



DEPARTMENT OF MEDICINE

MISSION

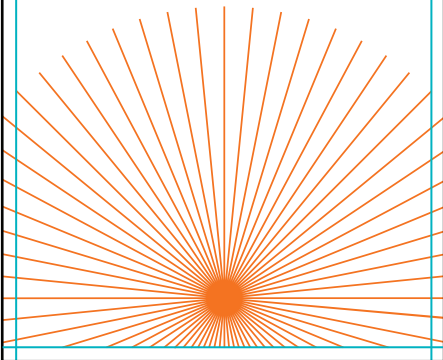
We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

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.



SUBSCRIBE

GIVE TO DOM

MESSAGE FROM THE CHAIR

This month's Medicine Matters focuses on the Division of Pulmonary and Critical Care Medicine which is led by our newest Division Chief, Dr. Imre Noth. Dr. Noth joined us from the University of Chicago where he had established himself as one of the premier research and clinical scientists in the field of interstitial lung diseases. In



his short time at the University of Virginia, Dr. Noth has worked with the faculty in the Division to continue to enhance excellence in all of our missions. As you will see, the Division has many exciting and leading programs and is a priority for growth over the next few years.

On another note, the AAMC StandPoint survey was released in the past weeks and gives us a roadmap to improve the Department's support of faculty. In order to best serve you, we are asking all Divisions to develop improvement plans around central themes in the survey. Specifically, we want to work on ensuring more effective communication, open opportunities for leadership positions, and continue to focus on healthy work-life balance. In the next week or so, there will be a call for nominations for membership in the junior faculty leadership council. This new

group in the Department will meet monthly with a focus on identifying faculty needs and developing programs to best support faculty and staff. Stay tuned for more details. As always, if you have ideas for how the Department can best support you, please let me know.

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

QUICK LINKS

DoM WEBSITE

DoM CALENDAR

GRAND ROUNDS

HOOS WELL

WORK DAY

HIGHLIGHTED DIVISION

DOM FINANCIAL UPDATE

Department of Medicine Summary of Consolidated Financials FY19 as of January 31, 2019

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	524,401	523,169	(1,231)
Clinical Receipts (NPSR)	31,986,944	33,816,376	1,829,433
Total Revenues	104,811,236	102,501,052	(2,310,184)
Total Expenditures	104,486,599	99,478,215	5,008,384
Net Income	324,636	3,022,837	2,698,201

Summary Explanation of Variance:

For the seven months ending January 31, 2019 DOM posted a consolidated net surplus of \$3.0M and a favorable variance to net budget of \$2.7M. Strong individual faculty clinical effort performance and higher collections per Work RVU drove net patient service revenue to outperform budget by \$1.8M. Sponsored program revenue underperformed budget by \$2.9M due to the timing of anticipated NIH awards. The department realized non-personnel cost savings of \$5.7M driven by lower than expected grant expenditures.

DoM Chief Operating Officer SNAPSHOT - Russ Manley

The Department of Medicine is committed to increasing financial awareness and understanding by the faculty and staff of our operating costs and support services.

Net Patient Services Revenues (NPSR), UPG Fees and Department of Medicine Billing Staff Costs

This month's high level overview is about the Department's Billing and Coding Staff Operation and UPG revenue assessments. The clinical departments are responsible for charge capture and coding activity. Terry Scott serves as Billing Manager and leads a team of 12 to handle faculty and clinical staff charges. The table summarizes pertinent financial metrics related to assessments paid to UPG and our directly expenses for charge/encounter processing. Please reach out to Division Administrators or Russ Manley if you would like to know more.

Total Net Patient Service Revenue
Operating Assessments Deducted by UPG
Net Patient Revenue Available to Department

DoM Billing Operations Cost

UPG Assessments as Percent of Net Patient Service Revenue
DoM Billing Operation as Percent of Net Patient Service Revenue

Work Relative Value Units

UPG Fees Per Work Relative Value Unit Billed
DoM Billing Costs per Work Relative Value Unit Billed

Departmental Mean NPSR per Work Relative Value Unit

	FY17 Actual	FY18 Actual	FY19 Estimated
Total Net Patient Service Revenue	\$49,693,406	\$54,186,188	\$57,970,930
Operating Assessments Deducted by UPG	5,166,838	5,662,140	5,828,179
Net Patient Revenue Available to Department	\$44,526,568	\$48,524,048	\$52,142,751
DoM Billing Operations Cost	\$902,278	\$952,442	\$928,190
UPG Assessments as Percent of Net Patient Service Revenue	10.4%	10.4%	10.1%
DoM Billing Operation as Percent of Net Patient Service Revenue	1.8%	1.8%	1.6%
Work Relative Value Units	818,886	878,809	899,316
UPG Fees Per Work Relative Value Unit Billed	\$6.31	\$6.44	\$6.48
DoM Billing Costs per Work Relative Value Unit Billed	\$1.10	\$1.08	\$1.03
Departmental Mean NPSR per Work Relative Value Unit	\$60.68	\$61.66	\$64.46

Notes: Net Patient Service Revenue (NPSR) Does Not Include Indigent Care Allocations. Analysis Does Not Include Activity Billed at UPGs' CPG Operated Clinics.

