

MEDICINE

NEWS FROM THE DEPARTMENT OF MEDICINE

MATTERS

MESSAGE FROM THE CHAIR

NOVEMBER 2022



This month the Department of Medicine completed our annual performance review with the School of Medicine. This is an excellent time for us to review the achievements of the past year of which there were many. Several of the notable statistics have been highlighted in emails and are included in this edition of Medicine Matters. What is not highlighted are the literally hundreds of individual

accolades and honors garnered by our faculty and staff. It is incredible how accomplished our community is, and there is so much to be proud of. When we originally conceived this newsletter, we thought there would be many such honors to highlight, but we vastly underestimated this! So, congratulations to all of you for making the Department such a rich and robust contributor of excellence at the University of Virginia.

This month we are proud to highlight the Hospital Medicine section led by Dr. Amber Inofuentes. This has been the fastest-growing group of faculty in the Department, and they are deeply involved in leading numerous clinical and educational programs. They are also beginning to expand their research activities. During the COVID-19 pandemic, this group was critical to our success, and their clinical excellence continues to be displayed as new programs come online. Under Dr. Inofuentes' leadership, faculty are leading significant quality and patient safety initiatives and serving critical mentorship and educational roles for medical students and residents. I am sure you will be impressed by their publications and the depth and breadth of their other activities. Also, enjoy the many faculty and staff profiles. My deepest thanks to this group for all of their efforts and excellence.

With best wishes,

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



DEPARTMENT OF MEDICINE

MISSION

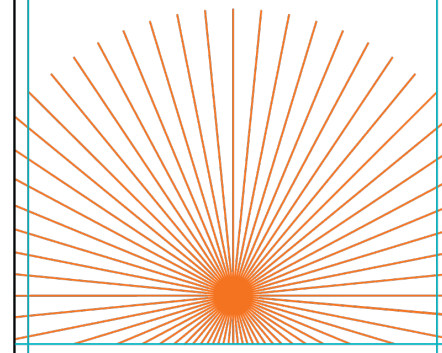
We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

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.



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[HIGHLIGHTED DIVISION](#) . . . ▶

[MINDFULLNESS MATTERS](#) . . . ▶

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UVA Health

DOM UPDATES & NOTES

DOM Financial Update

Department of Medicine Summary of Consolidated Financials FY21 as of September 30, 2022

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	301,869	288,713	(13,156)
Clinical Receipts (NPSR)	19,825,401	18,625,366	(1,200,035)
Total Revenues	58,402,615	58,139,923	(262,692)
Total Expenditures	54,352,868	54,663,314	(310,446)
Net Income	4,049,747	3,476,609	(573,138)

Summary Explanation of Variance:

For the fiscal year through September 2022 DOM reported a consolidated net gain of \$3.5M and an unfavorable variance to YTD net income budget of \$573K. Clinical receipts underperformed budget by \$1.2M due to lower charge volumes and net collections per work RVU. Charge Volumes are lower due to unfilled positions, departed faculty and delayed starts. Total revenues include Endowment revenue recorded for October through June. Total expenditures are impacted by \$1.0M faster spending on a research study countered by lower grant activities caused by a delay in procurement and loading expenditures in Workday.

Welcome To The World



Congratulations to John Wisener and his wife Katharine who welcomed son David.



Congratulations to Ben and Meredith Fuller who welcomed baby Henry.



Congratulations to Thompson and Annie Kate Barr who welcomed daughter Susan Goetzmann Barr on May 20, 2022.



Follow DOM on Twitter

DOM UPDATES & NOTES



Susan Kirk MD



William Petri MD



Michael Brown PhD



John Cronk



Jessica Kassay-McAllister RN MSN AG-ACNP



Max Luna MD



Emily Ayers MD

Awards and Achievements

Congratulations to **Dr. Susan Kirk**, who the Accreditation Council has selected for Graduate Medical Education to receive a *2023 Parker J. Palmer Courage to Lead Award*. This award recognizes outstanding designated institutional officials who demonstrate excellence in overseeing their institution's graduate medical education programs. [Read more...](#)

Congratulations to **Dr. William Petri**, who has been honored with a 2022 Distinguished Scholar Award in recognition of his critical work in educating and enriching the lives of UVA alums, friends, and families. Dr. William Petri has been a hero for the University community and the residents of the greater Charlottesville area during the unprecedented fear and uncertainty of the pandemic. Petri offered his scientific expertise calmly and reassuringly on several occasions. His most recent program, *On-Air with UVA*, had 500 registrants and served as an update on the pandemic. Previously, Petri headlined an *On-Air* program with more than 1600 registrants, showcasing his knowledge and influence on this vital topic at an early and delicate point in the pandemic's trajectory. [Read more...](#)

Congratulations to **Drs. Michael Brown and John Cronk (Division of Nephrology)** on the publication of "*Altered-Self MHC Class I Sensing via Functionally Disparate Paired NK Cell Receptors Counters Murine Cytomegalovirus gp34-Mediated Immune Evasion*" in *The Journal of Immunology*.

Congratulations to **Jessica Kassay-McAllister** on her nomination for *Excellence in Leadership* at the UVA Health APP recognition event.

Congratulations to **Dr. Emily Ayers** on her new grant from the American Cancer Society (ACS-IRG) to study ctDNA in lymphoma patients.

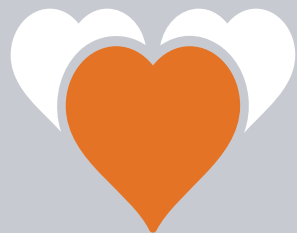


Dr. Bill Petri

Congratulations to **Dr. Max Luna** who has received the *Dr. Henry Harrison Wilson, Jr. Everyday Humanism in Medicine Award* from UVA Health as an example of his clinical compassion and humanism.

A warm welcome to **Kristine Gillis, APP**, to the inpatient Stem Cell Transplant Team in the Division of Hematology/Oncology.

Congratulations to **Dr. William Petri**, who participated in the Chicago Marathon on October 9th. It was his third time doing so (he is wearing all three medals for the photo!) He says he runs to be with friends, three of whom ran the Chicago marathon with him.



