

MEDICINE

NEWS FROM THE DEPARTMENT OF MEDICINE

MATTERS

MESSAGE FROM THE CHAIR

OCTOBER 2022



As many of you know, this summer was marked by a personal journey into the healthcare system. I needed to have my left ankle reconstructed, and during my recovery, I was forced to have six long weeks where I could not bear any weight. Compared to what many experience, my problems were minor and self-limited. However, it was a good time to reflect on our healthcare system and the [Department of Medicine](#). I learned how hard it is to navigate an intricate insurance

system and phone trees to find the right people to get answers. I learned that radiology will send endless bills for \$4 to \$6 for unexplained reasons! I learned that our healthcare system is populated by caring individuals constantly striving to do the right thing for patients. The expertise and skills of the clinicians at UVA are awe-inspiring, and we are fortunate to have this resource in our community. Importantly, I also learned the amazing value and strength of having a family that cared for me when I most needed them. Within the Department, we are on the front lines of healthcare. My experience has re-dedicated my resolve to work on the daily problems we face in delivering the highest quality care possible (more on that issue soon). We have to do many things to better support you in realizing our mission and vision.

This is a great lead-in to highlight the [Division of General Medicine, Hospital Medicine, Geriatrics, and Palliative Care](#). No group is more on the front lines of healthcare than this Division. The scope, depth, and breadth of their services touch nearly every patient in our Health System, and their focus on compassionate, patient-centered care is a model we can all learn from. They also face challenges in addressing the complex social determinants of care and ensuring that every patient has access to the care they need and deserve. Their activities are not confined to the clinic or hospital but include outreach efforts that are highly impactful and demonstrate their commitment to our community. They represent the “true north” of healthcare, and I am so proud of them. The Division [Chief, Dr. Mo Nadkarni](#), is a selfless, passionate servant leader who truly champions the underserved people in our region. His leadership now and in the past is a great model for all of us. As you read through this edition of Medicine Matters, I think you will be impressed with this Division congratulations, and thank you to all of them for these outstanding achievements.

With best wishes,

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

 UVA Health | DEPARTMENT OF MEDICINE

MISSION

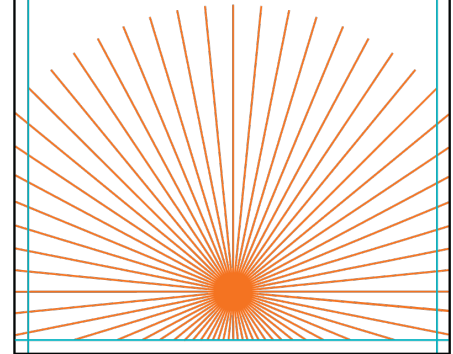
We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

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.



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UVA Health

DOM UPDATES & NOTES

DOM Financial Update

Department of Medicine Summary of Consolidated Financials FY21 as of August 31, 2022

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	206,183	196,020	(10,164)
Clinical Receipts (NPSR)	13,547,590	12,625,386	(922,204)
Total Revenues	41,638,786	40,069,889	(1,568,897)
Total Expenditures	37,444,392	36,344,152	1,100,240
Net Income	4,194,395	3,725,737	(468,658)

Summary Explanation of Variance:

For the fiscal year through August 2022 DOM reported a consolidated net gain of \$3.7M and an unfavorable variance to YTD net income budget of \$469K. Clinical receipts underperformed budget by \$922K due to lower charge volumes and net collections per work RVU. Total revenues include Endowment revenue recorded for September through June. Total expenditures are impacted by lower grant activities caused by a delay in procurement and loading expenditures in Workday.

Welcome To The World



Congratulations to Katie Strickler and husband Lee who welcomed son Oliver Scott Gabler on September 1, 2022.



**Mindfulness
Matters**

**A
Newsletter
from the
UVA
Mindfulness
Center**



**MINDFULNESS
FOR
HEALTHCARE
EMPLOYEES**

Mindfulness for Healthcare Employees
Free Fall 2022 Course
In person Fontaine Research Park
Wednesdays, Sept 21 – Nov 9, 2022
6:30pm – 8:30pm
Retreat: Saturday, Oct 29, 2022
Register Here



DOM UPDATES & NOTES



Sue Brown MD



Coleen McNamar MD



Shannon Moonah MD ScM



Cameron Webb MD

Awards and Achievements

Congratulations to **Dr. Sue Brown** who along with Boris Kovatchev, PhD, were awarded a \$3.4M NIH R01 grant to study a new approach to automated treatment optimization for Type 1 diabetes. [Read more.](#)

Congratulations to **Dr. Coleen McNamara** (Division of Cardiovascular Medicine) who, along with Loren Erickson PhD (Department of Microbiology, Immunology and Cancer Biology), both also members of the Beirne B. Carter Center for Immunology Research, were awarded a five year, \$4M grant from the NIH to study IgE sensitivity to alpha-gal and cardiovascular disease. [Read more.](#)

Congratulations to **Dr. Shannon Moonah** (Division of Infectious Diseases and International Health) who has been awarded an R01 grant from the NIH to study mucosal wound healing.

Congratulations to **Dr. Coleen McNamara** (Division of Cardiovascular Medicine) and Mete Civelek, PhD whose team were awarded \$7.5 million from the Leducq Foundation for atherosclerosis research. [Read more.](#)

Congratulations to **Dr. Cameron Webb** who is a finalist in the 2022 EBONY Power 100 awards in the STEM Trailblazers category. For more than 75 years, EBONY has been highlighting Black excellence across the country, including a list of the most influential Black Americans. [Read more.](#)

Positions Available on NIDDK

Positions available on NIDDK sponsored T32 postdoctoral training grant in Neuroendocrinology and Metabolism

Qualified post-doctoral trainees are eligible to apply for a two-year fellowship (with possibility of a 3rd year if progress warrants) for advanced training in the broad area of neuroendocrinology and metabolism. Focal areas of research include diabetes, obesity, circadian biology, feeding behavior, reproductive biology and related areas.

Applicants must be either a permanent resident or citizen of the US and have completed their MD, PhD, DO, or DVM degree. It is expected that most trainees will qualify for two years of support at NIH postdoctoral stipend scale. Items needed to evaluate a fellowship applicant are trainee NIH Biosketch, copy of the mentor's NIH other support page, and a one or two page outline of the planned research project. We ask that the trainee do this in an NIH format with a short section on aims, significance, innovation, and approach, with several sentences indicating his/her longer-term career plans.

