

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

Anika Naidu	Cardiology, Kaiser Northern California
Ed Shin	Cardiology, University of Hawaii
John Chen	Rheumatology, University of Colorado
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
Neil Sahasrabhude	Pulmonary/Crit Care Kaiser East Bay
Justin Tang	Pulmonary/Critical Care Kaiser East Bay
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
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 Erspamer	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

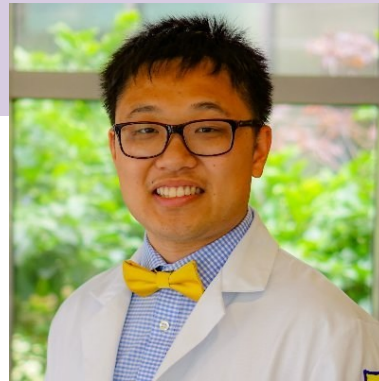
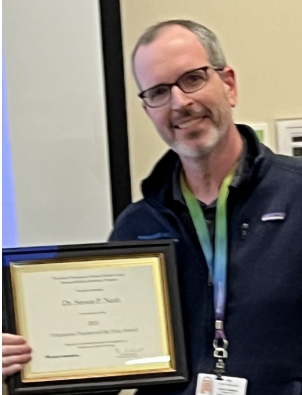
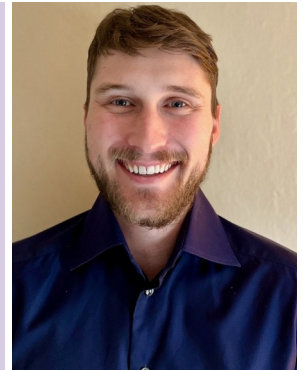
Outpatient - Dr. Steven Nash MD

Subspecialty - Dr. Erik Eckert 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



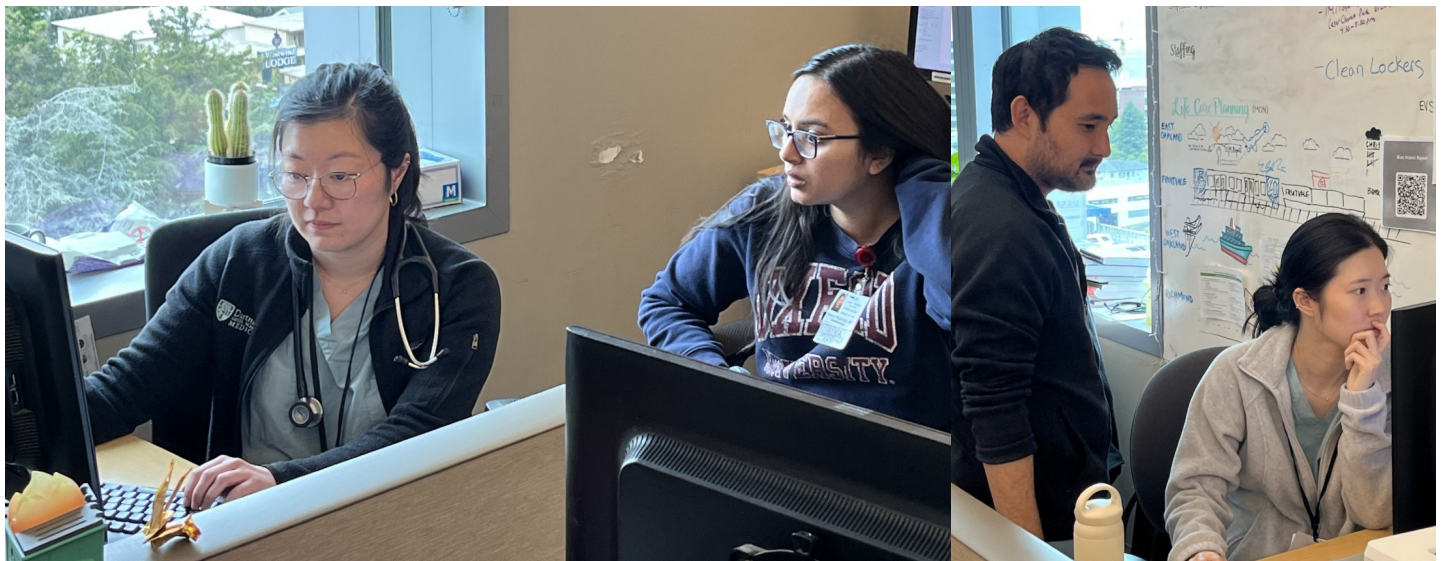
New Interns Arrive!

