



Internal Medicine Residency Kaiser Oakland

Program Director's Welcome

Tom Baudendistel, MD

The 2017-18 academic year marked the 71st year of the Internal Medicine Residency—the oldest Kaiser residency in the country, a GME epicenter which has since spawned 14 residency programs and 300 residents across Northern California, residencies in Southern California, Hawaii, and D.C., Fellowships, and now a medical school in Pasadena!

The academic year ended with (another!) Warriors Championship and a wonderful Graduation night at Oakland's historic Preservation Park. We said farewell to our grads as they headed off to fellowships, clinical practice, and careers in Community or Public Health (see inside for details).

In June, we ushered in the 2018-19 academic year welcoming 19 new interns from 16 different medical schools and 12 different states. This class includes our second cohort in the **IM Residency Track in Health Care Equity & Disparities**. More notably, the intern class reflects the amazing diversity of the East Bay and the Kaiser Oakland IM Residency's commitment to recruiting the most diverse group of residents to care for our patients and our community.

Our commitment to **Diversity & Inclusion** permeates the medical center and faculty. Assistant Program Director Dr. Nailah Thompson led sessions at the national SNMA conference this past year, and traveled as far as Howard University in D.C. to share our mission and passion. Closer to home, the residency program launched its Diversity Scholarship program for subinterns, the Kaiser **Community Medicine Fellowship** launched in Oakland this July with our own Dr. Shefali Nath, MD, and the residency deepened its ties with community partners such as San Quentin prison, Lifelong Medical, and the Native American Health Center.

UCSF's KLIC program began its 8th year based at Kaiser East Bay, and we continue to host students from **UCSF/ UC Berkeley Joint Medical Program** and **Drexel University's Kaiser Sacramento track**. And coming soon to a medical center near you... the launch of the Kaiser Medical School! Planning for its first class in 2019, several of our East Bay faculty serve on the consulting board.

Read more about the residency's amazing **scholarly productivity** inside.

IN THIS ISSUE
Graduation 2018
New Interns
Community, Diversity, & Inclusion
Research & Scholarly Activity
Wellness & Well-being
Learning is fun
Sayin' Goodbye

Residents continue to take advantage of Kaiser's Global Health programs, with rotations in Africa, Ecuador, Tibet, and Vietnam among others.

I count myself extremely fortunate to call the Kaiser Oakland Residency Program my home away from home, and I am deeply grateful to all the faculty and leadership who support our residents. Enjoy this 7th installment of *Residency Life*, a newsletter chronicling life in the Kaiser Oakland Internal Medicine Residency!



2018-19 Chief Residents

Deepa Deot & Pani Vafaei

Residency Graduation 2018

The 2017-18 academic year ended on a high note with our first ceremony at Oakland's Preservation Hall. With the growth of the program, we outgrew our prior venue, and started a wonderful new tradition. As you see below, our recent graduates continue to secure plum positions in a variety of careers: Primary Care, Fellowship, or Hospital Medicine.

Recent Graduating Resident Careers

Fellowship Bound

Tiffany Nguyen	Endocrinology, University of Washington
Nhi Tan	Nephrology, University of Washington
Shefali Nath	Community Medicine, Kaiser Oakland
Neha Damle	Hematology/ Oncology, UC Davis
Stephanie Kim	Endocrinology, UCSF
Lucy Liu	Rheumatology, UCSF
Tye Elliott	Pulmonary/ Critical Care UCSF
Pierce Stewart	Pulmonary/ Critical Care, UC Davis
Maggie Ford	Dept of Public Health, San Francisco
Josh Chung	Cardiology, Kaiser San Francisco
Sowmya Srinivasan	Geriatrics, Stanford
Erin McCorry	Endocrinology, UC Davis
Dee Muthulingam	Infectious Disease, Yale
Maggie Ford	California Dept of Public Health
Jake Scott	Infectious Diseases, Cedars-Sinai
Amanda Thornton	Infectious Diseases, Boston University
John Nanfro	Infectious Disease, LSU New Orleans
Amatul Hasan	Cardiology at University of Minnesota
Joanne Vu	Cardiology at UCLA Harbor
Peter Liebling	Pulmonary/Critical Care, UC Irvine
Adrienne Topic	Cardiology, Christiana Delaware
Preet Sandhu	Nephrology, Univ of New Mexico
Amit Garg	Hematology/Oncology, McGill
Dayana Carcamo	GI, California Pacific Medical Center
Deborah Doberne	Palliative Care, Stanford



