

# THE PROGRESS NOTE

## DEPARTMENT OF INTERNAL MEDICINE



Dr. Matt Blackwell

### Welcome from the Program Director

Happy Birthday! This year marks the 50<sup>th</sup> anniversary of the CMC Department of Internal Medicine! Our department has experienced remarkable growth since being founded in 1968, and we are excited to celebrate this important milestone in the life of our residency program over the next academic year.

Since being founded, only four individuals have chaired our department: Drs. Marvin McCall, Mack Mitchell, Ray Bianchi, and Scott Furney.

Furthermore, I have the honor of serving as the fourth residency program director following the Drs. McCall, Bianchi, and Beth Susi.

Outside of this notable anniversary, this is an exciting time of year as we have just welcomed another class of bright, accomplished, and enthusiastic interns to CMC. In this issue of "The Progress Note," we will highlight some resident and faculty accomplishments, present a story on the creation of the CMC Internal Medicine Challenge Coin, and offer a well-deserved tribute to longtime infectious disease faculty member, Dr. Jim Horton, on the occasion of his retirement. We hope that you will enjoy reading about these departmental updates and that this newsletter will connect our large and growing base of residency alumni.

Please feel free to forward this issue of "The Progress Note" to other alumni and friends of the program. Anyone who would like to receive an electronic copy of this biannual newsletter can send his/her contact information to [IMAlumni@atriumhealth.org](mailto:IMAlumni@atriumhealth.org). In addition, we encourage you to contact us with updates on your accomplishments and/or other changes in your professional life. Please note the alumni accomplishments included throughout the pages of this newsletter, and we would be delighted to highlight your news in a future issue!

Finally, I hope that you will consider giving back to your former residency program through a tax-deductible monetary contribution to the Laszlo Littmann Department of Internal Medicine Education and Research Fund. We established this fund to honor the occasion of Dr. Littmann's retirement in 2016, and we are using the donated funds to support residency education efforts including travel for an experience in global medicine, residency wellness events to prevent physician burnout, resident research efforts, and special events such as residency graduation. Your contributions will allow us to continue our current outstanding educational programs as well as offer exciting new opportunities for professional development. Information about donating to the Internal Medicine Education and Research Fund is included in this issue. Thank you so much for your consideration!

Sincerely,

Matt Blackwell, MD, FACP  
 Program Director, CMC Internal Medicine Residency  
 CMC Alumnus, Class of 2006

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### Stay Connected!

For future publications, we would like to publish updates shared with us from our alumni. Please email us at:

**[IMAlumni@CarolinasHealthcare.org](mailto:IMAlumni@CarolinasHealthcare.org)**

to share memorable moments such as marriage and birth announcements, career milestones, awards and achievements.

We would love to include these in future publications.

# Department of Internal Medicine Update: Dr. Jim Horton's Retirement



Jim Horton's retirement after 6 years in private practice at the Nalle Clinic, followed by 27 years on the CMC Internal Medicine Department faculty, is a special occasion to honor in the history of the CMC Internal Medicine Residency Program and the Charlotte medical community.

Jim has enjoyed a career as varied and accomplished as anyone I know, ranging from practicing ID and IM, to teaching and mentoring students, residents, and co-faculty, to researching new antibiotics and HIV drugs, to volunteering his time in service of others in the greater Charlotte community and the national ID professional society.

Rather than itemize all he has done, I would like to share some stories and highlights that most people reading this will recognize and that will ring true to the Jim Horton we know.

**Clinician:** Over 33 years of clinical practice, Jim's career has spanned the HIV epidemic from being a deadly, stigmatized disease to the modern era of antivirals and molecular diagnostics. He has excelled in caring for patients from all walks of life from the uninsured homeless to the families of physicians and city leaders. He has treated each with humility and professionalism informed by his own experience with illness in early adulthood. One mark of his clinical skills is his curiosity about finding ways to learn from cases as exemplified by his sending patients to NIH for immunologic research in cases of non-AIDS cryptococcal disease and CD4 lymphopenia syndrome unrelated to HIV. He has many longtime patients who will miss his signature bowtie and kind caring manner.



