

East Valley Internal Medicine Residency Program Newsletter

January 2024

“Men possessed of vague preconceived ideas are strongly disposed to force facts to fit, defend or explain them. And this tendency both interferes with the free search for truth and limits the good which can be extracted from such truth as is in it despite attained.”

Abraham Flexner 1910 Medical Education in the United States (creator of the Flexner Report that changed Medical Education in the US)

DHEV IM Gives Back to the Community

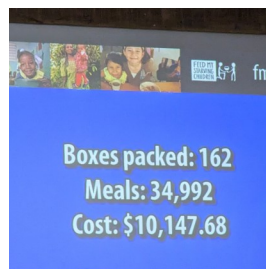
Residents and faculty and significant others came together this past December and participated in a Feed My Starving Children (FMSC) program to feed children and families throughout the world.

Attending the event was resident physicians Dustin Schooley and his wife, Bailey Sperry, Kiana Shams, Peter Qiao and his wife, and Rachael Dickman. Joining them were faculty PD-Allan Markus and Associate PD's Shalini Chaliki and Tiffany Hosten Blackmond. They boxed ~35,000 meals enough to feed 95 children for a full year.

A second event is being planned by the residents and DHMG-IM Chandler staff. If anyone is interested in learning more about FMSC they can go to the website <https://www.fmsc.org/>



Residents and Faculty participate in a Feed My Starving Children program Dec 1, 2023



Faculty Retreat on Teaching and Mentorship

On November 15th the DHEV IM Residency held its fall Faculty Development Retreat on Learning and Mentoring. Our invited lecturer



was Jessica Seaman EdD who is the Assistant Professor for Medical Humanities and Assistant Dean for Faculty Development at Creighton University School of Medicine. She focused on teaching adult learners. Some fascinating tidbits were:

1. Learning style (Visual, Auditory etc.) is not supported by the literature.
2. Learners need multiple opportunities to study or practice, 8 hours over two weeks is better than 8 hours all at once.
3. Toggle Topics rather than just concentrating on one topic and switch styles when teaching/learning online text, podcasts, articles, video, Q-banks etc.
4. Make learning tangible by drawing a diagram, making a list, content map or organizer.
5. Learning requires memory and coding memory which requires paying attention that comes with purpose (taking care of a patient that it is linked to).
6. Use the Feynman Technique.

Inside this Issue

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- Resident of the Month
- Fall Faculty Retreat Nov 15
- Program Coordinator Corner
- Mentoring Programs
- Free LGBTQ+ Curriculum for residents

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DHEV IM Residency Wraps Up the 2023-24 Interview Season

The DHEV IM Residency wrapped up its interview season on December 28, 2023.

Some interesting facts:

- The resident selection committee consisted of the members of our CCC and 3 resident representatives.
- 28 faculty and 6 residents participated in interviewing applicants on our 21 interview sessions including 2 group preliminary medicine sessions
- We had 1296 applications for our 10 categorical and 3 preliminary spots
- Holistic reviews were done by the selection committee included review of Program Signals, Education, Experiences, Board Scores, Honors, Personal Statements, Dean's Letters (MSPE), and Letters of Recommendation
- We interviewed 294 Candidates that included 6 AOA Members, 42 Sigma Sigma Phi members, 21 Gold Humanism Society Members, the Avg. USMLE Step 2 scores of 244 and COMLEX 2 Scores of 564.

Important Dates

NRMP Match Rank List Certification Feb 28

NRMP Match Week March 11 Results are released on Friday March 15

POST MATCH Celebration- ~Week of March 25th location TBD Open for meeting our matched applicants who are in town, residents and core faculty/ subspecialty directors.



FACULTY DEVELOPMENT WORKSHOP

Course Description- Point of Care Ultrasound is an invaluable technology that allows us to improve the quality of care we provide to our patients. Use of this modality improves the time and accuracy of diagnosis, facilitates rapid patient management and disposition and is known to improve the accuracy and safety of medical procedures. This workshop is designed to improve the skills practicing physicians who desire to improve their POCUS abilities.

