

INTERNAL MEDICINE

The View from 3W



SPRING 2019

Insights from the Chair



The Learning Health System (LHS) has emerged as a powerful framework for improving the healthcare delivery and for achieving the quadruple aim—improved quality, lower costs, more engaged patients, and enhanced physician satisfaction. As articulated by the National Academy of Medicine, the LHS represents a vision for healthcare “...in which science, informatics, and care culture align to generate new knowledge as an ongoing, natural by-product of the care experience, and seamlessly refine and deliver best practices for continuous improvement in health and healthcare.” The LHS also advances precision medicine by “...knowing what works, understanding why it works, learning for whom it works, and applying that knowledge to address patient needs” As such, the LHS provides a compelling vision of medical care for students, residents, and fellows.

Wake Forest Baptist Health (WFBH) has fully embraced the LHS. Indeed, one of the primary reasons I decided to move to Wake Forest two years ago was the commitment of the CEO, Dean, and Health System President to become a preeminent LHS and to foster innovation and implement evidence-based practices throughout our growing healthcare network (which this year will surpass \$3 billion in total revenue).

Because the Department of Internal Medicine touches virtually the entire health care system, we have a unique opportunity to lead WFBH’s evolution as a LHS. To support this goal, we have launched a number of LHS initiatives in our clinical, educational, and research programs. Three of these initiatives—our implementation of an LHS pilot grant program, X + Y schedule for residents, and Clinical Scholars in Informatics Program—are highlighted in this newsletter.

I believe the LHS provides a wonderful paradigm for guiding our academic and clinical programs. In future newsletters, I hope to provide updates on our progress in actualizing a model LHS in the Department. In the interim, please send me your thoughts and comments.

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

X+Y Intern Schedule

To promote an improved learning structure in the residency program for interns, we have implemented a new X+Y Schedule for the 2018-19 academic year. This schedule involves 3 weeks on an “X” service (wards, ICU, nights, urgent care clinics, VA clinic, emergency department) followed by 1 week of “Y” service in ambulatory medicine that features a variety of clinical experiences and educational conferences. This system separates inpatient and outpatient duties, concentrating didactic experiences to non-inpatient time and helps interns get involved sooner in quality improvement initiatives and scholarship opportunities. We have received overwhelmingly positive feedback from our interns.

The Learning Health System Seminar

The Learning Health System has become part of the formal curriculum in the residency. Led by the Department Chair, Dr. Gary Rosenthal, this seminar prepares trainees to approach medicine with an eye to identify opportunities to improve the value of the care we deliver. This seminar will offer interns exposure to patient safety and quality of improvement programs earlier in their training, and by the end of the intern year, each group of interns participating in the seminar series will develop a quality improvement project.

Scholarship

In addition to fostering excellent clinical training, our residency program promotes development in research and scholarship. Ten of 29 graduates of the program in 2018 had published at least one peer-reviewed article during the 3 years of their training (total of 24 publications during their training). Ten residents presented at the NC American College of Physicians meeting, and 13 residents presented at national meetings in a variety of Internal Medicine specialties.

Fellowship

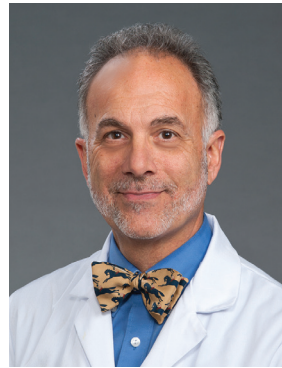
Graduates of our internal medicine training program have been extremely successful in the internal medicine fellowship match with mentorship and support of the department and program faculty. This year, 21 residents applying for fellowship matched into 8 specialties at 10 institutions, including 12 who matched at Wake Forest. In addition to Wake Forest, our residents matched at several other excellent academic institutions, including University of Illinois, University of Michigan, and University of California – Los Angeles, National Institutes of Health, and University of Virginia. We consistently receive feedback from fellowship programs on the outstanding clinicians that our program produces.

