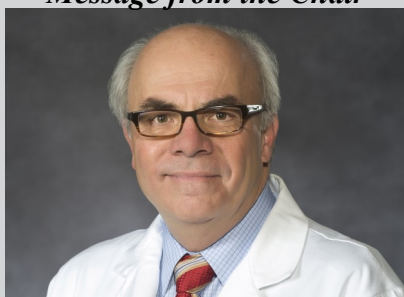


Progress Notes

A Quarterly Publication of the Department of Internal Medicine

Message from the Chair



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

“The world is too much with us; late and soon....” So wrote Wordsworth, bemoaning the distancing of ourselves from nature and the world around us by our focus on materialism. His words were written more than a hundred years ago, yet how much truer these words ring for us now than they did in Wordsworth’s time!

Multitasking is the mantra of the day, for we are assigned numerous tasks that are all designated as top priority. Sometimes life or death decisions confront us, and we are held to high standards of safety and care. Technologies, while exerting benefits, increasingly impose practical burdens on the execution of our duties.

Is it any wonder then that we are faced with job fatigue, burn out and job dissatisfaction, which are on the rise among medical professionals?

The Department of Internal Medicine and VCUHS are in the process of addressing this important issue, and I would like to suggest something simple to start the development of resiliency and regaining equanimity: Initiate the process of being mindful of the moment, of engaging the senses in your surroundings, of experiencing the fullness of each interaction, all of which cannot be accomplished casually but require effort and commitment.

As a personal example, at my son’s suggestion I have taken to meditating 10 minutes in the middle of each workday, doing so through an organized instructional program. Being an old curmudgeon, I was initially skeptical, predicting that meditation would be a short-lived endeavor – but I was wrong. After each session, I have found myself to be more mindful of my immediate surroundings, better able to focus my thoughts, and more at peace with myself. Hence, through meditation I have been better able to tackle the remaining challenges that await me and be less drained at the end of the workday.

So, continue to do the great job that each of you do every day and meet those high standards we set for ourselves. In any manner you choose, however, also devote a few minutes of each day to yourself and develop a mindfulness and engagement that will allow the world not to be too much with us, now or in the future. **IM**



Dr. Rehan Qayyum is Named Director of Hospital Medicine

Page 2



Janet Pinson is Among the First Nurse Practitioners Designated as FCCP

Page 3



Laurel Brodsky is the New Associate Administrator for the Division of Gastroenterology, Hepatology and Nutrition

Page 4



Dr. Patrick Nana-Sinkam is the new Chair of the Division of Pulmonary Disease and Critical Care Medicine

Page 5

Additional Features:

- Dr. Ellenbogen’s recent *NEJM* article.....6
- Cardiology Fellows win Jeopardy.....6
- Update from the Associate Chair for Education.....7
- Dr. Nestler elected Master in ACP.....7
- Welcome New Faculty.....8

Dr. Rehan Qayyum Named Director of Hospital Medicine

Rehan Qayyum, M.D., M.H.S., FAHA, joined the VCU Department of Internal Medicine on November 1, 2016, to serve as the director of Hospital Medicine in the proposed Division of Hospital Medicine which the VCU Board of Visitors is considering and will vote on soon.

Originally from Lahore, Pakistan, Dr. Qayyum attended medical school there at King Edward Medical College before coming to the U.S. to continue his medical education. He completed his residency at the University of Connecticut in Farmington, Connecticut, and then served as chief resident at the University of Illinois at Urbana-Champaign. After completing his year as chief resident, Dr. Qayyum moved to West Virginia to practice medicine in a region of the country underserved by medical professionals. During this time, he was an attending physician at both Purdich Medical Center in Montcalm, West Virginia, and at Princeton Hospital in Princeton, West Virginia.

Dr. Qayyum decided to become a hospitalist while working in West Virginia. His work there allowed him to see both patients in the hospital and outpatients in clinics.

He realized that he could sacrifice the deeper relationship that develops over a long period of time between a physician and his patient in an outpatient setting, for the urgency and constant change of inpatient care, where he could actively manage things quickly.

Four years later Dr. Qayyum joined The Johns Hopkins Hospital in Baltimore, Maryland, as an academic hospitalist in the Division of General Internal Medicine. He was also an assistant professor in the Department of Medicine at Johns Hopkins University School of Medicine until 2014. That September he accepted a position as a clinical associate professor in the Department of Internal Medicine at the University of Tennessee, College of Medicine in Chattanooga, Tennessee. He also served as an attending physician in the Department of Medicine at Erlanger Baroness Hospital in Chattanooga, Tennessee.

