

MEDICINE MATTERS

NEWS FROM THE DEPARTMENT OF MEDICINE

Editor, Kim Kelley-Wagner

MESSAGE FROM THE CHAIR

OCTOBER 2024

 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.



As we head into the fall, I wanted to reiterate a key and guiding principle in our Department. Namely, we are here to serve and support your career development and well-being. Through this support, I hope we create a tight-knit community of faculty and staff focused on taking care of our community and each other.

As you look through this edition of Medicine Matters,

I think you will be amazed and feel proud of our colleagues who are achieving many great things. We have Drs. Abbate, Loughran, Rodriguez-Lozano, Toldo, and Wilson moving their fields forward with new grants. We have Dr. Sun, who has made groundbreaking discoveries that will lead to new therapies and many faculty members with national and international leadership positions.

In addition, this month, we focus on our largest division: General, Geriatric, and Palliative Medicine. Led by Dr. Mo Nadkarni, this group of dedicated faculty is at the core of our care and educational programs. You will meet many faculty in this edition of Medicine Matters and learn about their interests and pursuits. My thanks to this group of faculty and staff for their dedication and all of their efforts. What an amazing group!

With best wishes,

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

DoM WEBSITE ▶

GRAND ROUNDS ▶

HIGHLIGHTED DIVISION . . . ▶

MINDFULNESS MATTERS . . . ▶

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UVA Health

DOM UPDATES & NOTES

DOM Financial Update

Department of Medicine Summary of Consolidated Financials

FY21 as of

August 2024

	Budget YTD	Actual YTD	\$ Variance YTD
Work RVUs	222,593	224,852	2,258
Clinical Receipts (NPSR)	14,574,696	13,664,389	(910,308)
Total Revenues	47,570,838	49,426,804	1,855,966
Total Expenditures	43,301,884	44,125,100	(823,216)
Net Income	4,268,954	5,301,704	1,032,750

Summary Explanation of Variance:

For the fiscal year through August 2024, DOM reported a consolidated net gain of \$5.3M and a favorable variance to YTD net income budget of \$1.0M. Clinical receipts underperformed budget by \$910K primarily due to the impact of accrual model adjustment, CrowdStrike outage, and unrealized revenue cycle efficiency budget. Total revenues include \$4.4M Endowment revenue recorded for September through June and \$1.4M clinical deficit coverage revenue accrual. Total revenue is missing \$327K in reduced MC clinical agreements and indigent care. Total revenue and expenditures include \$641K unbudgeted spending on new and existing grants.

Welcome To The World



Congratulations to Simon Lehtinen and wife Sarah, who welcomed baby Ian Thomas Lehtinen on August 1, 2024.

FOLLOW UVA ENDO

FOLLOW UVA ID

**FOLLOW UVA
PULMONARY**

**FOLLOW UVA
NEPHROLOGY**

FOLLOW GASTRO

FOLLOW CARDIO

DEPARTMENT OF MEDICINE
MEDICINE GRAND ROUNDS
UNIVERSITY OF VIRGINIA

DOM UPDATES & NOTES



Alden Doyle MD



Molly Hughes MD



Amber Inofuentes MD



Mark Okusa MD



Brian Wispelwey MD



Mitch Rosner MD



Tushar Chopra MD

Awards and Achievements

Congratulations to **Dr. Alden Doyle** (Division of Nephrology), who received the **Dean's Clinical Excellence Award**.

Congratulations to **Dr. Amber Inofuentes** (Division of Hospital Medicine), who received the **the Dean's Clinical Excellence Award**.

Congratulations to **Dr. Brian Wispelwey** (Division of Infectious Diseases), who received the **Master Clinician Award**.

Congratulations to **Dr. Tushar Chopra** (Division of Nephrology), who received the **Dean's Excellence in Teaching Award**.

Congratulations to **Dr. Molly Hughes** (Division of Infectious Diseases), who received the **Dean's Excellence in Teaching Award**.

Congratulations to **Drs. Mark Okusa and Mitch Rosner** who have been awarded a NIH-R01 Grant to study Pulsed Ultrasound Treatment for kidney inflammation to reduce the risk of acute kidney injury.

Bill Steers 5k

Sat November 9, 2024

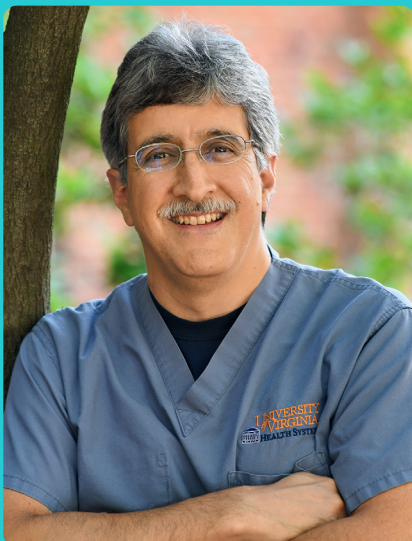
[LEARN MORE](#)



INTRODUCTION TO MINDFULNESS FOR HEALTHCARE EMPLOYEES

Mindfulness for Healthcare Employees
Free 2024 Course
Live online via Zoom
Wednesdays, Sept 25 - Oct 30, 2024
7:00pm - 8:30pm

[REGISTER](#)



UVA Health Storytellers Featuring

Dr. Max Luna

Monday, Oct. 14 | noon-1 p.m.

Pinn Hall 1005 and Zoom

[REGISTER](#)

In Media

Patricia Rodriguez-Lozano MD, Earns K01 Grant From National Institutes of Health To Study Coronary Microvascular Disease In Women

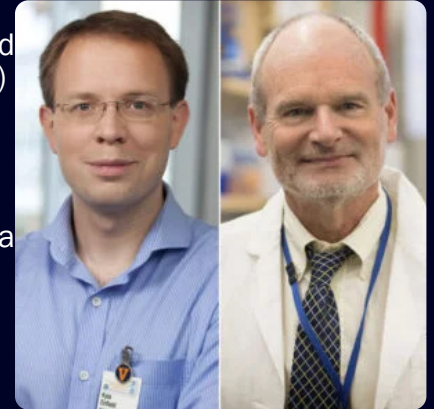
Patricia Rodriguez-Lozano, MD, MS, director of the Women's Heart Care Program in the UVA Division of Cardiovascular Medicine and assistant professor of cardiovascular medicine and radiology, has been awarded a prestigious K01 NIH grant for her research titled "Innovative Therapy to Treat Women with Angina and Nonobstructive CAD (ANOCA) and Coronary Microvascular Disease." K Awards are a vital funding source to support faculty as they grow in their research and serve as a launchpad for future funding opportunities.



[READ MORE](#)

Kyle Enfield MD, and William Petri, MD PhD Monkeypox News Briefing Covered by Media Outlets Across Virginia and in USA Today

Drs. Kyle Enfield and William Petri discussed the monkeypox (mpox) outbreak in Africa at a UVA Health news briefing that was picked up by news stations across Virginia and in USA Today.



[LEARN MORE](#)

\$3.4 Million Awarded to Study Genomic Architecture of Large Granular Lymphocytic Leukemia Oncology

Thomas P. Loughran Jr., MD, director of the UVA Comprehensive Cancer Center, and Aakrosh Ratan, PhD, associate professor in the Department of Genome Sciences, have been awarded a five-year, \$3.4 million National Cancer Institute grant to study the genomic architecture of large granular lymphocyte leukemia (LGLL).



