

# RESIDENTS AT THE FOREFRONT



## GME ANNUAL UPDATE

VOLUME 2 • FALL 2020



THE UNIVERSITY OF  
**CHICAGO**  
UChicago Medicine

Graduate  
Medical  
Education

The Graduate Medical Education team gratefully acknowledges the generosity of our community members who nourished and encouraged our residents, and financially supported our resilience, visiting clerkship, and community programs.

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 GME Well-Being Director

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 GME Director of Diversity, Equity and Inclusion

Stephen Estime, MD  
 GME Director of Diversity, Equity and Inclusion

Amanda O'Rourke  
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Latassa Love  
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Rhonda Judkins  
 GME Compliance Specialist

Shanee Phillips  
 GME Financial Compliance Specialist

Jeremy Podczerwinski  
 Medical Education Data  
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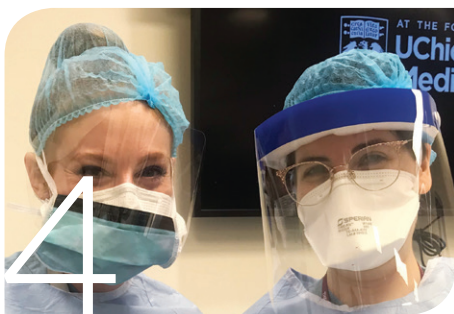
Pamela Urbanczyk  
 GME Compliance Specialist

Dedicated Program Directors Residency and  
 Fellowship Coordinators

Contributing Writers:  
 Rachel Mennies  
 Kate Dohner

For more information contact the Graduate  
 Medical Education Office at  
 GME.Office@uchospitals.edu

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Turnover Time is a University of Chicago band, led by Jeff Matthews, MD, chairman, Department of Surgery, and John Alverdy, MD, executive vice chair, Department of Surgery. The band consists of faculty, medical students, residents, and staff. Turnover Time headlined the 2020 Resilience Week social event.

# UCMC President Sharon O’Keefe Retiring After a Lifetime of Service to Academic Medicine



Nothing characterizes President Sharon O’Keefe, BSN, MSN, ’s commitment to the University of Chicago Medical Center better than her love of its community. “It’s the people, people, people!” she says, laughing, when asked to consider what she’ll miss most about UChicago Medicine. After a distinguished 46-year career in healthcare that took her from a critical care

nurse to the top position at two different academic medical centers, Sharon O’Keefe retired from the University of Chicago Medicine on July 24, 2020. She has served as President of our Medical Center since 2011 and as Chief Operating Officer of our health system since 2017.

“Any time I have to get to a meeting across campus,” she adds, “I have to add another ten to fifteen minutes for travel—because I know so many people who work in the medical center, at all levels of the organization. I will miss every single one of them.”

O’Keefe’s acclaimed career has included administrative leadership roles at Johns Hopkins Hospital, the University of Maryland Medical Center, Beth Israel Deaconess Hospital, the Barnes-Jewish Medical Center, and the Loyola University Medical Center in addition to her tenure at UChicago Medicine. Her very first job in healthcare was as a critical care nurse—“I dearly love taking care of patients,” she says. Her lifelong passion for hospital administration stems from that initial bedside role. “The opportunity to establish standards of care, to set up systems that focused on patients, to foster collaboration, and to expand the excellence that you can deliver as a clinician to a much broader group of patients—that had a lot of appeal to me” she notes.

The idea of expanding excellence—a core value of O’Keefe’s and a primary and deliberate reason that she remained in academic medicine throughout her career—lives at the center of her vision for the future of academic medical centers. Academic medical centers, she says, “need to think about how we can play a bigger and more impactful role in improving the healthcare status of the communities

“Any time I have to get to a meeting across campus,” she adds, “I have to add another ten to fifteen minutes for travel—because I know so many people who work in the medical center, at all levels of the organization. I will miss every single one of them.”  
– Sharon O’Keefe

we serve.” This belief, informed by her observation that “many academic centers reside in underserved areas,” leads O’Keefe to offer a glimpse at a future for UCMC that reaches beyond its immediate neighborhood into increased access for the broader city and its myriad communities. “We need to increase access points,” she notes, “[so that] not everybody has to come to Hyde Park to get care.”

Retirement for someone as “planful” as O’Keefe doesn’t look like your typical empty schedule—“I have to have plans for everything!” she says. She will serve on the boards of several nonprofits and publicly traded companies as well as find time to relax, eventually, “more time to exercise,” she adds, “more time to read, more time to cook—all the other fun things.”

Reflecting on her own tremendous contribution, O’Keefe offers this crucial advice to healthcare workers or administrators embarking on their careers: “when you come in for the week, at the end of that week, ask yourself—have I made something better? Have I identified something that could be improved upon?” It’s the people who make up institutions, she reminds us. So it is our work to sustain and grow the institution to become what we wish it to be.

**WHY GME MATTERS...**

The UChicago Medicine’s 986 residents and fellows comprise approximately 10% of the hospital care team.

A graphic consisting of several stylized human figures in blue and one figure in red, representing a diverse group of people.