Dr. Qayyum credits his interest in pursuing a medical career to the encouragement and mentorship of many people throughout his life. Dr. Qayyum's father, although not a physician himself, encouraged his five children to become physicians. His guidance paid off because Dr. Qayyum and his sister did become physicians.

Once firmly on that path, many others helped Dr. Qayyum get to where he is today. Dr. Qayyum's mother was his earliest mentor and still provides insight in his life. His role model in medical school was Dr. Abdul Hankhan, a U.S. trained physician, who encouraged Dr. Qayyum to come to the U.S. to continue his training. Upon coming to the U.S., Dr. Qayyum was fortunate to acquire several additional mentors, a few of whom he worked with during the eight years he worked as a hospitalist at Johns Hopkins. Husband and wife, Drs. Lewis and Diane Becker, supported Dr. Qayyum's academic work, clinical research and efforts to receive NIH and American Heart Association funding. Dr. Daniel Brotman was Dr. Qayyum's immediate supervisor, mentor, colleague and good friend who still guides and helps him today.

Dr. Qayyum chose to come to VCU from Tennessee because of the exciting opportunity the creation of the Division of Hospital Medicine poses. If approved, by the VCU Board of Visitors, the Division of General Internal Medicine will split into two divisions. Currently, both outpatient internists and inpatient internists, or hospitalists, fall within General Internal Medicine as it exists. The separation



Dr. Qayyum came to the DOIM on November 1 from the University of Tennessee, College of Medicine in Chattanooga, Tennessee

would create two independent divisions: one focusing solely on outpatients and one on inpatients. The Division of General Internal Medicine would become the division focusing on outpatient care. The new division, the Division of Hospital Medicine, would relate specifically to hospitalists.

If Hospital Medicine were to separate from General Internal Medicine, Hospital Medicine would then be the largest division in the Department of Internal Medicine. There are currently 47 physician hospitalists and more than a dozen nurse practitioner hospitalists who would become part of the Division of Hospital Medicine. Plans to hire at least seven more hospitalists by June 2017 are also in place.

Hospitalists care for patients in an inpatient setting, from the moment the decision is made that a patient needs to be admitted through discharge. Hospitalists evaluate patients holistically and make treatment decisions with the whole picture in mind. Many patients who come to the hospital can benefit from being seen by a hospitalist who can manage all their different issues, rather than

being seen by a handful of different specialists. Hospitalists also make sure that the discharge from hospital to home goes smoothly, and they are known as "transition of care specialists."

In preparation for the potential launch of the new Division of Hospital Medicine, Dr. Qayyum is focused on continuing Dr. Heather Masters' work of building a strong and cohesive team. Dr. Masters has been the section chief of hospital medicine within General Internal Medicine, as well as the associate chief medical officer for clinical operations, and would continue to be actively involved in the new division where she would act as the associate chair of the Division of Hospital Medicine. Academic institutions have an additional responsibility to communicate and advance knowledge. Once a clinical group is established, as is the case at VCU, the next phase in the evolution of a hospitalist program is the academic aspect.

Prior to his arrival at VCU on November 1, Dr. Qayyum spoke with all the division's hospitalists individually via Skype™. With 47 hospitalist physicians, that is no small task. He chose to reach out on an individual basis to get a clear sense of what people thought worked well with the hospitalist program, what they thought could use improvement and where they personally could use support. Dr. Qayyum was pleased to hear from every single person he spoke with that they were all very happy about the culture of the group. They felt it was collegial, that people were warm and that it was a close-knit group despite its large size. From his conversations, Dr. Qayyum also learned that the group was looking for more support for academic work in teaching and in research.

Dr. Qayyum's goal in his new role will be threefold: to continue and improve upon the clinical care aspect of the hospitalist program, to improve patient safety and to develop a strong academic program to go alongside the strong clinical program. He said of building the academic component:

"We have everything we need to develop a strong research based program. We have people who are explorers in patient safety and patient focused outcomes. We have hospitalists interested in doing clinical

(Continued on page 3)

There are currently 47 physician hospitalists and more than a dozen nurse practitioner hospitalists who will become part of the Division of Hospital Medicine. Plans are also in place to hire at least seven more hospitalists by June 2017.

research. VCU is a large hospital with a plethora of data on patients available through electronic health records. At the moment, most of the recorded data does not get used for advancing knowledge. The next step is to build up the research being conducted in order to create a strong academic group to go along with our strong clinical group."

