



THE PROGRESS NOTE

DEPARTMENT OF INTERNAL MEDICINE



Carolinan HealthCare System

Fall | 2016



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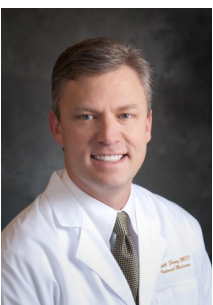
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Welcome from the Chairman

Dr. Scott Furney



In this inaugural issue of our Alumni newsletter, we hope to reconnect with the large and growing family of residents who have graduated, but want to keep in touch with us. In this issue, we will highlight some recent developments in the program, including our international rotation in Cameroon, West Africa and the retirement of Dr. Laszlo Littmann.

The Department continues to thrive in a dynamic healthcare environment, training residents in the new competencies which will make them successful graduates, just like those before them. We implemented a high-value curriculum for residents, which was recently published in MedEd Portal, and are on pace to double our research output in this year alone.

Feel free to forward this issue to other graduates you know who may have lost touch with the program, or you can email their contact information to IMAlumni@carolinanhealthcare.org. We welcome you to contact us with updates on your accomplishments, which we will highlight in each issue in the Alumni News section.

We are very proud of our work here at CHS. If you have anything you would like to hear about in future issues, we would love to hear your suggestions!



Above: Dr. Todd Gandy begins rounds with the housestaff on the men's ward.

Resident Perspective: Global Health Elective; Mbingo Baptist Hospital, Cameroon, West Africa

Dr. Todd Gandy, PGY-4 Chief Resident

As a part of our department's new global health partnership, I had the opportunity last year to travel to Mbingo Baptist Hospital in Cameroon, West Africa along with my co-resident, Dr. Ruchi Jain, and attending physician, Dr. Chuck Barrier. Having a longstanding interest in global health, I hoped that the elective would provide an opportunity to expand my medical knowledge base, learn the basics of practicing medicine in a resource poor country, gain exposure to rare and tropical diseases, experience a truly foreign culture, help to further the education of foreign medical students and residents, and, of course, allow me to travel this beautiful and diverse planet that we call home. Needless to say, my experience at Mbingo did not disappoint.

The topics I could write about in regards to the trip are numerous; I could discuss the stunning mountain landscape and surprisingly cool equatorial climate, the delightful Cameroonians and their unpredictably diverse culture, the interesting clash between new world and old world pathology, the profound gratitude of each and every patient, or the unescapable cloak of poverty and the remarkable endurance and spiritual faith of those engulfed by it. Rather, I would like to discuss why Mbingo hospital is so unique in regards to global health opportunities and why I believe this elective is an invaluable resource for our department.

As internists, our ability to have a long-standing impact on global populations through short term mission trips often feels limited. We cannot fix a cleft palate one day, remove an inflamed appendix the next, and then return home to our families in Charlotte with a sense of enduring accomplishment. In Africa, our prescription pad is essentially worthless. Seldom can we simply offer a pill in exchange for a cure. However, this does not mean the internists role in providing effective global healthcare is any less important than that of our surgical counterparts. Rather, it simply means it may be more challenging. The missionaries, volunteers, faculty, staff and administrators that have brought Mbingo Baptist Hospital to its current form have met this challenge.

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Class of 2016 Internal Medicine Categorical Residents