**Teacher and Role Model:** Jim loves to share what he knows with others, whether it is teaching the physical exam to internal medicine students or sharing an article with the faculty from one of the many publications he reads (NEJM, Clinical Infectious Disease, Wall Street Journal, The Economist, New York Times, Science, others). He is perhaps best known in white board lectures to draw charts with x- and y- axes and lines to make points on almost any topic as well as sharing insights on some of our patients with high risk behaviors by referencing the Stanford Marshmallow Experiment. His Internal Medicine Grand Rounds lectures have covered a wide range of topics from Sepsis and HIV/AIDS to World War II's impact on medicine in America. He models for residents and medical students how to interview patients, communicate with families, and how best to "give bad news". He is also a role model for me and my colleagues. Among the many "art of medicine" skills I have learned from him include the importance of knowing how and when to involve family members in the care of persons with AIDS or other serious illness and his longstanding-habit of calling the next of kin of his patients who died to express condolences.



## Dr. Jim Horton's Retirement (Cont'd)

**Researcher:** Jim has had a talent for creating or finding opportunities for interesting projects over his career. He has served as either principle or co-investigator on studies sponsored by researchers at the NIH, CDC, NYU, Chapel Hill, Duke, and pharmaceutical companies on a range of topics. Most of his research efforts have focused on new HIV drugs in Phase 3 development, but he has also participated in studies on treatment of tuberculosis, candidemia, staphylococcal bacteremia, skin abscesses, and other topics. Research is a "team sport", and Jim has excelled in recruiting and retaining a talented staff of research nurses as well as delegating to other physician-investigators opportunities to build a portfolio of research studies. Jim's success in research derives from his blend of scientific curiosity, strong desire to add to medical knowledge, plus his commitment to ethical and best research practices.

**Community Benefit and Volunteer Leadership:** Jim has served as a volunteer on boards of many organizations in Charlotte from Regional AIDS Interfaith Network (RAIN) and Metrolina AIDS Project to House of Mercy. For many years, he was on the CMC Medical Executive Board and for 5 years was on the ID Society of America Committee for Clinical Guideline Development as a member and then chair. Jim's endurance on these committees is testimony to his generosity with his time plus his ability to work effectively with physician leaders from around the country. "Herding unicorns" maybe a more apt expression than "herding cats" with reference to the IDSA Guidelines Committee work. In appreciation for his work for IDSA and for his other career accomplishments, he was awarded the 2015 Watanakunakorn Clinician Award by the ID Society of America.



We will miss Jim's daily presence at work. He has prepared for retirement with a variety of worthwhile personal and community projects in mind. I am happy he plans to remain in Charlotte where we can continue to enjoy his and Kathy's friendship and no doubt continue to receive weekly emails with interesting articles!

-- David Weinrib, MD



Department Photo 1996 - 1997



Department Photo 1998 - 1999

(Cont'd on Pg. 4)



Dr. Jim Horton's Retirement (Cont'd)



Department Photo 2000 - 2001



Department Photo 2003 - 2004



Department Photo 2005 - 2006



Department Photo 2006 - 2007



Department Photo 2011 - 2012



Department Photo 2017-2018

## Department of Internal Medicine Faculty: Updates and Accomplishments

Drs. Heather Tarantino and Nick Young (Division of General Medicine) both received the UNC Academy of Educators Excellence in Medical Student Precepting award. In addition, Dr. Young was inducted into the UNC Academy of Educators Teaching Honor Society.



Dr. Heather Tarantino



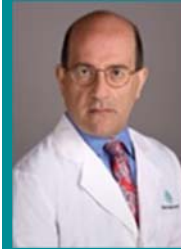
Dr. Nicholas Young

Dr. Iris Cheng (Division of General Medicine) served on the national ACGME committee responsible for the Competencies and Milestones 2.0 for the Transitional Year.



