Program Director’s Welcome

Tom Baudendistel, MD

The 2019-20 academic year marked the 73rd year of the Internal Medicine Residency—the first Kaiser residency in the country! 2019-20 was a tale of two halves. The first half of the year was smooth sailing but the March 15th arrival of the Princess Cruise ship (speaking of sailing) into the Oakland harbor signaled the arrival of the pandemic.

Covid forced many ‘firsts’ on the program. The first virtual teaching conferences, our first Covid surge planning, and new terms like donning and doffing and PPE became part of our daily lexicon. While change was the constant, the amazing leadership at our medical center and the resiliency and flexibility of our residents guided us through. Many thanks to our Physicians-in-Chief Drs. Rita Ng and Judith Park and our Director of Medical Education, Dr. Nardine Riegeis, and APIC of Education Dr. Lindsay Mazotti for advocating on behalf of all of the residents, fellows, and students at Kaiser in the East Bay.

Within the IM Residency team, I was fortunate to be surrounded by so many tireless colleagues. Massive shout outs to departing Chief Residents Drs. David Lee and Adam Luxenberg who not only managed to seamlessly convert the program over to virtual learning overnight, but showed us how to make learning fun despite all the uncertainty. I am indebted to my fellow Assistant Program Directors and Program Coordinator Ms. Auanja Turner for their many hours spent keeping us afloat (again with the water references???)

The academic year ended with our first-ever virtual Graduation night. We said farewell to our grads who headed off to fellowships, clinical practice, and careers in Community or Public Health (see inside for details). One positive of the virtual format was having so many friends and family share in their graduate’s success.

In June, we welcomed 20 new interns from 14 different medical schools. Among them is the daughter of a Michelin-star chef, a former WHO Consultant (the World Health Org, not the rock band), a Duke DJ, a member of the Minnesota State Advisory Board in Ethics and Palliative Care, a Harvard MD/ MBA, a Fulbright Scholar, and multiple UC Berkeley grads.

Residents, Drs. Andrea Chai and Sarra Borhanian (pictured below), smoothed this transition. I am so impressed by their efforts, by the indomitable spirit our new interns have shown, and by the leadership our senior residents have demonstrated. I cannot thank you enough—I am inspired by you.

Please enjoy this 9th edition of Residency Life, a newsletter chronicling life in the Kaiser Oakland Internal Medicine Residency. As you’ll see, despite the chaos, the residents have been amazingly productive in all facets of residency and life!
Residency Graduation 2020

Like so many events in 2020, Residency Graduation was a “first”—our first ever Virtual Graduation. One positive aspect was the ability of friends and families from places far and wide were able to join us without travelling, so we had many more loved ones join in the celebration. As you see below, our recent graduates continue to secure plum positions in a variety of careers from Primary Care, Fellowship, to Hospital Medicine.

Recent Graduating Resident Careers

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<tr>
<th>Fellowship Bound</th>
<th>Primary Care</th>
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<tr>
<td>Chelsea Gong</td>
<td>Adam Luxenberg</td>
<td>Brett Adams</td>
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<td>Kristine Gu</td>
<td>Karina Chavez</td>
<td>Rami Hosein</td>
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<td>Nate Juergens</td>
<td>Neha Luthar</td>
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<td>Andrew Sever</td>
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<td>Stephen Lau</td>
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<td>Paul Wada</td>
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<td>Carter English</td>
<td>Endocrinology, Massachusetts Gen/ Harvard</td>
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<td>Paniz Vafaei</td>
<td>Hospital Medicine Research, UCSF</td>
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<td>David Lee</td>
<td>Palliative Care, Stanford</td>
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<td>Jessica Himmelstein</td>
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<td>Endocrinology, University of Washington</td>
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<td>David Lee</td>
<td>Nephrology, University of Washington</td>
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<td>Jessica Himmelstein</td>
<td>Pulmonary/ Critical Care Kaiser Oakland</td>
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<td>Palliative Care, Mt. Sinai</td>
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<td>Hematology/ Oncology, UC Davis</td>
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<td>Rheumatology, UCSF</td>
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<td>Pulmonary/ Critical Care UCSF</td>
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<td>Tiffany Nguyen</td>
<td>Infectious Disease, Yale</td>
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<td>Eric Sumner</td>
<td>Cardiology at UCLA Harbor</td>
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The 2019-2020 Intern Class including our 7 outgoing preliminary year inters—we miss you guys!!
Graduation is always a special time to recognize the many great teachers who have inspired our residents to achieve so much. In what may become a new tradition, the Teachers of the Year were honored in a special virtual noon conference dedicated to them. Graduating PGY3 residents took turns summarizing the many aspects of the individual teachers who received awards, and the chat boxes were filled with love and admiration.

