

Residency Life 2025-26



Internal Medicine Residency Kaiser Oakland

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Program Director's Welcome

Tom Baudendistel, MD

The 2024-25 academic year marked the 78th year of the Internal Medicine Residency at Kaiser Oakland—the first Kaiser residency in the country! And no, I wasn't here for all of them.

We celebrated our 2025 grads in style at the iconic Preservation Park, saying good-bye to those moving around the country heading into fellowships or staying closer to home to pursue fellowships or to begin their careers. (see next page for details).

Every year, it is the Chief Residents who keep the program surging ahead, and we were fortunate to have had 2 amazing Chiefs at the helm last year, Michelle Fok and Chris Macko. The 2025-26 year is off to an outstanding start under the leadership of

Chiefs Ed Shin and Julia Du (photo above). I am so grateful to be working with such wonderful humans who make learning so much fun and remind me why I enjoy coming into work.

Special thanks to the many faculty teachers and mentors, led by an incredibly dedicated team of APDs and Core Faculty, all of whom are supported by Program Coordinators extraordinaire, Joel Barcelona and Symone Gilliam. Behind the scenes, our program owes many thanks to our Physicians-in-Chief Drs. Rita Ng and John Morehouse, and our GME leader Dr. Nardine Riegels, for advocating for and supporting our residents. Enjoy the latest Residency Life!

Residency Graduation 2025

The 2025 class was feted in style at Preservation Park. As you see below, our recent graduates continue to secure plum positions in a variety of careers in Primary Care, Fellowships, and Hospital Medicine.

Recent Resident Careers

Fellowship Bound

| | |
|------------------|--|
| Joel Nortey | Hematology/Oncology, Kaiser NorCal |
| Chris Macko | Pulmonary/Critical Care, UC Davis |
| Jimmy Yao | Pulmonary/Critical Care UC Irvine |
| Chelsea Yin | Endocrinology, UCSF |
| Cyrus Mirzazadeh | Addiction, Boston University |
| Billy Zeng | Nephrology, UCSF |
| Billy Vicks | Cardiology, UC Davis |
| Jenna Wick | Infectious Diseases, Stanford |
| Tanya Selvam | Rheumatology, Cedars-Sinai |
| Nick Tom | Palliative Care, UCSD |
| Sherry Zhang | Cardiology, Samaritan (Oregon) |
| Andrew Lynch | Hem-Oncology, Kaiser Northern Calif |
| Tim Yang | Pulmonary/ Crit care Univ Rochester |
| Alex Pellicione | Infectious Diseases, NYU |
| Polly Huang | Allergy/ Immunology, Johns Hopkins |
| Raleigh Fatoki | Hematology/ Oncology, Univ. of Miami |
| Adnan Khan | Hematology/ Oncology, Harbor UCLA |
| Paniz Vafaei | Cardiology, Kaiser Northern California |
| Kristine Gu | Endocrinology, Mass. Gen/ Harvard |
| Paul Wada | Infectious Diseases, Vanderbilt |

Primary Care

| | |
|-------------------------|------------------------------|
| Emily Nguyen | Kaiser Oakland |
| Malcolm Moyer | Mt. Sinai, New York |
| Camille Giraud | Kaiser East Bay— Berkeley |
| Yash Rusconi-Rodriguez | Kaiser East Bay—Berkeley |
| Stephanie Wu | Kaiser Oakland |
| Karina Chavez | Kaiser East Bay- Pinole |
| Neha Luthar | Health Partners, Minneapolis |
| Yong Lee | Kaiser East Bay— Richmond |
| Samantha Nguyen | Kaiser East Bay— Richmond |
| Esme Cullen | Marin County DPH |
| Christian Lee-Rodriguez | Kaiser Oakland HIV |
| Brooke Ersperer | Kaiser Portland |
| Cindy Qian | PAMF |
| Ben Chen | La Clinica de la Raza |

Hospitalist

| | |
|----------------------|---------------------|
| Veesta Falahati | Kaiser East Bay |
| Nihar Patel | Kaiser East Bay |
| Sarra Borhanian | Kaiser Portland |
| Jerry Liu | Boston University |
| Kyumin Shim | Kaiser Roseville |
| Linh Ngu | Kaiser Sacramento |
| Yalda Shahram | UCSF |
| Nika Carrillo | Kaiser San Leandro |
| Soundarya Kumaravelu | Kaiser Santa Clara |
| Peter Lee | Kaiser Baldwin Park |



Peter Lee and Emily Nguyen,
winners of the Inpatient and
Outpatient
Resident-of-the-Year Awards





Thank you, Teachers!