Dr. Loughran first identified LGLL while working as a fellow at the Fred Hutchinson Cancer Research Center and it has been a focus of his research group since then. This translational research is enabled and strengthened by the resources of the LGL Leukemia Registry, which is housed in the Loughran Lab and is the only national registry that collects, manages and analyzes information on people with LGLL.

[READ MORE](#)

UVA Health Says Arthritis Drugs Could Help Lung Fibrosis



Dr. Jie Sun discusses his lab's work on using existing arthritis drugs to promote the healing of scarred lungs.

[WATCH ON CBS 19](#)

Why Gut Health Issues Are More Common in Women (Time)

While men are hardly immune to gastrointestinal woes, certain digestive problems are considerably more common in women. “Women aren’t broken—they’re just different,” says Dr. Jeanetta Frye, a gastroenterologist at the University of Virginia in Charlottesville. For one thing, she says, “women have more visceral hypersensitivity so they may feel gastrointestinal symptoms more intensely.”



[READ MORE](#)

Costi Sifri, MD, Co-Chairs Prestigious International Conference on Infectious Diseases

Costi Sifri, MD, a professor in the Department of Medicine Division of Infectious Diseases (ID) and International Health, is one of four co-chairs for IDWeek 2024, which will be held in Los Angeles Oct. 16-19, 2024. IDWeek is the joint annual meeting of the Infectious Diseases Society of America, the Society for Healthcare Epidemiology of America, the HIV Medicine Association, the Pediatric Infectious Diseases Society and the Society of Infectious Diseases Pharmacists.



[READ MORE](#)

Jeff Wilson MD PhD and Corinne Keet MD PhD, Awarded \$4.1 Million Multi-PI Grant to Study Food Allergens’ Potential Association with Cardiovascular Disease

Jeff Wilson MD PhD, an assistant professor in the Division of Asthma, Allergy and Immunology, and Corinne Keet, MD, PhD, from the University of North Carolina, were awarded a \$4.1 million multi-PI grant from the National Institutes of Health (NIH) to study common food allergens and their potential association with cardiovascular disease.



Recent work by Dr. Wilson and colleagues discovered a previously unrecognized link between IgE antibodies to cow’s milk and other common food allergens and an increased risk of cardiovascular mortality.

[READ MORE](#)

UVA Researchers Awarded \$3.1 Million to Study How Treatments Targeting Lipoprotein Receptors Improve Outcomes in Heart Attacks and Heart Failure



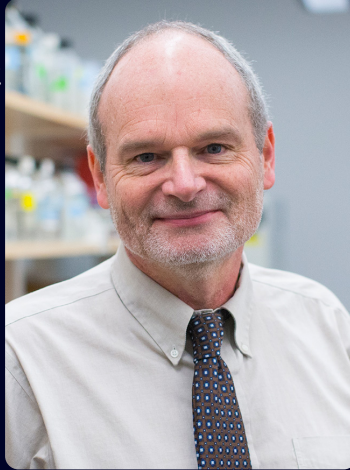
Backed by a new four-year \$3.1 million National Heart, Lung, and Blood Institute grant, School of Medicine researchers Antonio Abbate, MD, PhD, Jeff Saucerman, PhD, and Stefano Toldo, PhD, have initiated a new study to examine cell-specific low-density lipoprotein receptor 1 (LRP1) signaling and its impact in treatment of acute myocardial infarction (AMI).

[READ MORE](#)

DOM UPDATES & NOTES

What You Really Need to Know About the RSV Vaccine for Fall 2024 (Self)

When summer wraps up and the seasons start to change, that means it's juuuust about time for your annual COVID and flu shots. For some folks, the fall to-do list should now include an important third jab—a respiratory syncytial virus (RSV) vaccine. There's a lot you can (and should!) do to prevent the spread of RSV to vulnerable people.



Dr. William Petri tells “Self” everything you need to know about the RSV vaccine for fall 2024.

[READ MORE](#)

UVA Speaks: Global Health: Treating Patients Across the Globe & Addressing Health Inequity

This UVA Speaks podcast features Dr. Scott Heysell, the Thomas H. Hunter, Associate Professor of International Medicine and Director of the Center for Global Health Equity. He describes the work of UVA's Center for Global Health Equity, which offers interdisciplinary research and clinical training opportunities across various global locations like Rwanda, South Africa, India, Nicaragua, and Southwest Virginia.



[LISTEN TO PODCAST](#)

Is Your Division's Website Content Up-to-Date? Need a Team or Research Lab Photo Shoot?

Researchers and lab managers, if you don't already have a research page dedicated to your team, please get in touch with Kim Kelley-Wagner to get started at kak2cj@uvahealth.org or 434.328.0680

Are You a UVA Researcher? An Innovator?



Licensing & Ventures Group

Where research gets *real*

We partner with faculty, researchers, and investors to bring innovations discovered at UVA to the marketplace.

FOLLOW UVA IM RESIDENCY

Women In Internal Medicine Network would love to hear from you!

Please share you ideas with us here.

FOLLOW UVA SCHOOL OF MEDICINE DIVERSITY AND INCLUSION



Eosinophilic Esophagitis Network of Virginia Inaugural Meeting

November 16, 2024

UVA Darden School of Business

Strides in Solidarity 5k - UVA PIH Engage

Sun November 17, 2024

LEARN MORE



MINDFULNESS FOR HEALTHCARE EMPLOYEES

Mindfulness for Healthcare Employees
Free 2024 Course
Fontaine Research Park
Mondays, Sept 18 – Nov 6, 2024
6:30pm – 8:30pm
Retreat: Saturday, October 26, 2024

REGISTER



MICHAEL J. WEBER SYMPOSIUM RNA AND CANCER

OCT 11 2024

The **Michael J. Weber Symposium** honors the life and accomplishments of the late renowned scientist and UVA Cancer Center Director Dr. Michael J. Weber.

With a theme of "**RNA and Cancer**," the fourth-annual Weber Symposium features world renowned speakers including:

- Phillip A. Sharp, Nobel Laureate (MIT)
- Natasha Caplen (NIH/NCI)
- Steve Cole (UCLA)
- Yi Xing (U Penn)
- Vinod Balachandran (Memorial Sloan Kettering)

The symposium will take place on **October 11, 2024**, in the **UVA Pinn Hall Conference Center**.

For more information about the symposium, including to view the agenda, please [click here](#).

While the event is in person, if you are unable to attend, we are happy to accommodate you virtually. For Zoom links, please use this **updated** email address: UVACCEvents@uvahealth.org.



Follow DOM on INSTAGRAM!

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

Contact Kim Kelley-Wagner
kak2cj@virginia.edu
434.328.0680



FOLLOW

Get a New Provider ("White Coat") Headshot

McKim Hall | Ground Floor, Room G045

Physicians and advanced practice providers: get a new or updated headshot taken in 10 minutes or less on dates listed below. No appointment needed. Bring a white coat if you have one; if not, one will be provided.

