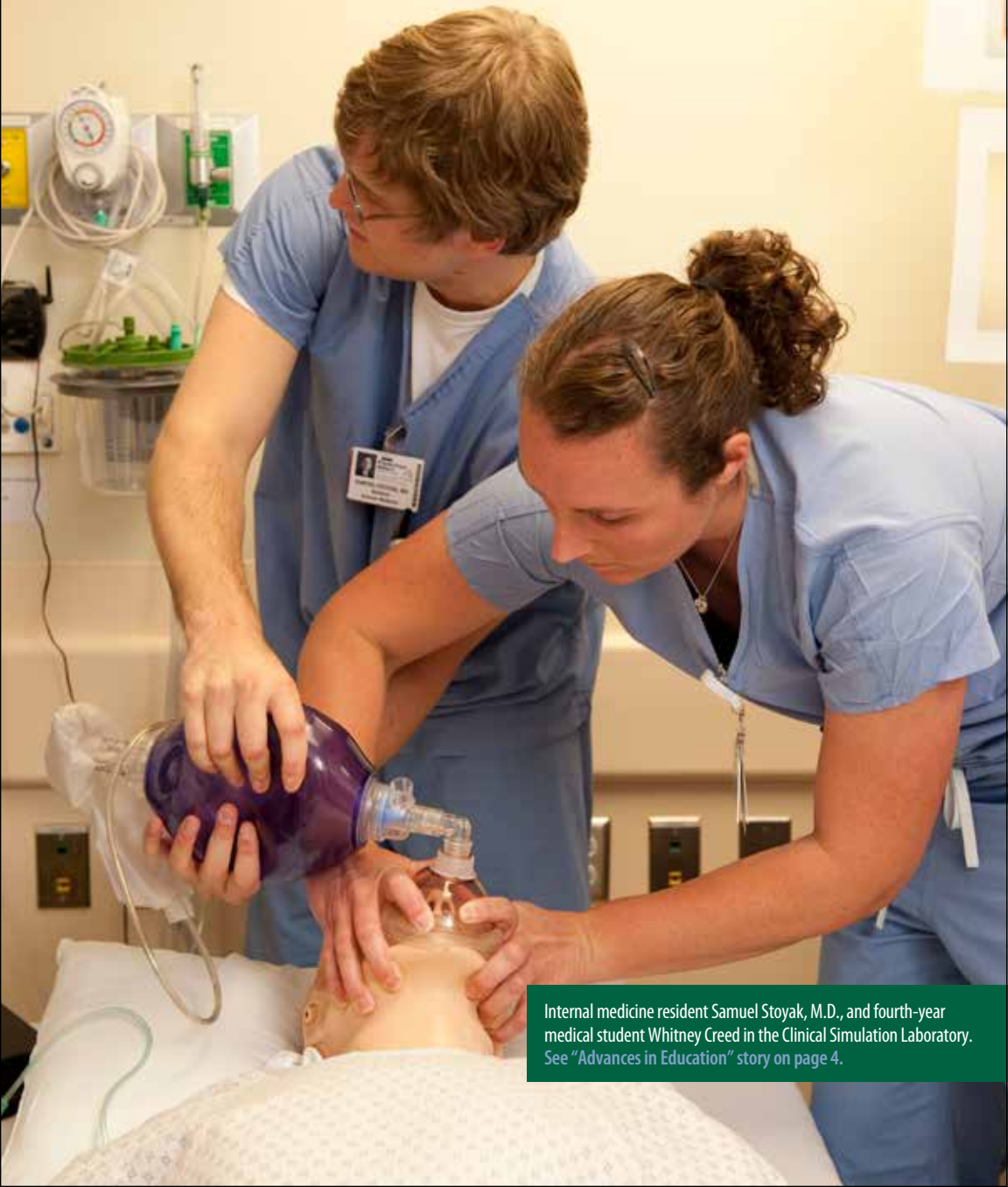


FALL 2014

The chart

News & Notes from the Department of Medicine at the University of Vermont College of Medicine



Internal medicine resident Samuel Stoyak, M.D., and fourth-year medical student Whitney Creed in the Clinical Simulation Laboratory. See "Advances in Education" story on page 4.



Lynn Blevins, M.D., M.P.H.



Elizabeth Zeeck, M.D.



Zail Berry, M.D., M.P.H.



E. Rosy Hill, M.D.

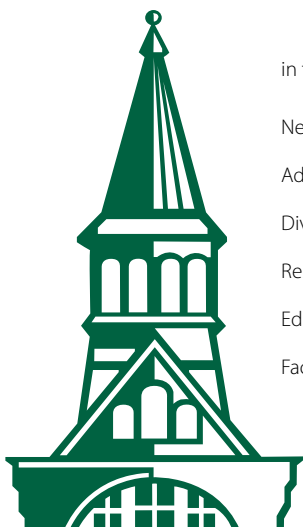
NEW FACULTY

LYNN BLEVINS, M.D., M.P.H., joined the faculty as an assistant professor in the Division of Pulmonary and Critical Care Medicine. Her primary role will be developing and teaching graduate level public health courses online for the new Master of Public Health Program. Dr. Blevins earned her M.D. from the Medical College of Virginia, and her M.P.H. from Boston University. She has worked as an epidemiologist for the Centers for Disease Control and the Vermont Department of Health.