BILLING TEAM PROFILE - Brenda Noll



I am originally from Wisconsin, but have lived in Virginia most my life. I moved to Charlottesville when I was 3 and later moved to Waynesboro 14 years ago. My oldest sister is a retired nurse and nudged me into the direction on Medical coding and billing in 2002, so I listened to her advice and got my Medical Billing and Coding diploma from National College of Business and Technology in 2005. It took me quite a while to get a job in coding and billing though and I started working at UPG in 2010 working Government insurance denials. It was a great foundation because I worked a lot of different denials and during that time I traded in my CPC-A for a CPC. I eventually decided to leave that position in order to gain more knowledge and became a member of the Department of



Medicine. I really enjoy working a large range of charges from nephrology to geriatrics, but what I enjoy most is having a hand in implementing the new CPT codes that we hope to bill. Last year my boyfriend and I welcomed a baby boy into our lives, Jude was born February 1, 2018, so we just celebrated his 1st birthday recently. There are always many things to be thankful for such as family and a career that I enjoy.

DoM RESEARCH TIP

USE ESHARP

There is something new at ResearchUVA, the eNFA (electronic Non Funded Agreement) is now available! The new form is one of two electronic forms initiated from the Dashboard at ResearchUVA.

Faculty and staff can access ResearchUVA in [ESHARP HERE](#)



HEMATOLOGY EVENT

“Updates in Hematology & Hematologic Malignancies”

Friday, March 22, 2019 @8:00 am - 4:30 pm
At The Omni Hotel
212 Ridge McIntire Rd, Charlottesville, Va

For details click here for flyer or contact Elizabeth K. Patterson at 434.924.5310 or email: epatterson@virginia.edu

**NEW CLINICAL TRIALS ARE OPENING IN HEMATOLOGY/ONCOLOGY
CLICK HERE FOR FURTHER DETAILS**



Congratulations to Infectious Diseases fellow Jackie Sherbuk and her family who welcomed a new baby boy: Nathaniel John Gonzales, “Nate”, born on February 11, 2019.



Jane Perry Retires

Happy Retirement wishes to Jane Perry! Jane will be retiring April 1st after 30 years at UVA. She worked in the Department of Medicine for 20 years. We would like to take this time to wish Jane well in her future endeavors.

NOTABLE ACHIEVEMENTS

Austin Robinson, MD

Patrick Dillon, MD

Michael Heckman

Craig Portell, MD



Austin Robinson was awarded a biomedical translational research grant from UVA’s SOM Ivy Biomedical Innovation fund. Working with mentors Chris Kramer (Radiology/Cardiology) and John Hossack (Biomedical Engineering), their project involves ultrasound techniques for mitral stenosis. Their proposal was selected in a competitive process by the Ivy Review Board, consisting of members from the UVA Licensing and Ventures Group, UVA senior scientists as well as venture capitalists, representatives from industry and successful entrepreneurs.

Notable Achievements - Hematology/Oncology

Congratulations to Dr. Patrick Dillon on his new publication entitled “Cases and evidence for panel testing in cancer genetics: Is site-specific testing dead”.

Congratulations to Michael Heckman, Grants and Contracts Administrator, for his 10 years of service at the University of Virginia.

Congratulations to Craig Portell for leading the efforts in a multicenter consortium. The ORIEN Avatar New Oncologic Visionary Award (NOVA) for Non-hodgkins Lymphoma has been funded for the next two years.

Congratulations to Udai Singh, Ph.D. Associate Professor of Research who will be starting in Dr. Lawrence Lum’s lab on 3/1/19.

Congratulations to Sarah Whitaker, Amy Schienschang, and Abdullah El-Hakim Laboratory Technicians who have joined Dr. Lawrence Lum’s lab.

Congratulations on the Grand opening of Center for Human Therapeutics (cGMP). A reception was held in January to celebrate the completion of the Center for Human Therapeutics, under the direction of Dr. Lawrence Lum, which is scheduled to open in April. The facility features six cGMP production rooms, which will soon house the manufacturing of bispecific antibody armed targeted T cells (BATs) for tumor and blood cancer clinical trials, chimeric antigen receptor T cells (CAR T) for the treatment of blood malignancies and solid tumors, and pancreatic islet cells for transplantation into patients with type I diabetes.

UPCOMING EVENTS IN GASTROENTEROLOGY & HEPATOLOGY



Houston Lectureship

Jennifer Lai, MD, Hepatologist at UCSF Health
Thursday, April 18, 2019 @ 6:30 pm
Ivy Inn
2244 Old Ivy Rd, Charlottesville, VA

Respass Lectureship

Gary D. Wu, MD, Professor of Medicine, Weisbrod Chair in Gastroenterology, Co-Director, PennCHOP Microbiome Program, Perelman School of Medicine, University of Pennsylvania
Thursday, May 2, 2019 @ 6:00 pm
Ivy Inn, 2244 Old Ivy Rd, Charlottesville, VA

MESSAGE FROM DR. IMRE NOTH - Division Chief, Pulmonary & Critical Care Medicine



As chief of the Division of Pulmonary and Critical Care Medicine at the University of Virginia, I feel excited and privileged to be working with so many intelligent, talented, aspiring, and young physicians, nurse practitioners, care takers, scientists and staff.