12 Mental Health and Wellness Resources For You To Know About

New Studies

Breast

A Phase 3, Open-label, Randomised Study of Datopotamab Deruxtecan (Dato-DXd) Versus Investigators Choice of Chemotherapy in Patients who are not Candidates for PD-1/PD-L1 Inhibitor Therapy in First-line Locally Recurrent Inoperable or Metastatic Triple-negative Breast Cancer

IRB #HSR220068

CT. Gov. ID:

NCT05374512

Sponsor Protocol TROPION-Breast02 Sponsor: AstraZeneca

Principal Investigator: Dillon, Patrick Study Contact: Stephen Hazen seh3aa@virginia.edu

Phase 1/2a Dose Escalation, Finding and Expansion Study Evaluating Safety, Tolerability, Pharmacokinetics, Pharmacodynamics and Anti Tumor Activity of PF-07104091 as a Single Agent and in Combination Therapy

IRB #HSR220100

CT. Gov. ID:

NCT04553133

Sponsor Protocol C4161001 Sponsor: Pfizer

Principal Investigator: Dillon, Patrick Study Contact: Stephen Hazen seh3aa@virginia.edu

Cellular Therapies

A Phase 1/2, Open-Label, First-in-Human, Multiple Ascending Dose Multicenter Study of MT-101 in Subjects with CD5+ Relapsed/ Refractory Peripheral T Cell Lymphoma

IRB #HSR210357

CT. Gov. ID:

NCT05138458

Sponsor Protocol MTX-TCL-001 Sponsor: Myeloid Therapeutics

Principal Investigator: Marchi, Enrica Study Contact: Jungeun Kim jk9te@virginia.edu 434-982-3365

Gastro-intestinal (GI)

A Phase II/III Study of Peri-operative Nivolumab and Ipilimumab in Patients with Locoregional Esophageal and Gastroesophageal Junction Adenocarcinoma

IRB #HSR200426

CT. Gov. ID:

NCT03604991

Sponsor Protocol EA2174 Sponsor: ECOG-ACRIN

Principal Investigator: Le, Tri Study Contact: Olivia James omj5cg@virginia.edu

LCM: Lymphoma/CLL/Myeloma

A Phase 1, Multicenter, Open-Label, Dose Escalation and Expansion Study to Evaluate the Safety, Tolerability, Pharmacokinetics, Pharmacodynamics, and Clinical Activity of Intravenously Administered KT-413 in Adult Patients with Relapsed or Refractory B-cell Non- Hodgkin Lymphoma

IRB #HSR210518

CT. Gov. ID:

NCT05233033

Sponsor Protocol KT413-DL-101 Sponsor: Kymera Therapeutics, Inc.

Principal Investigator: Williams, Michael Study Contact: Erica Stallard elg9r@virginia.edu 434-243-2649

Thoracic

Single-Patient (Compassionate Use) Protocol Using Datopotamab deruxtecan (DS-1042a, Dato-DXd) for the Treatment of a Patient with Non- Small Cell Lung Cancer

IRB # 24147

CT. Gov. ID:

Not specified

Sponsor Protocol DS1062-S-IND Sponsor: Daiichi Sankyo, Inc

Principal Investigator: Gentzler, Ryan Study Contact: Lacey N Botteon lb5tu@virginia.edu 434-297-5588

DOM UPDATES & NOTES

Latinx Health Access (NBC29)

The UVA Latino Health Initiative led by Dr. Max Luna, believes that a continual and united effort to provide health services will alleviate health disparities within the Latino community.



Vital Signs: How to Protect Against Sudden Cardiac Arrest (The Daily Progress)



Dr. Pamela Mason writes about how sudden cardiac arrest occurs in about 1,000 Americans each day outside hospital settings.

CDC: Monkeypox in the US 'unlikely to be eliminated in the near future' (Medical News Today)

Why does the CDC predict monkeypox will not be 'eliminated in the near future'? We asked the experts, including UVA's Dr. Patrick Jackson

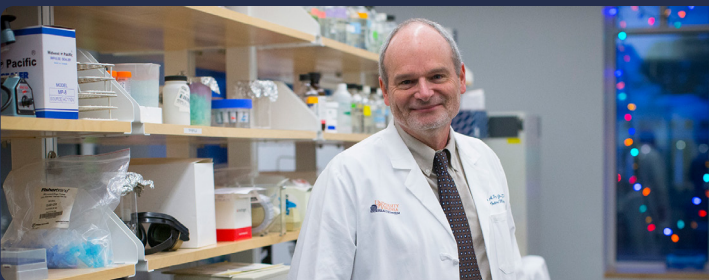


Here Are The Benefits Of Adding Fast Intervals To Your Walk (Huffington Post)



"What does interval training do for you? It cuts down the amount of time you have to exercise to get the same benefit," said Dr. Michael Ayers, a sports cardiologist at UVA Health in Virginia.

Dr. Petri answers your COVID-19 booster questions (and yes, it's OK to get flu shot at same time) (Daily Progress)



Dr. Kelly Davidson has a new blog on the ABIM site where she discusses Sickle Cell disease.


SCD is believed to be a protective response to malaria. It is a genetic disease that is incredibly painful and difficult to manage. Dr. Davidson provides some insight about the disease, available treatments and where physicians and patients can go for information on SCD.



DOM UPDATES & NOTES

UVA Joins U.S. Network Preparing for Future Infectious Disease Threats (UVA Today)


Researchers, including Dr. Amy Mathers, at the University of Virginia School of Medicine and the UVA Biocomplexity Institute have been selected to help establish a national pathogen genomics surveillance network working to better identify, respond to and prevent future infectious disease outbreaks and pandemics.

A portrait of Dr. Amy Mathers, a woman with shoulder-length brown hair, wearing a white lab coat over a dark top. She is smiling slightly and looking towards the camera. The background is a blurred laboratory setting with scientific equipment. A name tag on her lab coat reads "Amy J. Mathers, Infectious Disease".

A portrait of Mary J. Matheson, Infectious Disease Specialist. She is a woman with shoulder-length brown hair, smiling slightly, wearing a white lab coat over a dark top. The lab coat has a name tag that reads "Mary J. Matheson, Infectious Disease Specialist" and a small circular logo on the left lapel. The background is a blurred laboratory setting with white equipment and shelves.

Monkeypox, Flu, & COVID: Dr. Sifri's Guide to Vaccine Season (UVAHealth)

Staying healthy during the cold months here in Virginia has never been more confusing. You might be sorting out — for yourself, your parents, your kids — if and when to get a COVID booster. And do you get the flu vaccine at the same time? And should you worry about monkeypox or not? Costi Sifri, MD, director of hospital epidemiology at UVA Health, gives us the answers.

A photograph of Dr. Costi Sifri, MD, a man with a beard and mustache, wearing a light blue button-down shirt. He is holding a petri dish with a blue glove, looking at it intently. The background is a blurred laboratory setting with various glassware and equipment. A small UVA Health logo is visible in the bottom right corner of the image.

A man with a beard and mustache, wearing a light blue button-down shirt and a white lab coat, is looking intently at a petri dish held in his gloved hand. The petri dish contains a white agar medium with visible bacterial growth patterns, including streaks and colonies. The background is a blurred laboratory setting with blue lighting.



