

MEDICINE

NEWS FROM THE DEPARTMENT OF MEDICINE

MATTERS

MESSAGE FROM THE CHAIR

MARCH 2023



As I sat down to reflect on this edition of Medicine Matters, I wanted to discuss something weighing on my mind, and I suspect many of your minds as well. Many of you are probably aware of a recent [article in the New York Times](https://www.nytimes.com/2023/02/05/opinion/doctors-universal-health-care.html) highlighting the demoralizing effect of our healthcare system on providers (<https://www.nytimes.com/2023/02/05/opinion/doctors-universal-health-care.html>). One report, cited in the article, estimated that in 2021 alone, about 117,000 physicians left the workforce, while fewer

than 40,000 joined it. This situation has worsened a chronic physician shortage, leaving many hospitals and clinics struggling. The article makes the cogent point that dwindling faith in the system we work in significantly contributes to feeling unfulfilled. This is true for all providers. Left unchecked, some have said that we are witnessing the slow death of American medical ideology. The tensions between our attempts to treat illness and promote health and the realities of the complex social determinants of health, and the inequalities that are pervasive in our society are very real and visible in our clinics and wards. The political divide and rhetoric do little to solve the issues we face when trying to give patients the best care possible.

Now, I wish I could follow this with a list of solutions we could implement tomorrow. I cannot. However, I want to stress the sound foundation that we rest upon and can use to build answers. First, we are a caring profession. Our values are fundamentally focused on helping others- that is unassailable. By focusing on our mission, we can further the dialogue and foster change. We should be leading this discussion. Second, we have tremendous skills that can be brought forward in challenging times to solve problems. We witnessed this during the worst days of the COVID-19 pandemic. We have the will, energy and determination to solve issues. We do this every day with great success. I welcome your thoughts on how we can work together to foster change. I know we can do this! Let's move from being demoralized to being empowered.

With best wishes,

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

 UVA Health | DEPARTMENT OF MEDICINE

MISSION

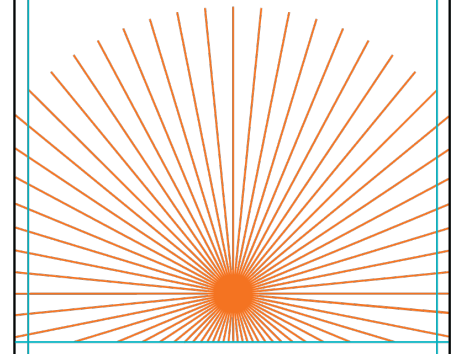
We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

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 January 31, 2023

| | Budget YTD | Actual YTD | \$ Variance YTD |
|--------------------------|------------------|------------------|--------------------|
| Work RVUs | 711,318 | 678,252 | (33,066) |
| Clinical Receipts (NPSR) | 46,766,820 | 43,729,317 | (3,037,503) |
| Total Revenues | 126,511,375 | 128,246,752 | 1,735,377 |
| Total Expenditures | 124,215,376 | 123,704,998 | 510,379 |
| Net Income | 2,295,998 | 4,541,754 | 2,245,755 |

Summary Explanation of Variance:

For the fiscal year through January 2023 DOM reported a consolidated net gain of \$4.5M and a favorable variance to YTD net income budget of \$2.2M. Clinical receipts underperformed budget by \$3.0M due to unfilled positions, delayed starts, reduced bed capacity, open and unsigned encounters and unplanned leave. Total revenues include \$1.1M deficit support revenue accrual, \$1.4M unbudgeted MOU support and \$2.0M Endowment revenue recorded for February through June. Total expenditures variance is impacted by savings in personnel charges due to unfilled faculty countered by spending on unbudgeted new grant awards and faster spending on existing research studies.

DEPARTMENT OF MEDICINE MEDICINE GRAND ROUNDS UNIVERSITY OF VIRGINIA

Welcome To The World



Congratulations to David and Karli Cook who welcomed Sullivan Thomas Cook on February 26, 2023.

SAVE THE DATE!

Friday, April 14, 2023

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

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



Mindfulness Matters
A Newsletter from the UVA
Mindfulness Center

DOM UPDATES & NOTES



Michael Ayers MD



Laurie Archbald-Pannone MD



Jie Sun PhD



Antonio Abbate MD PhD



Sanja Arandjelovic PhD



Rasheed Balogun MD

Awards and Achievements

Congratulations to **Dr. Michael Ayers** (Division of Cardiovascular Medicine) for being named to the *American College of Cardiology (ACC) in Touch Emerging Faculty Leadership Academy*.

Congratulations to **Dr. Laurie Archbald-Pannone** (Division of General Medicine, Geriatrics and Palliative Care) for being featured as COWIMS's Woman of the Month for February (National Senior Independence Month). Check out [her bio](#) and [video with tips for keeping a sharp mind as you age](#).

