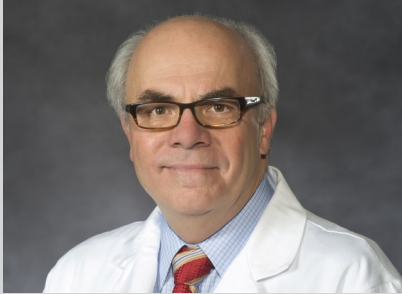


Progress Notes

A Quarterly Publication of the Department of Internal Medicine

Message from the Chair



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

A few weeks ago, our residents hosted a charity event where they bid on various “date” packages donated and hosted by faculty members. These ranged from dinner for six to sailing on the river to baking (and then eating!) pizza in a real outdoor Italian brick oven. This was an exciting fund-raising event that supported FeedMore, a community organization that provides meals to the those in need in Richmond. The housestaff raised 1,540 dollars, which will fund more than 7,500 meals.

Giving back to our community and helping those in need are fundamental priorities for the Department. We fulfill this mission in various ways. For example, faculty, trainees and staff volunteer at Richmond’s Health Brigade, participate in Remote Area Medical (RAM) health fairs in rural counties in Virginia, travel to Honduras and other countries on medical missions, volunteer for disease-focused foundations, and are active in charitable works through their churches, synagogues and mosques.

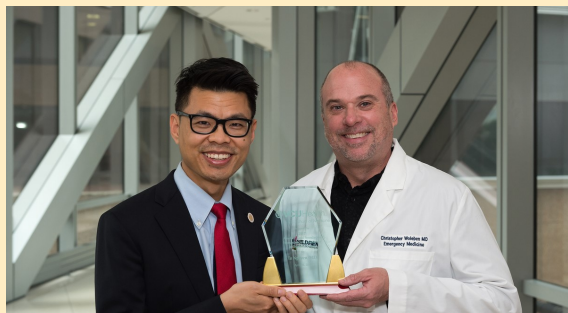
These activities not only benefit our communities, they also enrich our own lives. They remind us of our calling and are tangible fulfillments of our values and social contract with society.

I express my appreciation and admiration to all of you who extend yourselves for the betterment of others. You are what makes this such a great department. **IM**



Richmond Magazine and Virginia Living named 36 physicians from the DOIM as Top Doctors for 2017

Page 2



Dr. Tu Nguyen received the Arnold P. Gold Humanism and Excellence in Teaching Award

Page 8



Dr. Jawad Al-Khafaji invented a self-aspirating syringe

Page 6

Additional Features:

- Update from AAIM Academic Internal Medicine Week4
- Emily Littlejohn New Administrative Team Member.....7
- Buttermilk Trail Loop Hike.....9
- ACP Academic Teaching Award Recognition.....10
- Update from the Associate Chair for Quality and Safety.....10
- Alpha Omega Alpha Recognition.....11
- Welcome New Faculty.....11

VCU Department of Internal Medicine Physicians Featured Prominently in 2017 Top Doctors Magazine Issues

In April 2017, Richmond Magazine and Virginia Living published their annual lists of “Top Doctors” in the Commonwealth of Virginia. Once again, the publications prominently featured physicians from the VCU Department of Internal Medicine (DOIM). The “Top Doctor” winners of Richmond Magazine were selected by their peers as the professionals they would use themselves or recommend to friends and family. The “Top Doctor” winners of Virginia Living were also chosen by their peers.

In total, 36 physicians from the DOIM received recognition in their subspecialties (some in multiple subspecialties) from the two publications. In Richmond Magazine, four faculty members, Drs. Boling, Ellenbogen, Gehr and Rubenstein, received the most votes in their subspecialties. In addition, the voters for Richmond Magazine selected Charlotte Roberts, N.P., from the Division of Cardiology, as a “Top Nurse Practitioner” in a new category this year. Five physicians, Drs. Boling, Ellenbogen, Guzman, Schwartz, and Wise, received accolades from both Richmond Magazine and Virginia Living.

Regarding the recognition, Dr. John Nestler, the DOIM chair and William Branch Porter professor of medicine, said:

“To my mind, each faculty member in the department is a winner, but these physicians have gained special recognition among their peers for their clinical excellence and deserve our heartfelt congratulations. To each and every one of our “Top Doctors” the department says, ‘Well done,’ and we are proud of you.”

Dr. Nestler also extended his congratulations to the many physician colleagues in other VCUHS departments who were recognized as master clinicians.

2017 Winners of “Top Doctors” Designation in Richmond Magazine Include:

Allergy & Immunology

Dr. Lawrence Schwartz

Cardiology-Electrophysiology

Dr. Kenneth Ellenbogen

Cardiology-Interventional

Dr. Richard Cooke
Dr. Zachary Gertz
Dr. Luis Guzman

Endocrinology, Diabetes & Metabolism

Dr. Francesco Celi

Gastroenterology

Dr. Stephen Bickston

Geriatric Medicine

Dr. Peter Boling
Dr. Sarah Hobgood

Hematology and Oncology

Dr. Mary Helen Hackney

Hospice Care

Dr. Erin Alesi

Hospitalist Medicine

Dr. Heather Masters
Dr. Vimal Mishra
Dr. Dennis Wixted

Infectious Diseases

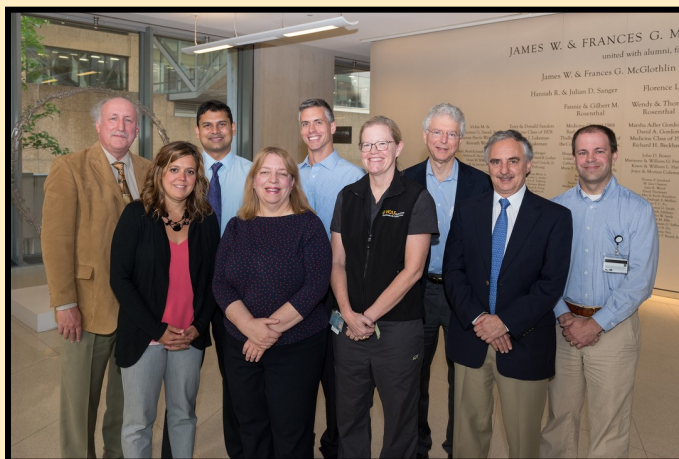
Dr. Gonzalo Bearman
Dr. Michael Stevens

Pictured Honorees:

