

East Valley Internal Medicine Residency Program Newsletter

March 2024

People Development should be a daily event, integrated into every aspect of your regular goings-on

Jack Welch Former CEO of
General Electric

DHEV IM Residency Welcomes Our Second Residency Class

We are excited to welcome our second DHEV IM Residency Class. Out of ~1300 applications, 280 interviews involving 29 faculty and 6 residents we are pleased to let you know we had a very successful match with 100% matching of both our 3 preliminary and 10 categorical residents. These residents will begin their orientation June 17, 2024 and will be starting clinically for the residency Mon July 1. **Get to know our new residents match game on page 2**

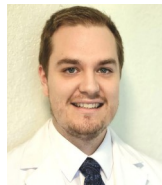
Alexandra Ebert- Arizona College of Osteopathic Medicine of Midwestern University



Dajamen Mitchell- Arizona College of Osteopathic Medicine of Midwestern University



Dallan Combs- A.T. Still University of Health Science School of Osteopathic Medicine



Dustin Horne- Arizona College of Osteopathic Medicine of Midwestern University



Dr. Shamiram “Shammy” Benjamin Wins First Resident Excellence Every Day Every Way Award

Congratulations to Dr. Benjamin for winning the first ever resident Excellence Award. This quarterly Award program Values and Providers in Action was held on Friday Feb 9th at the Mercy Gilbert Medical Center Conference Center. Dr. Roger Bies, DHEV DIO presented the award to Dr. Benjamin.



Dr. Benjamin received two nominations from patients who commented that she was “thorough, kind, genuine, and amazing!”. “She took each of my concerns and compared them to the medical concerns and explained each and every point as to what needs to be done, the urgency, the why, and provided some options, where available.”, “Dr. Benjamin restored our faith in coming to this facility” and “She was also extremely knowledgeable and she had clearly done a tremendous amount of research on my husband's rare medical condition before coming in to talk to him.” Please join me in congratulating Dr. Shamiram Benjamin!!!!

Inside this Issue

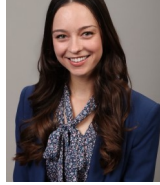
- Faculty Spotlight
- Resident of the Month
- Spring Resident Retreat
- Program Coordinator Corner



Dylan Young Arizona College of Osteopathic Medicine of Midwestern University



Helene Leonard- Arizona College of Osteopathic Medicine of Midwestern University



Jasmine Kaur Kansas City University COOM



Jayden Gubler- University of Arizona College of Medicine-Phoenix



Kathleen Xu- St. Louis University School of Medicine



Lily Wayne Arizona College of Osteopathic Medicine of Midwestern University



Mohammad Mohees- West Virginia School of Osteopathic Medicine



Nicholas Jakob- Jagiellonian University Medical College



Samuel Trevena- Arizona College of Osteopathic Medicine of Midwestern University



GET TO KNOW OUR NEW RESIDENTS (AND PD)
BY MATCHING THE HOBBY/FUN FACT TO THE NAME

1. Loves to BBQ
2. Has worked as a wildland firefighter
3. Volunteered in Guadalajara Honduras
4. Is a Park Steward for Phoenix AZ
5. Did a half-marathon in Chandler AZ
6. High School Asst. Coach and Tutor
7. Previously trained in ballet
8. Carpentry hobby and has made a game table
9. Collects rare comic books
10. First scientific paper was on feeding patterns of whales
11. Was an ASU Quiz Bowl Champion
12. Enjoys True Crime Podcasts
13. Has a Patrick Mahomes signed rookie card
14. Enjoys playing the ukelele

- a. Jayden Gubler _____
- b. Dustin Horne _____
- c. Kathleen Xu _____
- d. Dallan Coombs _____
- e. Alexandra Ebert _____
- f. Nicholas Jakob _____
- g. Jasmine Kaur _____
- h. Helene Leonard _____
- i. Allan Markus _____
- j. Dajamen Mitchell _____
- k. Mohees Mojammd _____
- l. Samuel Trevena _____
- m. Lily Wayne _____
- n. Dylan Young _____

Answers on Page 5

PROGRAM COORDINATOR'S CORNER

As we embark on the vibrant season of spring, I would like to bring a few important updates to your attention.



Firstly, please note that all faculty billing is now processed by Julie Ladwig. For any billing inquiries or submissions, please direct your communication to Julie for efficient processing.

In addition, a warm welcome to our new Internal Medicine residents. Your presence enriches our community, and we look forward to the contributions you will make.

Furthermore, I want to emphasize the significance of completing your evaluations in MedHub. Your insights are crucial for program enhancement and resident development. If you encounter any difficulties accessing MedHub or need assistance, please don't hesitate to reach out to me directly.



Check out our social media sites:

www.facebook.com/DHEastValleyGME

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

www.X.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 and another ambulatory physician 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 these links with them to learn more.

[Academic Inpatient Medicine Hospitalist](#)

[DHMG-IM Chandler Academic Outpatient Internal Medicine](#)

RESIDENT OF THE MONTH– February 2024

Dr. Kyle Bonner

Dr. Atika Nayeem nominated Dr. Bonner for resident of the month honors. She wrote:

“Dr. Bonner embodies all the qualities of an outstanding resident, including diligence, strong clinical skills, excellent time management, positive attitude towards work, helpfulness, dependability, impeccable documentation, and strong interpersonal skills.

