



THE PROGRESS NOTE

DEPARTMENT OF INTERNAL MEDICINE



Carolinah HealthCare System

Fall | 2017



CMC Internal Medicine Intern Class 2017-2018

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Welcome from the Program Director

Dr. Matt Blackwell, MD, FACP

The 2017-2018 academic year is off to a great start in the Department of Internal Medicine. This is an exciting time of year as we recently welcomed another class of eager and enthusiastic interns to CMC. In this issue of “The Progress Note,” we will

highlight some resident and faculty accomplishments as well as feature stories on our graduates’ career choice, our medical “hotspotting” program, and the founding of the Charlotte Rebound Clinic. We hope that you will enjoy reading about these programmatic updates and innovations and that this newsletter will connect our large and growing base of alumni.

Please feel free to forward this issue of “The Progress Note” to other alumni and friends of the program. Anyone who would like to receive an electronic copy of this biannual newsletter can send his/her contact information to IMAlumni@carolinahhealthcare.org. In addition, we encourage you to contact us with updates on your accomplishments or other changes in your professional life. We would be delighted to highlight your news in a future issue!

Finally, I hope that you will consider giving back to your former residency program through a tax-deductible monetary contribution to the Dr. Laszlo Littmann Department of Internal Medicine Education and Research Fund.

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We established this fund to honor the occasion of Dr. Littmann's retirement in 2016, and we are using the donated funds to support residency education efforts including travel to Cameroon for an experience in international medicine, residency wellness events to prevent physician burnout, resident research efforts, and special events such as residency graduation. Your contributions will allow us to continue our current outstanding educational programs as well as offer exciting new opportunities for professional development. Information about donating to the Internal Medicine Education and Research Fund is included at the bottom of this page. Thank you so much for your consideration!

Sincerely,

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



CMC Internal Medicine Intern class at the top of Crowder's Mountain

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.

Upcoming Events

- ▶ **Monday, October 23rd:**
Residency Recruitment Season Begins
- ▶ **Saturday, December 16th:**
CHS Resident Holiday Ball
- ▶ **Fri-Sat, February 23-24th:**
North Carolina ACP Meeting

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)

— or —

Supporters can mail checks to the CMC Department of Internal Medicine Education and Research Fund
Carolinas HealthCare Foundation, P.O. Box 32861, Charlotte, NC 28232-2861.

Residency Program Update: Internal Medicine Graduation 2017

This past June, our department gathered at Maggiano's Little Italy restaurant in SouthPark to celebrate the accomplishments of our graduating residents and fellows. Award winners from that event include...

Marvin McColl Most Outstanding Resident Award:

Dr. Daphne Jones

Laszlo Littmann Scholarly Activity Award:

Dr. Linsey Spence

Ambulatory Clinic Award:

Dr. Maggie Devane

Arnold Frazier Intern of the Year Award:

Dr. Tony Dang

Top Quality Improvement Project Award:

"Identifying the Social Determinants of Health at Myers Park Internal Medicine Clinic"

Resident Team Members: Maggie Devane, Beth Butler, Rene McLeod, Kendall Liner, Kathryn Anderson, Tony Dang, Megan Jagosky, Aaron Goodwin

Faculty Advisors: Iris Cheng, Animita Saha, Suneet Kaur

MPIM Staff Facilitators: Brooke Palmer, Cindy Huss, Kim Nelson

Ronald Follmer Attending Teacher of the Year:

Dr. Tom Montgomery

CHS Graduation 2017

The Class of 2017 also was recognized at the CHS graduation celebration at the Marriott Center City in June. As a part of that event, Dr. Linsey Spence received the prestigious Dr. Louisa Littleton Award (pictured to the right). This marks the second consecutive year that a resident from our department has received this distinguished award.

In 1945, Dr. Louisa Littleton was the first female resident at Carolinas Medical Center (then known as Charlotte Memorial Hospital), and the award in her memory goes to the CHS resident who best exemplifies a commitment to underserved care and reducing health disparities. Dr. Spence was recognized for her outstanding teamwork, profound compassion, and steadfast dedication to her patients through the founding of the Charlotte Rebound Clinic. We are delighted that Dr. Spence remains in our department as a first-year Gastroenterology fellow!