UVA Health

*Provided by the University of Virginia
School of Medicine and School of Nursing*

Updates in Hematology and
Hematologic Malignancies 2023

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

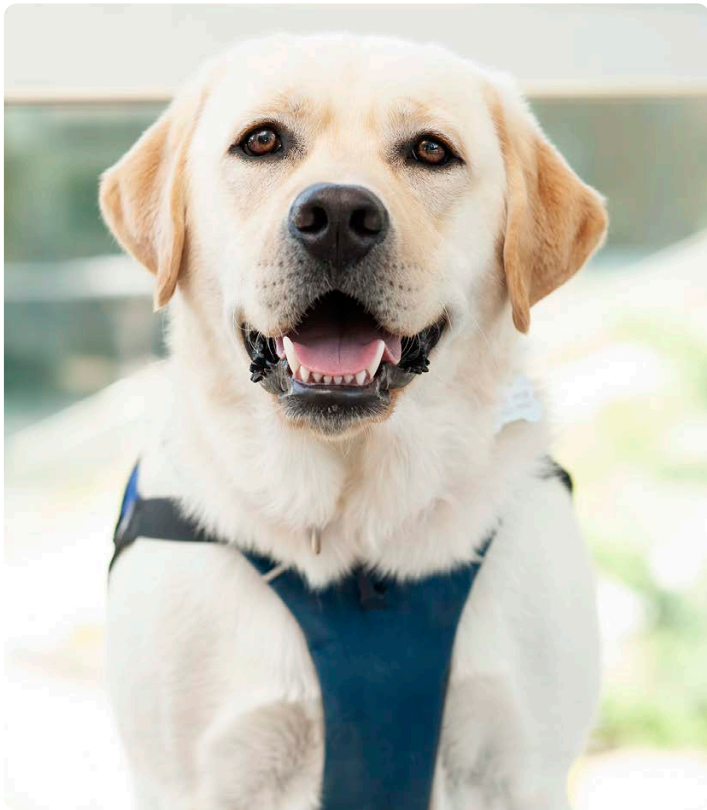
DOM UPDATES & NOTES

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.**



Say hi to Hank, who is part of UVA's Pet Therapy Team, and his handler, Department of Medicine's Nowoka “Joy” Hilton (Director of Education). Hank is a two-year-old English labrador retriever who loves to swim and hike in addition to his volunteer work.

A recent [UVA Health](#) article tells more about the Pet Therapy Program.

UVA Cancer Center Wreath Auction Returns



The UVA Cancer Center Wreath Auction is back after a hiatus due to COVID. This year, wreath auctions will occur at the Emily Couric Clinical Cancer Center (ECCCC) and UVA Cancer Center Augusta. UVA Health will provide the wreath bases, you provide the creativity! Sign up to reserve a wreath to decorate today. Supplies limited, so reserve early. Pick-up times for the wreath bases are:

- Thursday, Nov. 3 | 1-6 p.m.
- Friday, Nov. 4 | 7 a.m.-1 p.m.

Pick-up and drop-off will occur in the ECCCC lobby and at the front desk of Augusta. Team members must drop off their completed wreaths on Tuesday, Nov. 22. Wreaths will be auctioned in December to raise money for UVA Health cancer patients experiencing barriers to care, such as funds for travel and lodging while receiving treatment. Questions? Contact Haeli Knox at hmk3zh@virginia.edu

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.

The Department of Medicine Announces the new Vice and Associate Chairs for Quality and Patient Safety

The Department has selected the next Vice and Associate Chairs for Quality and Patient Safety. These critical positions ensure that our care in all venues is of the highest quality and standards. In addition, the Office of Quality and Patient Safety interfaces with the Medical Center in numerous ways that include: Vizient and US News and World Report rankings, as well as in the areas of education and countless special projects.

Thank you to Dr. John Voss for his service over the past ten-plus years in this role. When Dr. Voss took on this role, the Department faced numerous challenges. Under his leadership, we have seen dramatic falls in mortality and tangible improvements in quality and patient safety. His dedication, keen analytical skills, and focus on ensuring the best in patient care have served us well. He has been a critical advisor, and we all owe John a great thank you!

The next Vice Chair of Quality and Patient Safety is Dr. Kyle Enfield. Dr. Enfield is currently an Associate Professor in the Pulmonary and Critical Care Division.



Kyle Enfield, MD

Kyle Enfield grew up in rural Oklahoma and completed a combined MD/MS – Epidemiology degree at the University of Oklahoma. Before coming to UVA for his Internal Medicine Residency and subsequent Fellowship in Pulmonary and Critical Care, Kyle completed an Internship in Communicable Disease at the World Health Organization and worked as the Assistant Coach for the Oklahoma City University Crew Team. Since joining the faculty, he has served as the Medical Director of Bronchoscopy, Assistant Hospital Epidemiologist, and Medical Intensive Care Unit Medical Director. Currently, he serves as Associate Chief Medical Officer for Critical Care, a position he will keep. Outside of medicine, he is an active runner and obstacle course racer, volunteer with the Boy Scouts of America, and whatever other activity his children currently pursue.

The next Associate Chair of Quality and Patient Safety is Dr. Jeannine Engel, an Associate Professor in the Division of General Medicine.

Jeannine Engel, MD MACP, earned her bachelor's degree in French Literature from Washington University in St Louis and her MD from the University of California, San Diego.

She completed an internal medicine residency and a chief year at Vanderbilt University before joining the faculty in General Internal Medicine there as a clinician-educator in 1996. In 2010, Dr. Engel and her family moved to Salt Lake City, Utah, and she joined the Oncology Division at the University of Utah. She had the unique experience of working at the Huntsman Cancer Hospital, caring for adult cancer patients in an outpatient urgent care clinic and managing clinical needs in the large infusion suite. In 2020, she moved to UVA to join the University of Virginia and return to her roots as a Primary Care Physician at University Medical Associates (UMA). She also serves as a coach for the Foundations of Clinical Medicine course. On the administrative side, Dr. Engel is a national physician billing and documentation expert, serving as the CPT Advisor to the AMA Editorial Panel for the American College of Physicians for over a decade. She led documentation improvement efforts at both Vanderbilt and the University of Utah. She served as a physician advisor to the Billing Compliance group for Utah Health, working on both preventive and post-audit efforts to maintain revenue across the medical center. Jeannine is married to Michael Engel, MD PhD, the Division Chief of Pediatric Hematology and Oncology at UVA. They have three children: Lauren, a high school math teacher in inner-city Las Vegas; Ben, recently married and working in public relations and advertising in Reno, NV; and Jack, a third year at UVA, double majoring in biochemistry and music. Besides serving patients, students, and colleagues through her work in academic medicine, Jeannine's proudest accomplishment is raising three competent adults who love each other and still like coming home to visit!



Jeannine Engel, MD

DOM UPDATES & NOTES

DID YOU KNOW?

The Department of Medicine is the largest Department in the School of Medicine and the University. Here are some interesting key statistics demonstrating your work's vast impact.

RESEARCH

- Research expenditures in FY22 were \$73.0 million (up from \$61.5 million in FY21)
- Our success rate in federal grant awards is 24% of funded submitted grants.
- The Blue Ridge Institute ranks institutional grant funding and lists the DOM as 38 out of 116 ranked Departments. Note we expect that our ranking will rise in the coming year.
- In 2021, Departmental faculty produced 717 unique publications!!!
- In the past three years, Departmental faculty have had 40 patents issued.
- In terms of Federal awards, the Department has the following FY22 \$73.0 million (up from \$61.5 million in FY21)
- Our success rate in federal grant awards is 24% of funded submitted grants.
- The Blue Ridge Institute ranks institutional grant funding and lists the DOM as 38 out of 116 departments. Note we expect that our ranking will rise in the coming year.
- In 2021, Departmental faculty produced 717 unique publications!
- In the past three years, Departmental faculty have had 40 patents issued.

In terms of Federal awards, the Department has the following:

- R awards: 82
- U awards: 8
- K awards: 11
- P awards: 3
- The average value per federal award is approximately \$466k.
- DOM faculty have over 340 clinical trials currently accruing patients, and we account for just under 50% of all clinical trials in the SOM.

