



THE PROGRESS NOTE

DEPARTMENT OF INTERNAL MEDICINE



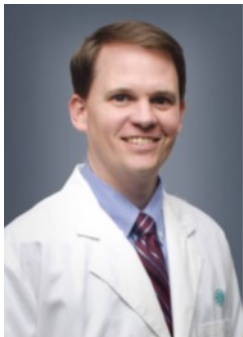
Carolinan HealthCare System

Spring | 2017



Welcome from the Program Director

Dr. Matt Blackwell



It has been an exciting year in the Department of Internal Medicine! Our department continues to expand, and our residents have generated more scholarly output than ever before through presentations at national medical meetings, publications, and work in quality improvement. We celebrated Match Day in March, and we look forward to welcoming another new class of interns and fellows in July. In addition, we are in the process of preparing for our graduation events in June where we will celebrate the accomplishments of our senior residents

and fellows.

In this second issue of "The Progress Note," we will highlight some resident and alumni accomplishments as well as feature several recent program initiatives including our resident wellness program and our developing partnership with the Charlotte VA Health Care Center. We hope that you will enjoy reading about these ongoing developments and that this newsletter will better connect our large and growing base of alumni.

Please feel free to forward this issue to other alumni and friends of the program who may have lost touch with the department over the years. Alternatively, you can email their contact information to IMAlumni@carolinanhealthcare.org, and we will be happy to send them an electronic copy of the newsletter.

Furthermore, we encourage you to contact us with updates on your accomplishments or other changes in your professional life. We would be delighted to highlight your news in a future issue!

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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 recently established this fund to honor the occasion of Dr. Littmann's retirement in 2016, and we intend to use the donated funds to support residency education efforts including travel to Cameroon for an experience in international medicine, residency wellness events to prevent physician burnout, resident research efforts, and/or 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 below. Thank you so much for your consideration!

Sincerely,

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



A few of our faculty, residents and alumni enjoying Academic Internal Medicine week in Baltimore, MD.

Stay Connected!

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

IMAlumni@CarolinasHealthCare.org

to share your memorable moments such as marriage and birth announcements, career milestones, awards and advancements. We would love to include these in future publications.

Upcoming Events

► Resident QI Poster Session and New Intern Welcome Party

When: Monday, June 19th

5:00pm– 7:30pm

Where: CMC Tower Dining Room

All are welcome to join.

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)

— 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.

Residency Program Update: Resident Wellness Program



Under the direction of our PGY-4 Chief Resident, Dr. Todd Gandy, our department implemented a longitudinal resident wellness program this year. This wellness initiative was developed in response to the alarming increase in burnout rates that have been reported amongst physicians nationally. Physician burnout has been defined as a syndrome characterized by a loss of enthusiasm for work (emotional exhaustion), feeling of cynicism (depersonalization), and a low sense of personal accomplishment. Unfortunately, the field of internal

medicine has one of the highest reported burnout rates nationally amongst all medical specialties.

Our resident wellness curriculum formally kicked-off in September with an introduction to the concepts of burnout, wellness, and resiliency. Furthermore, residents were educated about practices that were already in place within our department and within Carolinas HealthCare System which promoted and facilitated wellbeing. In addition, through sponsorship from the North Carolina ACP Educational Innovations Grant Program, we instituted several programmatic interventions with the goal of building connections throughout our department as well as reconnecting us to our purpose and calling within the field of medicine. For example, we hosted nationally known speakers such as Drs. Wayne Sotile, PhD, Dael Waxman, MD, and Rebecca Fallon, PhD, to increase awareness of physician burnout and ways to promote resiliency. In addition, we launched a longitudinal resident social calendar that included events such as a resident pumpkin carving contest and a chili cookoff.