Primary Care

Brooke Erspamer	Kaiser Portland
Louis Holmes	Kaiser Portland
Luke Rohlwing	Kaiser Denver
Brent Scharschmidt	Kaiser San Rafael
Aisha Franklin	Kaiser Inglewood
Krystal Leong	Kaiser Oakland
Maggie Ford	Kaiser Oakland
Stephanie Chau	Kaiser Oakland
Geno Genasci	Kaiser Oakland
Kat Chen	Kaiser Oakland
Linh Dao	Kaiser San Jose
Meme Yu	Kaiser Santa Clara
Ben Maring	Kaiser Oakland
Ben Chen	La Clinica de la Raza, Oakland



Hospitalist

Jenna Joy	Kaiser East Bay
Somalee Banerjee	Kaiser East Bay
Yifan Geng	Kaiser Walnut Creek
Mala Krishnamoorthy	Kaiser San Leandro
Stephen Lau	Kaiser San Leandro
Bhakti Patel	St Joseph's, Orange Co.
Sansan Cao	Renown, Reno, NV
Minal Patel	Kaiser Roseville
Ken Schwab	Kaiser Hawaii
Andy Sevier	Kaiser San Leandro

The Graduating Class of 2018

Thank you, Teachers!

Graduation night was also a time to recognize the many great teachers who have inspired our residents to achieve so much.

The residents named **Dr. Nicole Tran, MD** (photo on right) as the Lester Hollander Outpatient Teacher of the Year. After completing residency and Chief Residency at Kaiser Oakland, Dr. Tran joined the Primary Care faculty where she has shined as a clinician, mentor, teacher, and researcher. In her short time as an Asst. Program Director, Dr. Tran has transformed the Patient Safety & QI curriculum into an award-winning program.



Inpatient teaching honors were bestowed upon **Dr. Jeannie Yip, MD** (left) from the Division of Hospital Medicine. Dr. Yip has worn many hats over the years. After completing multiple fellowships her first career was in research at Hopkins and then Stanford. She joined Kaiser initially as a primary care physician but then transitioned into a Hospitalist career, and now is known for her role as a full-time Nocturnist where she works closely with every resident on their night medicine shifts, always finding time to teach no matter how chaotic a night it is.

In thinking about the countless faculty members who spend time teaching and mentoring residents, two awards never seem like enough. Our hats go off to our additional Distinguished Teachers as voted on by the residents (below).

Teaching Awardees 2017-18

Dr. Nicole Tran, MD— Lester Hollander Outpatient Teacher of the Year

Dr. Jeannie Yip, MD—Lowell Beal Inpatient Teacher of the Year

Distinguished Teacher Awardees

Dr. Susan Lu, MD

Dr. Ben Maring, MD

Dr. Chitra Chandran, MD

Dr. Hugh Benedict, MD

Dr. Anne Newcomer, MD

Dr. Isabell Taharka, MD

Dr. Joyce Lo, MD

Dr. Brian O'Kelly, MD

Dr. Howard Chang, MD

Dr. Jacek Skarbinski, MD

Dr. Peter Le, MD



New Interns Arrive!



First day on the job for the 2018 intern class !!



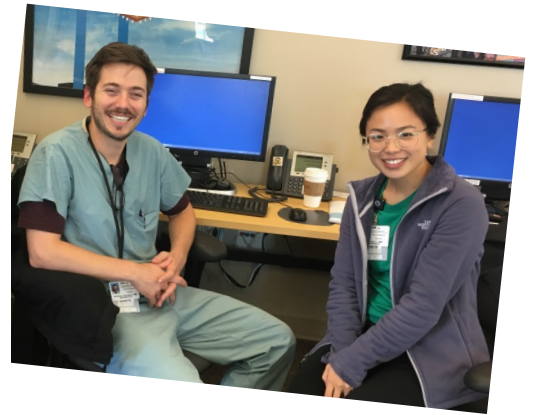
*Above: **Olivia** prepares for her free climb of Half Dome at the Intern Retreat at Ironworks climbing gym, while **Betsy, Caroline, and Claire** pose with the almost-too-pretty-to-eat-but-we-will-anyway birthday treats baked by Super-Chiefs Deepa and Pani*

Below: The annual Happy Hour Chez Pattons kicked off the year in style as the residents exceed the fire marshal limit on Mary's balcony Don't worry Moms, Dads, & S.O.'s, your interns will be well cared for this year!!





