. University of Health Sciences in India.

On July 1 **Tae Shik Park, M.D.** joined the Division of Cardiology as a hospitalist. Dr. Park joined the division from Weiss Memorial Hospital in Chicago, Illinois where he was a resident. Dr. Park attended Soonchunhyang University, College of Medicine in Seoul, South Korea.

On July 1 **Vaishali Patel, M.D., M.B.B.S.** joined the Division of Gastroenterology, Hepatology and Nutrition as an assistant professor. Dr. Patel was a fellow in transplant hepatology in the VCU Department of Internal Medicine and completed a clinical fellowship in the division as well.

On July 1 **Manish Pradhan, M.B.B.S.** joined the Division of General Internal Medicine. Dr. Pradhan joined the division from an internal medicine residency position at Metropolitan Hospital Center affiliated with New York Medical College. Dr. Pradhan received his Bachelor of Medicine Bachelor of Surgery degree from Guangxi Medical University in Nanning, China.

On July 1 **Melissa Ruiz, M.D.** joined the Division of General Internal Medicine as a hospitalist. Dr. Ruiz did her residency at VCU. She also attended medical school at VCU.

On July 18 **Carolyn Marcelo, M.D.** joined the Division of General Internal Medicine as a hospitalist. Dr. Marcelo attended medical school at West Virginia University School of Medicine and did her residency at VCU.

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## Welcome New Faculty Continued

On July 18 **Catherine Marcelo, M.D.** joined the Division of General Internal Medicine as a hospitalist. Dr. Marcelo attended medical school at West Virginia University School of Medicine and did her residency at VCU.

On July 18 **Jillian Raybould, M.D.** will join the Division of Infectious Diseases as a clinical educator and assistant professor. She joins the Department from Georgetown University Hospital where she was most recently an infectious disease and travel medicine fellow.

On August 1 **Vikrant Brar, M.D.** will join the Division of Hematology, Oncology and Palliative Care as a clinical educator in the area of solid tumors and assistant professor. Dr. Brar joins the department from the Hampton Virginia Medical Center where he was the chief of the Division of Hematology-Oncology. He was also an assistant clinical professor at Eastern Virginia Medical School in Norfolk, Virginia. Dr. Brar is VCU trained.

On August 1 **Michelle Doll, M.D.** will join the Division of Infectious Diseases as an assistant professor. Dr. Doll joins the department from the University of Maryland Medical Center in Baltimore, Maryland where she is an infectious diseases fellow.

On August 1 **Adedayo Fashoyin, M.D.** will join the Division of Geriatric Medicine as a assistant professor. Dr. Fashoyin joins the department from Duke University where he is an advanced geriatric medicine fellow.

On August 1 **Pete Meliagros, M.D.** will join the Division of General Internal Medicine as a hospitalist. Dr. Meliagros did his residency, was a former chief resident, and attended medical school at VCU.

On August 1 **Georgia Thomas, M.D., Ph.D.** will join the Division of General Internal Medicine as a hospitalist. Dr. Thomas will join the division from the University of Maryland School of Medicine where she was an assistant instructor in the Department of Medicine. Dr. Thomas was a resident at the University of Maryland Medical Center in Baltimore, Maryland. She received her Ph.D. in cell and molecular biology from Pennsylvania State University College of Medicine in Hershey, Pennsylvania and her M.D. from SUNY Upstate College of Medicine in Syracuse, New York.

On August 15 **Sarah Gordon, D.O.** will join the Division of Hematology, Oncology and Palliative Care as a phase 1 clinical investigator and assistant professor. Dr. Gordon is currently a fellow in the Division of Hematology, Oncology and Palliative Care at VCU. Dr. Gordon received her degree as a doctor of osteopathic medicine from the Philadelphia College of Osteopathic Medicine and served as a resident and then chief resident at Drexel University College of Medicine, Hahnemann University Hospital.

On August 15 **Margaret Guy, M.D.** will join the Division of General Internal Medicine as a hospitalist. Dr. Guy did a combined residency in internal medicine and pediatrics at VCU. She received her medical degree from the Marshall University Joan C. Edwards School of Medicine in Huntington, West Virginia.

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## Welcome New Faculty Continued

On August 15 **Rebecca Miller, M.D.** will join the Division of General Internal Medicine as a hospitalist. Dr. Miller was most recently working as a Practice of Clinical Medicine Small Group Facilitator at the VCU School of Medicine. Dr. Miller did an internal medicine residency, and was a chief resident at VCU. She attended medical school at Eastern Virginia Medical School in Norfolk, Virginia.

On August 15 **Gary Simmons, D.O.** will join the Division of Hematology, Oncology and Palliative Care as an assistant professor and clinical educator. Dr. Simmons is currently a chief fellow in the VCU Department of Internal Medicine's Division of Hematology, Oncology and Palliative Care. He is also did an internship and his residency at VCU. Dr. Simmons attended the University of New England College of Osteopathic Medicine in Biddeford, Maine.

On August 29 **Brandon Frett, M.B.B.S.** will join the Division of General Internal Medicine as a hospitalist. Dr. Frett will join the division from SUNY Downstate Medical Center in Brooklyn, New York where he did his residency. Dr. Frett received his M.B.B.S. from the University of the West Indies in Kingston, Jamaica.

On August 29 **Evan Ritter, M.D.** will join the Division of General Internal Medicine as a hospitalist. Dr. Ritter was most recently a chief resident in the Department of Internal Medicine at VCU and also did his residency at VCU. He attended Wake Forest University's School of Medicine in Winston-Salem, North Carolina.

## Welcome Chief Residents

**Jason Cook, M.D.** joined the Department of Internal Medicine as a chief resident on July 1. He did his residency at VCU and attended medical school at the University of Minnesota.

**Leah Couture, M.D.** will join the Department of Internal Medicine as a chief resident on August 10. She did her residency at VCU and attended the University of Maryland School of Medicine.

**Patrick Fadden, M.D.** will join the Department of Internal Medicine as a chief resident on July 15. He did his residency at VCU and attended the University of Maryland School of Medicine.

**Derick Jenkins, M.D.** will join the Department of Internal Medicine as a chief resident on July 26. He did his residency at VCU and attended Dartmouth Medical School.

**Nathaniel Warner, M.D.** joined the Department of Internal Medicine as a chief resident on July 1. He did his residency and attended medical school at VCU.



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[www.intmed.vcu.edu](http://www.intmed.vcu.edu)