

INTERNAL MEDICINE

# The View from 3W

FALL 2019

## Insights from the Chair



At a Grand Rounds earlier this year, I provided an overview of many of the accomplishments of the Department. As examples, total research funding has increased more than 100% between 2015 to 2019 – from \$30.7 million to \$64.5 million, 15 of our faculty had more than \$1 million in funding in 2019, and for the second year in a row, 100% of our graduating third year residents passed the ABIM examination. In addition, the Grand Rounds reviewed the incredible opportunities before us, as well as some of the challenges that are endemic in healthcare today.

The subtext for my presentation was “Thriving in the Midst of VUCA.” VUCA is a term that may be foreign to you, but captures what many physicians and healthcare leaders sense. VUCA stands for Volatility, Uncertainty, Complexity, and Ambiguity and was introduced by the US Army to describe the more unpredictable multilateral world that resulted from the end of the Cold War and the changing nature of the adversaries facing the nation, many of which were movements and organizations, and not nation states.

When we look at healthcare today, we see lots of changes. We see consolidation and mergers. For example, in recent years Wake Forest has acquired three hospitals (Lexington, Wilkes, and High Point Regional Medical Centers), built a new hospital in Davie County, and is in the process of developing an exciting partnership with Atrium Healthcare, which will create a branch of the medical school in Charlotte. We are seeing the entry of new providers, such as Walgreens and CVS, as well as changes in our reimbursement models, which place us at financial risk if we don’t control expenses and maintain quality. Perhaps most unsettling is that we’re not quite certain what changes we’ll see next.

While my presentation reviewed the challenges ahead of us, I also highlighted the opportunities that each challenge brings. I urged faculty and house staff to harness their creativity and passion to develop new delivery models that improve quality and lower costs. I concluded the presentation with an ask of everyone to embrace VUCA, capitalize on the opportunities before us, and approach every day with the recognition that, “What got us here, won’t get us there.”

Gary Rosenthal, MD, FACP  
TINSLEY R. HARRISON PROFESSOR AND CHAIR

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The View from 3W newsletter is named after the Department of Internal Medicine’s location in Watlington Hall at Wake Forest Baptist Medical Center. The name also reinforces our forward-thinking approach to fulfilling and communicating our clinical, research and education missions.

# INTERNAL MEDICINE RESIDENCY UPDATES

## Congratulations to our 2019 Residency Graduates!

This summer, we celebrated the graduation of 31 talented internists. This year's graduates will carry on the long Wake Forest tradition of clinical excellence to their next endeavor, and many will also continue pursuits in research and medical education either immediately after graduation or during their fellowship training. We were absolutely thrilled that 17 of our 31 graduates are staying within the Wake Forest system either as fellows (8), Assistant Chiefs of Medicine (5), or new faculty in General Internal Medicine or Hospital Medicine (4). Of the 15 residents pursuing fellowship, 7 are moving on to other strong programs across the country, including the Medical University of South Carolina, University of California at Los Angeles, University of Kentucky, University of Michigan, University of Virginia, Virginia Commonwealth University, and the NIH. Finally, we are very proud of our graduates entering practice outside of the Wake Forest system who will bring our brand of excellence to our local community and other locations across the country.

## Point of Care Ultrasound Training



Over the last 2 years, we developed a new Point of Care Ultrasound (POCUS) curriculum to provide residents with skills for performing bedside procedures and incorporating ultrasound into the diagnostic process. Dr. Nasir Majeed received a Wake Forest School of Medicine Brooks Scholarship to develop a train-the-trainer curriculum to utilize POCUS as an extension of the physical exam. Dr. Chris Kelly, a current ACM, is working closely with Dr. Majeed to continue the training process with our residents, who have benefited from state-of-the-art ultrasound equipment available through the Center for Experiential and Applied Learning (CEAL) and the Bowman Gray Center for Medical Education. Residents also have access to portable ultrasound devices on each inpatient unit to build their skills under the guidance of trained faculty. We are absolutely delighted to be at the cutting edge of what will likely be the standard of practice in bedside internal medicine.

## Welcome to our New Interns!

We had another successful Match this year and were thrilled to welcome 33 categorical and primary care track interns and 7 preliminary interns this summer. They represent 31 different medical schools. We were particularly pleased that 45% of the new class were women. They are off to a great start, benefiting from the second year of our innovative and very successful 3+1 curriculum for interns (i.e. 3 weeks of a rotation followed by 1 week of dedicated ambulatory clinical experience and hands-on didactics). In addition to their academic excellence in medical school, our new interns have outstanding interpersonal and communication skills and a variety of life experiences outside of medicine.