Congratulations! You should be incredibly proud of this body of work and its impact on improving the lives and health of the community we serve.

EDUCATION

- The Department of Medicine faculty completed 3,224 entrustable professional activity assessments for medical students. Twice as many as any other department in the School of Medicine.
- In FY22, the medical students rated our clerkships as 4.9 out of 5.0 and our clinical electives as 4.8 out of 5.0
- In FY22, 23 graduate students identified a primary mentor in the Department of Medicine.
- In the Doximity Residency Navigator Rankings, our core medicine residency program ranks 35 out of 596 training programs (in the top 6% nationally)
- Every year we train 101 residents and 99 fellows in our various training programs.
- For FY22, our ACGME-accredited programs had NO citations.

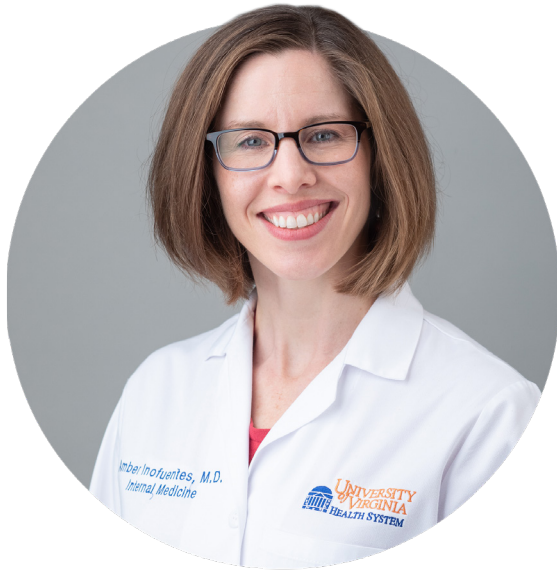
So much to be impressed with and proud of! The Department of Medicine is a national leader on the education front, thanks to our faculty and staff who lead the way.

Facts courtesy Dr. Mitch Rosner

DEPARTMENT OF MEDICINE
MEDICINE GRAND ROUNDS
UNIVERSITY OF VIRGINIA

DIVISION OF GENERAL MEDICINE

Message from Amber Inofuentes MD, Hospital Medicine Section Head



Amber Inofuentes MD

What a year! 2022 has been another busy and productive one for the section of Hospital Medicine.

Though periodic COVID surges continued throughout the year, adapting clinical operations to meet census and staffing needs became routine. Our surge plans had now weathered two years of volatile inpatient volumes; swells in patient census or physician illness that once created operational panic became a manageable rhythm in hospital medicine, allowing us to expand our focus to other critical strategic aims.

In continuing education and faculty development, we implemented a new mentorship model for all faculty, began a Hospital Medicine Grand Rounds series, and launched the Early Career Scholars program as an opportunity for junior faculty to develop an academic niche. Two more of our faculty members (Andrew Parsons and Shri Gadrey) also successfully attained promotion in rank to Associate Professor.

In the clinical arena, our admitter-rounder model was launched last October and remains highly successful; faculty report satisfaction with its positive impact on daily workload, and it expanded our admitting capacity during daytime hours and improved geographic placement of patients with physician teams. This September, we also implemented a significant redesign of our 24-hour operations with the beginning of a second-night hospitalist service.

Our group also remains active in a variety of quality improvement initiatives. This year we utilized our incentive structure to develop focused projects in LOS reduction and high-value care and provide evidence-based modifications to standard order sets. We also promoted individual accountability through the hospitalist performance dashboard and individual quarterly review of 7-day hospital readmissions.

I am proud of all that we have accomplished this year, none of which would be possible without the considerable efforts of the section's leadership team. I encourage you to read articles throughout the Newsletter highlighting their work and to visit our newly revamped Hospital Medicine website ([Hospital Medicine - Division of General, Geriatric, Palliative & Hospital Medicine - virginia.edu](https://hospitalmedicine.virginia.edu)) to see the full list of faculty and section leadership. A special thank you to Tammy Schlag for leading our website redesign!

This year, we returned to in-person recruitment and have an impressive class of new faculty to boast. Many of these outstanding physicians are recruits from our residency program, and we were lucky to recruit others from around the country who bring experience in diverse clinical settings. I hope you enjoy reading the faculty profiles of these new colleagues. We have also grown in other ways. The portfolio of research and quality improvement accomplishments, educational leadership roles, and Department/Medical Center roles continues to expand.

Looking into 2023, we are partnering with the residency program and the division of Pulmonary & Critical Care to develop a Medical Procedure Service, launching a faculty development series for new hires, and continuing our quality improvement efforts with a focus on clinical documentation improvement, patient progression, and high value care.

As a group, we'd like to extend our gratitude to the rest of the Department for its continued support of our endeavors.

~Amber Inofuentes, MD

DIVISION OF GENERAL MEDICINE

Hospital Medicine Honors and Awards

Paul Helgersen, MD

2022 - *Dean's Award for Excellence in Clinical Care*

Glenn Moulder, MD

2022 - *School of Medicine Award for Excellence in Performance Assessment*

Rahul Mehta, MBBS

2021 - *School of Medicine Award for Excellence in Performance Assessment*

Jessica Dreicer, MD

2022 - *Department of Medicine Award for Excellence in Clinical Care*

Glenn Moulder, MD

2022 - *Department of Medicine Award for Excellence in Teaching*

Gregory Young, MD

2022 - *Department of Medicine Award for Excellence in Teaching*

George Hoke, MD

2021 - *Department of Medicine Award for Excellence in Teaching*

Rahul Mehta, MD

2021 - *Department of Medicine Award for Excellence in Teaching*

Alex Millard, MD

2021 - *Department of Medicine Award for Excellence in Teaching*

Greg Young, MD

2021 - *School of Medicine Award for Humanism in Medicine*

Andrew Parsons, MD

2022 - *Virginia ACP Chapter Early Career Physicians Award*

SNF Discharge Medication Reconciliation Project (Jessica Dreicer, MD and Amber Inofuentes, MD)

2021 - *Charles L. Brown Award for Excellence in Patient Care Quality*

Miriam Gomez-Sanchez, MD *Establish wellness space for exercise within the hospital for team members*

2022 - *UVA Health Spark Innovation Competition Winner*



Mindfulness Matters

A Newsletter from the UVA Mindfulness Center

Check Out These Wellness Publications and Resources



CLINICAL HIGHLIGHTS

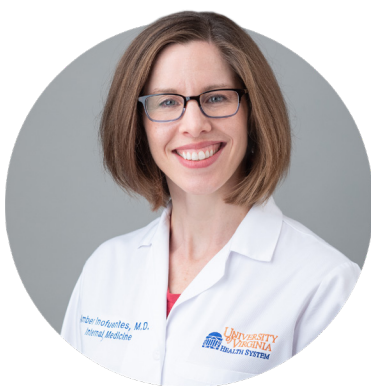


By Sara Brumfield MD, Medical Director

3 North Acute

The 3 North Acute unit has risen from what was formally known as the Transitional Care Hospital (TCH). The Transitional Care Hospital was a UVA-operated Long Term Acute Care Hospital (LTACH) serving the needs of patients from all over the state of Virginia and surrounding regions. TCH specializes in ventilator weaning, management of complex respiratory and medical conditions, complex wounds, and other complicated care requiring acute care hospitalization for up to 30 days. In August 2022, our dedicated team of nurses, PCAs, PT/OT, RT, SLP, and physicians moved to the Main UVA Hospital to become 3 North Acute. This move supported enhanced access to consultant services, imaging,

and critical care to better support the needs of our patients. 3 North has a similar mission to care for the needs of Virginians with complex medical needs who require longer hospitalizations until they can reach a lower level of care either to Acute Inpatient Rehab, Skilled Nursing, or Home with Home Health. We are currently running an eight-bed unit taking patients from the Medical ICU and other acute care units with hopes to grow the unit later in the year.