Teachers of the Year

Inpatient - Dr. Carl Swanson

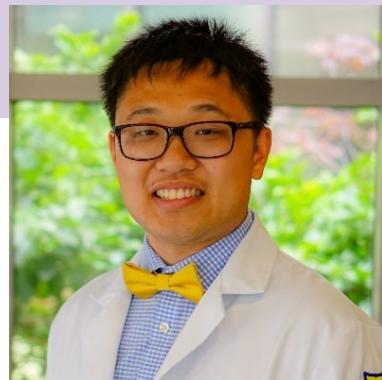
Outpatient - Dr. Steven Nash MD

Subspecialty - Dr. Erik Echkert MD

Mentor of the Year- Dr. Julian Villar

"The Art of Medicine" - Thomas

Leung, Pharm D



Distinguished Teachers 2025

Catherine Chiu, MD

Albert Najarian, MD

Ashil Panchal, MD

Susan Lu, MD

Joe Kim, MD

Zach Bailowitz, MD



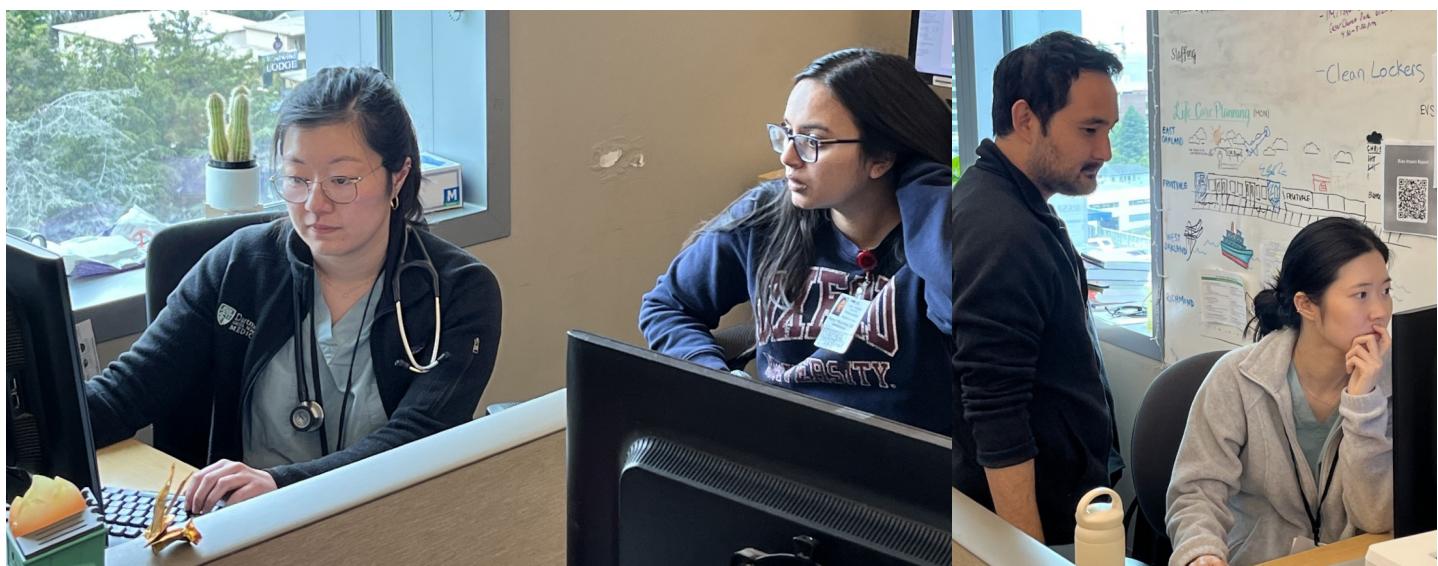
New Interns Arrive!



The new class and
furry friends
gathered at Dr. B's
home before heading
to Top Golf

FIRST DAY

MEGA TEAMS! Jasmine learns the importance of carb-loading on her first call day while Jane and Hannah ease into their first day of internship, under the watchful eyes of Seniors Ananya and Brendan.





Intern Orientation Go Games-

(clockwise from Top left):

K-P-O !! [the A and the K apparently got hungry and left).