Top Photo: (Back row, left to right) Drs. Peter Boling, Vimal Mishra, Dennis Wixted, Lawrence Schwartz. (Front row left to right) Drs. Sarah Hobgood, Mary Helen Hackney, Lisa Brath, Luis Guzman, Daniel Grinnan

Middle Photo: (Left to right) Drs. Jeffrey Kushinka, Betty Anne Johnson, Heather Masters, Stephen Bickston

Bottom Photo (Left to right) Drs. Gonzalo Bearman, Todd Gehr, Susan Wolver, Raymond (Wes) Shepherd, Michael Stevens, Zachary Gertz, Richard Cooke



(Continued on page 3)

VCU Department of Internal Medicine Physicians Featured Prominently in 2017 Top Doctors Magazine Issues *Continued*



2017 Winners of "Top Doctors" Designation in *Richmond Magazine* Continued:

Intensivist

Dr. Lisa Brath

Internal Medicine

Dr. Betty Anne Johnson
Dr. Jeffrey Kushinka
Dr. Susan Wolver

Nephrology

Dr. Todd Gehr

Palliative Care

Dr. Erin Alesi
Dr. Danielle Noreika

Pulmonology

Dr. Daniel Grinnan
Dr. Ray (Wes) Shepherd

Rheumatology

Dr. Beth Rubinstein
Dr. Huzaifah Syed
Dr. Christopher Wise



2017 Winners of "Top Doctors" Designation in *Virginia Living* Include:

Allergy & Immunology

Dr. Lawrence Schwartz

Cardiovascular Disease

Dr. Kenneth Ellenbogen
Dr. Luis Guzman
Dr. Michael Hess
Dr. Robert Jesse*

Critical Care Medicine

Dr. Alpha A. (Berry) Fowler III

Endocrinology, Diabetes & Metabolism

Dr. John Nestler

Gastroenterology

Dr. John Baillie

Geriatric Medicine

Dr. Peter Boling

Infectious Diseases

Dr. Sara Monroe

Internal Medicine

Dr. Peter Boling

Medical Oncology and Hematology

Dr. William McGuire

Pediatric Endocrinology

Dr. Edmond (Trey) Wickham

Pulmonology

Dr. Alpha A. (Berry) Fowler III

Rheumatology

Dr. George Moxley
Dr. Christopher Wise



* now with the Hunter Holmes McGuire VA Medical Center

Pictured Honorees:

Top Photo: (Back row left to right) Drs. Christopher Wise, Kenneth Ellenbogen, Francesco Celi (Front row, left to right) Drs. Danielle Noreika, Erin Alesi, Beth Rubinstein, Huzaifah Syed

Middle Photo: (Left to right) Drs. John Nestler, Christopher Wise, Alpha A. (Berry) Fowler III, Edmond (Trey) Wickham

Bottom Photo: (Back row, left to right) Drs. Peter Boling, William McGuire (Front row, left to right) Drs. Lawrence Schwartz, Michael Hess, Luis Guzman

Honorees for *Virginia Living* not pictured include: Drs. Robert Jesse, John Baillie, Sara Monroe, George Moxley **IM**

The members of VCU's Department of Internal Medicine (DOIM) had much to share during workshops and poster presentations at the annual Alliance for Academic Internal Medicine's (AAIM) Academic Internal Medicine Week, which took place in the spring from March 19 – 22 at the Baltimore Convention Center in Baltimore, Maryland.

At this year's AAIM Week, Victoria Mansfield, fellowship coordinator with the Division of Hematology, Oncology and Palliative Care; and Sarah Laing, DOIM residency coordinator, lead a workshop during the Program Administrator Meeting. Their workshop, called "Developing a Culture of Coordinator Collaboration," focused on developing a collaborative culture among Graduate Medical Education (GME) coordinators by using specific tools and methods of collaboration to improve efficiency, effectiveness and job satisfaction.

Also during AAIM Week, Dr. Teresa Carter, associate dean for Professional Instruction and Faculty Development, and Dr. Adam

Stress in Interns
Resilience Skills Training Curriculum

Session Content

- Think Resilient
- Mindfulness
- Emotional agility
- Coping
- CvE
- Stress management

Results to Date

- 57 interns total in program
- 13 total sessions in residence (9/13 run at mid-year survey)
- June 18 survey: 5457 respondents (98%)
- February 17 survey: 4657 respondents (98%)

Quality of Life

Balance Personal-Professional Life

Perceived Stress Scale

Match Burnout Inventory

Assessment of Innovation

- Measured baseline resilience, burnout, and stress in interns
- 14 Item Resilience Scale, the Match Burnout Inventory, and the Perceived Stress Scale

Summary Indicators

14 Item Resilience Scale

Lessons Learned Future Directions

- Burnout impacts scale of VCU from national
- It is feasible to implement a longitudinal curriculum in residence with training
- It is feasible to increase resilience with a national skills training curriculum
- Resilience increases with the training

Future Directions

- Repeat measures of burnout, resilience, stress in June 2017 and reassess baseline
- Use baseline year of data and look for groupings to improve curriculum and delivery

VCU Health

Becky
STRESS

Garber, academic hospitalist within the Division of General Internal Medicine from VCU, presented “The Core EPAs in Action: Lessons from the Pilot Schools” along with colleagues Dr. Janet Jokela from the University of Illinois College of Medicine at Urbana Heather and Dr. Heather Laird-Fick from Michigan State University College of Human Medicine. The workshop highlighted the work of 10 pilot institutions across the nation convened by the AAMC—including VCU Health—to implement Entrustable Professional Activities (EPAs) as a construct for new curricula, assessment and processes. The presenters provided feedback from their experiences to encourage other medical educators to implement EPAs.

