

# MEDICINE

## NEWS FROM THE DEPARTMENT OF MEDICINE

# MATTERS

NOVEMBER 2020

 **UVA Health** | DEPARTMENT OF MEDICINE

### MISSION

We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

### VALUES

We strive for a sense of community, connection, and synergy among all faculty, staff, and trainees.

### PLEDGE

We will conform to the highest ethical standards, uphold the values of our partner organizations, and give back to our community through public service.



# TOGETHER

## WE CAN DO THIS

### MESSAGE FROM THE CHAIR



Wow, what a busy and exciting month for the Department of Medicine. We are pleased to welcome Dr. Michael Nelson as our new Division Chief for Allergy and Immunology. Dr. Nelson has had a distinguished career as a leader in the field as well as being a leader at Walter Reed Hospital and serving our country in the armed forces. Dr. Nelson will succeed Dr. Thomas Platts-Mills who has led the Division for decades and has developed one of the top Allergy Divisions in the world. Please take some time to welcome Dr. Nelson.

In addition, we welcome Dr. Amber Inofuentes as a leader of the Hospital Medicine Program. Dr. Inofuentes has developed innovative programs of care to address a population of high care utilizers and has become a leader in this field. We look forward to her energy and passion for leading the Hospital Medicine program. We also are pleased that Dr. Paul Helgersen has assumed a new role as Vice-Chair for Inpatient Medicine. In this role, Dr. Helgersen will help integrate care across Divisions and Service Lines and continue our goals to provide the highest quality cost-conscious care that is patient and family-centered.

Lastly, this is the time of year when we welcome numerous new faculty members. Given the challenges of the pandemic, we are not able to have our usual in-person events to introduce new faculty, and my apologies for that. However, please try to say hello to the new masked faces that you see and welcome them to the best Department of Medicine in the country!

With best wishes,

Mitchell H. Rosner, MD, MACP  
Henry B. Mulholland Professor of Medicine  
Chair, Department of Medicine

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# DOM FINANCIAL UPDATE

## Department of Medicine Summary of Consolidated Financials FY21 as of September 30, 2020

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	213,286	219,855	6,569
Clinical Receipts (NPSR)	14,186,044	14,537,182	351,139
Total Revenues	49,797,674	46,024,422	(3,773,252)
Total Expenditures	46,937,463	44,430,553	2,506,910
<b>Net Income</b>	<b>2,860,211</b>	<b>1,593,869</b>	<b>(1,266,342)</b>

### Summary Explanation of Variance:

For the fiscal year through September 30, 2020 DOM posted a consolidated net surplus of \$2.9M and an unfavorable variance to net budget surplus of \$1.3M. Clinical revenues underperformed budget due to lower than anticipated Indigent Care revenue and less Medical Center support (MOU). Non-clinical revenues underperformed budget driven by FY20 clinical deficit support and reduced Medical Center support (Funds Flow). Personnel and Non-personnel expenditures outperformed budget driven by the impact of financial mitigation efforts.

## Please welcome Dr. Nelson to the Department of Medicine



**Michael Nelson, MD**

*By Mitchell H. Rosner, MD MACP  
Henry B. Mulholland Professor of Medicine  
Chair, Department of Medicine*

Dear Colleagues

I would like to formally announce the hiring of Dr. Michael Nelson as the new Division Chief for the Division of Allergy and Immunology. Dr. Michael Nelson is the current President of the American Board of Allergy and Immunology, a member of the American Board of Medical Specialties (ABMS) Board of Directors, and Allergist-Immunologist at Walter Reed National Military Medical Center. Dr. Nelson retired from the U.S. Army after 25 years of distinguished service in 2019. He has served as a program director, department chief, Director of Army Graduate Medical Education and Chief Consultant to the U.S. Army Surgeon General, Director of Education, Training and Research at Walter Reed National Military Medical Center and vice chair of the ACGME Allergy and Immunology Review Committee. Dr. Nelson has consistently advocated for the specialty of allergy and immunology on a national scale through committee and task force service at the FDA, AMA, USP and most recently as a member of

the Vision for the Future Commission on Continuing Certification sponsored by the ABMS.

Dr. Nelson will assume duties in November and there will be a transition of duties during this time with Dr. Platts-Mills continuing to lead the research mission of the Division.

Our thanks goes to Dr. Platts-Mills for his long and distinguished tenure leading the Division. During his leadership, the Division was established and has gone on to be a leader in academic Allergy and Immunology practice. In addition, Dr. Platts-Mills has established a strong research program with seminal discoveries that have changed the practice of Allergy. Our thanks for his leadership. Once we can celebrate in person, we will recognize his contributions with a fitting celebration.



# DOM UPDATES & NOTES



Paul Helgerson, MD



Amber Inofuentes, MD



David Wilkes, MD



James Bergin, MD



Brendan Bowman, MD



Amy Mathers, MD



Coleen McNamara, MD



W. Gerald Teague, MD



Lisa Colosi-Peterson, PhD



Anneke Schroen, MD



Michael Douvas, MD

## Awards and Achievements

Congratulations to **Dr. Paul Helgerson** on his new role as Vice Chair for Inpatient Operations of the Department of Medicine.

Congratulations to **Dr. Amber Inofuentes** on her appointment to Section Head, Hospital Medicine effective November 1, 2020.

Congratulations to **David Wilkes, MD**, Dean of the School of Medicine, who has been elected into the *National Academy of Medicine*, one of the highest honors in the fields of health and medicine.

Congratulations to **Dr. James Bergin**, **Dr. Brendan Bowman**, and **Dr. Amy Mathers** for receiving the *Dean's Award for Clinical Excellence 2020*.

Congratulations to **Dr. Coleen A. McNamara**, Professor of Medicine and **Dr. W. Gerald Teague**, Professor of Pediatrics for receiving the *Dean's Award for Excellence in Research*.

Congratulations to **Dr. Amy Mathers** and **Lisa Colosi-Peterson, PhD** on their team effort to implement real-time monitoring for the COVID-19 virus markers in dormitory wastewater. [Learn More.](#)

Congratulations to **Ken Walsh PhD** for landing a NASA grant entitled “*Space radiation exposure and risk mediated by clonal hematopoiesis*”. He and **Saicho Sano MD** of the CV Division aim to improve astronauts' health.

Congratulations to **Anneke T. Schroen, MD**, Associate Professor of Surgery, who has been awarded the *Sharon L. Hostler Women in Medicine Leadership Award 2020*.