ACGME Committee

## Department of Internal Medicine Faculty: Updates and Accomplishments



**Dr. Steven Zacks** has joined the Division of GI and Hepatology and is serving as the new CMC Gastroenterology Fellowship Director.



**Dr. Tori Hudspeth** (CMC Residency Class of 2015) has joined the teaching faculty within the Division of Endocrinology.



**Dr. Michael Haley** (Division of Pulmonary-Critical Care; CMC Residency Class of 2002) received the Dr. Ray Bianchi Teacher of the Year Award for the Department of Medicine in 2018.



**Dr. Rick Musialowski** is serving as core faculty and the specialty education coordinator within the Division of Cardiology.



Despite technically being retired, **Dr. Laszlo Littmann** (Division of Cardiology) continues to teach our residents once per week on the cardiology rotation and achieved 11 scientific publications in 2018.



## Residency Program Updates: Graduation 2018

Award winners from our recent graduation event include...

<b>Marvin McColl Most Outstanding Resident Award:</b>	Dr. Maggie Devane
<b>Laszlo Littmann Scholarly Activity Award:</b>	Dr. Daniel Herlihy
<b>Ambulatory Clinic Award:</b>	Dr. Joanna Young
<b>Arnold Frazier Intern of the Year Award:</b>	Dr. Jamie Campbell
<b>Ray Bianchi Attending Teacher of the Year:</b>	Dr. Michael Haley

## Residency Program Updates: Scholarly Activity and Accomplishments



Dr. Tony Dang

**Dr. Tony Dang** received the Kaiser Permanente Excellence in Teaching Award for Internal Medicine from the UNC School of Medicine.

**Dr. Marielys Figueroa-Sierra** had an abstract entitled "Pre and Post Comprehensive Geriatric Assessment in Older Hematological Malignancy Patients Before Allogeneic Stem Cell Transplantation" accepted to the 2018 Palliative and Supportive Care in Oncology Symposium in San Diego, CA.

**Drs. Marielys Figueroa-Sierra and Tom Shuman** had an abstract entitled, "The Great Imitator: Secondary Syphilis Mimicking Primary Sclerosing Cholangitis and Inflammatory Bowel Disease" accepted to the 2018 American College of Gastroenterology meeting in Philadelphia, PA.

**Dr. Kevin Lamm** had 3 clinical vignette abstracts accepted for presentation at the 2018 American College of Gastroenterology meeting in Philadelphia, PA.

**Dr. Cory Gunn** presented an abstract on "The Impact of Delayed ICU Admission on Outcomes in Patients with Serious Infection" at the 2018 American Thoracic Society Meeting in San Diego, CA.

Three resident groups presented their QI work at the Atrium Health Quality Improvement Symposium including the following projects...

- \* Addressing Food Insecurity in the Outpatient Setting
- \* Catch Your Breath: How to Increase Lung Cancer Screening in Underserved Populations
- \* Wheezing Without Worry: A COPD Power Plan Utilization Project

**Drs. Reed Shimberg, Tony Dang, and Laszlo Littmann** published an article entitled, "What is the Cause of Syncope?" in the *Journal of Electrocardiology*.

## CMC Residency Alumni: Updates and Accomplishments

**Dr. James Smith** (CMC Residency Class of 1983) is a past GI Department Chair and current faculty member in the Division of Gastroenterology at Ochsner Clinic. Under his leadership, the Ochsner GI Department has been ranked as a top performer by U.S. News and World Report twenty-one times.



Dr. James Smith with his family in Colorado.

**Dr. J. Grier Stewart** (CMC Residency Class of 1995) works at the UAB branch medical campus in Tuscaloosa, AL and serves as the medicine clerkship director. In addition, he recently was named as the campus Director of Undergraduate Medical Education at the College of Community Health Sciences where he also serves as a core faculty member in the Geriatrics Fellowship Program.