Congratulations to **Dr. Jie Sun** (Division of Infectious Diseases and International Health), who, along with Dr. W. Gerald Teague, has been awarded \$3.38 million to study the lower respiratory mucosal immune response to infection and vaccination with SARS-CoV-2 in children with asthma. [Learn more...](#)

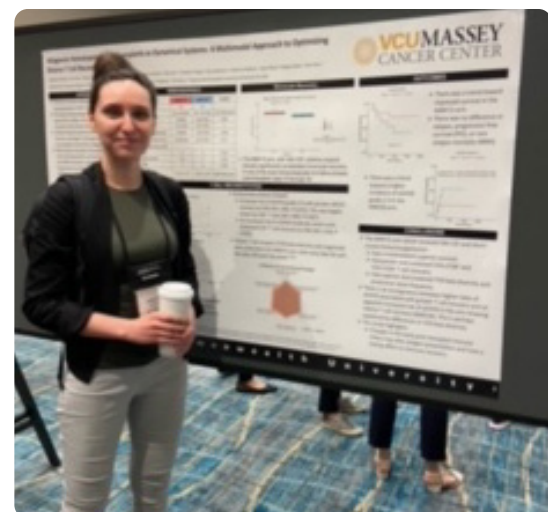
Congratulations to **Dr. Antonio Abbate** (Division of Cardiovascular Medicine), who has been promoted to Medical Director of the School of Medicine's Exercise Physiology Laboratory Core. [Learn more...](#)

Congratulations to **Dr. Sanja Arandjelovic** (Division of Nephrology), who received two NIH awards for \$2.5 million to study molecular mechanisms and targeted therapies for rheumatoid arthritis. [Learn more...](#)

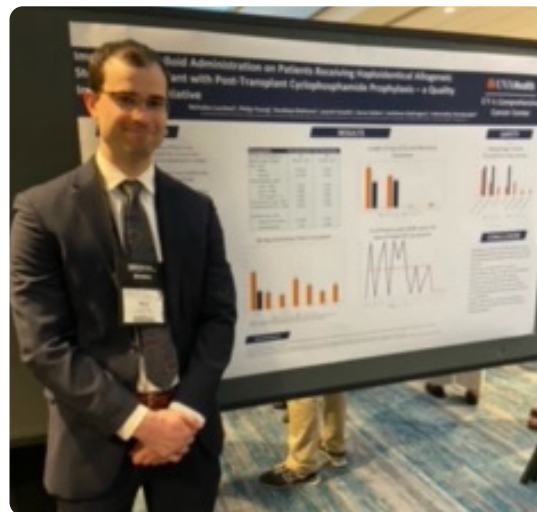
Congratulations to **Dr. Rasheed Balogun** (Division of Nephrology), who, in collaboration with the Nigerian counterpart at Obafemi Awolowo University Teaching Hospital, was awarded support to continue the International Society of Nephrology's Sister Renal Center (ISN-SRC) program for two years in 2023 and 2023. The funding will cover the education and training of nephrologists at the hospital. [Learn more...](#)

Congratulations to the **Department of Medicine trainees** who had fabulous presentations at the Tandem Transplant Cell Therapy meetings in Orlando. This is a major international meeting with about 5000 attendees.

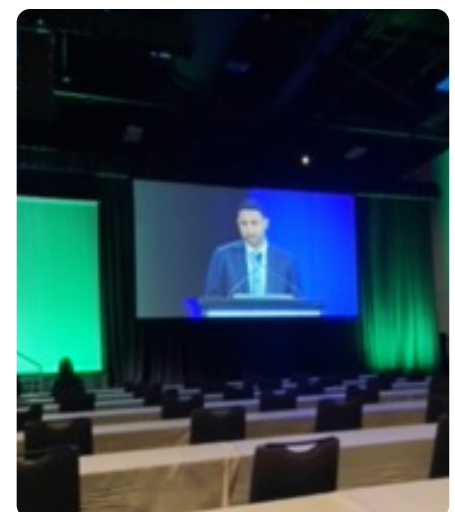
Nick Schmidt and **Phil Young** had a poster on fluid management with post-transplant Cytosoxan. **Viktoriya Zelikson** presented her work from VCU on immune suppression and T cell recovery. **Kia Salafian** had an oral presentation on social determinants of health in myeloma outcomes.



Viktoriya Zelikson



Nick Schmidt



Kia Salafian

DOM UPDATES & NOTES

In the Media

UVA focuses on women's heart health in February (CBS19)



In honor of American Heart Month, the University of Virginia Health System is starting a new conversation regarding women's health. Six months ago, UVA started a women's heart health program that focuses on taking in all risk factors from cardiologists, OB/GYNs, and primary care physicians to share every aspect of a patient's history. This will help doctors understand each patient's risk on a deeper level. **Dr. Patricia Rodriguez-Lozano**, the director of the Women's Heart Program at UVA.

[CLICK TO VIEW](#)

UVA Doctor Conquers Disease by Day, Runs 100 Miles by Night (UVA Today)



Costi Sifri, 56, has gone for a run of at least one mile for more than 1,600 consecutive days. In August 2020, he finished his quest to run every street in Charlottesville.

[READ MORE](#)

Have a Nagging Cough? (The Conversation)

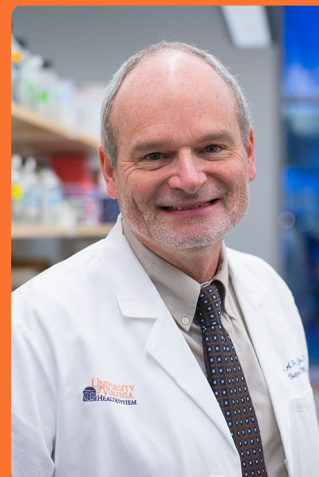
A nagging cough can hang on for weeks or months following a respiratory illness – and there is precious little you can do about it.



A cough is a common symptom of these sorts of respiratory infections, and coughing is a complaint that leads to an estimated 30 million office visits every year. Some 40% of those end up in a pulmonologist's office like mine.