Congratulations to **Dr. Lawrence Lum** in the Division of Hematology/Oncology on receiving a NIH grant for the *Convalescent Immune Plasma for the Treatment of COVID-19: Mechanisms Underlying the Host Immunologic and Virologic Response*.

Congratulations to **Dr. Michael Douvas** for his 15 years of service in Hematology/Oncology.

Congratulations to our Fellowship Program (**Dr. Rick Hall**, **Dr. Laahn Foster**, **Dr. Trish Millard** and **Lisa Mackey**) on completing a successful interview season through their first ever virtual platform. In Education, the Hematology/Oncology fellowship program conducted an impressive virtual interview process – positive comments from several faculty who participated, and kudos to a “LIVE” virtual tour given by the fellows. We had a strong field of over 400 candidates and interviewed 40 applicants from a wide range of residency programs across the country; the fellowship increased from 3 slots to 4 slots this year. Next up – match day is on December 2, 2020 – we look forward to introducing our new fellows to you then.

Congratulations to **us all!** Washington Monthly Magazine has recognized us as the 18th best teaching hospital in the country in its 2020 edition of the “Top 50 Teaching Hospitals for America.” We received this distinction based on excellence in patient care, civic leadership, and community benefit and inclusivity. Partnering with the Lown Institute, a nonpartisan healthcare think tank, Washington Monthly organized hospital rankings based on “how well they save lives, save money, and serve everyone.” Out of 244 teaching hospitals across the nation, UVA Medical Center stood out for its exemplary clinical outcomes and overall civic leadership. Recall, UVA was recently named the top hospital in Virginia by U.S. News & World Report.

## Diversity, Equity and Community Engagement in the Department of Medicine: Our road ahead



*By Max A Luna, MD*

The country, the state, and our community in Central Virginia are living unprecedented challenges where a public health crisis like the COVID-19 pandemic and the exacerbation of racial-ethnic tensions are in the center of everybody's lives. Most importantly, this pandemic has vividly displayed how race, ethnicity, and the other social determinants of health (SDoH) impact disease, access to care, and health outcomes with so much disparity. This is the moment to decide on what side of history we as individuals and as academic departments want to be on as we move forward in the analysis, mitigation, and solution of the many problems we are facing.

I am honored and humbled to serve in the new role of Vice-Chair of Diversity, Equity, and Community Engagement for the Department of Medicine at UVA. My hope is to encourage deep reflection and actions to further our missions of health care delivery, education, and research while embracing the importance of diversity in the Medicine team; faculty, trainees, students, and staff. We shall celebrate the richness of our diversity that enhances a plurality of ideas in our Department of Medicine agenda while developing a strategy of community engagement that directs our departmental efforts to better respond to people's needs.

It is my belief that we cannot narrow the gap between health systems that have been estranged from communities of color if we do not promote a culture in which our providers embrace inclusiveness and cultural humility. The vigorous recruitment, retention, and promotion of diverse faculty of excellence will help bring about a culture that enhances the trust between our patients/communities and us. At the same time, we should commit to more organized efforts of bringing in scholarly and non-scholarly efforts in community engagement. By community engagement we mean, "the application of institutional resources (e.g., knowledge and expertise of faculty and students, technical infrastructure, and physical space) to address and solve challenges facing communities through collaboration with these communities", a definition that goes beyond community service or community outreach at a volunteer level. The two goals of diversity and community engagement feed on each other in a symbiotic fashion, particularly if they happen with principles of equity and cut across all of our missions.

**Quality and Safe Patient Care:** How are we providing and evaluating our clinical care in the domain of cultural competency and risk-stratified by SDoH? How do we partner with community organizations and government entities to assist us in keeping our community healthy? How do we foster appropriate use of health services, minimize hospital re-admissions, and improve health care metrics in our underserved communities?

**Education:** How are we including components of health disparities, minority health, immigrant health, and other SDoH in the education and training of our medical students and trainees? To what extent does our faculty think this is of value in medical education and training? How do we improve this?

**Research:** How does our research agenda address the most pressing needs of our communities locally, nationally, and internationally? How does our translational research gain trust from our patients and communities so that they participate in a way that research participants represent the colors of our people? How do our research protocols practice principles of optimal cultural respect?

**Faculty Development:** How can a department that aims "to provide compassionate patient care of the highest quality, and translate new knowledge into meaningful improvements in healthcare outcomes" achieve this by creating a culture of diversity, equity, and community engagement? How can faculty efforts contribute to this culture, and at the same time, contribute to their professional development and promotion?

I'm very pleased that our departmental leadership is committed to the principles of Diversity, Equity, and Community Engagement as fundamental to achieve our goals. I'm deeply encouraged that our Department counts with leaders in the field that include among many others, our Associate Dean of Diversity and Inclusion of the UVA SOM, national leaders in anti-racism in Medicine, leaders in Health Policy and Health Disparities, leaders in the history of Eugenesis and integration of African Americans in Medicine, the founder of our 20-year-old Charlottesville Free Clinic and experts in Community Health. I look forward to learning and working with these and many other members of our department interested in joining us on the road ahead. The success of this challenging agenda will require an inclusive participatory effort from all of us.

## New Department Leadership Structure

*By Mitchell H. Rosner, MD MACP*

As inpatient demands grow and our services become increasingly more complex and multidisciplinary, it is my pleasure to announce a new Department's leadership structure designed to better coordinate our efforts and optimize patient care.

Dr. Paul Helgersen will take on the new role of Vice Chair for Inpatient Operations of the Department of Medicine. In this role, Paul will ensure integration of care, development of standard operating protocols and development of strategic programs across the four service lines and 10 Divisions that contribute to the DOM's inpatient activity. Over his past 6 years at UVA, Paul has led dramatic growth in the now 40 faculty hospitalist service as well as multiple efforts to improve quality and safety within the health system. Paul is a native of Northern Virginia and graduate of Duke University, Georgetown University School of Medicine, and did his residency training at Stanford Hospital and Clinics.

In addition, It is with excitement that I announce the appointment of Dr. Amber Inofuentes to take over the role of Section Head, Hospital Medicine effective November 1, 2020. This is the role previously held by Paul. Dr. Inofuentes is a native of Southwestern Virginia and obtained her undergraduate (Biomedical Engineering '05) and medical degrees ('10) from the University of Virginia. She completed internal medicine residency at the Hospital of the University of Pennsylvania before returning to her alma mater as faculty in Hospital Medicine in 2013 where she currently serves as the Associate Section Head for Quality and Operations and director of the Medical Subspecialties HOME program for frequently admitted patients. Amber is an exceptional and visionary leader and we look forward to her leadership of the Hospital Medicine program.