While in Tennessee, Dr. Qayyum engaged in research focused on patient satisfaction of hospitalists' work, which he brings to many aspects of his new role. His research background from his time at Johns Hopkins runs the gamut from cardiovascular epidemiology to cardiovascular genetics, pharmacogenomics, next generation sequencing and stem cell research.

As is typical of hospitalist programs, the VCU hospitalist program is a young program, in which most of the hospitalists are less than five years out of residency. Dr. Qayyum explained how this group of young physicians provides interesting

opportunities. He said:

"A young group of people is more enthusiastic, more energetic, more willing to work hard. But at the same time need more mentorship, more resources, more attention to develop their careers. There is also a strong need to channel that raw energy, enthusiasm and passion into something helpful for the institution at the same time as it helps them to develop their careers."

Clinical practice for hospitalists continues to change. There are always new discoveries, new drugs and new regulations within the health system. It is a dynamic field, and acclimating to constant change, as well as developing an academic career, requires support that Dr. Qayyum is prepared to provide.

When he is not working, Dr. Qayyum enjoys reading and spending time with his family. He and his wife, who is also a hospitalist, have a seven-year-old son and two daughters, who are 11 and 13. **IM**

Janet Pinson, NP Designated as a Fellow of the American College of Chest Physicians (FCCP)

At the 2016 annual CHEST (American College of Chest Physicians) meeting, Janet Pinson, N.P., was awarded the designation as a fellow of the American College of Chest Physicians (FCCP). Janet is a board certified acute care nurse practitioner and a family nurse practitioner with the Division of Pulmonary Disease and Critical Care Medicine. Janet joined the Department of Internal Medicine in 1992 as a hospitalist and has been with the pulmonary division for the past 17 years.

Janet is one of the first five nurse practitioners in the world to achieve the FCCP distinction. CHEST, which has more than 19,000 members, recently opened the FCCP designation to non-physician health care professionals who have advanced degrees and meet the criteria. This year Janet was the only nurse practitioner out of more than 50 individuals to receive the FCCP distinction in person at the annual meeting in Los Angeles.

Janet is one of the first five nurse practitioners in the world to achieve the FCCP distinction. She was the only nurse practitioner out of more than 50 individuals to receive the FCCP distinction in person at the 2016 CHEST annual meeting in Los Angeles.

Dr. Curtis Sessler is the former president of ACCP and holds the titles of Orhan Muran Distinguished Professor, director of the Center for Adult Critical Care, and medical director for Critical Care and MRIC at VCU. He has worked with Janet through the years and was proud to see her named as a fellow of the American College of Chest Physicians. He said:

"It was a tremendous feeling to see Janet walk across the stage at this national meeting as one of the first nurse practitioners in the world to be honored as a Fellow of the American College of Chest Physicians. Despite the physician-centric nature of the organization's name, honoring deserving individuals like Janet serves to highlight the importance of the entire healthcare team in delivering superb patient care. Janet is very well qualified for this recognition with her expertise in caring for complex patients with pulmonary arterial hypertension and severe asthma and her many contributions to teaching and research. It's been a great pleasure of mine to share many Pulmonary patients with Janet over the years."

Janet has attended the annual CHEST meeting since 2004 and became a member around that time as well. To become a fellow, a member must demonstrate his or her commitment to pulmonary medicine through involvement in the pulmonary

medicine community. He or she must also submit a CV and two letters of support. Dr. Sessler and Dr. Wes Shepherd, director of Interventional

Pulmonology, were happy to write letters recommending Janet.

As a nurse practitioner in the Division of Pulmonary Disease and

Critical Care Medicine, Janet manages patients with a variety of pulmonary diseases, however, she specializes in treating patients with Pulmonary Hypertension (PH).

Janet is actively involved in supporting the community of pulmonary medicine. She is on the hospital credentialing committee, on the Transforming Our Practice (TOPS) committee for Adult Critical Care (ACC) clinics and is involved with a 2016 initiative to improve the performance of the ACC and other clinics. She was a founder of a pulmonary hypertension support group that started more than 10 years ago. She also enjoys teaching and precepts nurse practitioner students, and she lectures at the VCU School of Nursing. Janet also lectures for patient and medical groups. She also frequently speaks at local and national conferences, including those of the Pulmonary Hypertension Association (PHA). Most recently Janet taught a class on oxygen, which was open to all patients at VCU. This past summer, she gave a lecture on fluid and sodium restriction to pulmonary hypertension patients. Her presentation incorporated reading labels on many common food items and, by using visual aids, she demonstrated how easily a two-liter fluid restriction could be reached and surpassed.

