

# MEDICINE

## NEWS FROM THE DEPARTMENT OF MEDICINE

# MATTERS

### MESSAGE FROM THE CHAIR

AUGUST 2022



This month the Department celebrated the fantastic work and achievements of our faculty and staff with the annual Department of Medicine Awards in Education, Research, Clinical Care, Staff, and Administrative Support. I am so honored to get a chance to read the amazing nomination letters and see the highly impactful work that every one of you does each day! In addition, I want to highlight several special award winners.

This year, we awarded the Diane Snustad Women in Medicine Award to Dr. Monica Lawrence

for her exemplary work during her career at UVA. Dr. Lawrence is a world expert in immunodeficiencies and has been instrumental in developing a regional clinic to care for these complex patients. In addition, she has emerged as a national leader in the field of fellow education in Allergy and Immunology. Dr. Lawrence has also served as a mentor and role model for many trainees and faculty members. Her excellence is notable in many areas, and it was a great honor to award her this distinction.

We also awarded two special contributor awards to recognize individuals whose contributions were so notable and impactful over the past year. Dr. Alex Kadl was recognized for her work leading critical care efforts in Culpeper, her tireless efforts in clinical care, and her crucial role in the UVA COVID-19 response. Russ Manley was recognized for his stewardship, passion, and leadership as the DOM's Chief Operating Officer. Russ has been instrumental in so many critical initiatives, and his tireless leadership is critical to our success.

Please congratulate all of our award winners. We have an amazing department and a tremendous community of caring, kind, talented people, and together we have achieved great success.

Lastly, enjoy reading about the Division of Rheumatology under the leadership of Dr. Janet Lewis. We are pleased to welcome several new faculty members to the group this year, and you can read about them in this issue. In addition, Dr. Shu Man Fu will retire from clinical practice, and we thank him for his service of over 30+ years. You will also read about the Division's unique clinical offerings and education and research programs. Please congratulate the Division on its many accomplishments.

With best wishes,

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



DEPARTMENT OF MEDICINE

#### MISSION

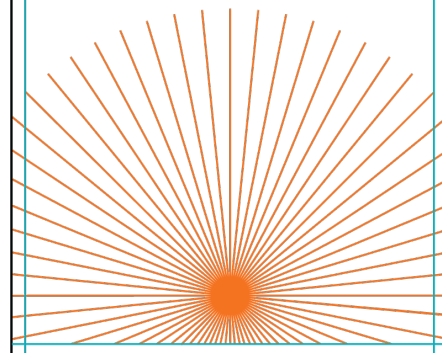
We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

#### 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.



DOM WEBSITE . . . . . ▶

GRAND ROUNDS . . . . . ▶

HIGHLIGHTED DIVISION . . . ▶

MINDFULNESS MATTERS . . . ▶

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# UVAHealth

# DOM UPDATES & NOTES

## DOM Financial Update

### Department of Medicine Summary of Consolidated Financials FY21 as of June 30, 2022

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	1,060,531	1,077,102	16,570
Clinical Receipts (NPSR)	68,763,522	69,902,439	1,138,916
Total Revenues	184,152,645	202,946,382	18,793,737
Total Expenditures	184,597,489	196,649,632	(12,052,144)
<b>Net Income</b>	<b>(444,843)</b>	<b>6,296,750</b>	<b>6,741,593</b>

#### Summary Explanation of Variance:

For the fiscal year through June 2022 DOM posted a consolidated net gain of \$6.3M and a favorable variance to YTD net income budget of \$6.7M. Clinical receipts outperformed budget by \$1.1M due to strong clinical productivity.

Total expenditures outpaced budget driven by unbudgeted grant expenditures on new and existing awards as well as a deficit coverage expenditure of \$808K. Total revenues include FY22 CARES Phase 3 Allocations of \$460K, Phase 4 PRF Allocation of \$365K and impact of deficit support of \$2.7M.



2022 - 2023 Chief Residents Drs. Sam Konkol, Laura Mitchell, Chelsea Lau, and Sean Dougherty



**Mindfulness Matters**  
A Newsletter from the  
UVA Mindfulness Center

**WELCOME  
NEW  
FELLOWS!  
TO  
UVA  
DEPARTMENT  
OF MEDICINE**

**UVAHS VOLUNTEERS NEEDED  
FOR UVA COVID-19  
COMMUNITY TESTING PROGRAM**

**SIGN UP HERE**

Strict infection control precautions are followed and PPE is offered to every one according to the risk of exposure per our infection control colleagues.