Dr. Rebecca Miller, associate program director for curriculum and assistant professor in the Division of General Internal Medicine, and Dr. Call presented another workshop. Their *(Continued on page 5)*

VCU DOIM Had Strong Presence at 2017 AAIM Academic Internal Medicine Week Continued

collaborators included Dr. Michelle Katherine Martinchek from the University of Chicago Division of the Biological Sciences Pritzker School of Medicine and Dr. Amber-Nicole Bird from the Raymond and Ruth Perelman School of Medicine at the University of Pennsylvania. The workshop, called “Building a Strong Foundation: Training Physicians in Skills of Resilience,” provided participants with techniques to teach resilience skills, which may be adapted to other educational programs. The specific strategies included realistic goal-setting identifying gratitude, physical health and mindfulness.

During the Chief Residents Meeting, Dr. Frank Fulco, the associate program director of VAMC Oversight, chair of the Program Evaluation Committee and assistant professor in the Division of General Internal Medicine at VCU, led a session geared towards facilitating an effective Morning Report Session. The annual session provides chief residents with skills and tools to lead morning report sessions at their own institutions. Dr. Hemrajani led a “Learners in Need” Workshop, an annual session that provides chief residents with skills and tools to identify and support struggling learners. Dr. Miller and external colleagues Dr. Bird, Dr. Martinchek and Dr. Amber Pincavage from the University of Chicago Division of the Biological Sciences Pritzker School of Medicine, led a workshop called, “Combating Burnout: Supporting Your Residents to Enhance Resilience.” This session provided participants with techniques to teach resilience skills, which may also be adapted to other educational programs. The specific strategies included realistic goal-setting, identifying gratitude, physical health and mindfulness.

During the week’s Plenary Sessions, Dr. Call and Dr. Cheryl O’Malley from the University of Arizona College of Medicine-Phoenix, presented a plenary session, called “Say Yes to Success,” which is an annual, highly-rated session discussing work-life balance with chief medical residents. In addition, Dr. Brian Aboff, VCU School of Medicine’s senior associate dean for Graduate Medical Education and designated institutional official for GME, is the current president of the Association of Program Directors of Internal Medicine (APDIM) within AAIM and was involved in planning the meeting and moderated plenary sessions on Emotional Intelligence and Unconscious Bias.

The VCU DOIM also had a significant presence at the Poster Presentations, with three offerings. The first, “Beefing up the Acting (Sub) Internship: Adding Structure in an Unstructured Environment,” was presented by Dr. Stephanie Goldberg, assistant professor in the VCU Department of Surgery, Division of Trauma, Critical Care, and Emergency Surgery; Lindsey Hall, Research Coordinator, VCU Department of Internal Medicine; and Dr. Garber. The poster highlighted the successful implementation of three EPAs within VCU Health’s acting internship curriculum. The second poster, presented by Dr. Call, was called “Making Reflection Visible – The Digital Story Project.” It showcased an innovative curriculum at VCU Health to help interns develop digital stories as a means of reflecting on their experiences with patients. The third poster, presented by Dr. Miller, was called “Resilience, Burnout, and

Stress in Interns Participating in a Resilience Skills Training Curriculum.” It showcased an innovative curriculum at VCU Health to develop resilience as a way to combat burnout and stress among interns.



Dr. Adam Garber, acting internship director for the DOIM shared ideas for “Beefing up the acting internship...”



Dr. Stephanie Call, Program Director for Internal Medicine, shared VCU's innovative digital story project curriculum, focused on reflective practice

Clearly, the VCU DOIM is actively involved in finding ways to arm physicians against common issues they face, such as burnout, and to educate them with the latest trends in collaborative learning and medical education research. **IM**

Division of General Internal Medicine's Dr. Jawad Al-Khafaji Invented Auto-Aspirating Syringe

Jawad Al-Khafaji, M.D., is an assistant professor and associate program director of Internal Medicine residency in the DOIM's Division of General Internal Medicine. Dr. Al-Khafaji saw a need for and, through collaborative efforts with the VCU School of Engineering, has invented an auto-aspirating syringe designed to improve the performance of any procedure that requires the aspiration of fluids or blood from the body. The invention primarily focuses on central line aspirations but can also work for paracentesis, cyst aspirations and other applications.

The standard way to perform any of the aforementioned procedures requires the use of ultrasound. During such procedures, the performer holds the ultrasound probe with one hand and syringe with the other hand. The performer positions the ultrasound probe on the desired body area to locate the fluid collection, and then introduces the syringe needle with the other hand while actively suctioning at the same time with that hand so as to aspirate the fluid or blood once in the target location. There are several factors that make the procedure inefficient and time consuming, which can result in more trauma to the procedure site. Factors include:

1. Mal-positioning the ultrasound probe (which can easily slide since it has gel on the tip of it) with the non-dominant hand while the performer is focused on introducing and locating the fluid target with the dominant hand.
2. Forgetting to actively suction the syringe with the dominant hand (that is holding the syringe) after introducing the needle in the body while attention is focused on the nondominant hand that is trying to re-position the sliding ultrasound probe in the area.
3. Being unable to introduce the needle and active suction at the same time (the syringe-holding technique is not very effective.) What often happens, is that the performer may have to keep repositioning the needle in the soft tissue while actively suctioning until the needle reaches the desired target. This can cause multiple traumas to the soft tissue and can make the procedure time consuming and inefficient. Often times, with multiple needle sticks to an area, the site develops a hematoma and the site is then unusable. When this happens, the procedure has to be aborted all together and started again – thus requiring additional time and resources.

The three factors mentioned happen because the performer is trying to multi-task and be precise at the same time. These procedures require exact focus and are often time-sensitive.

In order to tackle the aforementioned problems, to enhance the performance of such procedures and to improve efficiency, safety and effectiveness, Dr. Al-Khafaji has developed an auto-aspirating syringe. Dr. Khafaji designed the auto-aspiration technique with a simple modification of the syringe itself—adding a coiled spring to the body of the syringe. By doing so, the syringe takes the burden of the suctioning from the performer's dominant hand and also allows for a much more effective way to hold the syringe to finely position and introduce the needle to the desired location. With this auto-aspirating syringe, the performer will have significantly more control on the syringe positioning and will be able to focus his or her attention on the non-dominant hand's positioning of the ultrasound probe without compromising the performance of the dominant hand.