Dr. Dan Grinnan, associate professor in the

(Continued on page 4)



Janet Pinson, NP and Dr. Curt Sessler posed at the Annual CHEST meeting where Janet was named a Fellow of the ACCP

Division of Pulmonary Disease and Critical Care Medicine, shared his perspective on Janet's care of pulmonary patients. He said:

"Janet Pinson has become a master at the longitudinal care of pulmonary patients, including her national reputation in the field of pulmonary hypertension. She blends medical knowledge, clinical experience and compassion in caring for her patients, and her attention to detail and 'between visit care' is unparalleled in our division. She is most deserving of this latest accomplishment."

Janet credits her mentors – Pat Selig, Ph.D., FNP, and Paul Fairman, M.D. – with encouraging and enhancing her strong work ethic, communication abilities, knowledge of pulmonary medicine and caring attitude for patients. She also noted that it was Dr. Alpha A. (Berry) Fowler, III who brought her into the Division of Pulmonary Disease and Critical Care Medicine 17 years ago and who has been a great supporter of hers ever since.

Dr. Fowler, the William Taliaferro Thompson Professor of Medicine in the Division of Pulmonary Disease and Critical Care Medicine, said that he and the

rest of the division were excited by Janet being named as a fellow of the ACCP. Dr. Fowler said:

"Janet has become an amazing, experienced Pulmonary Practitioner. She cares for patients who have a wide variety of pulmonary diseases, from pulmonary hypertension to asthma to sarcoidosis to pneumonia, just to name a few. Janet is also an amazing educator, overseeing nurse practitioner students as they go through their training. We are fortunate to have this amazing nurse practitioner on our faculty. She makes VCU medicine strong."

Janet is proud to be among the first nurse practitioners to be named as a fellow of the ACCP. She encourages everyone working with pulmonary patients, from physicians to nurse practitioners to registered respiratory therapists, to consider the opportunities the ACCP offers. The opportunity to become a fellow of the college was only opened to non-physicians last year, and Janet does not think many nurse practitioners are aware of this development. **IM**

Laurel Brodsky Became the New Associate Administrator for the Division of Gastroenterology, Hepatology and Nutrition

Laurel Brodsky, M.B.A., joined the Department of Internal Medicine as an associate administrator for the Division of Gastroenterology, Hepatology and Nutrition in September 2016. Originally from Illinois, Laurel received her bachelor's degree from the University of Hartford and a master's degree in business administration from Northwestern University. She spent most of her adult life in Western Pennsylvania before moving to Virginia in 2007 and then Richmond in 2012. Prior to joining the Department of Internal Medicine in September, Laurel was the manager of MCV Physicians clinics at Mayland Court, Ridgefield Parkway, and Altius Family & Sports Medicine, for four years. There she gained invaluable experience working with physicians, nurse practitioners and administrators from many different specialties including: cardiology, endocrinology, family medicine, gastroenterology, hepatology, infectious diseases, nephrology, neurology, orthopaedics, pediatrics, psychiatry, pulmonary medicine, rheumatology, surgical oncology and vascular surgery.

In her new role, Laurel puts her prior VCU Health System and MCV Physicians experience to good use as she is responsible for overseeing divisional operations such as personnel management, financial management, space planning and other activities that ensure the division's operations run smoothly. Laurel reports to Al Dunn, the Department of Internal Medicine's administrator, who said:

"We are very excited to have Laurel join our management team. She is a very experienced and talented administrator who is making changes, which are already causing a positive difference in the Division of Gastroenterology, Hepatology and Nutrition."

Laurel works closely on a daily basis with the division's physicians, nurse practitioners and staff, as well as staff from other divisions within the Department of Internal Medicine, and many others throughout Ambulatory Care, IT, Revenue Cycle Management and other departments.