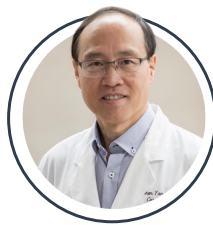
# DOM UPDATES & NOTES



John Kim MD MS



Christopher Kramer MD



Zhen Yan PhD



Jie Sun PhD



Tiason Bell MD



Ken Walsh PhD



Meaghan Stumpf MD



Sanja Arandjelovic PhD

## Awards and Achievements

Congratulations to **Dr. John Kim** (Division of Pulmonary and Critical Care Medicine) on the publication in the *European Respiratory Journal* of “Associations of Hiatus Hernia with CT-Based Interstitial Lung Changes: the MESA Lung Study.”

Congratulations to **Dr. Christopher Kramer** (Cardiovascular Medicine Division Chief) who is the Study PI on a worldwide cardiology research study entitled “A Phase 3, Multi-Center, Randomized, Double-blind, Placebo-controlled Trial to Evaluate the Efficacy and Safety of CK-3773274 in Adults with Symptomatic Hypertrophic Cardiomyopathy and Left Ventricular Outflow Tract Obstruction.”

Congratulations to **Dr. Zhen Yan** (Division of Cardiovascular Medicine) for receiving the Novo Nordisk Foundation’s Jacobæus Prize 2022. *The Jacobæus Prize* is the oldest prize of the Novo Nordisk Foundation. It was established in 1939 to commemorate the Swedish professor Hans Christian Jacobæus. The purpose of the prize is to promote medical research and is awarded annually to a distinguished international researcher, who is invited to lecture on their research on a topic within physiology or endocrinology.

Congratulations to **Dr. Jie Sun** (Division of Infectious Diseases) who was named to the editorial boards for both *Science Advances*, the American Association for the Advancement of Science’s open access multidisciplinary journal, and *Journal of Medical Virology*, a monthly peer-reviewed medical journal covering fundamental and applied research concerning viruses which affect humans.

Congratulations to **Dr. Tiason Bell** (Division of Infectious Diseases) on being named Associate Editor of Clinical Infectious, a journal of *Infectious Diseases Society of America (IDSA)*.

Congratulations to **Dr. Kenneth Walsh and team** (Division of Cardiovascular Medicine) on their new research, which may explain why men die sooner than women and could lead to longer, healthier lives for men. Their findings, “Hematopoietic Loss of Y Chromosome Leads to Cardiac Fibrosis and Heart Failure Mortality” is published in the journal *Science*.

Congratulations to **Dr. Meaghan Stumpf** (Division of Endocrinology and Metabolism) and team on their study “Accuracy of a Factory-Calibrated Continuous Glucose Monitor in Individuals With Diabetes on Hemodialysis,” which gained national coverage about the effectiveness of glucose monitors for dialysis patients.

Congratulations to **Dr. Sanja Arandjelovic** (Division of Nephrology-CIIR) who received the Gale “Morrie” Granger Fellowship Award from the *Arthritis National Research Foundation*. Dr. Arandjelovic’s project is entitled “Removal of Apoptotic Cells in Inflammatory Arthritis.” The 2022-23 cohort comprises 19 early-career scientists. Dr. Arandjelovic is among eight first-year grantees who will receive \$100,000 in grant funding.

# DOM UPDATES & NOTES



Karen Warburton MD FASN



Andrew Parsons MD



Costi Sifri MD



Helmy Siragy MD



Michael Nelson MD PhD

## Awards and Achievements

Congratulations to **Dr. Karen Warburton** (Division of Nephrology) who has received a *Distinguished Mentor Award* from the **American Society of Nephrology** for the year 2022. This award recognizes individuals who have contributed to the kidney community through the mentorship and development of other clinicians or researchers. It also recognizes those who inspire trainees to pursue nephrology and become leaders in healthcare transformation through research, education, and practice innovations.

Congratulations to **Dr. Costi Sifri** (Division of Infectious Diseases) on being named one of Charlottesville's "Movers and Shakers" by *C-ville Weekly* for "issuing clear information about the current epidemic statistics, warning about the emergence of new variants, and explaining the efficacy and importance of vaccines, Dr. Sifri has kept the Charlottesville area up to date."

Congratulations to **Dr. Andrew Parsons** (Division of General, Geriatric, Palliative, and Hospital Medicine) on being appointed to serve on the AAMC Council of Faculty and Academic Societies as junior representative (along with Dr. Laura Shaffer, Pediatrics as senior representative.)

