



Perspective from the outer Richmond

*"A desk is a dangerous place from which to view the world."*

JOHN LE CARRE

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### KEN'S KORNER

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## The Cantero Effect

WHEN THINGS GO SMOOTHLY AND  
YOU'RE NOT SURE WHY OR HOW

By Heather Nye

One of perhaps the best kept secrets in all of UCSF/VA land is the joint administrative office of Kimberly Cantero.

Sure, we share a shuttle—and a web-page or two, but only select few are privy to the smooth mechanics between the two behemoth institutions, resulting from the hard work of Kim and her staff.

A native of Salinas, California, Kim graduated from UCLA with a major in political science and minor in geography. She started her UC career there in 2005, and shortly thereafter in 2007 came to UCSF. Almost three years ago, Kim started at the SFVA in her role as Director of Administration for UCSF at the VA. In that short time, Kim has managed to revolutionize processes long in need of improvement. Her commitment to clear communication, sensible organization, and timely responses quickly had previously frustrated and forlorn faculty hopeful and clicking their heels. It has come to be known as the 'Cantero Effect.' Our very own, 'touch...turn to gold' thing.

Don't expect Kim to take a bow, because she'll quickly attribute successes to common sense and her wonderful office crew—or simply shadow-box you out of her office. Joining Kim in her administrative feats are the equally impressive Crisna Castro, Rado Lee, and Mayra Sustaita. Kim's one frustration is that she cannot help more of us—and a request for this article was to advertise clearly what the UCSF/VA Administrative Office can do for you!

In the meantime, we are grateful for all Kim has brought us in just three years—and hope that her expressed affection for VA faculty and staff and it's Mission will endure. So, without further ado...

We do everything UCSF related!



### GOT GRANTS?

**Research Administration:** Full life cycle of grant administration support

**Pre-award support:** Budget development, proposal submission, etc

**Post-award support:** regular PI portfolio reports, progress reports, financial reports, close outs, billing for clinical trials, etc.

**Memorandums of Understanding (MOUs)**

### GOT JOBS?

**Human Relations:** HR Liaison for Medicine-VA working UCSF HR Shared Services on all UCSF HR related issues

**Faculty – Recruitments/** searches, appointments, re-appointments, coordinate with HR on promotions, merits. Audit and review benefit and payroll information. We make sure people are paid correctly. (!!!)

**Staff –** Recruitments, job postings, offer letters, labor and employee relations such as layoffs, reductions in time, etc.

**Postdocs –** recruitments, offer letters, visas, etc

### GOT SPARE CHANGE?

**General Finance:** Manage all faculty discretionary funds. Some faculty already get automated reports. Check your emails!! The office is working toward automating all faculty discretionary reports. (Unfortunately, not possible with research funds.)

Manage all UCSF Division and Dept discretionary funding at the VA

### Other:

MyExpense Reimbursements for faculty

BearBuy orders for labs without dedicated support

Update news and events on website. Major changes done by Lisa Tran

### A FEW MORE FUN FACTS ABOUT KIM!

- ◆ Outside the hospital, Kim enjoys boxing and working out. She also likes to bake, travel, learn languages and watch foreign films
- ◆ Favorite food: Asian food is her "go-to"—Filipino, Thai, Japanese, Vietnamese, Chinese
- ◆ If she could change one thing: create world peace, eliminate poverty, broker a two-state solution to Israeli/Palestinian conflict (*we should really give her a shot at this!*) Kim says "It's hard to pick just one!"
- ◆ Who does she admire most? Her parents "They're amazing"



KEEP KIM HAPPY !!

## MORALE COMPASS



### Why I love the VA...

#### Nima Afshar, MD Emergency

"I love the VA because I get to: care for humble and grateful patients; hang out with cool colleagues/staff and talk about Brugada, the Warriors, Cellarmaker, the Tahoe snow report, and the Onion (i.e. current affairs); work with talented and compassionate residents who laugh at my boss's jokes; bike home along a cliff overlooking the ocean; and send late-night emoji texts to jedi lexicon master Jody Garber when I solve the NYTimes pangram."

#### Calvin Chou, MD GIM

"First, and foremost, I love working at the SFVA because I get to care for our veterans who have done something I could never imagine doing - being in the military - It is how I can show my daily appreciation and admiration for their service. Second, I have the most wonderful colleagues I could ever dream of— a collection of brilliant, thoughtful, aware, committed and selfless people. No wonder so many of them are, and will be, nationally and internationally renowned."

#### Heather Whelan, MD Hospital Medicine

"I enjoy working at the VA because it is a wonderful community of people all dedicated to doing their best to take care of an underserved and underappreciated group of patients, Veterans. It's also feels like a bit of a small town community--people always say hello to one another, whether they're attending faculty or support staff. People notice when someone has been gone--it feels a bit like an extended family. Finally, the educational environment is fantastic--everyone is excited about learning and I get to learn every day from my colleagues, patients, trainees."



