



GME ON-CALL

ISSUE 1 • JANUARY 2022



WELCOME

THE OFFICE OF GRADUATE MEDICAL EDUCATION

Welcome to the inaugural issue of the Graduate Medical Education newsletter: On-Call! ETSU GME is a dynamic process guided by remarkable people--staff, residents/fellows, faculty, and community partners alike . Each quarter we:

- Will highlight residents/fellows, program directors, and coordinators across specialties
- Keep you posted on hospital happenings and upcoming events, along with other information.
- Provide updates in ETSU Graduate Medical Education.

Our goal is to offer an overview of relevant and fun information in GME for our ETSU and Quillen families. We have lots of news to share and people to meet, so let's get started!

GME ON-CALL NEWSLETTER

TABLE OF CONTENTS

DIO Thoughts • P. 2

Resident/Fellow Feature • P. 2

Program Coordinator Spotlight
• P. 3

Program Director Highlight • P. 3

Calendar Corner • P. 3

Word on Wellness • P. 4

Awards & Acknowledgements
• P. 4

DIO THOUGHTS

REID BLACKWELDER, MD, FAAFP

"This is a season not only of rejoicing but of reflection." -Winston Churchill

It is always amazing to see how quickly the year flies by. We are halfway through our academic year! This is about the time that most of us are able to take a breath and see what's going on around us. Our interns are recognizing that they can indeed get through internship taking good care of their patients and learning things along the way. The senior residents are settling into their new roles, and those in their last year are starting to make decisions about life after residency. All our programs' faculty and staff have a good feel for how their various teams function.

I hope you each recognized and celebrated the holiday season in whatever way was right for you and your families. As we enter the new year, it is a good time to reflect. In GME, we are blessed to be in a position to daily impact individuals, families, communities, and systems. It's remarkable to see how many ways we can make a positive difference in people's lives. This chance to make a difference has called many of us to service and can nurture us even during difficult times. There is another blessing in that our programs are very often the first place people look to for support and compassion when things are not going well, which has been especially true the past two years. As we all have learned, the more important challenges are very often not simply management of a disease. What is harder is helping the person with the disease navigate their changed life.

While the holidays can be a time of celebration, they can also be difficult as each year is full of transitions and some of them hard. In our own family, we have had many who have lost loved ones or suffered other losses from COVID or other causes. We have had new people join us and celebrated (and cried) for some who have moved on to other adventures. Through it all, it is very clear that we are here for each other. Our relationships make what we do more than just a job. I am honored to be a part of such a special group of people here at ETSU and Quillen.

Despite the daily challenges we face in medical education and healthcare delivery, I encourage each of you to take time to recognize the blessings in your life. Pause to reflect upon where you've been, where you are, and the lessons you learned in the past year. Find time to be thankful. Share your blessings, your reflections, and your gratitude with others. Try to make time for yourself as a human being rather than a human doing. Rejoice in your life. Keep facing the future while getting all you can out of each day.

Thank you for all that you do. You are indeed making a difference in people's lives.

Happy New Year,
Reid



Dr. Reid Blackwelder,
Designated Institutional
Official, Associate Dean
of Graduate and
Continuing Medical
Education

RESIDENT/FELLOW FEATURE

MEET CHRISTOPHER WELCH, MD
FAMILY MEDICINE-KINGSPORT, PGY1



Dr. Chris Welch, PGY1 Family
Medicine-Kingsport Resident, with his
wife, Ivette.

Christopher Welch, MD, is a PGY1 in Family Medicine-Kingsport. He was born in Seattle, Washington and lived half of his childhood there and the other half in a small town called Roslyn, located in the Rocky Mountains of Washington. Dr. Welch attended ETSU's Quillen College of Medicine for medical school, which he chose because of its veteran-friendliness. It was clear that Quillen sincerely cared about making good doctors to help others, and cared very deeply about its students. After residency, Dr. Welch intends to pursue a Sports Medicine fellowship and practice outpatient Family Medicine in the area. He encourages his fellow residents to not be too hard on themselves.

"THERE'S PLENTY OF PRESSURE THAT COMES WITH THE JOB. JUST WORK HARD AND CARE ABOUT YOUR PATIENTS AND THE PEOPLE YOU WORK WITH. THE REST WILL COME WITH TIME."