Dr. Bonner excels in time management, ensuring that tasks are completed efficiently without compromising quality. His cheerful demeanor and willingness to help others create a positive atmosphere that fosters teamwork. His thorough and accurate documentation ensures continuity of care and facilitates effective communication amongst the care team. His documentation and case presentations reflect strong medical knowledge and demonstrate his efforts towards continuous learning and improvement. He is able to develop a strong rapport with patients, their families and nursing staff with his strong interpersonal skills. His knowledge of the EHR is impressive. It has been a pleasure to work with him.”



1. What has been your favorite part of the residency program so far? Besides the independence and wow factor of being an actual doctor, forming friendships with my co-residents! As the first class of the program, we have built a strong bond and are like a second family.

2. What has been the most challenging part of the transition from medical student to resident? Having the self confidence to not second guess myself and take ownership, especially in stressful situations.

3. When you have time off, what are 1-2 of your favorite activities? Traveling, when time permits. Hanging out with friends/family and enjoying the many restaurants Phoenix has to offer.

4. What is one of the most important "pearls" of wisdom you have learned from your faculty or fellow residents? Patients rarely present as you'd expect in the textbook. Also, dictation is everything.

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. Collins Appiah, mainly due to his hard-working nature, positivity and humorous personality that brightens up any room.

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

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

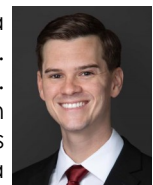
May 7, 2024 Hospital Medicine– Dr. Sher Naidoo MD Flight Emergencies

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

6. Favorite place to hang out or grab some food in the Chandler area? OHSO in Gilbert. They have great food/drinks and a large outdoor patio perfect for enjoying our many months of good weather.

Honorable Mention– Dr. Colten Dillinger

Amanda Flores sent a message praising Dr. Dillinger's care in the clinic. A patient came in frustrated with some issues with referrals from a previous visit. He saw Dr. Dillinger and stated he was very pleased by the care of Drs. Dillinger and Tytler. Specifically, the patient stated he felt as if he was heard and truly appreciated Dr. Dillinger caring for him.



THANK YOU TO KYLE and COLTEN for providing EXCELLENCE EVERY DAY AND IN EVERY WAY!!!

FACULTY SPOTLIGHT: Drs. Yamine Saddouk

Dr. Yamine Saddouk MD DO graduated from the University of Damascus and The NY College of Osteopathic Medicine. He is currently one of the two hospitalists leading the IM academic hospitalist service at Mercy Gilbert Medical Center. Prior to coming to DHEV Dr. Saddouk was the Program Director of the Mountain Vista/Midwestern Internal Medicine Residency Program from 2014-23 where he taught and mentored some of the current other DHEV Hospital Medicine physicians. He has been named Top Doc in 2018-19 and Outstanding Educator Award from AZCOM in 2016-17.



Q: What advice would you give to our 1st year residents who are moving on to become PGY2 teachers and leaders?

A: Treat your interns and students the way you wanted to be treated when you were an intern
 -Be a leader, not a boss. Don't tell them what to do. Show them how to do things.
 -Provide a collegial teaching environment.
 -Teach and learn from your team. Doctors are learners until they die.
 -Always remember: patient care and safety first.
 -You have more time to learn and think about clinical decisions; your job is to make the team look excellent, micromanage, and give and receive timely, specific feedback.

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

A: There have been many challenges in my life, so persistence, and determination play a crucial role in overcoming these challenges and achieving success. I get more satisfaction from seeing people around me succeed.

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

A: In my free time, I like to spend time with family and friends, enjoy social activities, read, and develop my habits. Spend time helping people in need socially, financially, or medically.

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

A: Chandler, Persian Room Fine Dining, Middle Eastern, Indian food, and vegetarian.

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

A: lawyer or judge

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

A: If I had the ability to interview anyone from the past or present, I would choose to interview Mr Beast because he spent most of his time and money helping many people in the world and changed their lives to the best, including social, educational, medical, and financial, while he was still very young.

ANSWER KEY FOR RESIDENT INFO

A-2	E-3	I-10	M-5
B-13	F-11	J-9	N-6
C-12	G-14	K-1	
D-8	H-7	L-4	

A Piece of Palliative Care Dr. Shalini Chaliki

For those who are spiritual, March has many holidays of importance to different religions including Ramadan (March 11), Nowruz (March 21), Palm Sunday (March 24), Holi (March 25), Good Friday (March 29), Easter (March 31).

Spiritual Care is an important part of palliative care and an important patient assessment skill. A study published in the Journal of Palliative Medicine by Dr. Puchalski showed that most American patients want their healthcare provider to be aware of the importance of religion or spirituality to them.

The FICA Spiritual History Tool® was developed to help healthcare professionals address spiritual issues with patients and serves as a guide for conversations in the clinical setting. This should not be used as a checklist and does not have to be asked in its entirety, but can be used as a starting point.

Try incorporating these into your patient care today!

F: Faith, Belief, Meaning

- Do you consider yourself spiritual or religious?
- Do you have spiritual beliefs that help you cope with stress?
- If the patient responds No, the health care provider might ask, What gives your life meaning?

I: Importance and Influence

- What importance does your faith or belief have in your life?
- Have your beliefs influenced you in how you handle stress?
- Do you have specific beliefs that might influence your health care decisions?
- If so, are you willing to share those with your healthcare team?

C: Community

- Are you part of a spiritual or religious community?
- Is this of support to you and how?
- Is there a group of people you really love or who are important to you?

A: Address/Action in Care

- How should I address these issues in your healthcare?