## You Can Make a Difference

Please consider making a donation to the **Internal Medicine Residency Education Fund**. Your gift will help us continue to innovate and build on the successes we've enjoyed to date.

Contact: Geoffrey Taylor, Senior Philanthropy Officer  
Phone: 336-716-4504; Email: [dgtaylor@wakehealth.edu](mailto:dgtaylor@wakehealth.edu)

## 2018 - 19 Residents



# Section SPOTLIGHT



**Kirsten Feiereisel, MD**  
Section Chief, General Internal Medicine

## General Internal Medicine

The Section on General Internal Medicine is committed to promoting the health and well-being of our patients, developing the next generation of physician leaders, and conducting innovative research. Our clinical work seeks to improve health outcomes through disease prevention and high value care. Our team of 40 faculty and 6 APPs offers a number of clinical services, including longitudinal and urgent primary care, inpatient care, perioperative management, hospital follow-up care, and clinics for high-risk pediatric patients

transitioning to adult care. We offer novel care models, such as Care Plus, which provides comprehensive interdisciplinary care to medically and psychosocially complex patients and which has led to a 40% reduction in readmissions and 30% reduction in ED utilization.

The Section is a leader in undergraduate and graduate medical education. Faculty serve key roles as Associate Program Directors and Core Faculty for the residency program and as medical school course and clerkship directors. In 2019, 17 faculty were nominated for Teaching Excellence Awards. Drs. Claudia Campos, Ajay Dharod, Donna Williams and Jim Wofford were awarded Master Teacher Awards, Dr. Megan Alexander was awarded the Outpatient Clinical Teaching Award, Dr. Donna Williams was awarded the Conference Teaching Award, Drs. Peter Lichstein and Kirsten Feiereisel were awarded Distinguished Educator Awards and Dr. David Miller was awarded the Chairman's Award.

Since 2015, the Section has more than doubled research funding and recruited several new faculty. Dr. David Miller, Director of the Wake Forest KL2 career development program, leads impactful research on digital health interventions. Dr. Ajay Dharod, Vice Chair for Informatics and Analytics for the Department, spearheads initiatives that leverage clinical informatics to improve patient outcomes. Dr. Deepak Palakshappa leads research on social determinants of health. In 2018, Dr. Metin Gurcan was recruited to be the inaugural director of the Wake Forest Center for Biomedical Informatics. His research develops image analysis software to interpret pathology and radiology images. In 2019, Dr. Tom Houston was recruited to be Vice Chair for Learning Health Systems for the Department. He recently co-led a successful application for an NIH funded Implementation Science Center.



**Girish Mishra, MD**  
Section Chief, Gastroenterology

## Gastroenterology

The Section on Gastroenterology and Hepatology is committed to providing compassionate patient care, top-notch education and transformative research in gastrointestinal and liver disorders. The Section offers national and international expertise in esophageal diseases, neuromuscular/motility disorders, inflammatory bowel disease (IBD), colon cancer screening, gastrointestinal cancers and luminal diseases, interventional endoscopy, and hepatobiliary diseases.

The Section consists of 19 faculty, including 3 hepatologists, and 7 APPs who have greatly expanded our clinic access. Faculty offer care in Winston-Salem, Greensboro, High Point, Davie County, Lexington, and Wilkesboro. Our faculty and fellows have been at the forefront in integrating clinical care and education with the W.G. (Bill) Hefner VA in Salisbury and at the Kernersville VA. Faculty practice in a recently renovated state-of-the-art ambulatory endoscopy facility at the Winston-Salem campus and at a new facility at Davie Medical Center.

The Section maintains nationally prominent NIH funded research programs in GI motility disorders and gastroparesis (led by Dr. Ken Koch) and porphyria and drug-induced liver injury (led by Dr. Herb Bonkovsky). Faculty also collaborate with the Wake Forest Institute for Regenerative Medicine to develop bioengineered sphincters to treat fecal incontinence.

A new multidisciplinary clinic co-managed by our IBD faculty and colorectal surgeons has garnered acclaim from patients and referring providers. A transition clinic from pediatric to adults for patients with IBD further emphasizes our Section's focus on promoting patient-centered care. Growth in interventional endoscopy led by Dr. Rishi Pawa speaks to our innovation and national reputation. The Section continues to be an integral partner with the Wake Forest Comprehensive Cancer Center.