# Improving Nurse-Resident Communication at the Touch of a Button

For general surgery residents Vanessa Buie, MD, PGY 4 and Chase Corvin, MD, research PGY 2, a shared passion for operational management and research led them to tackle one of UChicago Medicine's top priorities—reducing a patient's length of stay while simultaneously strengthening healthcare worker communication—with a small red button.

In 2018, as part of the IGNITE (Improving GME-Nursing Interprofessional Team Experiences) program—which supports projects that strive to improve teamwork and interprofessional communication between residents and nurses—Buie began developing an “MD in room” button for surgery after hearing from obstetrics and gynecology residents Ama Thrasher, MD, and Caroline Kuhn, MD, about the success of a similar concept already used in obstetrics where an MD call button was combined with conditional discharge planning. The “MD in room” button would be featured on the support-staff-facing console in each patient room. “We began,” she says, “with the hypothesis that increased communication would lead to a decreased length of stay, improved interprofessional teamwork, and increased face-to-face communication while decreasing paging volume.”

Residents push the button once they arrive in a patient's room. This rings a nurse's phone directly, letting them know the resident is available to discuss the patient or to address any pressing care needs. The project began as a pilot on the third floor of CCD for surgical residents, where, says Corvin, “we saw decreases in paging volume and length of stay” once the button was implemented.

Corvin formally joined Buie on the project during the summer of 2019 and the pair implemented a broader rollout to CCD's fourth floor. The program saw continued success through early 2020, with sustained, increased usage—“and then,” says Corvin, “we had this little pandemic thing called COVID,” which threw a wrench into their project. CCD 3 was set aside as a cohort unit to accommodate COVID-19+ patients and patients under investigation (PUIs). Surgical patients were moved to Mitchell, where the button was not installed.

What first seemed like a barrier, however, became an opportunity. The button, notes Corvin, “became helpful during COVID—residents are all in socially



*The Surgery IGNITE team won the Choosing Wisely Challenge in May 2019. Pictured from left to right: Vineet Arora, MD (Associate CMO for the Clinical Learning Environment and IGNITE coach), Vanessa Buie, MD (Surgery Resident), Kelli Yukon (Patient Care Manager), Jada Perkins (Assistant Patient Care Manager)*

distanced work rooms, nurses are taking care of patients, and we're trying to minimize trips to the room and PPE utilization.” By using a button to facilitate resident-nurse communication instead of relying on pages and rounds, fewer, more targeted visits to patients' rooms became possible.



*Chase Corvin, MD*

As of July 13, the “MD in room” button is in active use on all floors of CCD. New residents and medical students are being trained on its use during the early first weeks of their programs. “It takes a team to care for and discharge a patient from the hospital—that's what it's about,” says Buie. In recognition of this incredible innovation, the project won the UChicago Medicine Choosing Wisely Challenge in 2019. The pair plans to write up their findings in the future in order to help other institutions implement a similar framework. “The support that we've had from all levels throughout this project,” Corvin says, “has been phenomenal.”

# MobIMD Keeps UChicago Medicine Connected



Emeka Anyanwu,  
UChicago Internal  
Medicine 2017  
UChicago Cardiovascular  
Disease 2020

Combining personal and professional passions isn't always easy — or sometimes even possible. But for Emeka Anyanwu, MD, who just graduated from UChicago Medicine's cardiology fellowship and is a 2017 graduate of its internal medicine residency, a love of software development and a calling to medicine found perfect kinship in MobIMD: an app for keeping UCMC professionals connected that's taken on new meaning to the community in

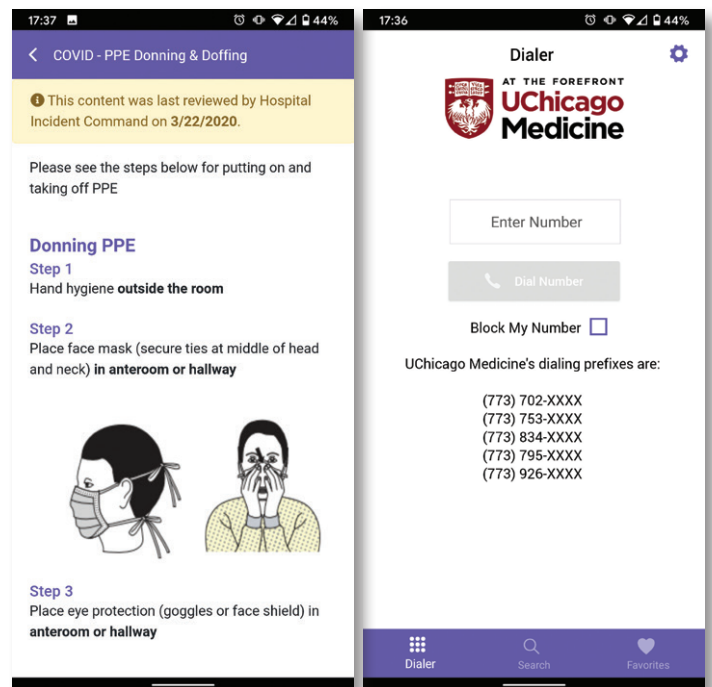
the wake of the coronavirus pandemic.