Dr. Al-Khafaji worked with the VCU School of Engineering to revise the prototype of his self-aspirating syringe

Dr. Al-Khafaji came up with the idea for his auto-aspirating syringe in May of 2016 and began working on a prototype in July of that same year. The need for the invention came to him while he observed residents performing aspiration procedures, and also from his own experience performing the procedure. He based the auto-aspirating syringe concept on what he felt would be most helpful from his own practice of central line and other such procedures.

In June 2016, Dr. Al-Khafaji purchased syringes in various sizes and different springs with varying resistances. He made a few auto-aspirating syringes that he then tested in the Simulation Lab with great success. At this stage in the development process, Dr. Al-Khafaji and his wife, Julie Williams, N.P., who works in VCU's Department of Emergency Medicine, made a videodemonstrating how the invention worked. Dr. Al-Khafaji ultimately modified the syringe so that the spring is out of the syringe's body. During this process, he discussed the idea with Dr. Aamer Syed, an assistant professor in the Division of Pulmonary Disease and Critical Care Medicine, who encouraged the idea and directed Dr. Al-Khafaji to VCU Innovation Gateway. VCU Innovation Gateway exists within the VCU Office of Research and Innovation. Its mission is

to facilitate commercialization of university inventions, to support university research through collaborative agreements, to foster a culture of innovation and entrepreneurship at the university, and to promote regional economic development and new venture creation. The people at VCU Innovation Gateway connected Dr. Al-Khafaji with the VCU School of Engineering to work on a prototype and enhanced design for the auto-aspirating syringe.

In December 2016, Dr. Al-Khafaji began to collaborate with professor Bennett (Ben) Ward, Ph.D., the director of Project Outreach at the VCU School of Engineering. He and his students assisted Dr. Al-Khafaji in making a prototype using their 3D printing machine and helped add a locking mechanism to the design.

Dr. Al-Khafaji recently filed a provisional patent on the auto-aspirating syringe with the assistance of VCU Innovation Gateway. He is now in the process of filing the full patent and aims to have the full patent filed within the next six to ten months.

At the same time, Dr. Al-Khafaji and his collaborators are working on refining their prototype by making the auto-aspirating syringe from transparent material using a 3D printer. Then they will need to connect with a manufacturer who can make hundreds of the syringes to do further testing and surveying with clinical providers. Once the trial stage is completed, they can eventually move forward in commercializing the syringe.

Dr. Al-Khafaji hopes his invention will improve the quality and efficiency of patient procedures that require aspiration, especially central line aspiration procedures. His ultimate goal is to improve patient care.

Dr. Al-Khafaji encourages others to be innovative and take action if they ever think of an idea that could positively affect patient care. He is happy to offer his assistance, his experience or his expertise to anyone who would like to go down a similar path of invention. **IM**

The Department of Internal Medicine Welcomed Emily Littlejohn, M.H.A., M.B.A. to the Administrative Team

In March 2017, Emily Littlejohn, M.H.A., M.B.A., joined the VCU Department of Internal Medicine (DOIM) as the senior program coordinator and executive assistant to department chair and William Branch Porter professor, John E. Nestler, M.D. For her role, Emily reports directly to the DOIM's associate administrator of human resources, Lydia Lloyd, S.P.H.R., S.H.R.M.-S.C.P., as well as Dr. Nestler.

In her role as Dr. Nestler's executive assistant, Emily is in constant communication with the department chair as she manages his calendar. She communicates efficiently and in an organized manner to prioritize, schedule and reschedule all of the meetings that come up on a daily basis for Dr. Nestler. Emily also manages projects directly from Dr. Nestler that usually aid in keeping him and the department organized.

In her role as senior program coordinator, Emily manages ongoing projects for the department within the realm of administration and office management. Several administrative staff members from the department report to Emily. She ensures pathways of communication are constantly open so that deadlines are met even when obstacles arise within such a busy workplace. Emily is also responsible for developing new processes and procedures, as well as implementing updates and revisions to existing practices to ensure the DOIM's administrative team is providing resources in line with the best practices.

In 2011, Emily graduated Magna Cum Laude from North Carolina Central University (NCCU) where she earned a Bachelor of Science degree in Public Health Education and a Bachelor of Business Administration degree in Management.

One of Emily's highlights while attending NCCU was being selected, after intense competition, to participate in an international healthcare internship sponsored by the Global Health Fellows Program (GHFP) otherwise known as USAID. Emily was assigned to the organization Marie Stopes South Africa (MSSA), located in Cape Town, South Africa. MSSA specializes in the reproductive and sexual health of women and children. During her two-month stay, Emily was afforded opportunities to travel with colleagues to the rural outlying villages of KwaZulu Natal province in North Eastern South Africa. There she provided first-hand experience in monitoring and evaluating services while providing analytical recommendations to management. During her visit in the villages of KwaZulu Natal, she developed and implemented a Pap smear registry tool, which is currently used to monitor Pap smear results, generate statistical reports, and uniform record keeping. Before Emily's return to Cape Town, she trained the clinical staff to use the Pap smear registry thereby reducing paper records and standardizing patient information.

In 2013, Emily decided to go back to school and enrolled at the University of North Carolina at Charlotte, where she pursued two masters' degrees simultaneously: one in Health Administration and the other in Business

Administration. She completed and graduated with both degrees in December, 2016.



Emily joined the DOIM in March 2017 and has brought her organizational expertise to the administrative team

From 2011-2014, Emily was employed by the U.S. Environmental Protection Agency, where she supported the director and deputy director of the Office of Administrative and Research Support (OARS) in the Office of Research and Development, the science and research arm of the agency. In summer 2014, Emily served as administrative intern to the executive vice president, chief nurse executive and chief operating officer of Lakeland Regional Health. One of her greatest achievements during that time was the development of a 56-page project plan that served as a guideline for implementing an Accountable Care Unit at Lakeland Regional Health. The Accountable Care Unit was successfully implemented in the fall of 2014.