The Division has a rich history and tradition of excellence in patient care, education and research. We currently have 23 faculty members (2 full professors, 3 associate professors, 15 assistant professors, 1 instructor, 1 full research professor, 1 associate research professor, 10 NPs) and 10 clinical pulmonary and critical care fellows. Our faculty members strive to provide the best possible care to patients with a variety of disorders, ranging from obstructive lung diseases in asthma and COPD, to pulmonary arterial hypertension, cystic fibrosis and the interstitial lung disease. We also provide the best possible care to the most critically ill patients in the medical intensive care unit. The lung transplant group has been increasing activity while maintaining some of the best outcomes in the nation. These activities allow the division to provide the best training environment for the next generation of physicians and scientists for discoveries in bench, translational and outcomes medicine.

The Division houses several clinical and research programs in Cystic Fibrosis recognized by the CF foundation, Sleep medicine, PAH in collaboration with cardiology, and COPD and ILD centers of excellence, drawing patients from far and wide. The ILD program houses expertise in genetics, genomics and clinical trials with participation in numerous industry and NIH sponsored trials. We also engage in cutting-edge bronchoscopic techniques for lung cancer screening and diagnosis. We are extending efforts with an Immune Checkpoint lung disease clinic, and increasing outreach in asthma and COPD.

Pulmonary and Critical Care Medicine Clinical Updates

The division continues to grow both in the ambulatory setting and in the critical care arena. The ambulatory practice operates in the primary care clinic, Fishersville, and Zion Crossroads. Beginning next academic year, in addition to our MICU, we will have a joint attending/nurse practitioner operated ICU at Culpeper as well. Last year we added several new faculty: Dr. Lindsey Somerville who graduated from our fellowship and whose clinical practice is now focused on CF, while advancing her lab investigations in Dr. Tom Braciale's lab; Catherine Bonham, from the University of Chicago, whose clinical focus is in Sarcoidosis and ILD, while she continues her investigative efforts in immunobiology and ILD. While Dr. Timothy Scialla is expected to join the Division from Duke University as an Associate Professor, his clinical focus is asthma and COPD. Expansion continues with efforts to increase our presence in Sleep medicine and CF.

Currently, our division runs the MICU, a pulmonary consult service and consults at TCH. We also offer outpatient services at the Sleep lab/clinics and outpatient bronchoscopy and pulmonary specialty clinics.

PULMONARY & CRITICAL CARE EVENT

Cystic Fibrosis Education Day Event

Saturday, March 16, 2019 @8:30 am - 2:15 pm

At The Graduate

1309 West Main Street, Charlottesville, Va

For further details contact Bobby Flood at 434.924.2815 or email raf6m@virginia.edu



PULMONARY AND CRITICAL CARE FELLOWSHIP PROGRAM UPDATE

The UVA Pulmonary and Critical Care Fellowship Program was awarded the Darlene Buczak Award by the Association of Pulmonary and Critical Care Medicine Program Directors in 2018. PI was Chief Fellow – Sean Callahan, MD. This award is given to one fellowship program annually which has described a successful innovative educational method. The UVA Pulmonary and Critical Care Fellowship Program reported on a ‘Fellow Driven Wellness Bundle.’ Updates from this program will be presented by Dr. Ryan Richard in the upcoming UVA Academy of Distinguished Educators (ADE) program during Medical Education Week.

The fellowship program recently has expanded its fellowship program from a total of 9 fellows to 12 fellows with support and assistance from the Department of Medicine. We continue to recruit outstanding applicants who have an interest in an enriching clinical experience coupled with research opportunities.

Cheryl Etelvari, the fellowship program coordinator, was awarded the Training Administrators of Graduate Medical Education certification (TAGME) in 2018.

Our fellows continue to participate in a growing regional pulmonary and critical care partnership with other academic institutions including leadership in the a) Fundamentals of Mechanical Ventilation Course, b) Duke Bronchoscopy Course, and c) VCU/UVA ultrasound bootcamp course.

PULMONARY AND CRITICAL CARE FELLOWS



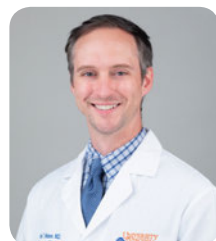
Noura Alturaif, MBBS, from residency at UVA.



Jamie MacLeod, MD, from residency at Roger Williams Medical Center in Providence RI.

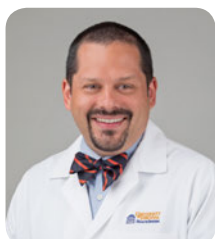


Chintan Ramani, MBBS, from Neuro-Critical Care fellowship at UVA.

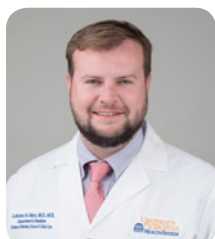


John Watson, MD, from residency at Baylor University Medical Center.