## Studies Opened Since opened since September 1, 2020

### Genitourinary Oncology

Primary Devitt, Michael

CRC: Torres, Julio

20-21998 PHAR KPG-121-101

Stages: I; II; III; IV CT.GOV ID: NCT03569280

A Phase 1, Open-Label, Dose Finding, First-in-Human Study to Determine the Safety, Pharmacokinetics and Efficacy of KPG-121 when

Administered with Enzalutamide, Abiraterone, or Apalutamide in Subjects with Non-Metastatic or Metastatic Castration-Resistant Prostate

## Breast Care Center Ribbon Cutting



Dr. Christiana Brenin, from the Division of Hematology/Oncology took part in the ribbon cutting ceremony for the new Breast Care Center that opened October 12th. [Read More.](#)



**12 Mental Health  
and Wellness  
Resources For You  
To Know About**



## Welcome To The World



Congratulations to Kristina and John Cain on the birth of their beautiful daughter Ava Victoria born September 24, 2020.



Congratulations to Dr. Louise Man and her husband, Malcolm Charles, as they welcome son Julian on September 20, 2020, pictured here with big sister Josephine.

## In Memory



It is with heavy hearts that we remember a beloved co-worker and friend, **Kim Anderson** who passed away surrounded by her family on September 29th. Kim will be remembered for her generosity and the thoughtfulness and care she took in loving her family and friends. Her family asks that you consider donating in her memory to the UVA Cancer Center in lieu of flowers.

Donate online at [supportuvacancer.org](http://supportuvacancer.org) or by check to the UVA Cancer Center, UVA Health Foundation, P.O. Box 37963, Boone, Iowa 50036

The family is notified of all gifts made in Kim's memory.

## Parents, guardians, and caregivers: We've got resources to support you!



Attention parents, guardians, and caregivers: We've got resources to support you! UVA HR and the Provost's Office have created [Parent & Guardian Connections](#), a newsletter for UVA faculty, staff, and team members with school-aged children. The newsletter includes resources featuring education (school news, at-home learning tools, and childcare options), enrichment (extracurricular activities, programming, and creative projects), and engagement (community news, volunteer opportunities, and emotional support). Please share the newsletter broadly with your UVA colleagues.

# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT

## Section Head Message - Dr Paul Helgersen, MD



**Paul Helgersen, MD**

What a year!

As in all other aspects of our lives, 2020 has been unprecedented in the realm of hospital medicine. COVID has dominated our practice and driven much of the change we have seen year. As Charlie Magee writes below, we have adapted to new services, new units, and new science in treating the patients presenting with COVID 19 during the pandemic.

I am tremendously grateful for the adaptability, team spirit, and mutual support shown by all during this time of immense change. I could not ask for a better group of colleagues and find myself continually thankful for the friendships in our group and in the department as a whole.

There have been some welcome consequences of the demand that we have faced, including unprecedented growth within the section. I hope you enjoy reading the faculty profiles of our new colleagues. These outstanding physicians represent a great mix of talent from prestigious institutions around the country and some of our highest performing residency program graduates.

We have also grown in other ways. The portfolio of research accomplishments, educational leadership roles, and Department/Health System roles continues to expand. Families within the Section have continued to grow too!

As a group, we'd like to extend our thanks to the many DOM colleagues who have worked so hard to deliver the best possible care to our patients during busy times. We appreciate you!

Paul Helgersen, MD  
Section Head, Hospital Medicine

## WELCOME NEW HOSPITALISTS

Rishitha Bollam, MD  
Ian Crane, MD  
Comfort Elumogo, MD  
Meghan Geraghty, MD

Paul Milner, MD  
Emily Richardson, MD  
Rachel Weiss, MD



## Check Out Mindfulness Matters

A Newsletter from the UVA Mindfulness Center

## CLINICAL HIGHLIGHT: ACUTE CARE SPECIAL PATHOGENS UNIT- A QUICK GLANCE THROUGH THE REARVIEW MIRROR

*By Charles Magee, MD*



**Charles Magee, MD**

Perspective can become distorted or lost if we allow too much time between glances into the rearview mirror. I want to take a moment to share the journey and provide a brief perspective of the Acute Care Special Pathogens Unit journey into COVID19...

COVID19 blew in with the chill of winter in late February. It landed squarely in the Special Pathogens Unit with intensive care providers and nurses prepared to fight this new viral pathogen. By March, the COVID19 patients outnumbered beds in the initial MICU Special Pathogens Unit, and it was clear there was a need for an acute-care Special Pathogens Unit (SPU). And so Hospitalists and nurses on 3West led this charge into the fight against COVID19.

Evolving into a SPU required swift and dramatic change to both provider and nursing standard work. Leveraging telemedicine and bundling care, and adhering to rigorous process for every patient encounter allowed for minimized exposures and conservation of precious Personal Protective Equipment

(PPE). Best practices emerged at breakneck speed as we sought to employ the latest evidence into our COVID19 care. This amounted to a constant barrage of rapidly evolving practice changes and guidelines. Does anyone remember hydroxychloroquine?

And while we lacked definitive therapeutics, developments to optimize throughput in clinical diagnostics and PPE conservation proved critical to our inpatient success. Rapid COVID testing allowed the ED and other units to test-in-place, providing much-needed mitigation to the frequent patient movements on and off the acute-care SPU for persons under investigation (PUI).

The In-Home Monitoring program (IHM) facilitated out-of-hospital patient monitoring, extending our bandwidth to manage COVID positive patients safely and effectively outside the hospital, allowing our dedicated staff to focus on those with severe COVID illness. Yet perhaps most worthy of mention is the vigil held by our hospital epidemiology team, who deciphered clinical risk and applied testing strategies day-in and day-out. To Costi Sifri and his dedicated team, we owe an incredible debt of gratitude.

With the thaw of spring, April brought hope of new therapeutics. Thanks to the alacrity of UVA clinical researchers such as Patrick Jackson, UVA participated in the study of Remdesivir, as patients and providers clutched to it with great optimism as it demonstrated measurable beneficial effects. Yet, at the same time, we witnessed increasing community spread and quickly learned how to flex as an organization to manage surges in cases at local nursing homes.