Jacob has his Titanic moment with Andrew; Peace? Bunny? You'll have to ask Kristiana, Lily, Ed, Daniel or Jasmine; Kaiser Oakland Angels?!?!? And Jackson reenacts Munch's famous canvas at Jack London Square





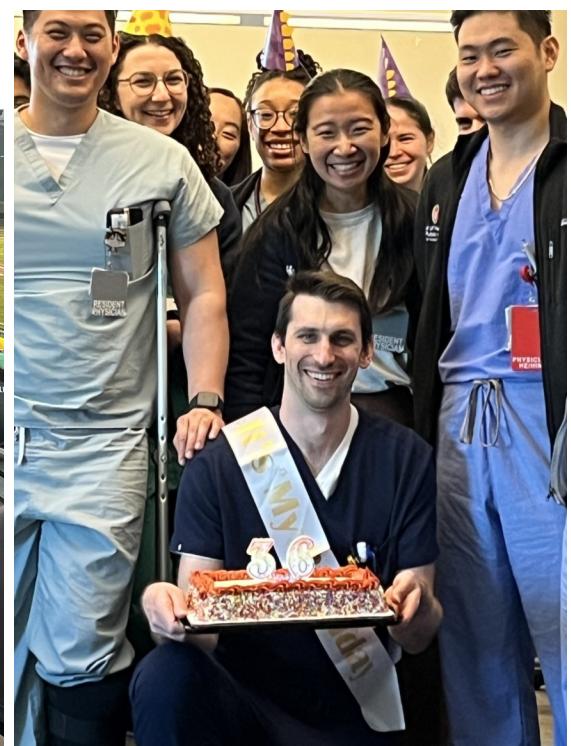
Wellness & Well-Being



Top two photos: Interns celebrate finishing their first month at Dona's

Bottom right: Maya, Beth, Ryan and Hannah take in Oakland Ballers game

Bottom left: The residents bestow upon former Chief Chris Macko





Research & Scholarly Activity Flourish

Abstracts Accepted at Recent & Upcoming National Conferences

American Heart Association

Dr. Anika Naidu
Dr. Sherry Zhang
Dr. Ed Shin
Dr. William Vicks
Dr. Irvin Lien

American College of Cardiology

Dr. Amanda Chang
Dr. Veronica (Joy) Njuguna
Dr. Brendan Seto
Dr. Ed Shin
Dr. William Vicks

Heart Rhythm Society

Dr. Sherry Zhang

American College of Gastroenterology

Dr. Samantha Ho
Dr. Sarah Michaels
Dr. Chadni Kapoor

Digestive Disease Week

Dr. Chadni Kapoor
Dr. Ryan Murphy
Dr. Jimmy Yao

American Society Clinical Oncology

Dr. Raleigh Fatoki
Dr. Sabiha Tamima
Dr. Andrew Lynch
Dr. Joel Nortey

Infectious Disease Society of America

Dr. Paul Wada
Dr. Jenna Wick

American College of Rheumatology

Dr. Chris Macko
Dr. John Chen

American Medical Women's Association

Dr. Sherry Zhang
Dr. Andrea Chai

American Academy of Allergy

Dr. Emily Nguyen

Original Research

Resident research continues to hit new highs under the guidance of Assistant Program Director and Director of Research **Dr. Joan Lo, MD**, Research Project Manager **Nirmala Ramalingam, MPP**, and **Drs. Nicole Tran**. In the past academic year residents authored 9 manuscripts in peer-reviewed publications and presented 32 posters at numerous regional and national meetings (see the sidebars). Numerous faculty members were instrumental in mentoring resident scholarly work this year— thanks to all of you!



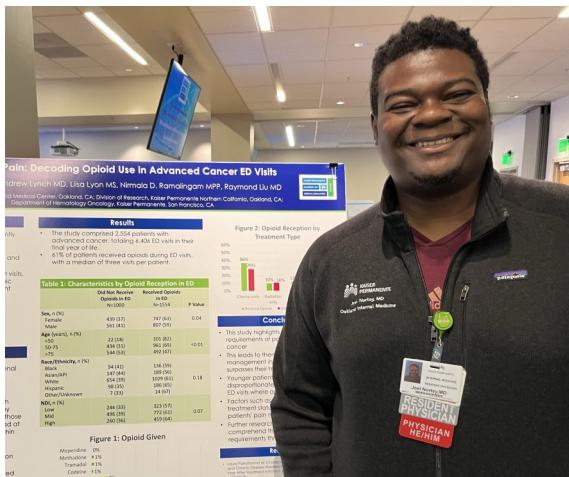
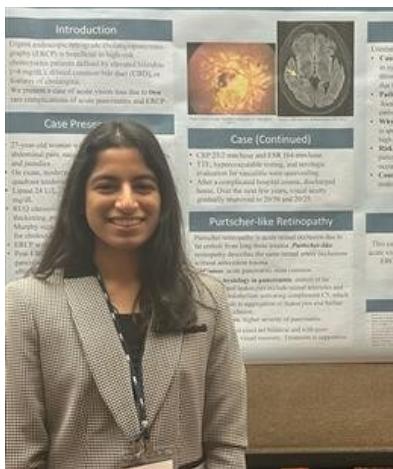
Above: **Jimmy Yao, Chris Macko, Jordan Weber, and John Chen** presented their original work at the Chest conference in Boston where they ran into former Chief Resident and current Pulm-Crit Care Fellow at U of Rochester, **Tim Yang**. (Below) **Aaron Deng** and **Amanda Chang** present at ATS