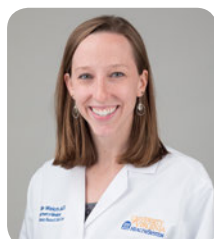
2018 Incoming Fellows 1st Year



Andrew Barros, MD



Lukasz Myc, MD, MS

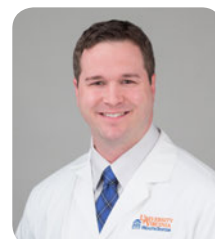


Caitlin Welch, MD

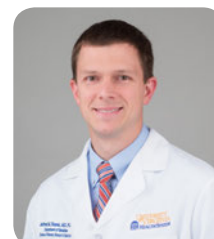
Pulmonary & Critical Care Fellows 2nd Year



Galina Lyles, MD



Ryan Richard, MD



Jeff Sturek, PhD

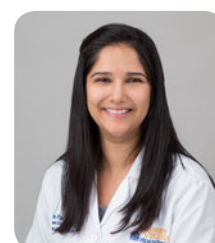
3rd Year



Sean J. Callahan, MD, is currently at the University of Utah as an assistant professor.



Robert M. Jones, MD, is in private practice in Tennessee.



Kavita Pal, MD, is currently doing locum tenens work.

2018 Graduating Fellows

2019 (Class of 2022) Incoming Fellows

Jimi Akingbade, MD, Virginia Tech Carillion Clinic.
 Chad Brizendine, MD, Providence St. Vincent.
 Talal Kaiser, MD, University of Connecticut.
 Perna Sharma, MBBS, University of Pittsburgh Mercy.

UVA Interstitial Lung Disease Program One of Nation's Best



BACK ROW, Lt to Rt: Dr. Imre Noth, Dr. Numaan Malik, Bobby Flood
FRONT ROW, Lt to Rt: Dr. Tessy Paul, Cathy Brown, Dr. Hannah Mannem,
Morgan Soper, Teresa Altherr, Dr. Cathy Bonham

Comprehensive Care and Research Flourishes for Patients with Pulmonary Fibrosis

The Interstitial Lung Disease (ILD) Program in the Division of Pulmonary and Critical Care Medicine continues to blossom, with 400 new patient referrals in the last year, and national recognition as a Center of Excellence by the Pulmonary Fibrosis Foundation and Foundation for Sarcoidosis. Five pulmonary clinics are currently dedicated to patients with different varieties of pulmonary fibrosis, including specialty clinics for idiopathic pulmonary fibrosis (led by Imre Noth MD), sarcoidosis (led by Cathy Bonham MD) and autoimmune and connective tissue disease associated ILD (led by Tessy Paul MD, Numaan Malik MD, and Hannah Mannem MD). Research programs include genetics and genomics of ILD, immune drivers of pulmonary fibrosis, and multiple clinical trials. Patient support groups meet bimonthly.

For more information or referrals, call 434-243-3675 or email ILD@virginia.edu.

CPD Clinical Program

By Dr. Mike Shim

CPD specialty clinic at the University of Virginia has been designated as a Joint Commission certified center of excellence for advanced COPD care since 2007. UVA was the first academic center in the US to earn this distinction, and has successfully undergone five recertification processes. This program is highly clinically integrated to provide multidisciplinary interventions while maintaining the latest standard of care. The team includes UVA pulmonary physicians, COPD RN care coordinator, RT, pharmacy, social work, PT, OT, and home care. The quality of patient care was acknowledged by American College of Chest Physician when our center was awarded as a center of excellence for COPD care. Our center has also assisted to establish new COPD programs in a number of other academic and private healthcare systems for Joint Commission such as University of Texas and Yale University. The latest focus of this outpatient program is to integrate our outpatient experience to streamline the care of high risk COPD patients in inpatient setting during frequent COPD exacerbation. This has involved a multidisciplinary team with their care plans specifically tailored toward these high risk patients in order to prevent readmission related to COPD exacerbation.

CPD Translational Research Program: Highly integrated translational research program is active between the division of pulmonary medicine and department of radiology. Leveraging on unique expertise at UVA to conduct in vivo lung imaging, hyperpolarized gas MRI has been developed to become the next generation diagnostic modality to achieve high resolution phenotyping of COPD patients. Collaborative NIH funded R01 is currently ongoing to determine in vivo physiologic responses in patients with COPD during bronchodilator and inhaled corticosteroid interventions. This study targets to recruit 100 subjects over 5 years and is anticipated to yield a number of clinically highly significant findings such as defining previously underappreciated vasculopathic COPD phenotypes. This research program will also leverage on the newly acquired strength of the division, transcriptomic interrogation of these highly phenotyped subjects, provided by our new section chief, Dr. Imre Noth.

