

# MEDICINE

## NEWS FROM THE DEPARTMENT OF MEDICINE

# MATTERS

### MESSAGE FROM THE CHAIR

OCTOBER 2023



This month, the Department of Medicine underwent its annual review with the School of Medicine and Health System. It is an excellent opportunity to look back at our mutual accomplishments, identify areas for improvement, and set priorities for the year. I wanted to share with you some of our notable achievements and highlight areas that we need your engagement and input on to continue to excel in our missions.

Notable achievements:

- Total grant award dollars to the Department of Medicine exceeded \$90 million. This is a \$17 million increase over the prior year and signifies tremendous growth in this critical mission. This growth represents the work of established DOM faculty and the recruitment of new investigators to the DOM. Of this total, approximately 50% were NIH grants.
- For 2022, the DOM ranked 39th out of 114 academic internal medicine departments in terms of research funding in the Blue Ridge Institute rankings.
- DOM faculty published 1,014 unique publications in CY2022 (up from 949 in the prior year)
- The average student evaluation score for our clerkships and electives was 4.9 out of 5
- The DOM was selected by the students as the best teaching department in the SOM (the Mulholland Award)
- In the Doximity Residency Navigator rankings, our medicine residency program ranked 35th out of 622 programs.
- We have NO ACGME citations in any of our accredited educational programs.
- Clinical growth year over year was 11%, and DOM faculty produced 1,206,664 work RVUs
- Our overall mortality index was 0.98, with a very high case mix representing the high severity of illness we care for.

These are just a few of the many outstanding results from the past year, and my thanks to all of you. Our Department of Medicine is excellent because of you and our collective and collaborative efforts to better the health of our patients and community.

Now, we have areas for improvement, and we will discuss these areas in more detail in the coming weeks. However, I wanted to highlight several areas that cross the entire Department.

- We must work together to develop larger, collaborative grants (U and P awards). We will work on plans to build research communities to facilitate these submissions.
- We have to better manage research space to maximize our limited resource use. This is especially the case as we try to recruit more investigators to UVA.
- We must develop a more robust culture of support and respect for all of our learners across gender, race, and equity and hold ourselves to creating an inclusive and supportive environment where everyone feels welcome and can reach their potential.
- We must improve ambulatory access for our patients when demand for services is at record levels.
- We must continue to improve the quality of care we deliver, focusing on lowering mortality, length of stay, and readmissions.
- We have to improve our work to ensure that patients understand their prognosis and are engaged in discussions around goals of care and advanced directives.

In the following weeks, you will hear more about the DOM's improvement initiatives, but I welcome your input as we develop plans. Thank you again for all of your efforts.

With best wishes,

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

 UVA Health | DEPARTMENT OF MEDICINE

#### MISSION

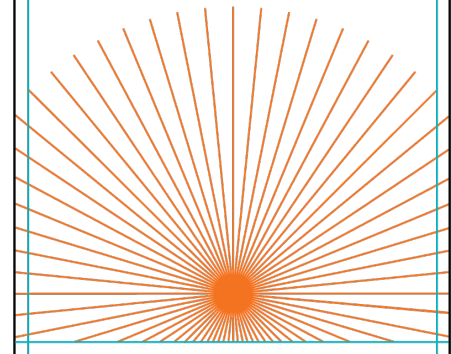
We are dedicated to preventing disease and treating illness, educating and inspiring future leaders in the field of internal medicine, and supporting innovative biomedical research.

#### 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.



[DoM WEBSITE](#) . . . . . ▶

[GRAND ROUNDS](#) . . . . . ▶

[HIGHLIGHTED DIVISION](#) . . . . . ▶

[MINDFULNESS MATTERS](#) . . . . . ▶

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# DOM UPDATES & NOTES

## DOM Financial Update

### Department of Medicine Summary of Consolidated Financials FY21 as of August 2023

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	193,797	200,416	6,619
Clinical Receipts (NPSR)	12,442,372	12,803,836	361,464
Total Revenues	41,851,131	43,956,953	2,105,822
Total Expenditures	37,314,098	41,175,871	(3,861,773)
<b>Net Income</b>	<b>4,537,033</b>	<b>2,781,082</b>	<b>(1,755,951)</b>

#### Summary Explanation of Variance:

For the fiscal year through August 2023, DOM reported a consolidated net gain of \$2.8M and an unfavorable variance to YTD net income budget of \$1.8M.. Clinical receipts surpassed budget by \$361K primarily due to unbudgeted County Oncology charge volumes. Total revenues include \$4.2M Endowment revenue recorded for September through June and \$1.3M clinical deficit coverage revenue accrual. Total revenue is missing \$342K in unsigned MOUs and \$1.8M delayed Funds flow, IFP and UME revenue allocations August. Total expenditures variance is unfavorably impacted by timing of \$2.2M expenditures related to grants.



Micheal Nelson MD PhD



William Petri MD



Mami Taniuchi PhD

## Awards and Achievements

Congratulations to **Dr. Michael Nelson** (Division of Asthma, Allergy and Immunology), who has been honored by the University of Virginia Medical Alumni Association with the 2023 Walter Reed Distinguished Achievement Award. [Read more...](#)

Congratulations to **Dr. William Petri and team** (Division of Infectious Diseases), who was awarded a \$4.2 million seven-year renewal of his UG1 grant for a project supporting UVA's partnership with the icddr,b in Bangladesh as a Research Unit, within the Global Network for Women's and Children's Health Research. [Read more...](#)

Congratulations to **Dr. Mami Taniuchi** (Division of Infectious Diseases) who has received a \$2.5M grant from the Bill and Melinda Gates Foundation to track infectious diseases in Dhaka, Bangladesh. Read more [here](#) and [here...](#)



Mami Taniuchi Research team in Bangladesh

## National Hispanic Heritage Month - September 15 to October 15



### “Creating a Vibrant Community of Visionary Leaders”

**Max Luna, MD, FACC** in the Division of Cardiovascular Medicine and Vice Chair of Diversity, Equity and Community Engagement in the Department of Medicine leads the Latino Health Initiative (LHI) at UVA Health. With LHI, he collaborates with a physicians, nurses and students along with a network of other organizations to provide community health education and services as well as facilitating access to affordable health care to Spanish-speaking community members. LHI also supports Clínica Gratuita, a partnership with the Charlottesville Free Clinic, where they offer free primary healthcare to Hispanics in their own language and with cultural competency. Within our health system, Dr. Luna collaborates to make our institution more cultural and language competent while we work on increasing the representation of Latinos in our workforce in order to better care for our Latinx patients.



# DOM UPDATES & NOTES

## Welcome



**Lindsey Danburg PhD**

in College Instruction from the University of Connecticut.

Welcome to Lindsey Danburg, Ed.D, MPA, who is joining the Department as the Division Administrator for Nephrology effective November 1, 2023. She brings a wealth of knowledge from her current role as the Division Administrator for Nephrology at the University of Florida, Department of Medicine. Lindsey has over 19 years of experience working in a university setting, including 14 years at the University of Connecticut and five years at the University of Florida. Her true passion is working in healthcare administration. She feels privileged to work with such a wide variety of people, from faculty physicians and researchers to advanced practice clinicians, nurses, staff, and more. She loves every aspect of the complex world of academic medical centers.

Lindsey recently earned a Doctorate of Education from the University of Florida in higher education administration. She also holds a Master of Public Administration, a Bachelor of Arts in anthropology, and a Graduate Certificate



**The Danburg Family**

[KDSAPatUVA@gmail.com](mailto:KDSAPatUVA@gmail.com)

Lindsey was born and raised in Connecticut. Growing up, she enjoyed hiking and backpacking the Appalachian Trail. She is looking forward to sharing her love of hiking the trails with her children now that they are relocating to Virginia. Lindsey is married and has four children. In her free time, she enjoys writing, working out, and spending time with her family exploring new parks and playgrounds. Her husband, Nick, is a medical massage therapist and holistic healer. Their daughter Emily (13) is passionate about singing and performing arts. Their son Danny (9) loves gymnastics, skateboarding and trampolining. Their youngest daughter, Olivia (7), loves cooking and wants to be a dentist or orthopedic doctor when she grows up. Their oldest daughter, Macayla (22), and her husband are in the Navy and stationed in Norfolk, VA.