MobIMD, which Anyanwu created “mostly in my free time,” he says, was first developed in 2017 to assist UChicago Medicine employees with locating and calling hospital phone numbers and extensions, and its first expansion added information directory capabilities. At the start of 2020, Anyanwu was piloting a new feature that allowed users to fill landing pages for specific hospital services—“we had about 100-150 users at that time,” he reflects, most of whom were GME trainees in internal medicine and pediatrics.

But when March arrived, bringing the COVID-19 outbreak with it to Chicago, Anyanwu realized that MobIMD could help, and his vision for the app grew. “When COVID hit,” he says, “that’s when use really expanded into COVID-focused communication.” He opened the app up to the entire hospital system for use—and due to the necessary social distancing measures in place, the app became a portal for hospital staff to get up to speed on new and shifting protocols. “In two weeks,” he notes, “we went from 150 users to 700 users—and now we’re close to 1,000.”

How are these new users utilizing MobIMD today? Anyanwu says that a large portion of people use the app to dial room numbers directly, allowing patient care providers to communicate directly, yet still from a required social distance, with others at patients' bedsides. Others rely on the app to keep refreshed on UChicago Medicine's COVID-19-related protocols. Anyanwu hopes “that new residents and fellows will use it a lot more” now that the new academic year has begun, “especially since social distancing is still in place.”

Recently moved to Philadelphia, Anyanwu begins a new job in July at the University of Pennsylvania as an attending cardiologist with a focus on clinical informatics. He sees a future for MobIMD that reaches beyond UCMC. “I’m definitely hoping to grow it to other hospitals someday,” he says, noting that he’s begun to consider other systems that may prove to be a good fit for the app. And when he’s not working on his twin professional passions, he’s probably outdoors biking, running, or swimming—“when swimming was still a thing we could do,” he says, laughing.



Screenshots of the MobIMD app. Information pages (left) and the dialer (right) help UCMC staff and physicians stay up to date with important protocols and connect easily to one another from their smart phones.

## WHY GME MATTERS...

According to ACGME,  
one out of seven active  
physicians in the U.S.  
is a resident or fellow.



## Christine Babcock, MD, Named GME Program Director of the Year



*Christine Babcock, MD, emergency medicine program director and winner of the UChicago GME 2020 program director of the year award, enjoys some time away with her family: son, Harrison, and husband, Jake.*

For Christine Babcock, MD, the best part of her job is the residents—“out of all the hats I wear at the University,” she says, “my favorite one is being their residency director.” UChicago Medicine is honoring her outstanding commitment to the emergency medicine residency program, a commitment begun in 2011 when Babcock became its director, with this year’s GME Program Director of the Year Award.

“It’s a huge honor,” she says of the award. “I’m really humbled to receive this recognition. Watching our interns come in brand-new out of medical school, seeing how they progress to become really, really good doctors and then sending them out into their new roles, is one of my favorite things.”

Babcock has quite the large collection of professional and personal hats, and wearing them all at once is no

small feat. In addition to her work as program director, she serves as an associate professor of medicine, maintains clinical hours in the ED, and serves on numerous state and national service organizations, including as president-elect of the Illinois College of Emergency Physicians.

Of all these hats, why is working with residents Babcock’s favorite one to wear? It’s “their energy,” she says. “They’re so excited about being physicians, so excited to learn...they’re really attentive to their patients, and they bring awesome new ideas to the program and to medicine.”

This willingness to embrace new ideas, shared by both Babcock and UChicago Medicine’s EM residents, have become especially crucial this spring, as the COVID-19 pandemic has forced the residency program to adapt its recruitment strategies for the fall in order to maintain social distancing and limit travel for prospective trainees. “Recruitment will all take place over Zoom,” Babcock says. “I’ve been planning with the residents to figure out how we show people who we are and what we’re about without [recruits] actually being able to visit.”

What’s next for the emergency residency program? Babcock’s key priority moving forward is to “not just take care of patients within the walls of our institution.” She hopes to add more formalized community engagement and “social-emergency medicine” into the program’s didactic curriculum and to leverage the already existing relationships that UChicago Medicine faculty and residents have with local organizations and community groups on Chicago’s South Side, with the goal of “advocating for change,” she says.

Last year, Babcock and her husband also added a new “hat” to their collection—“I also have a one year old,” she says, “so there’s that!” Her son Harrison turned one this past June. “It’s definitely changed things, being a mom,” she says, “but it’s fantastic—and it’s good role modeling for our residents, to see people who are committed to their families and to their jobs, trying to balance both of those things.”

# Surgery Program Coordinator Honored for Over Three Decades of Service



*Carmen Barr (left), winner of the UChicago GME 2020 program coordinator of the year award, poses with colleague Susan Chambers, education specialist in the Department of Surgery.*

There's a long hallway in the Department of Surgery that features framed photo composites of each class of graduates in reverse chronological order, going back at least thirty years—and Carmen Barr, winner of this year's GME Program Coordinator of the Year award, knows almost all of them. "I go all the way back," Barr says, laughing. "I've probably seen over 1,200 residents and their families."