In summer 2016, Emily also served as a student trainee and pathways summer intern to the medical center director at the Fayetteville VA Medical Center located in Fayetteville, North Carolina. During her time there, one significant project she completed was the development and implementation of a 13-question QuickCard Survey used during New Patient Orientation

(NPO) to gauge Veterans' expectations and perceptions pre- and post-orientation, as well as to improve NPO attendance and satisfaction. As a result of Emily's hard work, data is currently collected and analyzed weekly to help track the trends of NPO. Moreover, attendance at NPO has increased by 400 percent, and overall patient satisfaction has improved to 97 percent. Emily was able to pull from her NPO development experience when she began her new role as the DOIM's senior program coordinator. For her first project, she and her administrative team developed a new hire orientation manual for new administrative staff of the DOIM. The purpose of the manual is to introduce new employees to the policies and procedures of VCU, and in addition, to orient them to the policies and procedures of the DOIM. The manual serves as a one-stop shop for all things administrative that new staff will encounter daily. The manual will be supplemented by administrators and administrative support teams in each division, who will provide division specific information that would be helpful to new hires.

Emily's goal for her first year with the DOIM is to participate in as many learning opportunities and projects possible to gain a solid understanding of how the department works, while also sharing her experiences and education to implement organizational advances that will help the department achieve its goals efficiently and effectively.

Emily is a native of Wake Forest, North Carolina, and resides in North Chesterfield, Virginia. Emily has a strong passion for healthcare and hopes to continue to play an active role within the field for years to come. **IM**

Dr. Tu A. Nguyen Received the Arnold P. Gold Award for Humanism and Excellence in Teaching

On Wednesday, April 26, 2017, Dr. Tu A. Nguyen had the distinguished honor of being named as one of only five recipients of the Arnold P. Gold Humanism and Excellence in Teaching Award for 2017.

Arnold P. Gold, M.D., is a world-renowned pediatric neurologist at Columbia University College of Physicians and Surgeons. Dr. Gold and his wife, Sandra Gold, Ed.D., along with colleagues at Columbia University, established the Arnold P. Gold Foundation in 1988. The foundation aims to nurture and preserve the tradition of the caring physician.

The Arnold P. Gold Foundation initiated the Humanism in Medicine Awards in 1991 to recognize students and faculty members who best demonstrate the Foundation's ideals of outstanding compassion in the delivery of care and the utmost respect for patients, their families and healthcare colleagues, as well as demonstrated clinical excellence.

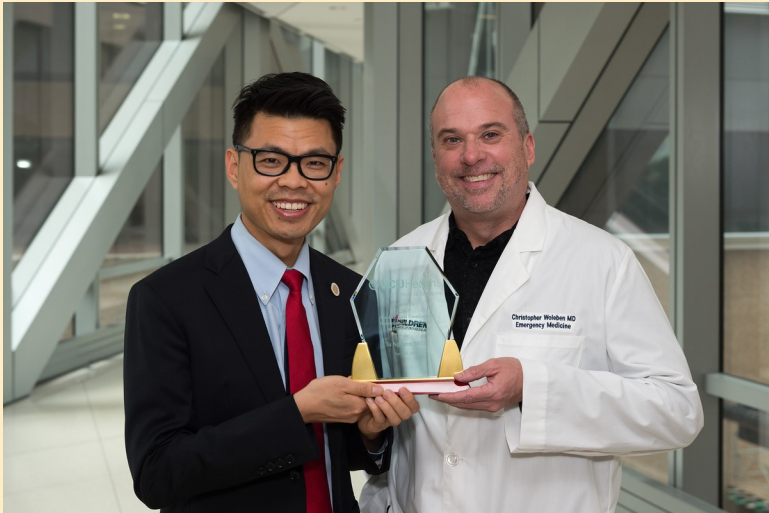
The foundation upholds the belief that, "Humanism in health care is characterized by a respectful and compassionate relationship between physicians, as well as all other members of the healthcare team, and their patients. It reflects attitudes and behaviors that are sensitive to the values and the cultural and ethnic backgrounds of others."

Recipients from the VCU School of Medicine must demonstrate compassion and empathy in the delivery of care to patients. They must be approachable and accessible, serving as role models for students and colleagues. They must exhibit enthusiasm and skill in professional and personal interactions with students, show respect for everyone with whom they come in contact and demonstrate cultural sensitivity while working with patients and family members of diverse ethnic and religious backgrounds. In addition, recipients must display effective communication and listening skills.

Alexandra Tee, who was a fourth-year medical student at the time, nominated Dr. Nguyen for the award. Dr. Nguyen was Tee's resident during the first clerkship of her M3 year. Tee said the following in her nomination of Dr. Nguyen:

"Dr. Nguyen is an excellent role model of lifelong learning. Every day on service he was enthusiastic about medicine. He took the time to teach and engage students in active learning. He was eager to mentor students and created a great learning environment. In patient care, he always exemplified a patient-first attitude. He collaborated with the interdisciplinary team to provide patient-centered, high quality care."

Alexander Gross was also a fourth-year medical student when he nominated Dr. Nguyen for the award. Dr. Nguyen was the resident on Gross' internal medicine



Dr. Christopher Woleben (*right*), who knew Dr. Tu Nguyen (*left*) as a medical student at VCU, was pleased when he learned Dr. Nguyen had received the honor of the Arnold P. Gold Humanism and Excellence in Teaching Award

team, and Gross had been very impressed:

"[Dr. Nguyen] took time to help me individually with presentations, which added greatly to my experience. He smiled a lot, took care and time to convey what he needed to teach, and made the team a fun and supportive environment. He also served as a good model of professionalism and appropriate conduct to those he was teaching."