Members of the PGY-3 Class of 2017



Members of the Intern Class of 2017



Dr. Linsey Spence receiving the Dr. Louisa Littleton Award

Residency Program Updates:

Graduate Career Paths

Our residents' career options following training are unlimited and our graduates have followed varied career pathways in recent years. Over the past decade, approximately 40% of our residents have chosen to pursue additional specialty fellowship training. We are proud of the fact that 100% of our residents applying to fellowship have matched into the specialty of their choice over that span. Our tremendous success in fellowship placement can be attributed to several factors including the recruitment and training of outstanding internal medicine residents, abundant opportunities for scholarship, and excellent career mentorship throughout the process. In recent years, our department has added fellowship programs in Gastroenterology as well as Hematology-Oncology through the Levine Cancer Institute. Of our graduates who have entered specialty training elsewhere, many have returned to the Charlotte area to practice.

Additionally, we are especially proud of the fact that over half of this year's graduating class has pursued careers in general internal medicine. Because of our program's longstanding commitment to training in general internal medicine, our graduates traditionally have entered careers in primary care internal medicine far above the national average. Moreover, a substantial number of our program's graduates have chosen to practice within North Carolina, and more specifically within the Charlotte area.

In fact, our residency program has graduated a total of 108 board-certified physicians in internal medicine over the past ten years. Of those, approximately 60% have entered a career in primary care general internal medicine as either an ambulatory-based physician or hospitalist. This percentage is nearly double the national average of 31% of internal medicine residency graduates entering into primary care general internal medicine. Furthermore, of our graduates that have entered a career in primary care internal medicine over the past decade, nearly 75% practice in North Carolina, over 60% practice in Charlotte, and over 50% remain in Carolinas Healthcare System (CHS).

In real numbers, this translates to our residency program producing 62 board-certified physicians practicing in general internal medicine over the past decade. Of those, 46 general internal medicine physicians are practicing in North Carolina, 39 general internal medicine physicians are practicing in Charlotte, and 33 general internal medicine physicians are practicing within CHS. The success of our residency program in producing highly qualified physicians who practice primary care general internal medicine has a tremendous impact on improving access to care, quality of care, and the overall health of the people of our city, region, and state.

References:

West CP, Dupras DM. *JAMA*. 2012;308(21):2241-2247

Career Paths: CMC Internal Medicine Class of 2017

Brian Batas, MD, Hospitalist, Carolinas Hospitalist Group

Stephen Beasley, MD, GI Fellowship, University of South Alabama

Claire Evans, MD, MS, Ambulatory Care, Mecklenburg Medical Group

Luke Farmer, Sr., MD, M.Div., Heme-Onc Fellowship, Levine Cancer Institute

Aaron Goodwin, MD, Ambulatory Care, Lenoir, NC

Jasna Ikanovic, MD, GI Fellowship, University of Tennessee-Chattanooga

Megan Jagosky, MD, Heme-Onc Fellowship, Levine Cancer Institute

Daphne Jones, MD, PGY-4 Chief Resident, Carolinas Medical Center

Anna Mistretta, MD, MS, MPH, Ambulatory Care, Charlotte Medical Clinic

Tuyche Sang, MD, Ambulatory Care, St. Louis, MO

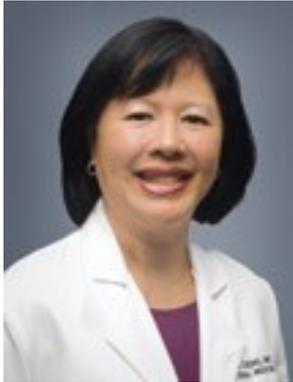
Linsey Spence, DO, GI Fellowship, Carolinas Medical Center

Jennifer Womack, MD, Ambulatory Care, Mecklenburg Medical Group

Todd Gandy, MD, PGY-4 Chief Resident 2016-2017, Pulmonary-Critical Care Fellowship, Medical University of South Carolina



Clinical Care Update: Medical “Hotspotting” Program



Funded by an AHEC Innovations in Education Grant, Iris Cheng, MD (Internal Medicine), Emily MacNeil, MD (Emergency Medicine), and Dulce Mange, MSW, have led an inter-professional group of students from the fields of medicine, nursing, pharmacy, advanced care practice, and social work to participate in the Camden Coalition Student Hotspotting Learning Collaborative this past year. Recognizing the fact that a small number of patients drive most of the cost of medical care, Dr. Jeffrey Brenner, a family physician with the

Camden Coalition for HealthCare Partners, originally applied the concept of “hotspotting” to healthcare. Hotspotting examines data to identify high-use, high-cost outliers in the healthcare system, known as “super-utilizers”, and explores ways to direct resources to these patients, individualize their care, and innovate around effective comprehensive treatment plans. These “super-utilizers” are the focus of the hotspotting team by using inter-professional teamwork to address creatively not only the medical and emotional needs of these patients but also the social and economic determinants of their health.