By Amber Inofuentes MD, Section Head

Night 2 Hospitalist Launches

General medicine inpatient volumes rose significantly in 2020 with surges from the COVID-19 pandemic and have remained consistently higher than pre-pandemic volumes. The hospital medicine program expanded direct care services from three teams to as many as eight during the pandemic's peak and presently staffs five -six direct care teams. To safely provide care for all hospital medicine patients throughout their hospitalization, including overnight, the program added a second-night hospitalist this past September. In addition to supporting overnight coverage of patients, this role expands the admitting capacity of the hospital medicine service and provides direct supervision for general medicine

night float residents. To maintain high job satisfaction and work-life balance for faculty hospitalists, we developed nocturnist and hybrid nocturnist roles for new faculty. We implemented a moonlighter model to staff the new Night 2 hospitalist service. Our inaugural team of nocturnists includes recent UVA graduates Val Lollett, Brian Peterson, and Angel Morvant, who are joined by Joe Kerley, a former chief resident at Kansas University. We believe this model will expand hospitalist clinical care services in future years, promote patient safety, and enhance resident education and supervision for night float rotations.



By Rahul Mehta MBBS, Director

Perioperative and Consultative Medicine

Hospitalists work collaboratively with our orthopedic colleagues to provide high-quality care to the full complement of medically complex joint replacement, spine surgery, and orthopedic trauma patients. Over the last year, the core perioperative faculty, which includes George Hoke, Robert Becker, Miriam Gomez-Sanchez, Ryan Wiggins, and Rebecca Corey, have worked on projects that refined patient criteria for the UVA Outpatient Orthopedic Surgery Center and enabled the successful "Premier Level" certification of the UVA Hip Fracture Program by the International Geriatric Fracture society. The latter is an outcome and process-based accolade reserved for only the highest-performing hip fracture programs in the nation.

EDUCATION HIGHLIGHTS



By Andrew Parsons MD, Associate Section Head for Education

UVA Hospital Medicine Early Career Scholars (ECS) Program

The ECS program was launched in early 2022 with support from the DOM with a primary goal of providing structure and support to foster academic achievement in hospitalist faculty. The two-year ECS Program provides protected nonclinical time for selected faculty to complete a mentored project. Projects can focus on clinical research, medical education, clinical operations, developing a novel clinical program, or quality improvement in alignment with departmental and institutional priorities. Preference was given to hospitalists at the assistant professor level, more than a year beyond completion of residency training, and with 100% clinical effort. Selected hospitalists are required to attend the Society

for Hospital Medicine (SHM) Academic Hospitalist Academy. Scholarly output is expected in the form of local/regional presentations during year one or two and national presentations during year two or three. Applications were accepted from February 15th to April 15th, and the ECS Program began in September.

Selected Projects 2022

Alexander Lawson, MD

Category: New Clinical Program

“Development of a Hospital Medicine Point-of-Care Ultrasound Program”

Ian Crane, MD

Category: Medical Education

“An Untaught Fundamental: Simulated Pre-rounding in the Advance Clinical Elective”

By Andrew Parsons MD, Associate Section Head for Education

UVA Hospital Medicine Grand Rounds

Hospital Medicine, a national specialty at UVA, fills an important niche within the internal medicine community. To address hospitalists’ specific faculty development needs, last year, we kicked off “UVA Hospital Medicine Grand Rounds.” This monthly series hosts expert speakers on various topics specific to inpatient medicine and provides Category 1 CME. All are welcome!! Speakers to date have included internal and external experts in Behavioral Medicine, Diabetes care, Heart Failure management, Point of Care Ultrasound, Discharge Transitions, and more. Stay tuned for upcoming speakers this year. Sessions take place monthly on Wednesdays from 12:00-1:00, usually in ERC-B—feel free to join us.

By Andrew Parsons MD, Associate Section Head for Education

Hospital Medicine Career Showcase

As part of a rotation within Hospital Medicine Grand Rounds, we began a series called “Career Showcase.” This series aims for successful hospitalists outside of UVA to share their career journey so that our group may learn about different career trajectories. We have showcased and plan to invite hospitalists with career expertise in high-value care, quality improvement, patient safety, clinical reasoning, hospital administration, advocacy, medical education, and more. Each Hospitalist shares their career path, highlighting pivotal moments along their journey and providing tips for developing a niche in a given area. One-hour informal sessions take place over Zoom.

EDUCATION HIGHLIGHTS



By George Hoke MD, Director of Faculty Development

New Hospitalist Faculty Development

The Section of Hospital Medicine continues to grow and welcomed six new faculty members for the 2023 academic year. The transition from resident to faculty and from one institution to another can be quite complex. To help smooth this transition and ensure our new Hospitalists start their UVA careers on solid ground, Alex Millard and George Hoke have created an early career faculty development program. The components of this program include mentorship and a Professional Development Conference Series. Each participating Hospitalist is assigned a primary mentor from the Section of Hospital Medicine. This senior Hospitalist will serve as a guide

for exploring the opportunities within Hospital Medicine at the University of Virginia. Additional mentors with expertise in the faculty member's area of interest will be added to the mentorship team as needed. The mentorship team may include faculty from outside the Section of Hospital Medicine. After the first year, each faculty member will work with their mentorship team to create goals for year two. The Professional Development Conference Series kicked off in September with a session on Facilitating Safe and Effective Care Transitions led by Amber Inofuentes and Jess Dreicer. See the full schedule below. We believe this program will facilitate the development of clinical and nonclinical expertise in areas of personal interest to promote career satisfaction, faculty retention, and academic promotion.

September- Facilitating Safe and Effective Care Transitions

October - Documentation, and Billing

November - Effective Hand-off of care

January - Teaching ACE students on hospitalist rotations

February - Perioperative Medicine

March - Teaching the 3rd year student and resident team

April - Learner Evaluation and Feedback

May - Making the most of mentorship

By Rahul Mehta MBBS, Director

Perioperative and Consultative Medicine

To improve the perioperative skills of residents and post-clerkship students rotating on our elective, this year, we revamped the curriculum to one that focuses on the chronologic development of specific perioperative competencies during week one and week 2 of this rotation. We also improved preoperative risk stratification assessments to incorporate the latest evidence-based cardiovascular and pulmonary risk tools and added frailty and cognitive assessments. Our standardized preoperative consult note enables learners to systematically evaluate each important domain. To enhance faculty development and foster a collaborative learning environment with our Orthopedics NP colleagues, we also began a quarterly "Perioperative Case Conference"; sessions highlight a high-

yield clinical case with a discussion of the latest practice-informing evidence. Cases presented this past year have featured topics ranging from neurogenic orthostatic hypotension to Ogilvie's syndrome to preoperative risk assessment in cirrhosis.