- Tuesday, October 1st | 8:30 – 11:30 am
- Tuesday, October 8th | 10 am – 1 pm
- Thursday, October 17th | 12 pm – 3 pm
- Monday, October 21st | 1:30 pm – 4:30 pm
- Friday, November 1st | 8 – 11 am

DIVISION OF GENERAL MEDICINE

Message from Mohan Nadkarni MD, Division Chief of General, Geriatric, and Palliative Medicine



I am pleased to highlight exciting programs and faculty for our busy Division. We have a broad array of faculty, APPs, and staff whose clinical care, education, and scholarship span the breadth of all Internal Medicine. We see a large number and variety of patients on a longitudinal basis in various settings. Educationally, we are the backbone of GME and UME medical training, providing 3-year mentorship to our IM residents at University Medical Associates and University Physicians Charlottesville and vital training in Geriatrics and Palliative care. Many faculty also provide four-year mentoring to medical students via the FCM course. Our Palliative and Geriatric sections also host vibrant fellowship programs. We are enhancing our scholarship activities with new research directors for the Division. We highlight our retiring and new faculty members, introduce the new suboxone clinic at UMA, and describe Dr Bogg's research work on Epic SIGNAL data analysis, the Geriatric Virginia at Home program, and the continued excellent palliative care programs. I am so thankful and impressed by the tremendous and varied care, education, and research our Division provides.

~Mohan Nadkarni MD

Education Updates

Recent Advances In Clinical Medicine by David Callender, MD



The Recent Advances in Clinical Medicine CME Conference, now in its 51st year, is a CME conference sponsored by the Department of Medicine. It focuses on recent developments and periodic medical topic updates relevant to generalists. It draws many attendees from across the Commonwealth, including MDs and APPs. The three-day conference will be held in downtown Omni in late October. The main sessions are organized by specialty/subspecialty or multidisciplinary theme. There are generally three talks for each session, each 25 minutes long, followed by a 20-minute Q&A for the three speakers. There are 37 speakers in total. We get about 200+ internists, family doctors, NPs, and PAs from around the state, region, and country.

The planning committee meets once in the winter (Jan/Feb) to review the prior meeting's evaluations and discuss possible format changes and possible themes and specific topics to highlight for the coming year. Committee members recruit speakers from their respective divisions/departments by April. Planning committee members include Michael Ayers (Cards), Michael Keng (Heme/Oncology), Brian Wentworth (GI), Patrick Jackson (ID), Beth-Jaeger Landis (APP), Daphne Knicely (Nephrology), Donna Landen (FM), Kaitlin Love (Endocrine), Hannah Mannem (Pulmonary), Kathryn Reid (Nursing), and Andrew Whitman (Pharm).

[See more information and brochure on this year's speaker's attached 51st Annual Edward W. Hook, Jr. MD, Recent Advances in Clinical Medicine Conference.](#)

FOLLOW UVA WOMEN IN INTERNAL MEDICINE NETWORK

DIVISION OF GENERAL MEDICINE

UMA Office-Based Opioid Treatment (OBOT) Program Provides Resident Training

by Rachel Kon MD



As the opioid crisis continues, the last year has brought the end of X-waivers for prescribing Suboxone for opioid use disorder (OUD), increased substance use disorders (SUD) training requirements to get a DEA license, and continued high demand for OUD treatment services. Co-occurring chronic pain and OUD are common in our safety-net resident continuity clinic, which leads to frustration for both patient and provider when conflict occurs around pain management plans. If patients can be rotated to a safer partial agonist opioid by partnering with their trusted medical home, the doctor-patient relationship can flourish, and overdoses can be reduced.

Our IM residency program has responded to these changes by increasing the classroom training and creating more clinical experience for our IM residents with the goal that they graduate prepared to initiate and maintain patients on Suboxone for OUD treatment when they graduate. To provide clinical training and meet patient demand for low-barrier OUD treatment in the primary care setting, we have started an OUD treatment program within our University Medical Associates (UMA) resident continuity clinic called UMA OBOT. This program welcomes our current patients to a specialized session on

Monday afternoons with trained faculty, pharmacists to counsel on films, a social worker to access counseling needs and give resources, and an RN coordinator.

Patients with OUD who are ready to start treatment but do not have a PCP can be referred to UMA OBOT as both an outpatient prescriber and a new PCP. Our PGY2 IM residents will rotate through this session several times to both experience initiating and titrating Suboxone for OUD and accruing 1-2 patients in OUD treatment for their continuity panel, so they gain experience in maintenance therapy.

Dr. Rachel Kon has spearheaded this initiative with funding from her UVA Health GME Master Educator award. Dr. Kon has been collaborating with Family Medicine PCC faculty and UVA Psychiatry OBOT providers to learn from their experience and develop a nested OUD treatment program in the primary care setting.

Dr. Alexandra Schwab was recruited to devote a year before fellowship training to getting the logistics of the UMA OBOT program off the ground and precept the session. Dr. Schwab is working 50% inpatient and 50% outpatient this year, positioning her to collaborate with clinicians in both settings to develop safe pathways to engage our patients in OUD treatment. Dr. Margaret Hayden is arriving in September to the UMA faculty from the University of Alabama with significant experience treating OUD in safety net clinics similar to UMA. She will facilitate key educational sessions for our residents. RN of the Year award winner by our residents, Missy Warren, has been recruited as our RN coordinator. Our current ambulatory chief resident, Dr. Thompson Barr, has led faculty development for our UMA firm attendings and assisted Dr. Kon with redesigning didactic sessions in the IM residency curriculum.

Once these initiatives are fully implemented, we expect all IM residents to graduate with both the classroom and clinical experience to meet the needs of our patients suffering from OUD. We hope that being able to offer OUD treatment will improve the meaning and satisfaction of residents providing primary care for patients with chronic pain.

Please send questions or patient referrals to Alexandra Schwab, Melissa Warren, and Rachel Kon by Epic staff message. We look forward to growing this program to meet UVA IM's patient and educational needs.

MINDFULNESS MATTERS
A Newsletter from the UVA
Mindfulness Center

Using Epic Signal User Analytics To Give Feedback To Residents

by Zachary Boggs, MD



Residents often say that their Epic Inbasket is one of the most significant contributors to burnout. We conducted a needs assessment survey among the internal medicine residents, and this was shown to be true. A recent survey of internal medicine program directors revealed substantial patient safety concerns with unsupervised residents inbasket decisions. Inter-visit care is very challenging for residents, and we have a limited ability to supervise this aspect of patient care. As clinic preceptors, we often have a hard time giving feedback to residents on their inbasket management because we have limited opportunity to observe how they provide inter-visit care. We developed a new curriculum to tackle these issues with inbasket management using Epic Signal.

Epic Signal is a program that provides access to user-level performance metrics. Signal has guided 1-on-1 training for physicians on their electronic health record processes to improve efficiency. User data has also been used to identify the risk of burnout using metrics such as “pajama time.” Trainee user data can be used similarly to help residency programs identify residents struggling with inter-visit care and offer personalized coaching. Epic Signal data offers excellent potential to help improve trainee digital competency through individualized training and may allow for increased trainee supervision.

We held training sessions for resident continuity clinic preceptors on interpreting Signal data, giving personalized feedback, and developing individualized improvement plans for residents. The training emphasized that data should be presented as formative information to identify growth areas to improve their quality of life and enhance patient safety. We focused on key objectives for our first iteration of this curriculum: how to use efficiency tools like QuickActions and ancillary support for patient messages.

Our clinic preceptors met with residents for their first feedback sessions using Signal data this Spring, and we plan to repeat the process every six months. We have heard that residents appreciate seeing their Signal data and have made informed improvements with inbasket management. The clinic preceptors have been enlightened by seeing their residents’ data and have appreciated enhanced oversight. We plan to study the effects of this curriculum on burnout using surveys.

In addition to individualized feedback meetings using Signal data, we offer additional training for residents using didactics and workshops, optional peer support, and an optional self-directed module. If you’d like to hear more about our curriculum or other ways we can use Epic Signal, please get in touch with Zachary Boggs at ZB3CA@uvahealth.org.