Sara Caldwell, MD

Career Plans: Private practice, Asheville
Internal Medicine Associates

Marc Cillo, MD

Career Plans: Endocrinology fellowship,
UT Houston

Russ Fitts, MD

Career Plans: Hospitalist, Novant
Huntersville

Todd Gandy, MD

Career Plans: PGY-4 Chief Resident,
Carolinas Medical Center

Patrick Gill, MD

Career Plans: Private Practice,
Thomasville Internal Medicine

Priscilla Givens, MD

Career Plans: Cardiology Fellowship,
UF Jacksonville

Julie Harris, MD

Career Plans: Hospitalist, Duke-Raleigh
Hospital

Ruchi Jain, DO

Career Plans: Hospitalist, Baltimore, MD

Madeline Petty, MD

Career Plans: Rheumatology fellowship,
VCU

Claire Presswood, MD

Career Plans: Private Practice,
Mecklenburg Medical Group

Patrick Proctor, MD

Career Plans: Cardiology Fellowship,
UAB

Brittany Seminara, MD

Career Plans: Gastroenterology
fellowship, CMC

Mbingo Baptist Hospital is an academic hospital in every sense of the term. My typical day included facilitating the daily morning report conference, serving as junior attending during multi-disciplinary rounds with a team comprised of medical students, nurse practitioners, interns and residents, teaching the basics of bedside echocardiography, and attending a lunchtime EKG conference. A typical afternoon was devoted to any unfinished documentation and procedures. Mbingo is the cornerstone for population health in the northwest region of Cameroon and serves as a beacon for other hospitals throughout the country and beyond. The hospital even houses its own freestanding primary care and subspecialty clinics which helps to provide long-term continuity for the regional population. Though EHR does not yet exist in Cameroon, patients are provided a master book of their own medical records that is easily transportable and is a great source of reliable medical history.

Our program's partnership with Mbingo Hospital in Cameroon, West Africa offers a unique opportunity to experience global health at its finest. The hospital and its infrastructure allow even short term missionaries to have lasting impacts on the local medical community and population. Participating residents are guaranteed a crash course in rare and tropical disease and are provided opportunities to hone their own teaching skills by serving as a junior attending for the house staff. Most importantly, the experience forces us to remove our rose colored glasses, dive head first into a foreign culture, expand our knowledge base and challenge our understanding of the world in which we live and our individual role within it.



Left: Dr. Chuck Barrier, Dr. Ruchi Jain, and Dr. Todd Gandy hiking in the beautiful mountains around Mbingo Baptist Hospital.

Residency Program Highlights

The Department of Internal Medicine recently had the opportunity to look back at the last year and celebrate the many accomplishments of our fellows, residents, faculty, and administration at the annual program graduation ceremony, held this year at Maggiano's Little Italy in South Park Mall. Always a calendar favorite, this year's ceremony was made particularly special by the incorporation of the newly founded Laszlo Littman Resident Scholarly Activity Award. Created in honor of **Dr. Laszlo Littman** and his incredible legacy of resident mentorship and scholarly achievement, the award is meant to honor the resident with the most outstanding achievement in scholarly activity during his/her training.

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Class of 2019 Internal Medicine Categorical Residents

[Anthony Dang, MD](#)

Medical School: Wake Forest University

[Bim Dang, MD](#)

Medical School: University of North Carolina

[Marielys Figueroa-Sierra, MD, MS](#)

Medical School: Florida State University

[Cory Gunn, MD](#)

Medical School: Mercer University

[Kevin Lamm, MD](#)

Medical School: East Carolina University

[Zion Lamm, MD](#)

Medical School: East Carolina University

[Ashley Matusz-Fisher, MD](#)

Medical School: Wayne State University

[Rene McLeod, MD](#)

Medical School: Wake Forest University

[Reed Shimberg, MD](#)

Medical School: University of South Florida

[Lauren Wood, MD](#)

Medical School: Mercer University

[Joanna Young, DO](#)

Medical School: Edward Via Virginia College of Osteopathic Medicine

Other highlights from IM Graduation night include:

- **Top QI Project** awarded to Drs. Stephen Beasley ('17), Linsey Spence ('17), Anna Mistretta ('17), Julie Harris ('16), Claire Presswood ('17), Drew Simmelink ('18), Ryan Humphries ('18), Brad Perry (Prelim) and Justin Rodriguez (Prelim) for their work on improving Hepatitis C screening at Myers Park Clinic
- **Arnold Frazier Intern of the Year Award**, Dr. Maggie DeVane ('18)
- **Ambulatory Resident of the Year**, Dr. Daphne Jones ('17)
- **Laszlo Littman Resident Scholarly Activity Award**, Dr. Patrick Proctor ('16)
- **Marvin McCall Outstanding Resident of the Year**, Dr. Todd Gandy ('16)
- **Attending of the Year**, Laszlo Littman, MD, PhD, FACP
- **Dr. Amanda Kocoloski ('15)**, in recognition of completion of her PGY-4 Chief Residency year
- **Dr. Priscilla Givens ('16)**, in recognition of becoming the department's first female physician to match into a cardiology fellowship

In addition, the CHS graduation ceremony recently was held at the Westin Hotel in uptown Charlotte. Of particular note at this year's event, the department's own **Dr. Ruchi Jain** was awarded the prestigious **Louisa Littleton Award**. This award is named for Dr. Louisa Littleton who was the first female resident to graduate from what was then known as Charlotte Memorial Hospital in 1948. The award is given to the CHS resident who best exemplifies compassion, respect for diversity, and a commitment to caring for the underserved. Ruchi will begin work as an academic hospitalist in Baltimore, MD while her husband completes a residency in Emergency Medicine.