Zena, Uchenna, and Andrew mug for the cameras under the nurturing eye of senior Adam Luxenberg (left)



while Drew and Christina smile after surviving the Green team with Dr B



Like Father, like son!

Intern (& 2018 "The Price is Right" contestant) David Bakal learns the intricacies of the EMR from... his father, longtime Kaiser Internist Dr. Art Bakal!



Community, Diversity, & Inclusion



The Internal Medicine Residency Program launched its **Health Equity and Disparities track** in 2017-2018 for residents who possess unique passion in the primary care of diverse populations and want to be part of our mission of eliminating disparities in health outcomes and improving the health of our East Bay community, as **Director Dr. Nailah Thompson** and APD **Dr. Patton** are demonstrating at a local health fair.

Why a track in Health Equity and Disparities at Kaiser Oakland? Kaiser Oakland serves incredibly diverse populations, whether defined by socioeconomic status, social determinants of health, race, sexual orientation, or ethnicity. Kaiser was among the first medical centers to offer dedicated clinics in HIV care in the 1980s and in the care of LGBTQ individuals.

Nationally, such diversity is usually matched by similar discrepancies in healthcare outcomes. Bucking this trend, Kaiser Northern California has been shown to be a significant exception to this rule. Residents who graduate from this track will be uniquely prepared to reduce or even eliminate disparities in healthcare outcomes for the diverse populations they will ultimately serve.

Over their three years of residency, residents will have continuity clinics both within the Kaiser Permanente system and in the community at a safety net clinic, and will engage in community advocacy and mentored research projects led by KP Researchers who focus on Health Care Disparities.

And hot off the presses, Kaiser Oakland launched the **Community Health Fellowship in July 2018!** Recent IM Residency grad **Dr. Shefali Nath** (below) is pioneering this program, extending her knowledge of community and public health from boots-on-the-ground clinical work to research and advocacy efforts.





Top left: **Dr. Stockey and Thompson** volunteer at a local health fair as part of Kaiser's **The Care Beyond Walls** mobile health program

Top right: The inaugural intern class of the Disparities track— **Dr. Karina Chavez and Jessica Himmelstein**. Jessica presented a poster describing this innovative track at the national AMWA Conference in 2018.

Bottom right: **Dr. Thompson** at the SNMA National Conference

Diversity in Primary Care Training at Kaiser Permanente Oakland through a Dedicated Health Equity & Disparities Residency Track

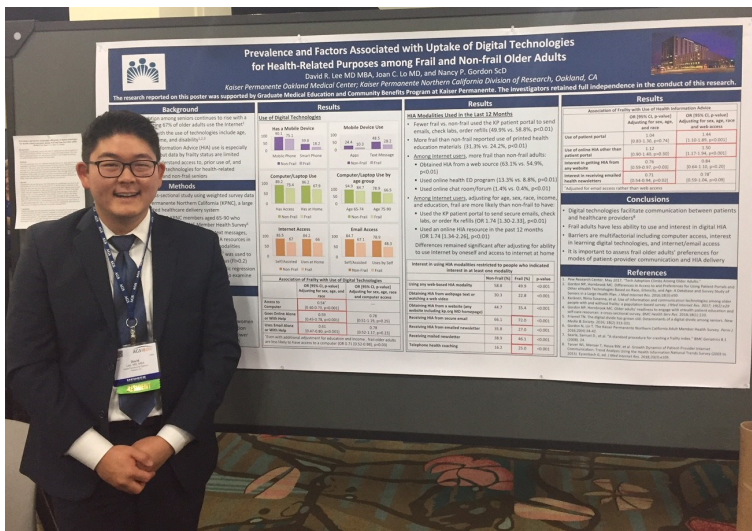
Jessica Himmelstein MD MPH, Nailah Thompson DO MPH, Tom Baudendistel MD