**FOLLOW THE DEPARTMENT OF MEDICINE**

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




**KDSAP**  
KIDNEY DISEASE SCREENING AND AWARENESS PROGRAM  
AT THE UNIVERSITY OF VIRGINIA

Saturday, October 21st


9:00 am - 12:00pm

**FREE Kidney Health**

**Screening** 

**Islamic Society of Central Virginia**

708 Pine Street, Charlottesville VA 22903

 **1 in 7** US adults have chronic kidney disease



# DOM UPDATES & NOTES

## Giving Back



As part of the Central Education Team's "Giving Back to the Community" goal for this year, team members volunteered at the Rivanna Roots Front Porch summer concert series on September 7th.

Team members who volunteered and are pictured above are, Lizzie Daniels (Pulmonary/Critical Care Fellowship Coordinator), Brittany Davis (GI/Transplant Hepatology Fellowship Coordinator), Kara Watts (Residency and Cardiology Subspecialty Programs Administrator), and Joy Hilton (Director of Education).

To learn more about this special community non-profit, check out their website at: <https://frontporchville.org/>



## COME SEE HOOS RUNNING WITH GIM!

'Run with GIM' (General Internal Medicine) would love for all interested to join us at 5pm every Wednesday across from the South garage on the corner of Jeanette Lancaster and Crispell Dr.

Run with GIM is a non-competitive, all-inclusive running group focused on building wellness and growing camaraderie.

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

Contact Kim Kelley-Wagner  
kak2cj@virginia.edu  
434.328.0680

**MINFULNESS MATTERS**  
A Newsletter from the UVA  
Mindfulness Center



# DOM UPDATES & NOTES

## Kindness and Kudos

“Those within the Department are the best of the best, and you should hear about it! Below is a small sampling of the feedback the students submitted about attendings and housestaff recently (more to come in future issues). If you have a kind word of thanks or praise you would like to share here, contact Kim Kelley-Wagner at [kak2cj@uvahealth.org](mailto:kak2cj@uvahealth.org). And thank you to everyone for all you do every day!”

*“Attendings and residents were great at teaching and including students.”*

*“There are great teachers galore, amidst both the residents and attendings.”*

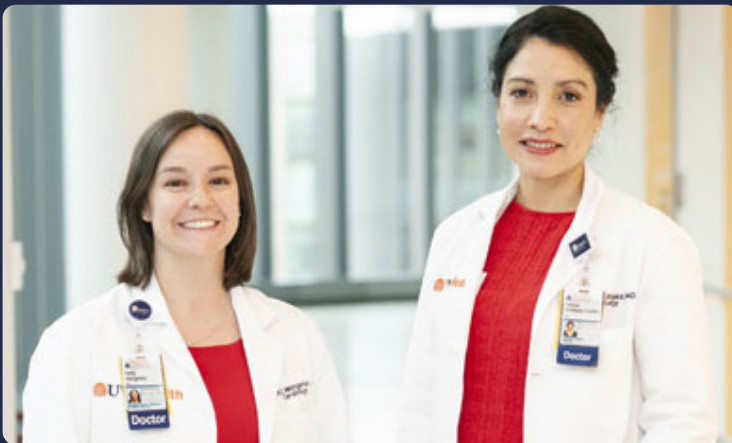
*“Such fabulous resident and attending teachers who really involved students and made us feel like a valuable member of the team. Allowed loads of independence to students that made us feel like real practitioners. The first time I ever felt like an almost-doctor during clerkships.”*

*“I really liked how much I learned about how to do presentations, write notes, and coordinate care for the patients. All of the attendings and residents were so welcoming, and for the first time, I really felt like I was a part of the healthcare team.”*

*“Every person I worked with was so kind and very helpful. The residents and attendings are great teachers and go above and beyond to help students.”*

*“I think Internal Medicine is really the heart of the medical profession, so it was a great clerkship to learn a lot from and to get a better feel for what it is really like to care for patients in the hospital.”*

### UVA Health Celebrates Women in Medicine Month with Drs. Wingerter and Rodriguez-Lozano (UVA SOM)



Kelly Wingerter, MD, (left) and Patricia Rodriguez-Lozano, MD are two of the incredible women faculty we are celebrating in September.

[READ MORE...](#)

### New Covid vaccines are coming out. The CDC wants you to get one. (Vox)



Everyone over 6 months should get a new shot, according to the CDC. Should we expect this every year? Dr. Taison Bell discusses new COVID-19 vaccines and when they are most effective for recipients. [READ MORE...](#)



## In Media

### Scott Heysell MD & Visiting Scholar Stellan Mpagama MD PhD, Receive New DEI Award For Underrepresented Student Research (UVA SOM)



Stellan Mpagama, MD, PhD, a visiting faculty scholar from Kibong'oto Infectious Diseases Hospital, Tanzania, and Scott Heysell, MD, an associate professor in the Department of Medicine's Division of Infectious Diseases and director of UVA's Center for Global Health Equity, received a supplemental award to their D43 training grant to develop research leaders in Tanzania working at the intersection of non-communicable and infectious diseases.

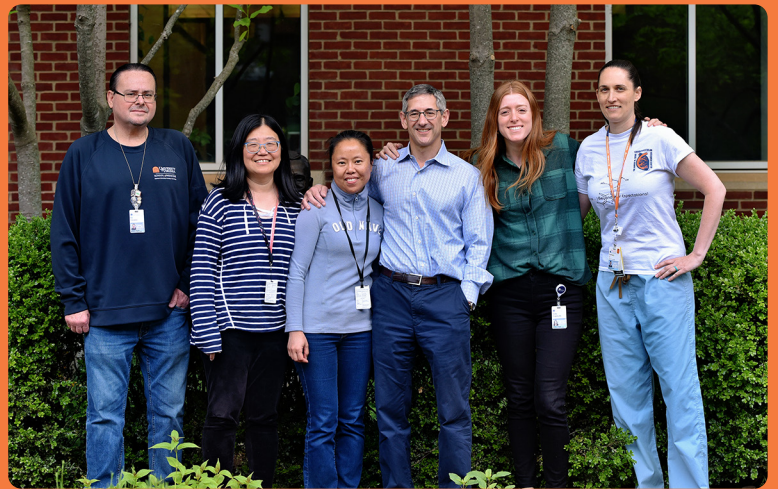
[READ MORE...](#)

### A Simple Shift to Improve Medical Education (UVA Health & NBC29)



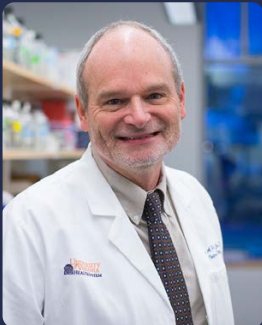
Jessica J. Dreicer, MD, and Andrew S. Parsons, MD, MPH, are the co-directors of UVA Health's new Clinical Reasoning Research Collaborative, which aims to foster collaboration among patients, clinicians, educators and scholars to advance understanding of clinical reasoning. [Read more...](#)  
[WATCH ON NBC29](#)

### UVA Health cardiologist discusses heart research with NASA (NBC29)



Dr. Jonathan Lindner's cardiovascular research team is working on NASA astronauts as part of the Complement of Integrated Protocols for Human Exploration Research, or CIPHER, project. The project's goal is to determine how the bodies of astronauts react to long-term space flights.  
[WATCH ON NBC29](#)