Dr. Christopher Woleben is the associate dean for student affairs, an associate professor of emergency medicine and pediatrics, and the faculty liaison for the VCU School of Medicine and the Arnold P. Gold Foundation. Dr. Woleben said of Dr. Nguyen:

"I was not at all surprised to see that Tu was nominated by two medical students to receive this award. Since he was a former medical student here at VCU School of Medicine, I was able to work with him in my role as associate dean for student affairs. I have always been impressed with Tu's calm and quiet approach to providing compassionate care to all patients he encounters while also being cognizant of those around him in the learning environment. I am confident he carried this forward into his residency training, where he has obviously impacted the lives of many students with whom he has interacted."

Award recipients were given a certificate and a lapel pin from the Arnold P. Gold Foundation, and they were featured on the Accreditation Council for Graduate Medical Education (ACGME) website. The VCU School of Medicine gave the recipients a plaque and invited them to share their thoughts on maintaining a sense of humanism in the delivery of patient care with rising M3 students in the Student Honors Day and Student Clinician Ceremony, which is held at the end of M3 Orientation. Recipients are also listed on the VCU School of Medicine's website.

When Dr. Nguyen accepted his award, he said to the audience, "Remember: nurture your relationships with family, cherish your relationships with friends, and try to find meaning in your relationships with patients. It will make you be a healthier, happier and better doctor."

Dr. Nguyen also humbly shared his honorable distinction with his students, saying that the medical students he taught also taught him every day what it meant to be a good doctor.

Dr. Nguyen will be working at the Hunter Holmes McGuire Veterans Administration Medical Center in Richmond, Virginia. He is excited about the community there and is honored to serve our veteran population. **IM**

DOIM Faculty and Residents Enjoyed Buttermilk Trail Loop Hike with Department Chair



On Saturday, April 15, 2017, residents and faculty from the Department of Internal Medicine (DOIM) joined Department Chair, Dr. John Nestler, and his wife, Michelle, for a seven-mile hike along the Buttermilk Trail.

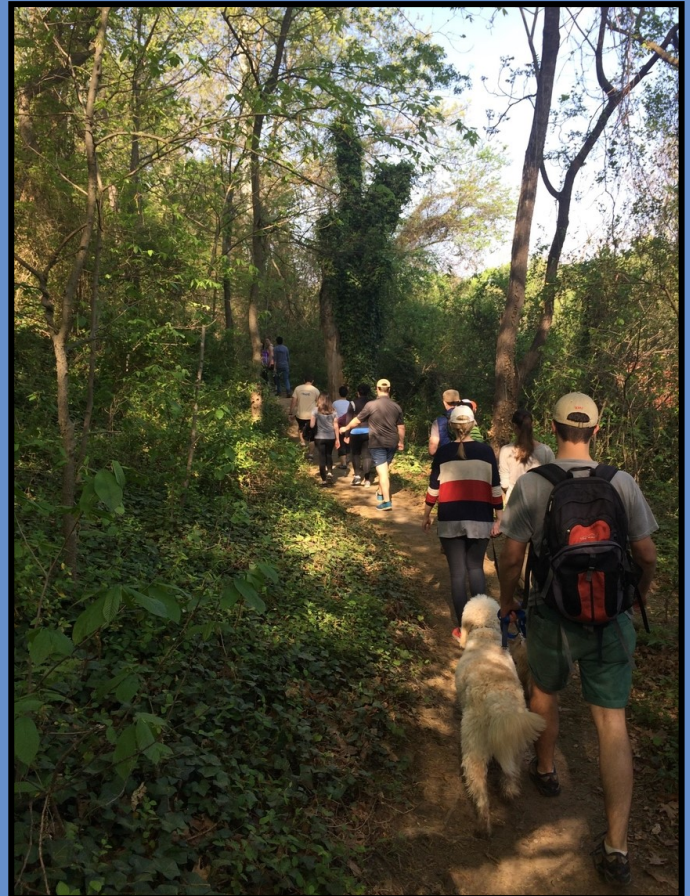
The Buttermilk Trail is one of the oldest sections of the James River Park System trail. It runs along the contours of the hill below Riverside Drive, from just west of the 22nd Street tower at Belle Isle, to the Boulevard Bridge on the south bank of the James River.

Several years ago, during her year as chief medical resident Dr. Rebecca Miller, the DOIM's current associate program director for the Internal Medicine Training Program, began a wellness committee for residents. Knowing that Dr. Nestler and his wife enjoy walking the seven-mile Buttermilk Trail Loop on a regular basis, Dr. Miller invited him to lead a hike for all residents and faculty, which he has continued to do for the past few years.

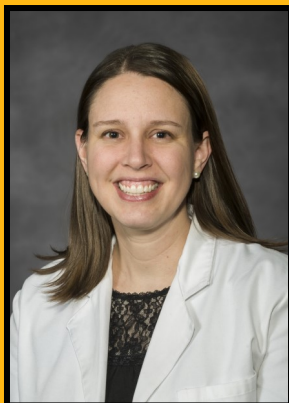
This year, a group of about 20 people, comprising residents, faculty, family members and dogs, set out on the hike. Participants specifically included Dr. John and Michelle Nestler; faculty members Dr. Joanna Chin and her husband VCU pharmacist Karl Hayter, Dr. Carol Marcelo, Dr. Pete Meliagros and Dr. Becky Miller; chief residents Dr. Patrick Fadden and his wife, Melinda, and Dr. Nate Warner and his wife, Alexa; and residents Dr. Francesca Capanni and her husband, Dr. James Humble, Dr. Monika Kumar, Dr. Shaw Lin, Dr. Sam Sullivan, Dr. Kelley Williams, Dr. Weilin Yang, and Dr. Allison Young.

Dr. Miller said of the outing, "This was a great opportunity for residents and faculty to socialize outside of work, as well as be active and work on staying healthy."

It was a beautiful morning and a refreshing outing. Many residents had just finished working on busy inpatient services the day before and felt as though the hike was an excellent way to unwind. If you are interested in joining future hikes, please reach out to Dr. Miller.