Trainees would conduct their research in the laboratory of a training grant mentor. Current mentors are listed below in the URL or QR code provided. For questions about the training grant program or the application process please click [this link](#) and go down to the T32 Training Program section.



Qualified applicants should contact Amanda Powell, T32 Program Administrator at ahp9q@hsemail.mcc.virginia.edu



Follow DOM on Twitter

2023 OPEN ENROLLMENT

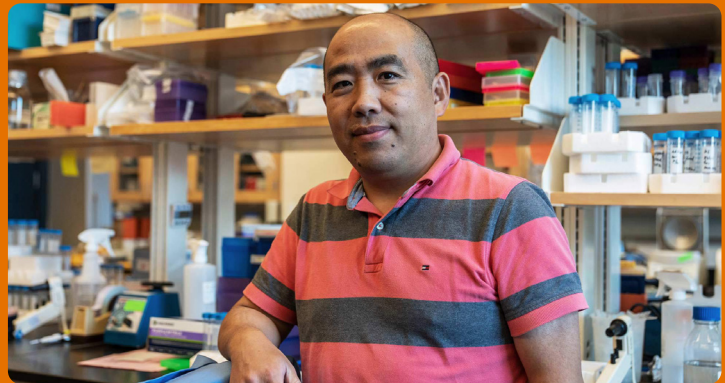
Dr. Taison Bell - All Your Omicron Booster Questions, Answered (Slate)

What good is another booster—and when's the best time to get it? Dr. Taison Bell speaks with Slate to help answer this and other questions about the latest COVID-19 vaccine booster.



Combining COVID Vaccines Shows Promise Against Variant, UVA Researcher Dr. Jie Sun Says (UVA Today)

The University of Virginia collaborated on research, released Wednesday, that found commercially available COVID-19 vaccines could be more effective against new variants if paired with a type of messenger RNA vaccine now in development. (Photo by Erin Edgerton, University Communications)



COVID-19 Can Cause Lasting Lung Damage – 3 Ways Long COVID Patients' Respiration Can Suffer, Drs. Jeffrey Sturek and Alexandra Kadl (The Conversation)



Q&A: What You Need to Know About Ashton Kutcher's Disease, Vasculitis (UVA Today)

Assistant Professor Randy K. Ramcharitar, MD with the School of Medicine's Department of Medicine and UVA Health's cardiovascular team, answered questions about vasculitis and personal risk for getting the disease in a recent UVA Today article.



Christopher K. Kramer, MD Discovers New Way to Track Peripheral Artery Disease (Medicine in Motion)



DOM UPDATES & NOTES

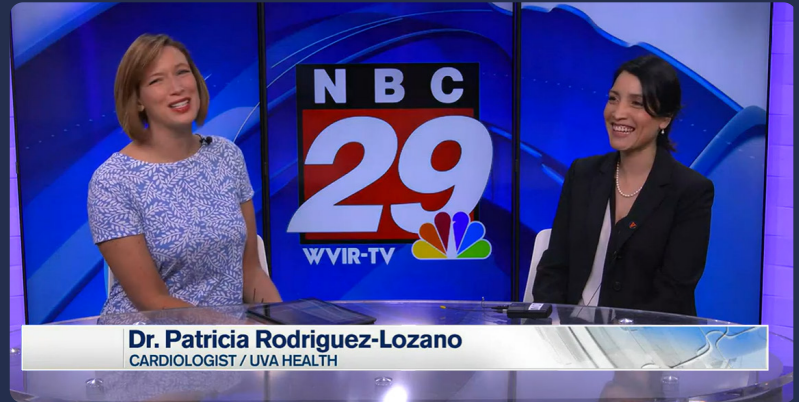
New Episode of the Podcast, “This Medicine Life” with Dr. Taison Bell

In addition to working with the School of Medicine Faculty Development Office and other groups within UVA medicine, Department of Medicine senior leadership team Vice Chair for Faculty Affairs, Taison Bell, MD Dr. Bell’s podcast called “This Medicine Life,” In the latest edition, Dr. Bell talks about Promotion & Tenure with Dr. Alan Dalkin, Vice Chair for P&T in the Department of Medicine. [Click to listen.](#)



How Does Heart Disease Differ Between Men and Women? (NBC29)

Dr. Patricia Rodriguez-Lozano discusses heart disease on Community Conversation. Chest pain is the most common heart disease symptom in everyone. The difference is that women have other associated symptoms – like shortness of breath, extreme fatigue, and some emotional distress.



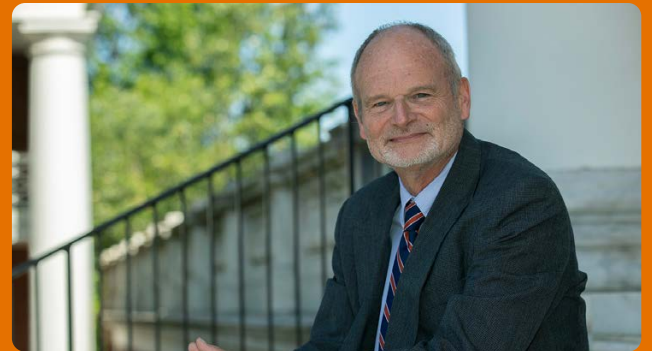
Alexandra Kadl, MD and SOM Researchers’ Gene-Analysis Study Informs Creation of Test to ID Patients at High Risk for Severe COVID-19 (Medicine in Motion)



A genomic test being developed by a Charlottesville company can predict a patient’s risk of developing severe COVID-19, new research from UVA Health suggests. That information could help doctors identify patients at high risk for poor outcomes and quickly begin tailored treatment.

Dr. Petri talks about the polio vaccine and COVID-19 vaccines & boosters (Daily Progress)

COVID-19 researcher Dr. William Petri continues to answer reader questions about COVID-19.



YOUR GIFT.



OUR IMPACT.

SUPPORTING LOCAL NONPROFITS THROUGH THE COMMONWEALTH OF VIRGINIA CAMPAIGN

Academy for Excellence in Education Membership Applications Due October 30

The Academy for Excellence in Education is pleased to announce the Fall Call for membership applications for the 2022-2023 academic year. The AEE was founded to create an inclusive learning community of educators and foster and honor educational excellence in the UVA School of Medicine. The AEE provides membership, networking, mentoring, professional development, and grant opportunities.

