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!
**RESIDENT/FELLOW FEATURE**

**MEET CHRISTOPHER WELCH, MD**

**FAMILY MEDICINE-KINGSPORT, PGY1**

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, Infectious 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!

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

**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!

**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