Thus far, the hotspotting group’s experience includes weekly learning opportunities through webinars, case presentations, and team meetings to discuss the highest needs patients. In addition to direct clinical care in the hospital, the clinics, or within the home, the curriculum includes didactic sessions on social determinants of health, implicit bias, ED care plans, barriers to care, and screening tools for various social and behavioral determinants of health. In all patient cases, the team has observed marked reductions of emergency department use and hospitalizations after several interdisciplinary interventions were employed, including texting patients every week to help develop self-management skills, creating a medication dosing schedule, creating ED care plans, and addressing social needs such as food insecurity and housing needs.

This September, the Charlotte hotspotting team returned to Philadelphia to meet with a team from Jefferson University, Yale, Harvard, Columbia, and Johns Hopkins and have started a new cycle of hotspotting for the new academic year. Our UNC School of Medicine Charlotte Campus is the only branch campus involved at this regional hub in Philadelphia. This year, the CHS hotspotting team has added a doctoral student in health psychology from UNC-Charlotte and will be serving patients throughout the CHS system while primarily concentrating on patients from Myers Park Internal Medicine.

Iris Cheng, MD

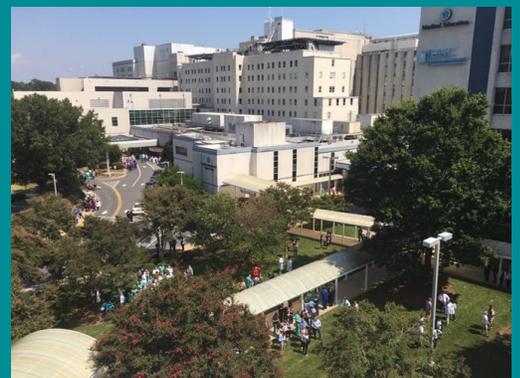
Scenes from Solar Eclipse Day, August 21, 2017



Residents and students gather on the roof of the parking deck to view the eclipse



Dr. Scott Furney views the solar eclipse



Crowd gathers to view the solar eclipse at CMC-Main

Residency Program Updates: Charlotte Rebound Clinic

Charlotte Rebound Behavioral Health (a branch of the Charlotte Rescue Mission) is a well-established local organization that offers comprehensive counseling and care for numerous patients and families impacted by chemical dependency and mental illness. The Rebound program houses patients for up to one year while they attend intensive substance abuse counseling and vocational rehab.

This past year, two members of the Class of 2017, Dr. Linsey Spence and Dr. Daphne Jones, recognized the critical need for on-site medical services for these high-risk patients that often have very poor access to routine medical care outside of the emergency room. Thus, they collaborated with the leaders of Charlotte Rebound Behavioral Health to begin a free medical clinic on their campus approximately once per month.

Each monthly on-site clinic accommodates 10-12 patients in an evening. Our Internal Medicine residents have embraced the opportunity to volunteer at the clinic, and the partnership already has made an impact in the lives of the patients of Charlotte Rebound. One example of this profound impact became evident immediately following the inaugural Rebound Clinic. During that first clinic session, one of our resident physicians saw a patient complaining of atypical headaches and intermittent jerking of his arm. Through the efforts of the Rebound Clinic staff and volunteers, the patient was referred for an MRI which revealed a large, concerning brain mass. From there, the patient quickly was referred for neurosurgical evaluation where he underwent a successful resection of an aggressive brain tumor. Drs. Spence and Jones dramatically impacted this patient's life through the founding of the Rebound Clinic, and it serves as a wonderful testimony to their desire to care for the medically underserved.



Linsey Spence, DO



Daphne Jones, MD

Department of Internal Medicine: Faculty Updates



Dr. Scott Furney, Chair Department of Internal Medicine, received the CHS Patients' Choice award for having the top box scores in the Press-Ganey survey.

Dr. Steve Cochran received the Resident Education Award from the CHS Center for Faculty Excellence.



Dr. Tom Montgomery received the Dr. Ronald Follmer Teacher of the Year Award from the Department of Medicine in 2017.

Dr. Kristi Moore and Dr. Heather Tarantino were inducted into the UNC Academy of Educators teaching honor society.