DOM UPDATES & NOTES

Michael J. Weber SYMPOSIUM

Multi-Omics Precision Oncology **October 14, 2022**



Charles Angrand, The Harvest, 1887. Oil on canvas.

FREE REGISTRATION!

Use QR Code to access link: Use phone camera and hover over code at right to access pop up link.



"The Harvest" by Charles Angrand serves as visual inspiration for the conference. Dr. Weber greatly appreciated the arts and this pointillism piece artfully suggests multi-omics precision oncology, the theme of the symposium. This piece also reminds us that Dr. Weber was quite the gentleman farmer.

The University of Virginia Comprehensive Cancer Center

The second annual Michael J. Weber Symposium to honor Dr. Weber's life and achievements will be held on October 14, 2022.

UVA Pinn Hall Conference Center
1307 Lane Road, Charlottesville, VA 22903

*While the event is in person, if you are unable to attend, we are happy to accommodate you virtually.

The central theme will be "Multi-Omics Precision Oncology".



Featuring the following world-class scientists and clinicians:

Cigall Kadoch, PhD
Dana-Farber/Harvard Cancer Center

Rosalie Sears, PhD
OHSU

Roel Verhaak, PhD
The JAX Cancer Center

Timothy Rebbeck, PhD
Dana-Farber/Harvard Cancer Center

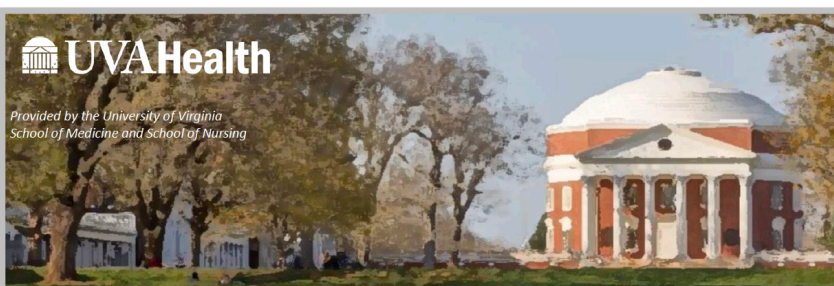
Michael B. Yaffe, PhD
MIT

UVA Health

UVA CANCER CENTER
An NCI-Designated Comprehensive Cancer Center

SAVE THE DATE!

Friday, April 14, 2023



Updates in Hematology and Hematologic Malignancies 2023

Fri, April 14, 2023
8am-3:30pm
Omni Hotel, Charlottesville

Course Directors: Firas El Chaer, MD and Hillary Maitland, MD, MS

Program Overview

This program will explore research and advances in the diagnosis and management of benign hematologic conditions and hematologic malignancies, including indications for novel therapies. Aimed at community hematologists and oncologists, as well as advanced practice providers, nurses, and pharmacists. This meeting will use case-based presentations to highlight recommendations for treatment of common hematologic diagnoses.

For more information, visit the UVA CE learning portal at www.cmevillage.com or our event page [here](#)

Questions? Please contact:

Elizabeth Patterson epatterson@virginia.edu or 434-982-3687



Save the Date 2022 Grant Awards Announcement and Luncheon

Tuesday, October 18, 2022 | 11:30 am - 1:30 pm
at Farmington Country Club

Guest Speaker: Jennifer Breen Feist, JD

Founding Member of WUP
Founder of the Dr. Lorna Breen Heroes' Foundation
www.drlorenabreen.org



@WomenUnitedCville

www.womenunitedcville.org

membership@womenunitedcville.org

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.



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



UNIVERSITY OF VIRGINIA

MEDICINE GRAND ROUNDS

DEPARTMENT OF MEDICINE

Do You Have News
You'd Like To Share on
Medicine Matters?

Contact Kim Kelley-Wagner
kak2cj@virginia.edu
434.328.0680

DIVISION OF GENERAL MEDICINE

Message from Mohan Nadkarni, MD, Division Chief, General, Geriatric, Palliative & Hospital Medicine



Mohan Nadkarni, MD

The Division of General Medicine, Geriatrics, Palliative, and Hospital Medicine is diverse and active in many vital aspects of the department and the entire health system.

From ambulatory doctors serving as the Core clinicians providing comprehensive, coordinated care to complex patients, to geriatricians providing care in the clinic and at home to our neediest elderly population, to our palliative team caring for so many patients at the end of life in multiple venues, and hospitalists tending to the inpatient fort, stepping up for covid care, The clinical reach of the division is astonishing. The division also provides the backbone of ambulatory GME teaching at the UMA resident faculty continuity clinic and our other multiple clinics(UPC, Orange), where residents frequently rotate.

Division members are also highly involved in medical school educational leadership roles such as FCM, PACLAC, Social Issues in Medicine, Patient Student Partnership, IM clerkship, Geriatrics Clerkship, Palliative rotations, and IM sub-internships, and we have

the most significant number of FCM coaches providing four-year longitudinal coaching to undergraduates. As highlighted in this issue, it is inspiring to lead over 75 faculty active in all aspects of academic medicine. Many thanks to our faculty and staff for all they do. ~Mohan Nadkarni, MD

General, Geriatric, Palliative & Hospital Medicine Awards

Andy Wolf, MD

November 2021

Dean's Faculty award Harry T Peters Sr. Endowed Chair in Medicine

John MacKnight, MD

December 2021

Dean's award for Clinical Excellence

Brian Uthlaut, MD

December 2021

Dean's Award for Teaching Excellence

Brian Uthlaut, MD

December 2021

Dean's award for Mentoring Excellence

Meg Barclay, APP

December 2021

Daisy Award 21/2022

Brian Uthlaut, MD

May 2022

Excellence in Performance Assessment Award

Karen Starr, MD

May 2022

Excellence in Performance Assessment Award

Rachel Kon, MD

June 2022

Outpatient Attending of the Year

Joel Schectman, MD

June 2022

Outpatient Attending of the Year

Karen Starr, MD

July 2022

DOM Excellence in Clinical Medicine

Debra Adams, APP

July 2022

DOM Excellence in Clinical Medicine

Julia den Hartog, MD

July 2022

DOM Excellence in Clinical Medicine

DIVISION OF GENERAL MEDICINE

Harvard Visiting Professor Is Full- Despite Not Being Served a Single Meal All Week



Russell Phillips, MD

Dr. Russell Phillips of the Harvard Medical School Center for Primary Care is the 2022 *Brodie Medical Education Scholar*. He visited the University of Virginia February 28 - March 4, 2022, for a wide variety of events including three named dinners and multiple breakfast and lunch meetings. He was never served a morsel since his visit was entirely virtual due to Covid restrictions.