### Dr. Petri: Get 'Revolutionary' New Vaccines Against COVID-19 and RSV (UVA Today)



Dr. William Petri says it's a great time to think about getting the "revolutionary" new vaccines to protect against the evolving COVID-19 virus and respiratory syncytial virus, or RSV. He recommends getting vaccinated against the flu, too. UVA Today reached out to Petri to learn who should get what vaccine and when. [READ MORE...](#)





## MINDFULNESS FOR HEALTHCARE EMPLOYEES

Mindfulness for Healthcare Employees  
Free Autumn 2023 Course  
In person Fontaine Avenue  
Wednesday, Sept 20 – Nov 8, 2023  
6:30pm – 8:30pm  
Retreat: Saturday, October 28, 2023

[REGISTER HERE](#)

**KNOW OF SOME GREAT CVILLE SPOTS?  
TELL US MORE HERE!**

**SHARE YOUR TRADITIONS AND CELEBRATIONS WITH US!**

Email Kim Kelley-Wagner  
[kak2cj@uvahealth.org](mailto:kak2cj@uvahealth.org)

**FOLLOW UVA ID**

**FOLLOW UVA ENDO**

**FOLLOW UVA CARDIO**

**FOLLOW UVA PULMONARY**

**FOLLOW UVA NEPHROLOGY**

**FOLLOW UVA WOMEN IN INTERNAL MEDICINE NETWORK**

## Latinx Health Fair Ferida de Salud Latina

October 14, 2023  
Albemarle High School, 2775 Hydraulic Rd,

Cardiovascular health screenings, diabetes screening, mammograms, nutritional information, and fun health-promoting exercise sessions.



UVA CANCER CENTER  
An NCI-Designated Comprehensive Cancer Center

## MICHAEL J. WEBER SYMPOSIUM

CANCER IMMUNOLOGY & IMMUNOTHERAPY

OCTOBER 13, 2023

*Register today to join us in celebrating Dr. Weber and carrying on his legacy!*

### "Cancer Immunology & Immunotherapy"



Friday, October 13, 2023  
8 a.m. - 4 p.m.

Pinn Hall Conference Center  
UVA School of Medicine

[Register now\\*](#)

*While we encourage participants to attend in-person, if you need to attend virtually, please be sure to register and provide your email address in order for a Zoom link to be sent to you prior to the event.*

*\*Registration is free and includes complimentary breakfast and lunch.*

## Dr. Petri: Answering questions about COVID and vaccination needs (Daily Progress)



Why is there so much COVID-19 going around right now?

Why is there so much COVID-19 going around right now?

[READ ARTICLE](#)



## In Memorarium



### School of Medicine Mourns the Loss of Howard Charles Malpass, MD

The School of Medicine shares sad news that Howard Charles Malpass, III, MD, a pulmonologist in the Department of Medicine, passed away suddenly on September 14, at the age of 44, due to complications of his acute myeloid leukemia (AML). Dr. Malpass was an associate professor of medicine, in the pulmonary and critical care division, whose subspecialty was interventional pulmonary. He served as the director of bronchoscopic service.

After completing medical school at University of North Carolina, Dr. Malpass started his career at UVA as a resident and fellow and was truly beloved by patients and colleagues alike. He was a perennial favorite of the fellows for annual teaching awards. He was noted for the time and effort he spent in training the new generation of pulmonologists. His commitment to his patients was second to none, with his wife sharing that he was still contacting patients to inform them of their bronchoscopy results while undergoing his own rounds of chemotherapy. He was the consummate professional whose expertise was frequently sought by others.

Dr. Malpass is survived by his son Howard Charles Malpass IV (Huck), wife Jessica Keim Malpass, a nurse scientist and pediatric hematology-oncology nurse practitioner in the Department of Pediatrics, his parents, siblings and many more family members.

We offer our sincere condolences to Dr. Malpass' family and friends during this difficult time. Read more about Dr. Malpass' life, family and career [here](#).



### Honoring the Life of Nobel Laureate Ferid Murad, MD, PhD

It is with great sadness the School of Medicine shares news that Ferid Murad, MD, PhD, a professor emeritus who held appointments in the Departments of Medicine and Pharmacology from 1970-1981, passed away on September 4, 2023 at the age of 86, in Menlo Park, California.

Dr. Murad was awarded the Nobel Prize in Physiology or Medicine in 1998 for his groundbreaking discoveries on how nitroglycerin works to treat heart issues like hypertension, making his seminal initial observations while at the University of Virginia. Murad and his collaborators discovered that nitric oxide, released by nitroglycerin, relaxes or widens smooth muscle cells for better blood flow. The discovery helped inform new therapies like improved breathing treatments for premature infants and the development of Viagra for erectile dysfunction.

Dr. Murad completed his residency at Massachusetts General Hospital in 1967 and subsequently worked at the National Institutes of Health from 1967-70. In 1970, he was recruited to come to the University of Virginia to develop a new Clinical Pharmacology Division in the Department of Medicine with an appointment as an associate professor in medicine and pharmacology. He launched his research career working with nitric oxide and cyclic GMP at UVA, where he was promoted to professor and continued conducting research until 1981. After several roles in academia and the private sector, Dr. Murad became chair of the Department of Integrative Biology and Pharmacology at the University of Texas – Houston in 1997, returning to academic medicine, his life's passion.

In 1998, Dr. Murad won the Nobel Prize in Physiology or Medicine jointly with Robert F. Furchgott, PhD, and Louis J. Ignarro, PhD, “for their discoveries concerning nitric oxide as a signaling molecule in the cardiovascular system.”

In addition to winning the Nobel Prize, Dr. Murad was honored with other prestigious awards during his career including the Albert Lasker Award for Basic Medical Research, Golden Plate Award of the American Academy of Achievement, and American Heart Association, Ciba Award. He also conducted research at Stanford University, George Washington University, and Abbott Laboratories and founded the biotech company Molecular Geriatrics.

Dr. Murad will always be remembered for his incredible legacy in medicine and science and his time as a faculty member at UVA School of Medicine. He was an extraordinary physician, scientist, pharmacologist and educator whose contributions to the field of cardiovascular medicine have left indelible impact on patients in Virginia and beyond.

[Read more...](#)



# DIVISION OF GENERAL MEDICINE

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



**Mohan Nadkarni, MD**

I am pleased to highlight some exciting events our division provides to our patients and community. We have a broad array of faculty, APPs, and staff with interests that span everything from care of our elderly patients, terminally ill patients, primary care patients, unhoused patients, patients at home, outpatients, inpatients, and everywhere in between. We highlight advances in providing colon cancer screening, community outreach, and excellence in clinical care. Many of our clinicians were recently recognized with patient satisfaction awards - it is easy to see the clinical dedication our section provides.

Educationally, our Palliative and Geriatric fellowships are thriving. We also highlight the work of Drs. Lehtinen and Kon with the Patient Student Partnership Program, in which all 160 first-year medical students are paired with actual patients they follow throughout their medical school training. It is a joy to lead and work with such a dedicated, innovative, and friendly group of people who provide such excellent care and education to so many.

~ Mohan Nadkarni, MD, Division Chief

## Program Updates

### Enhancing Calener Connections for Patients Experiencing Homelessness Post-Discharge

*By Matthew Allen MD*



**Matthew Allen MD**

In the spring of 2022, the leaders of the Homeless Consult Service (a non-billing consult service led by University of Virginia medical students to assist inpatient teams with patients experiencing homelessness) were in a Zoom meeting with our partners in the Interactive Home Monitoring (IHM) program. The IHM advocates, whose role is to support recently admitted patients during their post-discharge transition period, were lamenting that they were frequently unable to provide their services to patients experiencing homelessness, as many did not have access to a working phone. I responded, off the cuff, "Why don't we just give out phones?" While it didn't feel like a realistic solution, our team quickly began seeing how cell phone access could impact this population's care. In addition to being unable to access IHM services (which work exclusively via telephone), patients without cell phones struggle to make follow-up appointments, connect with local resources, and apply for government benefits such as Medicaid and SNAP.