ELIZABETH ZEECK, M.D., joined the faculty of the Division of Dermatology this fall as an assistant professor. She obtained her M.D. from University of Washington School of Medicine, and is a 2014 graduate of the UVM/Fletcher Allen Health Care Dermatology Residency Program.

ZAIL BERRY, M.D., M.P.H., joined the faculty as an associate professor in the Division of Primary Care Internal Medicine. Dr. Berry completed medical school and residency in internal medicine at University of California, San Francisco. She completed a primary care internal medicine fellowship and an M.P.H. at George Washington University. She is board certified in internal medicine and hospice and palliative care, with prior qualification in geriatric medicine. Her clinical roles will include care of patients at skilled nursing facilities, and home visits.

E. ROSY HILL, M.D., joined the Division of Primary Care Internal Medicine as an assistant professor. She completed medical school at UVM, residency training in internal medicine at Fletcher Allen Health Care, and her clinical fellowship in geriatrics at Yale. She has a primary care practice with a focus on geriatrics. She also performs ambulatory consultation in geriatrics, and serves as the medical director at Green Mountain Nursing Home.



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As the fall season takes hold (and sweaters come out of the closet once again!), the Department of Medicine has been readying for some important transitions. In November, after months of planning and consultation with key stakeholders, Fletcher Allen Health Care changes its name to the University of Vermont Medical Center. Fletcher Allen Partners, which includes four hospitals in Vermont and northern New York, will become the University of Vermont Health Network. As the largest academic department at the UVM College of Medicine, we welcome this change as recognition of our close partnership with Fletcher Allen. The academic mission of our institutions has always been front and center, and now our name not only reflects this relationship but propels us into a new era of patient care. The University of Vermont Health Network provides an opportunity to educate our future physicians in an environment focused on coordination of care and integrated services – one designed from the beginning to put the patient at the center of everything we do. As you’ll see in this fall edition of *The Chart*, our faculty are spearheading new initiatives to meet these challenges. The Division of Cardiovascular Medicine is the first to implement a service line care model, designed to support providers as they coordinate care across specialties, leading to improved outcomes and greater efficiency. Interprofessional communication continues to be a lynchpin of high quality care, and some faculty members are designing innovative simulation-based education courses that address this need. And of course, we’re always proud of our residents and fellows. They bring new ideas and energy to our department – read more in Education News about where our most recent graduates have gone!



Polly E. Parsons, M.D.
E.L. Amidon Professor and Chair, Department of Medicine

The chart

The Chart is published by the Department of Medicine of the University of Vermont College of Medicine and Fletcher Allen Health Care, Burlington, Vermont.



The University of Vermont
 COLLEGE OF MEDICINE

Submissions to the newsletter, as well as address corrections may be sent to: thechart@med.uvm.edu

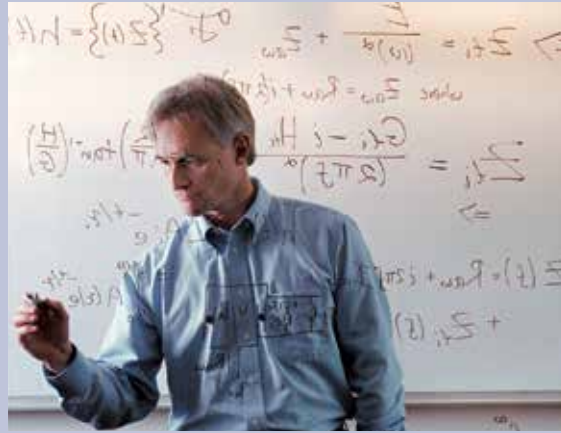
or
 THE CHART
 UVM/Fletcher Allen Department of Medicine
 Fletcher 311
 111 Colchester Avenue
 Burlington, Vermont 05401



COVER PHOTO by Jeff Clarke.

SPARK VT Awards Second Round of Grants

Founded by the Department of Medicine, SPARK VT features a panel of leaders from biotech, pharmaceutical, business and legal fields who listen to presentations from researchers, and offer feedback on how to bring their projects to the commercial market. Four research proposals have been funded in 2014 by SPARK VT, which in its second year has expanded to include two additional academic departments, Neurological Sciences and Obstetrics, Gynecology, and Reproductive Sciences. Two Department of Medicine members, **JASON BATES, Ph.D.**, a professor in the Division of Pulmonary and Critical Care Medicine, and **JEFFREY SPEES, Ph.D.**, associate professor in the Division of Cardiovascular Medicine, received \$50,000 grants. Bates plans to use his grant to develop a fully functioning prototype of a disposable impedance adaptor, which will measure – in real time – the lung function of patients on mechanical ventilation. He is also developing software to analyze the data. The SPARK VT grant will help Spees further develop “Cell-Kro,” a grafting agent composed of insulin and a peptide derived from Connective Tissue Growth Factor. Cell-Kro has been shown in rodent models to improve the adhesion, proliferation, survival, and migration of cardiac stem cells grafted to a heart injured from a heart attack. UVM Professors of Neurological Sciences **DIANE JAWORSKI, Ph.D.**, and **PETER BINGHAM, M.D.**, also received \$50,000 grants. SPARK VT grants are financed by development funds from the recipient’s home department.



Above: Jason Bates, Ph.D., below: Jeffrey Spees, Ph.D.



CONFERENCES & EVENTS

OCTOBER 16-19, 2014

Advanced Dermatology for Primary Care Conference

Hilton Hotel in Burlington, Vt.