The Annual Anne L Brodie Medical Education Scholar Award recognizes an international scholar in medical education. The scholar's visit to UVA facilitates interinstitutional collaboration and allows UVA to reflect on our medical education programs. The visiting scholars are chosen with the hope that they will "stir" us to continue to innovate despite our pride in existing programs at UVA's School of Medicine.

Mrs. Brodie was a grateful patient who valued her relationship with her trusted personal physician (Eugene Corbett MD, MACP, Professor of Medicine Emeritus) and committed her resources to him with instructions that he assures there would be doctors in the future with the skills and heart to care for patients as he cared for her.

Dr. Phillips is Director of the Center for Primary Care and the William Applebaum Professor of Medicine and Professor of Global Health and Social Medicine at Harvard Medical School. He is a general internist at Beth Israel Deaconess Medical Center, providing primary care in Healthcare Associates, an extensive teaching practice. He has been a leader in innovation in training and payment in primary care, implementing new care models for patients with chronic illness, and, using micro-simulation, testing the impact of a global price on value. He has served on a Massachusetts Health Quality Partners Advisory Group on the future of primary care. In Massachusetts, he advocates for access to primary care, global payment for primary care, and financial support for small, independent practices threatened by the financial strain imposed by COVID-19. He is a leader in oral health integration into primary care, served on a Patient-Centered Collaborative Advisory Committee on Oral Health Integration, and is Co-Principal Investigator on a related HRSA-funded Academic Unit. Dr. Phillips has expertise in evaluating innovations in care, systems improvement, patient safety, and quality of care and is a member of the Center's care integration study team.



During his virtual visit, Dr. Phillips "dined" with representatives of the Brodie Committee, Center for Health Humanities and Ethics, and the School of Medicine leadership, including EVP for Health Affairs K. Craig Kent, Dean Melina Kibbe, and Sr Associate Dean for Education Meg Keeley. He attended six lunch-hour medical education research presentations and addressed the Academy of Excellence in Education Poster Symposium with Deans Kibbe and Keeley. He led conversations with SoM Education Deans, University Physician's Group Primary Care Leadership, and Primary Care residents. He led a collaboration between the Harvard Medical School Student Leadership Committee, UVA Mulholland Society, and other students interested in Primary Care Education Leadership. Dr. Phillips presided over the Nameless Field (foodless) Dinner: "Mobilizing Institutional Resources around Community & Learner Exigencies." He delivered the Brodie Lecture for The UVA Medical Center Hour/ Medical Grand Rounds: "Medical Education: Students Leading and Co-Creating Change" and a second Medical Grand Rounds: "Improving Health through Primary Care Investment and Value-Based Payment." He also met with individual faculty members.

Dr. Corbett, his wife Sue Corbett, and current Brodie Committee Director (and spoon carver) Evan Heald MD, FACP in summer 2021 by the Lewis Poplar.

Harvard Visiting Professor Is Full- Despite Not Being Served a Single Meal All Week



Mrs. Anne L. Brodie

In 1803, Thomas Jefferson described his pick to lead the Corps of Discovery, Meriwether Lewis, in this way. “Of courage undaunted, possessing a firmness and perseverance of purpose which nothing but impossibilities could divert from its direction, ... honest, disinterested, liberal, of sound understanding and a fidelity to truth, with all these qualifications as if selected and implanted by nature in one body for this express purpose, I could have no hesitation in confiding the enterprise to him.”

The UVA School of Medicine feels the same about Dr. Phillips. As previously stated, Dr. Phillips received no food during his visit. However, he commented that he thought nourished by his virtual visit to UVA and indicated he was “full” when offered

additional speaking opportunities. At the March 3 “Brodie Award Dinner,” Dr. Phillips was presented (via USPS) the traditional Brodie Medical Education Spoon for advocacy and innovation throughout his career, stirring us to higher achievement in Medical Education. This particular Brodie Award Spoon is carved from a fallen branch from a poplar tree believed to have been planted by the Meriwether Lewis Family in the 1700s. We know Dr. Phillips will continue to innovate with “courage undaunted” and are grateful for the week he spent with us at UVA.



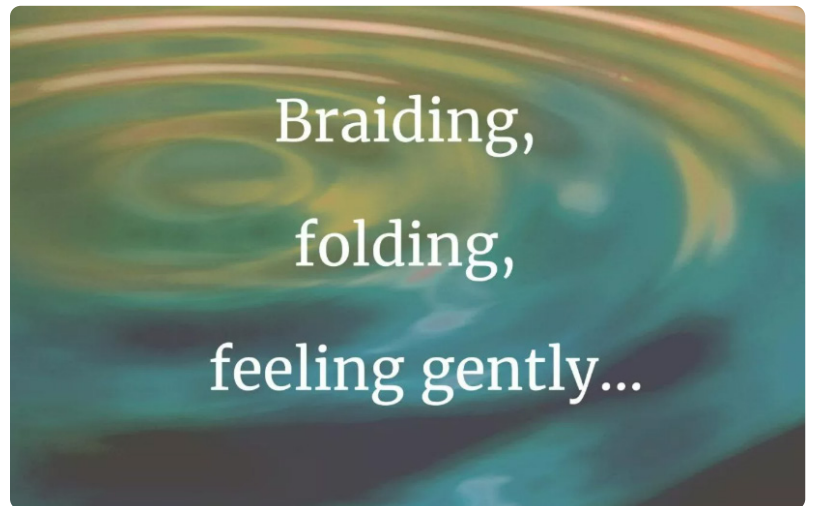
The Brodie Award Spoon (for stirring innovation)

CREATIVE CONTRIBUTION

Our Hands

By Tabor Flickinger, MD

Braid a child’s hair in precise beaded rows
And shave a scalp just enough to access
Skin flap, skull, brain, tumor
Fold over a learner’s fingers to guide a needle
This angle here with this much pressure
Slide together into a hidden space
Sew on lost buttons, fix torn seams
And shut a jagged wound with neat stitches
Wishing the unseen harms could be repaired
Feel gently for an absent pulse
To confirm what silence already knows
And drag new humans wailing into brightness



Tabor Flickinger is a poet and primary-care physician who lives in Charlottesville, VA. Her works have appeared in Pulse as well as in The Yale Journal for Humanities in Medicine, Hospital Drive and The Healing Muse.