Willa  
(Ursem addition)

Rafael  
(Zapata addition)

## MAKING THE VA PROUD

- ◆ In addition to VA medical centers in NJ, Denver, MI, Baltimore, and Houston, **the Arjomandi Lab** at SFVAMC has been designated as the West Coast Study Site for the VA Airborne Hazards Collaborative Network Center of Excellence. The network is a congressionally mandated multi-center project to study post-deployment respiratory health effects of exposure to combat related air pollutants.
- ◆ **Dr. Scott Bauer** of GIM was awarded BOTH the UCSF Pepper Center Research Education Component Scholar Award and the 2019 NIA Butler-Williams Scholar Award
- ◆ **Dr. Calvin Chou** of GIM received the 2019 ACH Healthcare Communication Teaching Excellence Award. This award recognizes educators who advance healthcare communication.
- ◆ **Dr. Rebecca Shunk** of GIM was named Chair of the UCSF SOM Committee on Curriculum and Educational Policy (CCEP).
- ◆ Listen to the Dr. Carmen Peralta interview on Politico about the history of ESRD care and how financial incentives have never emphasized prevention...hopefully, until now.
- ◆ **Dr. Carl Grunfeld** received the 2019 John Karam Clinician Educator Award from the UCSF Division of Endocrinology and Metabolism. The recipient of this award is selected by the current endocrinology fellows from among faculty at all three sites.
- ◆ Four VA DOM clinicians were awarded 2019 Federal Employee of the Year Award: **Dr. Harry Lampiris** of ID, **Dr. Katie Sarmiento** of Sleep Med, **Dr. Michi Yukawa** of Geriatrics and **Dr. Jessica Eng** of Geriatrics (with *IMPACT* team)
- ◆ **Dr. Mary Whooley** of GIM was recognized by the American Association of Cardiovascular and Pulmonary Rehabilitation with the 2019 Michael L. Pollock Established Investigator Award in recognition of her outstanding work in the field.
- ◆ **Dr. Cara Pellegrini** of Cardiology was awarded the Joel Karliner Faculty Teaching award for 2019 by Cardiovascular fellows
- ◆ **Dr. Tracy Minichiello** of Anticoag and Thrombosis and **Dr. Jeffrey Zimmet** of Cards were among those named 2019 UCSF Department of Medicine Master Clinicians
- ◆ **Dr. Anne Schafer** of Endocrinology was appointed Chief of Endocrinology and Metabolism at San Francisco VA Health Care System on July 1<sup>st</sup>.
- ◆ **Dr. Josh Bamberger** at the VA Downtown Clinic assumed role of Associate Director, UCSF Benioff Homelessness and Housing Initiative.
- ◆ **Dr. John Teerlink** of Cardiology was selected to be the Secretary to the Executive Council of the Heart Failure Society of America.
- ◆ **Dr. Teresa Chang** of GIM was named the VA Downtown Clinic Education Director.
- ◆ **Dr. Susie Wlodarczyk** of Hospital Medicine was named SFVA Inpatient Site Director for the UCSF Internal Medicine Residency.
- ◆ **Dr. Daniel Wheeler** of Hospital Medicine was selected as the new UCSF Medicine Residency VA Assistant Program Director.
- ◆ **Dr. Maya Dulay** of GIM and **Dr. Heather Whelan** of Hospital Medicine were promoted to Full Clinical Professor of Medicine at UCSF.
- ◆ **Dr. Jeff Kohlwes** of GIM was recognized for 20+ years of Federal Service! Jeff started his tenure with the VA in 1999, when the Nobel Peace Prize was awarded to Doctors Without Borders and the Federal debt just cleared \$6 trillion. (now >\$22 trillion, which we are pretty sure has nothing to do with Jeff)
- ◆ **Dr. Erika Price** of Hosp Med was named SFVA ACOS for Quality Safety and Value
- ◆ **Dr. Denise Davis** of GIM will be a plenary speaker for the Academy of Communication in Healthcare
- ◆ Congrats to **Drs. Abby Eastburn, Teresa Cheng and Chris Sha** of GIM— for making the VA clinics again the most popular ambulatory clinic experiences at UCSF
- ◆ **Dr. Sara-Megumi Naylor** of GIM has been appointed as the new SFVA Quality, Safety, Value (QSV) Officer for Primary Care Services.
- ◆ **Dr Carling Ursem** of Heme/Onc reports having created a second tiny human being, Willa Anne Evans, born 7/3/19 and she is perfect.
- ◆ Not to be outdone, Dr. Josué Zapata of Hosp Med created another tiny human, Rafael Zapata, born 5/11/19 and he is perfect too, of course.







## SHOW ME THE MONEY

◆ **Dr Salomeh Keyhani** of GIM has had a good summer. Her RO1 ‘Marijuana Use in Older Adults: Health, Function and Fall-Related Injury’ was funded by the NIA (tot award: \$2.5M), a VA HSR&D grant for ‘Risks of Cannabis Use Among Veterans on Long-Term Opioid Therapy’ was funded (tot award \$1.2M), and a third grant through Tobacco Related Disease Research Program was also funded for \$400k. This

study will pilot a recruitment method to identify combined tobacco and marijuana users using national VA data.