CPD Basic Science Research Program: Highly integrated, multi-institute research program is ongoing to discover new molecular mechanisms underpinning development of COPD. This program involves active NIH funded R01 and DOD funding to develop new therapeutic agents to treat COPD by George Mason University (medicinal chemistry component) and Walter Reed Hospital (x-ray crystallography component) with University of Virginia (murine in vivo characterization). This program has already developed a novel compound (4MDM), and the IP associated with this development has been officially patented by USPTO, EU, and Japan under UVA licensing and venture group. This program is envisioned to develop next generation molecules to continue to advance development of novel small molecule therapeutics for patients with COPD and other lung diseases. One of the benefits of this program is simultaneous development of other therapeutic opportunities. Most recently a new composition of matter has been developed to potentially treat fibrotic lung tissue remodeling. This IP has been again declared by George Mason and University of Virginia, and led to funding from NIH R43 to determine its proof-of-concept and efficacy in vivo. This drug discovery program is also being supported by George Mason University to be developed into an inter-institutionally streamlined Center of Drug Discovery for which UVA Pulmonary division will be an active participant with in vivo component.

Recent Pulmonary and Critical Care Fellow Publications:

Myc LA, Churnin IT, Jameson MJ, Davis EM. Treatment of comorbid obstructive sleep apnea by upper airway stimulation results in resolution of debilitating symptoms of restless legs syndrome. *Journal of Clinical Sleep Medicine*. Accepted and in press.

Callahan SJ, Pal K, Jones RM, Davis EM, Kadl A. Recommended reading from the University of Virginia Pulmonary and Critical Care Medicine Fellows. *Am J Respir Crit Care Med*. 2018 Nov 15; 198(10):1331-1333. PMID 30199655

Myc LA, Girton MR, Stoler MH, Davis EM. Necrobiotic pulmonary nodules of Crohn's Disease in a patient receiving vedolizumab. *Am J Respir Crit Care Med*. 2018 Aug 29. Epub ahead of print. PMID 30156859

Jones RM, Coleman J, Davis EM. An unusual headache in a patient treated with continuous positive airway pressure. *Ann Am Thorac Soc*. 2017 Dec 14(12):1856-1857

Pal K, Feng X, Steinke JW, Burdick MD, Shim YM, Sung SS, Teague WG, Borish L. Leukotriene A4 Hydrolase Activation and Leukotriene B4 Production by Eosinophils in Severe Asthma. *Am J Respir Cell Mol Biol*. 2018 Oct 23. doi: 10.1165/rcmb.2018-0175OC [Epub ahead of print] PMID: 30352167

Callahan S, Pal K, Gomez D, Stoler M, Mehrad B. Two Siblings With Interstitial Lung Disease. *Chest*. 2018 Apr;153(4):e75-e79. doi: 10.1016/j.chest.2017.12.020. PMID: 29626972

Lyles G, Ogarkov O, Zhdanova S, Peloquin CA, Ebers A, Pfaeffle H, Al-Shaer MH, Moiseeva E, Zorkaltseva E, Koscheev M, Haupt ER, Heysell SK. Pharmacokinetics of tuberculosis drugs in HIV-infected patients from Irkutsk, Russian Federation: redefining drug activity. *Eur Respir J*. 2018 May 24;51(5). pii: 1800109. doi: 10.1183/13993003.00109-2018. PMID: 29599189



ILD SUPORT GROUP MEETINGS

3/15 - Guest Speaker: PFF Ambassador, Rick Ruddell

5/17 - Guest Speaker: Mary Hodges, Genentech Representative - IPF Education

7/19 - Guest Speaker: Leigh Colbert, Boehringer Ingelheim - IPF Related Education

9/20 - Guest Speaker: PFF Ambassador, Ann Lucas, (Tentative Speaker)

For further details and event location contact Bobby Flood at 434.924.2815 or ILD@virginia.edu



PULMONARY & CRITICAL CARE EVENT

CF: CFF Brewer's Ball

Thursday, June 13, 2019 @7 pm - 11 pm

At IX Art Park

522 2nd St. SE, Charlottesville, Va

For further details contact Katherine Layton at 804.527.1500 or email klayton@eff.org



PULMONARY & CRITICAL CARE EVENT

CF: Xtreme Hike Virginia

Septmber 28 - 30

At Virginia Trail, Reddish Knob/High Knob Area 26 and 13 mile options

Harrisonburg, Va

For further details contact LaDonna Austin at 804.527.1500 or email laustin@eff.org



PULMONARY & CRITICAL CARE EVENT

CF: 2019 Charlottesville Great Strides

Saturday, May 4, 2019

Riverview Park

Charlottesville, Va

For further details contact CFF at 804.527.1500 or email virginia@eff.org

PULMONARY & CRITICAL CARE SPOTLIGHT PROFILES

PULMONARY RESEARCH STAFF PROFILE - Pei-Chi Hou



Tell us a little bit about yourself.

I grew up and was educated in Taiwan, completing my Ph.D. in molecular and cell biology at the Institute of Basic Medical Sciences in National Cheng Kung University. I am a research associate in the Division of Pulmonary & Critical Care Medicine researching genetic polymorphisms in lung disease. Before coming to UVA I was a visiting non-degree student at University of Chicago for two years.

Why research?

Research and the study of molecular and cell biology has always been a good fit for me. It is an endless study and the learning is continuous and satisfying. There is always the next thing that needs to be better understood.