To honor those inflicted with severe COVID19 and those caring for these patients, COVID19 care was moved to the brand new South tower, surrounded by incredible vistas and a renewed sense of hope to both patients and staff.

It seemed we had a handle on COVID19 with yet more emerging therapies and another clinical trial with convalescent plasma by May. In June, Dexamethasone changed the landscape for our sickest patients. We were increasingly sharing success stories of patients emerging from epic journeys into and out of the intensive-care SPU.



# DIVISION OF HOSPITAL MEDICINE - CLINICAL HIGHLIGHTS

## CLINICAL HIGHLIGHT: ACUTE CARE SPECIAL PATHOGENS UNIT– A QUICK GLANCE THROUGH THE REARVIEW MIRROR *(continued)*

Despite the therapeutic advances and powerful patient experiences, our reflective practice recognized the growing fatigue as an increasingly visible problem all around us. The department quickly offered support in staffing providers on the acute care SPU. This professional support will not be soon forgotten, and we offer our sincere thanks to our colleague volunteers from across the department and for the invigorating presence of the housestaff. These efforts have boosted morale dramatically and provided a renewed commitment to the patients on the acute care SPU service.

So, where are we with COVID19 in October 2020? How are we doing? With over 500 COVID19 admissions at UVA, we are proud to share our hospitalized patient mortality rate of just 12%. Our success with COVID19 could not have been achieved without leader focus and support from day one.

It would be remiss not to take a moment to recognize excellence across the entire care team. First, our incredibly brave and dedicated nursing colleagues; they have demonstrated true grit. Our Respiratory Therapy, Physical and Occupational Therapy, Speech and Language Pathology, RN Case Managers, and Social Workers have also answered the call. And of course, our expert consultants coming to the bedside to help provide the best care for these incredible patients. To all, we offer our sincere Thanks!

Although we have worked hard to understand and treat COVID19 disease for nearly eight months, we continue to navigate uncharted waters. Fall and Winter 2020 will undoubtedly bring new epidemiological challenges, novel diagnostics and therapeutics, and potential vaccine candidates we hope will re-shape the epidemiology of COVID19. Regardless of what lies ahead, we look forward with calm hearts, clear minds, and unwavering determination to beat COVID19!



From left: Lindsey Sinclair, Samantha Hudgins, Candace Rice, Carly Frazier, Daniesha Shelton, Kamden Pleasants, Stephanie Brownell, Eli Hammer, Ian Crane, Enrica Marchi, Persey Bediako, and Scott Austin.



# DIVISION OF HOSPITAL MEDICINE - RESEARCH HIGHLIGHTS

## DEVELOPING NOVEL PATIENT MONITORING AND EARLY WARNING SYSTEMS



By Shrirang Gadrey, MD

We developed a model for the oxygen-hemoglobin dissociation curve, which is more accurate than older models for acutely ill subjects. It was published in the journal *Physiological measurement* and is currently being used by the health system to calculate the SOFA's respiratory components scores on inpatients.

In a large retrospective cohort, we demonstrated that a “big data” approach to sepsis research might lead to a biased estimation of the predictive validity of sepsis criteria. This paper has been accepted for publication in *Critical Care Explorations*.

**Shrirang Gadrey, MBBS MPH** We have developed the ARK (Analysis of Respiratory Kinematics) system, which tracks rib and abdominal motion to convert visual indicators of labored breathing into fully quantitative, remotely monitored risk markers of acute respiratory failure. The initial development work was funded by a seed grant from UVA's Center for Engineering in Medicine. After successful pilot testing among healthy volunteers with exercise-induced respiratory muscle fatigue, we have secured funding from the Ivy Foundation to study the ARK system in patients with suspected COVID-19.

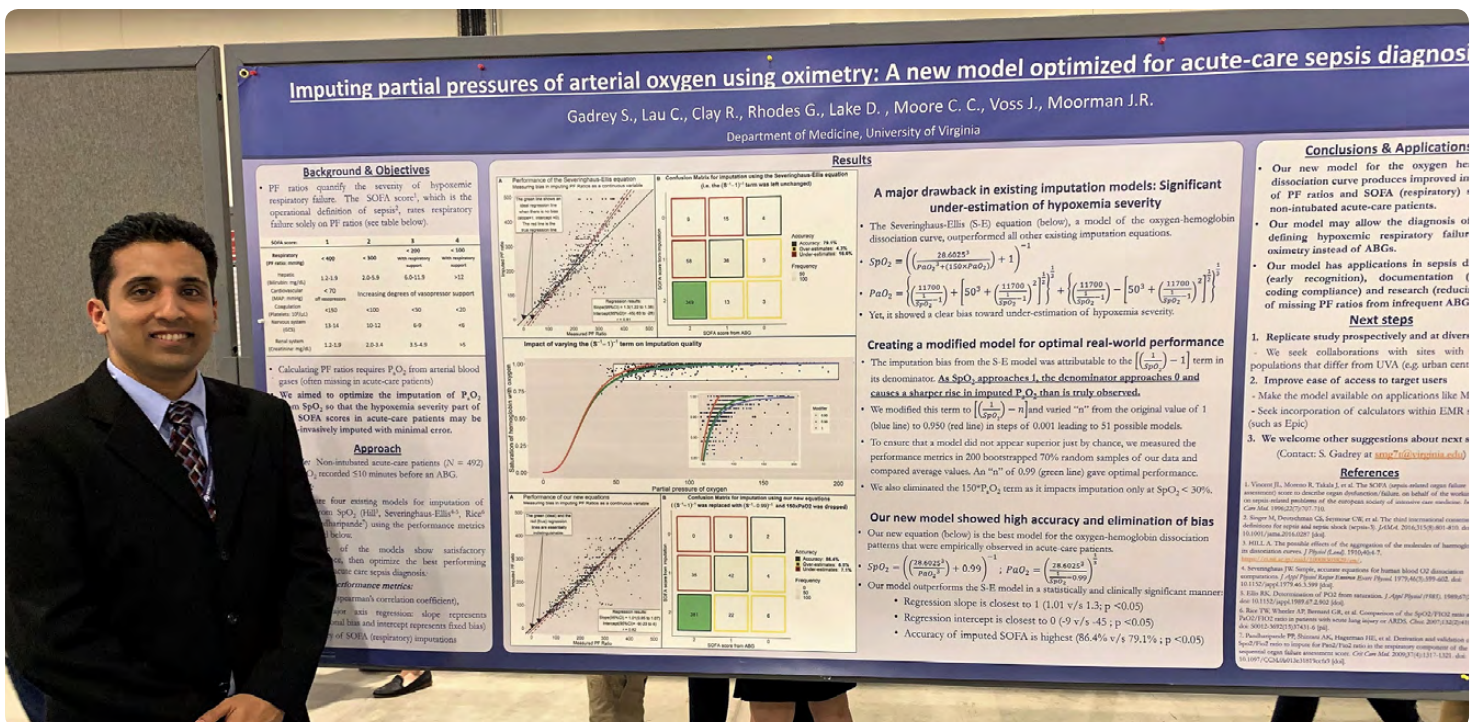
We are also working on developing targeted predictive analytics for early detection of cardio-respiratory deterioration in COVID-19 patients.