Serendipitously, it was at this time that the Department of Medicine began offering grant funding for community health projects. We applied for and were granted \$3000 to purchase 30 low-cost smartphones and 60 days' worth of data to pair with each phone (a total cost of about \$100 per patient). Starting in October 2022, any patient seen by the Homeless Consult Service identified as lacking access to a working phone has been offered a phone through this program. Students rotating on the service help the patient set up and register the phone while admitted and then ensure their contact information is updated in the chart. Over the last 11 months, we have been able to provide phones to 26 patients thanks to this funding.

We are in the early stages of reviewing outcome data related to this project. Still, anecdotally, our IHM partners have reported a marked improvement in their ability to reach patients after discharge due to this program. They also note that a working phone has been a critical lifeline for some patients accessing local shelters and rapid rehousing programs, often requiring phone-based intake applications. Naturally, there have been some challenges as well; for example, we have had multiple patients who, upon readmission, reported that their phone was stolen while sleeping in a shelter or on the street. But even considering such risks, we believe this program is shaping up to be a low-cost/high-yield intervention to improve access for patients experiencing homelessness. We hope to continue and expand this work over the coming years.



## Education Updates

### Patient Student Partnership Program

*By Simon Lehtinen MD*



**Simon Lehtinen MD**

Entering its sixth year, the Patient Student Partnership (PSP) is a longitudinal patient experience for the University of Virginia School of Medicine students. In the program, all incoming first-year medical students are paired with a patient experiencing chronic illness. Students follow their patients throughout their medical school careers, attending clinic appointments and procedures, visiting their patients in the hospital, and checking in regularly.

Including “partnership” in the program’s name is not accidental, as the course benefits students and their patients. Students gain clinical experience early in their medical school careers. By witnessing the longitudinal care of a patient over three and a half years, students observe firsthand both the trajectory of chronic illness and the social determinants of health that affect medical care. The program gives context to what students learn in their basic science courses by applying these concepts to patient care. Additionally, students develop communication skills and experience their first professional relationship with a patient, a foundation for

patient-doctor relationships in the future.

PSP allows students to become authentic members of the healthcare team. Students advocate for patients by connecting them with resources, helping them navigate the complex healthcare system, and helping patients organize their medical care. In addition to receiving these benefits, many of our patients welcome the opportunity to teach and help shape the next generation of physicians.

The patients come from various clinics across the UVA health system, including many Department of Medicine clinics—UMA, UPC, Heart and Vascular, the Ryan White HIV Clinic, Pulmonary, GI, and Renal, to name a few. When possible, we pair students based on their areas of interest, whether it be a particular medical specialty or working with a specific population.

On July 1st of this year, I took over as course director. To say that I took over a well-run and well-thought-out program is an understatement, with many thanks to the Department of Medicine faculty. Dr. Peggy Plews-Ogan developed the Phronesis program from which PSP developed. Dr. Rachel Kon took over the program’s leadership subsequently, overseeing the program’s expansion to all four classes of students in the School of Medicine. In my new role, I am building on this foundation, introducing a new curriculum, and expanding the clinics and programs from which patients are recruited.

It’s certainly worth mentioning that without the program’s patient volunteers, clinics, and clinician support, our medical students could not have this experience. Thank you to everyone who has contributed to this program by volunteering to help patients, teaching small group sessions, and welcoming medical students into the clinical space. If you know patients interested in participating in the program or would like to learn more, please get in touch with Simon Lehtinen at [sl4ee@uvahealth.org](mailto:sl4ee@uvahealth.org), or our program coordinator, Rachel Smith, at [patientstudentpartnership@virginia.edu](mailto:patientstudentpartnership@virginia.edu).

# Diversity, Equity and Inclusion at the University of Virginia School of Medicine

**LEARN MORE**



## Education Updates

### Virginia Hospice and Palliative Fellowship Program Update

**By W. Nat Timmins MD**



**W. Nat Timmins MD**

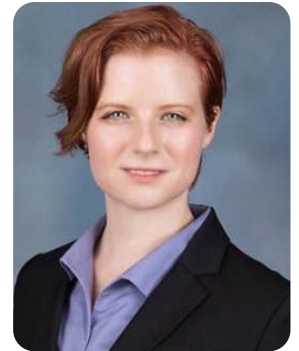
The University of Virginia Hospice and Palliative Fellowship Program was delighted to welcome our AY 2023-2024 fellows in July 2023: Maki Nakazato, MD, and Kellie Mitchell, MD. Dr. Nakazato comes to us from California. She completed her undergraduate degree at UCLA and then moved east to get her medical degree from Thomas Jefferson University. She stayed in Philadelphia for her residency in Family Medicine. Afterward, she returned to the West Coast for a fellowship in Geriatrics at Stanford, which she completed in June 2023. Maki loves to sing and read Japanese novels. You might recognize Dr. Mitchell because she finished her UVA Emergency Medicine Residency in June 2023. She has a BS in Biochemistry from Mississippi State University and completed her medical degree from the University of Alabama at Birmingham. When not practicing medicine, Dr. Mitchell is creating and active. She has competed in aerial dance and enjoys music, painting, and writing poetry and fiction.

We are busy interviewing for an AY 2024-2025 fellow. We are honored to have many strong applicants for the fellowship again. Though we will only have one fellow in AY 2024-2025, we have had 39 applications thus far.

Our one-year fellowship packs a lot of clinical experiences for our fellows in the inpatient palliative consultation setting, the outpatient Palliative Care Clinic setting in the Emily Couric Clinical Cancer Center, and in hospice care with our great partner - Hospice of the Piedmont. In addition, our fellows rotate with radiation oncology, interventional pain, and pediatric palliative care colleagues at UVA. We seek to leverage diversity in our fellows to create well-rounded Hospice and Palliative Medicine clinicians who are prepared for academic practice, community practice, or both. We additionally hope to train clinicians who could thrive in the Commonwealth of Virginia. Many of our fellowship graduates continue improving end-of-life care Charlottesville; several hospice physicians, including the current Chief Medical Officer at Hospice of the Piedmont, trained with us at UVA.



**Maki Nakazato MD**



**Kellie Mitchell MD**

in

Charlottesville; several hospice physicians, including the current Chief Medical Officer at Hospice of the Piedmont, trained with us at UVA.

## MINDFULNESS CENTER

As interest in mindfulness continues to grow and more opportunities to learn and practice are available, the Mindfulness Center is committed to providing high-quality, evidence-based mindfulness instruction. The Center offers courses in:

- Mindfulness-Based Stress Reduction**
- Mindfulness for Healthcare Employees**
- Mindfulness Renewal**
- Mindful Eating**

**VISIT WEBSITE**



## Clinical Updates

### UMA's Colorectal Cancer Screening Initiative: Progress and Future Plans

*By David Callender MD*



**David Callender MD**

UMA is committed to increasing colorectal cancer screening rates in partnership with the Community Outreach and Engagement team at the Cancer Center and University of Virginia Digestive Health. With support from an American Cancer Society Grant in 2022, the clinic implemented a quality improvement project to increase the number of FIT stool-based tests returned to the clinic. Before the intervention, the clinic's FIT return rate was 41%. To help address this, a two-step RN-led navigation process was introduced. Patients who did not return their FIT tests within two weeks of their clinic visit were automatically directed to a nurse navigator. This navigator made a phone call attempt to contact the patient and assist in overcoming any barriers preventing the test's return. If the initial call went unanswered, a voicemail was left, and a letter was dispatched to remind the patient to return their FIT test. By the end of the pilot, the return rates for FIT tests increased to 66%. The success led UMA to sustain this navigation service.

Based on the success of this first grant in 2022, the ACS gave additional funding, "ACS 2023 Quality Improvement Screening Project," with Wendy Cohn as PI, Dr. Cindy Yoshida, and Dr. David Callender as Co-PIs. The efforts have taken two significant directions in 2023:

**Hispanic Patient Navigation** - We have broadened the two-step navigation to serve our Hispanic population. The Hispanic navigation adapts the original nurse-led protocol to be delivered in Spanish by a non-clinical navigator, addressing the everyday barriers faced by the Hispanic population when completing screenings. Although the Hispanic navigation protocol has been in place for only four months, initial data is promising. Three months into the program, 46.2% of those who hadn't returned a FIT within the two-week window after their clinic visit did so after undergoing the navigation protocol.