One of the highlights of our wellness curriculum thus far was our inaugural "Winter Wellness Week" this past February. All the educational activities that week were geared toward promoting resident wellbeing, including daily raffles, talks on mindfulness practice, financial wellness, and methods for improving the efficiency of teams. We concluded the week

Class of 2020

Incoming Internal Medicine Categorical Residents

Jamie Campbell, DO
Medical School: Campbell University

Victoria Darling, MD
Medical School: Creighton University

Travis Denmeade, MD
Medical School: Northeast Ohio Medical University

Chris Diaz, DO
Medical School: Edward Via Osteopathic College of Medicine

Brad Harrison, MD
Medical School: Mercer University

Chance Lewis, MD
Medical School: University of Tennessee

Kaitlyn O'Keefe, DO
Medical School: Edward Via Osteopathic College of Medicine

Emily Ost, MD
Medical School: Florida State University

Jessica Sang, MD
Medical School: Eastern Virginia

Tom Shuman, MD
Medical School: Wake Forest University

Sara Skavroneck, MD
Medical School: University of North Carolina

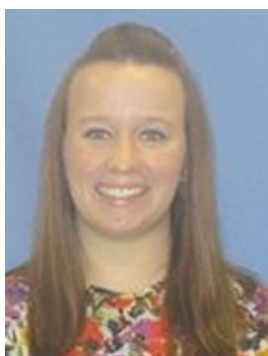
Ana Snelling, DO
Medical School: Edward Via Osteopathic College of Medicine



with a celebratory lunch for residents, faculty, family, and friends. Another highlight of the curriculum occurred when we invited representatives from the United Way of Central Carolinas and the Salvation Army's Center of Hope onto campus. This provided an opportunity to volunteer in the workplace as the residents were able to prepare dozens of care packages and personal hygiene packs that were donated to the Center of Hope.

Over the course of the year, our residents have completed anonymous Maslach Burnout Inventory (MBI) questionnaires. The MBI is a validated tool that is recognized as the leading measure of burnout. Going forward, we plan to follow our residents' MBI scores longitudinally with the hope that our programmatic interventions will be successful in promoting wellness and resiliency over the course of training and beyond.

Residency Program Personnel Update



Ashley Woodall joined our department in October 2016 as an additional program coordinator for our Internal Medicine residency. Ashley grew up in Charlotte and completed her undergraduate studies at the University of North Carolina-Charlotte. Prior to joining the Department of Internal Medicine, Ashley worked as an administrative assistant in the Graduate Medical Education office at Carolinas Medical Center. As our second

residency program coordinator, Ashley works closely with other administrative staff in coordinating resident schedules, planning our conference curriculum, organizing resident recruitment season, supporting faculty program leadership personnel, assisting with the publication of our alumni newsletter, and much more! In her spare time, she enjoys traveling, photography and reading. Ashley has been a wonderful addition to our department, and we are delighted to have her as a part of the CMC Internal Medicine family. We are so grateful for all the great work done by Ashley and others to keep our residency program running smoothly!

Class of 2018

Incoming Internal Medicine Preliminary Residents

Michael Anderson, MD

Medical School: Wake Forest University

Iain Bailey, MD

Medical School: Cooper Medical School of Rowan University

Jimmy Broughman, MD

Medical School: University of North Carolina

Edward "Tripp" Ference, MD

Medical School: University of Alabama-Birmingham

Scott Harrison, MD

Medical School: Indiana University

Matt Kwon, MD

Medical School: Stony Brook University

Bowen Niu, MD

Medical School: New York University

Resident Accomplishments

Dr. Daphne Jones (PGY-3): Named PGY-4 Chief Resident for the 2017-2018 academic year. In addition, Daphne has been inducted as a Faculty Fellow into the “UNC Academy of Educators” teaching honor society.