## ADVANCING OUR UNDERSTANDING OF COVID-19

By Shrirang Gadrey, MD

I am a co-investigator on a project titled “COVID-19: Big Data and Analytics for early detection of cardiorespiratory deterioration,” in which we will develop targeted predictive analytics for COVID-19 patients. This work is supported by and award from the Manning Fund for COVID-19 Research.

I am Principal Investigator on a project titled: “Analysis of Respiratory Kinematics (ARK): novel wearable technology for remote detection of labored breathing in COVID-19 patients,” in which we study features of ARK signals which are associated with adverse outcomes in patients. This work is supported by the Ivy Foundation's COVID-19 Translational Research award.





# DIVISION OF HOSPITAL MEDICINE - RESEARCH HIGHLIGHTS

## PREEMPT ACTIVITY MONITOR PROJECT

*By Christopher M Moore, MD & Ann Tuzson, PT, PhD*



The PREEMPT project aims to develop and validate an activity monitor that patients can wear continuously in the acute care setting and report the following metrics in a real-time format.

Sedentary Time (Time spent lying or sitting)  
Upright Time (Time spent standing or walking)  
Walking Time  
Step Count  
Step Cadence (steps per minute)  
Gait Speed (m/s or mi/hr)  
number of sit to stand transitions

We completed phase 1 of this project in 2017 with Dr. George Hoke acting as the primary investigator. We received additional funding for phase 2 in June of 2019 with Dr. Chris Moore and Ann Tuzson as the primary investigators.

The sponsor for this project and developer of the device is Barron Associates in Charlottesville, VA, who received a phase 1 and phase 2 SBIR grant from the NINR at the NIH. Results from phase 1 were reported in a poster presentation at the American Physical Therapy Association Combined Sections Meeting in Denver, Colorado, in February 2020.

Tuzson A.E., Prevost S.A., Henahan K.A., Hoke G., Wiles C., Richardson N., Olowin A., Clark B., Developing an Activity Monitor for Acute Care Patients. Poster presentation at APTA Combined Sections Meeting, Denver, CO, February 14, 2020.

We are currently developing an improved prototype for phase 2 data collection and will begin validation testing in 10 healthy older adults and 50 hospitalized patients in 2021.

**FRIDAYS AT NOON**  
Social distancing in the ERC or via Zoom

[Click for details and schedule.](#)



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a Twitter  
account?  
Follow us  
here.**

# DIVISION OF HOSPITAL MEDICINE - EDUCATION HIGHLIGHTS

## EDUCATION HIGHLIGHT: ACUTE CARE/INTERNAL MEDICINE INTERNSHIP READINESS COURSE

*By Amber Inofuentes, MD*



**Amber Inofuentes, MD**

Since 2017, Dr. Amber Inofuentes has served as the Co-director for the Acute Care/Internal Medicine section of the Internship Readiness Program for the School of Medicine alongside Dr. Kathryn Mutter from Emergency Medicine. In this role, she helped lead the expansion of this course (which was previously elective) to all 4th-year medical students applying for residency in Psychiatry, Internal Medicine, Family Medicine, Emergency Medicine, Anesthesiology, Neurology, and non-surgical preliminary programs.

The two-week experience is designed to increase prospective interns' readiness for common acute care challenges in the hospital, practice communication and teamwork skills, and improve confidence with common procedures and skills through small group sessions, including topical case-based workshops, procedural skills labs, and simulations.

Each year, 10-12 hospital medicine faculty teach sessions for this course on a wide range of inpatient medicine topics, including Abdominal Pain, Sepsis and Antibiotics, Abnormal Labs, and Communication and Transitions in Care. In 2019, 100% of students who evaluated the course (n=66) felt that it improved their internship readiness.

In spring 2020, due to the COVID-19 pandemic, all content for this course had to be revised to a remote learning platform. Despite the challenges presented in engaging students in interactive small group sessions virtually, 92% of students (n=48) felt that it improved their internship readiness. Dr. Jessica Dreicer has been appointed to take over the role of course Co-director beginning this fall.

## EDUCATION HIGHLIGHT: FOUNDATIONS OF CLINICAL MEDICINE (FCM) DURING COVID-19

*By Andrew Parsons, MD*



**Andrew Parsons, MD**

Launched in 2018 by UVA School of Medicine, the Foundations of Clinical Medicine (FCM) program is a novel (<https://pubmed.ncbi.nlm.nih.gov/32804347>) 4-year long curriculum focused on clinical skill development and professional identity formation. The program has had continued success and growing hospitalist involvement, despite the COVID-19 pandemic constraints. The time students spend in FCM creates their foundation as a physician. Within the UVA School of Medicine curriculum, morning lectures concern themselves primarily with basic science knowledge. The practice of medicine—both the science and the art in all of its subtleties—is the focus of FCM.

FCM-1, the first 18 months of the larger FCM program, aims to develop history taking, relationship building, physical examination, differential diagnosis, and clinical reasoning skills. In early spring 2020, FCM-1 rapidly converted to a virtual clinical skills curriculum utilizing Zoom to conduct small group, case-based exercises along with standardized patients and virtual patient laboratories. This fall, thanks to the hard work of many who were focused on providing a safe, effective learning environment, FCM-1 resumed in-person classes for physical exam teaching and hospitalized patient interviews. Summative exams for the course, known as Observed Structured Clinical Examinations (OSCEs), have been converted to a virtual format. Due to all involved's creativity and flexibility, the FCM program has had another successful year despite the inherent challenges of social distancing.