Our gastroenterology fellowship remains highly competitive with over 400 applications annually. The GI Block for the second year medical students has been highly rated for years under Dr. Joel Bruggen's leadership. Dr. Bruggen was presented with the Distinguished Educator Award while Dr. Richard Weinberg received the Basic and Clinical Teacher of the Year Award from the Class of 2021.

Please connect with us - we'd love to hear from you!

# Top 10 Papers by Department Faculty in 2018

A hallmark of research in the Department is its impact on shaping clinical practice and advancing understanding of disease risk and prevention. To recognize this work, the Department established the Top 10 Papers of the Year awards. The Top 10 awardees for papers published in 2018 are highlighted below. The papers demonstrate the incredible creativity and passion of our faculty and trainees.



## Hariom Yadav, PhD

Molecular Medicine  
**Human-Origin Probiotic Cocktail Increases Short-Chain Fatty Acid Production Via Modulation of Mice and Human Gut Microbiome**  
Scientific Reports. 2018 Aug 23;8(1):12649.



## Leah Solberg Woods, PhD

Molecular Medicine  
**Genetic Fine-Mapping and Identification of Candidate Genes and Variants for Adiposity Traits in Outbred Rats**  
Obesity (Silver Spring). 2018 Jan;26(1):213-222.



## David P. Miller Jr., MD, MS, FACP

General Internal Medicine  
**Effect of a Digital Health Intervention on Receipt of Colorectal Cancer Screening in Vulnerable Patients: A Randomized Controlled Trial**  
Annals of Internal Medicine. 2018 Apr 17;168(8):550-557.



## David M. Herrington, MD, MHS

Cardiovascular Medicine  
**Proteomic Architecture of Human Coronary and Aortic Atherosclerosis**  
Circulation. 2018 Jun 19;137(25):2741-2756.



## Barry I. Freedman, MD, FACP

Nephrology  
**FGF23 Concentration and APOL1 Genotype Are Novel Predictors of Mortality in African Americans with Type 2 Diabetes**  
Diabetes Care. 2018 Jan;41(1):178-186.



## Suzanne Craft, PhD

Gerontology and Geriatric Medicine  
**A Nonhuman Primate Model of Early Alzheimer's Disease Pathologic Change: Implications for Disease Pathogenesis**  
Alzheimer's and Dementia. 2019 Jan;15(1):93-105. Epub 2018 Nov 19.



## Timothy S. Pardee, MD, PhD

Hematology and Oncology  
**A Phase I Study of CPI-613 in Combination with High-Dose Cytarabine and Mitoxantrone for Relapsed or Refractory Acute Myeloid Leukemia**  
Clinical Cancer Research. 2018 May 1;24(9):2060-2073.



## Dalane W. Kitzman, MD

Cardiovascular Medicine  
**Regional Adipose Distribution and its Relationship to Exercise Intolerance in Older Obese Patients Who Have Heart Failure with Preserved Ejection Fraction**  
Journal of the American College of Cardiology: Heart Failure. 2018 Aug;6(8):640-649.



## Timothy M. Hughes, PhD

Gerontology and Geriatric Medicine  
**Arterial Stiffness and Dementia Pathology: Atherosclerosis Risk in Communities (ARIC)-PET Study**  
Neurology. 2018 Apr 3;90(14):e1248-e1256.



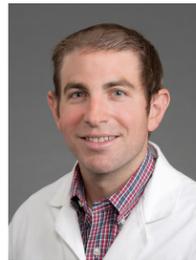
## Michael V. Rocco, MD, MSCE

Nephrology  
**Effects of Intensive Blood Pressure Treatment on Acute Kidney Injury Events in the Systolic Blood Pressure Intervention Trial (SPRINT)**  
American Journal of Kidney Diseases. 2018 Mar;71(3):352-361.

# Connect

## WITH INTERNAL MEDICINE ALUMNI

Each newsletter will feature updates from former trainees on their career successes and personal achievements. Do you have news to share? We would love to hear from you! Please submit your information to Dr. Gary Rosenthal at [grosenth@wakehealth.edu](mailto:grosenth@wakehealth.edu) for publication in this newsletter.



**Joey Cristiano, MD, FACP**, Assistant Professor of General Internal Medicine joined the faculty in 2013 after completing residency at Wake Forest Baptist Health. He is the IM physician leader in the Preoperative Assessment Clinic at WFBH and attends frequently on the inpatient medicine resident teams. He participates heavily in undergraduate and graduate medical education. His academic focus in

curriculum development is specifically related to preparing trainees for the use of the EHR in the practice of medicine. He has given presentations at the national meetings of the Association of American Medical Colleges, Perioperative Medicine Summit, Society of Hospital Medicine, Alliance for Academic Internal Medicine, and Association of Clinical Documentation Improvement. His wife is a program assistant at the Northwest AHEC. They enjoy health conscious cooking, and exercising together.