Palliative Fellow Named Medical Director For Hospice Of The Piedmont

by Leslie Blackhall, MD



In June, the UVA Palliative Medicine fellowship was proud to graduate two great physicians. Dr. Kell Mitchell will stay in Virginia to expand quality end-of-life care access as a Medical Director for Hospice of the Piedmont in the Culpeper region. With her added expertise from a palliative fellowship, Dr. Maki Nakazato returns to her home in California to provide quality geriatric care. Her expertise will undoubtedly be a valuable addition to UCSF’s outpatient Geriatric care services. The fellowship welcomes Alex Schofeit after he graduated from his Internal Medicine Residency at Cooper University in June.

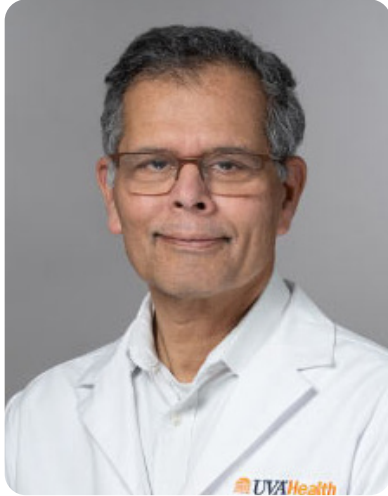
Palliative Care Continues To Expand Services

by Leslie Blackhall, MD

The palliative care team continues providing comprehensive care to patients with a life-limiting illness. We have expanded our collaborative practice models with multiple services to improve patient care, including Hematology, Cardiology, and General Medicine. We are working with the UVA Health System, Hospice of the Piedmont, and Legacy Hospice to improve patients’ access to hospice services at the end of life,

including streamlining inpatient hospice conversation and discharges to hospice for hospitalized patients, as well as those in ambulatory and ED settings. We worked with Pulmonary Medicine to recruit and hire Katie Waybill, MD, who completed pulmonary/critical care and palliative care fellowships. She will work part-time with our outpatient clinic to help expand services for patients with advanced pulmonary disease.

Clinical Updates



SDCC (Same Day Care Clinic) *by Sidhartha Pani, MD*

I joined the University of Virginia in December 2023 as the Medical Director of the Same Day Care Clinic (SDCC). Formerly the COVID clinic, the SDCC opened in October 2023. Located on the first floor of 1222 JPA, it is easily accessible and located next to the Sleep Clinic.

The clinic has an excellent team of nurses, medical assistants, and front desk staff. There are six APP providers, of whom two primarily work virtually. The SDCC is open on weekdays from 8 AM to 5 PM. The clinic is designed to see follow-ups from the ED, minor acute issues, and same-day overflows from other outpatient clinics. The nurses regularly schedule infusions at the clinic (including remdesivir, IV antibiotics, iron infusions, and IV hydration). They also administer the rabies vaccine, perform wound care, and remove stitches.

Patients seeking virtual care can self-schedule through MyChart. Pods and doctor's offices schedule onsite visits following communications between patients and their care providers via MyChart. While walk-ins are not encouraged, the SDCC accommodates occasional ones when possible. The number of monthly visits at the SDCC has increased remarkably from just over 400 visits in October 2023 to almost double that by July 2024. In June 2024, we were declared the number two best-performing clinic based on patient access, patient experience, and financials.

We have come a long way and look forward to more innovations in the months ahead.



Geriatrics Clinical Service Expansion *by Justin Mutter, MD*

The Section of Geriatrics continues to serve many communities through its JABA and Colonnades Clinics, the Westminster Canterbury Clinic and Medical Directorship, and the Virginia at Home program. We have just completed our first year of partnership providing a consultative clinic with the Veterans Affairs (VA) primary care clinic in Charlottesville. We are excited to welcome Dr. Benjamin Cahill to the faculty, whose clinical responsibilities will include leading the VA partnership. This fall, the Section will launch a new inpatient consultative collaboration with UVA Trauma Services. We are thrilled that new faculty member Dr. Matthew Van Dongen will lead this effort.

Geriatrics Matches Two Fellows *by Justin Mutter, MD*

Educational Program Highlight: This summer, the Section welcomed two excellent new fellows in Geriatric Medicine, Dr. Michelle Lee and Dr. Louay Zumot. This year marks the second consecutive year that geriatrics faculty have filled both fellowship positions.

Research Updates

Endowed Geriatric Research Professorship Established *by Justin Mutter, MD*

This summer, the UVA Board of Visitors approved a new endowed research professorship in the Section of Geriatrics, provided generously by a grateful patient. A nationwide search for this new faculty role will begin this fall.

Palliative Research Highlights *by Leslie Blackhall, MD*

Current research projects include studies on the impact of early palliative care for patients with high-risk leukemia and NSC lung cancer. With Virginia LeBaron RN PhD from the SON, we are participating in a study on using smart health technology to monitor cancer pain and the use of opioids in the home setting and pain, and a pilot study of a novel mobile health device to improve provider-patient. David Ling MD is analyzing PRO data collected by our team from patients with advanced cancer to look at the ways changes in symptoms such as pain, fatigue, and functional status correlate with changes in quality of life as patients approach the end of life.

DIVISION OF GENERAL MEDICINE

Newly Named Co-Directors Of Division Research and Scholarship by Milad Memari, MD



We are thrilled to introduce ourselves in our new roles in the Division as the Director of Medical Education Research and Scholarship (Dr. Milad Memari GPY7RB@uvahealth.org) and Director of Clinical Research and Scholarship (Dr. Tabor Flickinger TES3J@uvahealth.org). We aim to advance the scholarly mission of the Division, including increasing faculty engagement in research, providing faculty development and resources to support academic work, and providing a forum for collaboration and advancement of scholarly endeavors. We greatly appreciate the responses we received on our recent faculty survey to inform our efforts. Our planned next steps include regular division research meetings (more to come soon!), works-in-progress meetings and writing groups, faculty development sessions, and national meeting scholarly submission preparation/planning. We look forward to inviting outside speakers with expertise in educational and clinical research and scholarship to interact with our group. Ultimately, our goal is to support the faculty and grow the scholarly endeavors of our Division, and we are excited

to engage with you all on this moving forward!

Dr. Flickinger's research focuses on quality improvement, health equity, and patient-clinician communication. She is a co-investigator on the PositiveLinks (PL) project, funded by the Virginia Department of Health (VDH), to develop and implement an innovative mobile health intervention for people with HIV. PL has been adopted as usual care at the HIV clinic here at UVA and is expanding to other sites in Virginia, other states, and internationally. Within our Division, Dr. Flickinger is working with colleagues in geriatrics (Dr. Archbald-Pannone) on telehealth implementation for older adults, especially those in rural areas and congregate care settings. She is also collaborating with colleagues in the schools of Engineering and Nursing on developing natural language processing (NLP) methods for analyzing communication between patients and their care teams. She is seeking NIH funding for that project.

Prior to joining the UVA faculty, Dr. Memari completed the Academic Clinician-Educator Scholars fellowship at the University of Pittsburgh Medical Center, obtaining a Master of Science in Medical Education degree during the fellowship. Dr. Memari has previously published works on high-value care, social determinants of health, and growth mindset in medical education. His current research interests include studying the impact of educational methods and assessment of complex competencies, including communication skill development and self-regulated learning. His work has been published in Academic Medicine, the American Journal of Medicine, the Journal of General Internal Medicine, and the Journal of Hospital Medicine, among others.

Awards

Department of Medicine Awards

Bethany Payne NP, was selected by IM residents as NP of the year.