This success is due, in large part, to the hospitalists who serve as physician coaches: Becky Kenner, MD; Ben Sneed, MD; Chris Moore, MD; Rahul Mehta, MD; Glenn Moulder, MD; Greg Young, MD; and Andrew Parsons, MD, MPH who also directs the Pre-clerkship Coaching Program and the FCM-1 course. This past year, we were thrilled to have Usmaan Bashir, MD, join the coaching ranks. Janaki Patel, MD; Ian Crane, MD; David Fink, MD; and Ryan Wiggins, MD serve as substitute coaches.



# DIVISION OF HOSPITAL MEDICINE - PUBLICATIONS

**Gadrey SM, Lau CE, Clay R, et al.:** [Imputation of partial pressures of arterial oxygen using oximetry and its impact on sepsis diagnosis](#). *Physiol Meas*. 2019 Dec 3;40(11):115008.

**Zimmet, A. N., Clark, M. T., Gadrey, S. M., Bell, T. D., Zimmet, A. M., Moorman, J. R., & Moore, C. C. (2020).** [Pathophysiologic Signatures of Bloodstream Infection in Critically Ill Adults](#). *Critical care explorations*, 2(10), e0191.

**Gadrey, S. M., Clay, R., Zimmet, A. N., Lawson, A. S., Oliver, S. F., Richardson, E. D., Forrester, V. J., Andris, R. T., Rhodes, G. T., Voss, J. D., Moore, C. C., & Moorman, J. R. (2020).** [The Relationship Between Acuity of Organ Failure and Predictive Validity of Sepsis-3 Criteria](#). *Critical care explorations*, 2(10), e0199.

**Zimmet, A., Clark, M., Gadrey, S. M., Bell, T., Randall Moorman, J., & Moore, C. (2019).** 112. [Physiological Signature of Bloodstream Infection in Critically Ill Patients](#). *Open Forum Infectious Diseases*, 6(Suppl 2), S87–S88.

**Magee, C, Parsons AS, Millard A, Torre D.** **Lessons in Clinical Reasoning – Pitfalls, Myths, and Pearls: A case of confusion, disequilibrium, and “picking at the air”.** *Diagnosis*. [submitted, final acceptance pending revision review].

**Magee CD, Haigney MC.** [Cardiovascular Screening in the US Military: Time to Reconsider the Electrocardiogram](#). *Mil Med*. 2020 Feb 17. usaa002

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# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT PROFILES

## FACULTY PROFILE - Comfort Elumogo



### *Why Healthcare?*

So many different reasons; I really enjoy caring for and understanding people. Helping people live healthier lives and listening to their stories. Medicine is a field that is dynamic and always evolving. It is a field that encourages lifelong learning, to never stop being curious and to show compassion. The list goes on...

### *What brought you to Charlottesville?*

I came to Charlottesville for residency and I really enjoyed the sense of community and camaraderie at UVA. I never considered myself to be an outdoors person but Charlottesville

allowed me to appreciate hiking, the beautiful views and running outdoors.



### *What excites you about your work?*

The diversity it offers. No two patients are the same and each present with different stories. The variety extends outside of direct patient care like teaching, mentoring, doing research, writing and traveling.

### *Proudest/greatest achievement outside the professional realm?*

Mentoring youths to achieve their goals

### *Next life?*

Hmmm....maybe exploring writing.

### *What are you usually doing on the weekend?*

If I am not working, I enjoy hanging out with friends or a quick weekend trip to nearby cities like D.C or Philadelphia (pre-Covid era). I also like running and hiking.



### *Favorite vacation/activity spot?*

So many but right now it is between South Korea and Mexico.

### *Most admired person, and why?*

My parents. They immigrated to this country in the late 20s and started from the very bottom. They made a lot of sacrifices for myself and my siblings.

### *Best advice anyone ever gave you?*

Be persistent.

### *What about you would surprise us?*

I used to translate primetime Spanish telenovelas during my free time!





# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT PROFILES

## FACULTY PROFILE - Emily Richardson



### *Why Healthcare?*

Like a lot of my peers, I find biology and physiology fascinating. During and after college, I worked in clinical research interviewing patients and members of the community to participate in various studies. Around that time I was considering several paths in healthcare, but I was always brought back to medicine. Now that I'm a physician, I like medicine even more than I thought I would. To be someone's doctor is a really special thing.

### *What brought you to Charlottesville?*

I came for medical school, and stayed for residency! Charlottesville is a great place to live, and I'm not too far from my family in Maryland and North Carolina.

### *What excites you about your work?*

I love making decisions at the bedside. Whether it's something a patient tells me that's a total game-changer or an informative physical exam or change in vital signs. I also appreciate the challenge of explaining to patients and their families what's going on. I am frequently humbled by how difficult it is to do that well.

### *Proudest/greatest achievement outside the professional realm?*

Prior to medicine, I was a pretty good dancer. I've danced my whole life, through high school, college, and even for several years after college. I later focused intensely on modern dance, but I also did ballet, tap, jazz. They even let me dance in my high school musical productions, as long as I lip-synced with the chorus.

### *Next life?*

The current presidential election reminds me that I would make an excellent fact-checker. That is also what makes me fun at parties.

### *What are you usually doing on the weekend?*

You can find me spending time with my husband and friends, walking around the downtown mall or exploring the parks in Albemarle county. Favorites are Chris Greene lake and Mint Springs Park. Walnut Creek was also great for socially distanced hang-outs this summer. At home, I might be wishfully planning our next trip or catching up on a certain competitive reality dating show (of which I have many opinions).



### *Favorite vacation/activity spot?*

My husband and I took a really wonderful trip to Scotland at the end of my intern year. I can't wait to go back.

### *Most admired person, and why?*

My father and sister are both psychiatrists, and I admire their dedication to serving vulnerable populations. There are a lot of people who I trained with here at UVA who I really admire, and that's part of why I wanted to stay here after residency.

### *Best advice anyone ever gave you?*

I'll go with my favorite saying: When all you have is a hammer, everything looks like a nail.

### *What about you would surprise us?*

My new year's resolution since the year 2009 has been to learn the choreography to Beyonce's music video for "Single Ladies." I think 2021 might be promising.



# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT PROFILES

## FACULTY PROFILE - Rishitha Bollam



### *Why healthcare?*

I am fascinated by medicine – the diseases, treatments, and most importantly, the people. I find it exciting to learn about different disease processes and figure out how and why treatments work. Every day I'm learning something valuable and I owe it to my patients and peers. I knew that I always wanted to go into a field that would allow me to work directly with people and give back to my community and cannot think of a better way than working in healthcare.

### *What brought you to Charlottesville?*

I grew up in Northern Virginia and always loved my visits to Charlottesville. When I visited for my residency interview, I was reminded of the beautiful ambiance of this place. I met some of the most incredible people here and just knew this would be an amazing opportunity for me to train and develop my medical career.

### *What excites you about your work?*

The most exciting part of my work is interacting with my patients and knowing that I am helping make a difference. I believe that we should strive to be the best advocate for our patients and find it rewarding when we are able to make a positive impact on their lives.

### *Proudest/greatest achievement outside the professional realm?*

During my study abroad trip in college, I hiked the mountain next to Machu Picchu in Peru – Huayna Picchu.

### *Next life?*

I would say a fitness instructor – I admire their strength and dedication to motivate others.





# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT PROFILES

## FACULTY PROFILE - Meghan Geraghty



### *Why Healthcare?*

Because using science to effect change on the health and wellness of a community is fun and rewarding.

### *What brought you to Charlottesville?*

A great little town that is closer to family and the mountains.

### *What excites you about your work?*

Diagnostic dilemmas and detective work. Helping patient's understand their medical problems and having a positive impact on their health.

### *Proudest/greatest achievement outside the professional realm?*

My children.

### *Next life?*

Journalist.

### *What are you usually doing on the weekend?*

If I am not working, I am usually outside with the kids or working on my new garden.

### *Favorite vacation/activity spot?*

My husband and I have been volunteering in a clinic in Roatan Honduras since residency. Now the island is a favorite spot for our family to recharge and reconnect.

### *Most admired person, and why?*

People. My parents who are hard-working, kind, unwaveringly supportive, and two of my closest friends.

### *Best advice anyone ever gave you?*

"You can always make a change, this is a marathon not a sprint, do what makes you happy."

### *What about you would surprise us?*

I used my time off during the 4th year of med school to climb Kilimanjaro.





# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT PROFILE

## FACULTY PROFILE - Rachel Weiss



### *Why healthcare?*

I was always fascinated by physiology, and medicine gives us the opportunity to practice where ‘science’ meets ‘humanity.’ I love working with people, especially during times I can help them navigate a situation that makes them feel particularly vulnerable.

### *What brought you to Charlottesville?*

My husband finished his clinical training and was looking for positions, and Charlottesville seemed like the perfect place for both of us!

### *What excites you about your work?*

I’m constantly aware and appreciative of the variety of my day to day work, which keeps everything interesting and fresh. I love learning from my patients and my colleagues and considering the impact of our care on patients and their advocates in our broader community.

### *Proudest/greatest achievement outside the professional realm?*

Strong bonds with my friends and family.

### *Next life?*

Something creative, that has a physical product at the end of the day - maybe interior design.

### *What are you usually doing on the weekend?*

Hiking, reading, and (less often than necessary) exercising. Pre-covid I loved checking out wineries and breweries (we came from northern California) and eating lots of things.

### *Favorite vacation/activity spot?*

Recently, Maui. But Italy, Turkey, and Scotland are up there, too. I love traveling in general.

### *Most admired person, and why?*

Ruth Bader Ginsberg. Because she is amazing.

### *Best advice anyone ever gave you?*

For baking, mix the dry ingredients and wet ingredients separately first. For life, don’t assume.

### *What about you would surprise us?*

I worked at Facebook before going to medical school. No stock, unfortunately - everyone always asks!





# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT PROFILE

## FACULTY PROFILE - Ian Crane



### *Why healthcare?*

With a mom that is a respiratory therapist and my dad a physicist, I think my parents get a lot of the credit. Medicine has always felt a good fit, as a fusion of science and the humanities.

### *What brought you to Charlottesville?*

I was initially drawn to Charlottesville because of how wonderful the UVA Internal Medicine program is. After graduating IM residency in 2019 I moved to Arkansas for a hospitalist position in Little Rock. UVA pulled me back because of how well run the hospital medicine program is and because of the abundant opportunities to be involved in education. I also have many great friends here.

### *What excites you about your work?*

I am moved by the diversity of patients that as a hospitalist I take care of on a daily basis-- both in experience, cultural background, and disease state. The fact that I also get to work with all sorts of learners from medical students to residents makes the experience even richer.

### *Proudest/greatest achievement outside the professional realm?*

This summer two of my friends and I biked across Scotland and made it out in one piece.

### *Next life?*

I will be a freediver like in the documentary "My Octopus Teacher" and I will befriend an octopus.



### *What are you usually doing on the weekend?*

I love to gravel bike through country roads in Virginia, play jazz piano, read fiction and of course, explore good Charlottesville food and beer!

### *Favorite vacation/activity spot?*

My favorite vacation to this day has been going to Japan when I was 14 years old. It was the first time I left the United States. I'd say it was the most stunningly beautiful/culturally enriching experience I've had, though my one regret is I didn't yet like sushi and so didn't try it while I was there.

### *Most admired person, and why?*

I'm going to have to go with a classic answer on this one... Abraham Lincoln. I can't think of a leader demonstrating more courage in the face of such a challenge.

### *Best advice anyone ever gave you?*

We are all our own harshest critics. Rarely is a gaffe or social misstep as apparent to anyone as it is to you. Realizing this helps me step out of myself.

### *What about you would surprise us?*

I once encountered a bushmaster (the largest poisonous snake in the western hemisphere), during a night hike in Ecuador. Luckily I was with an experienced guide, though we had to put an end to the night hike.





# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT PROFILE

## FACULTY PROFILE - Janaki Patel



### *Why healthcare?*

I love meeting people at significant points in their lives. As an internist, I enjoy helping them navigate those times and optimize the things that are important to them and their loved ones.

### *What brought you to Charlottesville?*

I grew up in a small town, and after living in Chicago and Seattle for our medical training, my husband and I are excited to move to this tight-knit community. My family is in the Midwest and South, so it's refreshing to be closer to them again!

### *What excites you about your work?*

It's an honor to be a part of my patients' stories. I love working with trainees, as well. Seeing things "click" when students recognize the science and art of medicine in real-time when

working with patients is so much fun.