In his spare time, Dr. Welch, enjoys spending time with his wife, exercising, hiking, drawing, and painting. In his previous life, he jumped out of planes, traveled to austere environments throughout Asia and the Middle East, and cross trained in weapons, explosives, and communications. In contrast, he likes to sing, and on two occasions was a choreographed dancer in front of more than 600 people to raise money for a charity event called Dancing with the Broomfield Stars.

PROGRAM COORDINATOR SPOTLIGHT

MEET CARLA HILL

INTERNAL MEDICINE SUBSPECIALTIES FELLOWSHIP COORDINATOR

Ms. Carla Hill has been the coordinator for the Cardiology, Gastroenterology, Infections Diseases, Oncology, and Pulmonology and Critical Care fellowships for 11 years. She finds her job rewarding especially when a fellow accomplishes his/her goals and dreams.

BEING AN INTEGRAL PART OF THE TEAM THAT ORGANIZED AND SUCCESSFULLY GUIDED ALL FIVE FELLOWSHIPS THROUGH A 10-YEAR SITE VISIT WITHOUT ANY CITATIONS, SHE CONSIDERS HER BIGGEST ACHIEVEMENT.

If you want to get on Carla's good side, bring her a Diet Mountain Dew as it is her must-have to get her through the day. Her least favorite food is shrimp, and in her free time she loves to shop, read, take long walks, and take care of her three cats. When she is not shopping, reading, or taking care of her cats, you may find her training for 5K road races, something she used to participate in a lot. A surprising fact about Carla is that she likes to dance!



Carla Hill, Internal Medicine Subspecialties Fellowship Coordinator

CALENDAR CORNER

UPCOMING EVENTS

January 31:

- Quota Change Deadline for the Match
- Standard Registration Deadline for the Match

February 1:

- Ranking Opens

March 2:

- Rank Order List Certification Deadline

March 18:

- Match Day for Residencies

March 25:

- Onboarding Process Begins (New Innovations Checklist for Incoming Residents)

April 2:

- Good Friday
- ETSU Offices Closed

April 22:

- Advancement and End of Program Checklists Released for Advancing and Graduating Residents/Fellows

June 15:

- Deadline for Continuing Residents/Fellows to Make Changes to Insurance

June 20-30:

- Incoming Resident Orientation



Dr. Laura Helmly, Program Director, Family Medicine-Bristol with her husband, David, and children, Lily and Anna

PROGRAM DIRECTOR HIGHLIGHT

MEET LAURA HELMLY, DO

FAMILY MEDICINE-BRISTOL, PROGRAM DIRECTOR

I've been a Program Director for 7 months now. I'm new but enjoying the experience of leading our team and equipping and supporting our residents. I went to medical school at Edward Via College of Osteopathic Medicine in Blacksburg, VA, and then came to residency here at ETSU-Bristol Family Medicine. It has been really special to be able to go through our program, then spend time as core faculty, and now to shape the future for us!

I became interested in medicine at a young age as I helped out at the assisted living facility my mother worked at. As a pre-teen, I remember helping my mother study anatomy as she went to school to become an RN. I later worked at the assisted living myself as a high-schooler and college student, passing medications and assisting with the patients' ADLs. Being able to care for the elderly in all aspects of their health was something I treasured and knew I wanted. I also loved caring for children and adolescents at summer camp throughout my young adulthood, so I knew that I would only be happy caring for all ages in my future. Family Medicine allows me to do just that, and I can't imagine being satisfied in anything else. The most rewarding thing about being PD at Bristol is that I not only get to care for my diverse array of patients in all life-stages, but now I get to help train and lead my residents to be the doctors and people they are going to be for the rest of their lives. It is very humbling to have the honor of influencing this very crucial stage in their development and growth as physicians, community members, team-players, and their own family-leaders. To get to be a part of this chapter of their story is daunting but also gratifying.

MY ADVICE FOR RESIDENTS IS TO USE THESE YEARS OF TRAINING TO THE MOST OF YOUR ABILITIES! RESIDENCY STRETCHES AND GROWS YOU IN SO MANY WAYS, AND YOUR LIFE OUTSIDE OF RESIDENCY WON'T STOP. HARD THINGS HAPPEN, BUT WITH THE SUPPORT AND ENCOURAGEMENT YOU FIND AROUND YOU, YOU CAN MAKE IT THROUGH STRONGER AND REMEMBER WHY YOU ARE WHERE YOU ARE.