The conference is designed for the non-dermatologist with a focus on practical office dermatology.

For more information, visit www.uvm.edu/medicine/cme

NOVEMBER 1 -2, 2014

Boston-Ithaca Islet Club Fall 2014 Meeting

Sheraton Hotel in Burlington, Vt.

Hosted by the Endocrine Research/ Islet Biology group.

For more information, visit www.isletclub.org/ or contact Tom Jetton, Ph.D. at (802) 656-2616.

JANUARY 16-19, 2015

26th Annual Eastern Winter Dermatology Conference

Topnotch in Stowe, Vt.

The course is designed to provide high-level continuing education for dermatologists.

For more information, visit www.uvm.edu/medicine/cme

NEW LEADERSHIP ROLES

MATTHEW GILBERT, D.O., M.P.H., has been appointed interim director of the endocrine fellowship program. He has been an assistant professor in the Division of Endocrinology, Diabetes and Metabolism since 2009. He holds a D.O. from the New England School of Osteopathic Medicine and an M.P.H. from Boston University School of Public Health.

SHADEN ELDAKAR-HEIN, M.D., was appointed internal medicine residency program associate director. An assistant professor in the Division of Primary Care Internal Medicine, she received her medical degree from Temple University.

BONITA LIBMAN, M.D., was named interim chief of the Division of Rheumatology and Clinical Immunology. She is a professor in the division, and director of the rheumatology fellowship training program. She holds a medical degree from the University of Toronto.



Charles Irvin, Ph.D.



Dhananjay Gupta, Ph.D.



Steven Lidofsky, M.D.



Matthew Poynter, Ph.D.



Benjamin Suratt, M.D.

AWARDS & RECOGNITION

CHARLES IRVIN, Ph.D., was elected to the Charter Group of Fellows of the European Respiratory Society (FRES). Of the ERS’ 10,000 members, only 125 are being made fellows, of which 14 are American. He was also invited to deliver the John Rankin Memorial Lecture at the University of Wisconsin, Madison.

DHANANJAY GUPTA, Ph.D., obtained one of the highest scores through the peer review process for his research abstract titled “Transition from beta-cell compensation to ER stress in long-term fat feed model,” which was submitted to the annual scientific meeting of the American Diabetes Association in San Francisco, Calif. He delivered an oral presentation, and was awarded a travel grant for the meeting.

The American Association for the Study of Liver Diseases (AASLD) Governing Board and membership has recognized **STEVEN LIDOFSKY, M.D.**, as a member of the inaugural class of AASLD Fellows. This designation (FAASLD) was created for members that epitomize excellence and contributions to AASLD and to the field of liver disease.

Department of Medicine Research Mentor Awards were recently presented to **MATTHEW POYNTER, Ph.D.**, who received the Graduate Student Award, and to **BENJAMIN SURATT, M.D.**, who received the Fellows Award. Both Poynter and Suratt are associate professors in the Division of Pulmonary and Critical Care Medicine.



advances in **EDUCATION**

Improving Patient Care Through Clinical Simulation

The UVM/Fletcher Allen Clinical Simulation Laboratory is a hub for interprofessional education that incorporates innovations in clinical training, educational research, and quality improvement. The Department of Medicine is proud of members who have not only participated, but designed and championed simulation-based learning that addresses challenges they encounter in a clinical setting, often leading to greater efficiency and improved patient care.

MEDICAL INTENSIVE CARE UNIT TEAMS

In the Medical Intensive Care Unit (MICU), nurses, doctors, residents and respiratory therapists are called upon to work closely together – in sometimes stressful situations – to care for critically ill patients. Every person on the team has a different and vitally important skill set, says **LAURIE LECLAIR, M.D.**, an associate professor in the Division of Pulmonary and Critical Care Medicine, but they have historically lacked the opportunity to work on joint educational exercises outside the clinical setting. The curriculum Leclair and colleagues have developed brings these professionals together,



Laurie Leclair, M.D.

with a goal to promote best practices and deliver the best patient care possible.

“We are asking people to take their knowledge and apply it to critical care situations,” she says. “The hidden agenda is team-building.”

The curriculum grew out of a Frymoyer Scholars Award Leclair received in 2012. Working with colleagues **MARY DAWSON, CRT**, **RYAN CLOUSER, M.D.**, and **GARTH GARRISON, M.D.**, Leclair has developed scenarios relevant to the MICU, including patients experiencing sepsis, a GI bleed, and respiratory failure. After a pilot phase that completed in June 2014, the Simulation Laboratory sessions now run weekly with multidisciplinary critical care teams including physicians, medical students, respiratory therapists and nurses. Key to the endeavor’s success has been the support of colleagues at Fletcher Allen, including Respiratory Therapist Educator **MARY DAWSON**; Director of Nursing Education **SUE MURDOCK**; MICU Nurse Manager **KAREN ROUNDS**; Surgical MICU Nurse Educator **SUE HAIL**, and MICU Nurse Educator **EVAN NAHAKIAN**.

CENTRAL LINE-ASSOCIATED BLOOD STREAM INFECTIONS

Intensive care units have long struggled with central line-associated blood stream infections (CLABSIs), which are responsible for some 28,000 potential annual deaths and a cost of

up to \$2.3 billion annually in the United States alone. **GILMAN ALLEN, M.D.**, associate professor in the Division of Pulmonary and Critical Care Medicine, and colleagues have harnessed the Simulation Laboratory’s resources to train medical professionals on best practices in central line placement and maintenance, which led to a significant reduction in CLABSI rates in the Medical Intensive Care Unit and Surgical Intensive Care Unit that put Fletcher Allen well below the national average.