Research & Scholarly Activity Flourish

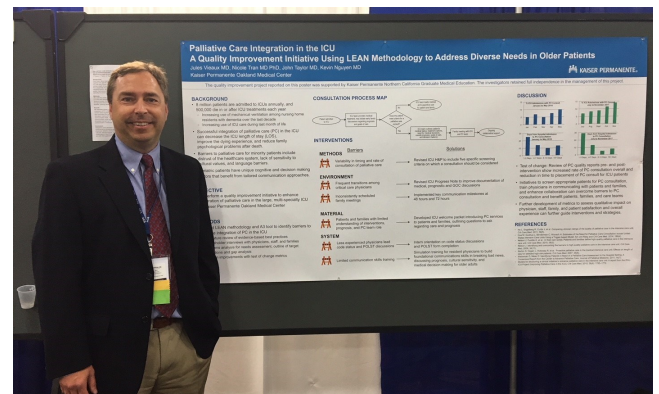
Original Research

Under the guidance of Assistant Program Director **Dr. Joan Lo**, a Harvard med school grad, UCSF-trained Endocrinologist, and faculty researcher at Kaiser Oakland's Division of Research, resident research continues to soar. Residents authored manuscripts in **9** peer-reviewed publications and presented **32** posters at numerous regional and national meetings (ACP, American Heart Association, American Geriatric Society, American Women's Association, Student National Minorities Association, Palliative Care, and Innovations in Medical Education, American clinical Gastroenterology, Society of General Internal Medicine) for their original work in Orlando, Philadelphia, New Orleans, Denver, Phoenix, Anaheim, Hawaii, and LA. Below is a sampling from the past year.



Dr. David Lee won the **Presidential Award for Original Research** at the 2018 National conference of the American Geriatric Society for his work on use of digital technology for health promotion among older adult. This was one of two posters he presented at this conference. He also hosts a mean potluck and is an outstanding goalkeeper!

Dr. Jules Vieaux presents his QI project on Palliative Care integration into the ICU at the national AGS conference in Anaheim



Dr. Jose Davila's poster with Dr Baudendistel on Professional Coaching in Residency won the **Maurice Hitchcock Best Innovation in Medical Education Award** at the Innovations in Medical Education conference at Keck-USC





The Apple Doesn't Fall Far...
 Moments after presenting her poster titled "Gender disparities in use of primary care services among newly enrolled Medicaid members" at the National AMWA Conference in Philadelphia, **Dr. Esme Cullen** was on hand to witness her mother, esteemed Global Health physician **Dr. Michele Barry, MD**, win the Blackwell Award

Recent National Presentations

American Heart Association
 Dr. Carter English
 Dr. Paniz Vafaei

American Clinical Gastroenterology
 Dr. Monique Delisser

American Medical Women's Association
 Dr. Lannie Santo
 Dr. Esme Cullen
 Dr. Jessica Himmelstein

American Geriatric Society
 Dr. David Lee
 Dr. Jules Vieaux

Society for General Internal Medicine
 Dr. Esme Cullen

Innovations in Medical Education
 Dr. Jose Davila
 Dr. Erica Gee



Drs. Carter English and Paniz Vafaei have been selected to present their original research at the AHA National Conference in Chicago



Dr. Monique Delisser had two posters accepted for presentation at the national ACG Conference in Philly, one on Barrett's Esophagus and a second on Variation in IBD Prevalence by Race/Ethnicity



Dr. Erica Gee presented her poster on the "Best of Both Worlds" preliminary medicine year at the Innovations in Medical Education conference at Keck-USC

Wellness & Well-Being

Spearheaded by Asst. Program Director Dr. Gangopadhyay, the IM Residency ushered in a new era of Wellness & Well-Being. Wellness Champ Dr G's first order of business was creating a resident-led Wellness Committee to help lead stretch breaks and walks around the lake. Ask about any of the numerous other ways we support resident wellness:



Wellness Passport, Wellness half-days, annual retreats, "opt out" confidential mental health visits, discussion groups facilitated by Palliative Care, 'big sib' program and 'welcome goodie bags' for new interns, healthy food options, balanced schedules (weekend day off on wards, no overnight call), stipend for gym memberships, pot lucks, co-ed soccer team, 5K races, indoor rock climbing... you get the picture.