- ◆ **Dr. Jorge Kizer’s** (Cardiology) RO1 proposal “Non-alcoholic Fatty Liver Disease and Cardiovascular Disease in Hispanics/Latinos will be funded by NIH. \$6.1M
- ◆ **Dr. Beth Cohen** of GIM received a new award from UCOP/Tobacco Related Disease Research Program. The award will start September 2019. \$1.1M over 3 years.
- ◆ **Dr. Chris Lau** of Cardiology received an NIH award to study ‘Molecular Mechanisms of a Male-Specific Positive Feedback Loop in Liver Cancer’
- ◆ **Dr. Dolores Shoback** of Endocrinology received funding from the NIH on her project ‘Novel Combination Therapy for Osteoporosis in Men.’
- ◆ **The Office of Rural Health** approved funding for **SFVAHCS Tele-Primary Care** for FY2020 and FY2021— for a total of \$16.3M over two years for both sustainment and expansion efforts—under the direction of **Drs. Billy Smith and Jeffrey Kohlwes** of GIM.
- ◆ **Dr. Steven Yuhl** of ID was awarded NIH/NIDDK funding for his project ‘Novel Single Genome Approaches to Determine the Mechanisms of HIV Latent Infection in Blood, Gut, and Lymph Nodes.’
- ◆ **Dr. Ashley McMullen** of GIM was a recipient of the John A. Watson Faculty Scholar Award through the UCSF Dean’s Diversity Fund.
- ◆ **Dr. Daniel Calabrese** of Pulm/CC received the International Society for Heart and Lung Transplant’s Joel D. Cooper Career Development Award to investigate the role of the innate immune system in mediating antibody-dependent lung injury. He ALSO received the Harry Shwachman Clinical Investigator Award from the Cystic Fibrosis Foundation - a three-year grant. This work is on the basic mechanisms of ischemia-reperfusion injury
- ◆ **Dr. Tiffany Kim** of Endocrinology will be funded for her Career Development Award, “Bone marrow fat and skeletal health in type 2 DM”



## SINGING OUR HEROES

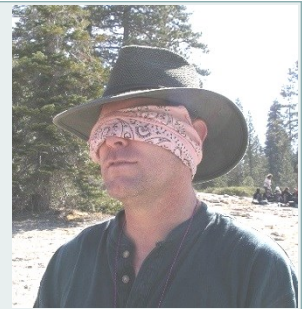
**Nate Baskin** of Hospital Medicine was awarded the ‘Hero’ Award at the May/June Medical Service Staff meeting. Nate was nominated by his peers for his interminably professional attitude and cheerful countenance. He continues to humble and amaze us with UM/UR magic—*able to leap tall metrics in a single bound, eliminating bed-day crime on 1A,3B & ICU!* **Make Patients Meet** (criteria) **Again**. *Congrats & THANK YOU, Nate.*

\*\*\*\*\*

Seen a hero lately? You’ll know it when you do. **Send your nomination and we’ll do the singing....** Monthly award, handsome pen. *Email Ken or Heather .*

## THE CERNER SITUATION

*By J. Ben Davoren*



It’s a Monday at SFO, I must be headed to Kansas City...

Since November of 2018 I have been traveling back to Kansas City (Missouri, *yes I know there are two*) where Cerner corporation is based. For those of you actively hiding from VA news, Cerner Millennium is the Electronic Health Record that VA is migrating to, away from CPRS. San Francisco and VISN 21 are scheduled to change in December of 2021. Merry Christmas.

VA is holding weeklong “Clinical Council Workshops” at Cerner every 6 weeks which brings together 400 VA employees, a number of Department of Defense colleagues (*they started Cerner ahead of us*), and 100 or more Cerner employees to review our existing workflows and figure out how the heck we are going to do our work in Millennium.

The answer so far is that it is going to be a big change, not all of it horrible. For example, medication reconciliation is a much more natural process (*working in rows, deciding which existing medications should be continued, at what dose and schedule when the patient is moving either into or out of the hospital*), and progress notes take advantage of a two column format and at last will allow for **BOLD**, underline, *italics*, and even **changes in colors** for the fonts to draw attention to what is New, Old, and Important.

But it will be jarring, since notes are created at the END of the visit, not the beginning, and copy/paste/edit is harder to do. There are no more order menus the way that we think of them. Clinical reminders are very, very different. Consult management is...let’s just call it a work in progress. And check your pulse when I tell you that “name last 4” is as dead as a doornail in Cerner. Names, dates of birth, and non-SSN MR numbers are the currency of the day.

I will be planning some “lunch & learn” style demos in the Auditorium in the future so that everyone can see what is going on.

*But enough of that, you say, WHAT ABOUT THE BARBECUE?*

Kansas City is reportedly a world-class barbecue mecca. I have had the opportunity to sample from a few places so want to give you a ranking based on what I have learned so far. The bottom line for me is that Austin and Nashville have KC beat, but everyone (*including Dr. Rapko who has admonished me already*) says that is because I still have not been to Joe’s in KC...with the best of apparently *everything* at this remodeled gas station. I haven’t been because there is reportedly a 90 minute wait OUTDOORS and every meeting so far in KC has been either frozen (*with sleet, ice and snow falling*) or boiling (*you know with the ‘feels like index’ in the high 90s/ low 100s*).