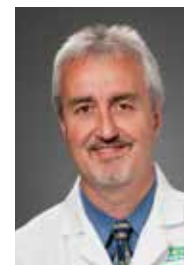
“We’ve had one central line infection in the MICU in the last two years,” Allen says. “We’re in the top ten percent nationally [for low CLABSI rates].”

An early project in the Clinical Simulation Laboratory was to train residents in central line placement. To ensure “consistency in training and technique,” the program expanded to include attending physicians and fellows. The training includes a video followed by instruction in the Simulation Laboratory that covers sterile field preparation, insertion technique and proper dressing.

Key to the project has been the introduction of a checklist tied to the electronic medical record, requiring sign-off on all steps. A nurse must be in the patient room, and he or she is empowered to speak up if procedure is not followed.

Allen says the project has required culture change and commitment from all of the medical professionals involved.

“Our success has really helped raise awareness and achieve buy-in,” he says. “Now everyone feels a sense of personal pride and obligation to maintain the same level of success.”



Gilman Allen, M.D.

INFUSION CENTER EMERGENCIES

After participating in simulation-based learning during a sabbatical in New Zealand, **CHRISTINE JONES, M.D.**, assistant professor in the Division of Rheumatology, came back with ideas for a training focused on practicing emergency protocols with infusion center staff.

The center hosts patients for a number of conditions that require IV treatment, including rheumatoid arthritis, osteoporosis and multiple sclerosis. Nursing staff administer the drugs with the support of an on-call physician, and have to be prepared for allergic reactions or other complications.



Christine Jones, M.D.

Jones is developing a number of scenarios the team may encounter: The one teams are focusing on now involves immediate treatment of an adverse reaction, and others are slated to include uncooperative family members, angry patients, or a disruptive situation in the room. The Simulation Laboratory setting – which can be set up to mimic the layout of the infusion center – and the standardized patients’ top-notch training help to bring an urgency to each scenario.

“It does a good job of putting you in the moment,” she says.

In the Simulation Laboratory, nurses and physicians are able to go through the simulation to identify gaps in protocol that would make for smoother handling of a potentially difficult situation. The result has been improved communication and a better understanding of roles when an emergency does arise.

— Erin Post

Cardiovascular Medicine

A revitalized Cardiovascular Research Institute, and a new approach to patient care that promises continued high quality along with high efficiency, are just a few of the recent exciting developments in the Division of Cardiovascular Medicine.

The formation of Fletcher Allen Partners, which as of November 2014 will become the University of Vermont Health Network, has led to additional efforts to coordinate care across the region, and cardiovascular medicine is leading the way, says Division Chief **DAVID SCHNEIDER, M.D.** The division was the first at Fletcher Allen to develop a service line approach to providing care at the four hospitals in Vermont and northern New York in the network. Instead of each specialist operating in a “silo,” with the patient shuttling between different offices for any given condition, the new system is set up to support providers as they coordinate care with the patient and each other, leading to improved outcomes and greater efficiency.



Many members of the Cardiovascular Medicine Division gathered for their September division meeting at Fletcher Allen Health Care.

FRONT ROW (L TO R): Matthew Watkins, M.D.; Daniel Lustgarten, M.D., Ph.D.; Martin LeWinter, M.D., Marc Tischler, M.D.; Friederike Keating, M.D., Ann Laramée, A.P.R.N.

MIDDLE ROW: Kevin Carey, M.D., Prospero Gogo, M.D., William Hopkins, M.D., Edward Terrien, M.D., Mark Capeless, M.D., Gregory Ehle, P.A.; Cardiovascular Medicine Division Chief David Schneider, M.D.

BACK ROW: Robert Lobel, M.D.; Peter VanBuren, M.D.; John Fitzgerald, M.D.

The division is also working with partner hospitals to standardize protocols for a range of common procedures like echocardiograms and stress testing. Regional quality assurance meetings are ongoing, Schneider says.

“We want high quality, high efficiency, and high patient satisfaction.”

The ultimate objective is to create a comprehensive network for the entire region. Steps in this direction include regionalization of the electronic medical record system, and the interventional cardiologists at Champlain Valley Physicians Hospital in Plattsburgh, N.Y. becoming members of the cardiovascular group.

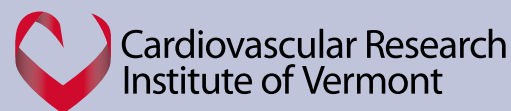
Education is another focus for the division. The fellowship program attracts more than 400 applications annually for the four available slots in general cardiovascular medicine, interventional cardiology and electrophysiology. The division plays a key role in the Vermont Integrated Curriculum at the UVM College of Medicine. The Cardiovascular, Respiratory and Renal course, led for years by **WILLIAM HOPKINS, M.D.**, has many times received the Outstanding

Foundations Course award from students. Hopkins, who recently stepped down as course director, received the Course Director of the Year Award a record seven times.