About the Poem

“This poem honors the many tasks performed by healthcare workers, both at home and at work, both mundane and life-changing. We can impart care for others in every action through mindful presence.”

PALLIATIVE CARE HIGHLIGHTS



By Leslie Blackhall, MD

Palliative care clinical services continued to expand this year. We are working with John Voss and others in the medical center to facilitate the inpatient hospice conversion process and are now converting approximately 150 patients annually. Bethany Payne NP worked with Karen Ballen of hematology to develop an early palliative care intervention for patients undergoing allogeneic stem cell transplants. All of these patients are now referred to palliative care for supportive care needs at the time of diagnosis. In addition, in conjunction with Nick Teman, director of the adult ECMO program, we are participating in a process where all patients placed on ECMO have an automatic palliative care consult as part of the ECMO order set. Finally, we have expanded our work with end-stage renal disease patients in partnership with Emaad Abdel-Rahman, and are starting a new

palliative care curriculum for nephrology fellows.

Our educational mission includes the education of medical students, residents, and fellows. Nat Timmins took over as fellowship director this year, and we welcomed two new fellows: Paul Donegan and Naimish Mehta. Josh Barclay is now a coach for Foundations in Clinical Medicine. Owais Akmal developed a new palliative care workshop for 3rd-year students in their medicine clerkship. Leslie Blackhall, working with Jon Bartels and Amy Salerno, developed an intercession workshop to address the emotional reactions of medical students to involvement with end-of-life care. This workshop led to discussions with fellows and residents and an M&M presentation aimed at developing better processes to help students and trainees at all levels debrief after emotionally challenging situations. Meg Barclay continues to lead in providing training and mentoring to our palliative NPs. The UVA PCLC program provided training to St. Mary's Medical Center in Colorado. David Ling is completing his Masters in Data Science and continues to provide support and education around medical informatics.

Our section's research projects in palliative care include using smart health technology to characterize complex cancer pain situations, tools to help trainees improve end-of-life communication skills, and early interventions in lung cancer and high-risk leukemia patients.

EDUCATION HIGHLIGHTS



By Andy Wolf, MD

Recent Advances in Clinical Medicine Conference

This year marks the 49th annual Edward W. Hook, Jr., MD Recent Advances in Clinical Medicine conference, occurring Wednesday, October 26 through Friday, October 28, downtown at the Omni Hotel. RACM is a multidisciplinary, interprofessional, continuing education conference designed to provide a broad spectrum of clinicians with the knowledge and skills needed to practice state-of-the-art generalist medicine. It is the largest CME conference offered by the Department of Medicine. Through an eclectic array of presentations by representatives of general internal medicine, internal medicine subspecialties, and selected other specialties, the program will highlight new or emerging conditions or treatments with key “take-home” messages and provide updates on the diagnosis and management of well-recognized conditions.

The educational design of the program will encompass formal presentations, question & answer panels, and meet-the-professor sessions, which allow close interaction with content experts. The conference will be available in both live and virtual (Zoom) format, and recordings of all main session talks will be available to course registrants after the conference. The electronic syllabus, including all main session talks, will be available to all course registrants during and after the course.

This year's content areas will include Cardiology, Endocrinology, Gastroenterology, General Medicine, Geriatrics, Palliative Care, Hematology-Oncology, Infectious Diseases, Nephrology, Pulmonary-Critical Care, and Psychiatry, as well as multidisciplinary panels addressing Travel Medicine, Otolaryngology, Ophthalmology, Orthopedics, and Sports Medicine. There will be two Meet-the-Professor sessions. The conference will also include 2.0 AMA PRA Category 1 Credits TM of opioid-focused content, which may be applied toward the biennial required 2.0 hours by the Virginia Department of Health Professions. In addition, participants can earn up to 24 Maintenance of Certification points for conference attendance and participation in the evaluation component. Faculty may register for one or more days according to availability and apply their Education Benefit toward the RACM conference registration fee. More details and registration information are available at www.cmevillage.com.

EDUCATION HIGHLIGHTS

By Rachel Kon, MD

Patient Student Partnership Program Grows



Since Fall 2018, all UVA medical students are paired with a chronic illness patient when they start medical school to follow longitudinally through the Patient Student Partnership (PSP course). Over the first few years, we built out the curriculum for each new year of students we had in the program. Until 2021/2022, we completed the first year of all four medical school classes simultaneously engaging in their developmentally appropriate skill development and participation in the care team for about 480 patient-student pairs. PSP students are mentored in their professional identity formation around their first student-doctor-patient relationship by their Foundations of Clinical Medicine (FCM) faculty coach. During the pre-clinical phase, students practice their developing history-taking skills, nutrition counseling,

motivational interviewing, and medicine reconciliation with their PSP patients. During the clerkship year, students choose chronic illness care topics to research related to their patient's care that emphasizes the patient's big picture and incorporates the patient's situation and values. New last year, the fourth-year medical students learned handoff communication and mentoring skills by transitioning their PSP patient to a new first-year student and serving as that student's mentor for the rest of the semester.

The success of this experiential learning program for our medical students has been the participation of many DOM divisions in sharing their patients with us. Each year, we recruit 160 patients from clinics across the health system. Patients are volunteers and participate to give back to UVA and the doctors that have protected their health. Others want to teach the next generation of doctors about their medical condition or how to be patient-centered communicators. This past May, we honored the PSP patient teachers and celebrated their students graduating at a PSP Gratitude Celebration over graduation weekend. We got to hear from many patients how important they find the program to train future doctors who truly listen to their patients. There were also heartfelt speeches from graduating students about their PSP relationship's impact on their medical education. Since the last time we reported an update on the program in this newsletter, we have adapted to the pandemic, introduced special populations into the PSP patient pairing options to match student career goals, and were recognized for our utilization of interprofessional education and integration of mentoring. The [PSP program](#) has been highlighted in several UVA publications as patients and students are finding great value in the program.