What brought you to Charlottesville?

In early 2018 our clinical and research team at University of Chicago was recruited by University of Virginia to continue work on gene polymorphisms in human lung disease. It is great to be at UVA and it has been a fun adventure getting to know Charlottesville

and everything the surrounding area offers.

What excites you about your work?

I enjoy basic research and how it applies to understanding the role of genetics in lung disease. It is a complex field and finding answers of any magnitude is exciting. The molecular design is beautiful and I am fascinated by the underlying mechanism.

What are you usually doing on the weekend?

Hiking and exploring the mountains and valley, cooking and enjoying conversation with friends and people I love. I like to visit country stores as they always seem to have something interesting.

Most admired person, and why?

My mom is the person I most admire. She is soft like water, but also as strong as water, slow and steady. Her mind is open and she loves freedom and always smiles no matter the difficulty in front of her.

Favorite vacation/activity spot?

I went to Banff and Jasper National Parks in Canada in 2017. We camped, hiked and saw glaciers which are new to me. We saw elk, moose and many other animals, but no bear showed up. It was a great trip.

Best advice anyone ever gave you?

Human beings will make mistakes and you are a human being. Recognize the mistake then fix it.



PULMONARY STAFF PROFILE - Theresa Altherr

Tell us a little bit about yourself.

I have worked at UVA for 13 years in clinical trials research, with approximately half of my time devoted to the application of human subject research regulations, and the other half of my time occupied by clinical trials management. Prior to working at UVA, I was employed by a Contract Research Organization that represented pharmaceutical companies conducting oncology trials. Having served in roles that fulfill not only sponsor obligations, but also site and IRB requirements has given me a broad perspective of all that is involved in clinical research.

Why Research?

With a naturally analytical mind, and a father who was a career scientist in genetics, it is no surprise that I have followed in my father's footsteps with an insatiable curiosity about discoveries that are waiting to be found through research. Pouring through information, and working on research that advance the medical management of patients is very satisfying to me, especially when findings result in improved treatment approaches. Even trials that are closed due to futility provide answers to questions that point researchers in directions that can bring great promise to future generations.

What brought you to Charlottesville?

When my husband and I were first married, I was delighted to move back to New Jersey to be near my family; however, my husband, who is from the Midwest, didn't share my joy. He had a difficult time seeing past the fast-paced, not-so-polite people that one sometimes encounters in New Jersey, and declared within a few months of marriage that we were going to be relocating. I get it... those of you who are not from the North might mistake a more direct way of communicating for rudeness (that is, when road rage and things of that nature are not involved). Needless to say, my husband won that argument, we both fell in love with Charlottesville, and planted our roots here 20 years ago. Luckily for me, my parents decided to retire here a few years after we moved. (cont' pg 9) (8)

PULMONARY & CRITICAL CARE SPOTLIGHT PROFILES

(Theresa Altherr continued) What are you usually doing in spare time?

As a mother of two active children, I have very little spare time. What I would LIKE to be doing is reading; however, I am generally so tired at the end of the day that I fall asleep before I can read more than a few pages. Sounds like a chapter for my next life! With that said, my spare time is generally spent at my children's sporting events (swim and soccer), cooking meals, and taking care of the house. I would like to say I have time for my vegetable garden, but that too is going to have to wait until my next life. My short-term plan is to tear down the vegetable garden and install a hot tub in that space to enjoy in my spare time; something tells me I won't be visiting the hot tub very often.

Best advice anyone ever gave you?

The best advice anyone has given me is to think about the impact that daily choices make on a person's life. For the most part, life really does become the result of the daily choices.

PULMONARY FELLOW PROFILE - Caitlin Welch



Tell us a little bit about yourself.

I was born in Montpelier, Vermont, but spent most of my life in upstate New York before heading to Nashville, TN for residency and ultimately landing at UVA for my fellowship in Pulmonary/Critical Care.

Why UVA?

Charlottesville provided us with the small town feel we were looking for and the strong academic program I wanted for my training. Not to mention the fact that the pulmonary/critical care department has some of the smartest, nicest, most outgoing people I've ever met – I'm lucky to work with and learn from them every day.

What brought you to Charlottesville?
Fellowship!

What excites you about your work?

Pulmonary and critical care is the perfect combination of outpatient and inpatient care. In clinic, I enjoy getting to know patients and collaborating with them to help them feel better. On the inpatient side, the mix of pulmonary consults and time in the ICU offers up a change of pace as compared to outpatient clinic days.

The ICU is exciting and stressful (in the best way possible!) and most of all it's rewarding – whether it's getting a critically ill patient on the road to recovery or helping someone at the end of their life die with dignity and comfort, it offers a different experience every day.

Proudest / greatest achievement outside the professional realm?

Marrying my husband, Gavin, and becoming a mom.

Next life?

Living in Normandy, teaching English as a second language (surprise: I was a French major in college and spent a semester abroad in Rouen and then worked in Chamonix the summer before medical school)

What are you usually doing on the weekend?

Hanging out with family, friends and my dogs and probably working on projects around the house.