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





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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

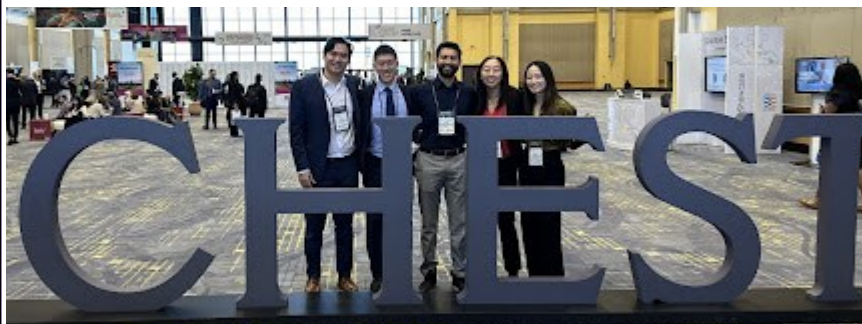
American College of Rheumatology
 Dr. Chris Macko
 Dr. John Chen

American Medical Women's Association
 Dr. Sherry Zhang
 Dr. Andrea Chai

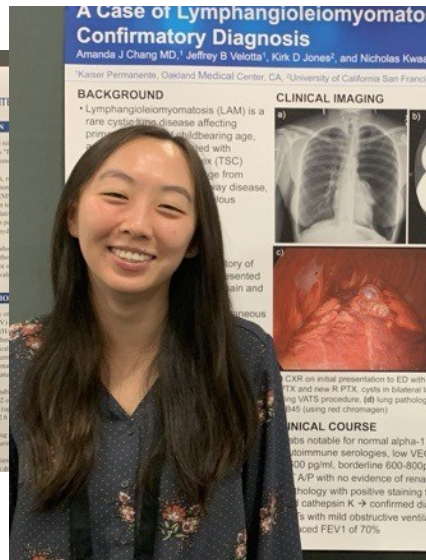
American Academy of Allergy
 Dr. Emily Nguyen

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: **Aaron Deng, Randy Chow, Neil Sahasrabhude, Amanda Chang, and Christine Shieh** present at the Chest conference in Chicago
 (Below) **Aaron Deng and Amanda Chang** present at ATS



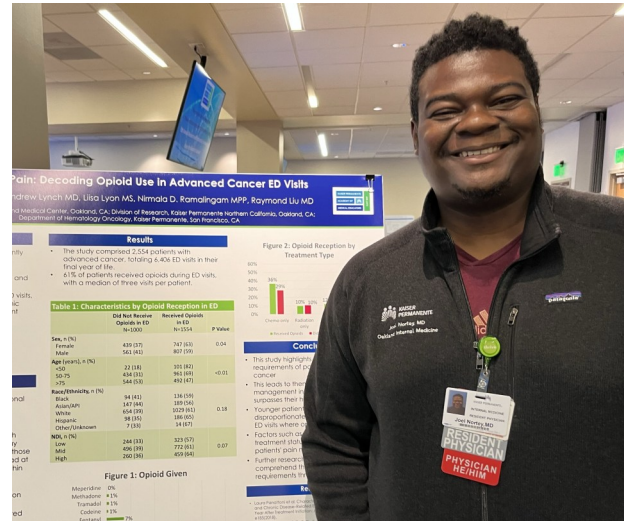
Dr. Anika Naidu Kaiser East Bay Scholarly Symposium 2025 Outstanding Resident Project