Barr, who has held the position of senior education specialist for the Department of Surgery since 1991 and who began her career in the UChicago Medicine GME office in 1988, draws tremendous support from her GME colleagues. "GME has done an excellent job of supporting coordinators and creating mentors," she notes. "They make coordinators feel like they're not alone—that there's someone there to help you, and you can reach out to them."

As for so many people at UChicago Medicine and beyond, the coronavirus pandemic has brought new challenges to Barr's role as coordinator, including making her position temporarily remote. Springtime typically holds numerous important milestones for trainee surgeons, like graduation and orientation, and Barr has risen to the challenge of figuring out what celebration might look like with everyone necessarily kept apart due to social distancing guidelines.

Approaching orientation for new residents—usually an in-person series of events—with creativity, Barr helped to develop remote programming through Zoom, with some essential hands-on sessions in small groups for interns to learn medical procedures and simulations. And for graduation's usual 150-plus person banquet and celebration, residents' families (and a photographer!) were still able to be a part of the big day, even from a distance—also thanks to Zoom and Barr's thoughtful planning.

“

**“I've probably seen over 1,200 residents and their families.”**

– Carmen Barr

”

When she's not at work, Barr spends as much time outside and active as she can, especially on the tennis court. She also loves yoga, walking, and spending time with her dogs.

"It's a tremendous honor," Barr says of being named Program Coordinator of the Year. "There's no guidebook for these positions, and they are quite challenging." But even when faced with a challenge as large and sweeping as a pandemic, Barr has found ways to bring crucial support to residents and fellows—as she's done for over thirty years and counting.

# Residents and Families: Living for the Personal and the Professional During GME Training

Work-life balance, already difficult for so many, can become nearly impossible during graduate medical training. For these University of Chicago Medicine residents and fellows, finding time for life both inside and outside of the hospital in 2020 has meant minding a careful schedule, staying connected with loved ones, and finding welcome—sometimes unexpected—sources of support, especially in light of the coronavirus pandemic.

“

“We both definitely felt like we had a calling to medicine, ever since we were young. We were always interested naturally.”

– David Gold

”

create new schedules for trainees in light of shifting clinical needs. But the pair note that the unexpected time at home meant spending more time together, a rare event for the two busy physicians.

## Dara Adams, MD, PGY 4

Dara is in otolaryngology/head and neck surgery, and plans to continue her surgical training as a rhinology fellow once residency is complete—and from there, she hopes to remain in academic medicine as an attending. Balancing her training with time spent with her family, which includes her husband and two children, “requires a lot of juggling,” she says. “My husband and I are excellent planners!”

That planning has come in especially handy as COVID-19 has spread and Adams’ family has transitioned temporarily to working and learning from home full-time. But it’s not the first time that extra scheduling has helped Adams to navigate work-life balance. Of having children during GME training, Adams says that while it made “pregnancy and residency, two challenging times,” more hectic, she notes that “my department was very supportive—both in the operating room and out.”



**Maureen Beederman, MD, PGY 7 and Matt Odenwald, MD, PGY 4**

Maureen graduated this June from UChicago Medicine’s plastic surgery residency and begins her microsurgery fellowship at NYU this summer. Her husband Matt is in the Physician Scientist

Training Program at UChicago Medicine and just began his second year as a gastroenterology, hepatology and nutrition fellow. The pair met at UChicago “on our white-coat ceremony day,” says Odenwald, and have been together since.

Maintaining work-life balance in a two-doctor household presents unique challenges—never more so than during a pandemic, which has seen both Beederman and Odenwald working in tandem from home, meeting with patients remotely and attending journal clubs on Zoom. “Maureen got a crash course in disaster management!” says Odenwald of Beederman, whose role as chief resident meant scrambling to



**David Gold, MD, PGY 2 and Matthew Gold, MD, PGY 2**

For fraternal twins David (left) and Matthew (right) both in internal medicine, “we both definitely felt like we had a calling to medicine, ever since we were young,” as David says. “We were always interested naturally.” After

attending different medical schools, both brothers matched at UChicago Medicine in 2019. While they didn’t often work together during intern year—“more like around each other,” notes Matthew—it may happen more as residency progresses. “We’ve signed our patients out to each other,” he says.

In their GME futures, their paths may remain connected for even longer. “We’re both interested in cardiology, specifically interventional cardiology,” David says. To de-stress from the hospital, Matthew



notes that he “has dinner or drinks with friends, when I can”—and David credits time with his wife and dog as crucial to relaxation.



**Caroline Kuhn, MD**

Caroline graduated this June from UChicago Medicine’s obstetrics and gynecology residency and begins her new job this summer as an OB/GYN at the Association for Women’s Health Care practice in Chicago. While her residency’s final spring saw modified hours and an uptick in uncertainty due to COVID-19, one unexpected positive, Kuhn says, has been a shift to telehealth for many of her patients.

“No-show rates decreased substantially,” she notes, “because we were able to just hop on a phone call with a patient.” Looking forward to the end of the year, says Kuhn, “I anticipate that telehealth will become part of my normal practice now.”