Favorite vacation/activity spot

My parents own a home in northern New York - we built it ourselves (turns out I can swing a hammer) – it's on a lake in the middle of nowhere down a dirt road with no street lights where on clear nights you can see the milky way.

Most admired person, and why?

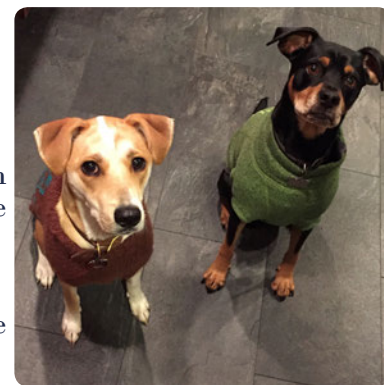
My parents. I can't pick one of them. They're humble, kind and generous. They've taught my brother and me to work hard and play hard and to stay true to ourselves.

What about you would surprise us?

I'm a fairly talented piano player. I've been playing since I was six. When I was in high school, I got a standing ovation at a recital where I played a Beethoven piece that took me over ten minutes – my dad later accidentally taped over this with one of my brother's hockey games!

Best advice anyone ever gave you.

Measure twice, cut once.



PULMONARY FACULTY PROFILE - Shwu-Fan Ma



Why research?

I started working on translational research after I obtained my Master degree in Plant Physiology in 1988. I loved this field because the results and findings from my research held therapeutic promise for patients. Over time, I realized that patient participation and consent to biospecimens and clinical data collection is the foundation of my research, and I hold a deep appreciation for all the patients who made research in this field possible.

What brought you to Charlottesville?

I was recruited by the Division Chief of Pulmonary & Critical Care Medicine from University of Chicago in May 2018 after 13 years. It is quite an adjustment transitioning from city life to a small town. Weather and traffic were my two biggest incentives. Prior to Chicago, I had worked at Johns Hopkins University for 5 years and enjoyed having four seasons a year; Charlottesville brings back those memories. I hope my husband's business can be transited smoothly from Chicago to Charlottesville in the near future so that we can explore outdoor activities together.



What excites you about your work?

Learning something new. There are publications with new findings in research fields every day.



Proudest/greatest achievement outside the professional realm?

Getting married and having children. It wasn't easy raising two boys while I was working on my PhD and husband was working out of the country. I am thankful to my parents for being there when I needed them and I am thankful to all the friends then who have become my extended family now; my children would not have been brought up the same. Both of my boys are starting their new chapter in life after graduation from medical school and college this May and I could not be prouder.

What are you usually doing in your spare time?

Since I started participating in the BeWell program at UVA, I have been working hard to achieve the goals I set for myself. I walk at least 7000 steps a day and do yoga, meditation, or volunteer at the Paramount Theater at least three to four times a week. I would like to do more gardening once I settle down more in Charlottesville.

How did you meet your partner?

My husband and I were classmates in college. We dated for 9 years before we got married. It is always good to marry your best friend.

Favorite vacation/activity spot?

I prioritize who I am vacationing over where. I am happy to just stay home with my parents every day when I am back in Taiwan to visiting them. I am also happy when my kids come home from their breaks and the whole family goes out to eat or watches movies together.

Most admired person, and why?

My PhD adviser who passed away in 2007. I met him in Taiwan while he was an invited speaker in an international meeting. He changed my life when he brought me to the United States as an exchanged scholar and then as a graduate student. My most cherished memory of him was the great chemistry we had when I taught him Mandarin.

Best advice anyone ever gave you?

Patience is a virtue.

What about you would surprise us?

I can go without speaking at all for an entire day if I do not have to.

PULMONARY FACULTY PROFILE - Andrew Mihalek



Tell us a little bit about yourself.

Though I was born in Morgantown, WV, I moved to California when I was 2 years old. I grew up in Northern California (before it was “Silicon Valley”) and went to college at UC Berkeley and medical school at UC Davis. After medical school, I did residency and a chief resident year at Loyola of Chicago followed by a fellowship in pulmonary and critical care medicine in the Harvard Combined Fellowship Program (we split our time evenly between MGH, Brigham and Womens’, and Beth-Israel Deaconess). I started at UVA in 2015 and have been building a career as a “pulmonary vascular medicine” specialist (as an aside, that is not a real thing, I just made it up) with footprints in our acute pulmonary embolism service, the pulmonary hypertension service line, and the hereditary hemorrhagic telangiectasia (HHT, aka: Osler-Weber-Rendu syndrome) clinic.

Why healthcare?

I think that the interesting thing about this question is that (at least for me) its answer is something that is in perpetual evolution. Life takes you where it wants to take you and you have to be fluid enough to go with it. I wanted to be a physician for as long as I can remember. The one constant through that desire is that I am, at heart, a socially awkward nerd - always have been, always will be. Socially awkward nerds do really well as healthcare providers because they possess a certain skill set that allows them to stay engaged in the sciences but grounded enough to doubt themselves. This manifests in a drive to always work hard to find an answer where there may never be one. I am in healthcare because I am a socially awkward nerd.

What brought you to Charlottesville?