Obesity Prevalence Differs by Asian Ethnicity
 across the Adult Lifespan

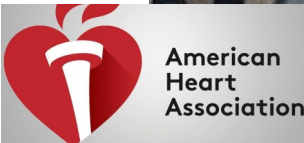




Ananya Majumdar, Ryan Murphy and Chandni Kapoor present at AASLD in Washington D.C., joined by their mentor **Dr. Radhakrishnan**



Joel Nortey with the poster he presented at the American Society of Clinical Oncology meeting



Ed Shin and Brandon Seto joined by their mentors at the American Heart Association Conference in New Orleans

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. Alexandro 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 (AAHPM)
 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

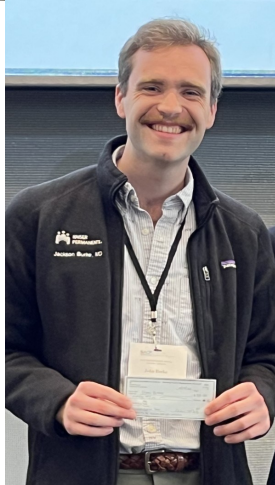
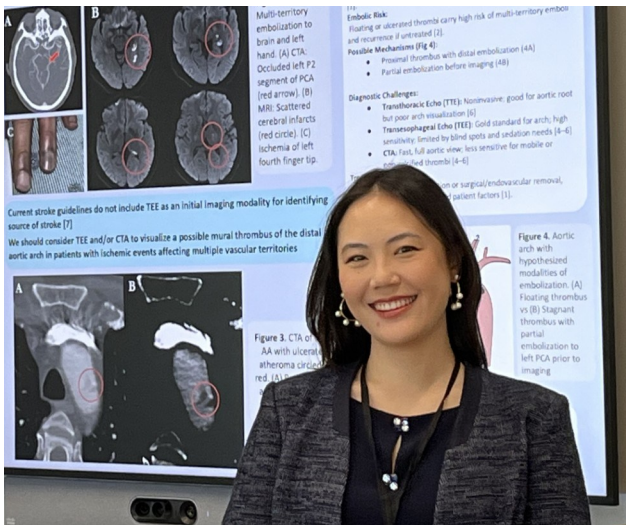


ACP Awardees 2022-2025

- Burke, J.** Hypercalcemia due to COVID-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-I **Dr. Lily Xu** prepares to wow the judges. **PGY-I 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 Northey, 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

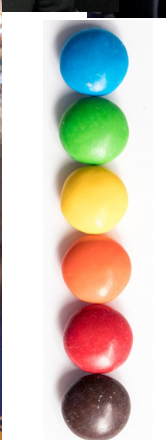
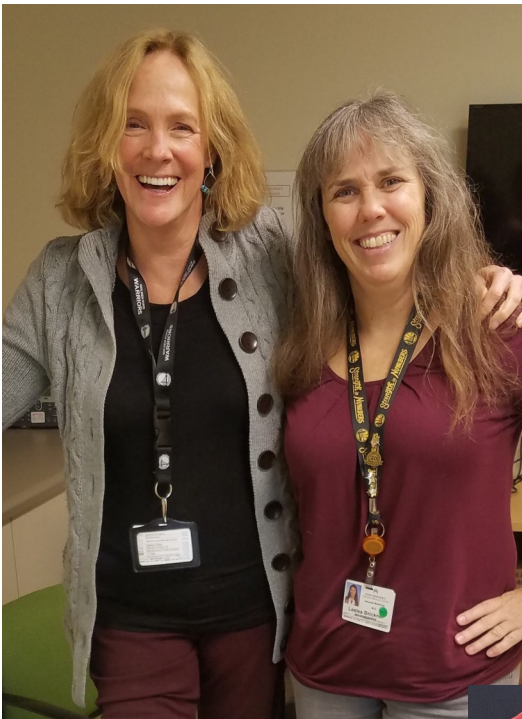
“On Tuesday, Feb. 11, more than 50 employees, physicians and leaders gathered for a ribbon cutting opening celebration for Oakland’s Afya Center for Health Equity. Dr. Nailah Thompson, the visionary force behind this, said the module will “focus on learning more about the diverse needs and barriers of 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