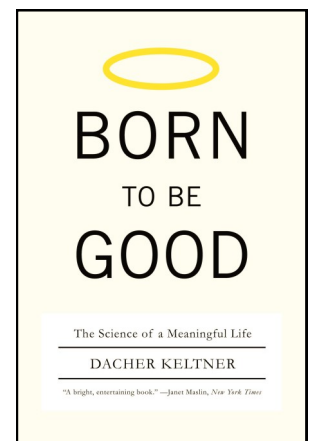


Champions!

The Kaiser Soze residency soccer team won the championship in dramatic fashion, scoring a goal as the final seconds of the clock ticked to win 3-2



Special this year is a wellness program led by best-selling author Dr. Dacher Keltner from UC Berkeley



Wellness in the East Bay...



Good food...

Some fresh
air...



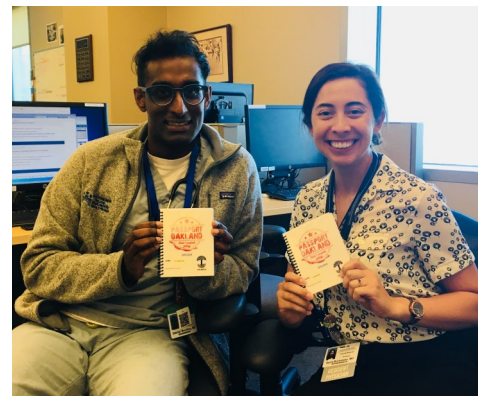
Maybe a little music...



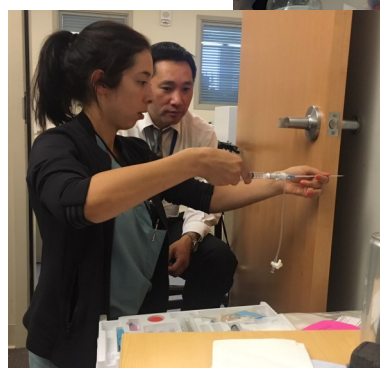
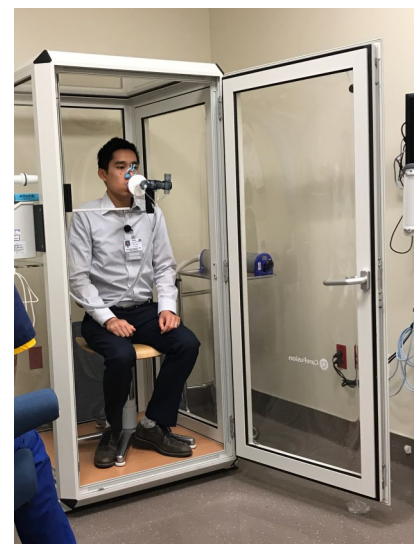
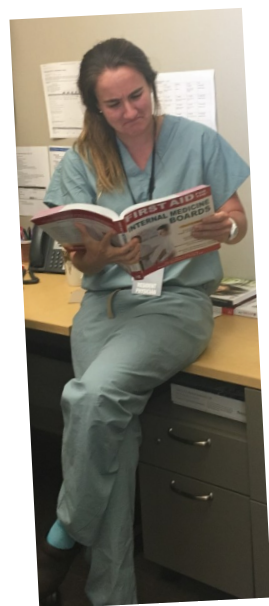
And great
friends to
share it
with!



Learning is fun!



Clockwise from top left: **Dr. Ingraham** showcases his nationally-acclaimed Bedside U/S skills. **Drs. Lo and Tiffany Nguyen** announce the winner of the Food Wars nutrition workshop. **Shankar and Sarra** devour the new edition of the Kaiser Oakland Passport. **Jon Nguyen** prepares for his astronaut elective (aka, PFT lab). **Nate and Adam** again prove that we're all winners. **Dr. Le** gently reminds **Sarra** that the patient is over *there!* **Tess** bones up on her Heme as she peruses Dr B's First Aid book, and year 3 of the Academic Half Day kicks off with a heated game of Trivial Pursuit



Sayin' Good-Bye...

Good Luck to our R3s and Chiefs who graduated in 2018!!