When I finished my fellowship in Boston, I thought I was going to be more of a traditional research-physician and I worked at the NIH for 2 years looking at lipid trafficking in the lung and smoking-related lung injury. I was terrible at it for many reasons. At the time, my wife was in grad school in Baltimore and I was looking for jobs when a friend of mine suggested looking at UVA

because it was “only 45 minutes away.” The Division was hiring, I was looking, and so the stars aligned themselves. After being here only a few months of being hired, I quickly realized how fortunate I was to be here. UVA has been a great home for my career and professional development.

What excites you about your work?

People. I think that I really enjoy hearing about people’s stories, the choices they have made, the external factors that have shaped their paths, how (and why) they think, and the full complex range of things that makes people, people. The exciting thing about being a physician in an academic setting is using what you have learned about the human experience and applying it in a way that can make someone’s life better.

Next life?

Same, but a better husband and two inches shorter.

What are you usually doing in your spare time?

My children are 4 and 2 years old. Needless to say, there is not a ton of time for “personal spare time.” I used to play a lot of fast-pitch, wooden bat, adult baseball prior to the kids. I am hoping to get back to that this (maybe next) spring/summer.

How did you meet your partner?

As I was finishing college, I ended up breaking my hand and so couldn’t type (on a typewriter back then) my applications for medical school. As a buffer between my time in college and medical school, I did research evaluating pregnancy prevention programs in California at UCSE. My wife ended up being my boss (or maybe better to say “my boss ended up being my wife?”).

Best advice anyone ever gave you?

In recent memory, that came from none other than Dr. Rosner. No really, it’s the truth. When I first got hired at UVA, Dr. Rosner told me “it’s okay to say ‘no.’ In fact, I want you to say ‘no.’”

In a vibrant community like UVA it is really easy to want to fall in love with all the cool projects other folks have going on. When those same folks ask you for your help, it is really hard to not overextend yourself.

What about you would surprise us?

I am a pretty mediocre driver.



PULMONARY FACULTY PROFILE - Taison D. Bell

Tell us a little bit about yourself.

I returned to UVA after graduating from college here in 2005. I've now been back for almost two years after doing an absurd amount of training. My wife, Kristen, and I have been married almost ten years now. She's an opera/choral singer and we live with our two kids just south of town.

Why education?

I was an at-risk youth growing up and benefited enormously from teachers that believed in me and helped me get to the next step. I've always wanted to be a physician but believed that education should also be a part of my contribution back to society. The legacy I leave depends on the impact I have on others and—for me—education is the best vehicle for that.

What brought you to Charlottesville?

It was a combination of low(er) cost of living compared to the East Coast cities, a great job opportunity, and a community I had already experienced and enjoyed.

What excites you about your work?

I love that I work at the apex of health care delivery and can focus a lot of effort into patients that really need it. I also love the MICU is a wonderful teaching opportunity with all the physiological processes we try to manage.

Proudest/greatest achievement outside the professional realm?

I delivered my own children. It's really cool knowing that the first ever human touch they experienced was from their father.

Next life?

I need to figure out this one first.

What are you usually doing in spare time?

I'm also a full-time student at Darden so that's been taking up a lot of my free time lately.

How did you meet your partner?

We met on move-in day at UVA! We both lived in Balz (since torn down). More specifically, I was trying to act cool that first evening with other nervous new undergrads and mistakenly hit her butt with a football with my name on it. I couldn't escape the embarrassment but it made for a funny introduction!

Favorite vacation/activity spot?

Ever since I visited South Africa as a medicine resident, I've wanted to go back. The people, land, and history were all strikingly beautiful.

Most admired person, and why?

A little girl with aplastic anemia who I took care of at the NIH. She had a stem cell transplant and became very ill but bounced back from it. She had this infectious personality and really connected with her care providers. I often put labs in for her while she was hanging around my neck being silly. She stayed so positive despite her health problems and I've drawn inspiration from that.

Best advice anyone ever gave you?

To let my setbacks be a part of my life story, but to not let them dictate my story.

What about you would surprise us?

I'm really into Bollywood movies.

PULMONARY STAFF PROFILE - Cathy Brown

Tell us a little bit about yourself.

I have been at UVA for about six months, after working at the University of Chicago for 27 years. I spent 18 years as a homemaker/stay-at-home-mom before starting my second career as a nurse. I worked with Dr. Noth in the Interstitial Lung Disease (ILD) clinic in Chicago for about 14 years, and during that time became very attached to ILD patients. They are the most compliant patients, and are so desperately in need of someone in healthcare to help smooth the path for them. I moved to Virginia to work with Dr. Noth in the ILD clinic here; Dr. Noth has dedicated his career to researching ways to improve their care.

I married my childhood sweetheart, whom I met in church when I was 13. We will celebrate our 50th wedding anniversary in June. We have been blessed with 2 wonderful children and 3 beautiful granddaughters. Outside of UVA I love cooking, cleaning, sewing, and doing home repairs, but most of all I love spending time with my children and grandchildren. The best advice I ever heard was "though the days are long, the years are short". Take advantage of every moment, and most of all "don't blink"!