Research from division faculty consistently results in more than 50 publications in peer-reviewed journals annually. **PETER SPECTOR, M.D.**, has collaborated with UVM engineer and professor of medicine **JASON BATES, Ph.D.**, on software technology that creates a 3-D model of the human heart. The model holds promise to help better understand and cure the most common abnormal heart rhythm – atrial fibrillation (AF). In July of 2014, a procedure to replace heart valves using

catheters instead of open heart surgery, which was tested in a clinical trial with division members, received approval from the Food and Drug Administration for two categories of patients. Called Transcatheter Aortic Valve Replacement (TAVR), the procedure stands to benefit patients not eligible for surgery. The Cardiovascular Research Institute of Vermont recently celebrated a re-launch and is supporting established scientists as well as junior researchers who are applying for grants.

Schneider says despite the changing medical landscape, the division continues to contribute to research, education, and patient care at all points along the health care spectrum.



In August of 2013, **DAVID SCHNEIDER, M.D.**, was named to succeed founder **BURTON E. SOBEL, M.D.**, as Director of the Cardiovascular Research Institute of Vermont (CVRI-VT), a non-profit organization dedicated to “reducing the incidence, morbidity, and mortality of heart and vascular diseases through improving prevention, diagnosis, and treatment.”

Sobel, who died in 2013, shepherded the CVRI-VT through its early years, and helped to establish the organization as an important resource for faculty and an engine to facilitate and support research.

Goals for the CVRI-VT include supporting junior faculty as they establish their research programs and apply for grants, Schneider says, as well as providing broader educational opportunities and celebrating achievement.

At a relaunch celebration in April of 2014, CVRI-VT selected six members for the inaugural Distinguished Investigator award. Department of Medicine members receiving the award include Professor **PHILIP ADES, M.D.**, director of cardiac rehabilitation and preventive cardiology; and Professor **MARTIN LEWINTER, M.D.**, director of the heart failure and cardiomyopathy program. **JOSEPH BRAYDEN, Ph.D.**, professor of pharmacology; **GEORGE OSOL, Ph.D.**, professor of obstetrics, gynecology and reproductive sciences; **RUSSELL TRACY, Ph.D.**, professor of pathology and director of the UVM Laboratory for Clinical Biochemistry Research; and **KATHLEEN TRYBUS, Ph.D.**, professor of molecular physiology and biophysics, were also named Distinguished Investigators.

CVRI-VT also plans to host research forums and monthly conferences throughout the year in a continued effort to bring researchers from different disciplines together to advance knowledge in the field.



The CVRI-VT Board of Directors (L to R): David Schneider, M.D.; Harold Dauerman, M.D.; Marilyn Cipolla, Ph.D.; David Warshaw, Ph.D.; Mark Nelson, Ph.D.; Ira Bernstein, M.D.; Mary Cushman, M.D., M.Sc.

CARDIOVASCULAR MEDICINE at-a-glance

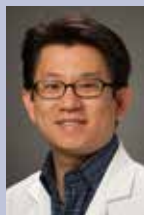
36,000+ ambulatory visits per year

2,000+ hospitalized patients per year

More than 50 peer-reviewed publications annually



Mark Capeless, M.D.



Allen Lee, M.D.



Robert Lobel, M.D.



Daniel Lustgarten, M.D.



Peter Spector, M.D.



Joseph Winget, M.D.

Electrophysiology Research

Leading-edge research related to electrophysiology (EP) and heart rhythm disorders is ongoing in the Department of Medicine. The following are current and launch phase trials with faculty members who are principal or sub-investigators.

TRIALS IN THE LAUNCH PHASE:

Title: AdaptResponse

Sponsor: Medtronic

Principal Investigator: Joseph Winget, M.D.

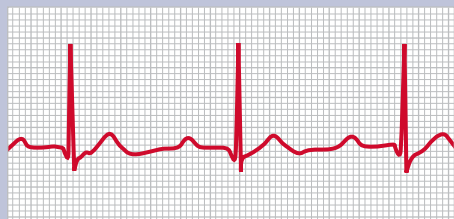
Sub-Investigators: Robert Lobel, M.D.; Nathaniel Thompson, M.D. (not pictured); Allen Lee, M.D.

Title: A Phase 2, Double-Blind, Randomized, Placebo Controlled, Dose Ranging, Parallel Group Study to Evaluate the Effect of GS 6615 on Ventricular Arrhythmia in Subjects with Implantable Cardioverter-Defibrillator (ICD) or Cardiac Resynchronization Therapy-Defibrillator (CRT-D)

Sponsor: Gilead Sciences

Principal Investigator: Daniel Lustgarten, M.D.

Sub-Investigators: Robert Lobel, M.D.; Joseph Winget, M.D.; Nathaniel Thompson, M.D.; Allen Lee, M.D.



CURRENT TRIALS:

Title: Attain Performa

Sponsor: Medtronic

Principal Investigator: Daniel Lustgarten, M.D.

Sub-Investigators: Robert Lobel, M.D. and Joseph Winget, M.D.

Title: Quadripolar Pacing Post Approval Study

Sponsor: St. Jude Medical

Principal Investigator: Daniel Lustgarten, M.D.

Sub-Investigators: Robert Lobel, M.D.; Joseph Winget, M.D.; Mark Capeless, M.D.; Peter Spector, M.D.; Nathaniel Thompson, M.D.,

Title: Product Performance Platform

Sponsor: Medtronic

Principal Investigator: Robert Lobel, M.D.

Sub-Investigators: Daniel Lustgarten M.D.; Joseph Winget, M.D.; Peter Spector, M.D.; Mark Capeless, M.D.