For me, my Lord and my family are why I am where I am. I love spending time running, hiking, or playground-hopping with my two young daughters. I also enjoy dabbling in learning languages, studying the Bible, and dreaming about traveling with my husband and teaching our girls about the world. Something surprising about me is that I love musical theater and have always wished I had talent in that realm. Instead, I run because I have no musical talent (or innate skill with hand-eye coordination for other sports). I ran Division 1 Track and Field and Cross Country for the Gators in my past. I have been blessed with amazing opportunities in my life to do things I never dreamed possible, and I look forward to all that's to come. Being a PD is now one of those amazing opportunities, and I am grateful and humbled by it.

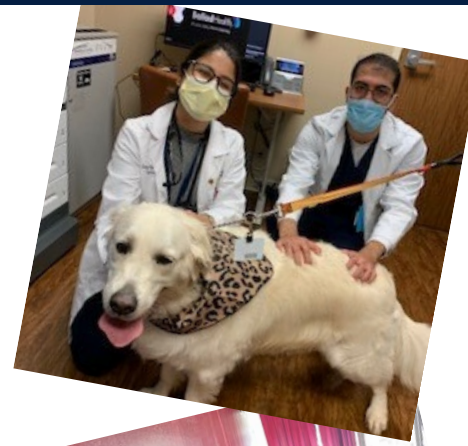
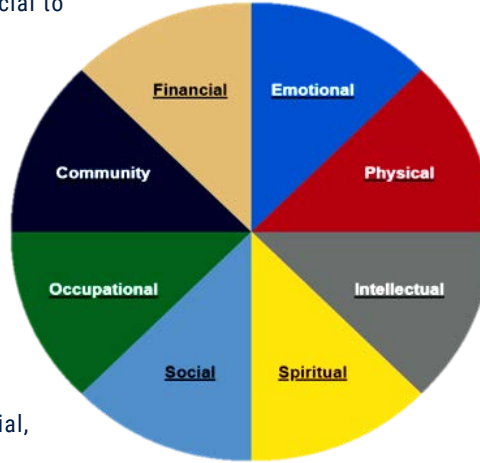
WORD ON WELLNESS

THE OFFICE OF GRADUATE MEDICAL EDUCATION

The World Health Organization (WHO) defines wellness as not only the absence of illness but a state of complete physical, mental, and social well-being. Graduate Medical Education (GME) believes that a multi-faceted approach to wellness is crucial to the success of our residents and fellows.

QUILLEN'S GOAL IS TO PROVIDE ONE COMPREHENSIVE RESOURCE TO PROMOTE BALANCE, HEALTHY HABITS, AND BEHAVIORS IN ALL CHOICES RELATED TO ASPECTS OF WELLNESS.

GME has launched a new Wellness Website to provide resources to promote balance, healthy habits and behaviors. Using the Substance Abuse and Mental Health Services Administration's (SAMHSA) eight dimensions (financial, emotional, physical, intellectual, spiritual, social, occupational, and community) of wellness model for overall, holistic wellness, the new [website](#) offers resources in each of the various aspects.



AWARDS AND ACKNOWLEDGEMENTS



Dr. Nicole Barger, PGY1, Family Medicine-Bristol

AOA Spotlight

Dr. Nicole Barger, PGY1, Family Medicine-Bristol, was nominated as Quillen's AOA Delta Chapter monthly AOA spotlight in October 2021. She was recognized as providing excellent teaching and/or mentorship.

"Dr. Barger is a hardworking, dedicated, and passionate resident. During her first day of clinic, patients asked her to be their PCP!"

Congratulations, Dr. Barger!



Dr. Lilith Namburu

Fellowship Match Results

ETSU, Quillen College of Medicine is excited to welcome 11 new fellows who begin their training in various fellowship programs starting in July 2022.

Three current Internal Medicine residents are among the 11 staying at ETSU for fellowships. Below are the names of those joining us this summer, and pictured are the residents who will be continuing at ETSU for their fellowship training.

Cardiology: Dr. Mohammad Alshami, Dr. Dilpat Kumar, and Dr. Lalith Namburu

Gastroenterology: Dr. Amro Daoud and Dr. Rasheed Musa

Infectious Disease: Dr. Darren Pang

Oncology: Dr. Arjun Natarajan, Dr. Srivyshnavi Ramineni, and Erica Roman Hernandez

Pulmonary Disease and Critical Care Medicine: Dr. Rakesh Patel and Syed Shah



Dr. Rasheed Musa



Dr. Syed Shah