**Dr. Carmen Teague** (CMC Residency Class of 2004) has published a book entitled "Motherhood, Medicine and Mayhem"

**Dr. Melanie McMinn** (CMC Residency Class of 2011) was elected to Fellowship in the American College of Physicians.

**Dr. Taylor Strait** is currently a Hospitalist with Scripps Health in San Diego, CA. He is also serving as the Co-Chief of the Department of Medicine for 2018-2020.

**Dr. Walter Wiggins and Ben Mullenbach**, prelim intern alums from 2014-15, will be reuniting for Neuroradiology fellowship at Duke in July 2019

## Residency Program Updates: The CMC Internal Medicine Challenge Coin



A few members from the CMC Internal Medicine Class of 2018 enjoying the graduation event

This past June, our department gathered at Maggiano's Little Italy restaurant in South Park to celebrate the accomplishments of our graduating residents. A new tradition was started at this year's event in that every graduate was presented a "challenge coin" designed specifically for the CMC Internal Medicine Residency Program.

Challenge coins are prevalent within the U.S. military where each unit designs a coin with their particular insignia or motto. The coins help to establish an identity for each unit and serve as a powerful form of connection for the members within.

Furthermore, a soldier may choose to give a coin to another member of the military or even a civilian as a token of gratitude or in recognition of a job well done. The coins are passed using a traditional handshake as a tangible exchange of appreciation and respect.

Challenge coins trace their roots to World War I when an American Army officer commissioned special coins to be minted for his men. Later, one of his soldiers was captured by French troops who mistook him for a German spy. The captured soldier always kept his coin in a pouch around his neck and therefore was able to show the coin to prove that he was an American. Because of the coin, his life was spared.

In honor of this tradition, a special coin was designed specifically for the CMC Internal Medicine Residency program. Moving forward, a coin will be presented to each residency graduate in recognition of his/her achievement with the hope that the coin will serve as a physical reminder of the wonderful relationships formed at CMC.



CMC Challenge Coin (Front)



CMC Challenge Coin (Back)

## Scenes from Intern Orientation 2018:



CMC Intern Welcome Reception



Intern hike to the top of Crowder's Mountain



Intern Welcome Party at Lake Wylie



Intern Welcome Party at Lake Wylie

## In Memoriam: Dr. Emmy Knobloch

Our department recently received the sad news that a beloved former resident has passed. Dr. Emily “Emmy” Knobloch died this past May from metastatic melanoma.

Emmy received her undergraduate degree from Davidson College where she was an All-American tennis player. She was Davidson’s first female All-American athlete in any sport and was later elected to the Davidson Athletic Hall of Fame. After working in the business world, she matriculated to medical school at the University of Minnesota where she was an AOA recipient.

She joined our residency program in 1999. She made her mark on the program with outstanding patient care and advocacy. She loved caring for patients. After completing her residency at CMC, she practiced primary care medicine in Jackson, Wyoming where she also served as chair of St. John’s Hospital board and medical director of the St. John’s Living Center. We have lost an outstanding alum.

-Dr. Ray Bianchi, MD



Dr. Emmy Knobloch (1960-2018)

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### ***Department of Internal Medicine Education and Research Fund***

#### ***In Honor of Laszlo Littmann***

Those interested in making a tax-deductible donation to the Department of Internal Medicine Education and Research Fund can do so in two convenient ways:

Online via the Carolinas HealthCare Giving website: [HERE](#)

([https://secure2.convio.net/tchf/site/Donation2?df\\_id=2204&2204.donation=form1](https://secure2.convio.net/tchf/site/Donation2?df_id=2204&2204.donation=form1))

— or —

Supporters can mail checks to the CMC Internal Medicine Education and Research Fund

*Carolinas HealthCare Foundation, P.O. Box 32861, Charlotte, NC 28232-2861.*