



# GME ON-CALL

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## IN THIS EDITION

### GRADUATE MEDICAL EDUCATION

Winter is an exciting time in GME! Recruitment is in full swing for programs, and Match Day for fellowships revealed who the incoming fellows are for the upcoming academic year. Residents and fellows are half-way through their training year, and we celebrated time with family and friends during the holiday season. This edition features thoughts from the Designated Institutional Official (DIO), resident/fellow spotlights, and highlights of recent happenings.



## GME ON-CALL NEWSLETTER

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# DIO THOUGHTS

**REID BLACKWELDER, DIO**

Thought of the Day (TOD): “Keep Calm and Don’t Be Rude”

This specific quote actually is not exact. The first half is from a World War II poster designed in Great Britain during World War II: “Keep calm and carry on!” These posters were going to be displayed in the event that the Nazis actually invaded London. This invasion did not happen, but the quote has happily persisted. Its message remains relevant today. Many of us are feeling extremely stressed, scared, and wrestling with strong emotions on a daily, or sometimes an hourly, basis. It is important to recognize that our emotions and feelings are valid. They often direct how we react. The opportunity is to move from reacting to responding.



One thing I know for sure is that all of us are incredibly resilient. Most of you have heard me say: “It’s all good.” I really mean this affirmation; it reflects my faith in my own resiliency and life experiences. However, I also recognize that things aren’t always easily seen in that light. At such times, it is important to “keep calm” in order to process the emotional buttons that have been pushed, and then work to respond instead of react.

The second half of the created quote is really something we have all heard from our parents and teachers, and is another way of looking at the Golden Rule. Sadly, when people are stressed and scared, this very important life lesson is often forgotten. In fact, many reactions get voiced with angry, pejorative, and rude comments. Sadly, we are seeing this tendency around us more than I remember ever having seen before, especially in all forms of media. However, the media is often reflecting what is going on in real-life. I am saddened that many of our state and national leaders are routinely reacting to emotional buttons, resorting to name calling, and making demeaning comments. I am disheartened when different perspectives that are important to hear are met with responses essentially saying “it’s my way or the highway.” With such examples all around us, it can seem very hard to make a different choice for yourself. However, we each have remarkable control in this most important area. We alone get to decide how we choose to act, what we choose to say, and the words that we use. We are all leaders. We are all role models. We have the blessing of choices every day.

Since I started this musing with a quote that does not have a definite source, let me finish with one that does. One of my favorite sayings from Gandhi is “Be the change that you want to see in the world.” You have the power to recognize when one of your buttons has been pushed, to celebrate and validate the emotion, to keep calm and process that emotion, and choose in an intentional way how you wish to react. If we all decide not to be rude, we can show a better way to all of those who are watching us as we walk our talk every day. I thank each of you for the contributions you make to our patients, our programs and our communities. You all help make this a safe, fun, and exciting place to work.

Blessings to you all!

Reid

# RESIDENT SPOTLIGHTS

## QUINN OWEN, MD

Dr. Quinn Owen, a PGY1 resident in Pediatrics, attended medical school at Virginia Tech Carilion in Roanoke, VA before matching at ETSU. Dr. Owen was interested in pursuing a pediatrics residency at ETSU since it is situated the perfect distance for visiting her family in Tennessee, Virginia, and Maryland. While choosing a residency, Dr. Owen quickly realized that both the pediatrics program and Johnson City fostered a kind, family feel, which enhanced her draw to the area. Since relocating, Dr. Owen has embraced the move, taking time to explore various activities offered downtown from new restaurant openings to farmers markets and food trucks. She and her husband enjoy spending time with friends, exploring breweries, hiking trails, and taking their dog to the local dog park.



After residency, Dr. Owen is interested in pursuing a fellowship. At this time, she is unsure of which subspecialty she would enjoy most, but her love of the hospital setting is likely to steer her towards a subspecialty spent with an inpatient population.

A fun fact about Dr. Owen is that she has spatial synesthesia. This means specific sequences like numbers and months of the year create visual maps in her head, which she attributes to helping her with simple math and recalling plans and events.

## JASON SOONG, MD



Dr. Jason Soong, a PGY 1 Johnson City Family Medicine resident, completed his medical school training California Northstate University in Sacramento, California. While he hails from a suburb of Philadelphia, Pennsylvania called King of Prussia, he has found the mountains of Johnson City catch his attention. After participating in the Appalachian Preceptorship through ETSU as a medical resident, he knew he wanted to join ETSU for residency to pursue his dreams of becoming a rural family physician. Although he is only in his first year of residency, Dr. Soong knows after residency he wants to find a small town to practice medicine where he can take care of everyone, from the cradle to the grave.