Drs. Wes Bodie (PGY-2) and Anthony Roohollahi (PGY-2): Named PGY-3 Morning Report and Medical Student Teaching Champions for the Department of Internal Medicine for the 2017-2018 academic year

Drs. Blake Goodbar (PGY-2) and Drew Simmelink (PGY-2): Named PGY-3 Patient Safety and Resident Scholarly Activity Champions for the Department of Internal Medicine for the 2017-2018 academic year

Dr. John Curtiss (PGY-2): Named PGY-3 Ambulatory and Resident Recruitment Champion for the Department of Internal Medicine for the 2017-2018 academic year

Dr. Stephen Beasley (PGY-3): Traveled to Mbingo Baptist Hospital in Cameroon, Africa in April 2017 under the mentorship of CMC faculty member, **Dr. Chuck Barrier**, for a month-long experience in global medicine

Dr. Tony Dang (PGY-1): Named CHS Resident Physician of the Quarter (Spring 2017). Tony was nominated for this prestigious award by multiple nurses on several units around the hospital for his kindness, compassion, and outstanding teamwork skills. We are so proud of the way that Tony represents our department!



Fellowship Matches

This past winter, we were delighted to learn that all our residents who applied for a fellowship position successfully matched into a program of their choice. Over the past ten years, approximately 40-50% of our graduates have pursued additional fellowship training, and we have successfully matched residents in every nearly every subspecialty field over this period. This year’s fellowship matches include...

Dr. Stephen Beasley: GI Fellowship, University of South Alabama

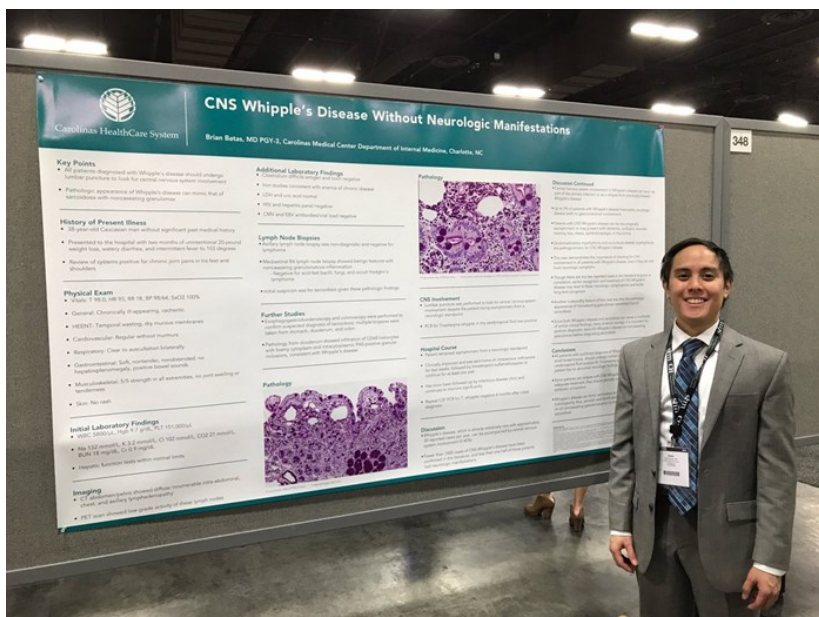
Dr. Luke Farmer: Heme-Onc Fellowship, Levine Cancer Institute/ Carolinas HealthCare System

Dr. Todd Gandy: Pulm-Critical Care Fellowship, Medical University of South Carolina

Dr. Jasna Ikanovic: GI Fellowship, University of Tennessee-Chattanooga

Dr. Megan Jagosky: Heme-Onc Fellowship, Levine Cancer Institute/ Carolinas HealthCare System

Dr. Linsey Spence: GI Fellowship, Carolinas Medical Center



Resident Presentations

National Society of Hospital Medicine (SHM) Meeting Presentations (April 2017, Las Vegas, NV): **Drs. Brian Bates, John Curtiss, Jasna Ikanovic, and Lance Register** (Pictured to the right and above.)

National Society of General Internal Medicine (SGIM) Meeting Presentations (April 2017, Washington, D.C.): **Drs. Daniel Herlihy, Lance Register, and Drew Simmelink**

National American College of Physicians (ACP) Meeting Presentations (March 2017, San Diego, CA): **Dr. Jasna Ikanovic** (Pictured to the right.)