This summer, Dr. Simon Lehtinen from general internal medicine joined the PSP leadership team as the Assistant Director. Dr. Lehtinen has been an FCM coach for seven years and was involved in the original pilot for the PSP program. Dr. Lehtinen will assist the director with program improvement and prepare for leadership transition as I move on to leadership in the IM residency program as the Ambulatory APD and PC Track director.

Thank you to the many DOM members who have helped us build and grow this important educational program. If you have interested patients, please connect them with our coordinator, Rachel Smith (patientstudentpartnership@virginia.edu, 434-924-8100). [More information on PSP.](#)



EDUCATION HIGHLIGHTS

By Christina Tieu, MD

UVA Geriatric Fellowship Re-Design



Our section is excited to highlight the UVA Geriatric Medicine fellowship, which features a re-designed curriculum this year. Through this program, we expect fellows to develop a comprehensive, person-centered approach to caring for the aged patient. They will have in-depth training across care environments, including ambulatory clinic, residential living facilities, and home-based primary care. In addition, our fellows will partner with individuals across a range of sub-specialties to garner the diverse skill set needed to care for our complex elderly adults. Our section looks forward to working with all Internal Medicine subspecialty faculty to build these education opportunities. We would

welcome any interested faculty members to reach out to our program director at CT7QF@uvahealth.org if they would like to be involved in teaching lectures or incorporate geriatric fellows into their clinical environments.

Aside from teaching clinical knowledge and skills, our fellowship program has directed a new focus on career counseling and leadership. Our program challenges fellows to think critically about the role of geriatricians within community care models and national health systems so that they can effectively navigate challenges and be an advocate for change. Not only will fellows develop into thoughtful clinical geriatricians, but they will also have opportunities to explore ways to become leaders in geriatric medicine. Opportunities for geriatric leadership include: pursuing a certified medical directorship (CMD), medical education, or quality improvement research.



Fellows will have a longitudinal skilled nursing facility experience at Westminster Canterbury of the Blue Ridge and will work closely with Dr. Thomas Bradley Murray to provide care.



The Colonnades Medical Associates clinic is staffed by two geriatricians and has on-site services for phlebotomy, EKGs and nursing support.

VOLUNTEERS NEEDED

Health and Medical Sciences Academy (HMSA)

Could you mentor an 11th or 12th grader in HMSA? The Health and Medical Sciences Academy (HMSA) is designed to explore and prepare students for careers in healthcare. HMSA students need to connect with local clinicians to shadow – any role in healthcare would be relevant.

If you are interested in potentially participating, contact Laurie Archbald-Pannone for more information.

RESEARCH HIGHLIGHTS



By Laurie Archbald-Pannone, MD, MPH, AGSF, FACP

The COVID-19 pandemic elevated telehealth as a more widely used tool for delivering care to older adults (RHI Hub). As with any tool- we need to know when it is the best tool for the job and when it's not. In an effort to determine the best use for this tool- we are collaborating with West Health Institute to build the Collaborative for Telehealth for Aging and the online Center of Excellence for Telehealth and Aging (CE4TA) to develop recommendations for optimizing the use of telehealth in the care of older adults. The assembled Collaborative is a group of national experts in the care of older adults and telehealth from over 30 different institutions and organizations across the country. With the Collaborative, we have authored core principles and guidelines for age-friendly telehealth practices, as presented at the National Telehealth Resource Center's recent meeting (NTRC).

We are in the second year of our grant to finalize the online center of excellence as a resource to provide clinicians and health systems with pragmatic tools for optimizing telehealth for older adults. For anyone interested in updates from the CE4TA- you can text your email address to 22828 to join the mailing list.

RESEARCH GRANTS

Matthew Allen MD

PI, Community Health projects. Homeless consult service's cellphone project.

Laurie Archbald-Pannone, MD, MPH, AGSF, FACP
Geriatric Telehealth Resource Development, Gary and Mary West Health Institute

Virginia Infection Control Center of Excellence website (VIcCE LTC), VDH

Leslie Blackhall, MD

A comparative Effectiveness trial of early integrated telemedicine versus In-Person Palliative Care for Patients with Advanced Lung Cancer, MGH/PCORI

Tabor Flickinger, MD

Center for Engineering in Medicine Grant: Exploring the Use of Wearable Sensors and Natural Language Processing Technology to Improve Provider-Patient Communication (co-PI)

R01 MH122375 NIMH (Castel, Ingersoll): Pragmatic Efficacy Trial of mHealth to Improve HIV Outcomes in the DC Cohort. (co-investigator)

Virginia Department of Health (Dillingham): Positive Links Innovations (co-investigator)

Justin Mutter, MD

Virginia at Home: An Interprofessional Home-Based Medical Care and Education Program Serving Rural Older Adults Living with Dementia and Multimorbidity, HRSA

Margaret Plews-Ogan, MD

Plews-Ogan is co-PI (Richard Westphal RN PhD is PI) on a 2.1 million HRSA training grant to support healthcare workforce wellbeing.

Paul Targonski, MD

RURAL: Risk Underlying Rural Areas Longitudinal Cohort Study YR04, Boston University/NIH-NHLBI

It's easy to join the CE4TA mailing list!

Just send your email address by text message to:

Text

CE4TA

to **22828** to get started.

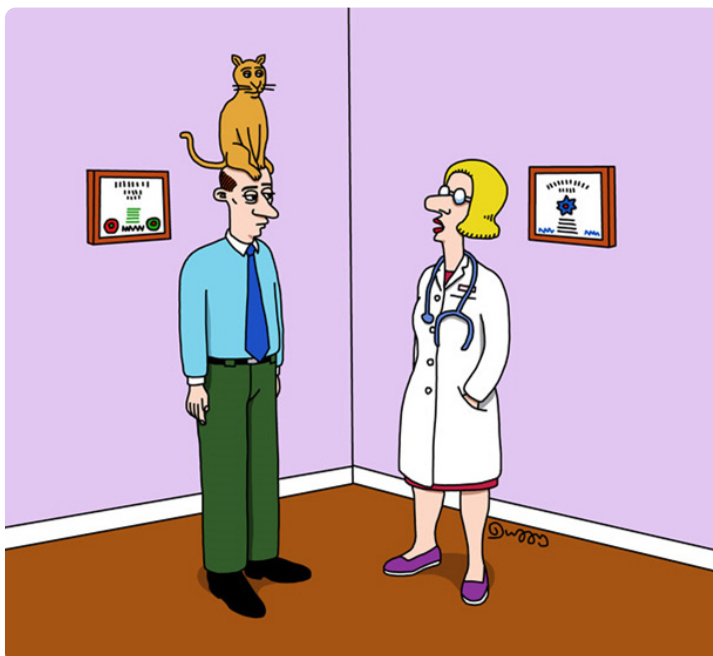
Message and data rates may apply.