**QI Project to Address CRC Screening Disparities at UMA** - We have initiated a new QI initiative targeting under-screened patients aged 45-49. The grant's second intervention aims to reach the under-screened 45-49 age group through a mailed FIT test campaign disseminated via MyChart (and traditional mail for those not on MyChart). Patients lagging in their colorectal cancer screening will receive a message emphasizing the importance of the screening and a notification about a forthcoming FIT test in the mail. They will also have the choice to opt out of this mailing through MyChart. Those who don't return the mailed FIT will be integrated into our standard navigation protocol. This initiative is slated to commence this fall.

UMA is dedicated to continuous improvements in community health, and with these initiatives, we hope to create lasting impacts beyond our clinic. We sincerely acknowledge our Gastroenterology Division partners in this work, including Lindsay Hauser, Wendy Cohn, and Cindy Yoshida.

## Wisdom in Medicine

Explore 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.

**VISIT WEBSITE**

# DIVISION OF GENERAL MEDICINE

## Awards and Recognition

We proudly recognize and celebrate many of our dedicated colleagues and their accomplishments!

### American College of Physicians Masterships

Every year, the American College of Physicians, the national society of 161,000 Internal Medicine physicians, awards 50 Masterships. There are 13 living Masters in Virginia, including **Drs. Reynolds, Rosner, and Wolf**. This year, the ACP recognized three of our faculty. **Dr. Stewart Babbott** (GIM) and **Dr. Mohan Nadkarni** (GIM & former IM/UMA resident) were awarded a Mastership in AC P. Each year, there is one national awardee for the Waxman Award for Outstanding Contribution to Medical Education. That honor goes to **Dr. Andrew Parsons** (Hospital Medicine and former IM/UMA resident) this year! It is quite historic for any institution to have three members selected for these national awards in one year! Please join us in congratulating these faculty members on this notable achievement!

### Charles L. Brown Award for Patient Care Quality

“The Charles L. Brown Award for Patient Care Quality was established in 2006 to honor Mr. Brown’s service and generosity to UVA Health as a former member of the Health System Board. Through this fund, \$10,000 is awarded annually to a Medical Center team to recognize excellence in patient care improvement in the areas of Quality and/or Patient Safety. The funds shall be used by the winning team for continuing professional education with a focus on efforts to provide superlative care and service to our patients.”

This year’s Charles L. Brown Award recipient was **University Physicians Orange**. Their project entitled “*Success in Transitional Care Management*” earned this recognition from UVA Health based on their results in reducing hospital readmission rates.

### DOM Clinical Excellence Award

**Karen Duffy**  
**Terri Artale**  
**Beth Jaeger-Landis**

### Dean’s Award for Clinical Excellence – Ira Helenius

### Academic Medicine Reviewer Award for the Academic Medicine Journal – Stewart Babbott

Special shout out to our APP’s that are up for awards!

### Exceptional APP Award Nominees

**Beth Jaeger-Landis**  
**Karen Duffy**

### Excellence in Scholarship Award Nominee - Caitlin Burchfield

### Patient Experience Awards

#### **GENERAL MEDICINE:**

**Deborah Adams**  
**Teresa Artale**  
**Stewart Babbott**  
**Maria Badaracco**

**Ken Ballew**  
**David Callender**  
**Brittany Cavanaugh**  
**Lien Dame**

**Kim Dowdell**  
**Jeannine Engel**  
**Tabor Flickinger**  
**Matt Goodman**  
**Evan Heald**

**Katie Jaffe**  
**Rachel Kon**  
**Simon Lehtinen**  
**John MacKnight**  
**Andy Wolf**

#### **GERIATRICS:**

**Rebecca Mullan**  
**Karen Starr**  
**Christina Tieu**



## Awards and Recognition

### Promotions

**Tabor Flickinger** – Associate Professor

**Katie Jaffe** – Associate Professor

**Justin Mutter** – Associate Professor

### Positions Achieved

**Mohan Nadkarni** – Leadership Council of the Society for General Internal Medicine / GIM National Association

**David Callender** – Representative to the Virginia ACP Governors Council

### Grants

#### **Laurie Archbald-Pannone**

2022-2024 - [Virginia Long-Term Care Infrastructure Pilot Projects](#) (VLIPP) – HAIAR, CDC Nursing Home Strike force funding; Virginia Infection Control Center of Excellence (VICE), Total estimated funding \$1,210,312 over 2 years (\$ 605,156 with 1 one-year renewal period, (Grant support: PI: 20% FTE/ year)

2021-2023 - West Health Institute Collaborative Funding, “UVA-WHI Geriatric Telemedicine Resource Development \$265, 000 award over 2 years (Grant support: PI 12-15% FTE/year)

2020-2025 - ACT Trial: Alanyl-glutamine Supplementation for Clostridioides difficile in Elderly, Phase 2 Clinical Research Trial (Grant support: 10% FTE/year).

### Grant Projects in Process

2023-2024 - Coulter Translational Partnership, “Model-driven design of microbial therapies to resolve C. difficile infection.” PI: Jason Papin (BME), L Archbald-Pannone (DOM), Co-I Glynis Kolling (BME). \$153,000, REVIEW PENDING (Grant support: 3% FTE/year).

#### **Leslie Blackhall**

Betty Irene Moore Fellowship for Nurse Leaders and Innovators: Developing and Testing a Novel Mobile Health Solution (CommSense) to Improve Patient-Provider Communication

Role: Co-I (Virginia LeBaron, PI)

Amount: \$450,000

Dates: 7/1/23 - 6/30/26

NINR RO1: Characterizing the complexity of cancer pain in the home context by leveraging smart health technology. Role: Co-I. 2/1/21-11/30/25. \$3,419,796

PCORI: REACH PC: Comparative Effectiveness of Early Integrated Telehealth Versus In-Person Palliative Care for Patients with Advanced Lung Cancer Role: Co-Investigator and Site Lead for multi-site national study

1/2018 – 1/2023

\$10,957,491.

#### **Milad Memari**

Thomas Nimick, Jr. Foundation Grant, Shadyside Foundation, Pittsburgh, PA

For the project entitled ‘Development and Psychometric Validation of a Social Determinants of Health, Competency-Based Objective Structured Clinical Examination’

Duration 01/01/2022 – 12/31/2023



# DIVISION OF GENERAL MEDICINE

## Thank you to Cyndi Smith-Powers

The Division Administrative Team would like to express its appreciation for Division Administrator Cyndi Smith-Power's unwavering support, leadership, and sense of humor. She has led the Team with dedication, hard work, and long hours during a period of turnover, vacancies, and extended absences. We are grateful to her for always knowing when to push and when to pause and when the Team needed a release or recognition and encouraging us to strive to be better human beings. Thank you, Cyndi, for being such a dynamic leader!





# DIVISION OF GENERAL MEDICINE

## Celebrating the Best, Dr's. Schectman, Voss and Scott

On June 7th, our General Medicine section celebrated three retiring faculty members with a dinner at the Colonnade Club. After dinner, Division Chief Mo Nadkarni, MD and others offered words of appreciation for the tireless and dedicated service provided by these individuals. Evelyn Scott, MD retired on July 1st after 18 years at the University of Virginia with plans to enjoy her newly found free time. Joel Schectman, MD and John Voss, MD retired after 23 years of service. Both continue to serve the Division in a part-time capacity.



Dr. Joel Schectman



Dr. Evelyn Scott



Dr. John Voss





Geriatric 80's Get-Together



Brigitte Binard, Christina Tieu, and Pam Tetro

Welcome To The World



Congratulations to Jim and Peggy Plews-Ogan who welcomed grandbaby Rowan James (daughter Erin) August 24, 2023.