[READ MORE](#) in this article written by **Kyle Enfield MD** (Pulmonary and Critical Care Medicine)

Study Shows Antibiotics Reduces Mothers' Risk of Death During, After Childbirth (UVA Today)



UVA researchers, including Dr. William Petri, working with teammates in Bangladesh, have found giving mothers antibiotics before birth reduces their risk of dying.

[READ MORE](#)

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

Contact **Kim Kelley-Wagner** kak2cj@virginia.edu
434.328.0680

DOM UPDATES & NOTES

For Your Listening Pleasure

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

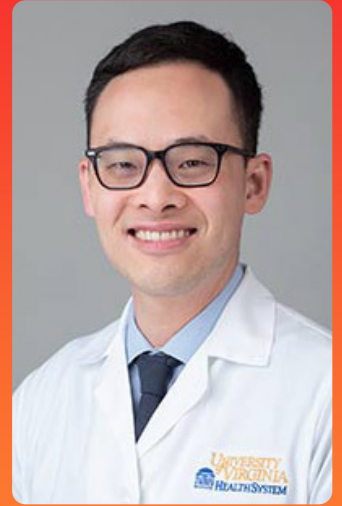
In addition to working with the School of Medicine Faculty Development Office and other groups within UVA medicine, Department of Medicine senior leadership team Vice Chair for Faculty Affairs, Taison Bell, MD has a podcast called “This Medicine Life,”



[CLICK TO LISTEN](#)

MUC5B, telomere length and longitudinal quantitative interstitial lung changes: the MESA Lung Study (Thorax Podcast)

Dr. Kate Diomede, social media editor at Thorax, speaks with Dr. Anna Podolanczuk(1) and Dr. John Kim(2) about their article, “MUC5B, telomere length and longitudinal quantitative interstitial lung changes: the MESA Lung Study”



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Listen to Kyle Enfield MD on Society of Critical Care Podcasts (SCCM)



As a guest on the Society’s podcast network, Dr. Enfield discusses a variety of topics such as, vaping and associated respiratory distress syndrom; Clostridium difficile; *Early Palliative Care Consultations in the ICU, and much more.*

[CLICK TO LISTEN](#)

Research in Motion

New Research in Motion Video Series Showcases SOM Scientists

In our new School of Medicine Research in Motion video series, we asked our researchers three questions: What do you do? What do you love about your research? How will it impact human health?

[LEARN MORE](#)



UVA Health

DOM UPDATES & NOTES

Awards and Recognition

Congratulations to our outstanding Endoscopy Teams (nurses, techs, housekeepers, access staff, physicians, fellows, APPs), and to everyone in Digestive Health and the Division of Gastroenterology and Hepatology (including clinic personnel who are closely linked to the endoscopy practice). The two endoscopy units received three quarterly Patient Experience Awards, a testament to their high-quality work.

Thank you for taking such great care of our patients and for the leadership and service each of you provides.



Endoscopy Monroe Lane received awards for Top Performer for Quarters 1 and 2 (Q1-95.4% and Q2-95.7%)!



Endoscopy/Bronchoscopy Main Hospital received an award for improving the prior Quarter Patient Experience score by 11 points, earning Most Improved!



Congratulations to **Shu Man Fu, MD, PhD**, Margaret M. Trollinger Professor of Rheumatology (center, blue jacket), on his magnificent scientific career focused on autoimmune diseases that have spanned over five decades from Rockefeller University to the University of Virginia. He served UVA Health from 1988-2023. He was honored at a retirement celebration on February 24th. We are deeply grateful for his service to the University and the Department of Medicine and wish him all the best in his next adventures.

DIVISION OF PULMONARY & CRITICAL CARE

Message from Imre Noth, MD, Pulmonary and Critical Care Division Chief



Imre Noth MD

What a difference a year makes! Our fantastic faculty have come into 2023 stronger and smiling after putting COVID-19 (mostly) in the rear window. As spring is upon us and the sun is shining, our outlook continues to get brighter and brighter. We are growing both our inpatient and outpatient services to give our patients the best possible access. And while the severity of illness and numbers in MICU have thankfully tempered, renewed efforts have increased our outpatient volumes over the last few years. We have developed a significant telehealth presence with virtual-based ambulatory clinics.

Specifically, Katarine von Lang Egressy, MD, MPH, recently created a hybrid lung nodule clinic with both physical and virtual appointments available. Tessy Paul, MD, has been spearheading our telehealth ambulatory efforts for the division and inspired Eric Davis, MD, to use telehealth to meet the demand for Sleep Medicine visits. Similarly, we have continued to see growth in Interventional Pulmonary referrals and procedures. In this issue of Medicine Matters, several programs are highlighted, but they are a small representation of terrific work across the board.

Several faculty are taking on new leadership roles within the department or institution, to name a few. Kyle Enfield, MD, is assuming the Vice Chair for Quality and Safety for the department. Taison Bell, MD, is the department's Vice Chair for Faculty Affairs. Alexandra Kadl, MD, will be transitioning into the role of Medical Director for the MICU in July.

Our research endeavors continue to grow, with more grant applications and publications in the last 12 months than ever! Getting our fellows involved in the ever-growing number of research opportunities has been a true pleasure. We also added one new faculty member in 2022, Hitesh "Heath" Patel, MD, who comes to us from the University of North Carolina. He has been a welcome addition and has already left an imprint on the educational goals of the MICU.