**Sarah Summerville, MD** joined faculty as a clinician educator in the Division of General Internal Medicine at University of California San Francisco in 2013 upon finishing her residency and Chief/ACM year at Wake Forest. She is currently an Associate Professor and serves as medical director of the UCSF General Medicine clinic, which is the largest ambulatory training site for UCSF resident

physicians. In addition to teaching residents and medical students, she also leads faculty workshops on clinical teaching. She is involved in systems improvement projects and is a UCSF Health Learning Health System coach. Her husband, Greg Summerville (Wake Forest SOM '13) practices sports medicine. They have 2 daughters: Blakely is 7 and Emma is 3.



**Heidi D. Klepin MD, MS**, Professor, Section on Hematology and Oncology joined faculty in 2006 after completing residency, geriatrics fellowship, and hematology and oncology fellowship training at Wake Forest. Her clinical work includes providing geriatric oncology specialty care for adults with cancer over age 75. Her grant funded research has focused on use of geriatric assessment

to inform prediction of treatment risk and benefit as well as testing of interventions such as physical activity to improve treatment tolerance during chemotherapy. She has authored or co-authored over 100 publications, served on national committees for the American Society of Clinical Oncology and the American Society of Hematology and is actively involved in promoting attention to issues related to cancer and aging nationally and internationally. Her husband, Hal Atkinson, MD, MS is Program Director of the Wake Forest Internal Medicine Residency Program and they have a vibrant seven-year-old son who joyfully fills their time outside of work.



**Doug Shaw, MD, FACP** is a graduate of Wake Forest School of Medicine ('01) and the Internal Medicine Residency program ('04). He has practiced Internal Medicine at Guilford Medical Associates in Greensboro, NC since completing his Assistant Chief of Medicine year at Wake Forest in 2005. Guilford Medical is an independent Primary Care practice with a strong

Wake Forest representation as six of the nine physician partners completed medical school and/or residency at Wake Forest. Additional graduates of the Internal Medicine Residency program include Dr. Mark Perini, Dr. John Russo, and Dr. Scott Holwerda. With a focus on high value Primary Care, Dr. Shaw serves on multiple committees for Triad Healthcare Network (an ACO affiliated with Cone Health) as well as the Curi Triad Community Physicians Board. He is currently enrolled in the Cone Health Physician Leadership Academy. Dr. Shaw enjoys precepting Internal Medicine Residents during their community based Primary Care elective. He and his wife, Tricia, have 3 children (Kristine, 17; Thomas, 13; and Ben, 8).

# Faculty Teaching Awards in Spring 2019

Excellence in education of medical students, residents, and fellows has long been a priority of the Department since its founding in 1941 under the leadership of Tinsley Harrison. At Grand Rounds last May, we recognized a number of faculty for their commitment to medical education and their exceptional teaching skills.

## Teaching Awardees:

Inpatient Clinical Teaching



**Jessica Palakshappa, MD**  
Pulmonary, Critical Care, Allergy and Immunologic Medicine

Outpatient Clinical Teaching



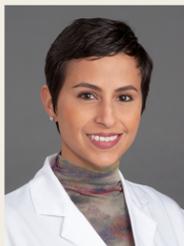
**Megan Alexander, MD**  
General Internal Medicine

Conference/Classroom Teaching



**Donna Williams, MD**  
General Internal Medicine

William R. Hazzard  
ACM Recognition of Excellence Award



**M. Octavia Rangel, MD**  
Cardiovascular Medicine

## Distinguished Educator Awardees:



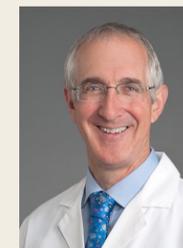
**James Peacock, MD**  
Infectious Diseases



**Ramon Velez, MD**  
General Internal Medicine



**Joel Bruggen, MD**  
Gastroenterology



**Peter Lichstein, MD**  
General Internal Medicine



**Kirsten Feiereisel, MD**  
General Internal Medicine



**Vera Luther, MD**  
Infectious Diseases



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UPCOMING ISSUES**

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Career Pathways of our 2019-2020 ACMs

Partnership with Atrium Healthcare

Section Updates: Hospital Medicine / Gerontology & Geriatric Medicine