Laurel was excited to begin her new role in the Division of Gastroenterology, Hepatology and Nutrition because she has extensive background experience within the field of gastroenterology and hepatology. Before she moved to Richmond, Laurel worked with many gastroenterologists, hepatologists and other related specialists at the University of Pittsburgh Medical Center. Since she first joined



Laurel Brodsky, MBA brings 30 years of experience to her new position

VCU Health in 2012, she has had frequent interactions with Drs. Bekenstein, Vota, Haines and Felton in Nephrology, Dr. Sica in Nephrology, and Drs. Kuemmerle, Smallfield, Sterling, Luketic, Puri, Sanyal and Vachhani in Gastroenterology, Hepatology and Nutrition. Now that Laurel has joined the Division of Gastroenterology, Hepatology and Nutrition she is pleased to be working more regularly with many of the physicians she had interacted with from the division through previous roles. Laurel enjoys the fast pace of her new position, as well as her involvement in a variety of responsibilities.

When Laurel began her career in physician practice management 30 years ago, schedules were kept in paper books, patient charts were hand written on paper, claim forms were all typed by hand and patient bills were generated manually. Laurel is resourceful and determined, striving to improve whatever setting she finds herself working in and is pleased to have expanded

her knowledge as technology has advanced and changed the face of medical practice management for the better.

Laurel is actively engaged in her work and frequently reads management books (Jim Collins is a favorite author of hers) to help her feel inspired to push herself to improve and achieve. Laurel believes all of the division's physicians and team members have something special that they contribute. Whether someone is adept at calming a fearful patient, has a unique teaching method, excels at streamlining work processes or improves a research tool, Laurel hopes to encourage her colleagues to share these bits of greatness with others in the division to improve both the patient experience, and the administrative work experience.

Laurel has been inspired and shaped by many special people throughout her life. The late Jackie Clugston, Laurel's good friend and colleague, was always there for her, ready with advice or support. Laurel was also significantly influenced by her mentor, George Liggins, who helped her make the decision to move from her early scientific path to business administration. He was instrumental in her pursuit of a graduate business degree that has ultimately led her to her current position. Laurel hopes to provide support and guidance to others in the same way she has been supported.

When Laurel is not working, she enjoys spending time in nature and recharges by reading favorite inspirational books. **IM**

Dr. Patrick Nana-Sinkam Named New Chair of the Division of Pulmonary Disease and Critical Care Medicine

On September 1, Patrick Nana-Sinkam, M.D., FCCP, joined the Department of Internal Medicine as a professor of medicine and as the chair of the Division of Pulmonary Disease and Critical Care Medicine.

Dr. Nana-Sinkam grew up in Northern Virginia and became interested in pursuing a career in medicine while in college. Although he seriously considered going to film school, Dr. Nana-Sinkam had several summer experiences, including shadowing physicians and working as a laboratory volunteer, that triggered his interest in medicine. Dr. Nana-Sinkam attended medical school at Wake Forest University and completed his residency and a year as chief resident in internal medicine at the University of Michigan. He then completed his subspecialty training at the University of Colorado where he went on to be a faculty member for two years. Most recently, he spent 10 years as a faculty member at The Ohio

State University. After experiencing institutions across the country, Dr. Nana-Sinkam felt the opportunity to serve as division chair at VCU was an ideal combination of commitment to patient care, medical education and growing research. He also welcomed a return to his home state as he still has family and close friends in the area.

When he first entered medical school, Dr. Nana-Sinkam had plans to become a head and neck surgeon. However, Dr. Edward Haponik, a mentor who happened to be a pulmonologist,

Dr. Nana-Sinkam believes in supporting and encouraging his colleagues to reach their potential and excel in their fields

largely influenced Dr. Nana-Sinkam's eventual career choice. Dr. Haponik had a true gift for teaching and passion for the pursuit of knowledge that Dr. Nana-Sinkam could only hope to have. During much of Dr. Nana-Sinkam's third year of medical school, Dr. Haponik and he would meet regularly to discuss the merits of a career in pulmonary medicine and the fact that so many pulmonary diseases were still in need of a cure. By the time Dr. Nana-Sinkam graduated from medical school, he had made a clear choice to pursue a career in Pulmonary and Critical Care Medicine.

Clearly, mentors have influenced Dr. Nana-Sinkam's career path. Throughout his career, Dr. Nana-Sinkam has had wonderful mentors, many of whom he remains in contact with to this day. They have been instrumental in his decisions to enter medicine, pursue Pulmonary and Critical Care medicine as a specialty and become a physician scientist. Because of the huge impact mentors have had on him, mentorship has become a core value in how Dr. Nana-Sinkam guides others and is something he expects from his colleagues. Beyond professional mentors, the most influential role model in Dr. Nana-Sinkam's life has been his father, whose independence, resilience and non-compromising principles continue to guide Dr. Nana-Sinkam's everyday

decisions.