Zach Boggs MD, was selected by IM residents as Outpatient attending of the year.

Department of Medicine Excellence Awards

Maria Badaracco MD - Clinical Excellence

Jeannine Engel MD - Clinical Excellence

Stewart Babbott MD - Mentoring Excellence

Cindy Peery - Administrative Excellence

SOM Awards

Lien Dame MD - Deans Award Clinical Excellence

Christina Tieu MD - Deans Award Teaching

Rachel Kon MD - GME Master Educator Award

Andrew Parsons MD - Herbert S. Waxman Award for Outstanding Medical Student Educator

Promotions

David Callender MD – to Associate Professor

Brian Uthlaut MD – to Professor

DIVISION OF GENERAL MEDICINE

Welcome To New Faculty

Alexandra Schwab MD, Dr. Schwab is a 2024 graduate of the UVA Internal Medicine Residency. She has joined the Division of General, Geriatric, and Palliative Medicine at 50% effort and the Division of Hospital Medicine at 50% effort for this academic year. Dr. Schwab will divide her ambulatory effort between University Physicians Orange and University Medical Associates. Dr. Schwab is co-directing the new Suboxone Clinic at University Medical Associates with Dr. Rachel Kon and one of the Chief Residents, Dr. Thompson Barr.

Laura Mitchell MD, Dr. Laura Mitchell is a 2022 UVA Internal Medicine Residency graduate and a 2022-2023 Chief Resident in the UVA Internal Medicine Residency who returns to UVA after one year of Endocrine Fellowship. Dr. Mitchell is teaching and practicing at University Medical Associates and is the Associate Medical Director of University Medical Associates. She will also round on the General Medicine Teaching Service.

Aislin Camoney MD, Dr. Aislin Camoney is a 2024 graduate of the UVA Internal Medicine Residency. She is full-time at University Physicians Charlottesville in direct patient care and teaching students and residents at UPC. She will also round on the General Medicine Teaching Service.

Margaret Hayden MD, Dr. Margaret Hayden is a 2022 Brigham and Women's Hospital Internal Medicine Residency Program graduate. She earned her Master's in Philosophy in Medical Anthropology from the University of Oxford as a Rhodes Scholar in 2015. Between 2022 and 2024, she worked as a physician in the Equal Justice Initiative in Montgomery, Alabama. She and her husband, Dr. Sanjay Kishore helped lead a team that established a free clinic that provided transitional primary care to individuals recently released from prison and jail. They helped develop and operate a mobile clinic. They visited parole centers across Alabama and developed point-of-care laboratory testing for Hepatitis C for a diagnosis and treatment program. They were Assistant Professors at the University of Alabama at Birmingham. She and Dr. Sanjay Kishore (Hospital Medicine) are joining in September. Dr. Hayden will divide her time between University Medical Associates (teaching and direct patient care) and as the Associate Director of the Center for Health, Humanities, and Ethics (Dr. Justin Mutter, Director).

Benjamin Cahill MD, Dr. Benjamin Cahill joined the Section of Geriatrics in July 2024. Dr. Cahill completed his residency training in Internal Medicine and his fellowship in geriatrics at the University of Virginia. Dr. Cahill joins UVA Geriatrics as part of the clinical team at Westminster Canterbury of the Blue Ridge and leads the geriatric outpatient consultation service at Charlottesville's Veterans Affairs clinic. Dr. Cahill also serves as an assistant director of the PCOM clerkship.

Matthew Van Dongen MD, Dr. Matthew Van Dongen joined the Section of Geriatrics in August 2024. Dr. Van Dongen completed his residency training in Internal Medicine at the University of North Carolina – Chapel Hill and tripartite fellowship training in geriatrics, behavioral neurology and neuropsychiatry, and medical education – all at the University of Pennsylvania. Dr. Van Dongen is leading a new role for UVA Geriatrics in inpatient consultation on the trauma service and serving as core clinical faculty in the UVA Memory and Aging Care Clinic. He will also attend the General Medicine Teaching Service.

Elizabeth Cobb DNP, Dr. Elizabeth Cobb joined the Section of Geriatrics in January 2024. Dr. Cobb completed her Doctor of Nursing Practice at VCU School of Nursing and the FNP program at the University of Virginia. She has extensive experience working with older adults, having served as an APP with Hospice of the Piedmont and Valley Family and Elder Care in central Virginia. Dr. Cobb is working at Westminster Canterbury of the Blue Ridge, caring for patients throughout the continuum of care.

Hailey Vest, DO, Dr. Vest completed her Palliative Care fellowship at Cleveland Clinic in 2023 and has been a palliative care physician there. She will be joining the inpatient palliative consultation service in November or 2024.

Sarah Verga DO, did her palliative care fellowship at UVA in 2018 and worked as a palliative care physician at Sentara in Virginia Beach. She came back to UVA to work in the palliative care clinic in August 2024

Katie Waybill MD, Dr. Waybill completed her pulmonary critical care fellowship at Tufts in 2023 and did a palliative care fellowship at Beth Israel Deaconess Medical Center in 2024. At UVA, her primary appointment will be in pulmonary/critical care. Still, she will work one day a week in the palliative care clinic, focusing on pulmonary palliative care.

Meredith Davis NP, completed her NP degree at the University of Pennsylvania and has outpatient and inpatient palliative care experience at Fox-Chase Cancer Center and Cooper Union Hospital.

DIVISION OF GENERAL MEDICINE

Achievements and Events

Andrew Wolf MD



Dr Andrew “Andy” Wolf has retired after 28 years of service at UVA. He was the Harry T Peters Sr Professor of Medicine. Dr. Wolf is much beloved and known for his infectious enthusiasm and expertise in medical education, having won the Internal Medicine Outpatient Attending of The Year 14 times (each year he was eligible to receive it). Dr Wolf is not only a consummate primary care internist, having been named a master in the ACP, but is also internationally known for his work in cancer screening. He has led the American Cancer Society Committee on cancer screening guidelines, which has led to genuine advances in cancer screening that have saved thousands of lives nationally. Andy will be missed for his hilarious humor, which he shared avidly with patients, trainees, and colleagues daily. Thankfully, Andy will be helping our Division in retirement and volunteering at the Charlottesville Free Clinic to precept residents and students rotating there.

Stewart Babbott MD



Dr Stewart “Stew” Babbott will be retiring in January 2025. Dr Babbott joined our faculty eight years ago from the University of Kansas to serve as Section Chief for General Internal Medicine. Stew is recognized as a national leader in primary care, serving on many national societies devoted to improving care of and training in Primary Care General Internal Medicine. While providing outstanding care to his patients, having been named a master in the ACP, Stew has also been a vocal advocate for faculty in our Division and department, leading efforts in faculty development. We will miss his affable nature and strong advocacy as he retires.



Gray Herndon, Marcia Washington, Cindy Peery, Brigitte Binard, Sonja Spradlin at a staff luncheon.



Beth Tyree in action during a Division-sponsored self-defense class.

DIVISION OF GENERAL MEDICINE

GRANTS

Tabor Flickinger

Foundation: Betty Irene Moore Nurse Leaders and Innovators Grant (LeBaron)
VDH: Statewide Innovations (Ingersoll); Virginia IMPACT (Archbald-Pannone)
NIH: R01 MH122375 NIMH (Castel, Ingersoll)
NIH: R01 submission (Flickinger); R34 submission (Ingersoll)

Laurie Archbald-Pannone

The Gary and Mary West Health Institute Collaborative Grant, “Collaborative for Telehealth and Aging.”