I'm excited to see what the next twelve months have in store.

~ Imre Noth, MD, Division Chief

Clinical Updates

Pulmonary Hypertension Update

The Division of Pulmonary and Critical Care Medicine continues to provide regional support as a major referral center for pathologies affecting pulmonary vasculature. PCCM collaborates with the Department of Radiology to operate the Hereditary Hemorrhagic Telangiectasia (HHT) clinic to service patients with inheritable forms of vascular overgrowth. In addition, the pulmonary embolism response team (PERT) averages ten consults per month to providers throughout the system who develop treatment plans for patients afflicted by intermediate and high-risk pulmonary emboli. The Division also continues collaborating with the Division of Cardiovascular Medicine to offer world-class services to patients with pulmonary hypertension in the UVA Multidisciplinary Pulmonary Hypertension Clinic. Lastly, PCCM recently partnered with the Divisions of Cardiac Surgery and Thoracic Surgery to form a multidisciplinary team to treat chronic thromboembolic pulmonary hypertension (CTEPH), a rare form of pulmonary hypertension. In the fall of 2022, the team successfully offered a pulmonary thromboendarterectomy to a patient, making UVA the only institution in Virginia to offer this surgery.

Clinical Updates

Interventional Pulmonary Update

PCCM is excited to announce the addition of a pulmonary nodule clinic to the Interventional Pulmonary Program. The program aims to address any concerning pulmonary nodules that may be detected through incidental imaging or lung cancer screening computer tomography. This clinic aims explicitly to integrate research into an evidence-based approach to the new domain of biomarker use for lung cancer screening and pulmonary nodule evaluation.

The pulmonary nodule clinic is created in partnership with the Emily Couric Clinical Cancer Center and the Department of Radiology. This collaborative effort aims to highlight the University's existing lung cancer early detection program and further outreach efforts for all qualifying patients in Virginia. Furthermore, this clinic takes a hybrid approach by offering telemedicine and in-person visits, allowing us to tackle transportation and geographic location barriers. To refer a patient or request additional information, please contact Dr. Katarine von Lang Egressy at ybm8rk@uvahealth.org

Lung Transplant Update

The Lung Transplant Program at UVA continues to offer interdisciplinary, state-of-the-art, compassionate care to patients with end-stage lung disease in Virginia and the tri-state area. The program, led by Phil Carrott, MD (surgical director) and Hannah Mannem, MD (medical director), performs approximately 30 lung transplants annually. The lung transplant team comprises highly specialized lung transplant pulmonologists, surgeons, advanced practice providers, nurse coordinators, nutritionists, pharmacists, neuropsychologists, physical therapists, and social workers. The team works exceptionally hard to ensure innovative and quality care for each patient. Based on patient satisfaction surveys, the three lung transplant pulmonologists and the outpatient transplant clinic have received the Outstanding Patient Experience Award multiple years in a row. The program's lung transplant support group has existed for over 30 years. It continues to be successful in a virtual forum as a resource for lung transplant candidates, recipients, and caregivers.

Since the start of the COVID-19 pandemic, indications for a lung transplant have expanded to include COVID-19-associated acute respiratory distress syndrome along with COVID-19 fibrotic lung disease. In 2021, according to the United Network of Organ Sharing (UNOS), COVID-19 was the third most common indication for a lung transplant. UVA was one of the first transplant centers in the region to transplant a patient for COVID-19 respiratory failure. With the multidisciplinary work of the lung transplant team, the cardiothoracic ICU, physical therapists, and ECMO specialists, a system was developed for urgent inpatient referrals and expedited transplant work-ups, which includes prehabilitation using extracorporeal membrane oxygenation (ECMO) as a bridge to lung transplant. Outreach to the community's primary care physicians has been broadened, increasing opportunities to assist in diagnosing and managing patients with potential post-COVID-19 related lung fibrosis.

The program has grown over the past few years due to expanding its selection criteria for transplant and donor pool acceptance. The lung selection criteria have been expanded broadly to include advanced age, coronary artery disease revascularization, specific malignancies, coal workers' pneumoconiosis, lung fibrosis (black lung disease). The donor pool also now accepts organs from donors with hepatitis C and death after cardiac donation (DCD) organs.

The lung transplant team continues to expand patient care on a multi-system level with the assistance of colleagues from PCCM and beyond. The team has established ongoing working relationships, workflows, and research projects with the Division of Gastroenterology and Hepatology to diagnose and treat common gastroenterological complications after lung transplants that can dramatically affect outcomes. In collaboration with interventional pulmonary, thoracic surgery, and pulmonary colleagues, the team recently created a multidisciplinary active working group for patients with COPD to assess barriers and options for treatment in this patient population, including lung volume reduction surgery, endobronchial lung volume reduction, and lung transplant.

DIVISION OF PULMONARY & CRITICAL CARE

Research Updates

The Division of Pulmonary and Critical Care Medicine proudly maintains a diverse clinical, translational, and basic science research portfolio.

Pulmonary fibrosis or interstitial lung disease (ILD) remains a major interest for several division members, including **John S. Kim, MD, MS**, who is NIH K23 funded to study the role of polyunsaturated fatty acids in pulmonary fibrosis, and **Catherine Bonham, MD**, whose K23 funded the study of T cells in idiopathic pulmonary fibrosis.

In 2022 **Jeffrey Sturek, MD, PhD**, was awarded a foundation grant to evaluate the IgM-CXCL13 axis in pulmonary fibrosis.