As both a clinician and researcher, Dr. Nana-Sinkam has always been attracted to diseases that have received little attention and thus have had few if any effective cures. Early in his career, Dr. Nana-Sinkam developed an interest in lung cancer, a disease that causes more cancer-related deaths than the next several cancers combined, yet is often overlooked. Recognizing the importance of early detection in lung cancer, over the last decade, Dr. Nana-Sinkam's laboratory has focused on the importance of both better defining those who may be at risk and identifying potential novel therapies. He and his team are accomplishing both of these goals through the development of blood-based tests and novel small molecule inhibitors.

As the new chair of the Division of Pulmonary Disease and Critical Care Medicine, Dr. Nana-Sinkam feels fortunate to have such talented, committed and collegial members on his team. He has been impressed by the breadth of expertise that exists in all three components of the academic mission which has resulted in real impact on patients and the health system. For example, the division's members are consistently awarded for their teaching. They lead programs in ultrasound and medical simulation. The division has several subspecialty programs in Cystic Fibrosis, Sarcoidosis, Pulmonary Hypertension and Interventional Pulmonology that are achieving a regional and national reputation. Some of the finest clinicians in the health system work in the division's critical care area. In research, the division has led some landmark scientific discoveries, one of which is the use of Vitamin C as a therapy in acute lung injury.

Dr. Nana-Sinkam feels his colleagues make his job a pleasure in many ways, and he is working to ensure that his team members individually feel valued and are able to use their talents to their fullest potential and are on track to accomplish their personal goals. Since joining the division in September, Dr. Nana-Sinkam has focused on trying to connect with as many members of the team as possible, including the administrative staff and both junior and senior faculty. Having only been with the division for four months, Dr. Nana-Sinkam already understands the tremendous foundation of skilled clinicians and educators within the division. He sees a growing research infrastructure that he wants to foster. He said:

"In my mind, we have the foundation to become a premier division not only in the region but also in the country. Accomplishing that will require supporting and encouraging individual members to reach their potential and truly excel in their given area of expertise by strategically growing our clinical subspecialty programs, research and local and national visibility."

Dr. Nana-Sinkam understands that balancing the clinical, research, teaching and administrative components of the division can be difficult and evolving, but his

Dr. Nana-Sinkam's primary focus is on the division's clinical and research growth and health, and the development of its junior faculty. He believes talent must be fostered through support and direction.

primary focus will be on the division's clinical and research growth and health, and the development of its junior faculty. He hopes to share his perspective that once a group has talented members, like the Division of Pulmonary Disease and Critical Care Medicine does, that talent must be fostered by providing the team members with support and direction.

Dr. Curt Sessler the director of the Center for Adult Critical Care, and medical director for Critical Care and MRIC said of Dr. Nana-Sinkam:

"I'm very excited about what Dr. Nana-Sinkam brings to the Division. He possesses the unique combination of being a highly (Continued on page 6)

skilled and well-funded investigator as well as having a proven track record as a leader dedicated to mentorship and faculty development. Our Division is on a great trajectory with Pat at the helm.”

Over the next five to ten years, Dr. Nana-Sinkam would like to see the division become a true “destination” program that attracts patients from across the country for medical care and cutting edge research trials, and trains the future leaders in Pulmonary and Critical Care Medicine. He believes

that the leaders in the division who have helped guide and support him in his transition to VCU, Drs. Lisa Brath, Berry Fowler, and Curt Sessler, will be valuable assets in continuing the division’s upward trajectory.

Dr. Fowler the William Taliaferro Thompson Professor of Medicine in the Division of Pulmonary Disease and Critical Care Medicine, said of Dr. Nana-Sinkam:

“[He] is widely known for his exciting research, examining innovative molecular biomarkers of lung cancer. At VCU, his work will bring together researchers and clinicians in the Chest Radiology Division, the Massey Cancer Center, Thoracic Surgery and Interventional Pulmonology. The

combined effort will push VCU’s mission to diagnose and treat lung cancer to the forefront.”