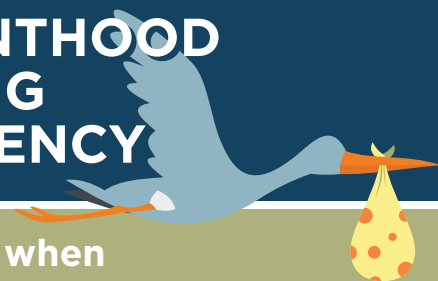
2020 brought big changes to Kuhn’s family as well: she and her husband Ryan, also a physician, welcomed their son Anders in January. She credits her longtime training practice of setting “one goal per week” with being her primary method to keep both her work and home lives in sync.

**WHY GME MATTERS...**

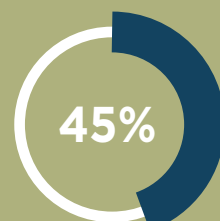
>50% of UChicago Medicine residents completing core programs continue with fellowship education.



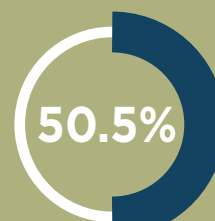
**PARENTHOOD DURING RESIDENCY**



**Deciding when to have children**



Had children



Delayed having children

**Workload & training concerns**



**1/3** Believed colleagues would have extra work

**1/2** Believed they had less research experience



**Familial childcare duties**



**Fathers** performed **25%**



**Mothers** performed **40%**

*International Journal of Radiation Oncology, “Pregnancy and parenthood in radiation oncology, views and experiences survey (PROVES): Results of a blinded prospective trainee parenting and career development assessment,” July 2015.*

# Medical Residents Step Up to Care for Patients, Reach Out to Community During Pandemic

As a result of the COVID-19 pandemic, medical residents — physicians who have completed medical school and are training in a specialized area — have been dedicated to caring for COVID patients. This includes medicine and anesthesiology residents spending long hours in intensive care units, and emergency medicine residents treating patients who come into the Emergency Department. Residents in specialties from surgery to psychiatry to pediatrics are also stepping up to provide expertise.

“Residents are right there on the frontlines with the nurses and other physicians,” said Anita Blanchard, MD, Associate Dean for Graduate Medical Education at the University of Chicago.

As residents gain new skills and see patients across the hospital, they’ve offered valuable insights and identified new opportunities for reaching those in the community who are disproportionately affected by the virus.

“Residents are bringing innovative solutions to address community problems,” Blanchard said. “This is such a unique and devastating crisis, and healthcare providers recognize that we have to do things differently to ensure that we can continue to provide the safest care possible to our patients.”



*UCM residents, fellows, and attending physicians answer community members’ questions about health, healthcare, and COVID-19 via a Zoom-based Facebook Live event.*

## ENSURING THE SAFEST, MOST ETHICAL CARE

Early in the pandemic, residents met with other physicians and hospital leaders to discuss how to most safely treat patients, including those with COVID-19, as well as patients with other conditions who come into the hospital. Vivek Prachand, MD, Chief Quality Officer in the Department of Surgery, shared guidelines that he and a team of UChicago Medicine surgeons established to help prioritize medically necessary, time-sensitive procedures within an ethical framework.

With these guidelines in mind, residents, including Ava Ferguson Bryan, MD, worked with Kevin Roggin, MD, Program Director of the General Surgery Residency Program, to develop a new consent form to ensure patients have the information they need to make informed decisions about their care during the pandemic. Their work has since been accepted for publication in *Annals of Surgery*.

“I’m very grateful and proud of how we’ve cared for our patients during this crisis,” said Ashley Suah, MD, chief surgery resident. “Our leadership values our thoughts and opinions, and recognizes that we’re a team—we are all working together to provide the best care for our patients.”

## REACHING OUT TO THE LOCAL COMMUNITY

“We were having a lot of discussions about how the virus is affecting vulnerable groups and the health disparities we’re seeing among African-American and Latinx communities,” Suah said. “We wanted to find a way to not only bring those conversations to the community, but to have them come from physicians of color who have shared cultural experiences.”

To address those needs, Suah joined fellow residents in UChicago Medicine’s Housestaff Diversity Committee to offer a series of discussions on Facebook Live moderated by Brian Williams, MD, Associate Professor of Surgery. The forums allow for the residents to share their experiences caring for patients during the pandemic, while also offering recommendations and fielding questions from community members.

Blanchard has been especially impressed by the residents’ response. “I think what we’re learning is that you don’t necessarily need to be in the same

physical space to have an impact,” Blanchard said. “These residents are going beyond the walls of the hospital to reach patients and people in the community. Sharing information via Facebook and other online platforms is smart because it allows us to reach a much broader group of people.”

Suah and Blanchard also emphasized that the University’s commitment to the local community is part of an ongoing effort.

“Many faculty members, residents, and medical students have served the community, and will continue to serve it, for many years,” Suah said. “Physicians like Drs. Doriane Miller and Monica Vela are graduates of the University of Chicago Pritzker School of Medicine who have dedicated their careers to supporting under-resourced communities.”