Drs. Justin Mutter and Christina Tieu

Haiku

By *Evan Heald MD*

Clinic is Haiku  
Counting spaces is easy  
Touching hearts is hard



# DIVISION OF GENERAL MEDICINE

## Celebrating Ourselves

On September 17th, 2023, the Division gathered at Three Notch'd Craft Kitchen to celebrate the start of the new academic year, welcome new colleagues, and visit with those we don't get to see often. Seeing so many of our Division faculty and staff in attendance with their families was heartwarming. While the food and drink were much appreciated, the balloon artist, Freckles-N-Friends, was the biggest hit with the young and not-so-young kids!



Caiden and Camryn (Erika Dorsey) with their balloon art



Mo Nadkarni shows off his inner-happy-shark



Karen Duffy and Karen Starr



Camryn and Erika Dorsey, Travis Key, and Sonja Spradlin



# DIVISION OF GENERAL MEDICINE

## Celebrating Ourselves



Brigitte Binard with daughter Francie



Tabor Flickinger and family



Tiffany Powell and Travis Key



Erika Dorsey and husband Chad



Charles Magee with wife Ashley, son Braden and daughter Corinne



David Callender with daughter Anna and son Miles



Celebrating Ourselves



Mo Nadkari and Milad Memari



Sonja Spradlin, Jennifer Turpen and Jim Turpen



Young Violet gets a balloon unicorn!



Freckles-N-Friends was a huge hit



So much to do!





## Select Publications

**P. Preston Reynolds**, Thedra Nichols, Martin Kumer. [Attempting the Impossible: keeping a jail COVID-Free.](#) Jou Clin Ethics. 2023;34:92-97. Preston Reynolds. Eugenics at the University of Virginia. Encyclopedia Virginia.

### Papers

Ware, O., McPherson, M.L., Barclay, J.S., **Blackhall, L.**, Emmett, C.P., Hilliard, R., Schenker, Y., Shega, J.W., Guralnik, J. and Cagle, J.G., 2021. Recommendations for Preventing Medication Diversion and Misuse in Hospice Care: A Modified Delphi Study. Journal of Pain and Symptom Management, 62(6), pp.1175-1187.2

LeBaron, V., Alam, R., Bennett, R., **Blackhall, L.**, Gordon, K., J., Hayes, J., Homdee, H., Jones, r., Lichti, K., Martinez, Y., Mohammadi, S., Ogunjirin, E., Patel, N., & Lach, J. (2022). [Deploying the Behavioral and Environmental Sensing and Intervention for Cancer smart health system to support patients and family caregivers in managing pain: Feasibility and acceptability study.](#) Journal of Internet Medical Research (JMIR) Cancer, 8(3)

LeBaron V, Lach J **Blackhall L**, Patel N., Describing and visualizing the patient and caregiver experience of cancer pain in the home context using Ecological Momentary Assessments 2023 Digital Health accepted for publication July 2023

### Abstracts

Dobson, M. and **Blackhall, L.**, 2022. Managing Opioids in Cancer Patients at High Risk for Substance Use Disorders: Experience from an Outpatient Palliative Care Clinic (RP311). Journal of Pain and Symptom Management, 63(6), p.1073. LeBaron, V., Bennett, R., Blackhall L., Jones, R., Homdee, N., Patel, N. Martinez, Y., Ogunjirin, E. & Lach, J. Reaching rural patients: Pilot testing a remote sensing system to support cancer pain management. Council to Advance Nursing Science (CANS) State of the Science Congress on Nursing Research: Social & Structural Determinants of Health; Washington, D.C. (September 2022).

### Book chapters

“Cultural Diversity and Palliative Care” in :Handbook of Psychiatry in Palliative Med: Psychosocial Care of the Terminally Ill  
**Blackhall L** “Cultural Aspects of End of Life Care : Lazarus and the Mustard Seed” in Handbook of Thanatology, 3rd Edition,

### Peer-reviewed Publications

**Archbald-Pannone L\***, Sanjay, K, Wardlow, L. “Age-Inclusive Telehealth: What is it? How can we achieve it?” J Gerontol Geriatr Med 2023, 9: 172. DOI: 10.24966/GGM-8662/100172

**Archbald-Pannone L\*** (2023) “Women in Anti-infective Therapy: How do we best manage Clostridioides difficile infections in the elderly?” Expert Review of Anti-infective Therapy, 21:5, 499-501, DOI: 10.1080/14787210.2023.2158814

Tillotson G, **Archbald-Pannone L**, Johnson S, Ng S, Ando M, Harvey A, Bancke L, Feuerstadt P. “Microbiota-Based Live Biotherapeutic RBX2660 for the Reduction of Recurrent Clostridioides difficile Infection in Older Adults With Underlying Comorbidities.” Open Forum Infect Dis. 2022 Dec 30;10(1):ofac703. doi: 10.1093/ofid/ofac703. PMID: 36686631; PMCID: PMC9846189.

Wardlow L, Leff B, Biese K, Roberts, C, **Archbald-Pannone L**, et al. “[Development of Telehealth Principles and Guidelines for Older Adults: A Modified Delphi Approach.](#)” Journal of American Geriatrics Society, Published online 19 December 2022. J Am Geriatr Soc. 2022;1-12. doi:10.1111/jgs.18123. Volume 71, Issue 2, February 2023, Pages 371-382

Wardlow, L, Roberts, Carly, **Archbald-Pannone, L\***. “[Perceptions and Uses of telehealth in the care of older adults.](#)” Telemedicine and e-Health, Published online 8 December 2022.

Prokosch, L, Little J, Childress, M, Kon R, **Archbald-Pannone L.\*** “Intergenerational Connection in the COVID-19 Pandemic.” Academic Medicine: August 2022 - Volume 97 - Issue 8 - p 1097. doi: 10.1097/ACM.0000000000004729.

### Health Education

2023 “[Sex After 60? You Need to Know About STD Prevention.](#)” Featuring **Dr. Archbald Pannone**, Written by Holly Cooper Ford UVH Blog, July 12, 2023.

2023 “[UVA Health Partners to Improve Telehealth for Older Adults.](#)” Featuring **Dr. Archbald-Pannone** May 31, 2023. <https://newsroom.uvahealth.com/2023/05/31/uva-health-partners-improve-telehealth-older-adults/> Also, featured in 10 other national news outlets within 24 hours of publication including [NBC29](#).

2023 “[Telehealth use in care of older adults.](#)” Written by **Dr. Archbald-Pannone**, Senior Navigator, May 2023.

2023 “[The public health emergency is over, but COVID is not.](#)” Written by **Dr. Archbald-Pannone**, Richmond-Times Dispatch, May 7, 2023.



## Select Publications

2023 [“Lessons Learned: Looking back on the COVID-19 pandemic.”](#) Featuring Dr. Archbald-Pannone, Virginia Medicine, Spring

2023 [“Leading the Development of Best Practices for Infection Control at Long-Term Care Facilities”](#) Featured expert: Dr. Archbald-Pannone. February 2, 2023. UVA Health Physician resource.

2023 Yahoo Health Video: [Increase longevity by exercising the most powerful organ in your body: your brain.](#) Written by Korin Miller, Featuring Dr. Archbald-Pannone, January 26, 2023.

2023 [“UVA Health Receives \\$1.2 Million to Reduce Infections at Long-Term Care Facilities.”](#) Featured expert: Dr. Archbald-Pannone, Written by Eric Swensen. UVAhealth Connect January 4, 2023.. Featured in 10 other national news outlets within 24 hours of publication.

**Memari M**, Gavinski K, Norman MK (in press). Beware False Growth Mindset: Building Growth Mindset in Medical Education is Essential but Complicated. Acad Med.