Congratulations to **Dr. Helmy Siragy** (Division of Endocrinology) on being appointed the guest editor for the nature publication *Scientific Reports* special collection on the cardio-renal axis. This Collection will present manuscripts that increase our understanding of the feedback between the heart and the kidney and that explore treatment and management strategies for associated pathologies.

Congratulations to **Dr. Michael Nelson** (Chief, Division of Asthma, Allergy & Immunology) who has been appointed to serve on the Executive Committee of the *American Board of Medical Specialties* (ABMS), the leading not-for-profit organization overseeing specialty board certification in the United States. Dr. Nelson represents the American Board of Allergy and Immunology (ABAI) in this executive committee position. He has contributed his leadership skills to ABAI as a member of the Board of Directors (2011-2016), as Treasurer (2016-2018) and was named in 2019 as President and CEO. [Learn more.](#)

Dr. Mo Nadkarni and the Division of General, Geriatric, Palliative and Hospital Medicine would like to congratulate to the following for winning multiple Internal Medicine Residency training related awards:

*Outpatient Nurse of the Year* - **Missy Warren**

*Outpatient Attending of the Year* - (tie) **Rachel Kon** and **Joel Schectman**

*Brodie Award for Excellence in Comprehensive Primary/Longitudinal Care* - **Erin Baldwin** and **Sean Dougherty**

*Advocacy and Community Service Award* - **Zach Boggs**

*Resident Teaching Award* - **John Popovich**

*John Dunn Award for Excellence in Humanistic Care* - **Reed Davis**

*Mulholland Resident Teaching Award* - **Laura Martin Mitchell**

*Mulholland Departmental Teaching Award* (best student teaching of any department) accepted by Drs. Brian Uthlaut and Alex Millard and Molly Hughes for the department



# UVAHealth

# DOM UPDATES & NOTES

## Excellence in Clinical Care



Patrick Jackson MD



Karen Starr MD



Deb Adams PA



Julia de Hartog MD FACP



Tessy Paul MD



Louise Mann MD



Jessica Dreicer MD



Curtis Argo MD



Nicholas Intagliata MD



Amanda Renaghan MD



Daphne Harrington Knicely MD



Anna Smith MD



Jennifer Kirby MD

## Excellence in Research



William Horton MD



Margaret Kosek MD



Chelsea Marie Braun PhD



Drew Harris MD



David Feith PhD



Sula Mazimba MD MHS



Jeffrey Wilson MD



Catherine Bonham MD



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# DOM UPDATES & NOTES

## Excellence in Mentorship



Emily McGowan MD



Sue Brown MD



Scott Heysell MD



Mohan Nadkarni MD



Michael Valentine MD



Michael Nelson MD PhD



Neeral Shah MD



Michael Keng MD

## Excellence in Teaching



Christine Eagleson MD



Taison Bell MD



Donald Kimpel MD



Jae Hee Yun MD



Trish Millard MD



Gregory Young MD



Glenn Moulder MD



Uta Erdbruegger MD



Mohammad Abuannadi MD



Amy Doran MD



Zachary Henry MD

**WATCH THE AWARDS “SHOW”**

# DOM UPDATES & NOTES

## Outstanding Staff Contributor



Monte Parsons



Kimberly Rogers



Chelsea Ryder



Janet Tillage



Jitendra Gautam PhD



Tammy Eubank



Lisa Mackey



Mary Lenahan



Kevin Martin

## Excellence in Administration



Robert Young



Christina Hamill



Terri Washington



Lauren Swindell

## Outstanding Team Contribution



UVA's Ryan White HRA Clinic Team



Pulmonary Administrative Team

## Women in Medicine Excellence Award



Monica Lawrence MD

## Leslie Stewart Retires



Leslie Stewart and Dr. Neeral Shah

Please join me in wishing Leslie Stewart a happy retirement as she moves into this next life chapter. I've known Leslie since I started working at UVA in 2008 and recruited her from undergraduate medical education when we had an opening for a fellowship coordinator in graduate medical education. Leslie always brings a smile and a laugh to all our encounters, and I have enjoyed getting to know her and working with her these many years.

Best of luck to you, Leslie, in your retirement. You will be greatly missed!