Tessy Paul, MD, Clinical Director of the Interstitial Lung Disease Program, **Numaan Malik, MBBS**, Pulmonary Clinic Director, and **Hannah Mannem, MD**, Lung Transplant Director, are principal investigators for multiple clinical trials currently underway in our ILD population.

Division Chief Imre Noth, MD, Shwu-Fan Ma, PhD, and **Yong Huang, MD, MS** are internationally recognized leaders in translational genetics and genomics of idiopathic pulmonary fibrosis. The Division is proud of its lead role in the NIH-funded 42-site PRECISIONS clinical trial, the first and largest pharmacogenomics trial to test personalized therapy for patients with idiopathic pulmonary fibrosis.

Drew Harris, MD, has also had a significant role in occupational/environmental health as Medical Director of the Black Lung Clinic at Southwest Virginia's Stone Mountain Health Services, the only federally funded black lung clinic in Virginia. His research on the mental health crisis in coal miners is the first of its kind, and he is recognized as a leader in health disparity research.

In COPD research, the Division is continuously R01 NIH funded under the leadership of **Y. Michael Shim, MD**, who uses hyperpolarized Xenon-129 MRI to measure pulmonary physiologic responses to therapeutics and examines the effect of male and female sex hormones on lung disease. Dr. Shim straddles the scientific and clinical areas by leading the advanced obstructive lung disease clinic and the pulmonary function lab.

Lung transplant faculty **Max Weder, MD, Hannah Mannem, MD**, and **Charles Alex, MD**, curate an international database to track the experiences and outcomes of COVID-19 lung transplant patients.

Jamie Macleod, MD, studies the role of calcineurin inhibition in lung transplants.

The cystic fibrosis and non-CF bronchiectasis program, led by **Dana Albon, MD, MS**, and **Lindsay Somerville, MD**, has been a leader in publishing clinical research on using telemedicine-based care.

The research capacity of the critical care faculty was showcased during the COVID-19 pandemic. **Alexandra Kadl, MD, MS**, and **Kyle Enfield, MD, MS**, published on the clinical experiences of the COVID-19 survivor clinic and **Drs. Somerville, Kadl, and Bonham** published an immune signature associated with COVID-19 prognosis, funded by the Global Infectious Diseases Initiative. **Drs. Kadl, Bonham, Shim, Sturek**, and their **collaborators** received Dean Kibbe's 2022 Faculty Research Award for Team Science for their interdivisional initiatives on COVID-19.

Dr. Enfield and senior fellow **Claire DeBolt Davis, MD**, are extending their clinical informatics expertise to research the effect of a new clinical dashboard to reduce complications of critical care, such as catheter-associated bloodstream infections.

Andrew Barros, MD, MS, continues to utilize high-dimensional electronic health record data and medical data science techniques to investigate hospitalization outcomes.

The Division is proud of multiple faculty members who mentor young investigators. Recently **Jeffrey Sturek, MD, PhD**, was appointed Associate Program Director for Research for the Internal Medicine Program and Director of the Physician-Scientist Training Program, which will utilize the ABIM Research Track training pathway to develop physician-scientists in the department of medicine.

DIVISION OF PULMONARY & CRITICAL CARE

Educational Updates

It has been another successful year for the fellowship program! We welcomed five new fellows in July: Drs. Nelson Mandrell, Ryan Sessums, Joe Russo, Mustafa Ali, and Sam Lazoff.

Meanwhile, our four most recent graduates have dispersed to four points of the country (Coeur d'Alene, ID; Miami, FL; Rochester, NY; Newport News, VA), representing the University of Virginia in their new positions.



2022 graduating fellows, from left: Drs. Talal Kaiser, Tim Scialla (Program Director), Jimi Akingbade, Prerna Sharma, Chad Brizendine, Eric Davis (Faculty)