Our clinical programs were recently recognized as being among the nation’s best by *U.S. News and World Report*, including Cancer (No. 19), Geriatrics (No. 31), Nephrology (No. 38), and Pulmonology (No. 41).

2018 – 19 Residents



Section SPOTLIGHT



Joseph A. Aloï, MD
Section Chief, Endocrinology
and Metabolism

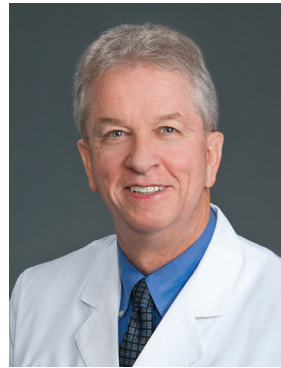
Endocrinology

The Section on Endocrinology and Metabolism is committed to improving the health of our patients with diabetes, obesity and other endocrine conditions through comprehensive, coordinated clinical care, educating the next generation of physicians and supporting novel and targeted research activities. Since 2014, the Section has more than tripled in size (15 providers for 2019), doubled the size of the endocrine fellowship program to 2

fellows per year and is now offering an optional 3rd year obesity fellowship. With the growth of the section, patient access has improved and the section's clinical footprint has expanded to multiple locations in Winston-Salem, including the Diabetes and Endocrinology Center at Country Club, IM Specialties Janeway Tower and the Comprehensive Cancer Center. Regionally, the section has also added faculty in Greensboro, at the VA Outpatient Center in Kernersville and remotely through a telehealth partnership in Wise, Virginia. In addition to Section expansion, the Wake Forest Health Network has also added Endocrinology services in multiple High Point locations. The section was once again recognized as nationally High Performing by US News and World Report and topped the list all North Carolina programs.

The section continues to lead in Education. Several providers were nominated and received teaching awards, including Dr. Patrick Ober, who was awarded the Master Clinician award from his alma matter, the University of Florida.

Research activity is also growing in the section. SK Das, PhD was awarded an ADA grant and an RO1 to study the genetics of diabetes. Moreover, with the addition of Dr. Don McLain to the faculty and the creation of the Center for Diabetes, Obesity, Metabolism (CDOM), to catalyze research across the school of medicine, support and opportunities have increased. One outgrowth of this support is a CDOM partnership with Duke, UNC and NC A&T to create a regional Diabetes Research Center. The CDOM has funded several inter-institutional pilot grants and has supported local new investigators in the areas of diabetes/metabolism link to Alzheimer's disease, the microbiome and obesity.



Bayard L. Powell, MD
Section Chief, Hematology
and Oncology

Hematology and Oncology

The Section on Hematology and Oncology is committed to excellence in patient care, research, and education. The Section includes faculty focused on all types of cancers, malignant hematology including hematopoietic stem cell transplant and cellular therapy, and non-malignant hematology. The Section on Hematology and Oncology has been an institutional leader in providing services at multiple sites to

improve access for patients. In addition to a large outpatient clinic in Winston-Salem, services are provided in Clemmons, Elkin, Lexington, Mt. Airy, Premier in High Point, and Statesville. The Section recently welcomed the outstanding Hematology and Oncology practice at High Point Hayworth Cancer Center, and through a professional services agreement is providing faculty services at Park Ridge Health in Hendersonville. The Section also supports five inpatient services at North Carolina Baptist Hospital.

The Section on Hematology and Oncology is an important component of the Wake Forest Baptist Comprehensive Cancer Center, which this year was ranked 19th in the US for cancer care by the US News and World Report. The Section incorporates clinical trials into the care options for patients, making new and innovative treatments available to them, while contributing to the advancement of the field of cancer and blood diseases. The Section on Hematology and Oncology research activities include the Wake Forest NCORP Research Base, led by Dr. Glenn Lesser. NCORP brings cancer control and cancer care delivery research to patients in their communities. Wake Forest is the only comprehensive cancer center-based research base in the country. Multiple faculty in the Section on Hematology and Oncology are in national leadership roles in clinical trials research and in medical education.

The Section is proud to help train the next generation of outstanding hematologists and oncologists with a three year fellowship that includes five fellows per year.