Restaurant	Brisket Rating	Burnt Ends	Ribs
Q39	++	+++	Unk
Jack Stack	+++	++	+
Arthur Bryant	+++	++	+
Granfalloon	++++	Unk	Unk
LC	Next visit		
Gates	Next visit		
Joe’s	When weather permits		

*(If you are a carnivore & don’t know what ‘burnt ends’ are, you are missing out. Bring extra rosuvastatin for these smoked brisket trimmings doused in hearty barbecue sauce)*

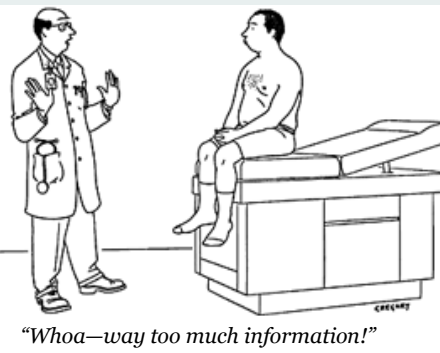
## VA MASTER CLINICANS SCRUTINIZED

### ...TOO THOUGHTFUL?

After failing to find a procedure code for ‘deep deliberation,’ VA accounting officials question financial viability of Master Clinician model of care.

In an unprecedented review of productivity for VA clinical services, a peculiar pattern was noted among faculty designated as UCSF **Master Clinicians**. RVUs earned per encounter were dramatically below average. This appears to be occurring in the setting of 2-3 hours of thorough chart review per patient—including 400-page Kaiser scans, an average of 4-7 non-VA specialties’ documents, and time spent waiting for VistaWeb to reload.

Noting that a scalpel swipe may yield more VERA \$ than a carefully crafted,



multifaceted medical decision—there is mounting frustration from talented clinicians. Both understanding but pragmatic, one national billing consultant responded “Yes, we live in a world where wart removal is reimbursed higher than a follow up visit for a 92 year old with CAD, HF, RA, ESRD, COPD, DM, & onychomycosis presenting with FUO. Although, cutting his toenails may increase the value of that visit.”

Another productivity expert remarked, “The degree of attention to detail we are seeing in notes by Masters is simply astounding—and should be lauded.” Quickly followed by “But this much thought is simply not sustainable.”

Flawed reimbursement structure aside, billing and compliance consultants suggest the ‘The Rule of 5s’. If you’ve reviewed more than 5 scanned documents, that’s probably too many. If you’ve gone back more than 5 years, perhaps you’ve gone too far. If you’ve exceeded 5 minutes on any one organ system, move along, and if it takes you 5 days to write your note, well....enough said.

## LIPOPHILES! LENNY LÓPEZ LOBBIES FOR LARD

Cardiologists, avert your eyes. Lipophiles, listen up! Sick and tired of the bad wrap given to delectable slabs of fat, Lenny López lobbies for lard leniency.

“What’s meat without the greasy streak? What’s flavor without lovely lipid laden morsels?”

After decades of anti-fat factions in nutritional counseling and recent literature recognizing equal importance of simple sugars in the downfall of American diets, Dr. López has embraced a ‘**culture of clarification**’ (pun intended).

“Put it in beans, tamales and tortillas! Spread it on bread, vegetables, and dry skin!” Declares López. Come join the cause, support a return to paleo days of old.

**It’s cheap! It’s tasty! It has health benefits!**

KNOW YOUR FATS—tub tutorial

<b>Suet</b>	Raw Cow Fat
<b>Cadillac</b> of animal fats	Duck Fat
<b>Fallow</b>	Rendered Cow Fat
<b>Schmaltz</b>	Chicken Fat
<b>Lard</b>	Pig Fat

## MISSION ACT JEOPARDY I’LL TAKE DST FOR \$1000, ALEX

“It’s all about the educational medium,” stated experts charged with disseminating information about the Mission Act & Community Care to VA employees. “We will trial a **JEOPARDY** format to accommodate different learning styles.” Also coming soon, TMS modules broken down into 140 character tweets over 2 weeks and pushed to VA devices. Front runner for hosting the upcoming show, recently retired Dr. Paul ‘Hollywood’ Volberding.

DST, YAA YOU KNOW ME	CBOC DRIVE TIMES	BUT, WAIT (TIMES)	CC is not CARBON COPY	SEOCs, SARS & BEARS, oh my	SANTA ROSA DINING
\$100	\$100	\$100	\$100	\$100	\$100
\$200	\$200	\$200	\$200	\$200	\$200

“This much thought is simply not sustainable.”

NATIONAL BILLING AND COMPLIANCE CONSULTANT

## VA EMPLOYEES SUMMER CAMP

In a nod to the longstanding tradition of Bay Area school children attending day camps throughout the summer, the SFVA will launch a summer bonanza of “enrichment sessions” with a *Lazy, Crazy, Hazy Days* theme! Employees must sign up for a minimum of 2 weeks. It’s VA SUMMER CAMP!

You’ll be divided by building number and wing, create team-names and flags, be assigned a faculty ‘buddy’ and camp counselor from Volunteer Services.



Place lunch bags & backpacks in the bin and sign yourself or your spouse in by 8a. Before & after care available free of charge These hours are dedicated to campus clean-up, so be sure to bring gloves!