## RECOMMENDATIONS FROM ACROSS THE HOSPITAL

During the residents’ Facebook Live discussion, Arthur Pope, MD, PhD, an emergency medicine resident, noted that his team has seen a decrease in patients with non-COVID-related illnesses coming to the emergency department, which he attributes to concerns about being exposed to the virus. Pope urged patients to come to the emergency department if they are experiencing serious symptoms that aren’t improving.

“If you are having signs of stroke or chest pain that’s not going away, you need to come in,” Pope said. “We are here to take care of you.”

Meanwhile, psychiatry resident Katie Washington Cole, MD, PhD, discussed the mental health implications of COVID-19. Washington Cole noted that minority communities have experienced significant emotional and psychological trauma, which can contribute to and negatively impact chronic conditions like high blood pressure and heart disease.

“All of these things can predispose people to worse outcomes with COVID-19,” Washington Cole explained. “This means that tending to our mental health right now is especially important. When we show care and concern for each other, we’re telling one another that our lives matter, our mental health matters, and I think with everything going on, we need so much more of that.”



Anita Blanchard, MD, (front row, center) with residents, including Ashley Suah, MD, (second row, center) and Alanna Burnett, MD, (fourth row, center) during the annual Housestaff Diversity Committee welcome dinner, fall 2019.

Alanna Burnett, MD, a resident in pediatrics and internal medicine, offered tips for infectious disease prevention for families with limited resources. Among her suggestions was for families with young children to continue to come into the clinic for immunizations.

## GRATITUDE TO THE COMMUNITY

Despite the personal and professional sacrifices they are making, UChicago Medicine’s residents remain grateful for the opportunity to learn and grow.

“I’ve always felt supported and nurtured as a resident at UChicago Medicine,” Suah said. “We are being trained on how to become excellent leaders in healthcare. Physicians like Dr. Blanchard, who have been doing so much to help residents during this time, have taught me the importance of not just taking good care of our patients, but also of each other and ourselves.”

Suah added that she is grateful for all of the people who have come together during this time — from the physicians and nurses on the frontlines who are caring for patients in the COVID units, to the scientists studying the virus, to those in the community who are offering support.

“There are so many people who have donated masks and meals, or who have shared notes of affirmation,” Suah said. “All of that goes a really long way.”

# Pediatrics Residents Respond to COVID Crisis and Racism by Reaching Out and Stepping Up

When Pediatrics residents Stephanie Liou, MD, PGY 3, and Vidya Govind, MD, PGY 3, heard that our patients were unable to access formula, they partnered with Chicago Public Schools to distribute formula that families could pick up alongside free school meals. Thanks to generous donors including many UChicago residents and faculty, as well as a grant from the Comer Development Board, they have raised over \$16,000 for the CPS Baby Sibs Project. This has provided formula to nearly 700 families in the South and West sides. They also partnered with local nonprofits including Share Our Spare and Black Girls Break Bread and Pritzker medical students to help distribute thousands of diapers and other supplies to families in need. If you are interested in supporting these efforts, please go to <https://cps.networkforgood.com/projects/98473-covid-19-infant-formula-fundraiser!>

Recognizing the ongoing need among patients, staff, and other members of the UChicago community, Claire Hailey, MD, PGY 4, chief resident, and Vidya Govind, PGY 3, spearheaded a collaboration with Feed1st, an organization dedicated to combating food insecurity by continuing to supply the food pantries within the University. These food pantries are available to patients, staff, and providers, including residents and fellows.

Addressing the disparate impact of COVID-19 on communities of color and the critical importance of accurate, timely, and trustworthy information, Alanna Burnett, MD, PGY 4 internal medicine and pediatrics chief resident, recently led a panel discussion with the University of Chicago Housestaff Diversity Committee addressing the impact of COVID-19 on our community. There were over 200 participants! (Read more on page 10).

With universal masking in place at UChicago Medicine and a mask order in effect in Illinois, Stephanie Liou knew she could help residents and staff protect each other while also being *#fashion*. She has made dozens of colorful and comfortable cloth masks for Comer residents and staff! Recently, she and Nabgha Farhat, MD, PGY 3, worked together to make masks in every color of the rainbow for the inpatient pediatrics team as a way to welcome new interns to the UChicago family during these unprecedented times.



*Pediatrics resident, Stephanie Liou, PGY 3 (left) and Med-Peds resident Natalie Munger, PGY 3 (right), pose with Stacy Stewart, Principal of Belmont-Cragin Elementary School (center) during a school meal and formula distribution event.*

Harnessing the power of showing up, UChicago Medicine pediatrics residents, led by Hasanga Samaraweera, MD, PGY 4, Stephanie Liou, Chidimma Acholonu, MD, PGY 2, and Jasmine Thomas, MD, PGY 2, have partnered with pediatric residents from institutions across the Chicago area to unite in efforts against racism both within our health care system and in the community at large. The Chicago Peds Residency Collective is a resident-driven collaboration and they've shown up for local community issues including advocating for removal of police from Chicago Public Schools. They are also working actively to expand racial equity curriculum for residents in Chicago and address institutional policies and practices that contribute to inequitable treatment of Black patients, families, and colleagues. You can follow their efforts at @chipedsresident on Instagram!