Dr. Anika Naidu Kaiser East Bay Scholarly Symposium 2025 Outstanding Resident Project

Obesity Prevalence Differs by Asian Ethnicity
across the Adult Lifespan





AMERICAN SOCIETY OF CLINICAL ONCOLOGY



Jimmy Yao, Marissa Jordan and Alejandro Marquez at ATS.

Anika Naidu, Joy Njuguna and Ed Shin do a photo op while at the American Heart Association Conference in Chicago

Abstracts Accepted at Recent & Upcoming National Conferences

American Society of Nephrology
Dr. Uchenna Nwosu
Dr. Billy Zeng

Substance Use and Addiction Med
Dr. Cyrus Mirzazadeh

CHEST
Dr. John Chen
Dr. Jimmy Yao
Dr. Jordan Weber
Dr. Tim Yang

American Thoracic Society
Dr. Marissa Jordan
Dr. Soundarya Kumaravelu
Dr. Alejandro Marquez
Dr. Amanda Chang
Dr. Julia Costantini
Dr. Jimmy Yao
Dr. Chris Macko

Endocrine Society
Dr. Chelsea Yin
Dr. Clarence Chu
Dr. Kristine Gu
Dr. Jaclyn Khil

Annual Assembly of Hospice and Palliative Care (AAHMP)
Dr. Joy Liu
Dr. David Oh

National ACP
Dr. Jimmy Yao
Dr. Chris Macko
Dr. Tim Yang

Consortium of Global Health
Dr. Joy Liu
Dr. Chelsea Gong

American Geriatric Society
Dr. Cindy Qian
Dr. Chelsea Yin

Society of General Internal Medicine
Dr. Jessica Himmelstein
Dr. Chandni Kapoor

Northern California ACP



ACP Awardees 2022-2025

Burke, J. Hypercalcemia due to CVID-induced granulomata **Third place (2025)**

Naidu A, Shin E, Ramalingam N, Tran N. Timing matters: A quality improvement project to introduce Advance Care Planning to heart failure patients. **Second Place, QI (2024)**

Chang A. Heart failure is an independent risk factor for osteoporotic fracture. **Second Place, Research (2024)**

Zhang S, et al. Keeping You Full and Clear: Prior to Colonoscopy. **Second Place QI (2023)**

Macko CA, Shin E. Pain, palsies, and pink sputum: MPA. **First Place (2023)**

Tom N. Smoking prevalence among Chinese men differs by preferred language in a Northern California health plan. **Second Place, Research (2022)**

ACP Clinical Vignettes 2024-25

Kapoor C. Pneumatosis intestinalis due to a novel antineoplastic agent. **Finalist**

Tamima S. "Refractory ITP" due to acquired amegakaryocytic thrombocytopenia. **Finalist**

Tang J. Platypnea-orthodeoxia: A case of hepatopulmonary syndrome. **Finalist**

Jalil S. Disseminated toxoplasmosis in a kidney transplant recipient leading to HLH

Tse C. Disseminated histoplasmosis in an immunocompromised patient

Chen D. Post-transplant atrial fibrillation

Chen J. FUO & autoimmunity: a case of disseminated CMV.

Deng A, Chang K. Cold agglutinin syndrome.