~Joy Hilton, Director of Education

*Neeral Shah MD, the GI Fellowship Director, shared these words about Leslie:*

I always appreciated Leslie and her upbeat demeanor. She was often the first person any applicant to our program encountered during the interview and recruitment process. Many applicants commented over the years that Leslie embodied the kind and caring nature of the people at UVA. It is no surprise that she has so many close friends in all different areas of the School of Medicine from her previous positions. Working with her over these past five years has always brightened my day. Thank you for all the years of service to the GI department, Leslie.

~ Neeral Shah MD

*And finally, in Leslie's own words:*

Coming from the private sector, having worked primarily in sales/marketing, I knew that I needed something more secure. I started as a UVA temp for a couple of different departments, with the most prolonged period of time being spent in patient financial services. They offered me a full-time position, and I continued there for one year before deciding to change to the academic side. I worked in medical education in the financial aid office and then moved to be a Family Medicine/Aim Clerkship Coordinator. My final move was to the Department of Medicine as a Fellowship Education Coordinator in Gastroenterology/Transplant Hepatology. Now 25 years later, I am retiring with wonderful memories and knowing I was given a great opportunity to work with so many amazing people.

My retirement plans... first, will be not waking up to an alarm clock! I want to pursue interests such as learning to play Pickleball, taking fun classes, and hopefully some travel. I intend to give back to the community by volunteering, and my first choice will be the SPCA.

~ Leslie Stewart, Retired Fellowship Education Coordinator, Division of Gastroenterology/Transplant Hepatology<sup>8</sup>



# DOM UPDATES & NOTES

## Welcome to the Team!



Madhu Napa

The Central Team and the Department of Medicine would like to welcome two new members. Madhumita (Madhu) Napa assumed her role as the Nephrology Fellowship Coordinator on July 25th.

Madhu received her BA in Biology from the University of Virginia in 2020 and completed her post-baccalaureate from Virginia Commonwealth University in 2021.

She worked as a research assistant in UVA's Early Development Lab and most recently as an online tutor for Wyzant. She has a strong STEM background and works as a crisis counselor for Crises Text Line.

Madhu would like to add:

*Hello, my name is Madhu and I am from Northern Virginia, though I have lived in almost ten different states. Some of my hobbies include drawing, baking, and playing with my dog. I look forward to working with the team!*



Lizzie Daniels and Family

Our second newest member to the central team is Lizzie Daniels. Lizzie assumed her role as the Pulmonary/Critical Care Fellowship Coordinator on August 1st.

A bit about Lizzie:

*Hi, my name is Lizzie Daniels! I am a Charlottesville native- I always thought I'd move away when I grew up, but this area has my heart. I lived in Greene for seven years, although we recently moved to Madison. I'm married to my husband, Cole, and we have two kids; Parker is seven and will be starting 2nd grade in the fall, and Margaret is four and will be going into pre-k in the fall. Outside of work, the kids keep us busy with sports and dance. In my free time, I love to read, spend time with my family and friends, go to local vineyards/ breweries, and listen to my husband's band, South River Strings, play at different venues. When we can get away, we love to spend time in Bath County, enjoying the rivers and outdoors there. I'm also in school at JMU pursuing a bachelor's degree in Human Resources Development and Management and Professional Workplace Communication.*

*I've been working at UVA, on the medical side, for nine years. I started as a CNA on 3 Central, then went to L&D/ Mother Baby, and have been an Endoscopy Tech for five years now. During my time in Endoscopy, I've worked closely with our fellows as they learn new skills during their procedural time. I have enjoyed getting to know and work with our fellows and am looking forward to this new group that I will be able to work with!*

We are very excited to welcome Madhu and Lizzie to our team! It's great having new faces and talent to add to our already extraordinary group.

~Joy Hilton, Director of Education

### Ranked #1 in Virginia for Second Consecutive Year

**THE DEPARTMENT OF MEDICINE  
CONGRATULATES  
UVA CHILDREN'S  
HOSPITAL**

### UVA Health updates public on COVID-19 and monkeypox (Daily Progress)

There are now 64 cases of monkeypox across the state — a number that has been steadily rising on a weekly basis — and one case in the Blue Ridge Health District, according to the Virginia Department of Health. [READ MORE...](#)



### William Petri, MD, PhD, Discussed a Rare Case of Polio in the U.S. (The Conversation via PBS)



Why is polio extremely rare in the U.S., and how vaccines protect against the virus?

The first case of polio in the U.S. since 2013 was announced by New York state health officials on July 21, 2022. The U.S. resident had not been vaccinated.