**"LOOK OUT FOR YOUR FELLOW RESIDENTS, AND ALWAYS CHOOSE KINDNESS. TO QUOTE CAESAR FROM PLANET OF THE APES, 'APES TOGETHER STRONG.'"**

When he isn't busy taking care of patients, Dr. Soong enjoys snuggling up with a good book and a soft cat, hiking up and down mountains, and cheering on his Philly sports teams. (Go Birds!) One thing surprising about Dr. Soong is that he loves country music, specifically honky-tonk. Lefty Frizzell and Kitty Wells are his favorites.

## CALENDAR CORNER

### March 17

- Match Day

### March 27

- Onboarding Checklists released for incoming residents

### April 1

- APE available for completion

### April 9

- ACGME resident/fellow survey window closes

### April 15

- Good Friday; ETSU offices closed

### May 15

- Advancement and End of Program Checklists released through New Innovations to all residents/fellows

### May 30

- Memorial Day; ETSU offices closed

### June 20-30

- Orientation for incoming residents

### July 28

- APE due



## WELLNESS

Wellness is a hot topic these days, an incredibly important topic at that. Wellness is comprised of multiple components: physical, emotional, and spiritual to name a few. To help meet individual wellness needs, Ballad Health has opened Lavender Rooms located at each of its three tertiary hospitals--Johnson City Medical Center, Holston Valley Medical Center, and Bristol Regional Medical Center. The Lavender Rooms serve as a safe

space for team members to step away, regroup, and recharge at their convenience. In addition, work out rooms are available to all team members at BRMC and HVMC.

## JEOPARDY CHAMPS

Dr. Nabil Ahmad, Dr. Matt Colna, and Dr. Sathvika Gaddam represented ETSU's Cardiology fellowship by winning Tennessee's American College of Cardiology Jeopardy. The group competed in the ACC national competition in New Orleans in March 2023 and made it to the semi-finals.



## SEASON OF GIVING

The GME Coordinators Committee held a collection drive in November focusing on hygiene items. The items benefited ETSU Bucky's Food Pantry, which provides food and other necessity resources to the ETSU community--students, staff and faculty, alumni, and retirees--in need. More information about the pantry can be found at: <https://www.etsu.edu/foodpantry/>



# FELLOWSHIP MATCH DAY

On July 1, 2023 GME will welcome new (and some familiar) faces to six fellowship programs. The Medicine and Pediatric Specialties Fellowship Match Day was held on November 30, 2022, when our six fellowship programs found out the names of the individuals who will be joining their programs on July. These individuals will continue their subspecialty training at ETSU.

**Sumayyah Amin, MD**  
Infectious Disease

**Sai Kommineni, MD**  
Cardiology

**Nizar Obeidat, MD**  
Pulmonary/Critical Care

**Sagar Bhula, MD**  
Pulmonary/Critical Care

**Shankar Lal, MD**  
Infectious Disease

**Bradley Sackfield, MD**  
Medical Oncology

**Mohammad Darweesh, MD**  
Gastroenterology

**Jieying Liu, MD**  
Medical Oncology

**Josue Villegas Galaviz, MD**  
Cardiology

**Ahmed Hmidat, MD**  
Gastroenterology

**Colin McGuire, DO**  
Cardiology

In addition to GME welcoming new faces, we must say good-bye to others. Several departing residents are perusing subspecialty fellowships. We are thrilled for those who matched into fellowships.

**Karen Adkins, MD**  
Pediatrics ICU  
University of Oklahoma

**Vijay Guntupalli, MD**  
Cardiology  
University of Tennessee-Memphis

**Krupa Solanki, MD**  
Interventional Pulmonology  
University of Southern California

**Ahmed Al Tamari, MD**  
Nephrology/Critical Care  
Allegheny Health Network

**Alexandra Johnson, DO**  
Pediatric Orthopedic Surgery  
Duke University

**Geetha Vyas, MD**  
Child and Adolescent Psychiatry  
University of Louisville

**Anthony Cecchini, MD**  
Gastroenterology  
Guthrie/Robert Packer Hospital

**Jeuel Paña**  
Addiction Psychiatry  
New York University

**Michael Czulinski, DO**  
Combined Orthopedic and  
Neurosurgical Spine Surgery  
Minnesota Medical School

**Raj Persaud, MD**  
Child and Adolescent Psychiatry  
University of Florida

**Kacie Denton, MD**  
Pediatric Gastroenterology  
Vanderbilt University

**Trishna Sharma, MD**  
Child and Adolescent Psychiatry  
Carilion Clinic, Virginia Tech

**Lindsay Devereux, MD**  
Pediatric Endosurgery  
University of Alabama-Birmingham

**Alok Sinha, MD**  
Cytopathology  
University of North Carolina,-Chapel Hill  
Surgical Pathology  
Wake Forest University