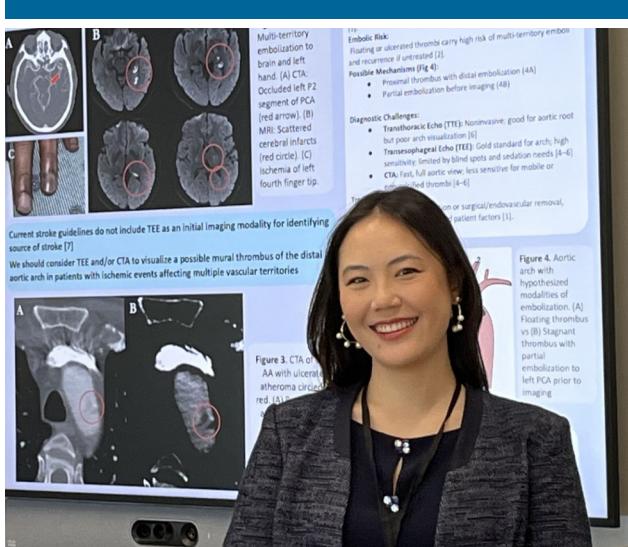
Miramontes E, Achoo! A case of extra-gastrointestinal Anisakis in the nasal cavity.

Murphy R. Hidden hemorrhage: a not so small, small intestine GI bleed.

Xu, L. Arch Enemy: Aortic arch thrombosis as a cause of multiple arterial emboli

Shokoor, O. An unusual case of pulmonary AVM in HHT.

Tran A, Chandran C. How low can you go – A case of familial hypobetalipoproteinemia.



Kaiser Oakland had another terrific showing at the ACP Conference in October. (Top) PGY-1 **Dr. Lily Xu** prepares to wow the judges. **PGY-1 Jackson Burke** shows off his **3rd Place in clinical vignettes** (out of more than 160 posters). The Medical Jeopardy team of **Drs. Sara Jalil, Beth McIlhiney, and Jackson Burke** lit up the scoreboard and our Program Director, Dr. Baudendistel, Chaired the Resident Research, QI, and Vignette competition. Way to go team!!



- ## Resident Pubs in the past year
- Macko CA et al.** "Lupus Doesn't Have Me, I Have Lupus": Using Patient-Centered Interviews to Understand Medication Nonadherence. *Perm J.* 2024.
- Pelliccione A, et al.** Trends in Gonorrhea and Chlamydia Testing and Infections Across the COVID-19 Pandemic in Adolescents and Young Adults. *J Adolesc Health.* 2024.
- Qian CW, et al.** Use of Five Complementary Health Modalities Relevant to Lifestyle Medicine. *Am J Lifestyle Med.* 2024:
- Wick JM, et al.** Tuberculosis and Chronic Hepatitis B Virus Infection Screening Among Non-US-Born Persons in an Integrated Health System in California. *Open Forum Infect Dis.* 2024.
- Costantini JG, et al.** Ethnic Variation in Asthma Prevalence Across Childhood in the Asian American and Pacific Islander Population. *Chest.* 2025
- Zhang S, et al.** Hypertensive Blood Pressure in Adolescent Females with Polycystic Ovary Syndrome. *Am J Prev Med.* 2025
- Zeng B, et al.** Incident Albuminuria and Ethnicity Among Adults with Diabetes in an Integrated Health Care System in the United States. *Kidney Med.* 2024
- Shin ED, et al.** Sex Differences in Kidney Function and Atherosclerotic Cardiovascular Disease. *Am J Prev Med.* 2025
- Dahabreh D, et al.** Atopic Dermatitis Prevalence among Asian American and Pacific Islander Children. *J Am Acad Dermatol.* 2025
- Dani A, et al.** Racial and Ethnic Differences in the Burden of Alopecia Areata in Contemporary Pediatric Practice. *Pediatr Dermatol.* 2025.
- Nortey J, et al.** Evaluating the role of palliative care in emergency department opioid use among advanced cancer patients. *Support Care Cancer.* 2025



Community



Assistant Program Director and Director of the Health Equities & Disparities Program, **Dr. Nailah Thompson**, was joined by **Drs. Joel Nortey, Morgan Haynes, and Zena Salim** at the Mentoring in Medicine and Science event, inspiring students from local schools to pursue health care careers.

Dr. Thompson also represented Kaiser Permanente on NBC Bay Area during the annual Black Men in White Coats event in Livermore. More than 600 students from the Bay Area joined for a day of hands-on workshops and discussions about careers in health care.

Below are a few of the community partners Kaiser Oakland IM Residents partner with, reminding us of our 'why?' We are all part of the raising the health of our East Bay community





Celebrating the opening of Oakland's Afya Center for Health Equity

“On Tuesday, Feb. 11, more than 50 employees, physicians and leaders gathered for a ribbon cutting opening celebration for Oakland’s Afya Center for Health Equity. Dr. Nailah Thompson, the visionary force behind this, said the module will “focus on learning more about the diverse needs and barriers of our members and communities in Oakland. Physicians will have special training in cultural humility to offer a trusted space where everyone is heard and belongs.”