WELL DONE



General Medicine Palliative Care nurse **Meg Barclay, RN**, has received a *DAISY Award* in a surprise ceremony on her unit. She was nominated by a patient's family members who wrote in thanks of the "love, care, and respect" Meg had given to their sister. Nurse Barclay is the Lead Palliative APP in the General Medicine Division. Congratulations and thank you for all you do nurse Barclay!



ACP Internist Weekly has tallied the voting from its latest cartoon contest, where readers are invited to match wits against their peers to provide the most original and amusing caption. Matthew J. Goodman, MD, FACP submitted this issue's winning cartoon caption.

It would have been easier to remove when it was small.

DIVISION OF GENERAL MEDICINE

SELECT PUBLICATIONS

Archbald-Pannone L, “*Virtual Daily Rounding for COVID-19 Facility Outbreaks: A Standardized Telehealth-Centered Approach May Reduce Hospital Transfers and Mortality, Telemedicine and e-Health*” 27 (8), 915-918, 2021

LeBaron V, Boukhechba M, Edwards J, **Flickinger T**, Ling D, Barnes LE. “*Exploring the Use of Wearable Sensors and Natural Language Processing Technology to Improve Patient-Clinician Communication: Protocol for a Feasibility Study.*” JMIR Res Protoc. 2022 May 20;11(5):e37975. doi: 10.2196/37975. PMID: 35594139.

Flickinger TE, Kon R, Jacobsen B, Schorling J, May N, Harrison M, Plews-Ogan M. “*Flourish in the clerkship year”: a curriculum to promote wellbeing in medical students.*” Medical Science Educator (2022). DOI:10.1007/s40670-022-01522-z [in press]. 2022

Hodges J, Caldwell S, Cohn W, **Flickinger T**, Waldman AL, Dillingham R, Castel A, Ingersoll K. “*Evaluation of the implementation and effectiveness of a mobile health intervention to improve outcomes for people with HIV in the DC Cohort: a study protocol for a cluster randomized controlled trial.*” JMIR Res Protoc. 2022 Mar 29. doi: 10.2196/37748.

Flickinger TE, Waselewski M, Tabackman A, Huynh J, Hodges J, Otero K, Schorling K, Ingersoll K, Ait-Daoud Tiouririne N, Dillingham R. “*Communication between patients, peers, and care providers through a mobile health intervention supporting medication-assisted treatment for opioid use disorder.*” Patient Educ Couns. 2022 Jul;105(7):2110-2115. doi: 10.1016/j.pec.2022.02.014.

Hodges J, Waselewski M, Harrington W, Franklin T, Schorling K, Huynh J, Tabackman A, Otero K, Ingersoll K, Ait-Daoud Tiouririne N, **Flickinger TE**, Dillingham R. “*Six-month outcomes of the HOPE smartphone application designed to support treatment with medications for opioid use disorder and piloted during an early statewide COVID-19 lockdown.*” Addict Sci Clin Pract. 2022 Mar 7;17(1):16. doi: 10.1186/s13722-022-00296-4.

Prokosch L, Little JN, Childress MD, **Kon RH, Archbald-Pannone L**. “*Intergenerational Connection in the COVID-19 Pandemic*” Letter to the Editor. Academic Medicine 2022. Aug 1;97(8):1097. doi: 10.1097/ACM.00000000000004729

Parsons AS, **Kon RH, Plews-Ogan ML**, Gusic ME. “*You Can Have Both: Coaching to Promote Clinical Competency and Professional Identity Formation.*” Perspect Med Educ 2021. 10: 57–63. <https://doi.org/10.1007/s40037-020-00612-1>.

Dean PN, Pugh K, Statuta SM, **MacKnight JM**. “*The Importance of Surrounding the Athlete’s Heart with a Team.*” Clin Sports Med. 2022 Jul;41(3):357-368. doi: 10.1016/j.csm.2022.02.001. PMID: 35710266.

Statuta SM, Barnes ES, **MacKnight JM**. “*Non-Cardiac Conditions that Mimic Cardiac Symptoms in Athletes.*” Clin Sports Med. 2022 Jul;41(3):389-404. doi: 10.1016/j.csm.2022.02.003. PMID: 35710268.

Kent JB, Sasser P, Austin AV, **MacKnight JM**. “*Are you missing a concussion by watching American football? Video analysis of ball location in a Division I football program.*” Brain Inj. 2021 Jul 3;35(8):880-885. doi: 10.1080/02699052.2021.1917658. Epub 2021 Apr 24. PMID: 33896298.

Plews-Ogan M. “*Wisdom in Medicine. in Post-Traumatic Growth to Psychological Well-Being: Coping Wisely with Adversity.*” (ed) Ferrari M. Springer 2022 in press.

Plews-Ogan M, Sharpe K. “*Phronesis in Medical Practice: The will and the skill needed to do the right thing. In Applied Philosophy for Health Professions Education: A Journey Towards Mutual Understanding.*” Edited by Dr Megan Brown, Dr Mario Veen, Professor Gabrielle Finn. Springer, 2022. in press

“*Hazard pay for internal medicine resident physicians during the COVID-19 pandemic: A national survey of program directors*” – **Uthlaut B**. - 2022 - Journal of Hospital Medicine - Wiley Online Library

STAFF PROFILE - Maresa Washington



Tell us a little bit about yourself.

I've been at the University of Virginia for twelve years on and off after a brief career as a Patient Financial Services Assistant.

Why Healthcare?

I choose Healthcare because it is rewarding work, and it involves helping others.

What brought you to Charlottesville?

I am originally from Louisa County, so Charlottesville is my neighbor.

What excites you about your work?

Personal satisfaction and personal commitment for me. The satisfaction that comes from knowing that I have contributed to something positive. Self-improvement and better performance.

What are you usually doing on the weekend?

I enjoy spending time with my family.

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

Water

What is your favorite vacation/activity spot?

The Beach

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

2020



DIVISION OF GENERAL MEDICINE

STAFF - Cassie Dawson



Tell us a little bit about yourself.