Course Format- The course is divided into multiple blocks throughout the day. Each block consists of a short presentation 10-20 minutes with frequent breakout sessions after each for hands-on practice on live models. There will be 2 15 min breaks and 1 hour break for lunch. We recommend wearing comfortable loose-fitting clothing.

How to Sign Up

Participants must sign up for one of the two days the course is offered. (Same content both days). You can sign up with the QR code below or by the link below

[https://
signup.com/
go/KtzURaf](https://signup.com/go/KtzURaf)



Course Dates:
**February 10 and
February 11, 2024**
8am-4:30pm

Location:
**Kelley And Barnes
Auditorium
Chandler Regional
Medical Center**

Topics Covered:

1. Basics of POCUS
2. FAST exam
3. Cardiac POCUS
4. Pulmonary POCUS
5. Abdominal POCUS
6. Vascular POCUS
7. Procedural POCUS

COURSE FACULTY

Andi Wolff, MD, FACEP
Jack Short, MD
Jill Gualdoni, MD
Thomas Marston, MD
Jacqueline Hyunh, MD
Jeremiah Pavelka, MD

Upon completion of the course participants are eligible to receive up to 7 hours of AMA PRA Category 1 CME Credit

**COST- FREE FOR
FACULTY**

PROGRAM COORDINATOR'S CORNER

We've hit the midpoint of the Academic year—time flies!

Your input on evaluations for residents, conferences, and the program are crucial. Timely completion, especially for resident evaluations (**due 7 days post-rotation**), contributes to their learning and growth and provides the opportunity for ongoing performance improvement. For assistance with MedHub login or any questions, feel free to email me.



Scholarly activity as a component of residency education and is highly emphasized by the Accreditation Council for Graduate Medical Education. If you are IM faculty don't forget to update your CV with any scholarly activity you have completed this Academic Year and submit to me via email at Julie.Ladwig@CommonSpirit.org. Residents if you are working on any scholarly activity please add it to your portfolio in MedHub.

Note: All IM Residents will be away on Friday, April 26, 2024, for the Spring Resident Retreat.



Check out our social media sites:

www.facebook.com/DHEastValleyGME

<https://www.instagram.com/dignityhealtheastvalleyim/>

www.twitter.com/DHEastValleyGME

SAVE THE DATE SPRING FACULTY RETREAT ON WELLNESS

APRIL 10th 2024

Organized by your DHEV IM Wellness Faculty– Assistant Director of Wellness, Melanie Cloonan-Schulte MD FACP, Hiral Thakrar MD, and Heather Rabin PhD

PLEASE RSVP TO

JULIE.LADWIG@COMMONSPIRIT.ORG

Reminder to all faculty you must attend at least 50% of Faculty Retreats.

WE ARE HIRING

Dignity Health Medical Group is hiring for academic hospitalists in the East Valley. If you know of anyone who may be interested in becoming an employed academic hospital medicine physician with our DHMG AZ Group, please feel free to share this link with them to learn more.

<https://www.practicematch.com/physicians/job-details.cfm/899751>

**Grand Rounds:
Artificial Intelligence for the
Practicing Physician**

**Tuesday, January 30th
3 to 4pm**

Kelly & Barnes Auditorium or Zoom
CME Credit Available: Must complete Pre & Post Tests



Scan the QR code for CME Credit!



Scan the QR code to join via Zoom!



James Whitfill, MD MBA FSIIM FACP

Senior Vice President, Chief Transformation Officer, HonorHealth
Clinical Associate Professor, Internal Medicine and Biomedical Informatics,
University of Arizona College of Medicine Phoenix

Dr. Jim Whitfill, MD MBA, is Chief Transformation Officer for HonorHealth; his office brings together Marketing, Innovation, IT, Informatics, Analytics, Process Improvement and Project Management. Before joining HonorHealth, Dr. Whitfill served as chief medical officer for Innovation Care Partners. He is a former board chair of the Society of Imaging Informatics in Medicine where he was named a Fellow of the Society in 2021. He is a founding member of the HIMSS-SIIM community for Enterprise Imaging. Dr. Whitfill received his BA from Princeton University and his MD from the University of Pennsylvania. He received his MBA at the Wharton School with a focus on Marketing. He trained in internal medicine at the Hospital of the University of Pennsylvania, where he also completed a fellowship in medical informatics. He has been named a fellow in both the College of SIIM Fellows and the American College of Physicians.