Title: Continued Access to PREVAIL (CAP2)

Sponsor: Boston Scientific

Principal Investigator: Daniel Lustgarten, M.D.

Sub-Investigators: Robert Lobel, M.D.; Joseph Winget, M.D.; Mark Capeless, M.D.; Nathaniel Thompson, M.D.; Allen Lee, M.D.

Title: Prospective Randomized Evaluation of the WATCHMAN LAA Closure Device in Patients with Atrial fibrillation Versus Long Term Warfarin Therapy (PREVAIL)

Sponsor: Boston Scientific

Principal Investigator: Daniel Lustgarten, M.D.

Sub-Investigators: Robert Lobel, M.D. and Peter Spector, M.D.

PUBLICATION HIGHLIGHTS

STAPLETON RD, Ehlenbach WJ, Deyo RA, Curtis JR. Long-term outcomes after in-hospital cardiopulmonary resuscitation in older adults with chronic illness. *Chest* 2014 Jun 19. doi: 10.1378/chest.13-2110. [Epub ahead of print].

AL-ALWAN A, BATES JHT, Chapman D, **KAMINSKY DA**, DeSarno MJ, **IRVIN CG, DIXON AE**. The non-allergic asthma of obesity: a matter of distal lung compliance. *American Journal of Respiratory and Critical Care Medicine* 189: 1494-1502, 2014.

GUPTA D, LEAHY JL. Islet amyloid and type 2 diabetes: overproduction or inadequate clearance and detoxification? (Commentary). *J Clin Invest*. 2014;124:3292-4. PMID 25036704.

Suzuki T, Voeks J, **ZAKAI NA**, Jenny NS, Brown TM, Safford MM, **LEWINTER M**, Howard G, **CUSHMAN M**. Metabolic syndrome, C-reactive protein and mortality in U.S. blacks and whites: the Reasons

for Geographic and Racial Differences in Stroke (REGARDS) study. *Diabetes Care*. 2014 Aug; 37(8): 2284-90. PMID:24879838.

Palmer KB, Thompson NC, **SPECTOR PS**, Kalifa J, **BATES JH**. Digital resolution enhancement of intracardiac excitation maps during atrial fibrillation. *J Clin Monit Comput*. 2014 Jul 15. [Epub ahead of print] PMID: 25022983

SHARMA D, Brummel-Ziedins KE, Bouchard BA, **HOLMES CE**. Platelet in tumor progression: A host factor that offers multiple potential targets in the treatment of cancer. *J Cell Physiol*. 2014 Aug;229(8):1005-15. doi 10.1002/jcp.24539. PMID:24374897.

KENNEDY AG, Chen H, Corriveau M, **MACLEAN CD**. Improving Population Management through Pharmacist-Primary Care Integration: A Pilot Study. *Popul Health Manag*. 2014 Jul 16. [Epub ahead of print] PMID: 25029631

GRANT HIGHLIGHTS

JASON BATES, Ph.D., a professor in the Pulmonary and Critical Care Medicine Division, is the principal investigator for a new R01 grant for "Personalized mechanical ventilation for the injured lung." The award period is from Aug. 1, 2014, to March 31, 2018, and total funds awarded (direct and indirect) are \$2,361,921.

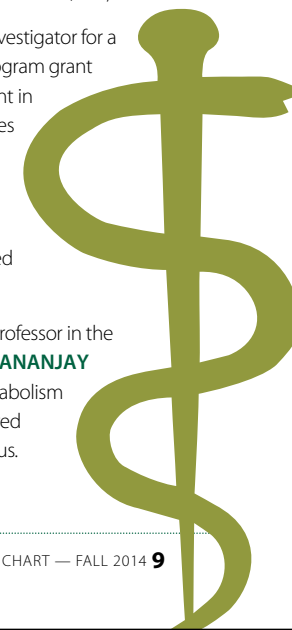
LENNART LUNDBLAD, Ph.D., assistant professor in the Pulmonary and Critical Care Medicine Division, is principal investigator for a new R21 grant titled "NKT Cells Regulating Lung Mast Cells: New Treatment Opportunity for Asthma." The grant includes \$419,375 in direct and indirect funding.

KAREN FORTNER, Ph.D., assistant professor in the Immunology Division, is principal investigator on a new R21 grant titled "T Lymphocyte Homeostasis in Obesity." Total direct and indirect funds awarded were \$419,375.

MARIE WOOD, M.D., professor in the Hematology/Oncology Division, is the principal investigator for a Vermont Cancer Center/Lake Champlain Cancer Research Organization (VCC/LCCRO) program grant and pilot award. The grant is titled "MicroRNAs as Predictors of Breast Cancer Development in High Risk Women." The pilot award will be used to "evaluate mutations in DNA repair genes between sisters with and without cancer from high risk families."

CHRISTOPHER HUSTON, M.D., associate professor in the Infectious Disease Division, worked in Switzerland with medicinal chemists at the non-profit Medicines for Malaria Venture to develop a treatment for cryptosporidiosis this past summer. The work is funded by a grant from the Wellcome Trust.

A UVM REACH Grant was awarded to Principal Investigator Jana Kraft, Ph.D., an assistant professor in the UVM Department of Animal Science, and co-investigators **TOM JETTON, Ph.D.**, and **DHANANJAY GUPTA, Ph.D.**, associate and assistant professor in the Endocrinology, Diabetes, and Metabolism Division respectively. This collaborative research project will explore the role of dairy-derived bioactive lipids as a nutritional intervention targeting the pathogenesis of diabetes mellitus.