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RESEARCH HIGHLIGHTS

A research grant from Coulter Translational Research Partnership entitled: “*Defining novel signatures of airway obstruction in pediatric asthma using UVA’s proprietary Analysis of Respiratory Kinematics (ARK) technology*” **Shrirang Gadrey MD** in collaboration with W. Gerald Teague MD of the University of Virginia Pediatrics.

A research grant from the American Society of Nephrology (ASN) William and the Sandra Bennett Clinical Scholar Program entitled: “*A clinical reasoning assessment and coaching tool for nephrology fellows.*” **Andrew Parsons MD** in collaboration with Karen Warburton MD of the University of Virginia Nephrology and multi-institutional team.

In collaboration with David Weiss MD (Professor, Orthopedic Surgery), Sula Mazimba MD MPH (Associate Professor, Cardiology), and Wendy Novicoff PhD (Professor, Public Health), **Rahul Mehta MBBS** is currently conducting a retrospective study evaluating the impact of cardiovascular risk factors on post-operative adverse events after hip fracture surgery. In particular, we are investigating the role of novel echocardiographic parameters such as the Subendocardial Viability Index (SVI) and Left Atrial Volumetric/Mechanical Coupling Index (LACI) as they relate to adverse post-operative hip fracture surgery-related major adverse cardiac events.

QUALITY HIGHLIGHTS



By Omar Alsamman MD

Clinical Documentation Improvement Lead Physician

This year, the section will strengthen and expand its focus on improving clinical documentation in alignment with medical center and departmental priorities. Central to this work is creating a new leadership role for hospital medicine, the Clinical Documentation Improvement (CDI) Lead Physician, whose fundamental goal is to promote a positive environment for documentation. This role will serve as an important connector between the medical center, departmental coding staff, and frontline faculty and utilize a data-driven approach to improving our section’s clinical documentation at both the individual and group levels.

All new faculty (those in the first two years of practice) will participate in individual quarterly review and coaching sessions and faculty development for the group at large, covering key themes and opportunities. The Lead Physician will also facilitate the implementation of AI tools (such as Regard, previously Health Tensor) designed to help physicians improve documentation accuracy, reduce time spent in the EMR, and partner with departmental data scientists to generate dashboards for continuous learning and improvement.

Given hospitalists’ unique role as both frontline clinicians and faculty supervising trainees, we are uniquely positioned to significantly impact the quality of clinical documentation; if successful, our documentation improvement program can serve as a model for other divisions and departments in future years.

Wisdom Through Adversity

We have compiled patient and physician exemplars that provide a rich body of narrative to aid in the discovery of the qualities, traits or circumstances that give rise to the development of wisdom through adversity.

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QUALITY HIGHLIGHTS



By Charles Magee MD, 3W Medical Director

Cardiac Monitoring – Getting with the guidelines?

In late 2021, higher inpatient medicine volumes began to strain the hospital's capacity for inpatient telemetry monitoring. On 3 West, our UBL (which I co-lead with nurse manager Scott Austin) noticed that general medicine and hospitalist team patients were placed on non-geographic units when no other telemetry slots were available on their home units. Initial investigation revealed a problem with telemetry overuse, a common quality problem in hospital settings. Using the "5 Whys" method, we identified root causes and opportunities for improvement.

Starting with the simple question, "Does this patient need telemetry?" we

identified knowledge gaps across the inter-professional care team resulting in a lack of standard practice for inpatient cardiac monitoring. With the assistance of performance improvement coach Evie Nicholson, our interdisciplinary team launched an effort to improve guideline-concordant telemetry usage and eliminate low-value telemetry days.




The first step of this process was a review of current literature and expert opinion; Dr. Magee and medicine resident Ford Franklin partnered with Dr. Pam Mason, Director of Electrophysiology Programs, to distill the 2017 American Heart Association guidelines for cardiac monitoring into a digestible format for frontline team members. The resultant simple infographic was used to educate physicians and nursing teams and alignment around guideline-informed cardiac telemetry stewardship. Telemetry stewardship was also added to daily interdisciplinary rounds (IDR), highlighted during weekly Quality Improvement rounds with house staff teams, and reviewed at weekly unit leader rounds to evaluate the initiative's success and drive iterative improvements.

In February, Kelley Mark, a 4th-year medical student who selected the telemetry stewardship project for her quality improvement elective practicum, joined the unit in its effort. During her time, she conducted rigorous data collection demonstrating a 50% reduction in low-value telemetry utilization on 3 West compared to other acute care medicine units. Her data also confirmed the positive impact of interdisciplinary rounds by showing that most telemetry orders were discontinued in the hours following IDRs for geographic teams. Six months later, reductions in telemetry utilization and a palpable unit focus on telemetry stewardship persist. Patients are no longer geographically displaced due to a lack of telemetry monitoring capabilities.

To achieve sustainability and expand this successful work beyond 3 West, we are working toward modification of EMR telemetry orders to align with institutional guidelines, including indication-specific default durations. Additional stewardship opportunities include further investigation into telemetry order persistence following unit transitions within the hospital, as persistent orders from intensive care and post-procedural areas accounted for 43% of low-value telemetry orders. In summary, our interprofessional approach to quality improvement achieved the goal of reducing unnecessary cardiac monitoring, furthering our mission to always provide the proper care to the right patient every time.

TELEMETRY STEWARDSHIP

WHEN IT'S OKAY TO STOP MONITORING

 Order continuous cardiac monitoring for these conditions on admission	 Consider stopping telemetry after 24-48 hours for these conditions
Cardiac <ul style="list-style-type: none">- NSVT > 8 beats- Afib + HD instability- Symptomatic bradycardia and Mobitz 2 or CHB- Acute decompensated HF + HD instability	Cardiac <ul style="list-style-type: none">- Afib without HD instability- Asymptomatic bradycardia/AVB- Acute decompensated HF precipitating factor addressed
Non-Cardiac <ul style="list-style-type: none">- Syncope of unknown origin- Infectious endocarditis until clinically stable- Severe electrolyte (K/Mg/Ca) imbalance- Overdose, implicated or unknown- Stroke	Non-Cardiac <ul style="list-style-type: none">- Infectious endocarditis without high-risk features (AVB, CNS involvement, valvular abscess)- Syncope of non-cardiac origin- Electrolyte imbalance with normal ECG- Drug overdose if no further concern
 Not indicated for: <ul style="list-style-type: none">- Chronic stable Afib- EtOH withdrawal- Hemodialysis- Patient with stable cardiac device- Stable bundle branch blocks- Anemia, GI bleed- Dyspnea- Sepsis	
Questions? Contact Unit Medical Director	

2017 ACC Standards for Inpatient Cardiac Monitoring

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DIVISION OF GENERAL MEDICINE

STAFF PROFILE - JAN SMITH



Tell us a little bit about yourself.