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, 9/1/2023-8/31/2024, NCE until 2025 (Grant support: 3% FTE/year).

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 of \$1,210,312 over two years (\$ 605,156 with one, one-year renewal period, (Grant support: PI: 20% FTE/ year).

The Gary and Mary West Health Institute Collaborative Grant, “UVA-WHI Geriatric Telemedicine Resource Development” \$265,000 award over two years (Grant support: PI 12-15% FTE/year).

The Gary and Mary West Health Institute Collaborative Grant, “Collaborative for Telehealth and Aging.”

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, 9/1/2023-8/31/2024, NCE until 2025 (Grant support: 3% FTE/year).

Prime, INC Course Director, “Enhancing Vaccine Uptake in Older Adults: Supporting Conversations With Your Patients.” And “Engaging Older Adults in Vaccine Education: A Toolkit for Healthcare Providers.”

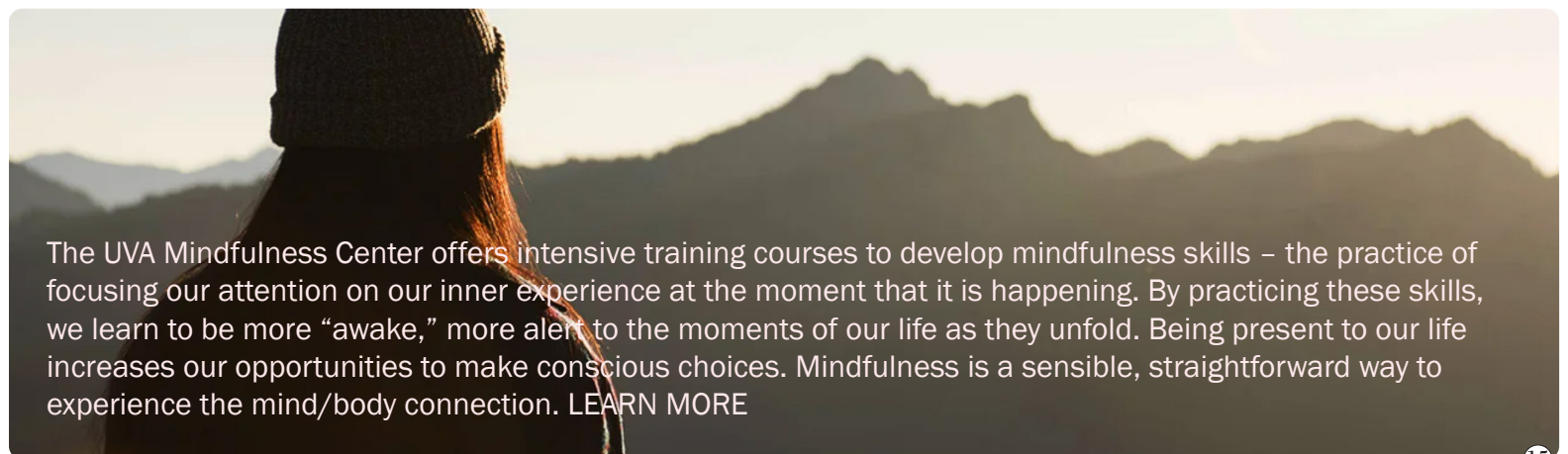
Virginia Long-Term Care Infrastructure Pilot Projects (VLIPP) – HAIAR, CDC Nursing Home Strike force funding: Virginia Infection Control Center of Excellence (VICE), total estimated funding of \$1,210,312 over two years (\$ 605,156 with one, one-year renewal period, (Grant support: PI: 20% FTE/year).

Leslie Blackhall

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 – 1/2024 \$10,957,491.

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



The UVA Mindfulness Center offers intensive training courses to develop mindfulness skills – the practice of focusing our attention on our inner experience at the moment that it is happening. By practicing these skills, we learn to be more “awake,” more alert to the moments of our life as they unfold. Being present to our life increases our opportunities to make conscious choices. Mindfulness is a sensible, straightforward way to experience the mind/body connection. [LEARN MORE](#)

SELECT PUBLICATIONS

LeBaron, V., Homdee, N., Ogunjirin, E., Patel, N., **Blackhall, L.** and Lach, J., 2023. Describing and visualizing the patient and caregiver experience of cancer pain in the home context using ecological momentary assessments. *Digital Health*, 9, p.20552076231194936.

Homdee, N., Lach, J., **Blackhall, L.** and LeBaron, V., 2024. The influence of ambient environmental factors on breakthrough Cancer pain: insights from remote health home monitoring and a proposed data analytic approach. *BMC Palliative Care*, 23(1), pp.1-13.

Sadang, K.G., Centracchio, J.A., Turk, Y., Park, E., Feliciano, J.L., Chua, I.S., **Blackhall, L.**, Silveira, M.J., Fischer, S.M., Rabow, M. and Zachariah, F., 2023. Clinician Perceptions of Barriers and Facilitators for Delivering Early Integrated Palliative Care via Telehealth. *Cancers*, 15(22), p.53.

M.J., Fischer, S.M., Rabow, M. and Zachariah, F., 2023. Clinician Perceptions of Barriers and Facilitators for Delivering Early Integrated Palliative Care via Telehealth. *Cancers*, 15(22), p.5340.

Telehealth versus In-Person Early Palliative Care in Patients with Advanced Lung Cancer: A Multisite Randomized Equivalence Trial (**L.Blackhall** co-author) accepted by JAMA in May 2024, publication date TBD

Nandiwada DR, Farkas AH, Nikiforova T, Leung PB, Donovan AK, Killian K, Thomas ML, Singh MK, Gallagher B, **Callender DM.** Exploring Models of Exposure to Primary Care Careers in Training: a Narrative Review. *J Gen Intern Med.* 2024 Feb;39(2):277-282. doi: 10.1007/s11606-023-08532-6. Epub 2023 November 21. PMID: 37989819; PMCID: PMC10853099.

Mathew M, **Flickinger T**, Nappi A, Gordon D, Ryall A, Wibberly K, Collins S, Archbald-Pannone L. Anticipated and Experienced Barriers to Telehealth in Congregate Care Facilities Across Virginia. *J Am Med Dir Assoc.* 2024 Apr 1:S1525-8610(24)00165-8. doi: 10.1016/j.jamda.2024.02.012. Epub ahead of print. PMID: 38575114.

Petros De Guex K, **Flickinger TE***, Mayevsky L, Zaveri H, Goncalves M, Reed H, Pesina L, Dillingham R. Optimizing usability of a mobile health intervention for Spanish-speaking Latinx people with HIV through user-centered design: a post-implementation study. *JAMIA Open.* 2023 Oct;6(3):ooad083. doi: 10.1093/jamiaopen/ooad083. PMID: 37732327; PMCID: PMC10508965.

Caldwell S, **Flickinger T**, Hodges J, Waldman ALD, Garofalini C, Cohn W, Dillingham R, Castel A, Ingersoll K. An mHealth Platform for People With HIV Receiving Care in Washington, District of Columbia: Qualitative Analysis of Stakeholder Feedback. *JMIR Form Res.* 2023 September 19;7:e48739. PMID: 37725419.

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 July 11;9:20552076231184991. PMID: 37456129.

Wolf AMD, Oeffinger KC, Shih TY-C, et al. Screening for lung cancer: 2023 guideline update from the American Cancer Society. *CA Cancer J Clin.* 2024; 74(1): 50-81. doi:10.3322/caac.21811.