INTERNAL MEDICINE RESIDENCY Clinical Scholars in Informatics Pathway

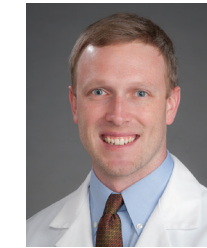
The Clinical Scholars in Informatics (CSI) pathway is a two-year program designed for residents to further develop clinical skills in informatics and health information technologies with the support and guidance of a mentorship team. The pathway builds skills in incorporating the electronic health record into research to improve healthcare quality and safety, putting our residents at the forefront of care innovation at Wake Forest Baptist.

With on-site visits to Epic headquarters to receive EPIC Physician Builder certification and subsequent privileges to modify the Wake Forest Electronic Health Record in collaboration with Wake Forest Information Technology Services (ITS), our scholars are positioned to design and implement an informatics-related project by the end of their PGY2 year. Their project is submitted to the Wake Forest Quality Improvement Showcase and Internal Medicine Research Day in their PGY3 year. In addition, they draft and submit a completed manuscript of the project and evaluation of impact in a relevant journal.

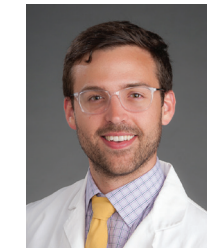
We are excited to feature the inaugural group of 2017–2019 Clinical Scholars in Informatics (CSI) residents!



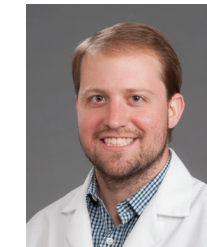
Ajay Dharod, MD
Clinical Scholars Informatics
Director



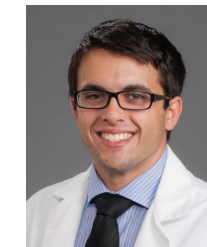
Caleb Melancon, MD
Mentor Team: Ajay Dharod, MD (Informatics);
Sean Rudnick, MD (Gastroenterology)
Project Title: "Design and Development of
Clinical Decision Support Tools for Chronic
Gastroenterological Disease Management"



Stephen Allan Petty, MD
Mentor: Ajay Dharod, MD (Informatics);
Carl Grey, MD (Palliative Care Gerontology &
Geriatric Medicine)
Project Title: "Implementing Predictive Modeling
to Increase Advance Care Planning Completion in
Outpatient IM Resident Clinics"



Andrew Benefield, MD
Mentor Team: Ajay Dharod, MD (Informatics),
Dr. Nancy Denizard-Thompson, MD
(Internal Medicine)
Project Title: "Improving Social Determinants
of Health through the Delivery of Community
Resources"



Sean Hernandez, MD
Mentor Team: Ajay Dharod, MD (Informatics),
Heidi Klepin, MD (Hematology/Oncology)
Project Title: "The Impact of an Automated Alert
System to Primary Oncologists on Inpatient
Goals-of-Care Conversations and End-of-Life Care"

Support the William R. Hazzard Scholars Program

Invest in training the next generation of clinician scientists by supporting the Department of Internal Medicine's William R. Hazzard Scholars Program.

The program provides an individualized curriculum and mentored faculty research experience that builds the knowledge base and skills for a productive and sustained career as a clinician investigator. It honors the iconic career of William R. Hazzard, MD, who shaped internal medicine departments at the University of Washington, Johns Hopkins and Wake Forest.

To learn more, contact Ed Crowder, Assistant Vice President for Major and Planned Gifts in Philanthropy and Alumni Relations, at 336-716-4718 or ecrowder@wakehealth.edu.

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 for publication in this newsletter.



Christina Bellinger, MD, Associate Professor, Section on Pulmonary Disease and Critical Care Medicine, joined faculty in 2012 after completing residency and fellowship at Wake Forest Baptist Health. She is Director of Interventional Pulmonology and Director of the Wake Forest Lung Cancer

Screening Program. She participates in research projects involving bronchoscopy and smoking cessation with lung cancer screening. She has given national lectures at the American Association for Bronchology and Interventional Pulmonology and has over twenty publications in medical journals. Outside of medicine, she is a mother of two, tennis player, and a fiction writer with nine published novels and three writing awards under the pseudonym CB Samet.