Accreditation: Dignity Health - East Valley is accredited by the Arizona Medical Association to provide continuing medical education for physicians.
Designation: Dignity Health - East Valley designates this live activity for a maximum of 1.0 AMA PRA Category 1 credit(s)[™].
Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.0 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.
Disclosure: Dr. Whitfill has no relevant financial relationships with a commercial interest to disclose.

(Continued from page 1) Faculty Retreat

The lecture is available on the Google Educational Drive for those faculty who may have missed the educational retreat.

Then Dr. Markus did a short presentation on Mentoring utilizing information from his time developing mentoring programs with ACP-Arizona and HonorHealth. Faculty were educated on the roles and responsibilities of being a faculty mentor and also the roles and responsibilities of the resident mentees.

In the DHEV Program, Mentors are different than faculty advisors who are charged with simply ensuring residents are achieving their academic and clinical goals. Faculty advisors are assigned for each resident from the full-time faculty. Mentors provide life and career guidance to resident mentees. Faculty were encouraged to sign-up to be mentors for our residents to choose.

If a faculty member would like to be a mentor and has not signed up yet, please contact Julie Ladwig at Julie.Ladwig@commonspirit.org.

**UPCOMING INTERNAL MEDICINE
GRAND ROUNDS SCHEDULE**

SAVE THE DATES First Tuesday of each month from 1-2 pm in the Brand New Kelly and Barnes Auditorium in the Academic Conference Center at CRMC and Via [Zoom Link](#) ID: 94942539534

Password:184120

NOTE THIS IS A NEW ZOOM LINK. PLEASE UPDATE IN YOUR FAVORITES/BOOKMARKS

CME and MOC Credit available for attendees

****January 30, 2024 SPECIAL GRAND ROUNDS** Scheduled for Artificial Intelligence for the Practicing Physician. Dr. James Whitfill MD MBA FACP SVP-Chief Transformation Officer HonorHealth

February 6, 2024 Preventive Cardiology– Updates in Primary and Secondary Prevention of Cardiovascular Disease Rachel Bond MD FACC

March 5, 2024 Global Medicine– Drs. Tim Mercer and Rebecca Cook Univ of Texas-Austin

April 2, 2024 Legal Medicine Important Legal Topics for the Practicing Internal Medicine Physician– John Carreras JD

May 7, 2024 Hospital Medicine– Dr. Sher Naidoo MD Flight Emergencies

June 4, 2024 Primary Care Internal Medicine Samuel Tytler MD Gender Affirming Care

FACULTY SPOTLIGHT:
Drs. Chelsi Scull and Sher Naidoo



Dr. Naidoo was born and raised in South Africa. After living all around the world he attended medical school in Budapest Hungary. He then went on to do a residency in Emergency Medicine at St. Vincents University Hospital in

Dublin, Ireland. After moving to the US he chose to pursue a career in Internal Medicine and completed residency at Mountain Vista medical Center in Arizona. He now works as an academic hospitalist at Dignity Health East Valley Chandler Regional. He takes a keen interest in integrating various aspects of emergency medicine into daily IM rounds. In his free time he enjoys deep sea fishing, traveling to remote parts of the world, and pickle ball.

Dr. Scull is a board-certified Internal Medicine Physician, attended Ross University School of Medicine and completed residency training at Maricopa



County Medical Center in Phoenix -now Valleywise- in 2014. I have practiced hospital medicine in Chandler, Gilbert, and Payson AZ. The idea of teaching residents/being part of a residency program was never in my plans until the stars aligned this year. Knowing the impact my

residency faculty had on me, I hadn't trusted myself to take on this important role for residents until now and am hopeful to play even a small part in helping our residents feel comfortable and confident in their ability to practice medicine.

Q: What are you most excited about with the new residency program?

A: Dr. Scull: Being challenged to learn from the residents and expand my knowledge with up to date information; and watching the residents' knowledge and ability to practice medicine grow over the course of residency

A: Dr. Naidoo: I like the idea of being part of a new program that we can mold to exactly what suits our residents. This program is dynamic and readily receptive to change which is one of our greatest strengths.