### SAMPLE SCHEDULE

- 9a Practice** VA fight song & platitudes
- 10a Team Take-Down**, PMDB role play
- 11a Community Service** Schedule backlogged appointments
- 12p Canteen Campfire** Fire drill to follow
- 1p Art** Dust bunny sculptures
- 2p Mission Act JEOPARDY** (see above)
- 3p Free Choice** valet cars, find that building’ scavenger hunt, or pinch hit in ED if it’s busy

**THURSDAY IS FIELD TRIP DAY!** Hop a bus to Eureka, Ukiah or Clearlake. Don’t forget water bottle & sunscreen (or stethoscope)!

Sign up now, slots are limited!



## TRAINEE-TALES: MEET THE CHIEFS

By Susie Wlodarczyk

### Meet the new VA Chief Residents!

**Dr. Kendra Moore:** VA Ambulatory Chief

Hometown: Sacramento, CA

Medical School: Perelman School of Medicine, University of Pennsylvania

Future Career Plan: Academic Primary Care

Academic Interests: Champion of physician- well being and serves on the UCSF medical ethics committee.

Outside the Hospital: Enjoys hiking and paddle- boarding at Stinson Beach!

*What she loves about the VA:* "How truly interdisciplinary it is and the array of resources we can offer our primary care patients."

You can find her: Teaching at Wednesday AM Ambulatory Report or Precepting in Medical Practice and San Bruno.

**Dr. Sharmin Shekarchian** ("Shay-Kar-Chian"): VA Inpatient Chief Hometown:

Tehran, Iran

Medical School: UCSF

Future Career Plan: Academic Hospital Medicine

Academic Interests: Medical Education, Clinical Reasoning and Curricular Design

Outside the Hospital: Hiking, shopping, catching up with friends and family over some delicious food

*What she loves about the VA:* Sharmin had her first clerkship at the VA and since then has loved the focus on education here and appreciates "learning from the vets- a very special patient population."

You can find her: Co-hosting the internationally known clinical reasoning podcast "The Clinical Problem Solvers"

**Dr. Max Brondfield:** VA Inpatient Chief

Hometown: San Francisco, CA

Medical School: UCSF

Future Career Plan: GI Fellowship with interest in Endoscopy & IBD

Academic Interests: Using spatial models to investigate geographic health care disparities

Outside the Hospital: Playing sports, watching sports.

Sports! Also, enjoying a nice glass of Pinot Noir.

*What he loves about the VA:* "The learning climate & medical education."

You can find him: Facilitating inpatient morning report!



**How can we help?** From left to right, Drs. Kendra Moore, Sharmin Shekarchian, and Max Brondfield



**And a fond farewell to the ACE-Team,** Armond, Chloe & Evan, outgoing chiefs. *There, there, now. No need to be so sad....*



McQuaid Artistry

### TAKE NOTE!



- McQuaid electronic signature now required for all black bean burger orders and double lattes after 3:30p. Signed requests should be routed through LEAF to Canteen.

- Funding arrived for new Hospitalist Sim Center (see photo) – SFVA leading the field in maintaining critical procedural skills and distracting wandering patients on Team 6.

**NEW HOSPITALIST SIM CENTER OPENS**

### BRICK BY BRICK

After ongoing difficulty obtaining furniture to repurpose critical space within Medical Center, VA Innovations winner—*VLego Furnishings*—is poised to revolutionize the process. Replacing wait-times exceeding some 24 months for a chair, custom-made workspaces, with jubilant colors & infinite possibilities will come within 2 weeks of orders through a new federal Lego-contract. Desks, cubicles, cabinets, and ergonomic-chairs. Autoclavable brick structures are planned for research labs & patient areas. Capitalizing on the 'Pitch in!' fervor consuming campus, the Master Clinician program will be expanded to include Master Builders for faculty willing to craft their own. Until then, Lands End School children have "agreed" to donate time and ser-

vices. "Building 6 feels like a veritable playground for our research team!" stated one faculty member having placed a furniture order (as yet unfilled) during the Obama administration. "I'm pretty sure they're taking note over at UCSF's Mission Hall."