I've been at the University of Virginia for eighteen years. Following a career as an Access Associate for UVA Radiology and Medical Imaging, I recently transitioned to the academic side as an Administrative Assistant.

Why Healthcare?

It has always been my goal when I started at UVA eighteen years ago that I wanted to be more than an access associate, and so I took a leap of faith and applied for the Admin Assistant role.

What brought you to Charlottesville?

I was born and raised here.

What excites you about your work?

The togetherness and warmth we all share as a family, more importantly, as a TEAM.

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

Being a great mother and a provider.

Next life?

Unsure of my next life. Hopefully, it will be filled with much happiness and joy.

What are you usually doing on the weekend?

I am a dance Mom, so we are usually at an event or a performance.

How did you meet your partner?

We met during the summer at the boys and girls club in the swimming pool.

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

Wine.

What is your favorite vacation/activity spot?

The Beach.

Who is the person you admire most, and why?

My father was my superhero! He was a very wise man who always gave me excellent advice and the BEST hugs... I miss him and his smile.

What is the best advice anyone ever gave you?

Never change who YOU are for anyone.

What about you would surprise us?

I seem sweet and Innocent but know how to correct someone when they're in the wrong.

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

I wish I knew how to Ice skate.

Favorite fictional characters?

Harley Quinn.

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

The 80's

What is the last book you read for pleasure?

I honestly don't read books, BUT I love poetry.

What's the most unusual thing you have ever eaten?

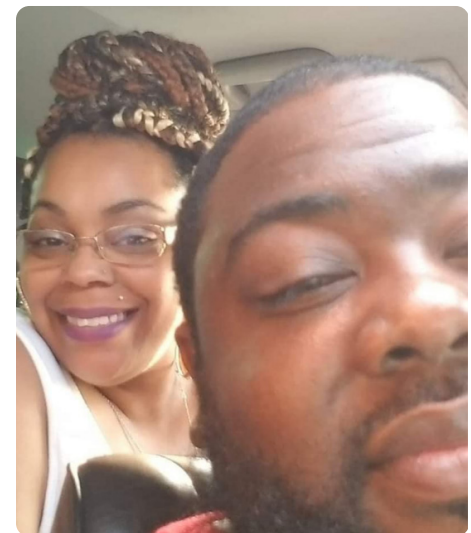
Hummus- I just tried it for the first time in my adult life.

Do you collect anything?

Elephants.

What was your first job, and how old were you?

I worked at the Chesapeake Bagel Bakery.



FACULTY PROFILE - Matthew Allen

Tell us a little bit about yourself.

I was born and raised in Springfield, Virginia, and had my first experience as a Hoo when I was here as an undergrad. As a pre-med student with some doubts about my career choice, I did a 180 and decided to join the Peace Corps upon graduating. For two years, I worked on community health programs in Fiji, reinvigorating my passion for medicine. Upon returning stateside, I attended medical school at the University of Pittsburgh, then returned to the University of Virginia to complete my residency in the Primary Care Track of the Internal Medicine program. After graduating this summer, I was thrilled to take the opportunity to stay at UVA as a primary care physician at the UPO practice.

Why Healthcare?

As alluded to above, my interest in medicine was sparked by my experiences as a Peace Corps Volunteer in Fiji, where chronic conditions such as diabetes and hypertension have rapidly spread through the country due to westernization. My time there inspired my current interests in preventive and behavioral medicine and community-based interventions to help underserved populations. As a result, I have always felt at home amongst primary care physicians and can't wait to start my general medicine career in Orange.

What brought you to Charlottesville?

Like many, I fell in love with the city of Charlottesville during my time as an undergrad here, and after seven years away, it became clear that this would be the ideal place to settle in and raise my family.

What excites you about your work?

Currently, I am most excited by my involvement with the Haven Clinic and the inpatient Homeless Consult Service, two student-run programs I started helping with as a resident. The students' passion for serving this population is infectious, and I can't wait to see where these programs go next!



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

I think my greatest achievement would be helping raise my wonderful son Elliot, who is almost two years old now.

What are you usually doing on the weekend?

On weekends you're most likely to find me running on a local trail, hiking in SNP, or listening to live music at a winery/ brewery (unless there's a UVA basketball game, in which case I will likely be at JPJ).

How did you meet your partner?

My wife and I met here in Charlottesville! We were counselors at a local summer camp for children with special health needs called Camp Holiday Trails.

What was your first job, and how old were you?

I started refereeing youth soccer games when I was 13. It probably wasn't the best fit for me; I've never liked confrontation, so I seldom called fouls!



FACULTY PROFILE - Zachary Boggs

Tell us a little bit about yourself.

I've been at UVA for three years and just finished my internal medicine residency. I am fortunate to begin my career as UVA faculty in general internal medicine. I grew up in North Carolina and attended college and medical school at UNC-Chapel Hill. Go Heels! My wife and I had two beautiful children during residency; they are the best thing ever to happen to me.

Why Healthcare?

I've always wanted to be a doctor, ever since I was about seven years old! I took after my Aunt Ellie, who also went to UNC for her training as an OBGYN. I always wore her white coats as a child and "operated" on my brothers. My parents (a pastor and a teacher) have always inspired me to help others and my community, strive for justice and teach others along the way. Because of this, I was destined to be a primary care doctor in academic general internal medicine. Now 17 years after my Aunt Ellie passed away from pancreatic cancer, I know she is proud of where I am today.

What brought you to Charlottesville?

My wife and I love what Charlottesville offers: the mountains and hikes, the restaurants, the breweries and wineries, and the quaintness of the town. I was drawn to UVA for residency because it felt like family, and I still feel that sense of welcome each day I walk into clinic.



What excites you about your work?

I enjoy caring for my complex patients and helping them manage all of their chronic conditions. I love when I can help improve a patient's quality of life. The opportunity to teach the next generation of doctors gets me up in the morning. I love precepting in the resident clinic, working on curricular projects, and teaching medical students.

What are you usually doing on the weekend?

My family loves hiking, and we will take any chance to go to the mountains!

How did you meet your partner?

My wife and I met as camp counselors at a Lutheran outdoor adventure camp.

What about you would surprise us?

We have a very musical house with many instruments to play. We hope to have a family band once the kids are a bit older!

What's the most unusual thing you have ever eaten?

Caterpillars in Zambia!