Puri A, **Memari M**, Sottile EM, et al. Changing the Assessment Paradigm: Promoting a Growth Mindset Across the Medical Education Continuum. Am J Med. 2023;136(2):207-212. doi:10.1016/j.amjmed.2022.10.004. PMID: 36441037 Changing the Assessment Paradigm: Promoting a Growth Mindset Across the Medical Education Continuum - The American Journal of Medicine (amjmed.com)

**Memari M**, Domney A, Tee CJ, Stathopoulos AG, Chakraborti C. Barriers to Timely Diagnosis and Treatment of Vector-Borne Diseases in a Changing Climate: A Case Report. Public Health Rep. 2023;138(3):406-409. doi:10.1177/00333549221090263. PMID: 35532006

Barriers to Timely Diagnosis and Treatment of Vector-Borne Diseases in a Changing Climate: A Case Report - **Milad Memari**, Alixandra Domney, Christin J. Tee, Anna G. Stathopoulos, Chayan Chakraborti, 2023 (sagepub.com)

**Memari M**, Nikiforova T, Szymanski, E; James CA, Kiefer M, Noronha CF; Leung P. [Addressing Inequity and Bias in Medicine and Highlighting Innovations from the SGIM Update in Medical Education](#): Part Two. SGIM Forum. Jan 2023.

**Memari M**, Nikiforova T, Szymanski, E; James CA, Kiefer M, Noronha CF; Leung P. [Addressing Inequity and Bias in Medicine and Highlighting Innovations from the SGIM Update in Medical Education](#): Part One. SGIM Forum.

LeBaron V, **Flickinger T**, Ling D, Lee H, Edwards J, Tewari A, Wang Z, Barnes LE. Feasibility and acceptability testing of CommSense: A novel communication technology to enhance health equity in clinician-patient interactions. Digit Health. 2023 Jul 11;9:20552076231184991. doi: 10.1177/20552076231184991. PMID: 37456129; PMCID: PMC10338668.

Kelly T, Bekele A, Kapadia SG, Jassal SK, Ineza D, Uwizeyimana T, Clarke O, **Flickinger TE**, Dillingham R, Durieux ME. Global competency impact of sustained remote international engagement for students. BMC Med Educ. 2023 Jun 12;23(1):430. doi: 10.1186/s12909-023-04333-x. PMID: 37308946; PMCID: PMC10258075.

Clement ME, Lovett A, Caldwell S, Beckford J, Hilgart M, Corneli A, **Flickinger T**, Dillingham R, Ingersoll K. Development of an mHealth App to Support the Prevention of Sexually Transmitted Infections Among Black Men Who Have Sex With Men Engaged in Pre-exposure Prophylaxis Care in New Orleans, Louisiana: Qualitative User-Centered Design Study. JMIR Form Res. 2023 Feb 27;7:e43019. doi: 10.2196/43019. PMID: 36848209; PMCID: PMC10011974.

**Flickinger TE**, Campbell BR, Timm A, Bae S, Datta D, Sheno SV, Rozanova J, Dillingham R. Use of a Mobile Health Intervention by Older Versus Younger People with HIV: Analysis of Usage, Social Support, and Network Interactions. Telemed Rep. 2022 Dec 20;3(1):191-200. doi: 10.1089/tmr.2022.0035. PMID: 36636167; PMCID: PMC9811827.

Wang Z, Xiong H, Tang M, Boukhechba M, **Flickinger TE**, Barnes LE. Mobile Sensing in the COVID-19 Era: A Review. Health Data Sci. 2022 Aug 8;2022:9830476. doi: 10.34133/2022/9830476. PMID: 36408201; PMCID: PMC9629686.

**Boggs Zachary H\***, Beck Dallaghan GL, Smithson S, Lam Y. [Teaching social determinants through geographic information system mapping.](#) Clin Teach. 2023 Feb;20(1):e13553. doi: 10.1111/tct.13553. Epub 2022 Dec 4. PMID: 36464248.

Nandiwada D, **Callender D**, Farkas A, Nikiforova T, Leung P, Donovan A, Killian K, Thomas M, Singh M, Gallagher B. Exploring Models of Exposure to Primary Care Careers in Training: A Narrative Review. Jul 2023 JGIM (submitted, in review)

Snydman L, Memari M, Puri A, Sottile E, Killian K, **Callender D**, Donovan A, Nikiforova T. The Master Adaptive Clinician Educator: A Framework for Future Educational Leaders in Academic Medicine. Jul 2023 (submitted, in review)

Fortuna RJ, Tobin DG, Sobel HG, Noronha C, Laufman L, Huang X, Staggers KA, **Nadkarni M**, Lu LB. Perspectives of Internal Medicine Residency Clinics: A National Survey of US Medical Directors. Educ. Health 2022;35:58-66



# DIVISION OF GENERAL MEDICINE

## STAFF PROFILE - Gray Herndon



*Tell us a little bit about yourself.*

I've been at the University of Virginia for almost three years, the two and a half years being spent in Patient Access at UMA. Before that, I worked several jobs in retail and caring for my grandmother in her last years. I live in Waynesboro with my partner Travis and cats Bunny and Lola.

*Why Healthcare? (as appropriate)*

The consistent element that I loved during my many years of retail work was the daily opportunity to help connect people with something they needed (or just wanted). My move into healthcare represented an opportunity to continue that work in a new way – first in Patient Access and now in a more behind-the-scenes role.

*What brought you to Charlottesville?*

I grew up in Orange and always knew I would return to the area. After a few years in Georgia and ten years in New York City, I moved back first to the Northern Neck to help my grandmother and then back to this area to be closer to my remaining family and home.

*What excites you about your work?*

Working with such a wonderful, committed, supportive group of people and knowing that my work contributes not only to helping our doctors provide patients the best care they can but also to helping them teach new generations to be the best doctors they can be.

*What are you usually doing on the weekend?*

Watching British murder mysteries, doing puzzles, antiquing, or working outside on changing our landscaping to native plants – if it's not too hot!

*How did you meet your partner? (if appropriate)*

We met in middle school. I thought he was kind of a jerk. He thought I was a nerd. We've only changed our minds a little bit.

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

Dr. Pepper. And halloumi.

*What is your favorite vacation/activity spot?*



Wherever a total eclipse is happening, I don't get many vacations! My partner & I traveled to see the one in 2017 from within the path of totality and decided immediately we would travel for the next one to cross the Continental US. I am looking forward to a vacation next year!

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

"Year of Wonders" by Geraldine Brooks.

*Do you collect anything?*

I have been accused of collecting pens and notebooks, but it's not a collection if you need them all at any time.



# DIVISION OF GENERAL MEDICINE

## STAFF PROFILE - Jacqueline Slaughter-Scott



*Tell us a little bit about yourself.*

I've been employed at the University of Virginia for 16 years, seven months, after 18 years of working in several manufacturing roles. Applying for a position at UVA never crossed my mind, but a friend at church one Sunday asked if I was looking for a job. I applied and started as an Administrative Assistant in the Mechanical and Aerospace Engineering Department. When I left the Mechanical and Aerospace Engineering department in September 2022, I was promoted to Unit Administrator.

I joined the General, Geriatric, Palliative, and Hospital Medicine Department as the Senior Finance Generalist. I have been with General, Geriatric, Palliative, and Hospital Medicine for not quite a year yet, but I feel like I have known the team for years. It is a great place to work, and I am looking forward to the years to come. What excites me about my work is that there is always something new. I like the different challenges that come along with my position.

Outside work, I like shopping, hiking, and vacationing. I love visiting the beaches and the mountains. My husband is the one who started taking me to hiking trails. We both enjoy the serenity. Most of all, I enjoy church and spending time with my family. I wish I had the skill to play the guitar or piano. I would play with the church choirs. I also wish I was one of those people who could play musical instruments by ear; that is a true gift.

The person I admire most is my mother. She is the backbone of our family. She cares, protects, and loves us unconditionally. I will be forever be grateful to her for raising me to be a strong woman.