Zapata workspace

## I READ IT SOMEWHERE....NEW PUBLICATIONS

- Dr. Scott Bauer** of GIM. 1) Bauer SR, Grimes B, Suskind AM, Cawthon PM, Cummings S, Huang AJ; Health ABC Study. **Urinary Incontinence and Nocturia in Older Men: Associations with Body Mass, Composition, and Strength in the Health, Aging, and Body Composition Study.** *J Urol.* 2019 Jun 12
- 2) Bauer SR, Carroll PR, Grady D. **Practice Guidelines That Explicitly Consider Harms and Costs.** *JAMA Intern Med.* Accepted for publication; NIHMSID: NIHMS1035089.
- Dr. Dan Bikle** of Endo/Metab. 1) Christakos S, Li S, De La Cruz J, Bikle DD. **New developments in our understanding of vitamin metabolism, action and treatment.** *Metabolism.* 2019 Jun 18.
- 2) Bikle DD, Schwartz J. **Vitamin D Binding Protein, Total and Free Vitamin D Levels in Different Physiological and Pathophysiological Conditions.** *Front Endocrinol (Lausanne).* 2019 May 28;10:317.
- Dr. Paul Blanc** of Occ Health. Blanc PD, Annesi-Maesano I, Balmes JR, Cummings KJ, Fishwick D, Miedinger D, Murgia N, Naidoo RN, Reynolds CJ, Sigsgaard T, Torén K, Vinnikov D, Redlich CA. **The Occupational Burden of Nonmalignant Respiratory Diseases.** An Official American Thoracic Society and European Respiratory Society Statement. *Am J Respir Crit Care Med.* 2019 Jun 1;199(11):1312-1334.
- Dr. Rebecca Brown** of Geriatrics. Henwood BF, Lahey J, Rhoades H, Pitts DB, Pynoos J, Brown RT. **Geriatric Conditions Among Formerly Homeless Older Adults Living in Permanent Supportive Housing.** *J Gen Intern Med.* 2019 Jun;34(6):802-803.
- Dr. Denise Connor** of Hosp Med. 1) Zejnnullahu K, Santhosh L, Mourad M, Connor DM. **Off Trail, On Track: an Exercise in Clinical Reasoning.** *J Gen Intern Med.* 2019 Jul 3.
- Dr. David Daikh** of Rheumatology. 1) Daikh DI. **ANA and lupus. Label vs Meaning.** *Arthritis Care Res (Hoboken).* 2019 May
- 2) Daikh DI, Aringer M. **How Should We Consider Lupus Without Antinuclear Antibodies?** *Arthritis Care Res (Hoboken).* 2019 Jul;71(7):853-854.
- Dr. Gurpreet Dhaliwal** of GIM. 1) Kooner S, Cinats D, Kwong C, Matthewson G, Dhaliwal G. **Conservative treatment of cubital tunnel syndrome: A systematic review.** *Orthop Rev (Pavia).* 2019 Jun 12;11(2):7955.
- 2) Olson APJ, Singhal G, Dhaliwal G. **Diagnosis education - an emerging field.** *Diagnosis (Berl).* 2019 Jun 26;6(2):75-77.
- Dr. Michelle Estrella** of Nephrology. Bullen AL, Katz R, Lee AK, Anderson CAM, Cheung AK, Garimella PS, Jotwani V, Haley WE, Ishani A, Lash JP, Neyra JA, Punzi H, Rastogi A, Riessen E, Malhotra R, Parikh CR, Rocco MV, Wall BM, Bhatt UY, Shlipak MG, Ix JH, Estrella MM. **The SPRINT trial suggests that markers of tubule cell function in the urine associate with risk of subsequent acute kidney injury while injury markers elevate after the injury.** *Kidney Int.* 2019 May 7.
- Dr. Sam Goldman** of Occ Health. 1) Goldman SM, Tanner CM. **Rotenone and Parkinson's disease: reduced sensitivity in females.** *Toxicol Sci.* 2019 Jun 4.
- 2) Marras C, Canning CG, Goldman SM. **Environment, lifestyle, and Parkinson's disease: Implications for prevention in the next decade.** *Mov Disord.* 2019 pii:S1542-3565(19)30247-2. 66Jun
- Dr. John Greenland and Dr. Neil Trivedi** of Pulm/Critical Care and **Dr. Paul Blanc** of Occ Health. Greenland JR, Wang P, Brotman JJ, Ahuja R, Chong TA, Kleinhenz ME, Leard LE, Golden JA, Hays SR, Kukreja J, Singer JP, Rajalingam R, Jones K, Laszik ZG, Trivedi NN, Greenland NY, Blanc PD. **Gene signatures common to allograft rejection are associated with lymphocytic bronchitis.** *Clin Transplant.* 2019 May;33(5):e13515.
- Dr. Karla Kerlikowske** of GIM. 1) Kerlikowske K, Sprague BL, Tosteson ANA, Wernli KJ, Rauscher GH, Johnson D, Buist DSM, Onega T, Henderson LM, O'Meara ES, Miglioretti DL. **Strategies to Identify Women at High Risk of Advanced Breast Cancer During Routine Screening for Discussion of Supplemental Imaging.** *JAMA Intern Med.* 2019 Jul 1.
- 2) Kerlikowske K, Miglioretti DL, Vachon CM. **Discussions of Dense Breasts, Breast Cancer Risk, and Screening Choices in 2019.** *JAMA.* 2019 May 31.
- 3) Engmann NJ, Scott CG, Jensen MR, Winham S, Miglioretti DL, Ma L, Brandt K, Mahmoudzadeh A, Whaley DH, Hruska C, Wu F, Norman AD, Hiatt RA, Heine J, Shepherd J, Pankratz VS, Vachon CM, Kerlikowske K. **Combined effect of volumetric breast density and body mass index on breast cancer risk.** *Breast Cancer Res Treat.* 2019 May 25.
- Dr. Salomeh Keyhani** of GIM. 1) Tummalapalli SL, Powe NR, Keyhani S. **Trends in Quality of Care for Patients with CKD in the United States.** *Clin J Am Soc Nephrol.* 2019 Jul 11.
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# SUMMER SHENANIGANS

Sure, it's nice to see your publications, awards, and other unworldly things, but what we REALLY want to know is what'd you do on your summer vacation??