Dr. Nana-Sinkam shared that while he is passionately invested in pulmonary medicine, before deciding to pursue a medical career, he considered becoming a film director. To this day, he has a strong interest in how stories are told in film. Some of his favorite films are *The Magnificent Seven*, *Strangers on a Train* and *The Bicycle Thief*.

Dr. Nana-Sinkam is married and has an 11-year-old son. He is a soccer fanatic and grew up playing the sport. Everyone in his family, from his father to his son plays soccer with passion, and on any given weekend, without a doubt, a soccer game will be on his television commanding household attention.

Approximately six years ago, Dr. Nana-Sinkam’s family started a foundation with a focus on providing economic sustainability, opportunities for education and health care infrastructure to a small village in Cameroon. Led by his father, this foundation has been successful in supporting the building of small factories, a bank and a pharmacy, expanding the capacity of the local middle and high schools, and providing free health care to over 20,000 people. **IM**



Dr. Kenneth Ellenbogen Publishes Article in *New England Journal of Medicine*

On December 8, 2016, Dr. Kenneth Ellenbogen, chair of the Division of Cardiology, co-authored an article in the *New England Journal of Medicine* entitled “Implantable Cardioverter–Defibrillators in Nonischemic Cardiomyopathy.” Through a case vignette, Dr. Ellenbogen’s portion of the article advocates for the placement of an ICD as additional treatment for a man with nonischemic cardiomyopathy. You can read the full article by copying and pasting the link below into your web browser.

<http://www.nejm.org/doi/full/10.1056/NEJMclde1611988#t=article>

Cardiology Fellows Become State Champions in Jeopardy

On November 18, 2016, Drs. Dhavel Patel, Narayan “Guru” Kowlgi, and Mohammad Rajab brought the state championship in Fellows-in-Training (FIT) Jeopardy home to VCU from the Mid-Atlantic Capital Cardiology Symposium. The three member team will go on to represent the VCU Cardiovascular Diseases Fellowship program at nationals which will be held at the American College of Cardiology (ACC) 2017 Scientific Sessions in March 2017.



Update from the Associate Chair for Education

Our learners and faculty have come to expect high-quality educational experiences and development opportunities from the DOIM Medical Education team. So much so that we view many of our high-quality rotation structures, learning tools and resources as “normal” or “commonplace.” Nothing could be further from the truth, and I would like to take this opportunity to highlight some of the innovative and nationally-acclaimed work we are doing in the DOIM.

Over the past several years, our education team has disseminated much of our novel work at a national level. At the GME level, our tandem block schedule is unique among residency programs and is associated with burnout rates far below national norms (S Bishop, S Call et al, AAIM Sept 2014). DOIM has presented this work at several national conferences, and programs across the country have expressed interest in adopting it in whole or in part. We were one of the earliest programs to adopt the ABIM’s milestones and use them to help our competency committee make decisions about resident promotion. Our faculty and residents’ experience with the milestones was recently highlighted at a national meeting (R Hemrajani et al, AAIM Skills Development Conference 2016) and in an invited perspective piece (S Call, *JAMA Internal Medicine*, 2016, Nov 1). We are at the forefront of interprofessional education, publishing numerous manuscripts on training experiences among our residents, pharmacy residents and psychology graduate students (B Lee, S Bishop et al). Additionally, we have been critical participants in national collaboratives on safe discharge summaries (SAFE-D) and hand-offs (IPASS) (S Call, M Brooks et al). These efforts resulted in a new structured program to train interns’ competency for both documentation and hand-offs. Our program has also been celebrated for its focus on resident wellness and connection with our patients – as exemplified by our digital storytelling initiative, our intern resilience curriculum, Balint groups and, again, the tandem block schedule (B Miller, S Call, T Iden, M George et al).

At the UME level, we are pushing the frontiers of competency-based education and training. We are involved at the national level in developing and adopting the Core Entrustable Professional Activities for Entering Residency (S Call, *Academic Medicine*, Oct 2016). We recently shared our experiences with M4 student boot camps via invited manuscript (S Bishop, A Garber et al, AAIM Insight July 2016), and our institution will be featured in an upcoming publication (S Bishop, *Academic Medicine*, in press) on the utility of the NBME shelf examination in the clerkship phase of training. Throughout the next 12 months, our clerkship will be embracing a focus on clinical reasoning and performance. We will replace our shelf exam with a key features assessment that evaluates students’ ability to apply information in a clinical context. We will also be instituting shorter, mobile-based evaluations designed to give immediate feedback to students based on direct observation. As in GME, we will be a national leader in UME, with other institutions looking to our example for how to move boldly into a new era of student-centered and faculty-centered education.