Above: New interns pose for a picture at the top of Crowders Mountain during the annual PGY1 retreat.

Class of 2017 Preliminary Year Residents

Kathryn Anderson, MD

Medical School: Florida Atlantic University

Desiree Coutinho, MD

Medical School: University of North Carolina

Sage Kramer, MD

Medical School: University of Kentucky

Kendall Liner, MD

Medical School: East Carolina University

Jason Sanders, MD

Medical School: University of Central Florida

Sarah Thomas, MD

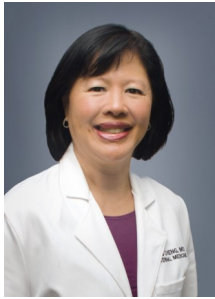
Medical School: University of Florida

Sallie Wilson, MD

Medical School: University of North Carolina

UNC School of Medicine: Charlotte Regional Campus

Dr. Iris Cheng, MS3 Internal Medicine Clerkship Director



Medical student education has undergone a significant expansion at Carolinas Medical Center in recent years. Charlotte became an official regional campus of the UNC School of Medicine in October 2010 after over thirty years of teaching medical students at CMC. Since that time, the Charlotte cohort has expanded to 24 medical students who complete their entire third and fourth year clinical experiences at CMC and surrounding facilities. CMC also hosts

a number of visiting students from UNC-Chapel Hill and other institutions which has resulted in a large medical student presence on our campus.

Similarly, our Internal Medicine Clerkship has evolved over the last three years. After completing their foundational sciences work in the classroom at Chapel Hill, our Charlotte-based medical students arrive in March of their second year of medical school and rotate through core clerkships for one year. As part of the six-month inpatient block rotations, the students rotate on our inpatient internal medicine wards for five weeks. During the remainder of the year, the students participate in the Charlotte Longitudinal Integrated Curriculum (CLIC) during which time each student is assigned to one half-day in an internal medicine community practice. While building continuity relationships with their preceptors and patient panels, the students have a better understanding of the management of chronic disease, prevention, coordination of care, and population health. In addition, they have opportunities to learn basic ultrasound techniques and gain experience in our simulation lab.

Other highlights of this CLIC curriculum include time in the Emergency Department, including “Pulse” weekends during which time the student follows a patient from the ED through discharge together with a nursing student or an administrative intern. This experience allows the student to learn about transitions of care and provides opportunities for quality improvement through this inter-professional perspective. We also offer a vast selection of fourth year student rotations including acting internships in General Internal Medicine, Cardiology, ID, Pulmonary-Critical Care, Hematology/Oncology, Endocrinology, and other aspects of clinical medicine and research.



Left: UNC School of Medicine Charlotte Campus medical students pictured on arrival day.

PATCH Program

Propelling Adolescents Towards Careers in Health (PATCH) was founded by three passionate medical students who were former teachers in the Charlotte area prior to attending medical school. Through the PATCH program, Charlotte medical students help to expose underserved high school students to health professions.

High school students accepted into the PATCH program have an opportunity to spend time in the simulation lab as well as shadow medical students and residents in the hospital on nine consecutive Saturdays. This innovative program received an Excellence in Health Care Award from the Charlotte Business Journal in 2015.



Above: PATCH scholars along with two of the program founders, Kyle Roedesheimer, MD and Melissa Rolfsen, medical student.

Dr. Laszlo Littmann Tribute

Dr. Matt Blackwell



This past June, we had the opportunity to celebrate the illustrious medical career of Dr. Laszlo Littmann on the occasion of his retirement. Dr. Littmann first came to Charlotte in 1987 as Director of Experimental Electrophysiology at the Carolinas Heart Institute following medical school, residency, and cardiology fellowship at Semmelweis University Medical School in his native Budapest, Hungary. Dr. Littmann then completed a second Internal Medicine residency at Carolinas Medical Center in 1992. Upon completion of his residency at CMC, he immediately joined the

faculty of the Department of Internal Medicine in the division of cardiology.