The residents named two former Kaiser Oakland IM Residency grads—**Dr. Hugh Benedict, MD** and **Dr. Doug Epperson, MD**—as the Inpatient and Outpatient Teachers of the Year. **Dr. Peter Le, MD** from the Division of Pulmonary and Critical Care Medicine followed his 2019 Teacher of the Year Award with the first ever Mentor of the Year Award in 2020. **Dr. Jacek Skarbinski, MD**, received the Subspecialty Teacher of the Year Award. In thinking about the countless faculty members who spend time teaching and mentoring residents, four awards never seem like enough. Our hats go off to our additional Distinguished Teachers as voted on by the residents (Table).

Thank you, Teachers!

(clockwise from top left)

**Dr. Hugh Benedict, MD**—Inpatient Teacher of the Year

**Dr. Doug Epperson, MD**—Outpatient Teacher of the Year

**Dr. Jacek Skarbinski, MD**—Subspecialty Teacher of the Year

**Dr. Peter Le, MD**—Mentor of the Year

**Distinguished Teachers 2020**

- Dr. Somalee Banerjee, MD
- Dr. Negean Mahmoudi, MD
- Dr. Paul Marcus, MD
- Dr. Stanley Fong, MD
- Dr. Chitra Chandra, MD
- Dr. Heather Baskind, MD
- Dr. Matt Solomon, MD
- Dr. Rosa Valadao, MD
- Dr. Jenna Kanter, MD

*Teaching in action:* Dr. Brad Cohn demonstrates U/S guided CVC insertion on a simulation mannequin at Academic Half-Day, and Dr. Rajagopal leads socially distanced ID rounds in the atrium.
While difficult to outdo the 2019 achievement of our beloved Assistant Program Director Dr. Mary Patton—the recipient of the top teaching award in the entirety of Northern California Kaiser, Drs. Lo and Ingraham came close in 2020. Dr. Joan Lo, MD, our Assistant Program Director, Endocrinologist, and Director of GME Research, was recognized for her numerous hours spent over the past decade supporting the ACP Chapter in ways too numerous to count, including her many years as judge of the resident research competition, member of the conference planning committee, and the lectures and workshops she has led on Women in Medicine. Dr. Lo has mentored dozens of residents on their research presentations at ACP, and the awards her mentees have won would fill a bookcase. Dr. Lo possesses a deep passion for cultivating women physician leaders. As a lifetime member, she attends the American Medical Women’s Association national conference annually, taking a cohort of women residents with her to present scholarly posters. She has published perspective pieces on Women in Medicine and leads our residency program’s Women in Medicine evening events which have included as guests the physician authors Drs. Jessica Zitter and her twin sister and renowned author, Dr. Eliza Chin, MD.

Dr. Aubrey Ingraham is known affectionately as Dr. Pocus for his wizardry with the Point-of-Care Ultrasound wand. He has been invited to several national courses to teach POCUS, including the Society of Hospital Medicine and the National ACP Conferences and his latest teaching masterstroke was the creation of the POCUS Bingo which he displayed at the 2020 ACP Conference. An Educator with a capital “E”, Dr. Ingraham is the mastermind behind the many creative ways he gamifies learning, from ECG Battleship to Antibiotic Cards Against Humanity.

Congratulations, Drs. Lo and Ingraham!!
New Interns Arrive! First day on the job for the 2020 Interns

Above: (Left) Jeff Wang learns the ropes in the ICU. Ilrvin Lien and Tim Yang (Right) move on to Step 3 of New Internship… how to log on (Steps 1 and 2 are to find the bathrooms and the cafeteria).