Memari M, Gavinski K, Norman M. Beware of False Growth Mindset: Why Building a Growth Mindset in Medicine is Essential But Complicated. *Acad Med.* 2023 August 31. *Academic Medicine* (lww.com)

Memari M, Kon RH. Confronting Inequity in Medicine: Adapting Morbidity and Mortality Conferences to Explore the Impact of Structural and Social Determinants of Health on Adverse Outcomes. *J Gen Intern Med.* 2024 Apr;39(5):721-722. doi: 10.1007/s11606-024-08616-x. PMID: 38243108 Confronting Inequity in Medicine: Adapting Morbidity and Mortality Conferences to Explore the Impact of Structural and Social Determinants of Health on Adverse Outcomes | *Journal of General Internal Medicine* (springer.com)

Memari M, Gavinski K, Norman MK. In Reply to Hopkins et al. *Acad Med.* 2024 May 1;99(5):475-476. doi: 10.1097/ACM.0000000000005658. Epub 2024 February 8. PMID: 38335123. *Academic Medicine* (lww.com)

Caitlin Burchfield, Doctoral manuscript pending publication in the *American Nurse Journal* and will be titled: "Optimizing Referral to Home-Based Primary Care for Hospitalized Patients via Nurse-Driven Frailty Screening." We are currently in the final edits and plan to publish within the year.

DIVISION OF GENERAL MEDICINE

SELECT PUBLICATIONS

Reynolds PP. [ACP and the Human Right to Health](#). *Ann Intern Med* 2023;Vol 176. <https://doi.org/10.7326/M23-260>.

Reynolds PP. [Has the Time Come to Envision a Global SGIM?](#) *JGIM* 2024.

Mathews, M., Flickinger, T., Nappi, A., Gordon, D., Ryall, A., Wibberly, K., Collins, S., **Archbald-Pannone, L.** [“Anticipated and Experienced Barriers and Benefits to Telehealth in Congregate Care Facilities Across Virginia”](#) *JAMDA*, April 1, 2024.

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.

Jenior ML, Leslie JL, Kolling GL, **Archbald-Pannone L**, Powers DA, Petri WA, Papin JA. Systems-ecology-designed bacterial consortium protects from severe *Clostridioides difficile* infection. *bioRxiv*. 2023 August 10;. doi: 10.1101/2023.08.08.552483. PubMed PMID: 37609255; PubMed Central PMCID: PMC10441344.

Archbald-Pannone, L., Settle, A., Molloy, L., Simone, L. Carter, J., Maytorena, J., Napolitan, C., Pillinger, K. “Implementation of a Multi-Faceted Intervention to Improve Vaccination Rates in Older Adults.” *ID Week: IDSA, SHEA, CDC, HIVMA, PIDS, SIDP Annual Convention*, Los Angeles, CA. October 17, 2024†

Battle, C., Flickinger, T., Mathew, M., Gordon, D., Nappi, A., Ryall, A., Wibberly, K., Pannone, A., **Archbald-Pannone, L.** “Telehealth readiness tools are not ready for use by older adult patients.” *American Public Health Association Annual Convention 2024*, Minneapolis, MN. October 30, 2024. †*

Mathew, M., Flickinger, T., Nappi, A., Gordon, D. Ryall, A., Collins, S., Wibberly, K., **Archbald-Pannone, L.** “Barriers and Benefits to Telehealth in Virginia: A Survey of Congregate Communities.” *American Geriatrics Society Annual Convention 2024*, National Virtual Convention †

Mathew, M., Flickinger, T., Ryall, A., Costello, A., Mawussi, Y., **Archbald-Pannone, L.** “Telehealth and Diagnostic Criteria for UTI: A synthesis of current evidence”. *AMDA- Society for Post-Acute and Long-term Care*, 2024, San Antonio, TX. †

[“Elder fraud has reached epidemic proportions – a geriatrician explains what older Americans need to know.”](#) Written by **Dr. Archbald-Pannone**, *The Conversation*, June 17, 2024. Published in 73 national and international news outlets. Notably also featured in [Scientific American](#) and [Yahoo.com](#) Editor of an independent newspaper in Washington wrote in reply “We thought this piece was especially meaningful for our county [Klickitat County, Washington, pop. 23,000], which has a predominantly senior population.”

SWTRC AI-TH [“Age-inclusive Telehealth: What is it? How can we achieve it?”](#) Written by **Dr. Archbald-Pannone**, April 18, 2024.

[“UVA Health recommends continued vaccination heading into spring.”](#) Featuring **Dr. Archbald-Pannone** March 22, 2024. Also, featured on 6 other national news outlets within the first 24 hours.

[“COVID-19 vaccines: CDC says people ages 65 and up should get a shot this spring – a geriatrician explains why it’s vitally important.”](#) Written by **Dr. Archbald-Pannone**, *The Conversation*, March 14, 2024. Published in 45 national and international news outlets within 24 hours of publication with over 22,000 reads. ZNotably also featured on [MSN](#) and [Yahoo](#)

Tabor Flickinger, poetry, *Cordella* magazine, issue 18, [“The Last Strawberry.”](#)



UVA Health

DIVISION OF GENERAL MEDICINE

STAFF PROFILE - Ryan Gombita



Tell us a little bit about yourself.

I have been at the University of Virginia for just over two years. I am a transplant from Columbus, Ohio, where I worked in clinical research at Ohio the University of Virginia State University. After completing my MBA at the University of Cincinnati, I made a career transition to the administrative side of healthcare. I am a Buckeye at heart but have grown to love UVA and the surrounding Charlottesville area!

I had known from a young age that healthcare was the industry I wanted to pursue. Growing up in small-town Ohio, I witnessed many friends and family receive less desirable health outcomes due to poor access to quality healthcare. That drove my passion to try and make a difference. Healthcare is an opportunity to bring about meaningful change, advocate for those who cannot advocate for themselves, and work towards a future where everyone receives the care they deserve.

What brought you to Charlottesville?

While working in research at Ohio State, I was invited to follow a surgical oncologist transitioning to UVA.

What excites you about your work?

Working with an amazing team with like goals. Every day promotes a new challenge,

and I couldn't ask for a better group of people to take those challenges on.

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

Completing my MBA.

What are you usually doing on the weekend?

Every weekend seems to look a little different. Still, my ideal Saturday involves waking up early, working out, browsing the farmers market for in-season ingredients, spending time with family, and cooking a nice meal to end the day.

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

Franks Red Hot,

What is your favorite vacation/activity spot?

The West Coast mountains! I have visited a few national parks, including Glacier, Yellowstone, the Grand Tetons, and the North Cascades. I have a trip planned to Seattle at the end of August and hope to spend a couple of days in the surrounding National Parks.



Who is the person you admire most, and why?

My incredible Division Administrator Cyndi Smith-Power. She is an excellent example of leading from the front and shows a true passion for her work. She also approves my merit increases.

What is the best advice anyone ever gave you?

Be present.

What about you would surprise us?

I handmade a good portion of my home furniture.

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

Playing an instrument.

What is the last book you read for pleasure?

"Mawson's Will" by Lennard Bickel.

Do you collect anything?

I collect rocks from all my significant hikes.

What was your first job, how old were you?

I worked at a garden center when I was 16. I've continued to garden every year since.

DIVISION OF GENERAL MEDICINE

FELLOW PROFILE - Louay Zumot



Tell us a little bit about yourself.