# Community Champions Program

Through the Community Champions program, the University of Chicago Medicine aims to build a diverse and inclusive workforce and strengthen ties to the community.

University of Chicago has an amazing group of socially conscious residents and robust community health interventions. Anita Blanchard, MD'90, associate dean for graduate medical education, is developing the Community Champions program to improve the experience of all residents, build stronger connections between residents and the community, and increase the diversity of the residency teams.

The current physician workforce at UChicago Medicine provides quality and compassionate care to a diverse patient population. UChicago Medicine is working to further enhance equitable patient care through efforts to build a diverse workforce and improve physician insight into the effects of social determinants of health on patient outcomes. Increasing diversity in the medical profession will give patients more options in choosing care providers, and a more diverse physician workforce could contribute to improving the health of millions. In some instances, racial and ethnic concordance of physician and patient may improve communication, trust, and compliance.

Despite great progress at the Pritzker School of Medicine, diversity among resident and fellow physicians continues to lag behind, with Latinx and Black making up only about 13 percent of UChicago Medicine residents/fellows.



*Marching together: In 2019, the Bud Billiken Parade celebrated its 90th year as a back-to-school tradition on Chicago's South Side. More than 100 UChicago Medicine faculty, residents, students, and staff took part in the 2019 event.*



*Local students get a taste of emergency medicine during a high school symposium.*

Open to all interested residents, Community Champions will participate in Urban Health Initiative programs and activities and will help to recruit fellow residents to support these activities. Through these programs, residents will have the opportunity to attend clinic sessions with faculty members who work in the community and will participate in health fairs and community-based health information sessions.

Ultimately, the Community Champions program seeks to engage 20 trainees annually, ideally with representation from across all 25 UChicago Medicine residency programs. Dr. Blanchard and Brenda Battle, RN, BSN, MBA, vice president of the Urban Health Initiative, will oversee the program, with the aim of recruiting the first Champions during the 2020 to 2021 academic year. The program will provide a small stipend to residents who sign on to serve as community ambassadors.

Over time, this initiative will help to build residency programs at UChicago Medicine that better reflect the diversity of the South Side community, as well as other communities across the country that residents will go on to serve over the course of their careers. By building connections to the community, the program could also inspire more residents from diverse backgrounds to stay at UChicago Medicine, strengthening our ability to provide the best possible health care to communities we serve.

# 2020 Arnold P. Gold Foundation Humanism and Excellence in Teaching Award Winners Share Pearls of Wisdom

The Arnold P. Gold Foundation Humanism and Excellence in Teaching Award celebrates residents who demonstrate exceptional teaching skills and commitment to the compassionate treatment of patients and families, students and colleagues. In spring of 2020, the then-third year class of the Pritzker School of Medicine selected the following residents as award recipients:

Program	Name
Anesthesiology	Abid Fazal
General Surgery	Ashley Williamson
Internal Medicine (NorthShore)	Esther Kwak
Internal Medicine (UCM)	Shirlene Obuobi
Neurology	Ruth Tangonen
Obstetrics & Gynecology	Jessica Long
Pediatrics	Nour El-Houda
Psychiatry & Behavioral Neuroscience	Katie Washington Cole

We asked winners what pearls of wisdom they would share with medical students, here are some of their responses:



**Jessica Long, MD,  
PGY 4 Chief Resident in  
Obstetrics & Gynecology**

“Patience. First of all, be patient with yourself. There is a lot to learn and mastery takes time. Secondly, be patient with your colleagues. Even though we don’t get it

right all the time, most likely, we are trying our best. Lastly, be patient with your patients. It takes great courage to share trials and triumphs with strangers. And don’t forget! Being patient is a form of showing love. So, let it lead the way!”



**Abid Fazal, MD,  
PGY 4 Chief Resident in  
Anesthesiology**

“I have three pearls of wisdom to offer you. First, begin your clerkships with an open mind. I know many of you know or think you know what you want to specialize in. But do not let

your biases of what you think you want to do get in the way of you potentially realizing your calling. Treat every clerkship as if you were going to pursue that specialty, like your residency application depends on it. Second, learn from absolutely everyone. You are all extremely talented and bright individuals. But I guarantee you every person you meet, regardless of what letters (if any) they have at the end of their name, has the ability to teach you something you don’t already know. Lastly, and most importantly, choose anesthesia! I wish you guys the best of luck and all the success!”



**Katie Washington Cole, MD  
PGY 3 Resident in Psychiatry**

“It can be a challenging and uncertain time, especially with everything going on in our world today. I would encourage all of you to take good care of yourselves and stay connected to your family,

friends and people you love the most.”



**Nour El-Houda Sahraoui, MD,  
Pediatrics Residency  
Graduate, June 2020**

“I have a small piece of advice for you as you begin your clinical years. I recommend that you go back to the literature and read about your patients’ medical conditions.

Just take five to ten minutes before rounds or at the end of the day when you get home to do a quick search on UpToDate or PubMed and read a little bit about what your patients have. This will not only enable you to better retain that information and to perform better on your clerkships and shelf exams, but also to ultimately take better care of your patients in the long run. Take care, and good luck this year!”