Right: Donna Haysbert reminds us she is now a big R2 and this deserving of the big salary bump as she assists Angelin Cheng on the Mega-Team.
Drew Lynch and Anna Zhang (below left) already figured out how to adopt the relaxed R3 pose, while R2 Josh Chang leans into the mentoring role with new intern David Oh (below right)
Community, Equity, Inclusion & Diversity

Kaiser Oakland is deeply committed to diversity and inclusion— it’s in our DNA to serve the diverse community we care for. Kaiser Oakland was among the first medical centers to offer dedicated clinics in HIV care in the 1980s and in the care of LGBTQ individuals. We have shown that we can eliminate discrepancies in healthcare outcomes and provide the same quality of care to all individuals (see the 2014 New England Journal of Medicine article below for more details).

The New England Journal of Medicine

SPECIAL ARTICLE

Racial and Ethnic Disparities among Enrollees in Medicare Advantage Plans
John Z. Ayanian, M.D., M.P.P., Bruce E. Landon, M.D., M.B.A., Joseph P. Newhouse, Ph.D., and Alan M. Zaslavsky, Ph.D.

In the photo to the right, Assistant Program Director Dr. Nailah Thompson is shown leading the inaugural House Calls event on the topic of hypertension in our African American members. In recognition of the difficulty many of our members face trying to make it to the medical center during the pandemic, the KP East Bay EID leadership team launched the House Calls program to reach out to members in their homes.

Dr. Thompson is also the Director of the special Health Equity & Disparities residency track. This cohort of residents launched the first residency-wide Health Equity & Disparities Book Club “Between the Lines” on a discussion of the book, ‘Barracoon’ by Zora Neale Hurston.

Our Health Equity & Disparities residency is now in its 4th year under Dr. Thompson’s leadership. Shown to the right are graduating Health Equities and Disparities residents Dr. Jessica Himmelstein who has started her Community Health Research Fellowship at Harvard’s Cambridge Alliance and Dr. Karina Chavez who has joined our East Bay Primary Care team at the Pinole office. Current PGY3 residents in the track are both fellowship bound: Dr. Chelsea Gong is heading to UCLA for Geriatrics and Dr. Kristine Gu to Harvard’s Massachusetts General Endocrinology fellowship program.

The residency program continues to send residents to several community sites such as Lifelong Medical, San Quentin, La Clinica de la Rasa, Asian Health clinics, and the newest addition is the Center for Elders’ Independence known for its state-of-the-art comprehensive Program for All-Inclusive Care for the Elderly (PACE). In 2021, the residency will begin its advocacy partnership with the BOSS organization (Building Opportunities for Self-Sufficiency). BOSS was founded in 1971 in Berkeley to address the root causes of poverty and homelessness.
Health Policy Elective

At the conclusion of the 2-week Health Policy Elective, which includes a visit to the state Capital on non-pandemic years, residents presented the results of their Oakland Housing Asset Mapping Project, a comprehensive map and detailed contact info for the available housing for Oakland’s most vulnerable.
Wellness & Well-Being

If ever there was a time to support wellness, and promote well-being, 2020 has been the year. Spearheaded by Asst. Program Director Dr. Gangopadhyay and Chief Residents of Wellness Dr. Sarra Borhanian and Dr. Andrea Chai, the IM Residency proved that we can still take care of each other just as we take care of our patients.

Clockwise from top left: Fresh Fruit Friday (FFF, or F3 to those in the know), some of the creations from Rock Painting, and Intern retreat at Joaquin Miller Park.
Never Too Much Wellness in the East Bay…

Clockwise from top left: Camille and Kira make sure they are appropriately distanced. Babe-ruary photo contest. Wellness Bingo.

The residents’ (and Dr. B’s) furry friends at the bottom remind us what a great source of wellness pets can bring.

And never too much food and bev—Smoothie Day, Zoom Ramen & Sake night, and Mojito & Mocktail Happy Hour.
Research & Scholarly Activity Flourish

Original Research

Under the guidance of Assistant Program Director and Director of Research 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. In the academic year 2019-20, residents authored manuscripts in multiple peer-reviewed publications and presented 35 posters at numerous regional and national meetings. Below is a sampling from the past year.