As a faculty member, Dr. Littmann enriched numerous lives through his outstanding patient care, brilliant teaching, enthusiastic mentorship, bright smile, and sharp sense-of-humor. Over the course of his career, Dr. Littmann received the Ronald L. Follmer Outstanding Faculty Member Award seven times in the Department of Internal Medicine. Moreover, Dr. Littmann's impact was appreciated beyond the walls of our department in that he also received teaching awards from residents in the Departments of Emergency Medicine and Family Medicine. In 2009, in recognition of career excellence in medical education, Dr. Littmann received the Carolinas Healthcare System David S. Citron Distinguished Teacher Award.

In addition, Dr. Littmann's career was characterized by a commitment to academic scholarship. He served as an ad hoc reviewer to over sixteen medical journals and achieved over 200 publications in peer-reviewed scientific journals and textbooks. During his time at Carolinas Medical Center, Dr. Littmann mentored nearly a dozen residents to a successful match in cardiology fellowship. In recognition of Dr. Littmann's commitment to scholarly achievement and mentorship of resident research, the Department of Internal Medicine created a resident award for achievement in scholarly activity in his honor in 2016. Most fittingly, the first annual Dr. Laszlo Littmann Scholarly Activity Award was presented to Dr. Patrick Proctor whom Dr. Littmann mentored to successful cardiology fellowship placement at the University of Alabama-Birmingham.

Beyond the awards and publications, Dr. Littmann's impact on CMC residents, students, and faculty is immeasurable. On a personal note, he was perhaps the most inspiring teacher that I encountered in my schooling from Kindergarten to graduate medical education training. I am honored to have had the opportunity to learn from him as both a resident and faculty colleague. His brilliance, compassion, and enthusiasm are irreplaceable. Thus, in continued appreciation for Dr. Littmann's service to our residency program, I am thrilled to announce the creation of a Department of Internal Medicine Education and Research Fund in honor of Laszlo Littmann. This fund will be used to support resident scholarship efforts, global health travel, and resident wellness events. In appreciation of his outstanding career, I hope that you will consider making a donation to the Laszlo Littmann Internal Medicine Education and Research Fund in order to continue the legacy of teaching, research, and teamwork that Dr. Littmann helped to establish. We wish Laszlo and Anna all the best as they begin the next chapter of their lives!

Dr. Littmann's Retirement Reception



Message from the Program Director

Dr. Matt Blackwell



I hope that you have enjoyed reading this inaugural issue of the CMC Internal Medicine Alumni newsletter. Moving forward, we hope that this newsletter will provide an opportunity to build relationships with our alumni, their families, and the communities that they serve. We look forward to sharing departmental news with you and highlighting the accomplishments of our wonderful fellows, residents, students, and faculty. In addition, we would love to hear from you! Please do not hesitate to let us know of any good news in your life that you would like for us to share in the next edition of the alumni newsletter. We will be certain to consider your request as space allows.

As a former CMC resident, I know first-hand of the tremendous impact this residency program had on my career. I am so grateful to the CMC residents and faculty that provided me such exceptional instruction and cultivated such an enjoyable, supportive atmosphere in which to train. In that context, I hope that you will consider “giving back” to your former residency program through a tax-deductible monetary contribution to the Department of Internal Medicine Education and Research Fund in honor of Laszlo Littmann. Your contributions will allow us to continue our current outstanding educational programs as well as offer exciting new opportunities for professional development. We intend to use this fund to support residency education efforts such as travel to Cameroon for an experience in international medicine, residency wellness events to prevent physician burnout, resident research efforts, and/or special events such as residency graduation. Information about donating to the Laszlo Littmann Internal Medicine Education and Research Fund is included below. Thank you so much for your consideration.

Sincerely,

Matt Blackwell, MD, FACP
Program Director, CMC Internal Medicine Residency
CMC Alumnus, Class of 2006

Stay Connected!

For future publications, we would like to publish updates shared with us from our Alumni. Please email us at

IMAlumni@CarolinasHealthCare.org

to share your memorable moments such as marriage and birth announcements, career milestones, awards and advancements. We would love to include these in future publications.

Department of Internal Medicine Education and Research Fund

In Honor of Laszlo Littmann

Those interested in making a tax-deductible donation to the Department of Internal Medicine Education and Research Fund can do so in two convenient ways:

Online via the Carolinas HealthCare Giving website: [HERE](https://secure2.convio.net/tchf/site/Donation2?df_id=2204&2204.donation=form1)
(https://secure2.convio.net/tchf/site/Donation2?df_id=2204&2204.donation=form1)

— or —

Supporters can mail checks to the CMC Internal Medicine Education and Research Fund