I've been at UVA for only five months but it seems like a longer time. Experience in a university setting has given me many opportunities over the years. I have enjoyed working at previous universities and have now found the forever home. My husband and I moved to Waynesboro to open a bed and breakfast. We have had the vision to do this for quite some time and are thrilled to finally make it happen. The former owner of the home, JB Yount III, was a local celebrity. He was the Mayor of Waynesboro as well as the City Attorney at one point. Our website is still under construction but we are open for business. (thebowmanhouseva.com) Check us out on Facebook @thebowmanhouseva. Here is a [link to an article](#) about the B&B.

Why Education?

Education is the key to everything in my opinion. I have always enjoyed surrounding myself with the best of the best and find a university setting to be the most rewarding career choice.

What excites you about your work?

Being able to assist the Hospital Medicine team with their goals and having a direct impact on the administrative processes.

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

My family! I have an amazing husband! He's an LPC and will have a private practice at our home in Waynesboro. We have two wonderful children currently in grad school.

What are you usually doing on the weekend?

Getting ready for the next event for the B&B.

How did you meet your partner?

I played match maker for he and a dear friend and it ended up that we fell in love instead!

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

Salad, salad and more salad! I love salad and have it almost every day!

What is your favorite vacation/activity spot?

Too many to choose from....many camping trips when the kids were little....Both rims of the Grand Canyon, almost every state park in TN and several National Parks.



The Bowman House

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

1910, when The Bowman House Bed and Breakfast was built. This historic home was well loved and maintained over the years. The same builder that built Swannanoa (Mr. Ree Ellis), built our house. It is truly a gem and we are so very fortunate to have this opportunity.

Do you collect anything?

Antiques and special red and white enamel cookware from the 40's. My grandmother's Hoosier cabinet is featured in our home along with the cookware and of course, the antiques.

FACULTY PROFILE - RAZA ALVI



Tell us a little bit about yourself.

I just started working as an assistant professor of medicine and academic hospitalist at the University of Virginia hospital. I graduated from Ross University School of Medicine and completed my Internal Medicine residency training at Icahn School of Medicine in the Mount Sinai-BronxCare program. After completing my IM residency, I completed several other fellowships, including Advanced Nuclear Cardiology from Yale, an NIH-T32 grant-funded cardiology research fellowship from Harvard Medical School-Massachusetts General Hospital, and an Advanced hospitalist fellowship in leadership and medical education from the University of Massachusetts Chan Medical School-Baystate. Before joining UVA, I was at the University of Massachusetts-Baystate Medical Center as an assistant professor of medicine, academic hospitalist, and research mentor. I pursued my career in academia because I have always been passionate about medical education, research, and clinical management of complex patients. These are the components of my work that excite me the most. My research work has resulted in more than 30 original manuscripts, several awards, and presentations at national and international conferences during my short career.

What brought you to Charlottesville?

Charlottesville is a beautiful city with lovely weather and friendly and warm people. Secondly, I wanted to be closer to my family, who mostly live in the DMV area. Thirdly, UVA is the number one hospital in VA, which offers many opportunities

and support for academic career growth.

What excites you about your work?

I have always been passionate about medical education, research, and clinical management of complex patients, and these are the components of my work excite me the most. Group discussions with ideas for the diagnosis and management plan among learners (residents/medical students) and care teams always keep the adrenalin going.

What are you usually doing on the weekend?

Depending on the weather, hanging out, exploring new places, and spending time with family and friends.

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

Apples.

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

To my childhood. It was fantastic.

Do you collect anything?

I collect the souvenir decoration shelf plates from each of the cities I have traveled to.

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FACULTY PROFILE - REBECCA CLEMO



Tell us a little bit about yourself.

I am a lifelong Virginian and first came to Charlottesville for undergrad, where I met my husband, Merrick. We popped down I64 for medical school at Virginia Commonwealth University and were lucky to make it back to the University of Virginia for our respective residency in Medicine and Dermatology. Excited about a career in academic medicine, I spent an extra year as a chief resident and am delighted to remain involved with the program in my new faculty role!

Why Healthcare?

I always had vague aspirations to stay in “academic medicine” from a purely clinical curiosity standpoint, given all the diverse pathology, specialty expertise, and collegiality that come with university hospitals. However, it wasn’t until my

residency at UVA and the opportunity to work with genuinely amazing physician educators that this became a specific, tangible career goal. I have been lucky to learn from and be mentored by incredible clinicians, and I hope to one day pay that gift forward to future trainees.

What brought you to Charlottesville?

My husband and I loved our time here during undergrad and were excited to return to a city that had always been our second home. The great thing about Charlottesville is that there are new things to explore with every phase of life. While we still frequent some of our favorite college haunts, it has been fun to branch further away from Grounds and discover parts of the community we never knew about before. From dog mom to toddler mom, I am rapidly becoming a Charlottesville playground/park connoisseur.



What excites you about your work?

So many different things! Clinical reasoning education, systems improvement, multi-disciplinary collaboration.

What are you usually doing on the weekend?

Trying to keep my endlessly energetic son, Rhys, entertained and out of trouble. We have a grueling Saturday-morning routine of dog-walking, farmers’ market trips for a second breakfast, Downtown Mall for elevenses, and playground exploration. We were avid hikers pre-baby, so we hope Rhys gets his mountain legs soon as he is too chunky (and restless) to carry up mountains.

How did you meet your partner?

Merrick was originally my organic chemistry TA, but we were re-introduced later in college through mutual friends. He had (allegedly) no memory of me being in his class despite having the closest lab bench to his desk! ⁽²⁰⁾



FACULTY PROFILE -JOSEPH KERLEY



Tell us a little bit about yourself.

I've been at UVA for four months, after a short time in Montana working in a traditional Internal Medicine faculty role with the Internal Medicine Residency at the Billings Clinic. Before Billings, I completed my medical school, residency, and chief year at the University of Kansas.

Why Healthcare and Education?

I love education - especially in medicine, as there is a symbiotic relationship between educator and learner. As learners develop their clinical skills and patients improve, we all feel validated and motivated to continue improving ourselves. I also really enjoy seeing learners develop over time.

What brought you to Charlottesville?

My wife and I were looking for a place to raise our family where I could be involved in medical education while having direct access to the outdoor activities we love. Charlottesville has one of the country's

most robust running and cycling scenes, and I have very much enjoyed the roads and trails since we moved here.

What excites you about your work?

I enjoy working with colleagues and learners in medicine. I have been fortunate to cross paths with some of the world's most intelligent yet service-oriented people. I am always humbled by hearing their stories about how they got to where they are today.

What are you usually doing on the weekend?

On the weekends, I am chasing around our three children, ages six years, four years, and eight months. Depending on the season, we are usually watching Kansas Jayhawks basketball or Kansas City Chiefs football. I also love to train for and race long endurance events. Having been raised on Kansas City BBQ, I recently picked up smoking meats.

How did you meet your partner?

My wife and I met through mutual friends in Kansas City. She was beginning the Occupational Therapy Program at Kansas University while I had just been accepted to KU for medical school.

What is your favorite vacation/activity spot?

Beaver Creek, CO – especially during fall when the aspen trees are gold.



FACULTY PROFILE - ANGEL MORVANT



Tell us a little bit about yourself.