Paul Y. Wada,1 Christian Lee-Rodriguez,1 Yun-Yi Hung,2 and Jacek Skarbinski2

American College of Gastroenterology

ACG 2020 Annual Scientific Meeting and Postgraduate Course
October 23 – 28, 2020

OUTSTANDING POSTER PRESENTER
PRESENTED TO
Sarah E. Michael, MD

PCOS Is an Independent Predictor of Elevated ALT in Adolescent Girls With Obesity

Dr. Paul Wada presented his tuberculosis findings at IDSA Week in Washington, DC. This led to a publication in JAMA ID. Paul is currently an ID Fellow at Vanderbilt.

Dr. Sarah Michael won the Outstanding Poster Award from the American College of Gastroenterology at the Fall 2020 virtual conference for her original research using the KP Northern California database.

Left: PGY3s Dr. Jerry Liu and Dr. Kristine Gu present at the pre-pandemic Endocrine Society Conference in New Orleans. Kristine will be pursuing Endocrinology Fellowship at Harvard’s Massachusetts General Hospital next year.

Right: PGY3 Dr. Olivia Kizzee presented her research at the 2020 American Heart Association conference, entitled “Clustering of Multiple Cardiometabolic Risk Factors by Race/Ethnicity and Age”
R3 Dr. Betsy Yang was selected as the Presidential Poster presentation at the American Geriatrics Society National conference

PGY2 Dr. Raleigh Fatoki presented at the National Endocrinology Society Conference

Recent National Presentations

- American Heart Association
  - Dr. Olivia Kizzee
  - Dr. Paniz Vafaei
  - Dr. Carter English

- American College of Cardiology
  - Dr. William Vicks

- American College of Gastroenterology
  - Dr. Sarah Michaels
  - Dr. Monique Delisser

- American Medical Women’s Association
  - Dr. Andrea Chai
  - Dr. Jessica Himmelstein
  - Dr. Neha Luthar

- American Geriatric Society
  - Dr. David Lee
  - Dr. Christina Li
  - Dr. Betsy Yang
  - Dr. Samantha Ho
  - Dr. Donna Haysbert

- Innovations in Medical Education
  - Dr. Andrea Chai

- Endocrine Society
  - Dr. Betsy Yang
  - Dr. Stephanie Wu
  - Dr. Jerry Liu
  - Dr. Kristine Gu
  - Dr. Christina Li
  - Dr. Jaclyn Khil
  - Dr. Raleigh Fatoki

- American Academy of Dermatology
  - Dr. Shankar Mundrulu

- Society of General Internal Medicine
  - Dr. Jessica Himmelstein

35 presentations across the country in the 2019-20 Academic Year

- American College of Cardiology
- American College of Gastroenterology
- American Heart Association
- American Geriatric Society
- American Medical Women’s Assoc.
- Endocrine Society
- Infectious Diseases Week
- Society of General Internal Medicine
- UCSF Health Disparities

As Simple as Taking a Picture—How Use of QR Codes Improved Evaluation Response Rates, Documentation, and Timeliness

Don’t Fall for That: A Residency Curricular Innovation about Fall Prevention

VITAMIN D STATUS AMONG OLDER WOMEN INITIATING OSTEOPOROSIS THERAPY

More Than Words: Reflections to Build Resilience during the COVID-19 Pandemic
Northern California ACP 2020

Kaiser Oakland residents had another tremendous showing at the Northern California ACP Conference in November 2020. Out of over 180 posters from residents across 11 residency programs in Northern California including UCSF, Stanford, and UC Davis, intern Dr. Nihar Patel (below, left) won 1st Place in Research, fellow intern Dr. Tim Yang (below, center) won 2nd Place in the QI competition, and their peer Dr. Angelin Cheng (below, right) was a Finalist in the Clinical Vignette category. Not to be outdone, PGY-3 Dr. Zena Salim was awarded the prestigious ACP Northern California’s Resident Leadership Award—way to go team!!