HOMETOWN: Egg Harbor Township, NJ

MEDICAL SCHOOL: Ross University School of Medicine

INTERNSHIP: Nassau University Medical Center

RESIDENCY: Prisma Health Richland Hospital

Growing up, I didn't get to experience a relationship with my grandparents. Both my grandfathers had passed before I was born. I had a grandmother in Jordan who I saw infrequently. I had a grandmother who lived in northern NJ, but she had pretty significant Alzheimer's since I could remember. I never had a chance to know her due to Alzheimer's, and that frustrated me. That is why I am interested in Geriatrics.

I got married on August 24, 2024, in Amman, Jordan. I enjoy watching most sports and playing basketball. I also enjoy hiking, playing pickleball, and ultimate frisbee. I have a cat named Harley, who was named for her loud motorcycle-like purrs.



DIVISION OF GENERAL MEDICINE

FELLOW PROFILE - Michelle Lee



Tell us a little bit about yourself.

HOMETOWN: Herndon, VA
MEDICAL SCHOOL: UVA
RESIDENCY: Emory

My interest in geriatrics started after I worked as a CNA at a nursing home during college. I found a lot of joy and meaning in working with the older adult population. Along the way in my career in geriatric medicine, I've enjoyed learning about and tackling the unique social and medical challenges that this population faces. My geriatric medicine mentors and peers are also some of the kindest, happiest, and most genuine people I know, and I am excited to train alongside them.

Originally from Herndon, VA, and having completed Medical School at UVA, I'm excited to return to Charlottesville after three years of residency in Atlanta. I plan to take many walks on the lawn and explore more of Shenandoah National Park with

my two golden retrievers. I also look forward to getting married this fall and to our celebratory trip to Japan afterward.



DIVISION OF GENERAL MEDICINE

FACULTY PROFILE - Matthew Van Dongen



Tell us a little bit about yourself.

I am new to the University of Virginia after completing a cognitive neurology and geriatrics fellowship at the University of Pennsylvania. I did my residency in Internal Medicine at UNC Chapel Hill after graduating from medical school at EVMS and college at William & Mary.

Since I was young, I have been interested in healthcare and medicine. I was particularly drawn to geriatric medicine and dementia because they offer the opportunity to provide patient-centered care for vulnerable elderly and cognitively impaired adults. I chose an academic career because it provides the chance to educate our future healthcare workforce.

Charlottesville was the perfect location for us for several reasons. For one, it gets us closer to my wife's and my family's families in NC and VA. We have also always loved the Blue Ridge and all the recreational activities throughout central Virginia. Charlottesville seemed like a fantastic place to settle down and raise our family. The opportunity at UVA also perfectly matched my interests in both the clinical and education spaces.

I'm excited about my work whenever I can help provide some degree of relief for my patients and families navigating a cognitive illness. I also love whenever I can help introduce a learner to geriatric care principles.

Outside of work, I am an avid fly-fisher and have recently rediscovered my passion for cycling. You can also find us hiking in Shenandoah with our hound Magnolia, driving along Route 151, or exploring some body of water in the area.



DIVISION OF GENERAL MEDICINE

FACULTY PROFILE - Sidhartha Pani



Tell us a little bit about yourself.

I have been at the University of Virginia for about eight months. Before that, I was a medical director and primary care provider at Emerson Hospital in Sudbury, MA.

My mother was a pediatrician in India. She had her own very busy practice on several occasions. At the same time, I waited in her back office, either doing my homework or waiting for my dad to pick me up; I had the opportunity to experience the patient-doctor relationship. The patients loved my mom. They trusted her completely, and their children became patients when they became adults. The patients shared everything with her. She was their therapist, doctor, friend, guide, and philosopher. She remembered their birthdays and anniversaries. She was truly a family doctor. And my mom loved what she did. All this impacted me tremendously, and I knew early on what I wanted to do with my life.

After working in India for a few years, my wife and I needed to explore, learn, and know more. We came

to the United States in 1996 and joined residency programs in Brooklyn, NY. Following fellowship training, we settled down in Boston, MA.

We loved Boston. But after 25 years, we felt we needed growth and change. My wife was offered the Chair in Pediatrics position at UVA, and of course, I decided to follow her as the Medical Director of the Same Day Clinic here. The clinic (formerly the COVID clinic) was still in its early stages. I was asked to run it. I loved the challenge. With the help of my support staff and team providers, we pulled this off and are now running a busy schedule. We enjoy the steady stream and wide variety of patients who come to us with acute complaints. We work closely with each other, help each other, and have fun at work. The patients love us and tell us how fortunate they are that UVA decided to have the Same Day Care Clinic. Given today's healthcare environment and a shrinking pool of providers, the clinic has become a blessing to many. The feedback and reviews from patients have been satisfying and encouraging. It's a joy to work with a team of happy workers.

I have one son. After he left for college, my wife presented me with a course of classes at the Museum of Fine Arts, Boston. Since then, I have been hooked on painting and have developed a passion for art. I mostly paint in oil on canvas, although I have also used many other mediums. My paintings have been sold and exhibited in several countries. My big moment was when the Boston Globe wrote a write-up on me, and the mayor of Boston selected one of my paintings for her office.



My wife and I were married 33 years ago. Although my wife was a year younger at Med School, I had never met her until our families, who knew each other, arranged for us to meet, and we married during residency. We love to travel and have traveled quite extensively. Last year we went to Patagonia and Egypt. This year, we are traveling to the United Kingdom in November. One of our best vacations has been to Tanzania and Kenya. We loved watching the migration in Masai Mara.



The person I admire most is my dad. He taught me discipline, the value of education, humility, and respect for women. He was a firm believer in education for women and would go to extraordinary lengths to support my mother's career. He supported his three sisters in becoming doctors, who later served as faculty in medical schools in India.

A great piece of advice I have received is 'not to get emotionally involved at work.' I strongly believe in 'no drama' at the workplace. If it gets rough, I walk, which helps clear my mind. Something not many people know about me is that I have a huge weakness for donuts. It's my dream to learn to fly a plane, and I plan to enroll at the local flight school in the coming months. I try to read as much as I can. John Grisham is one of my favorite writers. I was fortunate to receive a signed copy of his latest book after coming to Charlottesville. Currently, I am reading 'A Gentleman from Moscow' by Amor Towles.

FACULTY PROFILE - Benjamin Cahill



Tell us a little bit about yourself.

I have been at the University of Virginia for four-plus years, having come to UVA and Charlottesville after medical school for an Internal Medicine residency and a Geriatrics fellowship. Since arriving, I have found an amazing community that has made me want to stay long-term after completing training.

I completed medical school near where I grew up in Western Pennsylvania at the University of Pittsburgh. After four fantastic years of medical school, I was so impressed by the individuals I met in Charlottesville during my interview for medical residency that I couldn't help but rank UVA as my top choice. I continued to meet more and more amazing people throughout my training in Charlottesville, making it a no-brainer to join the Department of Medicine after training was complete!

I love caring for complex patients across the spectrum of illness and health. This passion is all the more enjoyable when done in collaboration with my fellow geriatricians and older adult-focused health professionals who embrace the challenge of patient care daily.

My four children are the greatest source of joy and the focus of most of my time away from work. We spend as much time as possible outdoors in the beauty of Central Virginia. We love regular trips to the Blue Ridge and Chesapeake Bay. Our favorite family hike is Black Rock Summit.

We spend our weekends mastering the art of picking the seasonal fruits of Central Virginia: strawberries, peaches, apples, etc. When the weather forces us inside, we are fans of Pittsburgh Sports, the Steelers, Pirates, and especially the Penguins.



UVA Health