- Scott Bauer** Scuba diving in Bonaire
- Mike Shlipak** Curacao
- Ken McQuaid** Vacation?
- Louise Walter** Lake Louise
- H. Nye & M. Harper** Banff
- Karen Seal** Oregon
- Jorge Kizer** Basque Country
- Tracy Minichiello** Quebec City
- A. Fabiny & B. Strewler** Central France, La Creuse
- Ben Davoren** Kansas City, MO
- Leslie Zimmerman** ??
- Mike Nejad** Tennessee
- Harry Lampiris** Emerald Island, NC
- Rebecca Shunk** Edisto Island, SC



Old Town Center in Willemstad, Curacao



Dr. Leslie Zimmerman would like you to GUESS 'Where am I?'....



Le departement de la Creuse



Basque Country



NOT taken with zoom lens!  
Banff



Bow River, Rundle Mountain, Banff



Kansas City, Missouri



Crater Lake, OR



We are simply too cool to tell you what we did this summer. Admin extraordinaires Sharon Clayton, Nelson Sierra & Erica Biddle head out for a talk & walk meeting.



Bonaire waters



# ALL I REALLY NEED TO KNOW...

By Heather Nye

...I learned in Kindergarten.

Dr. Michael Harper of Geriatrics recalls his most memorable lesson from Kindergarten as **“Remember to raise your hand when you need to go to the bathroom.”** This served him well for many years, garnering countless good-behavior awards, but now wears thin the collective patience of Drs. Louise Walter and Anne Fabiny. After repeated interruptions of Geriatrics grand rounds and grant review meetings, Mike was recently given an eternal ‘hall pass’ for Building 1, Laurel Heights and parts of UCSF.

But seriously—my kids still announce in our house when they need to use the bathroom (*blurted out quickly as they are running, of course, no hands raised*). I ‘consent’ as the door slams...and wonder why.

It occurred to me that the issues at hand are trust and accountability. We begin with none—in fact, the expectation is that we may just bolt out the

door for no particular reason. But over time, good behavior, responsibility, and integrity in the way we conduct ourselves earns the presumption that time will be spent wisely, efficiently, and with honor.

I sometimes bristle at the idea of being called at my desk or having CPRS log-ins reviewed to make sure I’m working. After all, as a hospitalist, you probably don’t want me at my desk all day. It engenders a sense of distrust and suspicion and fosters resentment.

How do we counter this culture? Let it be known, we appreciate how hard everyone works here and goes above and beyond clinical duties and work hours. WE TRUST YOU and thank you for choosing the SFVA for your mission.

Save the hand-raising for Grand Rounds questions & volunteering for campus clean-up on Saturdays.



Dr. Michael Harper, Kindergarten Picture-Day circa ~1970

## HELLO...GOODBYE

As summer brings the winds of change, we *bid farewell* to those who have served the SFVA well—and *warmly welcome* our newest members of the SFVA community.



### HELLO

**Endocrinology**  
Dr. Tiffany Kim

### GIM

Dr. Priya Duggal— Telehealth SB  
Dr. Katherine Hogatt-DGIM Data Science  
Dr. Kevin Kane-Telehealth ER  
Dr. Juliana Macri- Telehealth Rural QI  
Dr. Nadine Pardee-Telehealth Med Ed  
Dr. Ashley McMullen—Downtown Clinic, DEI leadership  
Dr. Emma Shak— Director of Downtown Clinic

### Hospital Medicine

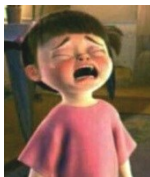
Dr. Arianna Hosseini  
Dr. Michael Hurley  
Dr. Joshua Shak

### Infectious Disease

Dr. Jennifer Mulliken

### Pulm/CC

Dr. Danny Calabrese



### GOODBYE

#### Moving on...

Dr. Laura Flink, cards... to Kaiser  
Dr. David Schopfer, cards...to NHLBI  
Dr. David Daikh, rheum... to Portland VA

### Retiring

Dr. Maxine Papadakis, GIM  
Dr. Gordon ‘Buck’ Strewler, Endo  
Dr. Paul Volberding, ID

## NON-DIAGNOSTIC IMAGING *Erika Price*

The life changing magic of

# TIDYING UP YOUR WHITE COAT POCKETS!

**STEP 1:** Empty entire contents of your coat pockets onto desk\*

**STEP 2:** Lovingly hold each item in turn. Give it your full attention.

**DOES IT SPARK JOY?**

\*not your own desk, duh. You need your workspace.

**STEPS 3-5:** Thank each item. Discard if not sparking joy. Achieve decluttered pockets!

**SPARK**  
Viable, wrapped sticks of gum. Keep / chew.

**No SPARK**  
Half-unwrapped gum somehow entangled with pen cap. Thank & discard.

**SPARK**  
\$10 you forgot about. Keep / spend.

**No SPARK**  
Leaky pen that went with that cap. Trash. (You don't have to thank it.)

**SPARK**

- Paper scrap with useful #'s
- Hair elastic
- Favorite pen

Thank, Keep!

**No SPARK AT ALL**

Pager.  
Thank it for its service. Close eyes and imagine hurling it off cliff into ocean. Find inner peace (for a second.)