ACP Posters 2020- Research and QI

Nihar Patel - Advancing Health Equity through EHR-based Smoking Cessation **Regional Winner**
Tim Yang - Empowering Physicians to Address Caregiver Burden: A Novel Educational Module **Regional 2nd Place**
Zena Salim - Needs Assessment and Development of Global Health Training for Resident Physicians
Joy Liu - Improving Advanced CKD Care during COVID-19: A Telehealth Model for Moving Forward
Claire White and Olivia Kizzee - Development of a Home Health Guidebook to Reduce Heart Failure Readmissions
Christina Li - Improving Internal Medicine Resident Engagement and Referral to Advance Care Planning Services

Special Recognition

PGY3 Dr. Zena Salim was the recipient of the 2020 CANO Resident Leadership Recognition Award, bestowed on a resident who upholds the ACP’s mission “to enhance the quality and effectiveness of health care by fostering excellence and professionalism in the practice of medicine”. Zena has been a leading voice in the residency’s Equity, Inclusion, and Diversity efforts and developed a Global Health Curriculum for our residents. Well deserved, Zena!
ACP Posters 2020– Clinical Vignettes

**Angelin Chang** - Kawasaki shock syndrome with facial nerve palsy **Regional Finalist**

**Adnan Khan** - When It’s No Longer an Infection: HLH as a Complication of COVID-19

**Andrea Luethy** - Microscopic polyangiitis: A smaller vessel in the sea of chest pain

**Drew Lynch** - Finding the Fork in the Road: Distinguishing Lymphoma from Other Cancers of the Head and Neck

**Amy Wang** - Slow down! No immunity can be better than some? Considerations in a case of secondary Dengue

**Anna Zhang** - Fever of Unusual Origin: A case of adult-onset Still’s disease in AIDS

**Apoorva Ananth** - Still In Doubt? Biopsy It!

**Josh Chang** - A Rare Case of Central Nervous System Disseminated Sporotrichosis with Amoebic Co-Infection

**Navneet Ramesh** - Age Matters: Esophageal Adenocarcinoma in a Young Patient

**Samantha Ho** - A Taste of Sweetness with a Dark Bitter End

**Irvin Lien** - Uh Oh, Cardiac Amyloid

Kaiser Oakland residents and faculty took over the 2020 Women in Medicine issue of The Permanente Journal. Led by Editorial Board member and Assistant Program Director, Dr. Nicole Tran, the issue featured several residency pubs from the opening editorial to recent grad Somalee Banerjee’s ‘Art and Critique in Medicine’ piece. PGY3 Dr. Chelsea Gong and Kaiser Oakland Community Health Fellow Dr. Carol-Anne Heins co-authored perhaps the most inspirational piece, featuring the perspectives of several Kaiser East Bay physicians including Dr. Nailah Thompson. Assistant Program Director Dr. Joan Lo’s efforts to found a GME Symposium at the National AMWA Conference 3 years ago was also highlighted.

Discovering and Reflecting on Bias: A Discussion about Challenges and Benefits of Culturally Centered Patient Care with Women Physicians of the East Bay

Proceedings from the American Medical Women’s Association Graduate Medical Education Symposia: The First Three Years, 2018-2020

Art and Critique in Medicine

Somalee Banerjee, MD, MPH; Yoko Kiyoi, MA
Proposals & Beyond!
(clockwise from top left):

Top: PGY3s Andrew Gabriel and Chelsea Gong make it official. PGY2 Nika Carillo shows off her new hand weight. PGY3 Nicole Heinl and Sid cut the cake on their big night.

Right: The star of the show arrived in June—welcome Naim Thompson!

Chief Resident Sarra (bottom right) and PGY2 Donna & proud hubby Connor add their contributions to the POCUS curriculum.

Left: Chief Resident Andrea Chai catches Jordan in a moment of bliss.
Good Luck to our 2020 R3 graduates!!

Alumni Corner

UCLA Geriatrics Fellow and 2019-20 Chief Resident David Lee shows off his HazMat suit at the Fashion Show.

2020 grad Neha Luthar accepted Mike's wedding proposal.

Om Anders Banerjee Becerra entered the world in September 2020 to proud alum and current faculty member Dr. Somalee Banerjee