Barbara "Betsy" Clifton, MD, was actually born in the Gray Building of NC Baptist Hospital in 1965, then returned to Wake Forest for Medical School ('93) and stayed for Internal Medicine Residency ('96). After a decade of private practice in Shelby, NC, she transitioned to Administrative Medicine and was a

founding Physician Advisor in the Carolinas HealthCare System (now Atrium Health). She specializes in utilization, quality, documentation, regulations and revenue...the time-consuming necessities of practicing medicine in 2018. Her ability to successfully advocate for both the provider and the patient with government/private insurers allows for less distractions in bedside patient care. Educating physicians on the changing rules/allocations of healthcare and how to successfully adapt their practices is the most challenging but important aspect of her career.

Her husband, Bobby Clifton, MD (Wake Forest Anesthesia Resident, '96) recently returned to Wake Forest Dept. of Anesthesiology in Lexington. They have a child at Wingate Univ., a child studying a year in Italy before attending App State and a high school junior.



W. Cody McClatchey, MD, FACP, has practiced internal medicine at Piedmont Healthcare in Atlanta since completing residency training at Wake Forest in 2000. He is currently a partner at Piedmont Internal Medicine, P.C. and serves on the Governor's Advisory Council for the Georgia chapter of American College of Physicians, and the Boards of Medical

Association of Atlanta, Medical Association of Georgia, and Piedmont Healthcare Foundation. His wife Missy is a clinical counselor, and daughters Hadley and Caroline are ages 17 and 20. Caroline is an undergraduate at UNC Chapel Hill.



James A. Tart, MD, FACP, FACC, retired in 2005 from the practice of Cardiology in affiliation with FirstHealth of the Carolinas and the Pinehurst Medical Clinic. While at what was then the Bowman Gray School of Medicine, he was honored to have been mentored by Dr. C. Glenn Sawyer, completing training in 1970. After service in the US

Air Force Medical Corps, he practiced in Pinehurst, NC for 33 years. Working with others, he helped develop a cardiac catheterization and cardiovascular surgery program which serves the Sandhills Region of North Carolina. Dr. Tart was involved in establishing a free clinic for the under-served population, expanding community health services, the development of a hospital-based fitness center, recruiting physicians and served as chair of a local school board. He proudly supported his wife, Mary Fleming Tart, RN (NCBH) and others in developing one of the first hospice organizations in the State of North Carolina.

LEARNING HEALTH SYSTEM PILOT GRANT PROGRAM

This new collaboration between the Department of Internal Medicine and the Wake Forest Center for Healthcare Innovation (directed by Jeff Williamson, Chief Section of Gerontology and Geriatric Medicine) supports the implementation of innovative strategies to improve healthcare delivery on our inpatient units and outpatient practices. This program is an integral part of our efforts to promote high-value, patient-centered care and to promote the American Board of Internal Medicine's *Choosing Wisely* campaign.



An initiative of the ABIM Foundation

Congratulations to the pilot program's first set of awardees:



Deepak Palakshappa, MD, MSHP
(General Internal Medicine)
Using Digital Technologies to Identify and Address Patients' Unmet Social Needs in the Ambulatory Care Setting



Dennis Ang, MD and Rachel Wolfe, MD (Rheumatology)
Co-management of High Risk Lupus Patients by Care Plus and Rheumatology



Erin Barnes, MD and Caryn Morse, MD, MPH (Infectious Diseases)
A Pilot Study of the Feasibility, Safety, and Cost of the Interdisciplinary Co-Treatment of Addiction and Infection



Barbara Pisani, DO
(Cardiovascular Medicine)
A Pilot Study of the Advanced Heart Failure Life Support Training



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**LOOK FOR
THESE FEATURES IN
UPCOMING ISSUES**

Faculty Research and Teaching Awardees for 2019

Results of the 2019 Residency Match

Health System Expansion

Section Updates: General Internal Medicine and Gastroenterology