Polio was a common cause of paralysis in children before safe and effective vaccines were invented in the mid-20th century. Thanks to global vaccination campaigns, polio is now almost eradicated, with only 13 cases of endemic wild poliovirus reported in 2022 to date worldwide. [READ MORE...](#)

### Patrick Jackson, MD, explains what President Biden's medical team will be doing to treat the president's case of COVID (The Conversation via Scientific American)

On July 21, 2022, President Joe Biden said he had tested positive for COVID-19 and was experiencing mild symptoms. In a letter to the public, Biden's doctor explained that the president had a slight runny nose, some fatigue and the occasional dry cough, and that Biden had already begun taking the antiviral drug Paxlovid. Patrick Jackson, an assistant professor of infectious diseases at the University of Virginia, explains the risks that someone like Biden faces from a bout of COVID-19 and the treatments available. [READ MORE...](#)



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



**Ebony Hilton MD emphasizes that the pandemic isn't over, and that steps still need to be taken to prevent the spread of the virus. (MSNBC via Twitter)**

If we want a different outcome than 2020 and 2021 then we'd best correct our behaviors because the last two Novembers have not been forgiving. WATCH...



**FRIDAYS AT NOON via Zoom**  
Click for details and schedule.

UNIVERSITY OF VIRGINIA  
**MEDICINE  
GRAND  
ROUNDS**  
DEPARTMENT OF MEDICINE

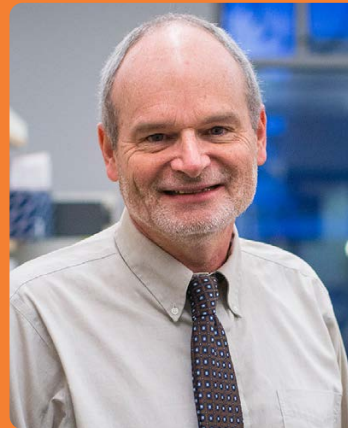
**Recurrent Pericarditis: Epidemiology, Presentation, Pathophysiology, Diagnostic Testing, Newest Treatments, and Complication Awareness (American Heart Association - Podcast)**



Listen to this podcast to better understand the triggers causing recurrent episodes of pericarditis. Experts discuss how to assess those triggers to direct optimal therapy. With Dr. Antonio Abbate, MD, PhD, Division of Cardiovascular Medicine LISTEN...

**Bill Petri, MD, and Christopher Kramer, MD Fact-Checked a USA Today Article (USA Today)**

Fact check: False claim that sudden arrhythmic death syndrome is linked to vaccine. READ MORE...



**Save the Date!**  
**2022 Michael J. Weber Symposium**

The second annual Michael J. Weber Symposium to honor Dr. Weber's life and achievements will be held on **October 14, 2022**. The central theme will be "Multi-Omics Precision Oncology"

More information here: [2022 Michael J. Weber Symposium](#)

**Jie Sun PhD, Studies Nasal Sprays to Thwart COVID Variants (Science Immunology)**

Infectious Diseases Professor Jie Sun and colleagues studied, for the first time, the underperforming immune response in the airways of people with COVID-19 vaccinations and those with natural infection. READ MORE...



Research associate Jinyi Tang and Jie Sun, PhD

# DIVISION OF RHEUMATOLOGY

## Message from Rheumatology Division Chief Janet Lewis MD



Janet Lewis MD

As the chief of the Division of Rheumatology, I am proud of the unwavering commitment to patient care exhibited by the Division faculty members, fellows, and clinical staff over the past year.

We continue to have robust demand for clinical services in the ambulatory setting. We currently have six faculty members who see patients at the Fontaine and Pantops practices, and additionally, we have satellite practices at Fishersville. In the past year, the Pantops rheumatology practice under UPG management has been officially incorporated into the Division. We are excited to have Dr. Gitanjali Khurana join our group. Dr. Khurana is one of our former rheumatology fellows.

Additionally, we have been fortunate to have recruited two new clinical faculty who have ties to UVA as former internal medicine residents. Jacob Meindersma has joined our group this summer and will begin seeing patients in August, and Amanda Lusa will be joining us in October. Dr. Shu Man Fu retired from clinical practice in April 2022 after a 30+ year tenure at UVA. His patients will deeply miss him, but we wish him the best in his well-deserved semi-retirement as he continues his research.

Recognizing the increasing complexity of medical care in patients with multisystem autoimmune disease, we have continued to develop formal partnerships with other specialties. We currently have a combined pulmonary/rheumatology clinic for patients with interstitial lung disease, a combined dermatology/rheumatology clinic for patients with complex cutaneous and rheumatic manifestations and co-management of psoriatic arthritis, and a combined nephrology/rheumatology clinic for patients with SLE and vasculitis. Additionally, we have a procedure clinic dedicated to patients who need ultrasound-guided procedures and diagnostic studies.