Q: What is one thing about you that most people do not know and you are willing to share?

A: Dr. Scull: I went to high school 5 miles from Chandler Regional Medical Center, married my high school sweetheart and built our home down the

road from the school---never leaving Chandler, AZ :)

A: Dr. Naidoo: I am an expert juggler

Q: What is your favorite thing to do when you are not working?

A: Dr. Scull: Traveling with my husband and 3 boys to any sunny, beach location.

A: Dr. Naidoo: I enjoy spending time with my 3 year old daughter and hiking in Sedona

Q: Where is your favorite place(s) to go out to eat in Chandler or Gilbert and what would you order?

A: Dr. Scull: My favorite places to eat are for the atmosphere/not the food - board games on the roof of The Perch, and yard games/ping pong outside at Culinary Dropout.

A: Dr. Naidoo: All you can eat at Crazy Tuna hits the spot!!

Q: Other than being a hospital medicine physician, what other careers interested you when growing up?

A: Dr. Scull: I grew up wanting to be a pediatrician until I did my first week of peds in NYC and before applying for medical school had a brief stint of wanting to be a kindergarten teacher (just to be done with school).

A: Dr. Naidoo: I was just about to study economics before pivoting to medicine. I still subscribe to the Economist and read it weekly

Q: If you had the ability to interview anyone from the past or present, who would you choose and what would you ask?

A: Dr. Scull: Jackie Kennedy Onassis---How did you do it all, and do everything with such grace?

A: Dr. Naidoo: Usain Bolt. What differentiates a good athlete from a great athlete?

RESIDENT OF THE MONTH– DECEMBER 2023

Dr. Raechel Dickman

Dr. Raechel Dickman has been nominated as the resident of the month for the DHEV IM Residency. Dr. Dickman was noted by our competency committee to be performing at an overall superior level in most of her residency milestones. She was a co-presenter at the ACP Arizona state scientific meeting as a PGY-1. In addition, she was one of the group of residents who participated in the Feed My Starving Children volunteer event. She is an active member of the IM Residency Operations Committee. She hopes to pursue a career in hospital medicine after finishing her residency.



1. What has been your favorite part of the residency program so far?

I have loved the level of independence we get and how much we have learned in a short period of time, but my favorite part has been how well the hospital, the staff, and our attendings have integrated residents into their work flow.

2. What has been the most challenging part of the transition from medical student to resident?

Learning to trust my skills and not second guessing myself.

3. When you have time off, what are 1-2 of your favorite activities?

Spending time with family and exploring Arizona.

4. What is one of the most important "pearls" of wisdom you have learned from your faculty or fellow residents?

Every patient you interact with is a learning opportunity

5. From the faculty you have met so far (residency or medical school), who would you like to emulate and what characteristics make you say that?

Dr. Christina Martin at Midwestern University is a physician that has inspired me and helped me realize internal medicine was the path for me. She is compassionate, loves to teach, and her energetic attitude is infectious to staff and patients.

6. Favorite place to hang out or grab some food in the Chandler area?

I love hanging out wherever my co-residents are!

Honorable Mention– Dr. Collins Appiah nominated Dr. Dustin Schooley for his previous work on the wards at Mercy Gilbert. Although he did have an average of 1 day off in 7 during each block, due to the switch from Chandler Regional Medical Center to Mercy Gilbert Medical Center and us not catching he was switching A to B schedules, Dr. Schooley worked 21 days. Although there were days he was tired, he participated in everything and had a great attitude about his patient care responsibilities. He was empathetic with his patients and showed resilience. Dr. Markus added that he was thankful for all the work Dr. Schooley put in for our residency selection committee as well.



THANK YOU TO RAECHEL AND DUSTIN for providing EXCELLENCE EVERY DAY AND IN EVERY WAY!!!

SPRING 2024 PGY-1 Retreat on Leadership, Negotiation, and Teaching
APRIL 26, 2024
KELLY AND BARNES AUDITORIUM
CRMC
7 AM TO 4:30 PM
ALL RESIDENTS ARE EXPECTED TO ATTEND
PLEASE REMIND YOUR ATTENDING. NO NIGHT FLOAT ON THURSDAY NIGHT