## A Commitment to Service Three Generations Long: Peter and Leslie McCauley

Peter McCauley, MD, and his daughter Leslie McCauley—a rising second-year medical student at Pritzker—are making history. Their family's relationship with the University of Chicago spans three generations, beginning with Peter's mother, who earned a master's from the School of Social Sciences in 1960. But Peter and Leslie in particular are authoring a new chapter in Pritzker's narrative: they're the first-ever Black father-daughter pair to attend the medical school. "The historical connotation, it makes me very proud," Peter says. "My mother is deceased, but I know how proud she would be of her offspring and what we've been able to do. But it also just places the university solidly—not only as part of our history—in a special place in my heart."

For Peter, who currently serves as medical officer for Cigna, a path blending clinical and administrative healthcare work has shaped his life's relationship to medicine. After graduating from Pritzker in 1986, he credits his time as a pediatrics resident at Wyler (now Comer) Children's Hospital with activating his passion for healthcare administration. "I really enjoyed the program," he says, "and admired my chief residents...I really felt like I could tackle both the clinical and administrative tasks required to be chief."

In 1996—the year Leslie was born—Peter became the full-time medical director of the Physician Hospital Organization at Gottlieb Memorial Hospital, now a part of the Loyola University system. "After about two years," he says, "I had the itch to get back into clinical practice. I went back to practice at a community health center in Roseland, where I have been seeing patients ever since, every third Saturday of the month." Braiding community medicine and healthcare administration took a new turn when, in 2010, Peter accepted a position at Cigna, where he's worked ever since. Today, as medical officer, he manages a nationwide team of physician-executives that work with numerous healthcare systems, including UCMC.

Leslie has forged her own distinct path to medicine, one begun in the dance classrooms of her childhood—and she credits her commitment to the city of Chicago and its communities, both medical and personal, with leading her to Pritzker. While learning to dance, she says, "seeing friends of mine get a sprained ankle and then having to take weeks off to have that heal—that's what got me interested in medicine." From there, an undergraduate program at Brown University that blended the arts and STEM



*Peter McCauley, MD '86 (left) with Leslie McCauley, Pritzker MS2 (right)*

gave Leslie the opportunity to teach a dance class to patients with Parkinson's Disease. "That was really transformative," she notes: "to see people go through an alternative process of healing and know that medicine encompassed so many things that wasn't just surgery, wasn't just seeing patients in the clinic."

Hoping to return to Chicago, Leslie applied for Pritzker's Chicago Academic Medicine Program during her college summers and attributes the early mentorship she received there with attracting her to the school. "Pritzker won over my heart," she says, "for its commitment to diversity and for teaching," as well as its connection to Chicago. "To serve the same community that had raised me," she says, "that's really important as well." While she's still considering the next step on her training path, she notes a budding interest in women's health and the possibility of becoming an OB/GYN after graduation.

This historic, three-generational connection to the University of Chicago bears special importance for both McCauleys, especially as the pair reflects on the way Pritzker has changed over the past thirty years in its recruitment and retention of Black students. "When I was in medical school, my class had three African American students," notes Peter. In contrast, Leslie says, "there are 19 Black students in my class—which is great—and overall the diversity in so many different domains has increased a lot at Pritzker." What hasn't changed, according to both McCauleys, is the close-knit friendships fostered by those classmates. "The difference is the numbers," Peter says—"but the consistency is the community."



## **ABOUT OUR NEWSLETTER**

*Residents at the Forefront*, our annual GME newsletter for residents, fellows, and graduates, highlights only a few of the many important contributions of our residents/fellows at the University of Chicago Medicine. The newsletter's focus is on the multidimensional aspects of our residents/fellows and is not intended to be a comprehensive view. Information about patient care, research and education can be found on the University, Hospital and Pritzker School of Medicine websites.

Special thanks and recognition to all of the 986 amazing residents/fellows for your achievements and dedicated partnership.

## **AT THE FOREFRONT OF MEDICINE SINCE 1927**

The University of Chicago Medicine, with a history dating to 1927, is a not-for-profit academic medical health system based on the campus of the University of Chicago in Hyde Park, and with hospitals, outpatient clinics and physician practices throughout Chicago and its suburbs. UChicago Medicine unites five organizations to fulfill its tripartite mission of medical education, research and patient care: Pritzker School of Medicine, Biological Sciences Division, Medical Center, Community Health and Hospital Division, and UChicago Medicine Physicians. For more information visit: <https://www.uchicagomedicine.org/about-us>.

## **RESIDENTS AT THE FOREFRONT**

Graduate Medical Education at the University of Chicago Medicine includes physician residents and fellows as learners, researchers and important members of our patient care team. Residents bring vitality to the institution with their enthusiasm, inquiry and energy.

Education is an essential part of the University of Chicago mission. Our medical education continuum of undergraduate medical education, graduate medical education, continuing medical education and simulation are well integrated on the University campus. For more information, you can contact the GME team at [GME.Office@uchospitals.edu](mailto:GME.Office@uchospitals.edu).