The fellowship program continues to grow under the guidance of Dr. Don Kimpel (fellowship director) and Dr. Adam Carlson (associate fellowship director). Nationally, interest in rheumatology fellowship training among internal medicine residents has remained strong, and we continue to be able to recruit high-quality candidates for training. In addition to the fellowship program, our faculty continue to play an active role in teaching medical students and residents.

~ Janet Lewis MD

## Clinical Update

The Division of Rheumatology has expanded our practice by including **Dr. Jacob Meindersma** in July and **Dr. Amanda Lusa** in October. We are so excited to have Jacob and Amanda back at UVA!

Dr. Meindersma completed Medical School and an Internal Medicine Residency at the University of Virginia before continuing to Yale University to complete his Rheumatology Fellowship.

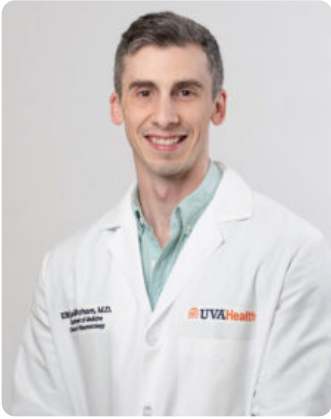
Dr. Amanda Lusa completed Medical School at Columbia University College of Physicians and Surgeons; she completed an Internal Medicine Internship and Residency at the University of Virginia and then a Rheumatology Fellowship at the University of North Carolina at Chapel Hill.

We look forward to expanding our team to include two Advanced Practice Providers and one more faculty member in the coming year.



# DIVISION OF RHEUMATOLOGY

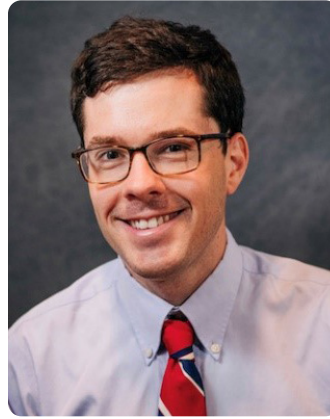
## Educational Update



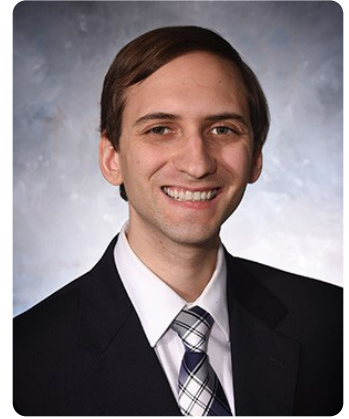
Eli Mitcham MD



Atish Dey DO



Brian King MD



Alden Adkins MD

## RHEUMATOLOGY FELLOWSHIP

The Division of Rheumatology Fellowship continues to thrive, and we have had our annual “changing of the guard.” Our graduating second-year fellows **Eli Mitcham** and **Atish Dey** take their enthusiasm for Rheumatology (as well as weightlifting and cooking) to Huntsville, Alabama, and Portland, Oregon, respectively. Eli and his wife are taking their dog, Winston Beauregard, the Instagram Pug (@Winstogramug), with them, but he will continue to serve as our Division of Rheumatology Mascot going forward. We know that he will represent us well in Huntsville. Atish had a case presentation accepted for Thieves Market at the Congress of Clinical Rheumatology in Destin, Florida.

Our two newest fellows, **Brian King**, and **Alden Adkins** have begun their transition to Rheumatologists. Brian comes to us from Maine, where he completed his residency and worked as a hospitalist, and Alden returns to UVA, where he attended medical school after his Residency in Cleveland.

We are delighted to have two new teaching faculty coming on board this fall to participate in the fellowship program, both of whom did their residency training at UVA. **Jacob Meindersma** completed his Fellowship at Yale, including training in musculoskeletal ultrasound. **Amanda Lusa** completed her training at the University of North Carolina and worked for two years as a Rheumatology Clinician there until her return to Charlottesville. She is also trained in musculoskeletal ultrasound.

A few updates from former fellows include **Dr. David Stevens**, who completed his training in 2011, and **Dr. Majd Freijat**, who completed his training in 2019. Dr. Stevens is a teaching Rheumatologist at St Olav's Hospital in Norway and presented some of his recent work at the EULAR international Rheumatology meeting in Copenhagen Denmark. Dr. Freijat has opened his own clinic, Flow Rheumatology, in Scottsdale, Arizona, and has welcomed his first child.