New Acting Internship with Norwalk Hospital



Norwalk Hospital, Norwalk, Conn.

A new acting internship in medicine at Norwalk Hospital in Norwalk, Conn., successfully launched in the fall of 2014, laying the foundation for an ongoing medical education partnership between the 328-bed hospital and the College of Medicine. "In 2013 we established a research collaboration with our colleagues in Norwalk. They are exceptional clinicians and teachers, as well as investigators, so I am thrilled that we have been able to create an opportunity for our students to work with them," says Department

of Medicine Chair **POLLY PARSONS, M.D.** In early 2014, Norwalk Hospital became part of the Western Connecticut Health Network, joining Danbury Hospital, one of the College's four clinical partners, New Milford Hospital, and clinical affiliates. **MATTHEW MACKINNON '15** and **CAMERON SIKAVI '15** were the first students to participate in the acting internship. "From the moment we arrived, the house staff demonstrated tremendous interest in teaching, promoting autonomy, and supporting our activities as acting interns," MacKinnon says. "The residents exuded genuine camaraderie and were eager to welcome medical students into their team." Additional fourth-year students are scheduled to complete the requirement at Norwalk through the academic year.

Faculty Explore Cuba's Primary Healthcare System

CHARLES MACLEAN, M.D., a professor in the Primary Care Internal Medicine Division, and **ELIZABETH COTE**, director of the Office of Primary Care and Area Health Education Centers (AHEC) Program, recently organized and led a special course to Cuba that explored the country's highly regarded primary care system. Titled "An Inter-Professional Exploration of Cuba's Primary Healthcare System," the course included a week of traveling to Cuban clinics, hospitals, medical and dental schools, and a rehab center. Participants included Associate Dean for Clinical Education **TANIA BERTSCH, M.D.**, an associate professor in the Primary Care Internal Medicine Division; and Senior Associate Dean for Medical Education **WILLIAM JEFFRIES, Ph.D.**; three UVM medical students; faculty and students from the UVM Departments of Nursing and Social Work; and a dental student from the University of New England.



2014 Residents & Fellows—Where are They Now?

A diverse group of residents and fellows graduated in the spring of 2014, and the Department of Medicine is proud to report that they've gone on to an array of positions at celebrated institutions across the country.

GRADUATED RESIDENTS

ROBERT DISANTIS, M.D.

Hospitalist at Vanderbilt University

ADEDAYO FASHOYIN, M.D.

Geriatric Fellowship at Duke University

ALISON FITZGERALD, M.D.

Hospitalist in Vermont

DAMON HOUGHTON, M.D.

Hematology/Oncology Fellowship at the University of North Carolina

BENJAMIN KEVESON, M.D.

Pulmonary/Critical Care Fellowship at Fletcher Allen Health Care

TIMOTHY LECLAIR, M.D.

Pulmonary/Critical Care Fellowship at Fletcher Allen Health Care

SAMUEL MERRILL, M.D.

Chief Medical Resident, applying for 2015-16 Hematology/Oncology Fellowship

AELAYNA MEYERS, M.D.

Wausau, Wis.

BENJAMIN, PARKHURST, M.D.

Hospitalist in North Country Hospital in Newport, Vt.

DAVID RAND, M.D.

Hospitalist at Porter Medical Center in Middlebury, Vt.

SAMREEN RAZA, M.D.

Chief Medical Resident at Fletcher Allen Health Care, applying for 2015-16 Cardiology Fellowship

RYAN ROGERS, M.D.

Procedural Dermatology fellowship in Macon, Ga.

DEVA SHARMA, M.D.

Research Fellowship at the University of Pittsburgh

HEATHER SHENK, M.D.

Chief Medical Resident at Fletcher Allen Health Care

KYSTINE SPIESS, M.D.

Infectious Disease Fellowship at Fletcher Allen Health Care

DERINDA TROBAUGH, M.D.

Hospitalist Job in Arkansas

GRADUATED FELLOWS

M. ADEL ABDESSAMAD, M.D.

Advocate Christ Medical Center, Oak Lawn, Ill.

MADIHA ALVI, M.B., B.S.

Columbia College of Medicine & Surgery, Basset Med Center, Cooperstown, N.Y.

DAVID COYLE, M.D.

Banner Health, Fort Collins, Colo.

TATIANA KECK, M.D.

Arthritis Consultants of Tidewater, Virginia Beach, Va.

ALAN LEE, M.D.

Kaiser Permanente, Walnut Creek Medical Center, Walnut Creek, Calif.

NICHOLAS LIM, M.B., Ch.B.

Columbia University, New York, N.Y., one year transplant hepatology fellowship

STEFAN LISCHKE, M.D.

Central Vermont Hospital, Berlin, Vt.

SANJIVA LUTCHMEDIAL, M.B., B.S.

Carilion New River Valley Hospital, Christiansburg, Va.

JULIA MOUKHARSKAYA, M.D.

General Medical Center, Harold Alfond Center For Cancer Care, Augusta, Maine

SADI RAZA, M.D.

Medical City Hospital, Dallas, Texas

SUKIT RINGWALA, M.D.

University Chicago Medicine, Chicago, Ill., electrophysiology fellowship

IGOR ROJKOWSKIY, M.D.

Yale New Haven Hospital, New Haven, Conn.

OLHA SMOLYNETS, D.O.