CHEST Conference in Nashville, Tennessee

DIVISION OF PULMONARY & CRITICAL CARE

Educational Updates



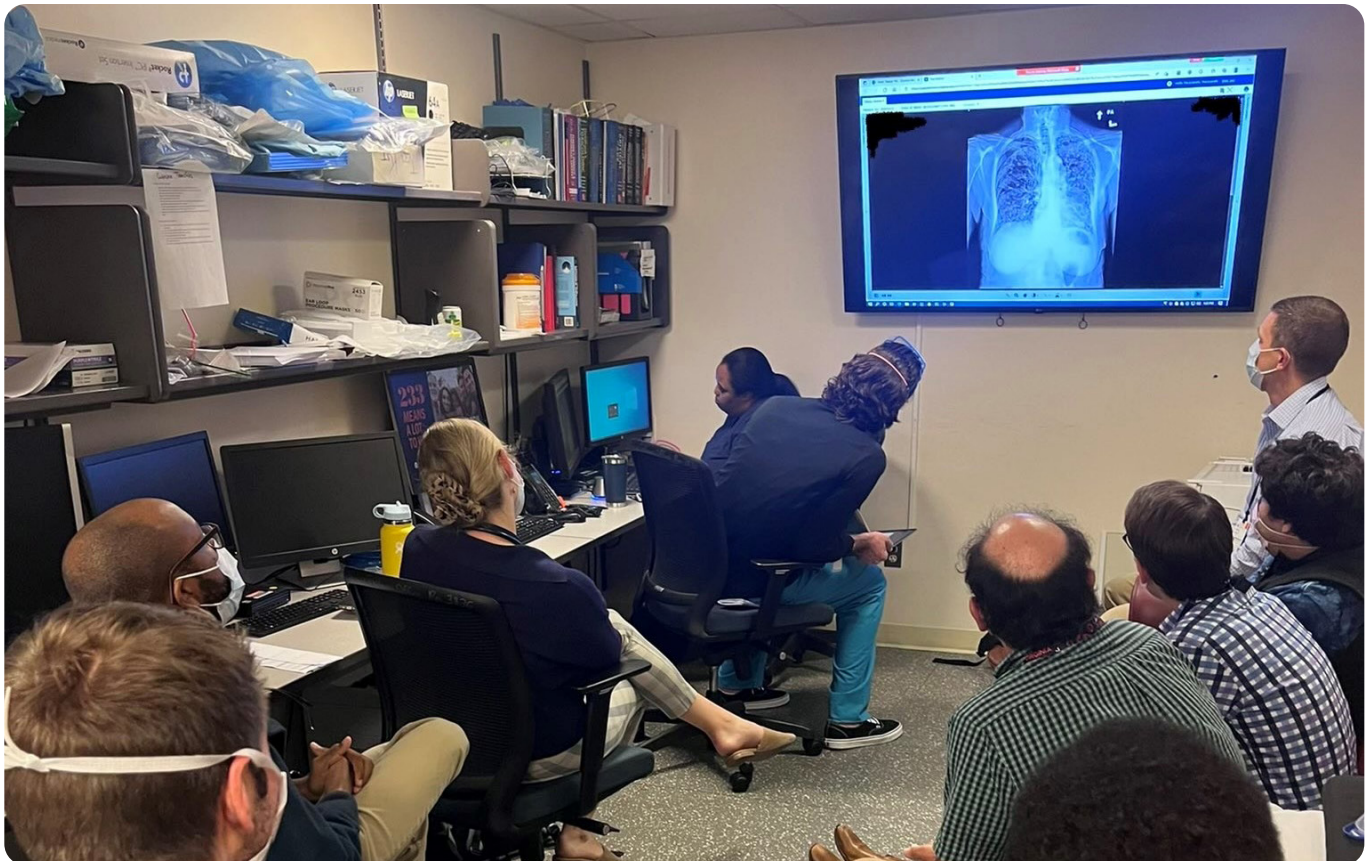
Dr. Kyle Enfield teaching during orientation



From left: Drs. Eva Otoupalova, Daisy Zhu, Tim Scialla (PD), Claire Debolt Davis, and Sam Oliver.

Under the guidance of our co-chief fellows, Drs. Sam Oliver and Eva Otoupalova, our senior class are leading the program in new directions including: improving our curriculum, volunteering in community clinics, participating in national conferences, and developing bundle boards for intensive care units.

For next year's co-chief fellows we will have Drs. Naima Farah and M. Ibrar Islam. We expect the program to continue to thrive under the new co-chiefs and look forward to welcoming an outstanding group of fellows this summer.



Fellows participating at weekly educational conference, CXR

DIVISION OF PULMONARY & CRITICAL CARE

Division Events

Spring BBQ

Division Chief Imre Noth and his wife, Sheila, hosted a barbecue at their home last May for the families of faculty, fellows, and staff. About 80 guests braved the blustery spring day to enjoy food from Smoked Kitchen and Tap and Sheila's famous homemade pastries.

ILD Patient Education Day

Interstitial lung disease (ILD) is a heterogenous group of diseases that range from rheumatoid lung disease to sarcoidosis to the devastating idiopathic pulmonary fibrosis (IPF) which has a median survival of 2-5 years. The UVA ILD program offers comprehensive, longitudinal, and multidisciplinary care for this complex population.

One of the key aspects of the care of patients with ILD is patient education. In addition to a biweekly patient support group under the leadership of Drs. Tessy Paul and Catherine Bonham, the team held its fourth annual ILD Patient Education Day on September 17, 2022. The theme was "Living Well with Pulmonary Fibrosis" and featured keynote speaker Dr. Joyce Lee, a nationally renowned ILD expert from University of Colorado and the Senior Medical Advisor for the Pulmonary Fibrosis Foundation (PFF).

Additional topics discussed included pulmonary rehabilitation, nutritional considerations, oxygen therapy, palliative care, and clinical trials in ILD. This hybrid event was accessible both virtually and in-person with support from the PFF and was received with overwhelmingly positive response from patients and their caregivers.

Community Service

This winter, PCCM partnered with the Health Wagon to collect and distribute cold-weather outerwear to residents of Appalachia. Winter is a challenging time for Southwest Virginia as its rural population experiences economic struggles disproportionate to the rest of the state. According to VA Social Services reporting (2019) and household census data (2020), Buchanan, Lee, and Wise county households utilized the Energy Assistance Program at a concerning rate of 22%, 23%, and 15%, respectively.

The Division gathered eleven scarves, thirty-nine hats, ten coats, forty-eight pairs of gloves, and eight other winter items. The Health Wagon, an organization providing compassionate, quality health care to the medically underserved community of Appalachia, is distributing these needed goods from their clinic locations. Dr. Drew Harris, frequently in southwest Virginia for his black lung clinics, graciously transported the donations.

Holiday Party

In December 2022, PCCM had its first holiday party in three years! To celebrate this return to tradition, the Division did it in style with a dinner at the Omni Hotel, issuing a special invitation to faculty, fellows, and staff, but also to NPs, and access staff.