## SELECT PUBLICATIONS

**Kimpel DL\***, Kannan K. (2022) “Dissecting the Role of Platelet Function in Inflammatory Arthritis. *Annals of the Rheumatic Diseases*” Abstract # POS0445. Presentation at 2022 European Alliance of Associations for Rheumatology (EULAR) Congress, with Pre-recorded audio, June 1-4 2022.

**Mofidi J, Kimpel D, Statuta S\***. (2022). “Painful Knee Effusion in a 42-year-old male with HIV.” In Best Practices in Sports Medicine: AMSSM and AOASM Case Studies. IN PRESS.

**Kimpel, D.** “Teaching Pearl” presentation for Rheumatology Program Director's Education Exchange, 2022. “The Rheumatologist.” *Pearls of Wisdom: Innovations in Teaching*.

**Pantelis Pavlakis, Theresa Lawrence Fork, Janet Lewis, Shalini Mahajan, Steven Mandel, and Daniel Wallace.** “Management of Central Nervous System Complications in Sjogrens.” *The Sjogren's Book*, 5th edition, 2022



## STAFF PROFILE - Tracy B. Mullins



### *Tell us a little bit about yourself.*

I've been at the University of Virginia for six months after a long career at James Madison University as the School of Nursing's Fiscal and Personnel Coordinator. When I'm not at work, I'm spending time with my husband, my two sons, or my five-year-old Cane Corso, Roxie – when I can pull her away from chewing a bone lounging in the sun.

### *Why Healthcare?*

I came to the University of Virginia because of its academic excellence and I wanted to stay in academia. Since UVA is considered a world-class research university, this would allow me to learn a different segment of a university that I wasn't exposed to at a non-research university.

### *What brought you to Charlottesville?*

I have lived in the Shenandoah Valley my whole life.

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

I am excited about collaborating and working towards the goals of Endocrinology and Rheumatology. I enjoy meeting people and learning new information. The finance industry is constantly advancing and expanding, so I am excited to be a part of this powerful sector. I love learning and am excited to use a new state-of-the-art finance system, Workday.

### *What do you consider to be your greatest achievement outside the professional realm?*

My greatest achievement outside the professional realm would be raising my children and being a mother. I have two grown boys that are happy

and healthy and have made great careers and lives for themselves.

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

On the weekends, you will find my husband and me at Bluegrass festivals, having dinner with family and friends, on Skyline Drive, or traveling around Virginia for a weekend getaway.

### *What is your favorite vacation/activity spot?*

My husband and I enjoy traveling. Our favorite places to go would be: Pigeon Forge, Indiana, Idaho, New England, and anywhere a cruise would want to take us!

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

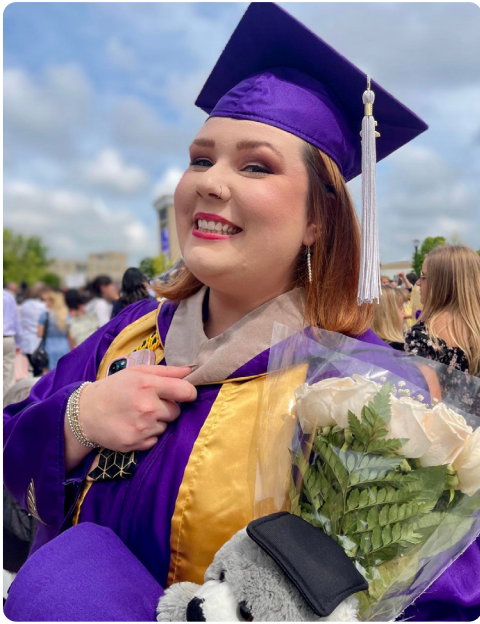
It would probably surprise most people that I am a United States Air Force veteran. I served from 1984 to 1990. I had basic training in San Antonio, TX; Job training in Biloxi, Mississippi; I was stationed at Homestead Air force base (between Miami and Key Largo) for my duty station.