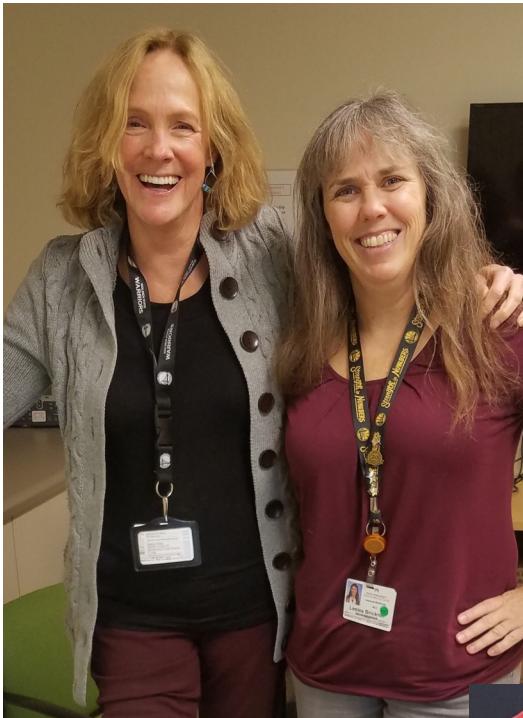
[above summary came from KP East Bay announcement]



Special Tribute— Dr. Leslea Brickner

The legendary Dr. Brickner retired this past year and headed on many great adventures. During a career that spanned several decades, Dr. Brickner was a former resident, Chief Resident, and Associate Program Director for the Kaiser Oakland IM Residency. She inspired countless residents to pursue careers in Primary Care, and these photos capture her many passions from mentoring women in medicine, supporting the Dubs, to keeping it fun at work.

Merci beaucoup and Bon voyage!!



Good Luck to our MPH graduates!!



Drs. Chelsea Yin and Jimmy Yao graduated from UC Berkeley's School of Public Health with their MPH degrees. Jimmy is now a Pulmonary–Critical Care fellow at UC Irvine and Chelsea is an Endocrinology fellow at UCSF.

Other Recent Awards

Chandni Kapoor won a Presidential Poster Award for her abstract at the American College of Gastroenterology Annual Meeting in Philadelphia

Joy Njuguna was selected to present an encore abstract at the American Heart Association Scientific Sessions

Brendan Seto was an invited panelist at the Council for Native Hawaiian Advancement conference in Honolulu

Jimmy Yao was an invited Focus Group panelist at the annual CHEST meeting in Boston

Marissa Jordan and **Anika Naidu** received UCSF Resident Teaching Awards

Former IM MPH grad **Dr. Esme Cullen** was named **Executive Director, Medicaid Chief Health Equity Officer for KP National Health Plan**

IM MPH grad and Mt Sinai Palliative Care Fellow, **Dr. Joy Liu**, authored the white paper “How Health Systems and Hospitals Can Help Solve Homelessness” for the US Interagency Council on Homelessness.

Alumni Corner



Mike Nguyen was married in September along the Northern California coast.



UCSF Teaching Award

Former resident and Chief Resident, **Uchenna Nwosu**, won a UCSF Excellence in Teaching and Mentoring Award during his Nephrology Fellowship!



(Left) Former Co-Chiefs extraordinaire **Chris Macko and Michelle Fok** enjoy their last day of work— Chris is now a Pulm/ Crit Fellow at U Davis and Michelle is the current KPNC Patient Safety and QI Fellow. (below) **Dr. G** joins alums **Bryan Lee and Paul Wada** for a mocktail



We are Family!



What better way to close this issue of the *Residency Life* than with Baby Photos, from current and former residents!!

(Clockwise from top left): **Dr. Shefali Nath** is joined by Amara and her new sister Arohi. **Neha Luthar** sends greetings from Minnesota where she and hubby Mike welcomed their daughter Maya. **Michelle Fok's** baby Niko, and **Sarah Michael's** newest addition, Diego., and **Veesta Falahati's** son Leo





Weddings!





Weddings!

No better way to wrap up this issue of *Residency Life* than wedding photos— not one but 4 (!!) resident weddings in the span of a magical month in the Fall of 2025.

From left page: Jordan risks injury to seal the deal, Morgan made it official, Neil and co. rocked the Salt Lake and Christine soaked up the Golden Gate vibe