# DIVISION OF GENERAL MEDICINE

## STAFF PROFILE - Brigitte Binard



*Tell us a little bit about yourself.*

My University of Virginia Health career began in 1994 at the Health Services Foundation as an accounting intern during grad school. That led to a permanent role in HSF Finance, first in Payroll, then as the accountant for the newly created Regional Primary Care program. I left in 1999, moving to CT and then NC, when I became a stay-at-home mom for twin girls. In 2008, we moved to Bristol, VA, where I started a career as a Realtor. In 2015, I returned to UPG as an analyst and later the Clinical Operations Manager for the Clinical Practice Group. I joined the General, Geriatrics, Palliative, and Hospital Medicine team in May 2023.

*Why Healthcare?*

Having a child with serious medical issues, I wanted to be part of a team that helps provide great care to our communities.

*What brought you to Charlottesville?*

I moved here when I was six years old, left after high school, came back for grad school, left again, and returned for the last time in 2015. Besides my mom being here, we returned to have access to good healthcare for my daughter.

*What excites you about your work?*

I enjoy helping our providers and patients indirectly behind the scenes. The team I work with makes coming in every day a real pleasure, too. They get the job done with dedication and a good dose of laughter.

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

*realm?* Raising two relatively well adjusted twin girls.

*What are you usually doing on the weekend?*  
It seems like all I do is yard work.

*What is the one thing you always have in your fridge?*  
Cheese. Lots of cheese.

*What is your favorite vacation/activity spot?*  
Going to the beach. Traveling to Europe, Belgium in particular.

*Who is the person you admire most, and why?*  
St. Mother Theresa. She put others first without regard to personal sacrifice. Even in moments of darkness, she carried on with her mission for the greater good.

*What is the best advice anyone ever gave you?*  
Let it go.

*What about you would surprise us?*  
I am a first-generation American. I was a French crypto linguist in the US Navy Reserve.

*What is a talent or skill you don't have that you wish you did?*  
I wish I could play an instrument or sing.

*Favorite fictional characters?*  
Piglet, Anne Elliot, and Captain Frederick Wentworth.

*What year would you travel to if you could go back in time?*  
33 AD or 1990.

*What is the last book you read for pleasure?*  
"No Regrets" by Allen Hunt and Matthew Kelly

*What's the most unusual thing you have ever eaten?*  
Alligator. I had it at SeaWorld during my weekend leave during boot camp.

*Do you collect anything?*  
I collect rosaries.

*What was your first job, how old were you?*  
My first job was working for a small guest house business (the AirBnB of the early 80's). I transferred expenses and deposits from the check register to accounting green bar paper for the business owner to give to her accountant. I was in the 7th grade. Little did I know that was a foreshadowing of my adult career.





# DIVISION OF GENERAL MEDICINE

## FACULTY PROFILE - Jennifer Turpen



*Tell us a little bit about yourself.*

I'm excited to have just joined the University of Virginia this August, after completing my family medicine residency in Indiana and my palliative care fellowship at the Medical College of Wisconsin.

*Why Healthcare?*

Well, the story goes, when I was four years old, my mom, a nurse in a family practice office, told me to do something. My ignorant smart mouth responded, "No, and one day I'm going to be a doctor so I can be your boss." I imagine I probably had my hands on my hips, and my tongue stuck out at her until I got stuck in time out, appropriately and thankfully so. There has been much growth on my part, and I now highly value being a part of an interdisciplinary team. As far as why I wanted to stay within academics and education, I want to help inspire future physicians about medicine, specifically palliative care. While I certainly think my specialty is needed, all students and physicians can better serve their patients when they've developed some primary palliative care skills.

*What brought you to Charlottesville?*

As you'll know, UVA has an outstanding nationwide reputation for medical education and research. So, after deciding that this previously community-trained doc wanted to stay in a large academic setting like what I was doing in fellowship, I started looking at universities with active palliative care fellowships and in areas of the country where I could be within a few hours of family or friends. When I found UVA's job post, I got doubly excited as I had followed the palliative care section head, Dr. Blackhall, on social media since residency and a few other UVA faculty with similar special interests to mine. I was ecstatic when I was offered the job and would get to join such an amazing team. It was a bonus that C'ville is such a beautiful place to live with the mountains and its proximity to the beach and D.C. I am excited to escape Milwaukee's snowy, cold winters!

*What excites you about your work?*

There are many things that excite me – getting to help patients feel better, helping families when they are at their most vulnerable when their loved one is dying, and seeing the love and care expressed in so many different ways, teaching medical students, residents, and fellows.



*How did you meet your partner?*

Jim, my husband, works in the neurology department as a patient access associate senior; we met on Tinder in 2014 while I was home on Christmas break during my second year of medical school. We immediately hit it off and got married in 2016.

*Who is the person you admire most, and why?*

I'd have to say it's a tie between my grandmother and mother. My grandmother had a very rough childhood; she had dreams of being a radiology tech, and she had initially been accepted into a training program in 1959 but was ultimately "disqualified" as she had married a month before. She ensured that I had every opportunity to get an education and be successful. I was the first person in my family to get a four-year college degree, as my mom had attended vocational school for her L.P.N. My mom has overcome many adversities as well, including some pretty major health issues, yet she continues to work and dedicate herself to her patients. I would not be where I am today without these two inspiring ladies.

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

I wish I could wink/close one eye. I don't have the fine motor skill control over my eyelids. On my ophthalmology rotation, the doctor got so frustrated with me covering my eye with my free hand instead of using it for proprioception and patient safety that he gave me an eye patch!

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

"Hell Bent" by Leigh Bardugo. It's a supernatural thriller about secret societies at Yale. The last Audiobook was "He Who Fights With Monsters" Vol. VII by Shantall.

*Do you collect anything?*

I collect Funko Pops – most of mine are female characters from Star Wars, Marvel Cinematic Universe, and a smattering of other nerdy shows/series.

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

I worked as a tutor in high school, and then my first real job with an actual W2 was as a cashier at a fast food restaurant when I was eighteen.





# DIVISION OF GENERAL MEDICINE

## FACULTY PROFILE - Milad Memari



*Tell us a little bit about yourself.*

I've been at the University of Virginia since August of 2023, after completing an Academic Clinician-Educator Scholars fellowship in the Division of General Internal Medicine at the University of Pittsburgh. I obtained a Master of Science in Medical Education degree while completing my fellowship, and worked on several educational projects while teaching medical students and residents in various settings. I completed my residency training at Johns Hopkins Bayview Medical Center in Baltimore, MD.

*Why healthcare?*

I have felt no responsibility more meaningful than being someone's primary care physician.

As their doctor, patients trust us with their life journeys - wherever that leads. Those

relationships are incredibly precious to me and bring me great joy as a physician.



*What brought you to Charlottesville?*

I am excited to join an incredible group of clinician-educators at UVA who are passionate about patient care, educating future physicians, and positively impacting the community in Charlottesville. I am excited to become part of this wonderful, vibrant community and positively contribute to the incredible work being done at UVA.

*What excited you about your work?*

I'm passionate about improving the way we train our future physicians, including how they communicate with patients, how they think, and how they approach their own learning and growth trajectories. I enjoy applying ideas from learning theory to medical training and finding ways to optimize the assessment and development of medical learners in a more evidence-based and thoughtful way.

*What are you usually doing on the weekend?*

I enjoy hiking, playing various sports (soccer being my biggest passion), and engaging in outdoor adventures that can change depending on the season.

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

This isn't technically the fridge, but I always have chunky peanut butter in the home. You never know when you'll want a PB&J...

*What is your favorite vacation spot?*

My partner and I traveled to Japan this past summer and loved it. The people, the history, culture, food, and the landscapes were amazing.

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

A mentor once said, "Don't let perfect be the enemy of the good," which comes from an old quote attributed to Voltaire.

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

"Think Again" by Adam Grant

*What is the most unusual thing you have ever eaten?*

Chapulines - dried, roasted grasshoppers while traveling in Oaxaca, Mexico.