North Carolina ACP Meeting Presentations (February 2017, Durham, NC): **Drs. Todd Gandy, Jasna Ikanovic, and Drew Simmelink**

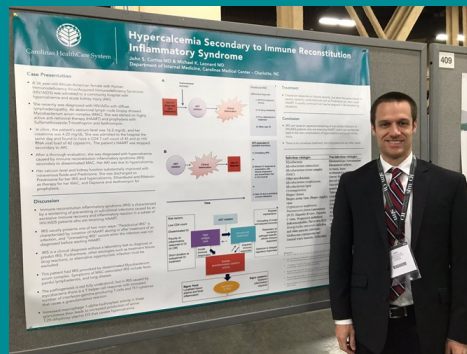
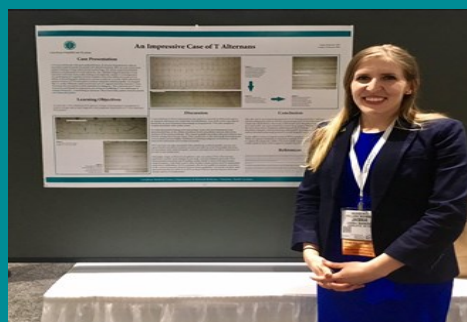
Southern Society of General Internal Medicine Meeting (February 2017, New Orleans, LA): **Drs. Ashley Matusz-Fisher, Aaron Goodwin, Drew Simmelink, and Linsey Spence**

National Society of Critical Care Medicine (SCCM) Meeting Presentations (January 2017, Honolulu, HI): **Drs. Todd Gandy, Cory Gunn, Lance Register, and Anthony Roohollahi** (Pictured to the right.)

National American Society of Hematology (ASH) Meeting Presentations (December 2016, San Diego, CA): **Dr. Megan Jagosky**

National American College of Gastroenterology (ACG) Meeting Presentations (October 2016, Las Vegas, NV): **Dr. Linsey Spence**

North Carolina Medical Society (NCMS) Meeting Presentations (September 2016, Greensboro, NC): **Dr. Blake Goodbar**; Winner of top overall clinical vignette poster award





Residency Program Updates: Partnership with the Charlotte VA Health Care Center

One year ago marked the opening of the new multi-specialty, ambulatory Charlotte VA Health Care Center—a \$104 million, five-story building on 35 acres at West Tyvola Road and Cascade Pointe Boulevard. Our department quickly identified this new facility as an opportunity to expose our trainees to a novel patient population, and the Charlotte VA attending physicians were eager to host our residents. As a result, our residency program has benefited greatly from a growing partnership with the new Charlotte VA Health Care Center over the past year.

Currently, our residents rotate through various clinics at the Charlotte VA Health Care Center including ophthalmology, urology, women's health, and psychiatry. In addition, the new VA learning site has allowed our residents to participate in various ancillary services such as phlebotomy, wound care, and podiatry.



The initial feedback from both residents and VA faculty has been very positive, and we look forward to expanding this partnership in years to come.

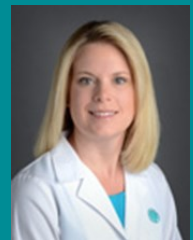
Alumni & Faculty Updates

Dr. Ross Nesbit
(CMC Class of 2012): Nephrology faculty at the University of Tennessee; Received the London Award for teaching from the University of Tennessee Internal Medicine residents



Dr. Beth Susi (Former CMC IM Program Director) is working with the Levine Cancer Institute's Hospice and Palliative Care Division

Dr. Heather Tarantino
(General Internal Medicine) has been named Director of the UNC School of Medicine -Charlotte Campus



Dr. Bevin Hearn
(Infectious Disease) has assumed the role of the fourth-year medical student Clerkship Director for all fourth-year student electives and acting internship

rotations in the Department of Internal Medicine.

Dr. Nick Young
(General Internal Medicine) joined our core faculty earlier this year. Dr. Young has assumed the role of the third-year medical student Clerkship Director for the inpatient internal medicine rotation.