### *Proudest/greatest achievement outside the professional realm?*

I'm really enjoying getting back into my hobbies. Using Pinterest and youtube, I learned how to reupholster my armchairs. And now, I can't stop. I've reupholstered them TWICE. I've also learned how to up-cycle various other things- it seems like no item in my house is safe. I definitely don't take myself too seriously- some of these items were better before I worked on them, but some things have turned out better than I expected!

### *Next life?*

Maybe be a lifetime hobbyist? This is more of an ongoing goal in this life during my off time.

### *What are you usually doing on the weekend?*

Spending time with my husband, exploring the Charlottesville and Shenandoah sites, face timing my 10-month-old nephew and my family, listening to books on tape.

### *Favorite vacation/activity spot?*

Hawaii, the amazing and welcoming people, the sandy beaches, the whales, the clear blue water, the luscious mountains, and everyday, regular panoramic views. While living in Seattle, we got spoiled with the ease of the flight to Hawaii, but we're excited to see some new tropical spots! For more daytime trips, I loved the Cascade Mountains in Seattle, and now the Blue Ridge Mountains.



### *Most admired person, and why?*

My parents are incredible. They've lived on 3 different continents, and together built a life that matches my definition of success in every way. They taught me so much about resilience, happiness, and humility. I am who I am because of them.

### *Best advice anyone ever gave you?*

"Good luck favors the well prepared"- a nice little reminder from my father every time I tried to just "wing it."

### *What about you would surprise us?*

I'm terrified of snakes. I have a bad habit of looking up poisonous snakes in the places where I live even though I have never actually seen one in the wild.



# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT PROFILE

## STAFF PROFILE - Jessica Proffitt



### *Why healthcare?*

After high school graduation, I fell into healthcare when I took a temp job at the Teen Health Center. My career goal had always been to be a Physical Therapist, but after insurances changed and most things stopped paying for the kind of specialization I wanted, I was left unsure of my path but still sure that I wanted to help. I jumped around from clinic to clinic and finally settled in Pediatrics, where I lived for five years in the Children's Fitness Clinic and then in Endocrinology. I progressed from Scheduling Wiz to Admin Assistant, and then to Pre-Auth Extraordinaire! That position taught me a lot of what I wanted from my career and who I wanted to be in the Healthcare Arena. When it was time to leave, DOM took a chance on me, and I left the peds world for adults where I've grown both in skill and personality. I've learned that my desire to "help people" was so vast that it was impossible

to find land. I still want to help people, but that's evolved from helping patients, helping faculty, and helping my team. We can't be successful as a group if someone feels left out or unsupported, and now I know the path I need to follow to achieve my goals.

### *What brought you to Charlottesville?*

I was born at Martha Jefferson in September of 1988. My Mother moved to Charlottesville from Elkton eight years before and met my father who's lived in Charlottesville (or the surrounding areas) for the entirety of his life. Family means the world to my family, and we never wanted to move too far away from them. My mom's family is still in the Elkton area and my father's lives here in C-Ville.

### *What excites you about your work?*

Learning new things excites me the most. Gaining new skills that will help me to grow, and the prospect of sharing those gains with my team keep me coming back.

### *Proudest/greatest achievement outside the professional realm?*

Oh, this one is easy and recent. After floundering post-high school, feeling lost and confused about my path in life I attended PVCC and didn't apply myself. My grades were deplorable and I was ashamed. After much deliberation and pushing from those closest to me, I decided to reapply at PVCC to take the last few courses I needed and try to recover my GPA. I busted my bum to get As and Bs, and pulled my GPA up enough to apply to JMU. I found out I was accepted in June of 2019. I've worked so hard and am pleased to say that I've gotten all As. My graduation is pending for Fall 2022.



### *Next life?*

I'm sure this will surprise a few of you... A blood spatter expert. I can't really explain why, but I think it's ridiculously cool. I would love to do that in my next life. Think Dexter but without the serial killer part.



# DIVISION OF HOSPITAL MEDICINE - SPOTLIGHT PROFILE

## STAFF PROFILE - Jessica Proffitt (continued)



*What are you usually doing on the weekend?*

Before the Pandemic, I loved going to Wineries, Distilleries, and Breweries with friends. Now, my weekends are full of crafting - I make Polymer Clay jewelry and resin items (jewelry, coasters, etc). And I am spending time with my dogs. I have three - a 10-year-old Yorkie, a 2-year-old Miniature Aussie, and an 18-month-old Toy Aussie.

*Favorite vacation/activity spot?*

In May of 2011, I was asked to be a Bride's Maid for a very good friend. The only caveat? She lives in Albuquerque, New Mexico. I'd never actually

met her or been any further West than Tennessee, but I was excited to finally get to meet her face to face. We met on a website that allowed people looking for Editors to find people to do it them for free. She wrote SciFi stuff for UNM, and I loved reading her stories. We got to be very close over the three years that I "worked" with her. In the end, my Mother and two cousins decided to turn the trip into a 10-day vacation, and I've been going back ever since. I don't know if it's the location or the friends I've made, but the Southwest owns a little piece of my soul, and it calls me back. I usually go once a year, and I haven't been in three. It's okay, though! I'm planning a trip for April or May of 2021 (if COVID19 allows). Until then, I'll have to keep planning! I do love planning.



*Most admired person, and why?*

This is a hard question. I think I'm going to have to go with my Mother - as sappy as it is. She's the most relaxed person I know. She's always willing to go above and beyond for her friends, her family, and anyone in need. In our team, she's Momma or Momma Proffitt to most of my coworkers. She has this way about her where she makes everyone feel welcome, comfortable, and cared for. If I could be half the person she is, I'd be a pretty cool lady.

*Best advice anyone ever gave you?*

"Go with your gut. First impressions are usually right. Don't be an idiot." Those three are a mix of my mom and my grandmother. Go with your gut - if something feels off, it probably is. There's nothing like your primal instinct. First impressions are usually right - don't present yourself as fake, be who

you are because there's no replacement for the truth. Don't be an idiot - think with your head and not your heart. Don't let yourself be blinded.

*What about you would surprise us?*

Probably the amount of True Crime I listen to/watch/read. The First 48, Forensic Files, Cold Case Files, I'll Be Gone in the Dark, My Favorite Murder, Dr. Death, Crime Junkie, and The Last Podcast on the Left. I like the show Mindhunter on Netflix, too. So, you could say, I'm a Murderino. SSDGM, right?