# DIVISION OF RHEUMATOLOGY

## STAFF PROFILE - Jessica Proffitt



Graduation Day

*Tell us a little bit about yourself.*

I've been at the University of Virginia for twelve years. I started as a temp in the Teen Health Center right out of high school. From there, I worked my way up to full-time with the Children's Fitness Clinic and then the Pediatric Endocrinology team. When PFA came along, I moved from Peds to Adults with a shift to join the Department of Medicine in the Division of General, Geriatric, Palliative, and Hospital Medicine as a Senior Administrative Assistant for the section of Hospital Medicine. I stayed in that Division for five years before having the chance to move to the Division of Endocrinology and Rheumatology as the Operations Manager. Working with the Department of Medicine has been one of the best career opportunities, and I am so thankful for the teams, friends, and chosen family I've found here.

*Why Healthcare?*

When I was young, I wanted to grow up to be a Physical Therapist – but that didn't pan out for me. I decided that maybe I'd go into Massage Therapy (I even went to school for it!), but it didn't carry the same joy that I thought PT would. I eventually decided that if being a healthcare provider wasn't for me, then maybe working with the people who changed lives would make me happy. And I was right. I love what I do and am more than excited to see what comes next on this career path.

*What brought you to Charlottesville?*

I was born and raised in/around Charlottesville and have lived here my whole life.

*What excites you about your work?*

The people – I think it's impossible to work in a place where you aren't valued, trusted, and celebrated and this team is incredible.

*What do you consider to be your greatest achievement outside the professional realm?*

In May of 2022, I graduated Magna Cum Laude from James Madison University with my Bachelor's in Human Resources and Professional Communications.

*Next life?*

New York Times Best Selling Author and pet-friendly bookstore owner!

*What are you usually doing on the weekend?*

Reading, going to wineries/distilleries/breweries/cideries, hanging out with my family/friends, or taking my four dogs to Dog Class.

*What is the one thing you always have in your fridge?*

Cheese.

*What is your favorite vacation/activity spot?*

Albuquerque, New Mexico. It's absolutely beautiful, there are so many cool things to do, and I love the desert.

*What is the best advice anyone ever gave you?*

Don't stop just because it's hard – the things most worth having are the hardest to achieve.

*What about you would surprise us?*

I have four dogs! A 12-year-old Yorkie named Fynnlie, a three-and-a-half-year-old Mini Aussie named Dobby, a three-year-old Toy Aussie named Remington, and an eight-month-old Mini Aussie named Quill.

*What is a talent or skill you don't have that you wish you did?*

I wish I could fluently speak another language! I've tried to learn French, Spanish, and German but I've not had much success.



Dobby



Quill



Fynnlie



Remington

*Favorite fictional characters?*

Usually the Morally Grey ones. I read recently that the heroes will sacrifice you to save the world, but the villains will sacrifice the world to save you – might not be ethical but dang if it doesn't stick with you!

*What is the last book you read for pleasure?*

I am currently reading These Twisted Bonds by Lexi Ryan (the sequel to These Hollow Vows). I just finished Things We Never Got Over by Lucy Score and I would highly recommend this book! It takes place right outside of D.C. and was an excellent read.

*Do you collect anything?*

Books! I am on a mission to create a personal library. The qualification for a library is only 1,000 physical books – eBooks don't count. I'm a little less than halfway there!



# DIVISION OF RHEUMATOLOGY

## FELLOW PROFILE - Brian King



### *Why Healthcare?*

I love medicine and, most significantly, rheumatology. I love being able to listen to patients who are suffering and provide options for treatment that make a difference.

### *What brought you to Charlottesville?*

When I interviewed, the faculty were intensely interested in medical education and supporting my career goals. They were also very kind and genuine. And for the past six years, I have lived in Maine, but I am originally from the South. I wanted to be closer to my roots while being close to the outdoors. There is excellent hiking, fly fishing, and many beautiful parks to walk my dog, Cooper.

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

Getting to know my patients and developing a trusting therapeutic relationship. I love to learn, and there is so much to learn in rheumatology! And the field of rheumatology is exploding with new therapies that can alter the natural course of the disease.

### *What year would you travel to if you could go back in time?*

Early America. I want to see what America looked like before being touched by European colonization.

## FELLOW PROFILE - Gold “Alden” Adkins



### *Why Healthcare?*

Healthcare is a wonderful field where you can build strong bonds with patients while also being able to help them with their ailments.

### *What brought me to Charlottesville?*

I was here for medical school, and I’ve always had a soft spot in my heart for Charlottesville. The University of Virginia is also an excellent environment for subspecialty training, so it was a no-brainer!

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

I think rheumatology is a rewarding field that allows the practical application of the science of immunology to make a meaningful improvement in the lives of our patients.



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

I crochet! I started just before residency. Attached are a few photos!