Upcoming ATS Alumni & Friends Reception

The American Thoracic Society has selected Washington, D.C., as the location for its 2023 ATS International Conference this May. And having the conference so close is the perfect opportunity to host a networking social! Faculty and fellows look forward to reconnecting with program alums, friends, and former colleagues in the capital.



FOLLOW US @UVA_PCCM

DIVISION OF PULMONARY & CRITICAL CARE

SELECTED PUBLICATIONS

Congratulations to **Dr. John Kim** whose article entitled “*Associations of Omega-3 Fatty Acids with Interstitial Lung Disease and Lung Imaging Abnormalities Among Adults*” has been selected as one of the 2021 Articles of the Year by the American Journal of Epidemiology and the Society for Epidemiologic Research.

The American Journal of Epidemiology takes great pride in publishing papers that are leading the field of epidemiology and are at the cutting edge of epidemiologic science. The articles of the year, which are chosen by the editors of the Journal, represent scholarship that is truly distinguished.

Design And Rationale For The Prospective Treatment Efficacy In IPF Using Genotype For NAC Selection (PRECISIONS) Clinical Trial. Podolanczuk AJ, **Kim JS**, Cooper CB, Lasky JA, Murray S, Oldham JM, Raghu G, Flaherty KR, Spino C, **Noth I**, Martinez FJ; PRECISIONS Study Team: (**Ma SF**, **Paul TK**, Althuth Y). BMC Pulm Med. 2022 Dec 13;22(1):475. doi: 10.1186/s12890-022-02281-8. PMID: 36514019

Pearl Regulates Expansion Of Activated Fibroblasts And Deposition Of Extracellular Matrix In Pulmonary Fibrosis. Geng Y, Li L, Yan J, Liu K, Yang A, Zhang L, Shen Y, Gao H, Wu X, **Noth I**, **Huang Y**, Liu J, Fan X. Nat Commun. 2022 Dec 14;13(1):7749. doi: 10.1038/s41467-022-35543-4. PMID: 36517493

Pleural Fluid Analysis In Neutropenia. Budnick IM, Oliver SE, **Barros AJ**, **Sturek JM**. Ann Am Thorac Soc. 2022 Nov;19(11):1946-1948. doi: 10.1513/AnnalsATS.202204-331RL. PMID: 35960258

Discerning Asthma Endotypes Through Comorbidity Mapping. Jia G, Zhong X, Im HK, Schoettler N, Pividori M, Hogarth DK, **Sperling AI**, White SR, Naureckas ET, Lyttle CS, Terao C, Kamatani Y, Akiyama M, Matsuda K, Kubo M, Cox NJ, Ober C, Rzhetsky A, Solway J. Nat Commun. 2022 Nov 7;13(1):6712. doi: 10.1038/s41467-022-33628-8. PMID: 36344522

3D Single-Breath Chemical Shift Imaging Hyperpolarized Xe-129 MRI of Healthy, CF, IPF, and COPD Subjects. Guan S, Tustison N, Qing K, **Shim YM**, Mugler J 3rd, Altes T, **Albon D**, Froh D, Mehrad B, Patrie J, Ropp A, Miller B, Nehrbaas J, Mata J. Tomography. 2022 Oct 13;8(5):2574-2587. doi: 10.3390/tomography8050215. PMID: 36287814

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American Journal of Epidemiology 2021 Article of the Year

PRESENTED TO

John Kim

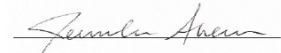
In recognition of your article, “Associations of Omega-3 Fatty Acids with Interstitial Lung Disease and Lung Imaging Abnormalities Among Adults” which has been selected by the Editors as one of the best of the year.



Dr. Enrique Schisterman, AJE Editor-in-Chief



Society for
Epidemiologic
Research



Dr. Jennifer Ahern, President,
Society for Epidemiologic Research

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DIVISION OF PULMONARY & CRITICAL CARE

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PULMONARY GRAND ROUNDS

Mondays, 12 PM

CDW 5th Floor, Pulmonary Library and Via Zoom

DIVISION OF PULMONARY & CRITICAL CARE

STAFF PROFILE - Yousef Althulth



Tell us a little bit about yourself.

I grew up in Syria, a small beautiful country. I completed my medical schooling and residency there and moved to the United States after the Syrian Civil war. I began at UVA last year and I feel it's a great opportunity for me to develop my medical experience and hopefully complete my residency here.

Why Research?

Working in Clinical Research gives me a unique opportunity to make a real difference in people's lives. I'll be working towards saving lives and improving the quality of life for people across the globe.

What brought you to Charlottesville?

I wanted to work in one of the highest-ranked universities in the world.

What excites you about your work?

At least three things motivate me the most when it comes to going to work every day. First, knowing that I am making a difference; second, the opportunity to improve my skills; and third, knowing that I will be with people I like to work with and doing what I like to do.

What do you enjoy doing on the weekend?

Getting outdoors and enjoying all the cool things to do around Charlottesville or taking a short trip to a nearby city or town.

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

Romaine Lettuce.

What is your favorite vacation/activity spot?

Santorini Island.

What is the best advice anyone ever gave you?

No one can stop you; no one can distract you; no one can interrupt you except you!



DIVISION OF PULMONARY & CRITICAL CARE

STAFF PROFILE - Diana ManHsun



Tell us a little bit about yourself.