What we have presented here is just a fraction of the work your DOIM’s education team is doing to make extraordinary medical education seem ordinary here at VCU. None of this would be possible without our dedicated faculty and committed learners – we look forward to partnering with and learning from you in 2017!



Stephanie Call, M.D., M.S.P.H.
Associate Chair for Education

Stephanie Call, M.D., M.S.P.H.

Associate Chair for Education
Program Director, Internal Medicine Training Program
Department of Internal Medicine

Dr. John Nestler Elected Master in the American College of Physicians (ACP)

John Nestler, M.D., MACP, Chair of the VCU Department of Internal Medicine, has been elected to a mastership in the American College of Physicians (ACP) by its board of regents. Dr. Nestler will receive his mastership during the 2017 Internal Medicine meeting on March 30 in San Diego, CA. He is one of only 53 newly elected masters in the ACP.

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



Welcome New Faculty

On September 1, **Patrick Nana-Sinkam, M.D.**, became the new chair of the Division of Pulmonary Disease and Critical Care Medicine. Dr. Nana-Sinkam joined the division from The Ohio State University where he served as the director of mentorship for the Center for Faculty Advancement, Mentoring and Engagement. In addition, he served as associate director of the Thoracic Center at the James Comprehensive Cancer Center. Dr. Nana-Sinkam completed residency training in Internal Medicine at the University of Michigan, where he served as chief medical resident, and then completed a fellowship in Pulmonary Sciences and Critical Care Medicine at the University of Colorado Health Sciences Center. Dr. Nana-Sinkam received his medical degree from Wake Forest University School of Medicine in North Carolina.

On November 1, **Michael Donnenberg, M.D.**, joined the Division of Infectious Diseases as a professor and the Senior Associate Dean for Research and Research Training. Dr. Donnenberg joined the Division of Infectious Diseases from the University of Maryland School of Medicine where he served as a professor of medicine and a professor of microbiology and immunology since 2000. Dr. Donnenberg did a fellowship in infectious diseases in the Division of Geographic Medicine in the Department of Medicine at the University of Maryland School of Medicine, as well as a fellowship in infectious diseases in the Geographic Medicine & Infectious Diseases Division of the New England Medical Center at Tufts University School of Medicine. Dr. Donnenberg was a resident at Francis Scott Key Medical Center (now Johns Hopkins Bayview Medical Center) and was an intern at Baltimore City Hospitals (now also Johns Hopkins Bayview Medical Center). He received his medical degree from Columbia University College of Physicians and Surgeons.

On November 1, **Rehan Qayyum, M.D., M.H.S., FAHA**, joined the faculty as the director of hospital medicine. Dr. Qayyum joined the division from Erlanger Baroness Hospital in Chattanooga, Tennessee, where he was the director of the academic hospitalist program. Dr. Qayyum received his M.H.S. from The Johns Hopkins University, Bloomberg School of Public Health, and his M.B.B.S. from King Edward Medical College in Lahore, Pakistan.

On November 1, **Jinlei Zhao, Ph.D.**, joined the Division of Infectious Diseases as an instructor and the lab manager for Dr. Donnenberg's lab. Dr. Zhao was most recently a research specialist at the University of Maryland School of Medicine. Dr. Zhao did postdoctoral research at the University of Pennsylvania and the University of Texas Health Science Center in San Antonio, after receiving a Ph.D. from China Agricultural University.

On November 7, **Catarina Regis, M.D.**, joined the Division of General Internal Medicine as a general internist and assistant professor. Dr. Regis joins the department from JenCare Medical Center in Richmond, Virginia, where she was a primary care physician. Dr. Regis did her residency at the University of Miami JFK Medical Center and attended medical school at the Federal University of Bahia, Brazil.

On January 2, **Usman Piracha, M.D.**, joined the Division of Cardiology as a hospitalist and assistant professor. Dr. Piracha joined the division from Mercy Hospital Jefferson in Festus, Missouri, where he held the position of hospitalist. He did his residency at St. Luke's Hospital in Chesterfield, Missouri. Dr. Piracha received his medical degree from King Edward Medical College in Lahore, Pakistan.



VCUHealth™

Thank you for reading.

For more information about the **Department of Internal Medicine**, please visit us online at:

www.intmed.vcu.edu