Mercy Suburban Hospital, Morristown, Penn.

JOHN WINTERS, III, M.D.

St. Charles Cancer Center, Bend, Ore.

MAGDALENA ZEGLIN, M.D.

Prairie Heart Cardiovascular, Carbondale, Ill.

Notable Achievements

A study from **MATTHEW WATKINS, M.D.**, a professor in the Cardiovascular Medicine Division, was recognized as a Top Ten Abstract at the Cardiovascular Research Technologies 2014 annual meeting, and is featured in the February 2014 *Journal of the American College of Cardiology: Cardiovascular Interventions*. Co-authors on the study, titled "CRT-152 Nine-Month Primary Endpoint Results of the Omega Study: Clinical Outcomes After Implantation of a Modern Platinum Chromium Bare Metal Stent," include John C. Wang, Didier Carrié, Monica Masotti, Andrejs Erglis, David Mego, Paul Underwood, Dominic J. Allocco, and Christian W. Hamm.



Matthew Watkins, M.D.



Naomi Fukagawa, M.D., Ph.D.

As editor-in-chief of *Nutrition Reviews* since 2009, **NAOMI FUKAGAWA, M.D., Ph.D.**, professor of medicine in gerontology, has played a pivotal role in helping the journal's impact factor rise significantly during the past five years, from an index of 3.443 in 2009 to 5.541 in 2013. Dr. Fukagawa is also an associate editor of the *American Journal of Clinical Nutrition*.

House Staff Awards from the Graduating Class of 2014

The annual House Staff Awards Banquet was held on June 13, 2014. The following awards were presented:

THE HARRIET P. DUSTAN, M.D. AWARD

SAMUEL ANDREW MERRILL, M.D.; DEVA SHARMA, M.D. In recognition of acquisition of new knowledge through research performed during residency.

THE FRANK L. BABBOTT, M.D. MEMORIAL AWARD

DEVA SHARMA, M.D. For idealism and integrity, dedication to patient care, and commitment to the educational mission of the Department of Medicine.

RICHARD E. BOUCHARD, M.D. EXCELLENCE IN PRIMARY CARE AWARD

KRYSTINE SPIESS, D.O. For providing high quality comprehensive care; for dedication as an educator of patients, medical learners and support staff; for sincere and genuine concern for patients.



William E. Hopkins, M.D.



Shaden Eldakar-Hein, M.D.

WILLIAM OSLER, M.D. AWARD

SHADEN ELDAKAR-HEIN, M.D. Outstanding Teacher of the Year, General Internal Medicine.

E.L. AMIDON, M.D. AWARD

WILLIAM E. HOPKINS, M.D. Outstanding Teacher of the Year, Subspecialty Medicine



Hearty CONGRATULATIONS to Cirrhosis of the River, the Medical Intensive Care Unit (MICU) Dragonboat team! They made it to the championships and won Gold for their division at the August 10, 2014 Lake Champlain Dragon Boat Festival. AMAZING job! Special congrats to **DANIEL WEISS, M.D., Ph.D.**, and **HAITHAM NSOUR, M.B.B.S.**, for being members of the team and to Captain **ANNA RAYMOND** for leading this awesome group! Photo: Brian L. McQueen.



Kim Dittus, M.D., Ph.D.



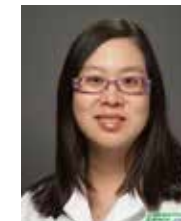
Glenn Goldman, M.D.

KIM DITTUS, M.D., Ph.D., is a World Champion Dragonboater! Her boat, one of four from Vermont competing at the 9th Club Crew World Championships for Dragonboating in Italy in July, received a bronze in the 200m race.

GLENN GOLDMAN, M.D., is an avid fisherman who once caught 100 salmon and 300 brook trout on a summer excursion!

In the Media

JULIE LIN, M.D., an assistant professor in the Division of Dermatology, was featured in an August, 2014, *Burlington Free Press* article addressing how mobile phone applications are having an impact in medicine.



Julie Lin, M.D.



Mary Cushman, M.D., M.Sc.



Bonita Libman, M.D.

International and national media outlets, including the BBC, *U.S. News and World Report*, and the *Huffington Post*, covered a study by **MARY CUSHMAN, M.D., M.Sc.**, professor in the Hematology/Oncology Division, and **KRISTINE ALEXANDER, Ph.D.**, postdoctoral fellow in medicine, which found that people with rare blood type AB are more likely to develop memory problems, which can lead to dementia.

BONITA LIBMAN, M.D., professor in the Division of Rheumatology and Clinical Immunology, explained the impact that a diet rich in omega-3 fatty acids can have on arthritis pain in an August, 2014, article for *Everyday Health*.

Meet the SCIENTIST

Helping patients on mechanical ventilation breathe easier is the goal for **JASON BATES, Ph.D.**, a professor in the Department of Medicine Division of Pulmonary and Critical Care Medicine. He designed and printed on a 3-D printer a "disposable impedance adaptor" with the help of four UVM engineering students. The device will measure – in real time – the lung function of patients who are in the hospital on mechanical ventilation, something that in the past has been captured with much less detail. Dr. Bates is holding a prototype of the hardware that will gather data, helping to parse out how much breathing the patient does on his or her own, and how much the ventilator is doing, leading to more accurate monitoring and diagnosis. He's in the process of moving from prototype to commercialization with help from a SPARK VT grant.



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