ACP Virginia Chapter Named Amanda George, M.D., Ph.D., F.A.C.P. as the 2017 Recipient of the Academic Teaching Award from VCU



On Thursday, March 2, 2017, the residency programs in Virginia came together for a day of celebration and networking at the Virginia Chapter of the American College of Physicians' (ACP) 20th annual Virginia Residents' Day. This year's event was held at Pinn Hall in Charlottesville, Virginia. Amanda George, M.D., Ph.D., F.A.C.P., associate program director for the Department of Internal Medicine's residency program and assistant professor in the Division of General Internal Medicine, was named as the 2017 VCU recipient of the Academic Teaching Award.

The ACP's Academic Teaching Award presentation began in 2010; however, in 2015, the chapter decided to change the way it selected the awardee. In the new selection process, the chief residents from each state's residency programs were asked to take a vote among their residents regarding the faculty member they felt was most deserving of the 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.

William Fox, M.D., F.A.C.P., is the Governor of the American College of Physicians Virginia Chapter. He said of Dr. George's receipt of the award:

"The academic teaching award, given annually by the American College of Physicians Virginia Chapter, honors faculty who achieve excellence as educators. The award is particularly meaningful because it is chosen by the medical residents of each institution. These are the individuals who know the faculty best. So, those who know and interact with VCU's faculty on a regular basis felt Dr. George was exemplary among them and particularly deserving of recognition for her outstanding work as an educator."

The ACP is the largest medical specialty organization in the United States. ACP members include 148,000 internal medicine physicians (internists), related subspecialists and medical students.

Update from the Associate Chair for Quality and Safety

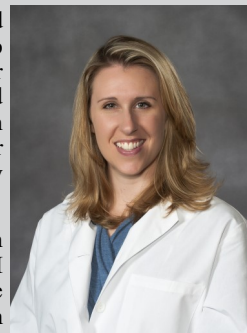
I am so proud of what our quality and safety program has accomplished over the past year! A huge part of our success has been because of the leadership and dedication shown by a talented group of faculty members, the quality improvement directors. I wanted to highlight a few of their efforts:

Dr. Georgia McIntosh, QI Director for the medicine housestaff services, believes in the value of an interprofessional approach to patient care. This model has been shown to improve patient and provider satisfaction, lower length of stay and reduce hospital costs. To ensure that students are prepared for their roles on a multidisciplinary team during their medicine clerkships, Dr. McIntosh developed simulation-based training in interprofessional rounding. As an adjunct to student training, Dr. McIntosh implemented a separate simulation exercise for faculty leading these teams. They learned tips for effective team-based rounds and a framework to assess their trainees' communication and teamwork skills.

On our hematology and oncology services, Dr. Mary Helen Hackney and Dr. Sheku Brar have implemented a pilot project to reduce mortality from sepsis. Early identification of sepsis and rapid administration of antibiotics are essential components of care for these critical patients. For this reason, when a sepsis alert is triggered, the resident, intern, nurse, pharmacist and rapid response team meet at the patient's bedside. The team assesses the patient and implements evidence-based interventions to prevent further clinical deterioration. This intervention has received fantastic feedback from nurses and physicians and has improved evidence-based practice for patients with life-threatening infections.

The cardiology ACE service implemented interdisciplinary rounds under the leadership of Dr. Hem Bhardwaj. Its aim is to deliver care that is effective, efficient and well-coordinated. The partnership between the ACE service providers and their multidisciplinary team is improving timely discharges and safe care transitions.

Dr. Michelle Brooks, associate program director for quality and safety, has implemented a resident-led QI initiative. The DON'T BLEED project uses an interprofessional approach to reduce unnecessary blood draws on medicine patients. The initiative is based off of the ABIM and SHM Choosing Wisely recommendation, "Don't draw morning labs in the face of clinical and laboratory stability." Dr. Brooks has piloted the project on three internal medicine units with excellent results, avoiding blood loss and improving patient satisfaction in the process.



Sarah Hartigan, M.D.
Associate Chair for
Quality and Safety

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Associate Chair for Quality and Safety
Assistant Professor, Division of General Internal Medicine
Department of Internal Medicine



Derek Leiner, M.D. was recently elected to the national medical honor society, Alpha Omega Alpha. Election to Alpha Omega Alpha is an honor signifying a lasting commitment to scholarship, leadership, professionalism, and service. A lifelong honor, membership in the society confers recognition for a physician's dedication to the profession and the art of healing.

Welcome New Faculty

On May 15, **Kimberley Ackerman, D.O.**, joined the Division of Hospital Medicine as an associate professor and hospitalist. Dr. Ackerman joins the department from the Department of Internal Medicine (DOIM) at St. Mary's Hospital Bon Secours in Richmond, Virginia. She completed an internal medicine residency and internship at Scott & White Memorial Hospital in Temple, Texas. She received her Doctor of Osteopathic Medicine degree from the University of North Texas Health Science Center, Texas College of Osteopathic Medicine in Fort Worth, Texas.

On May 15, **Renée Carter, M.D., M.P.H.**, joined the Division of General Internal Medicine as an assistant professor and general internist. Dr. Carter received her Master of Public Health degree from George Washington School of Public Health and Health Services in Washington, D.C., and her medical degree from the University of South Carolina School of Medicine in Columbia, South Carolina. She completed her internship and residence in internal medicine in the Greenville Hospital System in Greenville, South Carolina.

On May 22, **Tara Albrecht, Ph.D., A.C.N.P.-B.C., R.N.**, transferred to the Division of Hematology, Oncology and Palliative Care from the Department of Nursing as a nurse practitioner in the division. She completed a fellowship in genetics at the National Institutes of Health National Institute of Nursing Research. She received her postdoctoral degree in Cancer Survivorship Research from the University of Pittsburgh. She received her Ph.D. in Oncology Nursing Science and her Master of Science in Nursing degree as an Acute Care Nurse Practitioner from the University of Virginia in Charlottesville, Virginia.

On July 1, **Phoebe Ashley, M.D.**, was classified as a non-invasive cardiologist in the Division of Cardiology. She had been an assistant professor and general cardiologist with the division as an employee of MCV Physicians. Dr. Ashley completed a cardiovascular fellowship at the University of New Mexico Health Sciences Center in Albuquerque, New Mexico. She received her medical degree from—and did her residency and a year as a chief resident in—internal medicine at the Medical College of Wisconsin Affiliated Hospitals in Milwaukee, Wisconsin.