## KEN'S KORNER

### A Reflection on People Doing Great Things

It's hard to know how to react these days to current events. They pour over us like a tsunami, drowning our hope, compassion, and sense of justice. It's important to remind ourselves that there are truly amazing people working in our hospital, our local community, and across the United States – selflessly giving of themselves to promote a more just society for all. I want to draw your attention to two amazing people whose commitment to social justice for the underserved has recently uplifted my spirits and given me renewed hope.

The first is our own Josh Bamberger who has worked as a PCP in the SFVAHCS Downtown Clinic, serving this past year as interim director. He was recently joined at the DTC by Emma Shak, a new GIM faculty who shares his commitment to the underserved. For almost 30 years, Josh has been a passionate advocate for the homeless and recently housed population in the Bay Area. He has worked tirelessly to draw the attention of the civic and private leaders to the need to find safe housing for this population as the best means to address their medical issues, mental illness and substance abuse. Josh was the recipient of the 2015 Beverlee A. Myers Award for Excellence in Public Health. In 2019, he was named the Associate Director of the UCSF Benioff Homelessness and Housing Initiative through which he will work with UCSF's Margo Kushel to identify evidence-based solutions to prevent and end homelessness. Their work is made possible through a generous \$30 million gift from Marc and Lynne Benioff. It is worth noting that the Benioffs (founders of Salesforce) are in the Forbes Top 50 Philanthropist list, have provided enormous gifts to UCSF, and have created a model for corporate philanthropy to communities that has been mirrored by other companies. How uplifting is that?!



Hollywood (Squares) Ken

The second is Bryan Stevenson, a public interest lawyer in Montgomery, Alabama, and Executive Director of the Equal Justice Initiative. Mr. Stevenson has dedicated his life to helping the poor, the incarcerated, and the condemned. His life's work is the subject of a recent HBO documentary, "True Justice" – which I **strongly** encourage all of you to see. In watching it, my wife and I were moved beyond words. The film begins with the words enshrined on the front of the Supreme Court Building, "Equal justice under the law" – which Bryan has embraced as his personal mission statement as he has fought for the rights of death row inmates to a fair judicial process – five times in front of the Supreme Court. The film takes a powerful look at the history of racial inequality in the United States things that have contributed to injustice for the poor, including racial segregation and mass incarceration.

As we all struggle to make sense of the national and international tumult, it behooves us to remind each other that our communities are filled with advocates, artists, teachers, lawyers, medical professionals, and philanthropists who are committed to civic engagement, positive discourse, and problem solving. Let us give thanks to the myriad people like Dr. Bamberger, Mr. Stevenson and the Benioffs who are fighting for a more just world and share their examples with our children and our grandchildren.

"Let's create a just world. Let's create a world where my sons know that housing is a right not a privilege." **Josh Bamberger**

"The opposite of poverty is not wealth. The opposite of poverty is justice." **Bryan Stevenson**

"I realized that I didn't have to make a choice between doing business and doing good. I could align these two values and strive to succeed at both simultaneously." **Marc Benioff**

## SFVA WORDSEARCH....MASTER CLINICIANS

Some of UCSF's finest internists have been designated 'Master Clinicians' since the inception of the award in 2006. **12 of them** hail from our small and wonderful corner of the city (SFVA). **Can you find them?**

D	N	Z	O	C	Y	E	N	R	E	I	T	Z
I	D	L	O	U	U	M	D	O	X	N	O	I
A	M	I	N	I	C	H	I	E	L	L	O	M
R	E	Y	A	U	R	O	D	B	A	D	L	M
P	Z	S	E	U	A	U	R	I	S	G	A	E
Y	T	S	I	V	Q	O	A	H	D	A	W	T
S	Q	F	E	R	W	C	O	S	S	R	I	Y
D	S	Y	U	N	I	B	M	T	E	B	L	T
A	L	I	T	D	A	P	K	U	I	E	A	R
I	Y	R	D	C	E	O	M	L	T	R	H	W
K	T	U	K	K	Y	S	A	A	Q	O	D	P
H	T	T	E	N	R	O	C	K	L	B	D	A

## SUBLIME TO RIDICULOUS NOTES

**Editor-in-Chief:** Heather Nye (*if no byline, I wrote it*)  
Please send us your news, ideas, and trivia answers! And remember, we are only trying to make you chuckle a bit...  
**DOM Leadership Team** [Heather.nye@va.gov](mailto:Heather.nye@va.gov)

- LAST ISSUES'S TRIVIA** 1) Famous German physician: first to describe PAN, to attempt esophagoscopy, to introduce pleural tapping & gastric lavage, PE sign named after him: **Kussmaul**
- 2) skin lesion associated with Lyme, which continent was it originally described on? **E. Chronicum migrans, Europe**
- 3) Famous German physician who has a disease but no sign named for him, classic triad: sinusitis, pulm hemorrhage, glomerulonephritis, ANCA+, **Wegener**

### IMPORTANT DATES

Labor Day.....Mon Sept 2  
Hardly Strictly Bluegrass.....Fri-Sun Oct 4-6  
Fleet Week.....Oct 6-14  
Columbus Day.....Mon Oct 14

Wordsearch  
Answers

Mimichello	Garber	Brown (Jim)
Shoback	Kao (Helen)	Cornett
Tierney	Lampiris	Dalikh
Zimmet	McQuaid	Dhalwal