I've been at the University of Virginia for three years, previously as an internal medicine resident. This is my first year as a hospitalist.

Why Healthcare?

I enjoy getting to know patients and their families and working together with them toward our shared goal of improving their health.

What brought you to Charlottesville?

I initially came for my residency training. Since then, I have found that I love the beautiful mountains and scenery surrounding Charlottesville and have enjoyed getting to know the people I have met here.

What excites you about your work?

I am excited to get to know and take care of a wide variety of patients and their families, as well as to work with and collaborate with my colleagues here.

Do you have any pets?

I have a six-year-old terrier mix named Sammy who loves to go hiking in the mountains nearby.

FACULTY PROFILE - BRIAN PETERSON



Me (left), Patrick (husband, right)

Tell us a little bit about yourself.

I have been at the University of Virginia since I began my Internal Medicine Residency in 2019. I am originally from the Charlotte metro area, and I went to undergrad at Clemson (go tigers!) and medical school in Greenville, SC. I had approximately ten months of training before the global pandemic struck and changed everything seemingly overnight. Despite all the lockdowns and social distancing, I was able to enjoy many things about the Charlottesville area (wineries, restaurants, golf courses, etc) and decided to stay on as a hospitalist faculty member.

Why Healthcare?

It is easy to be an educator at UVA because we have some of the highest-achieving and motivated learners in the country. I chose hospital medicine as my career path because it affords me the structure to take care of patients and get involved with teaching medical students and residents. My research interests thus far have focused on improving the assessment and remediation of clinical reasoning. My ultimate goal is to make learning medicine less ambiguous and stressful for learners.

What brought you to Charlottesville?

I first came to Charlottesville for my residency interview in 2018, and I loved the small-town feel and proximity to the mountains. The area felt similar to the Greenville/Asheville area I was moving from, so it was a seamless transition.

What excites you about your work?

I am most excited to become a better clinician and educator in the early years of my career. UVA offers countless opportunities for career enrichment, so I'm looking forward to choosing the right path for me.

What are you usually doing on the weekend?

Being a hospitalist gives me longer consecutive days to pursue hobbies and keep up with household chores. My days off are usually spent exercising (running, biking, rowing, or swimming), playing golf (badly), going to Costco, or trying to fold clothes.

How did you meet your partner?

I met my partner (now husband) right at the beginning of medical school, the same way one-third of all relationships now start online.

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

Oat milk for coffee creamer.

What is your favorite vacation/activity spot?

I most recently enjoyed a trip to the Scottish Highlands. It is beautiful, and the weather is tolerable if you have the right cold weather/rain gear.

What is the best advice anyone ever gave you?

If you want to be a good learner, you have to be a good listener first.

What about you would surprise us?

I became a homestead chicken farmer at the beginning of the pandemic. Unfortunately, we overestimated the number of eggs we eat, so I've learned to make many custards and eggy dishes.

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

Goat offal off a streetside grill in Tanzania. I thought it was meat...

Do you collect anything?

I keep all the handwritten notes I have ever received. It's a nice memento when elderly relatives are no longer with us.



FACULTY PROFILE - JESS STEVENS



Tell us a little bit about yourself.

I will be starting at UVA this fall and have ten years of experience as a hospitalist in the clinical setting. I have a bachelor's degree in Biochemistry from Denison University and a Master's degree in Biochemical Sciences from Barry University. My medical education began at Touro University College of Osteopathic Medicine, California, after which I completed my residency in Family Medicine at the University of Pittsburgh St. Margaret Hospital, one of the first Family Medicine residency programs formed in the country. I am board certified in Family Medicine by the Allopathic (American Board of Family Medicine) and the Osteopathic (American Osteopathic Board of Family Physicians) boards. I am also board-certified in Hospital Medicine by the American Board of Internal Medicine and Integrative Medicine by the American Board of Integrative Medicine. Additionally, I am fully licensed to practice Acupuncture after completing the 300-hour Harvard Medical School Acupuncture for Physicians course. Before relocating to Charlottesville, I provided Acupuncture and Integrative Medicine to patients via my private practice for several years.

What brought you to Charlottesville?

We chose Charlottesville for relocation after visiting several other college towns. After living in State College, Pennsylvania, for many years, we knew we wanted to relocate to another college town but a bit larger. I am originally from Northeast Ohio and love having four seasons, but there is too much snow there. My boyfriend is originally from Mississippi and likes the snow for about one day. He loves heat and humidity, but I prefer a more mild summer. Charlottesville seemed to offer an excellent compromise in terms of weather for us. When you add all the great restaurants, wineries, hiking, and music—Charlottesville made a perfect fit for us. After we decided on the location, I began looking at the options for employment, and here we are!

What excites you about your work?

I love being a physician. I love helping patients to figure out what is wrong and then helping them to begin to feel better. I love explaining diagnoses and treatment plan options to patients and working with patients to figure out the next best steps in their care. My favorite patient feedback is a thank you for taking time to sit down, listen, and explain things to a patient and their family in a way they could understand. As cliché as it sounds, I love everything about medicine and providing patient care. When performing primary care as a resident, I knew that I would not be able to function the way I feel is most beneficial to patients in a 5-10 minute office visit and found that I gravitated more towards the less defined visit times when providing acute care in the hospital, which led me to pursue hospital medicine over primary care, despite my love of primary care, preventive medicine, and integrative medicine. You will find me providing information to hospitalized patients regarding these aspects of their health once we have moved past the more acute needs.



FACULTY PROFILE - JESS STEVENS (*continued*)



What are you usually doing on the weekend?

On the weekends, you can usually find us hiking, going to live music, wine tasting, going to restaurants, or cooking at home—if we are not traveling farther afield.

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

You will always find 4-6 types of cheese and what my boyfriend considers an absurd variety of jams, jellies, and mustards in our refrigerator.

What is the best advice anyone ever gave you?

My father always impressed upon my sister and me that it does not

matter how much money you make in a career; it is how much you love your work. You will spend a large part of your life working, so make sure to choose something you truly want to do for the rest of your life. The money won't matter if you don't enjoy your day-to-day.

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

I am always jealous of those who have taken the time to master a second language. While I can make my way through a menu or basic needs in a few languages, I would love to be fully fluent in another language.

What is the last book you read for pleasure?

My boyfriend and I dated long distance for many years, and one of the ways we stayed connected when apart was to read the same book and discuss it together. We read 35-45 books annually and are working through several "Top 100 Best/Favorite..." lists. We are currently reading *Infinite Jest* by David Foster Wallace, which is a re-read for me but a first time for him and part of one of those lists. Last month, we read "The Wind-up Bird Chronicle" by Haruki Murakami, "A Bend in the River" by VS Naipaul, "The Comedians" by Graham Greene, and "Fletch" (yes, it was a book before it was a movie!) by Gregory McDonald. We have an ever-growing list of authors who we try to read at least one of their titles a year, including Eudora Welty, Joan Didion, William Faulkner, Kurt Vonnegut, and Stephen King, to name a few, but try to read a wide variety of fiction. We also try to read at least one book felt to be helpful in understanding a place's people and culture before we travel there. Most recently, we read "The Sagas of Icelanders" in that category prior to traveling along the Ring Road in a camper van.