On July 1, **Hem Bhardwaj, M.D.**, was classified as a non-invasive cardiologist in the Division of Cardiology. He had been an assistant professor and general cardiologist, director of cardiology inpatient and consultation services, and director for quality improvement and safety for cardiology with the division as an employee of MCV Physicians. Dr. Bhardwaj completed a cardiology fellowship at VCU. Dr. Bhardwaj completed his internal medicine residency and received his medical degree from the University of Virginia School of Medicine in Charlottesville, Virginia.

On July 1, **Leah Couture, M.D.**, joined the Division of Hospital Medicine as an assistant professor hospitalist. She completed her internal medicine residency at VCU, where she was the chief medical resident, and received her medical degree from the University of Maryland School of Medicine in Baltimore, Maryland.

On July 1, **Jonathan Forbes, D.O.**, joined the Division of Hospital Medicine as an assistant professor and nocturnist. Dr. Forbes completed his internal medicine internship and residency at VCU. He received his doctor of osteopathic medicine degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania.

(Continued on page 12)

Welcome New Faculty Continued

On July 1, **Amr Marawan, M.D., M.B., Ch.B.**, joined the Division of Hospital Medicine as an assistant professor and nocturnist from the University of Tennessee College of Medicine Chattanooga where he just completed his internal medicine residency PGY-3. He completed his PGY-2 at Brookdale University Hospital and Medical Center in Brooklyn, New York. In 2014, Dr. Marawan completed the final set in the three-step examination for medical licensure in the United States (USMLE). Prior to coming to the U.S., Dr. Marawan received his Bachelor of Medicine and Bachelor of Surgery degrees from Ain Shams University Faculty of Medicine in Cairo, Egypt, where he also completed a residency and internship.

On July 1, **Roshanak Markley, M.D.**, was classified as a non-invasive cardiologist in the Division of Cardiology. She had been an assistant professor and general cardiologist with the division as an employee of MCV Physicians. Dr. Markley did her fellowship in cardiovascular medicine at Vanderbilt University Medical Center in Nashville, Tennessee. She completed an internship and residency in internal medicine at VCU. Dr. Markley received her medical degree from the Medical College of Georgia in Augusta, Georgia.

On July 1, **Leslie Moses, M.D.**, joined the Division of Hospital Medicine as an assistant professor and hospitalist from CJW Medical Center in Richmond, Virginia, where she has been a hospitalist nocturnist since 2011. She did an internship and residency at VCU, where she also served as chief resident. Dr. Moses received her medical degree from the University of Oklahoma College of Medicine in Oklahoma City, Oklahoma.

On July 1, **Aaron Schatz, M.D.**, joined the Division of Hospital Medicine as an assistant professor and nocturnist. Dr. Schatz has just completed his internal medicine residency at VCU, where he also received his medical degree.

On July 17, **Santosh Padala, M.D.**, will join the Division of Cardiology as an assistant professor and electrophysiologist. Dr. Padala just completed a clinical cardiac electrophysiology fellowship at VCU and Hunter Holmes McGuire VA Medical Center in Richmond, Virginia. Prior to this fellowship, Dr. Padala completed a cardiovascular disease fellowship at Albany Medical Center Samuel S. Stratton VA Medical Center in Albany, New York. He completed an internal medicine residency at the University of Connecticut Health Center VA Medical Center Newington in Farmington, Connecticut. Dr. Padala received his medical degree from and completed an internship at Kamineni Institute of Medical Sciences in Narketpally, Telangana, India.

On July 17 **Jeremy Turlington, M.D., M.P.H.**, will join the Division of Cardiology as an assistant professor and non-invasive cardiologist. Dr. Turlington has just completed a critical care fellowship at VCU. He also served as a cardiology fellow and cardiology chief fellow, and resident and chief resident in internal medicine at VCU. Dr. Turlington received his medical degree and his master of public health degree from Eastern Virginia Medical School in Norfolk, Virginia.

On July 17, **Sahzene Yavuz, M.D., C.C.D.**, will join the Division of Endocrinology, Diabetes and Metabolism as an assistant professor and clinical educator. Dr. Yavuz will join the division from the University of Florida Gainesville where she had been an assistant professor in the Division of Endocrinology, Diabetes and Metabolism since 2013. Dr. Yavuz completed her residency at Englewood Hospital and Medical Center in Englewood, New Jersey. She also completed an earlier residency in Marmara University Hospital in Istanbul, Turkey. Dr. Yavuz received her medical degree from Marmara University Medical School in Istanbul, Turkey as well.

On July 31, **Brittany Craven, M.D.**, will join the Division of Geriatric Medicine as a clinical educator. Dr. Craven has just completed a fellowship in Geriatric Medicine at VCU. She did a combined residency in internal medicine and geriatric medicine at Eastern Virginia Medical School and received her medical degree from the VCU School of Medicine.

(Continued on page 13)

Welcome New Faculty Continued

On July 31, **Stephanie Stevens, D.O.**, will join the Division of Hematology, Oncology and Palliative Care as a clinical educator. Dr. Stevens has just completed a fellowship in Hospice and Palliative Care at VCU. She also completed her residency and internship at VCU. She received her Doctor of Osteopathic Medicine degree from Nova Southeastern University College of Osteopathic Medicine (NSUCOM) in Ft. Lauderdale, Florida.

On August 28, **Shanti Koirala Pradhan, M.D.**, will join the Division of Hospital Medicine as an assistant professor and hospitalist. Dr. Pradhan will join the department from the DOIM at New York Medical Metropolitan Hospital Center in New York, New York, where she completed an internship and her PGY-2 and PGY-3. Dr. Pradhan completed an internship at Bir Hospital National Academy of Medical Science in Kathmandu, Nepal, and she received her medical degree from the Medical School Fatima Jinnah Medical College for Women in Lahore, Pakistan.



Thank you for reading.

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