I just joined the University of Virginia in January 2023. After being a basic science lab technician for a few years and getting additional education in pharmacology, I start my new journey here as a clinical research coordinator.

Why Research?

I've always been a basic scientist. I have loved learning, researching, and solving scientific mysteries since I was young. My involvement in clinical studies at my previous job gave me a glimpse into clinical science, and I decided to move into a more clinical field. Here at UVA, as a clinical research coordinator, I hope I can be the bridge between basic science and making the new treatment come true.

What brought you to Charlottesville?

I moved here with my husband when he got accepted into UVA residency, and I decided to come to Charlottesville with him. Now, I am staying for the love of hiking, vineyards, and nature.

What excites you about your work?

Assisting in practicing science in the targeted population, addressing patients' concerns along the way, and being there by their side as part of a huge step into potential future treatment makes me excited about my work every day.

What do you enjoy doing on the weekend?

I like being a couch potato with my two cats.

How did you meet your partner?

My partner was my middle school classmate... It's been too long...

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

Eggs!

Who is the person you admire most, and why?

My aunt always tried 100% to be the best in her career and mother at the same time while being generous and kind to everyone around her. I always consult her for advice in life and career and hope one day I can be like her.

What about you would surprise us?

I've lived each 1/3 of my life in different countries.

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

Wine tasting! Since we are in Charlottesville, I wish I had the skill to understand and appreciate all the vineyards around us.

Favorite fictional characters?

Stitch from the Disney movie Lilo and Stitch. A cute, mischievous family-loving blue alien that can also be a weird dog sometimes, what is not to love about it?

What is the last book you read for pleasure?

"Norse Mythology" by Neil Gaiman. A wonderful collection of Norse mythology tales that is very easy to read and follow. However, I have not yet finished the book since I lost the book halfway through.

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

I ate a pig brain once but I am not a big fan of it. It didn't really have a taste to it, and I didn't like how it felt in my mouth.

Do you collect anything?

I love collecting elaborate business cards, especially those of art stores/artists with beautiful designs, special ink, unique cuts, and special printing methods.



DIVISION OF PULMONARY & CRITICAL CARE

FELLOW PROFILE - Joseph Russo



Tell us a little bit about yourself.
I've been at UVA since July 2022, when I began my Pulmonary & Critical Care Fellowship. I'm originally from Northeast Pennsylvania but have lived in six different states so far as I've made my journey into my current position (made possible by an endlessly supportive family). I've earned a master's degree in exercise science and worked as a clinical exercise physiologist, pulmonary function technologist, and even a hemodialysis technician. Eventually, I was drawn back to my original dream of becoming a physician. I went to medical school, followed by a Med-Peds residency, during which I further developed my interest in pulmonary medicine, which was sparked by my early job experiences. After residency, my next stop was Gainesville, Florida, where I completed a Pediatric Pulmonology fellowship before moving to Charlottesville with my wife and son.

Why Healthcare?

The multitude of opportunities to make a significant difference in the lives of individuals daily.

What brought you to Charlottesville?

I had the honor of matching at UVA for the PCCM fellowship, which I recognized would provide me with excellent clinical training and research opportunities that could help shape my career niche.

What excites you about your work?

I can apply the knowledge and skills I've acquired while continuously learning new things.

What do you enjoy doing on the weekend?

Spending time outdoors with my family.

What is the last book you read for pleasure?

"The Judges List" by John Grisham



DIVISION OF PULMONARY & CRITICAL CARE

FACULTY PROFILE - Hitesh “Heath” Patel



Tell us a little bit about yourself.

I grew up in Richmond, Virginia, where I still have family. I took a somewhat circuitous route to becoming a doctor so I'm glad to have chosen mid-Atlantic schools, which kept both my education and career pretty close to home. Most recently I finished my Pulmonary and Critical Care Medicine fellowship at University of North Carolina before taking an assistant professor position at the University of Virginia last summer.

Why Healthcare?

I always thought I wanted to be a doctor, but then I had a crisis of conscience during my undergrad and second-guessed myself. Midway through law school, I realized I missed medicine and had to go back. After exploring other fields, I can genuinely say I have no regrets in choosing healthcare.

What brought you to Charlottesville?

In addition to being near my family, UVA has the best medical center in Virginia.

What excites you about your work?

My work brings me a lot of joy. In the critical care setting, I derive meaning from helping critically ill patients recover their quality of life and return to their daily lives. Failing that, I work to give them dignity and comfort at end of life while easing the process for those family members who are left behind. In the pulmonary setting, it's incredibly

rewarding to help patients breathe more easily and return to the activities they love. And of course, in both settings the chance to educate the next generation of physicians and APPs can't be overstated!

What do you enjoy doing on the weekend?

Spending time with family and friends or working out, fitness, and outdoor activities—I'm always trying to learn a new skill.

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

Protein shakes.

What is your favorite vacation/activity spot?

Any temperate place with white sand beaches and crystal clear water.

Who is the person you admire most, and why?

My mom. She is one of the most hard-working and intelligent people that I know, and she has sacrificed a lot to help her kids succeed.

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

I'm currently learning to ride a bike—not sure how I missed that!

What is the last book you read for pleasure?

Never Finished by David Goggins – It's an inspirational book written by someone who was raised in incredibly bad circumstances, but reimagined himself through sheer willpower. He went on to complete Navy SEAL training, Army Ranger training, and set multiple world records. A true testament to discipline, will power, and success through tenacity.



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